



Compass

The Official Magazine of Sun City Lincoln Hills

May 2013

**Summer Amphitheater Shows Bring
Legendary Music to SCLH ... page 5**

How to Submit a Project Request ... page 5

**New & Improved Resident Website
Ready to Launch in Early June ... page 9**

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On the cover

The remodeled Amphitheater and grounds are all spruced up awaiting this summer's big events

Happy and Busy Board of Directors Report

John Snyder, Vice President, SCLH Board of Directors



Hope all of you are enjoying our beautiful spring weather.

This year has been busy. As part of my last *Compass* article in January I listed projects scheduled for 2013. **The projects and their status are:** Amphitheater remodeling to include improving stage visibility, reconfiguring the dancing area, and upgrading electronics/sound capabilities – completed; pickleball expansion – first part of June completion; new aerobic equipment at the OC and KS Fitness Centers – completed; remodeling of OC and KS Fitness Center locker rooms and lockers – completed; remodeling of the Presentation Hall including upgrading sound and visual systems – completed; expansion and refurbishing The Spa at Kilaga Springs – completed, and the refocus of Kilaga Springs Café – a work in progress. Phew! Your staff has been very busy indeed. I'd say that each project has been a home run.

Presented on page seven of the April 2013 *Compass*, is a draft of a policy change to allow guests and non-members to attend certain Activities classes. As is required, **this presentation is requesting members to give their comments and opinions** before the Board considers a yes or no vote on the policy change. The policy change is to allow non-member

participation in certain specific activities: Lecture classes held at the Presentation Hall and classes that recommend attendance with a partner, i.e., partner-required dance classes.

The purpose of the proposed change is to allow non-members to attend lectures when space is available, and to allow members to attend partnered dance activities with non-members. The justification is clearly spelled out in the *Compass* presentation: better participation and attendance with an enhanced learning, social and leisure experience, revenue enhancement, and I would add, the positive presentation of SCLHCA to those non-members who attend.

Reminder, our 2014 Budget effort begins June 14 with the beginning of gathering capital project requests

from Members and Staff. **Be sure and read the *Compass* article by Pete Savoia, Properties Committee Chair on page 5.** Also, the March 2013 *Compass* has the 2014 Budget timeline schedule on page 17 and is also posted to the Association's website. You really should come to at least some of the budget meetings and see the process and the presentation by our business segment staff and how the Association's budget comes together. It's impressive.

“Presented on page seven of the April 2013 Compass, is a draft of a policy change to allow guests and non-members to attend certain Activities classes. As is required, this presentation is requesting members to give their comments and opinions before the Board considers a yes or no vote on the policy change...”



Softball Opening Day — Photo by Tony Machado

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Your *Compass* magazine is again filled with substantial information about your Association and its upcoming events and offerings. The front cover shows off the beautifully remodeled Amphitheater and on page 5 you can read about the remodel, as well as the musicians performing for the Summer Concert Series from Doug Brown's research of these nostalgic musical times. We have also been remodeling the resident website to make it more informative and user friendly. **New features of the website include a link to Community Perks** that advertise club and Association



events; a link to Volunteer Opportunities within the Association, a link to different departments including: Community Standards; Facilities; Membership and a link to our online retail store to purchase Association logoed merchandise.

For clarity, we renamed two increasingly popular tools. ***Lifestyle Online***, previously known as **Events/Classes** registration, is located at the top of the website tool bar and provides a direct link to online registration. ***Living Here E-News***, previously known as **E-Bulletins**, will be a link for easy registration to receive timely email reminders about over-all events for the week, and/or by department or subject (Community Forum, Community Perks).

On page 9, Al Roten introduces you to the cool video links to **Board of Director meetings and Community Forums on the website** and he encourages you to make the resident website your home page on your home computer and mobile devices or to bookmark it. Photos, like those *Please see "Connections" on page 9*



Garden Group Rose Display in OC Lodge. Volunteers: Lorraine Immel, Joyce Thomsen, Annie Herbert, and Chair, Norita Ferguson. Photo by Jeff Andersen

Calendar of Events

May 15-June 20

Date	Event	Page #
05/15	Astronomy/Community Star Party	19
05/15	Forum: "DMV Update for Seniors"	96
05/16	Book Discussion: <i>Shadow of the Silk Road</i>	21
05/16	Speaker Cuban Missile Crisis	32
05/16	Bus Trip: Terra Cotta Warriors	57*
05/18	Annual Parking Lot Sale	41
05/19	Artisans in the Lodge	27
05/20	Black Holes & the Holographic Universe	19
05/20	Genealogy Research: Locations/Societies/History	25
05/20	Lincoln's Largest Employer "Sierra Pacific Industries"	30
05/20	KS at the Movies: "Hope Springs"	41
05/21	"The Railyard Explosion in Roseville"	26
05/22	Caregiver Support: "Compassionate Communication/Challenging Behaviors"	19
05/22	Forum: "Get Even with Diabetes"	13, 96
05/23	Annual Home Garden Tour	24
05/27	"Mining for Agate and Jasper"	24
05/27	Bus Trip: A's vs. Giants	57*
05/28	"Are Annuities a Good Idea?"	86
05/29	Bus Trip: Lands End/Cliff House	57*
05/30	Concert: Swingin' Blue Stars of the USS Hornet	42
06/01	Reader's Theater: "Cheers"	28
06/02	Reader's Theater: "Waiting for God"	28
06/02	Bus Trip: Sunset Celebration Weekend	51*
06/03	KS at the Movies: The Beatles "Help"	42
06/04	Bus Trip: Les Miserables	57*
06/05	"Saturn's Rings — New Results from Cassini"	19
06/06	Speaker BlackRock Investments via Skype	26
06/06	Bus Trip: Off to the Races	45
06/07	Summer Concert: Chubby Checker & Wildcats	42
06/11	Speaker Machine Embroidery/Wearable Arts	27
06/11	Bus Trip: Reno Silver Legacy	45
06/12	"Windows Security Features"	23
06/12	Forum: "Meet Windows 8"	96
06/13	Eye Contact: "Research & Development 2013"	24
06/13	Eye Contact: "Age of Champions" DVD	24
06/13	Bus Trip: Oakland Museum	51
06/14	"Steps Before Leaving Home w/your Computer"	23
06/14	West Coast Swing Friday Dance Practice	33
06/14	KS Music Night: The Patchouli Quartet	43
06/17	Speaker "How Our Association Works"	30
06/17	Bus Trip: River Cats vs. Tacoma Rainiers	57*
06/19	Bus Trip: Fort Bragg Overnight	57*
06/19	Forum: "Joints in Jeopardy: Arthritis"	96
06/20	Book Discussion: <i>Steve Jobs</i>	21

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

Upcoming Association-Related Meetings

Date • Time • Place May 15-June 30

Golf Cart Registration	Thursday, May 16, June 6 & 20, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, May 16, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, May 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, May 23, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, May 23, 11:00 AM, Solarium
ARC/Architectural Review Committee	Tuesday, May 28, 9:00 AM, Heights
CCOC/Chartered Clubs & Community Orgs.	Tuesday, June 4, 9:30 AM, Oaks
Elections Committee Meeting	Friday, June 7, 10:00 AM, Fine Arts
ARC/Architectural Review Committee	Monday, June 10, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, June 11, 1:00 PM, Fine Arts
Listening Post	Wednesday, June 12, 9:00 AM, Solarium
Compliance Committee Meeting	Wednesday, June 12, 10:30 AM, Oaks
CCRC/Communications & Community Rel.	Tuesday, June 14, 9:30 AM, Solarium
Finance Committee Meeting	Thursday, June 20, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, June 24, 9:00 AM, Solarium
Board of Directors Meeting	Thursday, June 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, June 27, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, June 27, 11:00 AM, Oaks

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

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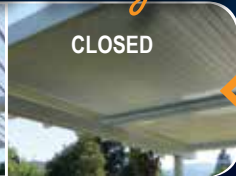
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Cover article

Summer Amphitheater Shows Bring Legendary Music to SCLH

Doug Brown, Resident Editor

Now who isn't just crazy about the music of Johnny Cash, the Beatles, the Beach Boys, and Chicago? Wow, what a line-up in store for you this summer at our Amphitheater shows!

Oh, and did I mention Mr. "Twist" himself (not Oliver), Chubby Checker *in person*, the real deal—going strong dancing the Twist at the tender age of 71? And Jefferson Starship *in person* (well, make that persons), along with a great 50s and 60s doo-wop band called the Bronx Wanderers?

This summer is a fabulous opportunity, in the words of our Lifestyle Entertainment Coordinator Tamara Coil, "to go on a musical journey back in time with our exciting seven-concert line-up." What do you know about the music and musicians that will entertain us?

Did you know that **Chubby Checker**, whose name is synonymous with the "twist," was born Ernest Evans? That American Bandstand host Dick Clark popularized his nickname? And that his 1960 blockbuster hit "The Twist" was voted in 2008 to be *the* most popular single ever? Come on out on June 7 for this major treat!

Were you *there* glued to your black & white TV screen in 1964 to see the Ed Sullivan debut of those four guys from Liverpool, which started the famous "British invasion"? This summer, the **Beatles** are back! Well, okay, their tribute band, *Paperback Writer*, will make you *believe* they're back on June 25.

"You're the meaning in my life, you're the inspiration." "If you leave me now." Can't you hear the soft melodic sound of **Chicago** transporting you back into the 1970s? On July 9 the *Chicago Tribute Authority* will do just that in their tribute to the only American rock band to chart in the Top 40 for five consecutive decades!

"There was a band in the '70s called *Jefferson Airplane*," you're thinking, "but is **Jefferson Starship** the same group?" In a word, yes, with a few personnel changes

over the years, but still with their unique psychedelic progressive rock sounds. Don't miss their July 26 show.

So you may not be a *surfer dude* (or "California Girl"?), but you still go wild over the "Good Vibrations" of "Surfin' USA" with the **Beach Boys** and their unmistakably unique four-part harmony. On August 23, *Papa Doo Run Run* will "sound more like the Beach Boys than the Beach Boys," according to one reviewer.

The unforgettable, legendary **Johnny Cash** will be entertaining in the person of tribute singer James Garner on September 5. Whoa! Does the famous "Maverick" and "Rockford Files" actor sing? Well, this is *another* James Garner, but you'll swear you're listening to Johnny Cash!

What better way to wrap up this most amazing summer of entertainment than with the **Bronx Wanderers** on September

Please see this ad on page 40 for details!

20? Come on out as they capture the magic of '50s and '60s doo-wop and rock 'n roll sounds!

What are you waiting for? Get your tickets, bring your friends. What a delightful way to spend seven summer evenings!

Amphitheater Improvements

During the recent upgrade to the Amphitheater, we: raised the level of the stage to provide better sight lines; installed a long-lasting metal shade structure that should last 20 years; installed retractable shades to provide comfort to those using the stage area; provided ADA-accessible paths to the

stage area; created staging areas for food and beverage to support events; created a wheel chair area at the top with great sight lines; and leveled out the front of the stage area. We are installing hand rails at the lower stairwells and additional lighting and power.

How to Submit a Project Request

Pete Savoia, Properties Committee Chair

Do you have a great idea for a new project, but don't know how to get it implemented? Hopefully, this article will provide the guidance you'll need to do so.

The Properties Committee has developed a new process for the submission of new projects by residents, clubs, committees, or staff. The process starts with the requester filling out a "Project Request Form" (PRF). This form is available at the OC Front Desk, or on the website, www.suncity-lincolnhills.org/residents under Library > Forms > Association Resident

Forms > Project Request Form. The PRF asks for a description of the project, including construction needs, equipment to be purchased, and estimated costs. Annual maintenance and any revenue loss to the Association are also to be identified. Justification and benefits to the community as well as impact on other groups, clubs or activities is a key section of the form. Depending on the complexity of the project, the completion of this form may require a fair amount of homework by the requester.

Please see "Project Request" on page 96



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Wellness & Fitness News

Wellness Defined and Put into Action

Christine Epperson, Wellness Program Coordinator

Do you frequently ask yourself what “wellness” really means? We hear this word in our everyday lives, but interestingly, there is no universally accepted definition of wellness. There is, however, a set of common characteristics seen in most attempts to define wellness.

We find references to a state of well-being, optimal health, a process, a balanced lifestyle, and the integration of body, mind, and soul. Jan Montague, President of Whole-Person Wellness International, who holds a master’s degree in Gerontological Studies, helps us define wellness through a multidimensional approach: “the capacity to function across many domains —

physical, functional, cognitive, emotional, social, and spiritual — to one’s satisfaction and in spite of one’s medical condition.” Jan believes in promoting whole-person wellness for optimal aging.

“We have dedicated four days in May that will allow all residents to cruise through the dimensions of wellness. On May 21, 22, 23, and 24 we will be hosting **Wellness Days** to introduce you to the multi-dimensional programs and classes we offer in our department. See page 34 for details.”

While health can be defined as the absence of disease, wellness is more about a person’s lifestyle and taking charge of the choices we make to stay healthy. So we have created Wellness Days to give you an opportunity to explore your personal wellness and

determine what dimension you may want to improve, explore, or add to your well-being. Our Lincoln Hills Wellness & Fitness staff would like to invite you to the ultimate cruise of your life: *A Cruise Into Wellness!* This “cruise” incorporates a holistic path to personal harmony and well-being. We have dedicated four days in May that will allow all residents to cruise through the dimensions of wellness. On May

21, 22, 23, and 24 we will be hosting **Wellness Days** to introduce you to the multi-dimensional programs and classes we offer in our department. See page 34 for details.

Wellness & Fitness Classes: pages 81-95 • Exercise Class Schedules 92-94

Activities News & Happenings

Keep Cool This Summer!

Lavina Samoy, Lifestyle Manager

Summer seems to be coming early this year. It was 87 degrees with a projected high of 92 with the week promising to be even hotter when I wrote this article. And in April, that is hot!



We have an array of activities to take your mind off the summer heat! Don’t miss the smashing opening concert for the Summer Amphitheater Series on **June 7 with Chubby Checker & the Wildcats (page 42)** followed by the **Paperback Writer, a Beatles Tribute Band on June 25 (page 43)**. Our full page ad on page 40 shows the complete line up. Doug Brown’s article on page 5 provides interesting information about all the performers. Be safe and en-

joy the concert even more by reading the Amphitheater Guidelines (page 41).

Invite your family and friends to share the summer fun with you. “Like” us on **Facebook** (*Sun City Lincoln Hills Entertainment*) and share our Facebook site with them so they can stay connected with you and what’s happening in entertainment!

Heat proving to be too much? Hop on and join us on our fun day trips to the Bay Area to cool you down: **Shopping in San Francisco, June 29 (page 52)**; board the “Floating White House” **USS Potomac, July 27 (page 52)**, and for the crafters, see the largest juried craft show west of the Rockies at the **American Craft Council San Francisco Show, August 3 (page 52)**.

If you like adventure and water, paddle with us on the American River with California River Adventures. Choose the rafting trip that fits your abilities and physical

Don’t Fence Me In! (But if you do, follow the Design Guidelines)

Art Sacks

Architectural Review Committee Chair

The Architectural Review Committee (ARC) frequently receives inquiries and applications concerning the maintenance and installation of fences, walls, and barriers within a resident’s property, on the property lines between residences, or in open spaces. While homeowners may improve their property in these cases, attention should be given to the requirements of Section 7 of the Design Guidelines. Any improvements must be first approved by the ARC, after submission of an application together with appropriate checklists. If you have questions at any time during the application process, please contact the Community Standards Manager, who is available to help residents. Also, please note that such improvements must meet the requirements of the city of Lincoln.



There are several types of walls and fences that may be constructed, but due to limited space in this article, I will only *Please see “Fence” on page 9*

conditions. For a more leisurely trip with a bit of history, join the “float” trip on **July 25 rated Class 1 (page 52)** starting at the Marshall Gold State Historic Park. For the thrill seekers, gear up for the **July 18 trip to the South Fork Gorge (page 52)** a Class 2 and 3+ rapids. Pick up a copy of the Guidelines to be ready for the excitement.

We’re heading back to **Hot August Nights in Reno on Augusts 6-7 (page 54)** for an overnight trip at John Ascuaga’s Nugget to enjoy the hot rods and classic cars and a variety of gaming options.

Want to learn to use the computer? Beginner or intermediate, take one of our summer classes to improve your skills: **Facebook (page 61); Basic Computer Skills (page 61); iPhoto on the iPad (page 61)** and more. Computer classes are listed on page 61 to 65.

Stay cool!

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Is Our Community Home Your Home — Online?

SCLHCA Resident Website has been enhanced

Al Roten, Roving Reporter

Over the last several months, many changes have been made to our resident website. The latest of these enhancements will be put into place in early June. Much planning and effort has gone into the changes implemented, all with the intent of making our website more meaningful, current, and useful to residents. The resident website may be accessed directly by inserting the URL www.suncity-lincolnhills.org/residents/ at the top of your browser. For easy navigation, bookmark this URL in your Internet Options. For those who use mobile devices, the website is built in HTML5 to be compatible with personal devices.

The residents' home page will show you what is currently happening at SCLH

with direct links to Activities, Meridians Restaurant, The Spa at Kilaga Springs and Wellness & Fitness. By clicking on the "Lifestyle Online" tab at the top of the page, you can buy tickets to events and activities. Of course, you may still go to the Activities and Wellness/Fitness Desks at the Lodges to make your purchases in person.

There is much more information available by clicking on other buttons in the header and footer sections of the website. For example, if you missed a Community Forum or Board of Directors meeting, with a click of your mouse you can go directly to a video of that event; if you want to see a speaker's slides, you can click on their presentation. A single click will also get you the current issue of the *Compass* magazine and the archives. Most of the important

Association committee minutes, agendas, and documents are accessible by clicking the **Library** tab with subjects by alpha order to make searching more logical.

If you have not yet registered for the website, you may do so at the top of the home page. Follow the instructions then wait for an emailed confirmation from the SCLH webmaster with further instructions to complete the registration process. Confirmation of your SCLH residency and email is an essential part of website security. Don't forget to follow up once you hear back from the webmaster!

Our resident website has become an interactive and interesting tool for enjoying an active lifestyle, an important element in our choice to live in SCLH. I urge you not only to visit the site, but to make it your Internet Home Page for access to the amazingly wide world of the Internet.

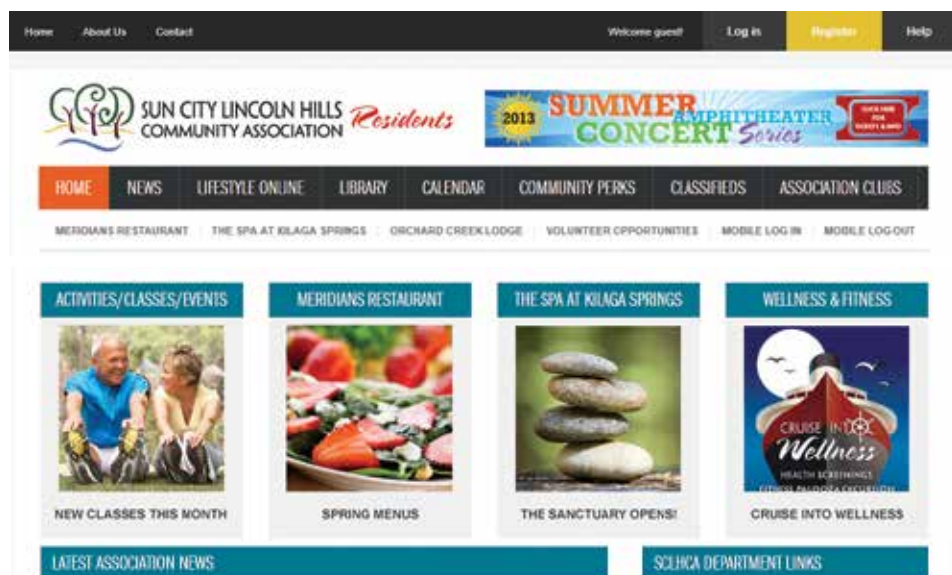
Connections

Continued from page 3

on pages 2 & 3, will now have a place on the website for all to enjoy in the photo gallery section of the website.

Association staff is working diligently to provide you with new and exciting options and opportunities to be involved and we are improving our communication tools to help keep you well informed. We hope you like what you experience and look forward to your feedback. Lily Ross has **continued tips for using online registration** on page 10. Once again, Sun City Lincoln Hills is in front of the pack, setting high expectations for us and your participation.

See you in the Lodge!



A snapshot of the new and improved resident website to debut by early June

Don't Fence Me In!

Continued from page 7

address those that are most frequently encountered by the ARC.

Applications for fences adjoining open space and golf courses are most frequent. Owners of these lots may construct a wrought iron fence along the top of a knee wall. Knee walls may be constructed up to two feet in height and a standard wrought iron fence installed on top of the wall. The total height of the wall and fence may not exceed six feet. Note that

wrought iron fences must be installed on knee walls, and cannot be placed directly into the ground. Any wrought iron fence color must be either black or green.

In light of the age of many of our wood fences on the perimeter of our properties, many homeowners' fences are deteriorating. Repair or replacement of fencing of the same construction, materials, dimensions, and color as original does not require an application. Fencing and gates must be cedar or redwood, and the same style, color, and height installed by the developer.

Fencing shall not include hinging of fence panels.

This has only been a review of two of the types of barriers that can be installed. In future articles I will try to address other related issues. The ARC is not an impediment to improvements by homeowners. Our mission is to ensure that our property values remain high, and we can all enjoy our properties. If there are any topics you think should be addressed in my articles, please contact me through our website.

Getting to Know Online Registration:

Registering for Entertainment, Trips, Classes and Wellness/Fitness

Lily Ross, Lifestyle Assistant Manager

We are now starting the third month using the Events/Classes registration page soon to be called *Lifestyle Online*. Users have been providing wonderful feedback!



Page Format

If you haven't had a chance to browse the new page, it is designed with the *Compass* format in mind. As you browse this month's copy of *Compass*, take note of the colored headers at the top of the page. Hot pink, for example serves as a quick reference to let you know you are in the Entertainment section. Similarly, on the Events/Classes page (*Lifestyle Online*) you can navigate to the hot pink Entertainment section and browse sub-types, just as you would with your magazine.



On the Events/Classes page (Lifestyle Online), you can navigate the hot pink Entertainment section... just as you would with your Compass

Will Call

Speaking of Entertainment, the Summer Amphitheater Concert Series is now on sale which has brought up questions regarding the protocol for picking up tickets in Will Call. As a reminder, all ticketed Entertainment events purchased online will have tickets available for pick up in Will Call after noon on the day of the event, at the location of the event. One exception is the Series Package that was available during the first month of sales; you will pick up all seven wristbands at the first performance, Chubby Checker.

Special Notices

Take note of the messages that appear on your screen: "Please be patient while we process your order. Do not press Back or Refresh" — this advisory is there to prevent your credit card from being double-charged. Please, heed the warning and exercise patience.

Thank you for providing us with ongoing feedback — your comments and recommendations greatly help us to create a website that is easily navigated and full of useful tools. Keep your comments coming!

Summer Dining Pleasures at Meridians

Jerry McCarthy, Director of Food & Beverage



Meridians is offering a number of exciting options for your summer dining pleasure. Chef Roderick is getting ready to launch his new summer menu towards the end of June. This still leaves plenty of time for you to enjoy Mediterranean Night every Thursday. Enjoy the fresh, authentic tastes of baba ghanoush, grilled pita bread, grilled vegetables, tzatziki, falafel, and your choices of shrimp, chicken, or lamb kabobs. Buy 10 and the next is *free!*

You will continue to see Meridians renew its commitment to excellent food and friendly service on a consistent basis. Meridians continues to surprise and please our guests with new concepts

"A very new and exciting addition coming in June will be our new 'Late Night Happy Hour' in the Sports Bar on Sundays... offering live music, food, and happy hour pricing from 7:30 to 9:30 PM."

created especially for our residents. We will shortly be starting happy hour at the OC outdoor swimming pool every Thursday night. Also, you can enjoy food and drink specials for happy hour at Kilaga Springs Café every Friday night. In June, on Thursdays at the pool and Fridays at Kilaga Springs Café, we will have free live music, BBQ grill items & food specials, with happy hour pricing for all drinks. A very new and exciting addition coming in June will be our new "Late Night Happy Hour" in the Sports Bar on Sundays. Once again, we will be offering live music, food, and happy hour pricing from 7:30 to 9:30 PM. As you can see, it's time to bring family and friends and enjoy food, drink, and music in warm summer weather.

Upcoming festive Meridians events include:

- **Father's Day Brunch** – June 16, 10:00 AM-3:00 PM. Reservations are highly encouraged. Omelet station, carving station, hot & cold buffet, and desserts. In addition, we will be offering special dinner entrées. Don't miss out. Make your reservations now.
- **Meridians Annual Kitchen Party** – June 24. Reservations and prepayment are requested. The culinary team is going to show tricks of the trade. Get a sneak peek behind the scenes. There will be hands-on demonstrations, multiple stations and great food and drinks available. See if you have what it takes to work in *your* Meridians kitchen. This event always sells out quickly!
- **New Summer Menu** – coming in June. Keep your eyes open for the announcement of the launch date.

For all details and complete menus please go to www.meridiansrestaurant.com or ask at the host stand of Meridians.

~ Please see our ad on page 76. ~



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CHECK THE COMPASS FOR DETAILS

Make a Difference

Announcing Openings for Committee Members

Architectural Review Committee (ARC)

Looking for an opportunity to be part of a team responsible for maintaining the architectural standards of our community? The ARC currently has openings for residents who can interact with homeowners in a positive and diplomatic manner. Experience in landscaping and architecture is helpful. As a member of the ARC you will review plans for landscaping, new construction, or exterior alterations, and help to decide if the project conforms to the CC&Rs and the Design Guidelines.

To find out more about joining our team, you can download a Committee Application at our website, www.suncity-lincolnhills.org, or pick one up at the Membership/Activities Desk (OC).

Communications and Community Relations Committee (CCRC)

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

Disaster Preparedness: Part Five

Water, More Precious Than Gold

Bill Beal

After a disaster strikes, we may not have water for several days. To protect the water still in your house, turn off the incoming water valve as soon as possible. This keeps contaminated water from entering your water system.

Remember, you need to drink at least two quarts daily, and during the summer that amount may need to be doubled. You also need a half gallon a day for cooking and washing. An average family of two will consume two to four gallons of water daily.



Assuming you didn't store the 50 gallons of water recommended in Part Three, all is not lost. There are still several sources of water on your property.

1. Ice cubes
2. Bottles of drinking water stored in the house and car
3. Hot Water Heater. *Warning:* Turn it off before draining the water

Please see "Disaster Preparation" on page 17



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Aging Well

How Sweet Are You? — Think Diabetes

Shirley Schultz, Health Reporter

When I was growing up, I remember hearing the adults talk about “sugar diabetes” or “high sugar,” and it was somehow related to eating too much sugar and really serious. Time and education have enlightened me with a much better insight into this “sugar” problem that is estimated to affect 285 million people globally. I dare say that there is not one person reading this article who does not either have diabetes or knows someone who has it.

“Diabetes” is a term from ancient Greek that means “one who straddles” or goes to the bathroom a lot. The word “mellitus” is Latin for “honey” or honey taste. So “diabetes mellitus” is our description of “one who pees a lot of honey-tasting

urine.” Don’t ask me who has been tasting other people’s urine! Diabetes is a serious disease that can be especially damaging to the heart, kidneys, eyes and brain.

Since the 1980’s, diabetes mellitus (DM) has been divided into two main groups: Type 1 and Type 2 diabetes. There is a third type called gestational diabetes which occurs in some pregnant women who develop high blood glucose levels but with no previous diagnosis of diabetes. Gestational DM may precede development of type 2 DM. Type 1 DM results from the inability of the pancreas to produce insulin and requires the person to inject insulin or wear an insulin pump. Previously Type 1 DM was called “juvenile diabetes” or “insulin-dependent diabetes mellitus” (IDDM). Research over the years now indicates that Type 1 and Type 2 DM are probably two different diseases.

Type 2 diabetes mellitus (DM), previously referred to as “adult-onset diabetes”

or “non insulin-dependent DM (NIDDM)” is a problem of insulin resistance. The pancreas produces insulin, but the body cells do not have enough insulin receptors. When there are not enough insulin receptors at the cellular level, the glucose floating around in the blood is unable to enter the cells, and so the glucose builds up in the blood stream and, when high enough, spills out in the urine. Unfortunately, the most common reason for Type 2 DM is being overweight or obese.

The most important management component for dealing with any type of diabetes mellitus is proper diet, exercise, and weight control. **Hear Dr. Deborah Plante speak about diabetes on May 22** (see page 96).



Another Good Month and Two New Volunteers

Hank Lipschitz, Finance Committee Chair

Financial results for March were very good and it’s nice to see that we are running well ahead of budget early in the year. This month we have two new volunteers joining the Finance Committee, Marsha Watkins and Richard Pretzlaff, keeping us up to full strength.



March finished \$105,007 better than budget bringing us \$176,710 on the plus side year-to-date. We saw significant revenue gains in Fitness, Activities and Food & Beverage. Even with the construction that is going on at The Spa at Kilaga Springs, they beat their budget and showed a profit of \$3,447 for the month. All this is good news, however, due to claims recently we were hit with a

substantial increase in Workers Compensation Insurance at our renewal, so going forward we will have to deal with this. Our Staff has put in place a plan to address this, but it will be with us for some time until our losses improve.

The Operating Fund cash balance was \$5,047,807 on March 31, with \$755,094 in the Building/Capital Enhancement Fund and \$1,477,898 in Settlement Proceeds Fund. All funds are in FDIC-insured accounts or US Treasuries according to our policy.

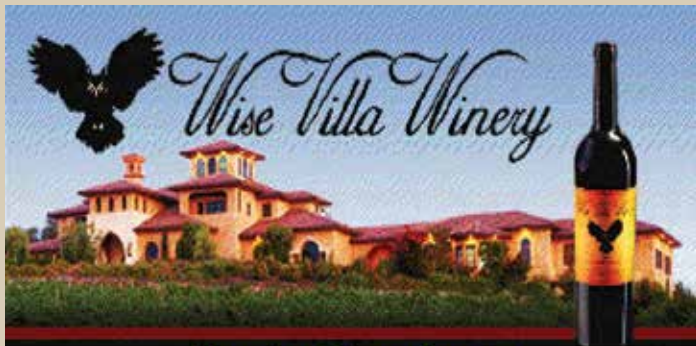
Homes with past due balances declined to 107 units and at total of \$67,800 past due. This compares to 100 homes and \$65,400 past due on December 31.

If you have general questions or need information on the above, I may be reached at finance.committee@scilhca.com. The monthly and year-to-date financial statements are available on the Association’s website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, May 16 at 9:00 AM.

Statement of Operations YTD — 3/31/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$1,881,889	\$1,878,707	\$3,182
Administration (Expense)	(476,758)	(538,925)	62,167
The Spa at Kilaga Springs	5,469	(6,025)	11,494
Fitness	(75,955)	(102,433)	26,478
Activities	(52,804)	(73,080)	20,276
Rec. Center / Maintenance	(548,267)	(578,457)	30,190
Landscape Maintenance	(559,044)	(589,807)	30,763
Food & Beverage	(84,491)	(76,651)	(7,840)
Capital Asset	0	0	0
Net Revenues (Expense)	\$90,039	(\$86,671)	\$176,710



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Adams & Hayes Law is pleased to announce that Juliette T. Robertson, Esq. has joined the firm as an Associate Attorney.



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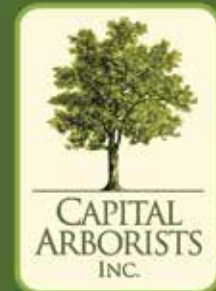
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Neighborhood Watch

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Patricia Evans

Have you wondered how our 850 volunteers can serve you consistently and effectively? The secret is our four-year-old Training Workshop Program. All residents benefit from this program when participants go home with a notebook providing step-by-step instructions to maximize safety and security.



Neighborhood Watch has often “saved the day” with medical and house emergency information compiled by the Mail Box Captain. For example, when a neighbor is hospitalized unexpectedly, the Captain or Village Coordinator is able to contact relatives or friends quickly, sometimes before the ambulance arrives at the Emergency Entrance. The most common house emergency is an irrigation failure. We want to save you from having a huge water bill by intervening if you are away from home.

Residents say they especially appreciate receiving Neighborhood Watch email alerts and items of interest. The training workshop provides instructions on setting up an email system or creating a telephone tree to disseminate information.

“Our volunteers are able to serve you better when they enrich their experience by interacting with peers and exchanging innovative ideas,” according to Joan Brant-Love, one of the three committee members. “Participants scored these Workshops at four-plus out of a possible five.”

Please turn to page 27 to learn more about our Thursday, May 23, Training Workshop.

Coming to your neighborhood! On Tuesday, August 6, National Night Out is celebrating 30 years of fighting crime nationwide. Pauline Watson, SCLH Chair, hopes every Village will plan something very special!



Clockwise from left — Barbara Moss, Joan Brant-Love, and Elaine Small form our Training Workshop Committee

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mwv6@sbcglobal.net
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

“What is it about books?”

Nina Mazzo, Library Volunteer

“I was born with a reading list that I will never finish.” Maud Casey

Readers will probably nod their heads and smile when they read this quote. Recently, an article in *The Sacramento Bee* written by Stephanie Taylor caught my attention as she began by asking “What is it about books?” She notes that there is a “kinetic power of possibilities” as we sort through shelves and wander bookstores and libraries. The volunteers in the KS Library often see residents with their lists of books or authors as they peruse our shelves. Sometimes, we simply let a book choose us by a title or dustcover.

Books by Ken Follett remind me of masterpieces in a museum. His book *Fall of Giants* is located in Fiction. Adjectives abound for this novel – epic, mesmerizing, intriguing and you find yourself immersed in the overwhelming but

fascinating historical storytelling.

Huge thanks to Gil and Carole who donated several books on CDs. It is residents who donate their gently used and recently published books that keep our library current. We would therefore appreciate it if you would donate those older books (published before 2000) directly to the Twelve Bridges Library. Please check the CDs and DVDs before you return them to ensure you have replaced all the discs.

Contacts: Book donations, call Sandy Melnick (408-1035); volunteers call Sandy Maloff (408-2368); investment materials are maintained by Cleon Johnson (408-5648); Community Living Room (OC), Nina Mazzo (408-7620).



Disaster Preparation

Continued from page 11

4. Garden hose water. Put one end in a bucket and drain out any remaining water
5. Toilet holding tank (not the bowl)
6. Fish aquarium
7. Hot tub or swimming pool (good for washing)

The water from the sources listed in three through seven *must* be purified. Here are two methods:

- Bring the water to a rolling boil for two to five minutes, then let it cool
- Or, add 16 drops of household liquid bleach to one gallon of water, stir and let stand for 30 minutes

To avoid having to search for water, take the initiative and store a week’s supply in the garage. Your fish will love you for it.



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Club News



Alzheimer's/Dementia

Caregivers Support Group

"Compassionate Communication and Challenging Behaviors" is the title of the presentation to be made on May 22 by Denise Davis, Program Director for the Alzheimer's Association of Northern CA. If you are a caregiver for a loved one with dementia you understand what it means to try to communicate effectively with your loved one. If you are seeing unexpected changes in behavior or your loved one repeats the same question again and again, we encourage you to attend the presentation on May 22, at 1:00 PM in the Multipurpose Room (OC).

In addition to lectures and discussions, the support group has a large collection of related books and DVDs you may borrow to read or share with family and friends.

If you are a caregiver for someone with memory issues, we hope you will join us for our monthly meetings.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332;

Maria Stahl 409-0349



Antiques Appreciation

We all had an interesting and fun time at our May meeting (which was for members only) because John Humphries, professional appraiser of antiques and collectables, put on a mini "Antiques Road Show" for us! Those who wanted to brought in an item to be appraised. He told us what he knew about the item and the approximate value. There were some really beautiful and interesting items, and the values ranged from around \$200 to \$1500. John does appraisals at the Antique Trove in Roseville. You can call them for more information.

The Antiques Club Window (OC) for April was gorgeous as usual as it was decorated with beautiful antique and vintage jewelry belonging to some of our members. In May it will be all about Mother's Day with antique and vintage cookbooks. Be sure to go by and see it!

Contacts: Jan Robinson 408-7332;

Jane Delno 543-6855
Antique Appraisals 408-4004



Astronomy

May 15 — Community Star Party (weather permitting) at sunset on Terrace behind OC Lodge.

Monday, May 20. Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. Alex Filippenko DVD Series, "Black Holes Explained," Lecture 11. This lecture discusses Black Holes and the Holographic Universe. Contact Morey Lewis (408-4469) for more information.

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

July — no meeting.

August (TBD) — Sierra College Planetarium Show and Presentation "50 Years of Sky and Telescope" by Dick Marasso.



Nina Mazzo presenting "Space Shuttle Spinoffs" at the April 3 meeting

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

Contacts: Ron Olson 408-1435,

rolson@starstream.net;

Nina Mazzo 408-7620

ninamazzo@me.com

Website: www.lhag.org



Ballroom Dance

Plan to attend the Ballroom Dance Group's classes on Tuesdays at KS. Experienced instructors teach at the beginning level from 2:00 to 3:00 PM. There is a variety of music for general dancing from 3:00 to 4:00 PM. Instruction at the intermediate level is from 4:00 to 5:00 PM. The classes are free for members of the Ballroom Dance Group. Annual dues

are just \$7 per year per person.

The dance taught for the month of May is Night Club Two Step. In June, Cha Cha will be taught. Students experience a social atmosphere of relaxed learning and fun. You'll enjoy the easy learning environment and be able to dance to popular songs.



Elaine White and Richard Eberlein

Come to the Spring Ballroom Dance Ice Cream Social on Sunday, May 19, from 2:00-5:00 PM at OC Ballroom. Tickets are \$11 for each member and guests. Tickets are only sold in advance.

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 May 15 and June 19. 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 Tuesday, June 11, at *Original Pete's*. Meet in front of OC Lodge by 11:20 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.
Contact: Joan Logue 434-0749,
joanlogue@sbcglobal.net



Billiards

The Shooters

- Eight-Ball Singles 1:00-4:00 PM First Wednesday
- Nine-Ball Singles 1:00-4:00 PM Second Tuesday
- Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
- All games at KS

Tournament Winners: Eight-Ball Singles April 3 — Winner: Phil Delaney; Runner-up: Ted Komaki.



Winners of Eight-Ball Doubles tournament April 17, David Manwaring (left) and Clyde McFadden

Nine-Ball Singles April 9 — Winner: Phil Delaney; Runner-up: Bob Doney.

Eight-Ball Doubles April 17 — Winners: David Manwaring and Clyde McFadden; Runners-up: Flavio Lombella and Phil Delaney, CV

Orr and Ron Fairbrother.

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

Challengers Billiards

The Challengers Group is mid-level to advanced players. We play every Friday from 10:00 AM to 12:00 PM at the Billiards Room (KS). Players will be assigned to various tables with different partners. The last Friday of each month is sign-up day for the following month.

We don't just like to play Billiards, we also like to party. Remember, our Pizza Party get-together is May 18 from 12:00 to 4:00 PM at KS. Come and have some fun.

Our recent winners — first place: seven games Joe Perez; six-and-a-half games Sherry Weech; six games David Manwaring, Sandy Pavlovich. Second place: six games Del Torres, five-and-a-half games Doyle Coker, Bill Kim; five games Bob Soriano, Bob Wehner, George Black; four games Ziggy Brien, Ken Hawley, Rita Baikauskas, Veronica Torres, Hugh Duberly, Bob Bienkowski.

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

Couples Billiards

We play at KS every Wednesday evening from 4:00 to 6:30 PM. The sign-up book is on the fireplace, you will need to sign up in advance. Sorry, there wasn't enough space to mention all the teams that tied for second place this playing time.

On week one there was a tie of five

games won. Those teams were David Manwaring/Peshu Irani and Joe/Nicki Hobby.

Week two also had a two-way tie of five games won. Those players were Del/Veronica Torres and Joe Perez/Rita Baikauskas.

Week three, again a two-way tie of five wins. Those players were Dan Oden/Gail Harmon and Joe Perez/Rita Baikauskas.

Week four, we finally had a six-game winner. Those players were Dave Manwaring/Connie Hoetger.

Congratulations everyone.

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

Players Billiards

Come join in the fun every Thursday, 2:15-4:30 PM and play six games of Eight Ball with other mid-level skilled players in the Billiards Room (KS).

Congratulations to recent winners — five of six games: Doyle Coker, Dennis Dreiling, Phil Berlenghi, Ziggy Brien, Lisa Pabst, Peshu Irani, Sandy Pavlovich, David Manwaring,

Sylvia Gutierrez; four of six games: Ken Hawley, Jennie Wright, Larry White, Hugh Duberly, Lisa Pabst, Sylvia Gutierrez, David Manwaring, Rita Baikauskas, Willie Wright, Jack Fabian, Bob Soriano, Bob Bienkowski, Del Torres, Ziggy Brien, Veronica Torres, Sean Brancato, Peshu Irani.

We also recognize the players who win all their games in a tournament... our Pool Sharks!



Some of the Players Billiards Group's Annual Six Game winners!

Congratulations to our Annual Six Games Winners: Oscar Alvarez, Dan Oden, Dale Houck, Ed Welch,

Willie Wright, Sylvia Gutierrez, Ken Hawley, Phil Berlenghi, Peshu Irani, Rita Baikauskas, Dennis Dreiling, Del Torres, Bob Wehner, Howard Skulnick, Doyle

Coker, Joe Perez, Chiquita Fratto, Bob Bienkowski, Bill Huth.

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

Upstarts Billiards

Six-game Tournament Winners, April 2012 thru March 2013: Gary Averett, Phyllis Borrelli, Dennis Dreiling, Ron Farebrother, Sandy Greer, Richard Gsell, Ray Hinkley, Nicki Hobby, Connie Hoetger, Peshu Irani, Larry Koenig, Phyllis Papagiannis, Mike Pawlowski.



Some of the Annual Upstarts Billiards Six Games Winner

Everybody is welcome at Upstarts Billiards. We are beginners-to-average players, playing standard Eight Ball every Thursday between 11:45 AM and 2:00 PM at the Billiards Room (KS). We'd love to have you join us!

March-April Winners, five games: Ursula Allison, Gary Averett, Margrit Blanc, Frank DeMasi, Ron Farebrother, Richard Gsell, Connie Hoetger, Mike Pawlowski, Bianca Reckling, Gary Smith.

March-April Winners, four games: Ray Hinkley, Gary Hoffman, Lydia King, Jim McCarthy, Audrey Thrall.

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

All Billiards Groups will hold a Summer Pizza Party on May 18, KS, 12:00-4:00 PM.

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



Bird

Our group is planning a Saturday bird walk on May 25 along the Monte Azul (Upper Canyon Oaks) Trail. This is a lovely paved walkway with many beautiful oaks and birds such as the Ash-throated Flycatcher, the Northern Harrier and the Nuttall's Woodpecker. On Friday,

June 7, our outing is to the Loomis Horse Park. This area has open space and a cool wooded stream, so it's a great chance to see the Western Wood Pewee, the Bull-ock's Oriole, and others.

The Bird Group offers a great way to learn about birds from some excellent birders and to attend interesting monthly programs. Join us on one of our walks or at our next meeting, June 10 at 1:30 PM in P-Hall (KS).

Check out our pictures and events on the LH website.

Contact: Kathi Ridley 253-7086,

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

We were quite taken back on Easter weekend when we saw how many families were out enjoying the nice weather and the Bocce Courts. Every time we drove by there were three generations or more playing Bocce together. On Sunday afternoon there were so many people that all the courts but one were in use. It is really great to see our wonderful Association facilities being used to their fullest. Unfortunately we couldn't find any leftover Easter candy the next day.



Easter Bocce

We have switched to our summer season Thursday morning start time of 8:00 AM in case you showed up at ten and we weren't there.

Contacts: Paul Mac Garvey

543-2067, pmac1411@aol.com;

Bob Vincent 543-0543



Book Group, OC

Shadow of the Silk Road by Colin Thubron, our May 16 feature, follows the author's 7,000 mile journey along the ancient silk trade route from inland China to the Mediterranean coast of Turkey. History buffs will enjoy this colorful narrative,

packed with historical data and anecdotal comments.

Please join us on the third Thursday of each month at 1:00 PM in the Multipurpose Room (OC). We welcome newcomers!

Remaining Schedule:

- June 20 *Steve Jobs* by Walter Isaacson

- July 18 *The Columbus Affair*

by Steve Berry

- August 15 *Gone Girl* by Gillian Flynn

- September 19 *The Tennis Partner*

by Abraham Verghese

- October 17 *The Queen of Water*

by Laura Resau

- November 21 *The Coffee Trader*

by David Liss

- December 19 Holiday Luncheon

Contacts: Penny Pearl 409-0510;

Darlis Beale 408-0269;

Dale Nater 543-8755

Website: <http://lhocbookgroup.blogspot.com/>

Wiki: http://ocbook_group.pbwiki.com/



Bosom Buddies

Breast Cancer Survivors

Bosom Buddies has had a great couple of past months in the way of programs. April 11 we had Dr. Steven Martinez, UC Davis oncology surgeon, tell us the steps he discusses with the patient before he performs surgery for breast cancer.



Dr. Steve Martinez

Our May general meeting was held in Val Singer's beautiful backyard. We had a yummy *Pie Social*. We also had the opportunity to decorate luminary bags to remember loved ones who have succumbed to cancer. These lit bags line the race track after dark at Lincoln High School where there will be a 24 hour walk sponsored by the American Cancer Society May 18 beginning at 9:00 AM. Call Val Singer at 251-6528 for more information.

Bosom Buddies is a social group supporting breast cancer survivors. Questions or wish to join us? Please call Marianne.

Contacts: Marianne Smith

408-1818; Sally Lewis 434-7381

Website: www.suncity-lincolnhills.org/residents



Bridge, Partners

Thursday Evening First & Third

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

April 4 (14 tables) winners include — First: Allan & Beverlee Blaine who also had a high round of 2,300; second: John & June Mastor; third: Maxine Cook and Ann Leitze; fourth: Bruce Fink and Stanley Mutnick. Mary Bailey and Judy Barkhurst bid and made seven Hearts for a Grand Slam.

April 18 (11 tables) winners include — First: Bob & Lorraine Minke who also had a high round of 1,500, second: Ben & Kay Newton; third: Jerry & Sharon Kluball; Fourth: Bruce Fink and Stanley Mutnick.

Contact: Lorraine or Bob Minke

408-4009, tahoebob1@sbcglobal.net

Thursday Evening Second & Fourth

If you would like to play Partners Bridge come join us every second and fourth Thursday evening. We start promptly at 6:00 PM and usually finish around 8:30 PM. We play in the Terra Cotta Room (KS). Call us and we will get you on the list. Winners for March 28: First place Carol Mayer and Bev Dwyer; second Bob & Lorraine Minke; third Arlene Parton and Helen Helm; fourth Lydia King and Nancy Turrini. April 11 winners: Leif & Darlene Anderson; second Ben & Kay Newton; third Judy Barkhurst and Ann Ulrich; fourth Bruce Fink and friend Dwight.

Contacts: Chris & Ken Jacobson 408-8709 Delores Marchand 408-0147



Bridge, Duplicate

Bridge-playing Lincoln Hills residents: Our "Monthly Meet & Greet" — Are you thinking about playing duplicate

bridge for the first time? Do you have questions? Then we're here for you! Call Dede Ranahan at 408-4541 for details.

Among the top SCLHDBC scorers at the Presidents Day Regional in Sacramento were Joe Blackford, Judy Beck, Dave Russell, Bob Schooling, Sheldon Fein, Julius Kerenyi, and Jack Uppal.

Upcoming lessons:

May 29 Reverses

June 5 – Panel – Jim McElfresh and Squeak Conner

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

- 12:30 PM Wednesdays — preceded by an 11:45 AM lesson;
- 5:00 PM Fridays;
- 12:30 PM Saturdays.

On Wednesdays, there is a section restricted to players with fewer than 200 Master Points. Saturday's play includes a section for those under 300 MPs.

Contacts: John White 253-9882;

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play and please call if you need to cancel. You do not need a partner but must arrive by 12:50 PM.

Winners for March 15 to April 12 are: first — Mary Nieman, Neil Wilson, Jim Busey, Frank Lawrence and Dolores Marchand; second — Arlean Parton, Phil Sanderson, Mary Nieman, Lois Burke and Judy Granulin; third — Joe Phelan, Bev Dwyer, Chet Winton, Jodi Deeley and Jack Hendrickson; fourth — Ralph Madsen, Chet Winton, Randy Rasmusson (twice) and Jim Busey.

Reservations April & May: Rosie Peasley 253-7414 rosiepeasley@yahoo.com.

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



Bunco

Laughter can be contagious. All who attended in April were in great spirits as the laughter was plentiful. Plans are

underway for a July summer potluck to be held after Bunco play on Thursday, July 18 with location to be determined. Further details will follow.

Each third Thursday of the month we meet in the Cards Room (OC) at 9:00 AM for drop-in Bunco. The cost is \$5 per person and a membership fee is never charged. There are six winners of SCLH gift cards per session and skill is never the requirement. Beginners have been known to leave with one of the gift cards. Join us for laughter and socializing with your fellow Lincoln Hills residents.

March winners: Most Buncos Shirley Mohler; High Score Maria Giacomelli; Most Wins Donna Bishop; Low Score Joanne Cardoza; Most Losses Sudie Moreland; Traveler Sharon Chipman.

Contact: Ann Stults 543-6782



Ceramic Arts

May is full of events and activities!! *Artisans in the Lodge* May 19, Sunday only, in OC hallways. Plan to stop by and see the beautiful artwork. A great show last year and even better this year. Support your resident artists.

Another excellent show — America's ClayFest (replacement for Feats of Clay) at Blue Line Gallery, downtown Roseville, sponsored by the Art League of Lincoln. See ALL's web page, www.all4art.net for days and hours.

Ceramic Arts Group dues are due and payable. Send check to Ed Hanson. We currently have close to 70 members.

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

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

KS Earthenware Terry Pisani

408-4037; KS Spanish Oils

Margot Bruestle 434-9575

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

Lincoln Hills Community Chorus



Chorus

"An American Fanfare," this month's concert by the Lincoln Hills Community Chorus, again revealed how far we've come under Bill Sveglini's direction. Hundreds of you came to enjoy and applaud our three Ballroom performances, and we thank you for your enthusiastic support.

Having heard how good we are, you won't want to miss our next concert on December 8, 9, and 10. If you'd like to join us, we will welcome new members when rehearsals resume on September 3. Contact Sid Frame or Bill Sveglini in advance to express your interest and obtain further information.

Contacts: Bill Sveglini 434-5655, sveglini@gmail.com

Sid Frame 408-1453,

sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Cloggers

Our Performance Team performed an outstanding energetic routine for the "Oklahoma" scene on stage of "Simply Broadway." Made cloggers proud. Janice Hanzel, instructor, was all smiles. She and Team members are rewarded by the success they felt. Hats off to them!

Plans are underway to take clogging performances to parties and community functions. It will consist of cloggers, approved by Janice Hanzel, dancing to all



Performance Team — first row: Jackie Lamb Zettalee Noga, Natalie Grossner, Anita Tyson; second row — Connie Stephens Jeri Ferris, Jackie Wilson, Barbara Conner; third row — Wendy Iannico

types of music. Contact is Barbara Sowers 408-5061.

The NCCA Convention in Modesto was a huge success. Performers in the Exhibition ranged from six years old to 87; yes, 87! Fantastic show! How fun to mix with all ages partying and dancing. Cloggers are asked to join NCCA to stay informed, receive discounts at workshops, conventions and hotel rooms.

Keep busy, Clog!

Contact: Anita Tyson 543-5330



Computer

Main Meeting, June 12, 6:30 PM: Windows comes with several

built-in security features. Speaker Bob Ringo will review how to use these free security programs which include Windows Defender, User Account Control, Windows Firewall, and more to keep your personal computer secure from the bad guys. Bob will discuss how to back up your computer data, running backups, restoring them, being smart on where to store them, and accessing them if something goes wrong.

Clinic, June 14, 3:30 PM: There are several security procedures that you should take before taking your personal computer or tablet on the road. Speaker

Bob Ringo will review the steps you should take before leaving home with your computer and remain safe while you are on the road.

- Ask the Tech: June 24, 10:00 AM: Informal Q & A session for any

and all technical questions, Android tablets & phones too!

Meetings P-Hall (KS).

Contact: Bob Ringo
president@scilhcc.org

Website: www.scilhcc.org



Mac User

The LHMUG or the club best known as the *All Things Apple* Group, treated Lincoln Hills residents to a special program, "Apps for Seniors" held May 14. Andy Petro demonstrated to



Andy Petro, App Night moderator

the audience of iPad users a broad array of apps for memory aids, organizing, socializing, staying healthy and playing games, to name just a few. To see the hand-out of apps featured, visit the club website

www.lhmug.org.

There will be two additional seminars to top off the "App for That" theme for May:

- May 15 Book Apps
- May 23 App-enabled accessories for iDevices

In June, the club will introduce some other topics members have requested:

- June 6 Mac Essentials for a review of computer basics
- June 11 iPhoneography to learn how to best use the iPhone camera
- June 19 Apple TV to add to viewing entertainment

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

Website: www.lhmug.org



Country Couples

Club membership is at an all-time high of 110 members 24 of whom joined in 2013. Thirty-four participants filled Beginning Dance classes this month, perfecting the Cowboy Cha-cha



JoAnne Martella, Jeanie Keener, Jess Schriewer; Georgi & Dennis Dawson with new members



in preparation for our Country Couples Club-sponsored dances, as well as dances at many local dance spots.

New members can test their skills at outside venues enjoyed by many experienced members: Downright Country in Roseville, Pony Express in Loomis, and The Opera House in Roseville, and the monthly Dinner Dances at the OC Ballroom.

What could be more country than a scene right out of an Old West town? While we busily prepare for our annual Saloon Dance, Jess Schriewer has used his talents to construct an eight-by-ten-foot replica facade of the Black Horse Saloon, with swinging bar doors that will be a perfect backdrop for a photo shoot of our couples dressed in their Old West garb.

Contacts: Kathy or Rene Lopez
434-5617



Cribbage

The Cribbage Club has had an excellent turnout of new and seasoned players over the past few weeks.

There continues to be room for additional players, so come and join the group.

The club plays from 8:30 AM to 12:00 PM. I try to be there by 8:00 AM to get an extra 30 minutes in on Tuesdays in the Card Room (OC). Warm-up practice is followed by a six game mini-tournament starting at 9:00 AM comprised mostly of four-handed partner games with rotations so we have a continual mix of players.

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



Cyclist

Some tire and wheel tips for trouble free cycling:

- Carry patch kit, tools, spare tube.
- When remounting a wheel, if pushing on the quick release lever leaves an imprint on your palm, then it is tight.
- Once a month inspect each tire for embedded glass or debris.
- Before installing a new tube, check inside the tire.
- If a spoke breaks, stop and either remove it or twist it around the next spoke. A loose spoke could damage your derailleur.
- If you hear clicking sounds, put a

drop of oil on each spoke crossing. The noise may be from spokes rubbing together.

- Put your patch kit and tools in an old sock. Everything is organized and when you need to make a repair, slip the sock over your hand to avoid getting greasy.
- Maintain proper tire pressure (on the tire wall).

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



Eye Contact

Low Vision Support

Next meeting: June 13, 1:00-3:00 PM, P-Hall (KS).

1:00 PM — “Summary of Research and Developments 2013” presented by Dan Roberts. A look at the headlines of the last 12 months.

2:00 PM — “Age of Champions.” This DVD tells the story of five competitors who sprint, leap, and swim for gold at the National Senior Olympics. Meet a 100-year-old tennis champion, 86-year-old pole-vaulter, and rough-and-tumble basketball grandmothers as they triumph over the limitations of age.

FYI: Types of eye doctors:

- Ophthalmologist (MD—Doctor of Medicine) has four or more years education and training.
- Optometrist (OD—Doctor of Optometry) treats diseases, injuries, disorders—graduate of optometry school.
- Low Vision Specialist — optometrist with additional low vision specialization tests, diagnosis, and treatment.
- Orthoptist — mainly treats children — not a optometry school graduate.
- Optician — fits eyeglasses and contact lenses — not a medical or optometry graduate.

Blind, no — impaired, yes.

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

Our support group offers emotional encouragement and information to assist residents who are living with Fibromyalgia and/or Chronic Fatigue Syndrome. We offer health and fitness tips and presentations by members and professionals as well as the opportunity to share your experiences with those 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 May meeting will be May 23. If you have questions, please feel free to call one of our contact members. We look forward to meeting you!

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



Garden

Thanks to members Burna Jamieson, Marie Salers and Harry Tremaine, the flowers and plants around the Community Gardens (3rd and C Streets) are looking great this spring. Drive over for a look!



*Home
Garden Tour
Lincoln
Community
Gardens*

The Annual Home Garden Tour will be May 23, 10:00 AM-2:00 PM. We invite the community to attend this well-received event that the Garden Group sponsors each year through the generosity of homeowners who are willing to share their yards. Drive through OC Lodge entrance

portico on May 23 between 10:00 and 11:00 AM and pick-up a flyer with a map, addresses, and descriptions of each yard. *Note: we are there for only one hour — \$3 per packet.* Each yard will display a sign denoting its involvement. Out of respect for the homeowners, please stay within the designated walk areas and be sure to end the tour by 2:00 PM. There will be 10 yards to view this year! Contact: Fran White 408-4628.

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



Gem and Mineral Society

Our program for May 27 at 4:00 PM, Sierra Room (KS), will be presented by Dave Polson, the subject will be Mining for Agate and Jasper. I hope you all enjoyed Wally Hobson's presentation last month.



*Dave Polson and Wally Hobson
discuss a gem specimen*

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

Lapidary and Jewelry Shop hours: Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Monday morning Shop Master: Dave Fisk. First Monday afternoon (12:00-2:00 PM) Shop Master: Ron Clawson.

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

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

“Researching: Locations, Societies and History” is the topic for the Genealogy Club general meeting on May 20 at 6:30 PM at P-Hall (KS). Tamara Noe is the speaker for this important and interesting program.

Reminder! After each Genealogy Club general meeting, a drawing is held for members only. Prizes vary but are useful in genealogy research. If you have not paid your 2013 dues, you may do so at the “sign-in” desk prior to the general meeting or you may apply for new or renewal membership on our web page. As of April 10, our membership totaled 128.

The first Monday of each month, the Genealogy Club presents a “Help” session in the OC Computer room from 6:30 to 8:45 PM. Coaches are on hand to assist members in research. Seating is limited... sign up early. A sign-up sheet is available at all general meetings.

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



Golf, Ladies

Lincster Lady Niners

The Lady Lincsters held a general meeting on March 27. Pro Steve Treadway presented a 30-minute lesson on chipping and putting.

Our lady golfers gathered at KS on May 8 for our very own Spa Day! They were greeted by the staff with mini-hand and shoulder massages and makeovers with La Bella Donna products. They also enjoyed appetizers and beverages.

Our March “Golfer of the Month” award went to Margie Jewett, Flight B. Margie is also the very active captain of the Monday Mamas group.

Congratulations to recent April playday flight winners: Barbara Mikacich — A; Lois Gilbert — B; Pat Shafer and Sherry Weech — C; and Mary Mangum — D.

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

Ladies XVIII

Our travelling competitive season has commenced. Placer Point League Chair, Marguerite Hebert sallied forth to Auburn Valley CC with teammates Edda Ashe, Reta Blanchard, Chris Biswell, Joan Buckmaster, Sybille Carlson, Judy Dong, Sylvia Feldman, Kathi McCoy, Zelna Morrow, and Karen Thom to compete against Catta Verdera, Sierra View and Auburn Valley. This is a team play format with Stableford scoring. The points earned are cumulative with three others events to be played: July 9 Sierra View, September 12 Lincoln Hills, and ending with Catta Verdera on October 1. At that time, the winning club is announced.

Reta Blanchard, our PW Rep, announced our PW Team players: Sylvia Feldman, Remy Raquiza, Chris Jacobson and Donna Sanderson. The first qualifying round will be at Auburn Valley on July 8.

Good luck to our teams!

Interested in membership? Contact Rita Drinkard at jacknritad@sbcglobal.net.

Contact: Beverly Ansbro 645-4399 Website: lhlgsVII.com



Healthy Eating

The development of Western culture was greatly influenced by the spice trade that flourished for centuries throughout the world. Herbs and spices have been the catalyst for adventures we’ve all read about, including Christopher Columbus’ discovery of America. Wars were fought and new lands discovered in the search for spices. Today herbs and spices are widely available and



Yikes! Men in the kitchen? club mascot: sage herb!

relatively inexpensive, but their best uses remain elusive to most Americans. Our club learns about their cultivation and use and how they can turn a healthy but bland dish into a healthy delicious treat.

Recent club activities include a workshop demonstration of the six most common methods of cooking vegetables and our first potluck supper at the Sports Pavilion, both events showcasing the culinary expertise in our Club and the good times we share when preparing and enjoying good healthy food together. May’s meeting is the 31st at P-Hall (KS) at 3:00 PM.

Contact: Don Rickgauer 253-3984



Hiking and Walking

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

Hikers: Spring has produced great weather and terrific hikes. Hikes to Feather Falls, Malakoff Diggins and the Benicia shoreline have hikers in high gear. Upcoming hikes on the Pacific Coast Trail at Muir



From top, Exploring Table Mountain in Oroville; Scott Thompson at Table Mountain; Feather Falls

Beach, local Hidden Falls, which is opening its new trail system, and the Sacramento Capital walk provides something for all levels of hikers.

Coming up is our four-night getaway to Yosemite in June. Featured hikes include two treks from the tops of waterfalls down to the Valley. The first is Glacier Point to Nevada Falls to the Valley via the Panorama/Muir Trails and the other is Yosemite Creek to the top of Yosemite Falls and then down to the Valley. A Hetch Hetchy hike is also in the plan. What unique hiking opportunities!

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



Investors' Study

Our speaker for June 6 will be Russ Koesterich, the Chief Investment Strategist for BlackRock Investments, who will join us through Skype. Russ is not only the main strategist with a top-rated company, BlackRock, but he is also well known on Wall Street as one of the best historians of the markets, who has a perspective of



Representatives from Prudential Investments; members at Club Expo in March; Russ Abbott, our consultant

everything in the economic world, not just the stock market. He is engaging, candid, and he's not afraid to defend his position as well as listen to others.

The meeting will be Thursday, June 6 in P-Hall (KS) from 2:00 to 3:30 PM. Refreshments will be served afterwards.

The Active Investors will meet on Monday, June 10, at 3:00 PM in the Oaks Room (OC).

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



Lavender Friends

Carol will be hosting the second barbecue picnic at Lake Natoma at the end of May or early June. Last year we had over 20 members attend. Some members had their kayaks or bikes and the rest played card games. This should be another fun day event. Want to thank Marie, our Placer County Master Gardener, who led a discussion on how to turn your kitchen waste into free fertilizer for your yard or indoor plants. The discussion was interesting and fun as she demonstrated with her own garbage. The PFLAG of Greater Placer County holds its meeting on the second Monday of the month at 7:00 PM in Conference room A at Sutter Auburn Faith Hospital.

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



Line Dance

Our semi-annual line dance event was a huge success. Dancing was done at all levels and everyone had a great time.

The registration for our July workshop is in full swing. In addition to many of our dancers, enrollees are coming from Placerville, Oakland, El Dorado, Roseville and Paradise to name a few. Only 80 tickets will be sold. For the price of a ticket you receive dance booklet, lunch, snacks and water. Michael Barr and Michele Burton are our special guest instructors. They are known worldwide so you won't be disappointed. Flyers are available in every class. Don't wait too long. All levels of dance will be taught. The workshop will be a sellout and



Leading the various dances in the Ballroom were Yvonne Krause-Schenck, Barry Mackintosh, Sheridan Brown and Dennis Dawson

no tickets will be sold at the door.

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



LSV/NEV

Low Speed Vehicles/ Neighborhood Electric Vehicles

The NEV/LSV Group invites you to be on hand Tuesday, May 21 at 10:00 AM at P-Hall (KS) to hear a retired conductor present fascinating photos and his eyewitness account of the rail yard explosion in Roseville April 28, 1973. It's history not known by many newcomers in our region.

Plans are underway for our two BBQ events at the Sports Pavilion on June 12 and September 18; plus an ice cream social at the Social Kitchen (KS) July 26. Enjoy the community spirit of our group and learn the benefits of NEV ownership.

Contact: Larry Yaggi 543-5344,



Mah Jongg, National

We often hear people say that they remember seeing their grandparents play the game of National Mah Jongg. It is said that "the resurgent popularity of Mah Jongg marks, in part, our yearning to return to this sort of stylish, close-knit community." People today are making Mah Jongg an integral part of their social agendas and we hear about the weekly games held at a different player's house each week. National Mah Jongg offers camaraderie and social bonding, bringing people together and connecting us both to the present and to the past that spans generations. Come join us every Tuesday from 12:30 to 4:00 PM. We play this delightful

tile game in the Cards Room (OC) with plenty of tables for all levels of play. We even have a beginners' table. If you have questions, call one of the contacts below.

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



Motorcycle RoadRunners

Our riding season is underway. We've completed three scheduled rides and are getting into our social outings. Who would not want to be out in this beautiful scenery? Our scheduled rides have taken us to Williams/Capay Valley, Bodega Bay, and Clear Lake. Our social outings begin with a Mother's Day trip to Grass Valley. Chase cars will be available, and we will have a dining luncheon celebration.



Riders on Bodega Bay ride

Remaining planned rides include: back roads to Lodi, Tahoe loop, Coloma State Park, and a mystery cemetery ride. Social agenda includes a Father's Day ride, club BBQ and Bocce Ball Tournament.

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

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

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



Music

The Ukulele Players meet Wednesdays, 1:00-3:00 PM, at OC for a strumming, singing jam session in a re-

laxed, supportive atmosphere. Beginners and seasoned players are invited to join the fun. Beginner's classes available for those wishing to learn to play and are intended for those planning on joining the weekly jam sessions. Contact Ron or Molly (409-0463) for information.

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

Another fabulous "Open Mic Night" was held April 26. The next one: Friday, June 28, 6:00-8:30 PM, P-Hall (KS). Musicians and music lovers are welcome. Sign-ups for those wishing to perform at 5:45 PM. Audience participation is encouraged and appreciated; no karaoke.

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



Needle Arts

Threads of Friendship

We are pleased to welcome Bobbi Bulard to our regular Needle Arts meeting on Tuesday, June 11. Bobbi will be speaking about machine embroidery and wearable arts. Bobbi has been in the embellishment and machine embroidery world since 1996. Her initial focus was on embellished clothing that is flattering to the wearer but has expanded her interests to include art quilting. Bobbi lectures and teaches new ways of combining machine embroidery, dyes, and rubber stamps. Her newest book is *Artful Machine Embroidery*. Please join us for this informative Needle Arts meeting.

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

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



Neighborhood Watch

"Basic Training for New Captains," our next Training Workshop, will be held on Thursday, May 23, from 6:00-8:00 PM in the Fine Arts Room (OC). We hope this new evening time will accommodate all those who have a busy daytime schedule. To reserve your space and workbook, please contact Pauline Watson ASAP at frpawatson@sbcglobal.net or 543-8436.

Captains from Mail Box Units not previously issued a workbook will receive one. However, if you are replacing a Captain who has received a workbook, please bring it with you. The notebook contains easy-to-follow information sheets. These will help you navigate through the Neighborhood Watch Website, provide computer guidelines, and explain available resources.

Our goal is to make these workshops interactive. Help is available from our Workshop presenters and the planning committee members. Past participants in these Workshops agree that it is stimulating and enjoyable to exchange ideas with other volunteers.

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



Painters

Our May meeting featured member Fred Ekman demonstrating how to reproduce art. We thank him for a very informative presentation.

Mark your calendars to visit *Artisans in the Lodge*, featuring both arts and crafts, Sunday, May 19, 9:00 AM to 3:00 PM, at OC. Residents and the public are invited.

Our July art challenge is "Abstract Expressionism." What is this, you ask? The dictionary defines it as "a movement in the arts during the early 1900s characterized by the view that art is nonrepresentational and chiefly improvisational"; that "abstract" means something apart from concrete existence; having an intellectual and affective artistic content that depends on intrinsic form rather than on pictorial representation; conceptual or theoretical, as opposed to actual or empirical; em-

phasizing distortion of external reality in order to express the artist's subjective experience. Have fun!

See page 51 for details of June 13 bus trip to Oakland Museum.

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



Paper Arts

Club members Mina Bahan and Dottie Mackan both offer card making classes within the community and created this month's projects for us. Thank you, ladies, for sharing your time and talents.

Our last meeting was Demo Day, where members shared the use of tools and techniques in paper crafting. We also participated in the Association's Club Expo, where we displayed samples of our craft with members of our community.

Members need to start gathering their goods to sell at our annual Garage Sale following our June meeting. Look through those purchases you made but have never used, the special tools you bought but forgot how to use, and that stack of paper gathering dust — someone else may find



Char Sly explaining the advantages of using a Cricut; Mina, Char, Sue and Reggie (background) with Club Expo display

them irresistible while you restock your supply from other member's castoffs. Bargain shopping and paper supplies — what could be better!

Check out our display window at OC.
Contacts: Sue Manas 408-1711; Reg Fabian 645-9090



Photography

Shoes were the subject of April's photo challenge. Some misunderstood this to mean how many more pairs could be crammed into whatever closet could take another layer – boxed, loose, stacked, or treed. But reason generally prevailed with the artsy award going to Rhonda Campbell. This month's challenge was four-limbed animals, such as the German Shepherd and faux Coyote pictured here on hole thirteen of the Orchard Course. The challenge for the month



"C'mon, Let's Play!" by jeffa

of June will be building interiors. You can see some examples of this now at Simple Pleasures Restaurant in Lincoln with the display of Gladding McBean shots taken by 11 LHPG photographers. The show runs until mid-July.

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



Pickleball

Build it and they will come... oh wait a minute, they are already here! The 289 Pickleball Club members are waiting patiently to play on our new courts. As promised, the construction crew started on April 15 demolishing court #4 and preparing the area for three new courts. The three original courts will be available for play, depending on the discretion of the contractor. Until the courts are completed all ladder play and Saturday training will be cancelled.



The three new pickleball courts are under construction

Don't forget to bring your recyclable containers to the courts. Most beverages packaged in aluminum, glass and plastic containers are eligible for CRV (California Redemption Value). Exceptions are milk, wine and distilled spirits, which are not included in the CRV program.

Wedding bells rang for Joy and Richard in April. Best wishes for a long and happy marriage.

The next pickleball meeting is at OC on June, 12 at 2:00 PM.

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



Players

Please join Readers Theater on June 1 at 7:00 PM and Sunday, June 2 at 3:00 PM for two classic TV comedies. The cast of "Cheers" is Ken Reiss, Mary Brown, Kevin Smith, Sean Brancato, Andy Petro, Joanie Adams, Rudy LaPorta and Barbara Greenfield. This is a re-enact-



From top, "Waiting for God" cast; "Cheers" cast

ment of the episode 'Diane's Perfect Date.'

The second show is "Waiting for God." Cast members include: Karen Krenovsky, Rudy LaPorta, Jeri Chase Ferris, Sean Brancato, Kevin Smith, Betty Gordon, Patty Virtz and Sandy Klagge. Set in the English countryside, the episode is 'Welcome to Bayview,' a retirement community.

Readers Theater performances are in P-Hall (KS) and admission is *free*. Doors open one half hour before show time. Please note the new Sunday matinee time of 3:00 PM.

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

Contact: Bob Murdock 408-8511,

bamabc@sbcglobal.net

Website: www.lincolnhillsplayers.com



Poker

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



Our winners: second place Jan Ballantyne, first place Jim Bloedorn, third place John Vass

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

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

Winners of the April 6 events were: Eighth place Judy Schmidt; seventh Keith Prouhet; sixth Arnold Baker; fifth Joe Frenna; fourth Henry Williams; third John

Vass; second Jan Ballantyne;

First Jim Bloedorn (winner for the fourth time — a club record). Congrats Jim!

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

Contacts: Mike Goldstein 543-8238;

Ginger Nickerson 253-3322;

Joe Frenna 543-8634



RV

The happy campers will be heading to the Southwest for their next rally June 1-10. It will be a nine-day trip to Sedona, Arizona, Monument Valley, Utah, and Moab, Utah. There will be three nights at each venue. Harold and Phyllis Levin are the wagon masters, assisted by Mike and Kalli Genest and Ken & Marge Klein.

In Sedona, there will be a three-and-a-half hour train ride on the Verde Canyon R.R. in both indoor and open air observation cars. A full-day tour at Monument Valley that includes a rug demonstration at Hogan, Monument Valley Loop will be a highlight of that portion of the trip. There will be a Navajo cookout and Moab River rafting and a four-wheel off road tour in Mohab.

Some of the RVers returned last month from a fun-filled trip to Borrego Springs, Chula Vista and Pismo Beach.

Contact: Michael Genest 209-3370

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

The school year is winding down and our volunteers are having fun celebrating progress and learning with their students. The leadership team will be conducting our yearly survey and planning for the opening of school in the fall. We look forward to placing many new volunteers in September as we have many teacher requests.

Volunteers and guests, please plan to attend our celebration picnic at the Sports Pavilion, on Wednesday, June 5, from 5:00 to 8:00 PM. It is a potluck so bring a salad or main dish to serve 8-10. Dessert, water, coffee and paper products will be

provided. Watch for an email so you can respond yes!

Mark your calendars for our only meeting of the year: Monday, September 9 from 9:00-11:00 AM at KS.

Volunteer interviews will begin again in June.

Contacts: Sandy Frame 408-1453,

sflincoln4fun@starstream.net

(Elementary); Cindy Moore 408-1452,

cindysmoore@me.com



SCOOP

Sun City Organization of Pooches

Backyard Social – Our first this year was held at Ellen Goldberg's home April 30, and enjoyed by SCOOP members who attended and their four-legged companions. If you are interested in hosting: Morning Socials, 10:00 AM-12:00 PM, with coffee provided – guests bring pastries/fruit to share; Evening Socials, 5:00-7:00 PM, guests BYOB and appetizer to share. Contact Maggi Georgi, 543-2047, to book a Backyard Social.

Members interested in being on a list to exchange dog sitting (for an hour, day, or night/s), contact Cyndi Rinde at cynthia456@sbcglobal.net.

Pooches on the Patio Breakfast will be May 21 at 9:00 AM in the Secret Garden at Meridians. Breakfast, buffet style, will consist of eggs, pancakes, bacon, coffee, tea and juice — \$8. If you plan to go, make your check to SCOOP and call Mary Shelton 409-9923 for mailing instructions.

Have questions about membership? Call 409-9923.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Spring is in bloom and offers a beautiful view from the Cards Room (OC), while waiting a turn at Scrabble. We welcome newcomers, and many have joined us in recent months.

The Scrabble Group meets each Monday at 1:00 PM in the Cards Room (OC). We provide cheat-sheets, scrabble dictionaries and a social atmosphere. Typically, three or four tables of players show,

and it is easy to find players to begin a game. Some stay for one game, some two games and others may play four or five games, depending on everyone's "busy" schedule.

All are encouraged to give it a try. It is a fun way to meet others.

Written by Candice Koropp, Publicity.

Contact: Joan Spurling 505-5000



Second Cup of Coffee

Communications Director Mark Luster will introduce "Sierra Pacific Industries (SPI), Lincoln's largest employer" using a slide presentation and answering questions to the Second Cup of Coffee attendees Monday May 20 starting at 10:00 AM. Answers to continued log-truck traffic, safety and its impact on the city will be informative!

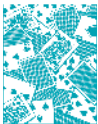
Association Senior Director of Lifestyle and Communications, Jeannine Balcombe, is our featured June 17 speaker, presenting "How Our Association Works!" If you have you ever wondered where the revenue and expenses go, how the community needs are captured and implemented, etc., you'll have an opportunity to hear good answers from senior management staff.

In July, there will be no meeting.

These meetings are scheduled for P-Hall (KS) starting at 10:00 AM.

Contact: Wolf Oplesch 408-1788
oplesch@sbcglobal.net

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



Shanghai

We welcome all new visitors to play Shanghai, a group card game played with four-to-six players. Never heard of the game? Contact one of the names below for free lessons. We play every Thursday in the Card Room (OC) from 12:00-4:00 PM, and on every second and fourth Friday night at 5:45 PM.

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



Singles

Dynamic Singles

Have you seen colorful flowers blooming everywhere as we start to enjoy warmer weather? Birds

are singing, singles are swinging!

Upcoming Events —

May:

- 21) 7:00 PM – Let's Dance (Drop in event) / Meridians
- 23) 6:00 PM – Social/Poker / Board & Card Games / OC Ballroom (Sarah 543-0035)

June:

- 02) 4:30 PM – June Birthday Celebration/ Meridians Sports Bar (Anita 408-2444/Eileen 434-6383). Get a free drink if you have a June birthday!
- 06) 4:00 PM – Cocktail Time / La Provence, Roseville (Carol 408-3061)
- 03) 9:00 AM – Second Saturday Breakfast / Meridians Sports Bar, cost \$8 (Gail 543-8587)
- 13) 6:00 PM – General Meeting / Guess Who Photos / OC Ballroom (Linda 628-5158/Shirl 408-3636)

Are you a member? Come join us for only \$15 a year.

Weekly Sports:

- Bocce – Wednesday 6:30 PM, Sports Park (Dennis 408-2423)
- Golf – 18 holes, Friday AM (Bill 253-7551)
- Hiking – First/third Wednesday / Meet at KS Parking Lot (Richard 408-5376)

Contact: Linda Bacon 628-5158

Website: www.singleslincolnhills.org



Ski

And so the season ends. Early snows and a cold winter made for lots of good skiing this season. In addition to our day trips to local resorts, club members enjoyed a week in Snowmass, Colorado and a week in the South Lake Tahoe region. The finishing touch was the annual post-season potluck party in April at the home of Ric Havens and Vicki Bohan, where stories of ski adventures past and to come were shared and a good time was had by all.

Club members can expect to hear about a social outing in mid-summer, but until then, enjoy the warm weather and other activities!



Great snow pictures while we wait for next season

Contacts: Mike Hilton, Sue Worrall and Bob Vincent; 258-2150, lhskiclub@gmail.com

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



Softball, Senior League

When most men our age were young, baseball was a rite of passage. No matter what your skill level, you could always get into a game somewhere. Be it on the playground, an empty lot, or the Little League field, most of us played.

Thirty years ago Bruce Springsteen recorded what for many of us became an anthem. A man and his friend relive their youth playing baseball in *Glory Days* (in the wink of a young girl's eye). Nowhere in



Hughes teaches Hudson how to bat

our community better demonstrates people who share those memories than Del Webb Field. Come out and let your mind travel back to a time when life was simpler. Better yet, come and join in the fun.

The Recreation League plays every Monday and Wednesday starting at 8:00 AM, and our Coyotes travel teams play every Thursday morning. Bring your grandkids out and relive your own glory days with them.

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

Coyotes

55s — competed in three tournaments: went 3-3 in Hayward led by *Joe Bellah/Hal Kastner/Carlos Zavala*. In Turlock they ended 3-2 led by *Barry Maynard/Carlos Zavala/Joe Bellah/Bec Cannistraci/Hal Kastner*. They went 2-3 in Folsom led by *Hal Kastner/Bec Cannistraci/Mick Privett* and great defense by *John Gho*. Elk Grove was played next.

65s — Playing two tournaments in Folsom, the team went 3-2 for third place and 1-3 led by *Bob Fernandez/Ron Greeno/Dale Stephens/Terry Truesdale/John Moran/Randy Dvorak*. Tracy was played next.

70s — 4-1 in Folsom for second place led by *Forrest Burkett/Gym Mikaelson/Bob Hunter*. Next up is Lodi/Chico/Elk Grove.

75s — First tournament of the year was in Turlock and the team went 3-2 for second place led by *Larry Manley/Bob Hunter/*

John Maranta/Jim Haworth. The team hit 10 homers out of the park. Next is Lodi and Elk Grove.

Coyote Summer League — each of the four teams is 1-1.

**Contact: Bob Hunter,
bluespritzer@yahoo.com**



Sports Car

On April 16 we headed to Pacific Grove, the Seven Gables Inn, the Carmel Mission and the 17 Mile Drive. The weather was absolutely beautiful, the scenery and views were fantastic, and all had a great time.

On April 23 we had a wonderful trip to the Delta hosted by the LaFaves and Drakes, lunch at Giusti's Place, wine tasting at Bogle. Again we were blessed by great weather and a very fun trip.

Earlier in the month we had lunch for the ladies at High Hand Conservatory and a tour of Bill McNally's (BMR) Nascar & Car Service facilities in Roseville for the men. There was also an impromptu day trip to the Capay Valley, lunch at Cache Creek Casino, and the trip home through Sutter Buttes.

Members are encouraged to lead impromptu trips to their favorite destinations – little planning, no sign-ups required, just follow along and have fun.



*Sports Car Group photos, from top:
Fig leaves on the Delta;
Headed to Pacific Grove*



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



Square & Round Dance

Sun City Squares

The Square Dance Club is planning an Introduction/ Review Blast Class June 4-7, Plus & A1 Levels and a new beginner class starting September 9. Call Chuck or Bob to sign up today!!

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

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

**Contacts: Chuck Vickers 408-4082
pjclvickers@starstream.net;
Bob Grupp 408-1868,
Bob@GruppHomes.com**



Table Tennis

One feature of the Table Tennis Club is the fact there are no dues or fees associated with play.

Equipment is provided. The best features are the exercise and making new friends. Play takes place at the beginner and intermediate levels and with those who are more advanced. Play, generally mixed doubles, is rotated within all three levels so that everyone plays.

For all players, there will be an ice cream social on Sunday, May 19 at 2:00 PM at KS. Hope to see all members for this annual social gathering.

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

There is nothing like a day at the old ballpark



**LINCOLN HILLS COYOTES
10TH ANNUAL INVITATIONAL**

SOFTBALL TOURNAMENT

**WHEN: June 29 & 30
WHERE: DEL WEBB FIELD
TEAMS: 55's**

**FOOD, fun & prizes
Games start at 8:00 AM**

Upcoming Coyotes Invitational

arrive and play at anytime within these listed times. Instruction is always available for those unfamiliar with table tennis.

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



Tap Company

We're just so proud of our newer performance dancers who participated in the 2013 Tap Company Show. Most of the "Comedy Tonight" dancers had not performed in the past... but, you'd never know it! They stepped up with smiles on their faces and tapped their toes with grace and ease.

Our talented Artistic Director Alyson Meador gave them extremely entertaining choreography so they could shine, shine, shine! Additionally, several of them performed in one or more other dances. So you can see why we are so very proud of them! Watch out... you'll be seeing them again next year! They were *great!*



The newer Tap Company Performance Dancers

Our annual Tap Company Spring Luncheon will be Friday, June 21. We'll be electing the new Steering Committee officers and announcing the theme of the 2014 Annual Tap Company Show. The class representatives will be taking reservations soon. Don't miss it!

**Contact: Becky Sprong 408-1389
beckysprong@sbcglobal.net
Janet Becker 543-3493,
beckerjm1962@gmail.com**



Tennis

Spring is here and LH tennis players are out in force to enjoy the good tennis and weather. USTA and SATA competitive team play are also in progress at this time. Consult the court usage calendar posted at the Tennis Pavilion for

times and court assignments.

Our next tournament is mixed doubles to be held on May 23. As always, you are welcome to come and enjoy the tennis. The Women's Doubles tournament was held on April 15. Winners were: 3.0 group Espie Cruz and Cecelia Champion; 3.5 group Anke Mechelke and Carol Rodwick; 4.0 group Bente Camahort and Kris Chiosso.

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

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

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



Vaudeville Troupe

Vaudeville show tickets on sale May 17 at Activities Desks (OC/KS). Four shows only that always sell-out. Buy tickets early as there is now assigned seating; no need to wait in line. Tickets \$12. Don't miss out!

On July 12-13, Lincoln Hill's popular and "outrageously entertaining" Vaudeville Troupe returns to the "Cabaret-style" stage of Presentation Hall (KS) to present their Old-Time Vaudeville/Variety Show, "The Cavalcade of Stars." This high-energy, non-stop action extravaganza provides performances that are wildly original, fast-paced, professional and never fail to dazzle the audience. Come and enjoy hilarious comedy skits, listen to fabulous vocalists and talented musicians, and cuddle up to the adorable Vaudeville Ponies!!

The Troupe will proudly feature "A Tribute to Country Music." Johnny Cash, Dolly Parton, Ray Price, Sons of the Pioneers, Shania Twain, Roy Clark, Eddy Arnold and many other Country artists will be hon-



Vaudeville's tribute in July's show will be "Country Music: Past and Present"

ored by our talented Troupe!! Tickets \$12.

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



Veterans

Lincoln Hills resident Jack Everett, a 1964 graduate of the U.S. Naval Academy, will discuss a little-known aspect of the Cuban Missile Crisis at 1:00 PM on May 16 in the P-Hall (KS). Discovered only after the fall of the Soviet Union, the events described in his presentation nearly led to the unleashing of nuclear weapons in the Atlantic.

Jack's naval service included two tours on nuclear-powered attack submarines, USS *Seadragon* (SSN-584) and USS *Barb* (SSN-596), both home-ported in Pearl Harbor. He also served as an instructor at the Navy's Nuclear Power School on Mare Island.

After leaving the Navy he became a certified financial planner. He is a member of the Veterans Group and serves on the Investment Committee of the Lincoln Hills Foundation.

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



Water Volleyball

Water volleyball is open to all residents of any skill level. Membership is only \$10 a year (less than five cents a session). Now you can play two hours more monthly for the same price. Starting time is now at 6:30 PM (vs. 6:45) on Wednesdays and Thursdays. You can try it out up to three times without joining.

We have open play, competitive (advanced) play, and league play. Look for a new league starting soon. Training is also available monthly.

So come join us. It's always a lot of fun. It's a great way to meet new people and get a low stress workout. See you in the pool! You might see us on land next month, too. We'll be playing regular 'land' volleyball in June. Watch for details later.

Play available (KS):

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

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



West Coast Swing Dance

Our April 18 dance workshop was a huge success with many couples in attendance. West Coast Swing and Nightclub Two-Step were included.

Save the date: Saturday, July 13 for our Summer Picnic Potluck Dance with a red, white, and blue theme, (KS), lesson from 5:30 to 6:00 PM and dancing until 9:00 PM.

Club Night Out is this Saturday, May 18 at the Capital Swing Dancers monthly dance at the Fair Oaks Park

and Recreation Auditorium. Beginner lessons will be from 5:30 to 6:30 PM with dancing until 10:30 PM.

Our Friday dance practice will be held June 14, 5:30-7:30 PM, Fine Arts, (OC.) Here's your chance to practice with a teacher always on site.

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

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



Woodcarvers

Expo brings new members to Woodcarvers: Four residents joined the Woodcarvers Group after attending the 2013 Club Expo. Larry Clark, Wayne Lynch, Dennis Sudano, and Karl Williams, joined this shared interest group.

Founded in January 2005, the Lincoln Hills Woodcarvers are dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. They also focus on developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and a large support library are also available for members.



Woodcarvers Group at 2013 Club Expo

Group Leader John Russell and Treasurer Don Percell, along with Steering Committee members Harvey Moss, Richard Madsen, John LePage, Al Weidlich and Joe Propersi, are available to discuss the group. You are invited to stop by any Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS) to observe or kabitz. Visitors are always welcome!

Remember, Woodcarvers never die... they just keep chipping away!

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



Writers

The SCLH Writers and the Authors & Writers Resource Group would like to thank all of you who stopped by our tables at the Club Expo on March 26. We enjoyed meeting and speaking with you.

Monday Night Writers Group: Our members continue to put pen to paper



Writers and Authors & Writers Resource tables at Club Expo

and/or fingers to keyboard as they create poems, prose, and memoirs, novels and non-fiction works. Guests are always welcome to sit in and listen to our writers read their pages.

Join the Writers Group on the second and fourth Mondays of each month at 6:30 PM, in the Ceramics Room (OC).

Authors & Writers Resource Group

The Authors & Writers Resource Group will *not* meet as usual on the third Wednesday of the month (i.e., May 15 or June 19) but instead are "on vacation" for a few weeks. In the interim, we will be meeting informally (kind of like a "writers forum") to discuss our writing journeys — the good, the bad and the ugly.

Please join the members of the Authors & Writers Group on *Tuesday*, May 21 at the Kilaga Springs Café at 9:00 AM. Our expected-to-be lively, informative discussions are open to writers of all levels, no matter the genre.

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

Did You Know?

All residents are invited to attend not only Board of Directors meetings, but all committee meetings. See your neighbors work making SCLH the best place to live! Even better, volunteer to serve on a committee.

Committee openings are listed this month on page 11.





CRUISE INTO *Wellness*

A Lifestyle Event

TUESDAY, MAY 21  9AM - NOON
FREE HEALTH SCREENINGS

“OLDER-WISER-SEXIER: IMPROVING INTIMACY”
GUEST SPEAKER, DR. FRAN FISHER, R.N., PH.D. @ 1:30PM

WEDNESDAY, MAY 22  7:30AM - 11:45AM
WELLNESS & FITNESS PALOOZA

SAMPLE **FREE** FITNESS CLASSES & SMALL GROUP TRAINING CLASSES
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Bulletin Board

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

2013 LH Holiday Arts & Crafts Fair and Bake Sale

November 15 & 16; Vendor Registration will be held July 17, 5:00-6:00 PM, in the Fine Arts Room (OC). Vendors must be residents; all items must be at least 50% handcrafted. Vendors are also required to provide bake sale items. All bake sale proceeds are donated to local non-profits. Fair dates are Friday & Saturday, November 15 & 16. Once again the registration fee is \$78 per table. Early registration for returning vendors will only be available until mid-June through email. Additional info or to be placed on the email list: LHACFair@gmail.com.

Citizens On Patrol (COP) Volunteer Program

The Lincoln Police Department is recruiting for its Citizens On Patrol Program. The program is open to Lincoln residents who are 18-years-old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as front office staff (informational, meet and greet) or patrol (vehicle patrol or bike riders patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of police volunteer work. More info: Roy Osborne 645-408.

Lincoln Democratic Club

Spencer Short, currently a City Council Member and formerly Mayor of the city of Lincoln will speak at the June 6 meeting of the Lincoln Democratic Club. He'll be giving us an update on the status of the city and describe current and

You are invited...

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

Friday, May 24 5:00 PM, Plan it Solar Educational Seminar, Social Kitchen (KS)

Tuesday, June 11 10:00 AM, Nautilus Society, Gables (OC)

Tuesday, June 11 6:30 PM, Spinal Aid Center Presentation, Dr. Zorich, Solarium (KS)

future city projects. The meeting will begin at 6:45 PM in the Social Kitchen (KS) and it is open to the public. Questions: June Paquette 408-2263.

Family Mental Illness Support Group

This new SCLH group welcomes family members and residents who are dealing with mental health issues. Our purpose is to provide a safe haven and a place where we can share our concerns and challenges as well as our knowledge of resources. Join us as we begin to develop our vision and strategies to achieve group and individual goals. The need in our community is great as is the opportunity to make a significant contribution to the quality of life in SCLH. We meet under an umbrella of understanding and confidentiality. More information and for date, time and location of the next meeting: Dede Ranahan 408-4541 or dederanahan@gmail.com.

The Glaucoma Support Group

will meet on June 12 at 4:00 PM in the Multipurpose Room (OC). The program for the day will be a presentation by Shari Roeseler, Executive Director of the Society for the Blind in Sacramento. More info: Bonnie Dale 543-2133.

Grupo de Conversacion

Nos reunimos para practicar y mejorar el espanol. We meet weekly on Tuesdays at 4:00 PM in the Living Room area (KS). More info: Marilyn 434-6898.

Italian Club

April 17 Bowling and Lunch at Strikes Bowling. Always an enjoyable event, our group truly "had a ball." Had great fun in friendly competition and then enjoyed a great lunch. Thanks to Donna Tantillo and the Activities Committee. May 17 Bocce BBQ will once again be an outstanding day for our club. With a bocce tournament, delicious BBQ and wonderful prizes, we are all looking forward to this event. Thank you Nancy Freschi and the Activities Committee for all the work you are doing. June 13 Pasta e Comico. A new and exciting event for our club. A genuine pasta dinner with the added benefit of a great comedic performance. All club events are on our website: www.litalianclub.org. SCLH residents of Italian heritage can join our great social club. More info: Membership Chair Marie Berlenghi 543-3731 or check our website to learn all about us.

Mixed Media/Collage Art Club

We are in the process of starting a new club and invite interested residents to attend an informational meeting on Wednesday, May 22 from 4:00-6:00 PM in the Ceramics Room (OC). Mixed Media is an art form that uses more than one medium on a canvas. The collage part might include unique papers; leaves and natural fibers; found objects — stamps, coins, photos, etc. Acrylic paints and dimensional elements along with your imagination can create unique works of

Continued on page 39

It's the Law

Douglas Thom



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Runners Group

You are invited to join an informal running group. We meet every Tuesday in the Kilaga Springs Lodge lobby or just outside Kilaga Springs Fitness Center just before 7:00 AM. We leave promptly at 7:00 and run for about 30 minutes. Our motto is "no one runs alone." We include guys and gals, fast and slow. The only qualification is your desire to learn and get healthy. Contact Ben Horner, 408-4588, barhorn@sbcglobal.net or Jim Leonhard, 550-7075, jhleonhard@gmail.com.



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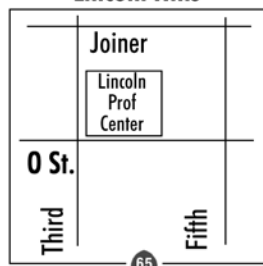
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Continued from page 35

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

Lincoln Multiple Sclerosis Group

We meet the first Tuesday of the month, from 1:00–3:00 PM in the Terra Cotta Room (KS). (No meetings July/August. Luncheons in June and December.) More info: Marilyn Sharp 434-6898.

Open Play

Every Sunday from 12:00-4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, dominoes and dice. "Rummikub" "Nationals" and Mah Jongg tile games are also played. This is an opportunity to meet new friends and have a fun afternoon. All residents are welcome. Tables are first-come, first-served.

LH Parkinson's Disease Support Group

meets at 10:00 AM every third Tuesday in the Lincoln Raley's Conference room. The speaker for the April 16 meeting was one of our own members, Joyce Chazen, MA in Psychology/Counseling. Her topic was, "stress management as it relates to Parkinson's Disease (PD)." Joyce spoke of the importance to be aware of some of the more common causes of stress in our daily lives, our personal reaction to it and what we can do to mitigate it like self imposed goals concerning finances, career/job related stress, and personal relationships. Some of the simple ways we can eliminate or reduce stress in our lives includes learning something new, participation in a daily exercise, healthy diet, controlled breathing exercises, and taking mid-day short naps. The May 21 meeting will continue the "Stress Management" theme, with Joyce introducing and demonstrating additional relaxation techniques. More info: Sharon 408-4869.

Racquetball Group

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

Shalom Group

We enjoyed a tasty, well attended Passover

www.suncity-lincolnhills.org/residents

In Memoriam

Ululani Dietz

Lani was born and raised in Hawaii. She excelled in her Real Estate career and also enjoyed tennis and golf. Lani loved her Church and Catholic faith. Here she enjoyed the pool and the Hula group. She leaves her dear husband, Charles (Chuck), five children, nine grandchildren, and two great-grandchildren. Lani will be remembered for her caring spirit, sense of humor and love of life, family and friends.

Ken Jacobson

Ken spent most of his life in the East Bay Area although he was born in Klamath Falls, Oregon. He was very involved in the Lincoln Hills Men's Golf Group where he was Tournament Chair for two years and President for two years. Ken loved playing bridge,

building furniture and working in his backyard. His goal was to get the Architectural Review Committee to approve artificial grass in front yards. He tried to make life better by using solar and his electric car. Ken leaves his dear wife of 55 years, Chris.

Leo H. Winters

Born in New York in 1919, Leo earned a B.S. degree at the University of Alabama in aeronautical engineering. He owned his own company for many years. He married Marilyn in 1948 and was an active member of the Unitarian Church. Leo enjoyed politics and art and was a dog-lover. He enjoyed art classes here. He is especially missed by his wife, two sons and five grandchildren.

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

seder on March 27. Al Klein's videos, augmenting the usual readings, explained why we go through all the preliminaries before eating. Jim Ganulin and his committee are putting together a terrific season of sporting events: bowling, miniature golf, and hikes. The April general meeting was scheduled to feature Rabbi Alan Rabishaw speaking about events in Israel. In May, our scheduled hike may have been rescheduled * due to ticks. Thanks to all for another successful annual Shalom Bowl. The regular bowling season tentatively * starts on May 22. Our River Cats baseball game on May 28 features 1\$ hotdogs and 1\$ ice cream. Check with Jim to see if there is space available. Our entire Board, with three co-presidents, is working to make this a great year. Please join us. *Check the calendar at www.shalomsg.org for updates (hike, bowling). Enjoy the photos and jokes.

Shooting Group

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

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

The Travel Group www.lh-travelgroup.com

The next meeting is Thursday, May 16, 7:00 PM, KS. Guest presenter: Ilene Ferguson, Alamo Travel. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler – 543-3349, sfowler@starstream.net; Linda Frazier – 434-8266, fraz1774@sbcglobal.net; Sheron Watkins - 434-9504, sheron55@att.net; Louise Kuret - 408-0554, lkuret@sbcglobal.net; Judy Peck – 543-0990, Judyp@starstream.net.

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

Entertainment

—Club Performance—

Vaudeville Troupe – “The Cavalcade of Stars”

Friday, July 12, 2:00 PM Show — 5112-05A

Friday, July 12, 6:00 PM Show — 5112-05B

Saturday, July 13, 2:00 PM Show — 5112-05C

Saturday, July 13, 6:00 PM Show — 5112-05D

Lincoln Hill’s popular and outrageously entertaining Vaudeville Troupe returns to the “Cabaret-style” stage of the Presentation Hall (KS) to present their Old-Time Vaudeville/Variety Show, the “The Cavalcade of Stars.” This high-energy, non-stop action extravaganza provides performances that are wildly original and fast-paced. Come and enjoy hilarious comedy skits, listen to fabulous vocalists and talented musicians, and cuddle up to the adorable Vaudeville Ponies! Many new performers are in the show and you are certain to appreciate their energy, talent and professionalism. The Vaudeville Troupe is known for creativity and outrageous fun as they interact with the audience for genuine theatrical entertainment! The talented Troupe will feature “A Tribute to Country Music,” honoring Johnny Cash, Dolly Parton, Ray Price, The Sons of the Pioneers, The Judds, Kenny Rogers, Shania Twain, Roy Clark, Eddy Arnold and many other Country artists. Four shows only that always draw sell-out crowds. As-



signed seating by row and seat number is available in P-Hall so there is no need to wait in line on the day of the show. P-Hall (KS). Shows at 2:00 PM and 6:00 PM. General admission \$12.

—Community Perks—

Annual Parking Lot Sale

Saturday, May 18 — 5118-03

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



KS at the Movies: “Hope Springs”

Monday, May 20 — Free

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



Certified Farmers Market at Lincoln Hills

Every Wednesday starting May 22

Support your local farmers and join us every Wednesday at the

Continued on page 42

Summer Amphitheater Concert Series Guidelines

- **Chairs/Seating:** Guests must provide their own seating for the concert. Seating is first-come, first-served. Guests may set up their chair starting at 5:00 AM on the day of the event. **Chairs placed prior to 5:00 AM will be removed from the area.** SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. Do not move chairs already in place. **Lawn seating** for blankets will be in the grassy area at the left of the stage. Doors open 45 minutes before showtime.
- **ADA:** Designated paved area located in the center top tier adjacent to the pathway.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.
- **Not Allowed:** Chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals with vest on).
- **Food & Beverage:** No outside food or drink allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions available 45 minutes before concert begins.
- **Ticket Pricing:** See individual articles in Entertainment section for prices. Tickets are non-refundable.
- **Tickets: Wristbands** must be worn during the concert. Online buyers can pick up wristbands from Will Call at OC Lodge after 12:00 PM on the day of performance.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed wherever permit signs are posted.
- **Dancing:** No dancing directly in front of stage. Dancing will be allowed in designated areas.
- **Entertainers:** Please be respectful of all performers/singers/entertainment at venue by avoiding direct physical contact of any nature with them during performances.

Fitness Parking Lot from 8:00 AM to 12:00 PM. Local Certified Farmers will be selling fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on the weather and availability of crops, the plan is to hold the Farmers Market on Wednesdays until November. If you are interested in being one of our vendors for hand-made and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



—Concerts—

Swingin' Blue Stars of the USS Hornet — "Remember the USO"
Thursday, May 30 — 5130-03



Join us for an entertaining concert in honor of Memorial Day with a group of ladies who specialize in performing songs from the 40's and 50's.

The program includes close harmony, swing style music made popular by 1940's female vocal groups such as the Andrews Sisters. Sing along to the saucy and romantic WWII tunes that will take you down memory lane. Formerly known as the Singing Blue Star Moms, all members had the common bond of sons, daughters or other family members that were enlisted or veterans of the U.S. Military. Songs including "Rum & Coca-Cola" and "Boogie Woogie Bugle Boy" are favorites when the ladies perform at VA Hospitals, The American Legion, The Shriners, with Glenn Miller Orchestra and fairs and festivals around the country. Ballroom (OC), 7:00 PM. Premium Reserved Section Seating — Sold Out. General admission \$16.

KS at the Movies: The Beatles "Help!"

Monday, June 3 — Free

PG; 92 minutes. Get ready for the Summer Amphitheater Concert Series line-up and Paperback Writer performance on June 25 with this great film. Starring The Beatles, Leo McKern and Victor Spinetti. Comedy/Musical. Doors open at 1:00 PM for a 1:30 PM show, P-Hall (KS).



Document Destruction

Monday, July 15

9:30-11:30 AM, OC Fitness Center Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files okay but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the parking lot!



New Resident Orientation

Tuesday, July 16 — Free

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



Summer Amphitheater Concert Series: Chubby Checker & The Wildcats

Friday, June 7 — 5000-4A

"Let's Twist!" Chubby Checker was put on the map when "The Twist" was not only the number one song on the charts, but also when the concept of "dancing apart to the beat" was introduced. Over the next few years, endless songs incorporating "The Twist" into its name sprang up such as "Peppermint Twist," "Twist and Shout" and "Twistin' the Night Away." Remember the popular dances these songs brought to life including: "The Jerk," "The Hully Gully," "The Boogaloo" and "The Shake." Chubby Checker is the only artist to have five albums in the Top 12 all at once and nine



—Reminders—

- **Activities & Fitness Desk Hours & Phone Numbers:** Page 98.
- **Two Lodges:** Orchard Creek (OC) & Kilaga Springs (KS)
- **Reservations:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. *All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.*
- **Want to sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

- **RSVP Date** ♦♦: If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. For **Classes:** RSVP date is set to determine if class has met minimum registration required by instructor or if class will be cancelled. Once met, registration remains open until class is filled.

- **Classes (Except Fitness):** Register at least seven working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
- **Weather:** Association trips & events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from

double-sided hits. Doors open at 6:15 PM for a 7:00 PM concert. General admission \$29.

KS Music Night Presents The Patchouli Quartet Friday, June 14 — 5114-04

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



Slim Jenkins — Voodoo Blues & Dirty Swing Concert Thursday, June 20 — 5120-04

San Francisco's Slim Jenkins is a celebration of great American roots music and its tradition of innovation and energy. Harking back to the heyday of hot jazz and blues, Slim Jenkins evokes a world of sultry and smooth, or jumping and hot music to keep the audience energized and alive. Slim Jenkins never loses sight of the balance between tradition and innovation that defines classic American music. The program includes a repertoire that evokes our musical history with music such as "Burnt Toast & Black Coffee," "It Ain't Love," "Cleopatra" and "Coal Miner." Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$19.** General admission \$17.



Summer Amphitheater Concert Series: Paperback Writer "Beatles Tribute"

Tuesday, June 25 — 5000-4B

Paperback Writer will take you on an award-winning Beatles experience through the musical years of the world's most successful and popular rock group of all time. Hear the melodic hits from the early years of the Ed Sullivan Show and the Beatles' first full length film, "A Hard Day's Night," performed with "spot on" authenticity. Hit songs will come to life with costumes and flair including: "Magical Mystery Tour," "Penny Lane" and "Strawberry Fields." Doors open at 6:15 PM for a 7:00 PM concert. General admission \$19.



Roseville Community Concert Band — Happy Birthday USA!

Thursday, July 4 — 5104-05

By resident request, we bring back one of the best local volunteer symphonic concert bands that performs throughout the greater Roseville and South Placer communities, the Roseville Community Concert Band (RCCB). The RCCB was established in 2000 by Bill Hastings, a retired military band director. This group provides the right combination of enjoyable and patriotic music to celebrate the 4th of July with friends and family. The concert offers wonderful music selections and will be completed before dark so you can view the city of Lincoln's fabulous firework display. Ballroom (OC). Concert 2:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$9.** General admission early registration discounted rate May 17-June 14, \$5. After June 14, \$7. Tickets required for all guests including children.



Chicago Tribute Authority

Tuesday, July 9 — 5100-4C

The music of Chicago defined a generation with their sound

Continued on page 45

Reminders

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

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

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

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

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

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

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

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

- **Parking:** For all trips, please park beyond OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

- **Hosting a Bus Trip:** Interested in hosting the trip you are on? Please advise the Monitor when you register. We always welcome volunteers to host the trips.

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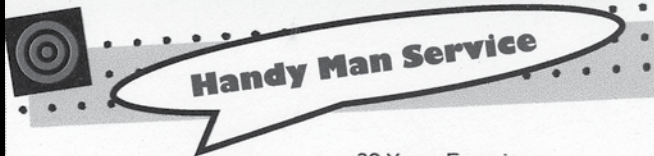
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and lyrics touching every facet of our lives from emotional relationships to insightful political commentaries on our times. Chicago Tribute Authority respectfully pays their tribute to the only American rock band to chart in the Top 40 in five consecutive decades. Hear songs from the greatest hit-making band of the last 45 years including: "Does Anybody Really Know What Time It Is?" "Saturday in the Park," "Just You 'n' Me." and "Make Me Smile." Doors open at 6:15 PM for a 7:00 PM concert. General admission \$18.



"San Francisco Sound" that changed the course of pop music forever. Doors open at 6:15 PM for a 7:00 PM concert. General admission \$21.

"World of Webber" Concert
Tuesday, July 30 — 5130-05

Celebrate the songs and musicals of Sir Andrew Lloyd Webber through the years with an intimate cabaret-style concert.



Musical theater stars Tielle Baker and Kelly Brandeburg, along with the star of the Tony Award-winning "Movin' Out" Kyle Martin, perform a musical revue of Webber classics with musical director Evan Alparone at the piano. Songs will include "Music of the Night" ("The Phantom of the Opera"), "Memory" ("Cats"), "Don't Cry For Me Argentina" ("Evita"), as well as many more selections from hit shows including "Joseph And The Amazing Technicolor Dreamcoat," "Whistle," "Jesus Christ Superstar" and "Sunset Boulevard." Many residents enjoyed Kyle's amazing performance at our Music of JOEL concert this past January. Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$20.** General admission early registration discounted rate May 17-June 14, \$15. After May 14, \$18.

Jefferson Starship
Friday, July 26 — 5100-4D

Jefferson Starship is a collaboration of celebrated musicians steeped in the fantastic realms of science fiction and the contemporary American shadow land. "Somebody to Love," "White Rabbit," "Caroline" and "Miracle" are some of the hits that catapulted the group to the top of the Billboard's to reign as one of the most artistically and commercially successful rock groups. Founding band members, songwriter/guitarist Paul Kantner and vocalist David Freiberg, both were crucial in developing the renowned



Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Off to the Races
Thursday, June 6 — 1846-04

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ♦♦ by 5/15.



Reno Silver Legacy
Tuesday, June 11 — 1772-04

Nice summer day trip to Reno in the Sierras! Visit the Silver Legacy Hotel & Casino for the day and get \$10 cash back and \$5 food credit. Try your luck at the slots or check out the Reno arts district. Leave OC 8:00 AM, return ~ 6:30 PM. \$32. RSVP ♦♦ by 5/15.



Red Hawk Casino
Tuesday, July 23 — 1942-05

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our passengers a \$15 gaming credit. Be sure to bring your personal identification to receive your Rewards Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ by 6/15.



—Performances—

2013 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting



Continued on page 47

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

Dr. Almeda DeCell, PHD
 Clinical Psychologist
 BEHAVIORAL MEDICINE ~ LIFE COACH
 dr.decell@starstream.net

Golf Cart Inspections at Orchard Creek Lodge



Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday at 8:00 AM.

Golf Cart Registration (City/Lincoln)
 8:00 AM at Orchard Creek Lodge

- Thursday, May 16
- Thursday, June 6
- Thursday, June 20

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classical musicals as well as the Music Circus Premiere of the original "Chicago." All shows will be done "Theatre in the Round." Please note performance time of 7:30 PM for all shows except "The King and I" which starts at 8:00 PM. \$76 each show.

Wizard of Oz

Wednesday, June 26 — 4531-03A

Join Dorothy, Toto, Tin Man, Scarecrow and Cowardly Lion as they band together on an adventure along the Yellow Brick Road to Oz and face the wrath of the Wicked Witch. The production will be true to the movie that has enchanted fans of all ages for decades. *Now open to guests age six and older. Bring your grandchildren!* Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ Now.



Showboat

Wednesday, July 10 — Sold Out

Leave OC at 6:00 PM, return ~ 11:00 PM

Sugar

Wednesday, July 24 — Sold Out

Leave OC at 6:00 PM, return ~ 11:00 PM

The King and I

Thursday, August 8 — 4531-03D

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



Chicago

Wednesday, August 28 — Sold Out

Leave OC at 6:00 PM, return 11:00 PM. RSVP ♦♦ by 5/15.

2013/2014 Speaker Series

Experience the ultimate in cultural entertainment — six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is sold as a series only, no individual tickets, offered with three price points. Gold and Silver seating is reserved and the Bronze option is open seating in the second tier. Bronze seating will have Bus #1. Bus #2 will consist of Gold and Silver subscribers. Both coaches will depart at 6:45 PM, allowing ample Bronze seat options upon arrival. Please check your receipt to verify which bus you will be on. Bus #2 will have signs indicating location of loading room upon arrival at OC. RSVP ♦♦ by 6/15.

\$505 Gold Seating — 4640-05

\$394 Silver Seating — 4630-05

\$284 Bronze Seating — 4660-05

Steve Wozniak

Tuesday, October 1 — A

Apple co-founder Steve Wozniak is the legendary creative genius who dropped out of college to invent the personal computer, an invention that, for better or worse, has changed all of our lives. Woz's current passion is bringing hands on learning and a focus on creativity to schools, and, through The Electronic Frontier Foundation, protecting free speech, privacy and innovation in the digital age.



Vice President Al Gore

Tuesday, November 12 — B

After a long and fruitful political career in Washington, former vice-president Al Gore turned his considerable energy and talents to protecting the environment. His film *An Inconvenient Truth* garnered an Oscar and a Nobel Peace Prize. He now spends most of his time working with The Climate Reality Project, the non-profit company he founded, devoted to removing the doubt about climate change and encouraging people to demand solutions to the climate crisis.



Admiral Mike Mullen (Retired)

Tuesday, January 7, 2014 — C

Having commanded three ships and served in Navy leadership positions ashore, Admiral Mullen served as Chairman of the Joint Chiefs under two Presidents, Bush and Obama, from 2007 to 2011. As such, he is familiar with the buildup and the wind down of the wars in Afghanistan and in Iraq, and was privileged to oversee the assassination of Osama bin Laden. While serving, he expressed his support for ending Clinton's policy of "don't ask don't tell," and he is outspoken about the importance of diplomacy and economics to national security.



Dr. Andrew Weil

Tuesday, January 21, 2014 — D

Dr. Weil is a pioneer and internationally recognized expert in the fields of health, wellness, integrative medicine, and the reform of medical education, and the founder, professor and director of the Arizona Center for Integrative Medicine at the University of Arizona. His best-selling books, website, newsletters, PBS specials, and frequent appearances on "Today" and "The Dr. Oz Show" have inspired people to lead healthier and happier lives. His 2009 book *Why Our Health Matters* identifies what is wrong with healthcare in America and offers a realistic vision of how we can achieve optimum health through personal responsibility and a new model of medicine.



Continued on page 51



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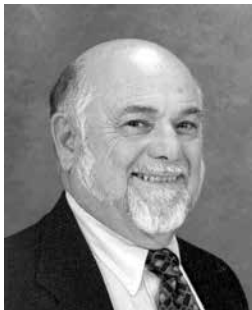


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Judy Smith**Tuesday February 18, 2014 — E**

With her unique combination of communication skills, media savvy, and legal and political acumen, Judy Smith is often considered America's #1 crisis management expert. Best known for her crisis management advice to a host of high profile clients, including Monica Lewinsky, Smith's resume helped inspire the prime-time hit drama, "Scandal." In her recent book, *Good Self, Bad Self: Transforming Your Worst Qualities Into Your Biggest Assets*, Smith shares her methods for smoothing over a bad situation while providing the tools to prevent similar incidents from ever happening again.

**Ina Garten****Barefoot Contessa****Tuesday, April 1, 2014 — F**

Ina is a self-taught cook who, while working as an analyst in the White House, decided she needed to do something more creative — and went from gourmet food store owner/operator to best-selling cookbook author to her own Food Network TV show. While the food store has closed its doors, Ina continues the tradition of presenting delicious food with style in her new cookbooks, tv shows, and products, all of which reflect her love of entertaining friends and family.



Big Fun, providing entertainment and education to inspire the young and young at heart! Enjoy the livestock pavilion and county displays, along with the commercial buildings and see what the hawkers have to offer. Leave OC 10:00 AM, return ~ 6:00 PM. \$32 includes Fair entry fee. RSVP ♦♦ by 6/15.

—Food and Wine—**Amador County Wine Tasting****Friday, June 14 — 1810-04**

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

**—Fair/Festival—****Sunset Celebration Weekend****Sunday, June 2 — Sold Out**

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

**Sold Out****California State Fair****Monday, July 15 — 1932-05**

The California State Fair is a robust celebration of the State of California, its industries, agriculture and diversity of its people. Every summer, the State Fair is all about

**—Gardens/Museums—****Oakland Museum****Thursday, June 13 — 1766-04**

In cooperation with the Lincoln Hills Painters Club, we present an educational trip to the Oakland Museum of California. When the Oakland Museum of California first opened its doors more than 40 years ago, it brought together three historically independent disciplines — art, history, and natural sciences — under one roof celebrating the many facets of California. View the museum's art collection — one of the largest and most comprehensive holdings of California art in the world dating back to 1916. It features over 70,000 works by California artists from the early 1800s to the present with a focus on our region. Featuring works of all disciplines, the collection includes painting, sculpture, photography, craft and decorative arts, conceptual work, and new media. The collection is particularly strong in California landscape paintings from the 1850s to the 1880s; Gold Rush-era artwork and daguerreotypes; furniture and decorative arts from the Arts & Crafts period, including a large collection of painting, craft and decorative art, and furniture by Arthur & Lucia Mathews; Bay Area figurative painting and sculpture; and California ceramics and jewelry by Margaret De Patta. Additional exhibits will include California Landscapes

*Continued on page 52*

and artwork of Hung Liu — one of the most prominent Chinese painters working in the United States today. For more information, please go to <http://museumca.org/exhibitions>. Bring your own lunch or purchase at the museum cafe. **Note corrected time:** Leave OC at 9:00 AM, return ~ 5:00 PM. \$41. RSVP ♦♦ 5/15.

—Tours—

USS Potomac Saturday, July 27 — 1832-04

The “Floating White House,” Franklin Delano Roosevelt’s presidential yacht, has been refurbished and has quite a history from FDR to Elvis and a front for drug smugglers. It is now docked near Jack London Square at the Oakland Pier. We will be taking a special narrated three-hour “Bridges of the Bay” cruise to the Golden Gate, Richmond/San Rafael and Bay Bridges with their unique history, construction and points of interest. Box lunch included (choose onboard). Buy early — sales end June 10 due to deadlines by vendor. Leave OC at 7:30 AM, return ~ 3:30 PM. \$105. RSVP ♦♦ by 5/15.



—Shopping—

San Francisco Saturday Shopping —Westfield Galleria Saturday, June 29 — 1844-04

Enjoy the beautiful City by the Bay without the worries of traffic and parking. Relax in the comfort of our motor coach as you go over the Bay Bridge into San Francisco. This is your day to do as you wish. The stop this trip is Westfield Shopping Center downtown. Receive a VIP passport to savings booklet with special offers and amenities from retailers and restaurants. You’ll also get to enjoy *Corazón Under the Dome*, an animated 3D light spectacular that’s a celebration of the heart of San Francisco inside the mall. Showcasing iconic images and set to beloved San Francisco-centric songs, this dazzling new show rocks through the decades and will delight visitors of all ages. Show starts at 5:00 PM during the summer. Arrive around 10:30 AM and depart SF at 6:00 PM. Leave OC at 8:00 AM, return ~ 8:00 PM. \$36. RSVP ♦♦ by 5/15.



American Craft Council San Francisco Show Saturday, August 3 — 1784-05

It’s the West Coast show to plan around! With more than 230 of the best contemporary jewelry, clothing, furniture and home décor artists from across the country, come see pure craft at its absolute finest. This show is the largest juried craft show west of the Rockies. With nine shopping categories that include holidays, the great outdoors, upscale, handmade



greencraft, local, foodieware, men’s department and bride-to-be, you’re sure to find something you’ll love! Located at the Fort Mason Center Festival Pavilion. Leave OC at 8:00 AM, return ~ 5:00 PM. \$50 (includes admission). RSVP ♦♦ by 6/15.

—Sports & Outdoor Activities—

Rafting on the South Fork American River Rapids!

Thursday, July 18 — 1810-05

River rafting trip designed for those wanting more excitement! If you have the stamina and strength to paddle for an extended period of time, and are active, athletic and can swim, this trip is well-suited for you. Difficulty of rivers are rated Class one to six and this trip will be on Class two and three-plus rapids. (If this isn’t for you, please see the “float” trip on July 25.) We’re going with California River Adventures and after a safety orientation and introduction to your guides, it will be time to lather up the sunscreen, put on our helmets and life vests and board the rafts. We start the first half of this trip on the easier Class two section of the river then stop for a delicious lunch served alongside the river. After lunch, this trip enters into the South Fork Gorge section where the river becomes half as wide and twice as fast ensuring an exhilarating wet and wild ride for all on the thrill of Class three rapids. The rapids include Satan’s Cesspool, Upper and Lower Haystacks, Bouncing Rock, Hospital Bar and Recovery Room. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! ***Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. It is your responsibility to select a rafting trip that is appropriate for your abilities and physical condition. This is a high-impact trip, it is not recommended for those with back issues. Consult with your doctor about any concerns you may have. Pick-up guidelines at Activities Desk.*** Leave OC at 8:30 AM, return ~ 6:30 PM. \$134. RSVP ♦♦ by 6/14.



American River Raft Float & Marshall Gold Park

Thursday, July 25 — 1831-05

This outing is designed for those not interested, or unable to do the faster river rapids trip. It is an easy float with several small rapids. Difficulty of rivers are rated Class one to six. This leisurely float is rated Class one to two. (Class one just means fast moving water.) We’ll start the morning at Marshall Gold State Historic Park and museum where we will have a docent led tour to learn about the gold discovery in California by James Marshall. You’ll have some free time on your own to peruse the adjacent shops or try your luck at some gold panning. We’ll take a short walk to the river and meet our raft guides from California River Adventures and



Continued on page 54



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enjoy a nice lunch (included) before we head out on a float of the river down to Lotus. There are very small rapids such as Lotus Ledge and Barking Dog. You'll have plenty of time to take in the beautiful scenery and wildlife. *Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. It is your responsibility to select a rafting trip that is appropriate for your abilities and physical condition. Consult with your doctor about any concerns you may have. Pick-up guidelines at Activities Desk.* Leave OC at 8:30 AM, return ~ 5:30 PM. \$92. RSVP ♦♦ by 6/14.

San Francisco Giants

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



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

River Cats

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



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

Overnight & Extended Travel

Overnight Trip: Hot August Nights — Reno Tuesday, August 6 to Wednesday, August 7 — 1972-05

Hot cars and cool nights! Enjoy the first day of Hot August Nights and stay overnight at John Ascuaga's Nugget in the renovated East Tower. Receive a \$5 slot and \$3 food credit with your key packet upon arrival.



The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square along with live bands and a car cruise in the evening.



There is also a vendor and craft area. Dinner on your own at Victorian Square or the casino. Breakfast on your own the following morning and then we're off to the Silver Legacy in downtown Reno where you will get a \$6 gaming and a \$2 food credit. Explore Virginia Street with more specialty car displays and vendors with lunch on your own. Check out the Big Boy's Toy Store at the Reno Events Center for cool accessories! We're including a trip to the National Automobile Museum with a private guided tour at the end of our day, and then a relaxing afternoon trip home. *A signed liability waiver is required for each participant.* Leave OC August 6 at 12:00 PM, return August 7 ~ 6:00 PM. \$100 per person double occupancy. \$134 single occupancy. RSVP ♦♦ by 6/15.

Santa Cruz Boardwalk/Roaring Camp Railroad Overnight Saturday, October 19 to Sunday, October 20 — 1971-05

Our first "week-end" overnight trip! Fall is the best time to visit the coast, and we'll be



spending the afternoon with free time at the Santa Cruz Beach/Boardwalk (with lunch on your own) and then enjoying an evening of fun and relaxation at Roaring Camp's Western Moonlight Dinner Train Party. Start with a hearty barbecue steak dinner (included) followed by a leisurely train ride aboard vintage railway cars. The steam train stops atop Bear Mountain at a glowing campfire with hot cider and a musical sing-along. Upon returning to Roaring Camp, hot apple pie and a country western band await you and we'll two-step or line dance the night away. We'll be staying at Hilton Santa Cruz/Scott's Valley with an included hot breakfast. Our return trip home will be up Highway 1 to Half Moon Bay and the world-famous Pumpkin Festival with lunch on your own. Due to vendor deadlines, last day to purchase will be July 30. Purchase early to guarantee your spot! Leave OC 8:30 AM, Saturday, October 19, return Sunday, October 20 ~ 6:30 PM. *A signed liability waiver is required for each participant.* \$216 per person double occupancy. \$283 single. RSVP ♦♦ 6/15.

Continued on page 57



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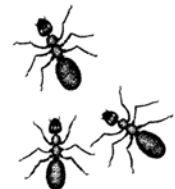
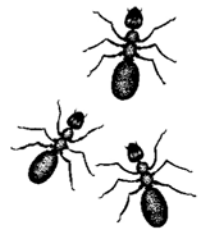
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Eldorado Casino Holiday Ice Show:
December 4-5

Johnny Cash Tribute Show:
January 30-31, 2014 & February 6-7, 2014

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

- Terra Cotta Warriors-Asian Art Museum, May 16, 8:00 AM
- A's vs. Giants, May 27, 9:30 AM
- Lands End/Cliff House, May 29, 8:00 AM
- Les Miserables, June 4, 6:45 PM
- River Cats vs. Tacoma Rainiers, June 17, 5:30 PM
- Fort Bragg Overnight, June 19, 8:00 AM

Activities Department Classes

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

Art**—Oils, Pastels & Acrylics—****Painting Pastels and Oils with Joan**

Mondays, June 3-24 —

105110-05

9:00-11:30 AM (OC). In-
structor: Joan Jordan. \$52

(four sessions). Open to both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. **New students:** Ask for supply list at registration. RSVP ♦♦ by 5/27.

**Impressionistic Landscape Painting with Oils and Acrylics**

Wednesdays, June 5-26 AM Class —113110-05

Wednesdays, June 5-26 PM Class — 113120-05

Morning class 9:00-11:30 AM; after-
noon class 1:30-4:00 PM, (OC). In-
structor: Artist/resident Marilyn Rose.
\$52 (four sessions). AM and PM class-
es are not interchangeable. Classes

are for all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class demonstrations, masterwork examples and individual instruction will be used to help students under-



stand various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for material list. **About the instructor:** Marilyn has 20 years experience with plein air and studio landscape. For more information visit Marilyn's website address, www.artistmarilynrose.com. RSVP ♦♦ by 5/29.

—Watercolor—**Watercolor Workshop with David Lobenberg**

Thursday, May 30 — 121100-04

9:00 AM-1:00 PM (OC). Instructor:

David Lobenberg. \$75. Create a watercolor painting of a lovely, iconic scene. Instructor will provide the outline drawing to be traced onto your watercolor paper.

You will then follow a step-by-step painting method. No one is left behind! Learn how to slowly "build" the painting while following instructor's lead with plenty of time to answer questions between each step. Also learn creative color mixing, working with an easy-to-handle and limited color palette, and how to use exciting and creative brush strokes, especially on the pine trees. This workshop is perfect for beginners to more advanced painters. RSVP ♦♦ by 5/23.

**—Drawing—****Multi-Media Drawing**

Wednesdays, May 29-June 26 — 132110-05

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$80 (five sessions). Do you love to draw and learn new techniques? From beginners to the experienced, this class will put fun

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into your drawing! Get your favorite media ready and experiment and play as you move from one creative exercise to the next, from theme to theme and from figuration and abstraction to imagination. Whatever your preference, pencil, ink, pastels and more, this class will improve your skills. The first part of class will be dedicated to fun and stimulating exercises. The second part focuses on your personal project. Supply list will be provided upon registration. RSVP ♦♦ by 5/22.



Bridge

Beginning Bridge with Laurie Thursdays, June 6-July 25 — 162110-04

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$60 (eight sessions). Learn the most exciting and challenging card game in the world! Class is for those who have never played bridge, but are interested in learning. Have you ever had a handful of diamonds? Do you have a heart? How about a dummy for a partner? (Oh, dear!) Discover a new passion that gives your brain a real workout. RSVP ♦♦ by 5/29.



Ceramics

—Lladro—

Spanish Oil Painting Wednesdays, June 5-26 — 206110-05

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$38 (four sessions). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 5/29.



Lladro Workshop Wednesdays — Ladd3

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

—Pottery—

Beginning/Intermediate Ceramics with Jim

Tuesdays, June 4-25 — 212110-05

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP ♦♦ by 5/28.



Advanced Ceramics

Tuesdays, June 4-25 — 212210-05

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 5/28.

Ceramics — All Levels

Thursdays, June 6-27 — 221110-05

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 when you register. RSVP ♦♦ by 5/30.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

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

Continued on page 61

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

Computer

—Tablets & Other Devices—

Android — 101 Smart Phone and Tablet Friday, June 14 — 255110-05

9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$40 Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" Account. RSVP ♦♦ by 6/7.



—Social Media—

Facebook 101

Saturdays, June 22 & 29 — 272110-05

9:00-11:00 AM (OC). Instructor: Janet Dixon-Dickens. \$40 (two sessions.) Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile on Facebook and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ♦♦ by 6/15.



—Mac—

Computer Classes/Macintosh iPhoto on the iPad — Advanced Wednesday, June 5 — 264110-05

9:00-11:00 AM, P-Hall (KS). Registration fee \$20, class material \$5, paid to instructor. Instructor: Andy Petro. Learn more advanced editing and journaling techniques of iPhoto on your iPad. You will learn how to apply many iPad/iPhoto editing tools to photos taken with your iPad or digital camera; how to organize photos into



various albums within the iPhoto app; and how to create beautiful (story-telling) photo journals and make them available on iCloud with easy access to anyone you choose. The class will demonstrate some exciting editing techniques available through free/inexpensive apps available from the App Store. Bring your iPad and it will be downloaded with the photos used in class so you can participate in the demonstrations. It's a fun and exciting class. **Prerequisite:** Students should bring own iPad with iPhoto (\$4.99) already downloaded from the App Store. Specific questions about the class, call Andy Petro at 253-9130. RSVP ♦♦ by 5/29.

—PC Operating System—

New! Basic Computer Skills

Thursdays July 11-August 29 — 231010-05

12:00-2:00 PM (OC). Instructor: Joan Hebert. \$80 (eight sessions). **Prerequisites:** ability to type with at least two fingers. Are you afraid of your PC? Do you want to send emails? Not sure how to begin? These sessions will get you started. Demonstrations, lecture, and lots of practice will get you ready to email your grandkids or 'friend' them on Facebook. Topics include *basic:* terminology; cursor movement; Windows skills; Internet searches and applications; email comparisons, use, and attachments; simple security; and simple editing of words and pictures. Joan has been an instructor for 40 years so questions are encouraged. You'll be ready for more advanced sessions! Note: "Research suggests that surfing the Web may help your brain function better. Internet searching may be used as a brain exercise in older adults — and it is speculated that doing so may even delay the onset of dementia." (*Parade Magazine, January 2010*). RSVP ♦♦ by 7/4.



Tips & Tricks for Beginning PC Users

Monday, June 3 — 282110-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 5/27.



More Tips & Tricks for Beginning PC Users

Wednesday, June 5 — 282210-04

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

Continued on page 65

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class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 5/29.

Organizing Your Windows Information Files & Folders Thursday, June 20 — 283110-05

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. The average PC user collects many types of information — music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun! RSVP ♦♦ by 6/13.



Security for Your Windows Computer Friday, June 21 — 284110-05

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. Windows comes with several built-in security features. Learn to use these free security programs which include Windows Defender, User Account Control, Windows Firewall, and more, and keep your personal computer secure from the bad guys. You will come away from this class with a better understanding of what Windows security features are available and how they work together; also a better idea of what can go wrong with Windows and how you can fix it. RSVP ♦♦ by 6/14.



—Genealogy—

Searching Like a Pro Monday, June 17— 283310-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. In the fall of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class, learn how to use the countless capabilities of Google to

assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented in this class will be equally applicable to anyone searching the Internet. RSVP ♦♦ by 6/10.

Getting Started with Family Tree Maker Friday, May 24 — 285110-04

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



Family Search Made Easy Friday, May 17 — 287110-04

9:30 AM- 12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. New FamilySearch is an online system that allows you to search for your ancestors from the world's largest genealogical database. Once you find a new ancestor, you can retrieve information about this ancestor directly into a family history program like RootsMagic. Learn how to use RootsMagic to easily search the FamilySearch Family Tree and to share data and collaborate with others using this tremendous online resource. Learn how RootsMagic can make your genealogy quest more productive using FamilySearch. If you are currently using a family history program other than RootsMagic you will learn how to easily import your family tree into RootsMagic so that you can reap the benefits of the new Family Search. RSVP ♦♦ by 5/10.

GEDCOM — Exchanging Data Between Family History Programs Thursday, May 23 — 289110-04

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



Continued on page 67



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most popular family history programs — Family Tree Maker, Legacy Family Tree, and RootsMagic. RSVP ◆◆ by 5/16.

Getting Started With Legacy Family Tree Monday, May 20 — 284110-04

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. Legacy Family Tree is genealogy software for Windows that assists family historians in tracking, organizing, printing, and sharing family history. It is one of the best genealogy programs on the market today. In this class, you will create a sample database with a few individuals in your family to get you up and running using Legacy Family Tree. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. RSVP ◆◆ by 5/17.



Places and Mapping in RootsMagic Tuesday, May 28 — 288110-04

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

Getting More Out of Ancestry.com Thursday, June 13 — 288110-05

9:30 AM-12:00 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 ◆◆ by 6/6.

—Photo—

Picasa 101

Tuesday, Wednesday, Thursday June 11, 12 & 13 — 256110-05

9:00-11:00 AM except June 13 1:00-3:00 PM, (OC). Instructor: Len Carniato. \$60 (three sessions). Modern digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Picasa is a free and intuitive program designed for the "amateur" digital photographer that can be installed on any computer. Combining lecture with hands-on class time, you will take home the skills to do almost every-



thing 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 6/4

Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, June 4-25 — 317110-05

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 5/28.



Card Making Level 2

Mondays, June 3-24 — 317210-05

Or Fridays, June 7-28 — 317220-05

9:00 AM-12:00 PM (KS), Friday class 9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$38 each (four sessions). **Prerequisite:** Completion of Intro to Card Making 101, or instructor's approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided. RSVP ◆◆ by 5/29 or 5/31.



Origami

Variety of Origami Boxes

Monday, July 8-29 — 152110-05

1:00-3:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions). Everyone who has been intrigued with origami will find new delight with "Unit Origami," which is the art of folding paper so that it fits together to make another object — in this class, boxes. Origami boxes are fun to make. By just folding pieces of paper and joining them together, we can make many beautiful boxes, but it requires some patience. Step-by-step drawing shows exactly how to make each fold and crease to create the handsome boxes. Illustration will be provided in the handout. Paper will be provided for all beginners. Continuing students are required to bring a book *Origami Boxes* by Tomoko Fuse. See display window (OC) for project sample. Bring different colors papers (6x6", 8x8", and 12x12"), pencil, scissors, ruler and glue. RSVP ◆◆ by 7/1.



Continued on page 68

—Felting—

Nuno Felted Scarves

Friday, June 7 — 301010-05

9:00 AM-12:00 PM (OC). Instructor: Laura Healey. \$43. (\$15 for supplies payable to instructor). Square, rectangular and double ruffle scarves. Learn the techniques, including no roll, for all three scarves and select one to make in class. Start with the rectangular scarf and from there you can make a double ruffle scarf or my own design layout of a 36-inch square scarf. You will go home with instructions for all three. RSVP ♦♦ by 6/1.

Felted Flowers, Soaps and Necklaces

Tuesday, June 11 — 301110-05

9:00 -11:30 AM (OC). Instructor: Laura Healey. \$20 (\$12 for supplies payable to instructor). Flowers are a great companion for summer hats, purses and clothing. The necklaces are combined wool roving with small bits and pieces of silk, a great interesting piece of jewelry. Soap is wool and soap combined with creating a washcloth and soap in one. Make all these items to take home along with instructions. RSVP ♦♦ by 6/4.

—Painting on Glass—

Painting on Wine Glasses

Thursday, June 27 — 302010-05

1:00 -3:30 PM (OC). Instructor: Laura Healey. \$20. (\$5 for supplies payable to instructor.) This is a fun learning experience for the novice or advanced artist. We will paint on glasses using fabric, stencils, dabbers, paintbrushes and dishwasher-safe paint. Learn how to make your own stencils for this craft. At the end of the class each student will be able to take their glass home to bake and paint to make dishwasher-safe. Included is a wine glass and stencils to take home. RSVP ♦♦ by 6/20.



Dance

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

—Clogging—

Beginning Clogging

Tuesdays, June 4-25 — 332110-05

10:00-11:00 AM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Open to new and returning students and those who want to have fun at an easy pace. Class introduces and moves through the eight basic traditional clogging movements: *Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel* at a relaxed pace. We'll learn fun clogging dances with basic clogging steps like



Push Off, Triple, Rock Back, Triple Kick, Basic, Clogover Vine, Joey, Brush and Turn to name a few. Bluegrass to Big Band, Gospel to Contemporary Pop will round out music choices. Join Janice, a certified clogging instructor with over 30 years of teaching experience, in the noisiest of American Folk Dances. Special attention to balance skills is part of the lessons. So whether you want to *sit and dance, dance with your hands, or clog with your feet*, come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 5/28.

Step Review through Intermediate Clogging

Tuesdays, June 4-25 — 332210-05

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 5/28.

Performance and Technique Clogging

Tuesdays, June 4-25 — 332310-05

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take "Step Review through Intermediate Level Clogging." Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 5/28.

—Country Couples Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, June 3-24 — 344210-05

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 5/27.



Country Couples Western Dance

Intermediate Level Three & Four

Mondays, June 3-24 — 344410-05

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). **Prerequisite:** Beginner level Country Couples for at

Continued on page 70

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least six months. After you've completed your Country Couples Beginner class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Classes are taught at a pace consistent with difficulty and length of dance. The dances for this session will be "Shadow" and "Salty Dog Schottische." RSVP ♦♦ by 5/27.

—Hula—

Beginning Hula

Thursdays, June 6-27 — 390110-05

12:00-1:00 PM (KS). Instructor: Pam Akina. \$35 (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 5/30.



Intermediate/Advanced Hula

Thursdays, June 6-27 — 390210-05

1:15-2:15 PM (KS). Instructor: Pam Akina. \$35 (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 **required** for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 5/30.

—Jazz—

Jazz Technique

Saturdays, June 1-29 — 353110-05

Or Tuesdays, June 4-25 — 353120-05

Saturdays 3:00-4:00 PM, Aerobics Room (OC). \$40 (five sessions). 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 5/25 or 5/28.



—Line Dance—

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

Intro to Line Dance

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



- **Mondays, June 3-24 — 360010-05**
6:00-7:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). This is the start of an eight week session. This session is open to new students. RSVP ♦♦ by 5/27.
- **Thursdays, June 6-27 — 370010-05**
4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$24 (four sessions). This is continuation eight week session. This session is closed to new students. RSVP ♦♦ by 5/30.

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. *Note: Sandy Gardetto's LD1 class will be on hiatus June-September.*

- **Mondays, June 3-24 — 370110-05**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). RSVP ♦♦ by 5/27.
- **Mondays, June 3-24 — 370120-05**
6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). **Note:** class was formerly called "Beginners Plus with Yvonne" and continues to be a transition class between beginner and beginner/intermediate. RSVP ♦♦ by 5/27.
- **Thursdays, June 6-27 — 360110-05**
2:30-3:30 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). RSVP ♦♦ by 5/30.

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

Continued on page 73

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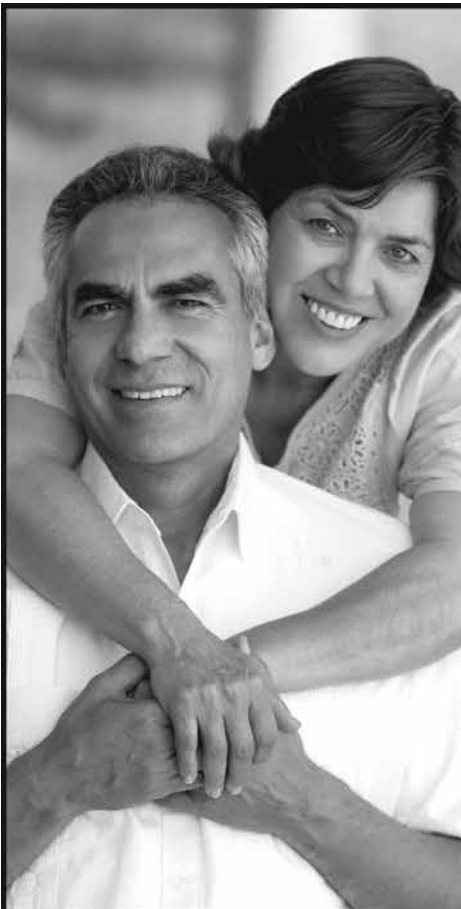
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combinations of steps connected together, done to faster music. Dances include *full turns, three quarter turns, sailor steps, syncopated vines*, etc.

- **Mondays, June 3-24 — 360210-05**
5:00-6:00 PM (KS). Instructor: Audrey Fish.
\$24 (four sessions). RSVP ♦♦ by 5/27.
- **Wednesdays, June 5-26 — 380210-05**
9:00-10:00 AM (KS). Instructor: Sandy Gardetto.
\$24 (four sessions). RSVP ♦♦ by 5/29.
- **Thursdays, June 6-27 — 370210-05**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck.
\$24 (four sessions). RSVP ♦♦ by 5/30.

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, June 5-26 — 380310-05**
10:00-11:00 AM (KS). Instructor: Sandy Gardetto.
\$24 (four sessions). RSVP ♦♦ by 5/29.
- **Thursdays, June 6-27 — 360310-05**
3:30-4:30 PM (KS). Instructor: Audrey Fish.
\$24 (four sessions). RSVP ♦♦ by 5/30.

Line Dance Instructors

• Audrey Fish

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. She has an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance, both from California State University, Sacramento. For her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," Audrey used our residents as subjects and her study showed a significant improvement in balance after completing an eight-week line dancing intervention. She also works as a Personal Trainer and Fitness Instructor at Sun City Roseville. She thinks she has the best job in the world, for it allows her to teach, inspire, and enrich the lives of seniors and provide both physical and mental exercise daily.



• Sandy Gardetto

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. At the age of eight, Sandy started dance instruction in Tap, Jazz, Ballet, and Ballroom including Baton Twirling. She was a competitive roller skater since age 16, receiving the highest award in Artist Roller Skating. She competed for 10 years, in the Regional and the National Roller Skating Championships, and won a national placement



medal in Masters Dance among others. She transferred her dedication to Line Dancing when she moved to Sun City Roseville in 1997. Sandy teaches in workshops in California and Hawaii, and has taken groups of line dancers on cruises.

• Yvonne Krause

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



—Tango —

Argentine Tango Beginning

Thursdays, June 6-27 — 431010-05

6:00-7:00 PM (KS). Instructor: Morgan Heller. \$40 (four sessions). This class is for the person with no Argentine tango experience at all and focuses on posture, axis, and the fundamentals of walking, embrace and basic figures. Morgan has a long career in dance that includes over 25 years with ballet companies from the SF Bay area to NYC, New England to Nevada. In Nevada he also worked in casino shows and traveled the country with cabaret shows from Alaska to Florida and many points between. He discovered the Argentine tango about 15 years ago and now loves sharing his experience and love of dance. RSVP ♦♦ by 5/30.



—Tap Dance—

Tap Classes with Alyson

Enjoy tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000.



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

• Beginning Tap

Tuesdays, June 4-25 — 410110-05

9:00-10:00 AM (KS). \$20 (four sessions). This is the

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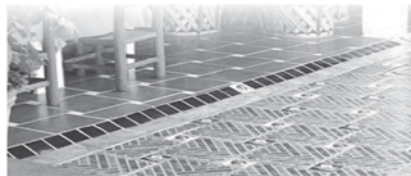
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perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class is a progressive class intended for beginners. Skill level will be assessed in November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ♦♦ by 5/28.

- **Advanced Performance**

Mondays, June 3-24 — 410710-05

12:00-1:00 PM (KS). \$32 (four sessions). A preparatory performance class, no new students will be accepted. RSVP ♦♦ by 5/27.

- **Technique Classes**

- **Advanced Technique Class**

Mondays, June 3-24 — 410510-05

11:00 AM-12:00 PM (KS). \$20 (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 5/27.

- **Technique Class**

Tuesdays, June 4-25 — 410520-05

10:00-11:00 AM (KS). \$20 (four sessions). RSVP ♦♦ by 5/28.

- **Technique Class**

Thursdays, June 6-27 — 410530-05

11:00 AM-12:00 PM (KS). \$20 (four sessions). RSVP ♦♦ by 5/30.

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, June 3-24 — 420110-05**

4:45-5:45 PM (KS). Instructor: Judy Young. \$24 (four sessions). From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 5/27.

- **Fridays, June 7-28 — 420120-05**

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, RSVP ♦♦ by 5/31.

—West Coast Swing—

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

Introduction to West Coast Swing

Wednesdays, June 5-26 — 318110-05

8:00-9:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 5/29.



Intermediate I and II West Coast Swing

Wednesdays, June 5-26 — 318210-05

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 have instructor's approval. RSVP ♦♦ by 5/29.

Intermediate/Advanced West Coast Swing

Wednesdays, June 5-26 — 318310-05

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must know and be able to dance the basics, and basic variations, of West Coast Swing and have attended both the "Introduction" and "Intermediate I and II Levels of West Coast Swing," and/or have instructor's approval. RSVP ♦♦ by 5/29.

Driver Training

AARP Driver Safety

Monday & Tuesday, June 3 & 4 — 481010-05

9:00 AM-1:30 PM (OC). Instructor: Jim Thomson. AARP members \$22; non-members \$24; fee includes a \$10 Association administrative fee. Session includes two short breaks. 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. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time are also covered. The eight-hour course is specifically geared to persons 50 or over. 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 5/27.



Continued on page 77

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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, June 3-24 — 493110-03

1:00-3:00 PM (KS). Instructors: Dave Fisk and John Neil. \$30 (four sessions; no class May 27). Supply fee \$15 payable to instructor. Class limited to six students for optimum learning. This “hands-on” class provides instruction on safety and operation of lapidary equipment, and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP ♦♦ by 5/27.

Lost Wax Jewelry Casting

Monday, June 3-24 — 493210-03

Class week one, two and four 9:00 AM-12:00 PM; week three 8:00-9:00 AM, 1:00-3:00 PM. (KS). \$75 class fee, plus \$20 materials fee payable to instructor at first class (four sessions; no class May 27). Instructor: Dave Fisk. 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 5/27.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, June 10 — GLASS

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12. Workshop is held once a month; *for experienced students only*. A moderator is present to supervise safe



use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.

Jewelry

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

Boulevard Bracelet

Tuesdays, May 21-28 — 514210-04

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



Music

—Guitar—

Guitar I — Beginner Level

Wednesdays, June 5-26 — 535110-05

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). **This session is closed to new students.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session. Every other month starting with May, a new eight-week Guitar I will start. Class is designed for the person who has not played before or hasn’t played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn



Continued on page 79

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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 899-8383. RSVP ♦♦ by 5/29.

Guitar II — Guitar Intro Continuation Wednesday, June 5-26 — 535210-05

10:15 AM-12:15 PM (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 at 899-8383. RSVP ♦♦ by 5/29.

Guitar III — Intermediate Thursdays, June 6-27 — 535310-05

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 5/30.



Guitar IV — Advanced Thursdays, June 6-27 — 535410-05

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$35 (four sessions). **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 5/30.

—Voice—

New Time! Beginner Singers Vocal Boot Camp Friday, June 7-28 — 536110-05

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). This is a continuing class. **This session is open to new student.** Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If



you are a new student, please contact Bill before enrolling: 899-8383. RSVP ♦♦ by 5/31.

Singer Vocal Boot Camp Continuation Fridays, June 7-28 — 536210-05

11:30 AM-1:30 PM (KS). 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 5/31.

Sewing

Bernina Serger Certification Monday, June 10 — 591110-05

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ♦♦ by 6/3.

Bernina Sewing Machine Certification Monday, June 10 — 592110-05

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 6/3.



Janome Sewing Machine Certification Monday, June 10 — 593110-05

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 6/3.

Quilting II Mondays, July 15 & 22 — 594110-05

10:00 AM -12:00 PM (OC). Instructor: Sylvia Feldman \$60 (two sessions). Learn how to measure and sew a 1/4" seam; square up your fabrics; bind and machine quilt; piece your project and sew a binding on the finished project. Please bring to class the following items: scissors, pins, ruler, sewing thread. Pattern and supply list will be provided upon sign up. If you have any questions, please contact Sylvia Feldman, 543-3403. RSVP ♦♦ by 7/1.



Continued on page 81

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Wellness & Fitness

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

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

—Environmental—

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

Happy Trails Outdoor Fitness Workout

Daily, June 1-30 — 863201-03

\$3. Summer is here, it's time to get outside and enjoy the beautiful weather! This is a fun and easy program that you can take with you anywhere! We'll combine some outdoor activities which include our life trail system (located on Kingfisher Trail), nutritional information and some tools to help guide you to a healthy lifestyle. See how you can use common outdoor objects to gain strength, tone and improve your cardiovascular endurance, you'll see great results while taking in the beautiful outdoors! This is done at your own time, speed and ability. We will provide you with an example workout packet that can be picked up at the front desk in the Fitness Centers when you register.

Indoor Nordixx Pole Walking

Monday, Wednesday, Friday, June 17, 19, 21 — 750000-05

9:00-10:00 AM, Indoor Walking Track (OC). Meet in the OC Fitness Center. Instructor: Dr. Richard Del Balso. \$45 (three sessions). Just 30 minutes of Nordic Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. Dr. Richard Del Balso recently retired from a 35-year chiropractic career and is a certified strength and conditioning specialist. This fitness activity will aid in maintaining upright posture, reduce compression on low back and knee joints, and burn up to 46% more calories while enjoying a low-impact weight-bearing exercise that everybody can do to help strengthen bones. He currently teaches classes for the Auburn Recreation District. Register: Fitness Desks or online. RSVP ♦♦ by 6/10.

—Disease Prevention & Management—

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

Disease Prevention & Management Punch Card Classes

Change! Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays

11:30 AM-12:15 PM (OC). Instructors: Cathy Keller and Tami

Fields. \$4 per class. This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter you can't miss with this class! Purchase a *Disease Prevention & Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

New! Arthritis Foundation Land Class L1-L2 Tuesdays and Thursdays

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

New! The Art of Moving

Fridays, 1:00-3:00 PM, Aerobics Room (KS). Instructor: Renee Neal. \$4 per class. This is an adaptive movement course, designed to provide basic functional movement ability as the result of injury or disease. It is also for caretakers or participants with a future concern for needing these skills. Included will be stretching and strengthening movements relative to the required skills, as well as balance and body awareness training to help prevent falls and injuries. Skills are tailored to the individual's needs. Purchase a *Disease Prevention and Management Punch Pass* at the Fitness Desks or renew (add more classes) online.

Alternative Methods to Manage Osteoporosis

Tuesday, June 25 — 879201-05

9:00-10:00 AM, Multimedia Room (OC). Instructor: Eve Webber, BS, CSCS. \$5. Eve has over 17 years experience working with 55+ year-old adults. This class will go into depth about alternative therapies such as nutrition and supplementation. Various exercises to help slow and prevent Osteoporosis and Osteopenia will be demonstrated and handouts to use as a reference will be provided. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 6/18.

Arthritis Class L1-L2

Wednesdays, June 5-26 — 805000-05

Fridays, June 7-28 — 801000-05

Wednesday 12:10-12:55 PM, Friday 12:00-12:45 PM, Aerobics Room (OC). Instructor: Lin Hunter. \$28 (four sessions). This class is great for those with arthritis and other rheumatic

Continued on page 83

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diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near-normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP ♦♦ by 5/29.



Arthritis Class L2

Tuesdays, June 4-25 — 803000-05

Thursdays, June 6-27 — 803100-05

11:15 AM-12:15 PM, Aerobics Room (OC). Instructor: Lin Hunter. \$30 (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 is incorporated. We will end each class with relaxing guided imagery and breathing exercises. This class is an extension of L1 with an additional 15 minutes of cardio and strength. Register: Fitness Desks or online. RSVP ♦♦ by 5/28.

Putting Cancer in the Back Seat

Mondays, June 03-24 — 879200-05

10:00-11:30 AM, Multipurpose Room (OC). Instructor: Virginia Wyman, Nurse Practitioner. \$40 (four sessions). This instructor will help you discover how your thinking can change how you feel about your cancer. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 5/27.

—Group Exercise—

A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers or on the website under Fitness Centers. Purchase a Group Exercise Punch Pass for these classes. \$2.75 per class.

—Lessons—

Masters Swim Class

Mondays & Wednesdays, June 3-26 — 780200-05

12:00-1:00 PM, Indoor Pool (KS). Instructor: Joan Marenger. Cost: \$75 (eight sessions) plus optional one time US Masters Registration of \$48 paid to instructor. Masters Swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. Masters Swimming is a great way for everyone to get in strength training and cardio exercise while having fun learning the proper biomechanics of all swim strokes: Freestyle, Breaststroke, Backstroke and Butterfly. All levels are welcome! Register: Fitness Desks or online. RSVP ♦♦ by 5/27.

Pro Tennis Lessons

Sundays, May 19-June 23

Beginner 8:00 AM — 790700-04

Intermediate 9:00 AM — 790600-04

Advanced 10:00 AM — 790500-04



Courts #10/11. Instructor: Mike Gardetto. \$75 (six sessions). Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online. RSVP ♦♦ by 5/12.

—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.

Mind & Body Punch Card Classes

Pilates Fit L2

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

Piloga L2

Mondays, Wednesdays & Fridays

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



Piloga Flow L2

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). Instructor: Joanie Martin. \$3.50 per class. Piloga Flow is a unique non-impact class which combines Pilates and Yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhhh! Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online. *Continued on page 85*

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New! Rise and Shine Yoga L2

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

Yoga Basics L1

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

Yoga Flow L2

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

Aqua Yoga L1

Mondays, June 3, 17, 24 — 832001-05

12:30-1:30 PM, Indoor Pool (OC). Instructor: Joanie Martin. \$24 (three sessions). Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance, while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 5/27.

Evening Hatha Yoga L2

Tuesdays, June 4-25 — 711000-05

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). Its summertime, and the evenings are bright and mild enough to try an early evening yoga class that will give you increased energy, improve your flexibility, balance, and strength, all while reducing stress. Everyone is welcome to this fun-filled, informative class, although it is L2 so it's challenging! Register: Fitness Desks or online. RSVP ♦♦ by 5/28.

Evening Yoga and Meditation L1

Thursdays, June 6-27 — 711100-05

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and a brief meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ♦♦ by 5/30.

Extra Gentle Yoga L1

Tuesdays, June 4-25 — 710000-05

Thursdays, June 6-27 — 710012-05

12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. \$44 (four sessions). This extra gentle class is an hour long and is adaptable to meet the needs of any student. *We use a chair for about half of the class.* The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 5/28.

**Tai Chi L1**

Tuesdays, June 4-25 — 730100-05

Saturdays, June 1-29 — 730200-05

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. Tuesdays \$40 (four sessions); Saturday \$50 (five sessions). Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP ♦♦ by 5/28.

**Tai Chi Intermediate L2**

Tuesdays, June 4-25 — 730300-05

2:45-3:45 PM, Aerobics Room (KS). Instructor: Peli Fong. \$40 (four sessions). Designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout

Continued on page 86

the body to release stress and revitalize the internal organs. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP ♦♦ by 5/28.

Traditional Hatha Yoga L2

Tuesdays, June 4-25 — 710100-05

Thursdays, June 6-27 — 710120-05

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. \$44 (four sessions). This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 5/28.

Yoga for Osteoporosis L1

Fridays, June 7-28 — 710200-05

5:30-6:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. \$44 (four sessions). Exercise cannot replace bone that has already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice weight training, balancing and deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 5/31.



—Nutrition—

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

Food & Inflammation... What's the Connection?

Tuesday, June 11 — Cancelled

11:00 AM-12:00 PM, Fine Arts (OC). Instructors: Dani Conway and Audrey Gould, RD. In this workshop you'll learn how and why the "healthy" foods you eat affect your body in more ways than you think! Register: Fitness/Activities Desks or online.

—Money Matters—

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

How to Buy Stocks

Tuesday, June 25 — 870000-05

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. \$10. This is a longtime favorite class in Lincoln Hills where we talk

about stocks, how to buy them, how to value them, and how to buy and sell them at hopefully a profit. How can any stock be a good buy at \$700 per share, where do I get educated on stocks, and why should I even be in stocks in the first place? These questions and many more will be addressed in this class. Register: Fitness/Activities Desk or online. RSVP ♦♦ by 6/18.

Are Annuities a Good Idea?

Tuesday, May 28 — 870000-04

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



—Personal Growth—

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

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

Tuesdays, June 4-25 — 815000-05

6:00-7:30 PM, Aerobics Room (OC). Instructor: Paul Rossi. \$60 (four sessions). Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to young children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 5/28.



—Training Services—

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

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

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

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



Continued on page 89

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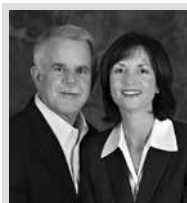
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New! SGT — Beginner TRX Express L1**Mondays & Wednesdays, June 3-26 — 835210-A5****July 8-31 — 835210-A6**

3:30-4:00 PM. Aerobics Room (KS). Instructor: Julia Roper. \$70 (eight sessions). Curious about small group training? This class teaches the basic moves of the TRX with sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe/effective workout. Register: Fitness Desk or online. RSVP by ♦♦ 5/27 or 7/1.

**SGT — Bootcamp L2****Tuesdays & Thursdays AM, May 30-June 25 — 835300-A5****June 27-July 25 — 835300-A6****Mondays & Wednesdays AM, June 10-July 3 — 835300-B5****July 8-31 — 835300-B6****Tuesdays & Thursdays PM, May 28-June 20 — 835300-C5****June 25-July 23 — 835300-C6**

AM times: 6:15-7:15 AM; PM times: 4:30-5:30 PM. Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions, no class July 4). This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP ♦♦ by 5/23 or 6/20.

SGT — Bootcamp L3**Mondays & Wednesdays, May 29-June 24 — 835400-A5****June 26-July 22 — 835400-A6**

5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class, no worries, you can make it up in the other session offered. Talk with the instructor for more details! Register: Fitness Desks or online. RSVP ♦♦ by 5/22 or 6/19.

**SGT — Circuit Express L1****Mondays & Wednesdays, June 3-26 — 835200-A4****July 8-31 — 835200-A6**

5:00-5:30 PM, Fitness Floor (OC). Instructor: Julia Roper. \$70 (eight sessions). Class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the class will progress with a few new exercises to include balance, core and cardio stations. Register: Fitness Desks or online. RSVP ♦♦ by 5/27 or 7/1.

SGT — First Steps to Fitness L1**Mondays & Wednesdays, May 29-June 24 — 835500-A5****June 26-July 22 — 835500-A6**

12:30-1:30 PM, Aerobics Room (KS). Instructor: Robert Sanchez. \$135 (eight sessions). Starting a new experience may seem a little overwhelming. That's why "First Steps to Fitness" is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility, and more. Register: Fitness Desks or online. RSVP ♦♦ by 5/22 or 6/19.

SGT — "Fun"ctional Fitness L2**Tuesdays & Thursdays, May 30-June 25 — 835600-A5****June 27-July 30 — 835600-A6**

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. \$135 (eight sessions: no class July 4 or 25). A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ♦♦ by 5/23 or 6/21.

New! SGT — H2O Bootcamp L2**Mondays & Wednesdays, June 3-26 — 835420-A5****July 1-24 — 835420-A6**

4:15-5:15 PM, Outdoor Pool (OC). Instructor: Joan Marenger. \$135 (eight sessions). Performing aerobic strength training exercises in the water increases resistance on your muscles and prevents stress on your joints, helping you to gain strength quickly without straining your joints or aggravating chronic pain conditions. Suggested equipment for class but not required for class: water shoes (protect bottoms of feet); water gloves (for more resistance); goggles and swim cap (will be used on occasion). Register: Fitness Desks or online. RSVP ♦♦ by 5/27 or 6/24.

SGT — Healthy Back L2**Tuesdays & Thursdays, June 4-July 9 — 835700-A5****July 11-August 6 — 835700-A6**

9:00-10:00 AM, Fitness Floor (KS). Instructor: Kathryn Shambre. \$135 (eight sessions, no class June 18, 20 or July 4). This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will

Continued on page 91

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include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 5/17 or 7/4.

SGT — TRX Interval Training L2

Mondays & Wednesdays, June 5-July 1 — 835800-A5

July 8-31 — 835800-A6

2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. \$135 (eight sessions). This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ♦♦ by 5/29 or 7/1.

New! SGT — Outdoor Bootcamp L3

Wednesday & Fridays, May 22-June 14 — 835410-A5

June 19-July 19 — 835410-A6

8:00-9:00 AM, meet at OC Fitness Lobby, classes will be held at the Sports Pavilion. Instructor: Nick Gagnon. \$135 (eight sessions, no class July 3 or 5). Take the gym outside with a few basic pieces of fitness gear, and a little friendly motivation. This class is for people seeking weight loss, muscle toning and time-efficient workouts. Register: Fitness Desks or online RSVP by ♦♦ 5/17 or 6/22.

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A5

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



SGT — Level 1 Pilates Reformer L1

Mondays & Fridays, June 10-July 8 — 835120-A5

July 12-August 5 — 835120-A6

7:00-8:00 AM, Fitness Floor (KS). Instructor: Paula Ainsleigh. \$135 (eight sessions, no class July 5).

Mondays & Wednesdays, June 3-26 — 835120-B5

July 1-24 — 835120-B6

11:30 AM-12:30 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions).

Mondays & Wednesdays, May 29-July 1 — 835120-C5

July 3-29 — 835120-C6

2:30-3:30 PM, Fitness Floor (KS). Instructor: Joanie Martin.

\$135 (eight sessions, no class June 10 or 12).

Mondays & Wednesdays, May 29-June 24 — 835120-D5

June 26-July 22 — 835120-D6

4:00-5:00 PM, Fitness Floor (KS). Instructor: Robert Sanchez.

\$135 (eight sessions).

Tuesdays & Thursdays, May 28-June 20 — 835120-E5

June 25-July 23 — 835120-E6

12:30-1:30 PM, Fitness Floor (KS). Instructor: Domine Trosky

\$135 (eight sessions, no class July 4).

Tuesdays & Thursdays, June 4-27 — 835120-F5

July 2-30 — 835120-F6

2:00-3:00 PM, Fitness Floor (KS). Instructor Robert Sanchez.

\$135 (eight sessions, no class July 4).

Tuesdays & Thursdays, May 28-June 20 — 835120-G5

June 25-July 23 — 835120-G6

5:00-6:00 PM, Fitness Floor (KS). Instructor Eve Webber. \$135 (eight sessions, no class July 4).

The reformer provides finely-tuned exercise resistance that allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. Limit three participants per class. **(All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.)** Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

New! SGT — Level 2 Pilates Reformer L2

Tuesdays & Thursdays, May 28-June 20 — 835130-H5

June 25-July 23 — 835130-H6

4:00-5:00 PM, Fitness Floor (KS). Instructor: Eve Webber. \$135

(eight sessions, no class July 4). This class builds on L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. **(All Pilates Reformer classes**

require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness

Desks or online. RSVP ♦♦ by 5/21 or 6/18.

New! SGT — Osteo Reformer L1

Tuesdays & Thursdays, May 28-June 20 — 835130-I5

June 25-July 23 — 835130-I6

11:30-12:30 PM, Fitness Floor (KS). Instructor: Eve Webber.

\$135 (eight sessions, no class July 4). A format designed for

residents with Osteoporosis or Osteopenia. This class will help

Continued on page 92

you to build bone density by using resistance to build strength for the spine and hip. Safe and effective exercises will be added to improve posture, balance, and increase flexibility and mobility. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by 5/17 or 6/18.

New! SGT— Scolio Reformer L1
Mondays & Wednesdays, June 3-26 — 835140-J5
July 1-24 — 835130-J6

12:30-1:30 PM, Fitness Floor (KS), Instructor: Eve Webber. \$135 (eight sessions). The Reformer is an invaluable tool for anyone with Scoliosis. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for this special population. (All Pilates Reformer classes require a prerequisite of one introductory

class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by 5/27 or 6/24.

—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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Dani Conway HLC11, MTA, FDN & Audrey Gould RD: 234-6869.

Emotional Counseling

Carol Karkazis, MA: 672-8533.

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Russ Abbott, Wealth Advisor: 797-7760.

JUNE 2013 Orchard Creek

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

Group Exercise Classes (punch pass)
 Disease P & M (punch pass)
 Mind & Body Classes (punch pass)

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

For class details please see Wellness & Fitness section

JUNE 2013 OC INDOOR POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	OC	OC	OC	OC	OC	OC	OC
7:00							
7:30	Water Works L3		Water Works L3		Water Works L3		
8:00	Water Works L3		Water Works L3		Water Works L3		
8:30							
9:00	Water Works L3		Water Works L3		Water Works L3		
9:30							
10:00		Water Works L3	Core n More L3	Water Works L3			
10:30							
11:00	Splash Dance L2	Water Works L3	Splash Dance L2	Water Works L3			
11:30							
12:00	AF Aqua L1		AF Aqua L1		AF Aqua L1		
12:30							
1:00	Aqua Yoga L1						
1:30							
2:00							
2:30							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
3:30							
4:00	SGT- H2O Bootcamp		SGT- H2O Bootcamp				
4:30	L2 (outdoor lap pool)		L2 (outdoor lap pool)				
5:00							
5:30	Core n More L3	Water Works L3		Water Works L3			
6:00							
6:30							
7:00							
7:30							
8:00							

For class details please refer to the Wellness & Fitness section

Group Exercise Classes (punch)

Wellness Classes (session based)

Disease P & M (punch card)

JUNE 2013 Kiliga Springs Fitness Center

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	OC
6:15	SGT-Bootcamp L2		SGT- Bootcamp L2		SGT- Bootcamp L2		SGT- Bootcamp L2					
7:00		SGT-Reformer L1								SGT- Reformer L1	Rise & Shine Yoga L2	
7:15												
7:30			Mixed Level Cycle L2		Hi NRG Cycle L3		Mixed Level Cycle L2				Hi NRG Cycle L3	
8:00			Low Impact L3				Low Impact L3					
8:30	Everybody Can L2		Strictly Strength L2	SGT Healthy Back L2			Strictly Strength L2					
9:00												
9:30	Circuit L3		Piloga Flow L2				Pilates Fit L2					
10:00	Strictly Strength L2											
10:30												
11:00												
11:30		SGT-Reformer L1		SGT-Osteo Reformer L1								
12:00			SGT- Functional Fit L2				SGT- Functional Fit L2					
12:30	SGT- First Steps L1				SGT- First Steps L1							
1:00												
1:30												
1:45												
2:00				Tai Chi L1								
2:30	SGT- TRX Interval L2			Tai Chi L2 2:45-3:45								
3:00		SGT-Reformer L1			SGT- TRX Interval L2							
3:30	SGT-TRX Express L1				SGT-TRX Express L1							
4:00												
4:30		SGT-Reformer L1										
5:00	SGT- Bootcamp L3				SGT- Bootcamp L3							
5:30												
6:00												
6:30												
7:00				Evening Hatha Yoga L2								
7:30												
7:45												
8:00												

Group Exercise Classes (punch pass)

Disease P & M (Punch Pass)

Mind & Body Classes (punch pass)

For class details please see Wellness & Fitness section.

Wellness Classes (session based)

Small Group Training (session based)

Group Exercise Class Descriptions

A detailed schedule of these classes is listed on the following pages. Purchase a Group Exercise Punch Pass for these classes.

Each class is \$2.75. You may also find the colored grids on the Fitness website.

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.

BALL & MORE L2: This class promises to deliver exercises for balance work, little cardio and strength building, by incorporating the stability ball, weights, bands and bars. This class is great for developing core strength and control and perfect for full body training.

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 five 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!



DMV Update for Seniors
Wednesday, May 15 — Free

1:30-3:00 PM, Front Ballroom (OC). New Department of Motor Vehicles (DMV) Regional Ombudsman Eddie Ballesteros will present the latest and increased DMV efforts to address senior mobility. Ombudsmen can assist as a “go-between” to ensure that senior drivers are treated fairly, consistently within the laws and regulations, and with dignity and respect they deserve, including individual efforts for licensing, etc. Shannon Lewis, former DMV employee and today an independent DMV advocate, will also be in attendance. The latest DMV handouts and information for seniors will be made available. Session will be video recorded. Q&A follows.



Get Even with Diabetes
Wednesday, May 22 — Free

7:00-8:30 PM, Ballroom (OC). As people get older, their risk for type 2 diabetes increases. In fact, one in four people over the age of 60 has diabetes. If you already have diabetes, you may find that you need to adjust how you manage your condition as the years go by. Diabetes can affect many major organs in your body, which can lead to an array of serious complications when left untreated. Hear **Deborah Plante, MD**



Endocrinologist, Dignity Health Medical Center, speak about how diabetes is treated and often prevented.

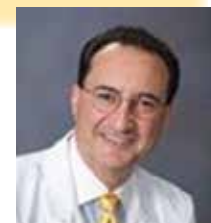
Meet Windows 8
Wednesday, June 12 — Free

3:30-5:00 PM. P-Hall (KS). Windows 8 represents a major change in how Windows works. It is touchscreen oriented with the same “look and feel” on tablet computers as on desktop computers yet it works perfectly well with a mouse and keyboard. Windows 8 is more secure and faster than previous Windows versions. Speaker Bob Ringo will review the new features in Windows 8 and how these new features can work for you. You will see how Bob has organized his “Start” screen to optimize his enjoyment of Windows 8. Q&A will follow the presentation.



Joints in Jeopardy: Zeroing in On Arthritis
Wednesday, June 19 — Free

7:00-8:30 PM. Ballroom (OC). What should you do when your joints are aching? Mauro Giordani, MD, Board Certified Orthopedic Surgeon at UC Davis Medical Center, will explore various types of arthritis, especially those common in the older age group. Dr. Giordani will particularly focus on the most common type of arthritis — osteoarthritis. He will describe its causes, early treatments, and the kinds of lifestyle activities that may help or even prevent it. Finally, Dr. Giordani will explain the most recent approaches to joint replacement and when to elect that option.



Community Forums, Date, Time, Location	
• DMV Update for Seniors Wednesday, May 15, 1:30 PM, Ballroom (OC)	• Gold Rush History Wednesday, July 17, 1:30 PM, Ballroom (OC)
• Get Even With Diabetes Wednesday, May 22, 7:00 PM, Ballroom (OC)	• Personal Security Thursday, August 15, 1:00 PM, P-Hall (KS)
• Meet Windows 8 Wednesday, June 12, 3:30 PM, P-Hall (KS)	• Reading ... and More Thursday, September 5, 10:00 AM, P-Hall (KS)
• Joints in Jeopardy: Zeroing in on Arthritis Wednesday, June 19, 7:00 PM, Ballroom (OC)	• Watch for more Community Forums in next month's <i>Compass</i>

Project Request

Continued from page 5

Once completed by the requester, the PRF is submitted to the OC Front Desk and forwarded to the Properties Committee, where a task force will be assigned to evaluate the request. This task force will interact with the requester to clarify the request, help fill in some of the blanks, and perform a preliminary assessment of the pros and cons. When the assessment is completed, the proposed project will

be placed on the agenda for the next Properties Committee meeting, and the task force will report their findings. The full committee will then vote on a recommendation to the Board of Directors, and will present this recommendation at the next Board meeting. The Board can then: (1) refer it to committees and staff to obtain detailed plans and cost estimates prior to submittal of a Capital Asset Request, (2) request more information from the requester, or (3) decline to move the

project forward. The Properties Committee and Board meetings will provide two opportunities for the proponents and any opponents of the proposed project to present their views at a public meeting.

The PRF documents the information provided by the requester, the evaluation by the task force, and the rationale for the Board's disposition. A file of PRFs will be maintained to provide a permanent record of all proposed projects, as well as to provide models for successful proposals.



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Retractable Window Awnings On Sunrooms

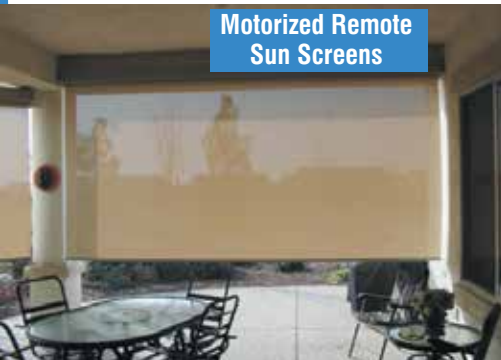
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

Retractable Patio Covers



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

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