



Compass

The Official Magazine of Sun City Lincoln Hills

October 2013



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On the cover

Members of the Country Couples Dance Group enjoyed an afternoon of festivities in Old Town Sacramento during Gold Rush Days and took a minute for this photo taken by Dolly Schumacher James. Members of the group say "it's more than taking dance lessons, it's a comfortable, friendly social environment. See pages 27 and 61 for more information about group and dance classes.

Why the Dues Increase?

Board of Directors Report

Gay Mackintosh, Secretary, SCLH Board of Directors

Nobody likes a dues increase. And believe me, nobody likes one less than those of us on the Board who must explain why it's necessary.

At our September meeting we approved raising our monthly Association dues from \$104 to \$107 for 2014. We did this after deliberating long and hard over recommendations from our expertly staffed Finance Committee, following three budget meetings open to all homeowners.

Where will the \$3 dues increase go? We must provide now not only for 2014 operations but also for a healthy level of Maintenance Reserves projected through 2042.

Every third year we hire an outside firm of Reserves experts, as required by law, to go through an exhaustive on-site inventory of Association assets with a life expectancy of 30 years or less. The 2013 Browning Reserves Study anticipates repair and replacement of some \$15.5 million in assets over the next 29 years. About \$1.5 million of that had to be added this year to cover major items whose useful life now falls under 30 years (like Angler's Cove Dam) as well as to reflect more realistic replacement costs. Additional investment is therefore necessary to boost Reserves funding.

So \$2.13 of our \$3 dues increase is dedicated to Maintenance Reserves. To further bolster Reserves without impacting dues, the Board voted to immediately contribute \$171,000 from the Building/

Capital Enhancement Fund, the balance after the capital projects approved for 2014. Our goal is to ensure sufficient funding in Reserves to support our property values and protect homeowners from special assessments.

The balance of 87 cents in dues per household will support 2014 operations.

Despite substantial cost increases beyond our direct control — in health insurance, workers' compensation, utilities including water — staff in all departments have done an outstanding job of holding the line on expenses and implementing initiatives to cut costs while enhancing value for each of us.

Fortunately for us who must approve them, most everyone realizes that periodic dues increases are necessary to maintain our community's extensive facilities,

programs, grounds, and amenities in the face of rising costs at the level of quality we've come to expect.

Our dues remain remarkably low considering all we get for them. Since 2001, they've gone from \$97 a month to \$107 in 2014, a 10.3% increase. That's a \$10 increase over 14 years. Meanwhile, the Consumer Price Index has risen 32%. Had our dues kept pace with other prices, we would now be paying \$128 per month — well over the \$107 we'll pay next year.

Even at \$107, does anyone think we're not getting a great bargain here?

Our Dues over the Years

1999	\$83.18
2000	\$86.45
2001	\$97.00
2002	\$97.00
2003	\$97.00
2004	\$97.00
2005	\$100.00
2006	\$101.00
2007	\$101.00
2008	\$103.00
2009	\$103.00
2010	\$103.00
2011	\$105.00
2012	\$104.00
2013	\$104.00
2014	\$107.00



Your December Association Dues Statement

Your December Association Dues statement will include the new amount due for the first quarter of 2014. If you pay your quarterly dues with your bank's bill payment service, please change the amount to the new

quarterly dues payment of \$321. If you pay by check please enclose the new amount. We will automatically change the quarterly dues payment for homeowners who use our Preauthorized Electronic Payment Service.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Last month I had the opportunity to show off our community and meet with Kelly Leone, Pulte Group's new National Del Webb Lifestyle Manager, along with our Northern California Del Webb colleagues at Sun City Roseville, The

Club in Roseville, Glenbrooke in Elk Grove, Woodbridge in Manteca and Sierra Canyon in Reno. Our community has much to be proud of, from its gorgeous



and well maintained facilities and community Open Spaces, fun Sports Bar and fabulous dining options at Meridians, to its rich Lifestyle offerings and active adult community. I was proud to join in discussions about what makes Sun City Lincoln Hills stellar among other Del Web communities, and to share lessons learned that will help to maintain the high expectations of the Del Webb brand and its Sun City communities.

When walking and driving through our community, it is evident residents are enjoying the quality and variety of programs and services offered by staff and volunteer clubs and organizations. Needless to say, Sun City Lincoln Hills shines, and we are proud that others take note of our success and

Please see "Connections" on page 96



*Autumn 2012 on the golf course
Photo by Tony Machado*

Calendar of Events

October 15-November 20

Date	Event	Page #
10/15	"Our Region's Waste Management Program"	31
10/15	e-Waste Recycling	41
10/15	New Resident Orientation	41
10/16	Home, Health & Business Showcase	41
10/16&17	Auditions January 2014 Vaudeville Show	36
10/17	Speaker: <i>Crazy Razor</i> Author, Vietnam Navy Vet	36
10/17	Community Forum: Roseville Railroad Explosion	96
10/17	Concert: Shady Rill	47
10/19	Bus Trip: Santa Cruz/Roaring Camp Railroad	55*
10/21	Genealogy Members Share Fulfillments	29
10/21	Document Destruction	41
10/22	Fall Fashion Show, "Golden Autumn Days"	49
10/22	Bus Trip: Ferry to San Francisco Shopping	55*
10/23	Forum: "Belch and Burn"	11, 96
10/23	Caregivers Support: "Guilt vs. Regret"	23
10/23	Bus Trip: Apple Hill Wednesday	55*
10/24	The Netherlands "Tulipmania"	28
10/25	Music Group: Open Mic Night	32, 41
10/26&27	Players Group: Readers Theater	33
10/28	"The Anahi Mine in Bolivia" source of Ametrine	29
10/29	Comedy Night at KS: Steve Smith	46
10/29	Bus Trip: Apple Hill Tuesday	55*
10/31	Forum: "Roadmap to Medicare"	11, 96
11/01	Concert: Eric Kunze	47
11/04	KS at the Movies: "The Great Gatsby"	41
11/05	Bus Trip: "Priscilla Queen of the Desert" (Bus 2)	53
11/06	"Astronomy Apps"	23
11/07	"Emerging Growth Markets, Market Strategy"	30
11/07	Neighborhd. Watch Annual Mtg./Dessert Potluck	21, 32
11/07	Bus Trip: San Francisco Exploratorium	51
11/07-09	Player's Group: "Johnny Mercer's Mandy"	33, 45
11/09	Super Senior Luncheon	15, 41
11/11	Veterans Day Ceremony	17, 41
11/12	Needle Arts Breakout Groups Presentations	32
11/12	Bus Trip: Speaker Series, Al Gore	55*
11/13	"The Magic of Google"	27
11/14	"Aging and Low Vision"	28
11/14	Speaker: Director Society for the Blind	28
11/14	Bus Trip: Haggin Museum/Knowlton Gallery	51
11/15	"Telling the Android Story"	27
11/15	Concert: Santana Tribute with Rhythm Vandals	47
11/16	Bus Trip: San Francisco Pier 39	53
11/17	Book Discussion: <i>The Queen of Water</i>	25
11/18	"Cosmology — History & Nature of our Universe"	23
11/19	Concert: "Music from a Charlie Brown Christmas"	47
11/19	Day Trip: Feather Falls Casino	49
11/20	Community Forum: Anxiety and Depression	96

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


Upcoming Association-Related Meetings: Date, Time, Place

October 15-November 30

New Resident Orientation	Tuesday, October 15, 1:00 PM, Solarium
Finance Committee Meeting	Wednesday, October 16, 9:00 AM, Solarium
Golf Cart Registration	Thursday, October 17, November 7 & 21, 9:00 AM, OC Lodge
Board of Directors Meeting	Thursday, October 17, 9:00 AM, Oaks/Gables/Heights
Board of Directors Special Meeting	Thursday, October 17, 10:30 AM, Oaks/Gables/Heights
Board of Directors Executive Session	Thursday, October 17, 11:00 AM, Multimedia
ARC/Architectural Review Committee	Monday, October 28, 9:00 AM, Heights
Elections Committee Meeting	Friday, November 1, 10:00 AM, Fine Arts
CCOC/Clubs & Community Organizations	Tuesday, November 5, 9:30 AM, Oaks
Compliance Committee Meeting	Wednesday, November 6, 10:30 AM, Oaks
CCRC/Communications & Comm. Rel.	Friday, November 8, 9:30 AM, Solarium
ARC/Architectural Review Committee	Monday, November 11, 9:00 AM, Solarium
Properties Committee Meeting	Tuesday, November 12, 1:00 PM, Fine Arts
Listening Post	Wednesday, November 13, 9:00 AM, Solarium
Finance Committee Meeting	Wednesday, November 20, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, November 21, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, November 21, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, November 21, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, November 25, 9:00 AM, Heights

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



Meridians 

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ELECTION - ELECTION - ELECTION

Find Your Candidates Then Support Them

Elections Committee

By October 18 the names of candidates for our Board of Directors in the 2014 Election will be known. There are three seats to be elected. It is up to each of us to select the people we want to vote for in filling these critical positions on our governing board. Once we have decided on our candidates to support, we need to get behind them to share our reasons for wanting those persons in office.

Support may be in the form of having coffee sessions in our homes, donating to campaigns, distributing flyers, putting signs in our yards, and telling friends.

November 8 is the deadline to submit ballot and member issues statements to Elections Committee Chair Frances Swanson. Election flyers will begin to be seen in the community.

On December 16, tables will be set up in Lodges with election materials for all to pick up and review.

Candidate forum sessions will be held January 15 (10:00 AM), January 17 (2:00 PM), and January 18 (6:00 PM) in Presentation Hall (KS).

Balloting materials will be received by mail at our homes between January 14 and 17, 2014, and all ballots must be cast

Election Time Line for 2014 Board of Directors

- **October 18** — Slate of candidates announced.
- **November 8** — Candidates' ballot statements and member issues statements due, 4:00 PM.
- **January 14-17** — Election packets received by all members.
- **January 15** — Candidate Forum #1, 10:00 AM, Presentation Hall (KS).
- **January 17** — Candidate Forum #2, 2:00 PM, Presentation Hall (KS).
- **January 18** — Candidate Forum #3, 6:00 PM, Presentation Hall (KS).
- **February 19** — Ballots must be received by Inspector of Election, 3:00 PM.
- **February 20** — Election ballots counted and results posted.

by the afternoon of February 19.

Our wonderful community is financially healthy and administratively well run. It is by our selection of dedicated and capable volunteers that these conditions continue. It is up to each of us as member stockholders of our fine corporate community to ensure election of candidates of our choice.

Doing the Right Thing

Hank Lipschitz, Finance Committee Chair

We have just completed the 2014 Budget and there was a healthy discussion at our final Budget meeting regarding reserve funding. Our reserve analysis covers all assets that have an expected life of 30 years or less and as our community has been in existence about 14 years we have some significant revisions. This means that some assets that were previously excluded because of an expected original life in excess of 30 years are now in the study. Our reserve fund is an approximation prepared by an

outside firm that projects our funding for the next 30 years. As a result of this year's study we needed to take actions to enhance funding. The Finance Committee's recommendation and the Board's approval resulted in "doing the right thing" for the long term financial health of our community. Before I go into greater detail let's look at the results for this year.

As you can see from the accompanying chart we are currently \$180,186 ahead of Budget. August was favorable to budget by \$26,927 with all departments essentially at or better than budget except for Landscape and Food & Beverage. Landscape variance was mainly caused by higher water rates and Preserve maintenance while Food & Beverage missed because of lower than expected Catering revenue.



As of August 31, the Operating Fund totaled \$4,499,877 of which \$237,281 was in Building/Capital Enhancement Fund and \$1,325,270 are in the Settlement Proceeds Fund. The Reserve Fund balance was \$4,764,126.

At the end of August we had 151 homes with past due assessments of \$94,800 which is in line with the comparable month of May's 142 homes and \$85,800 past due.

Please see "Finance" on page 13

Statement of Operations YTD — 8/31/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$5,040,393	\$5,017,678	\$22,715
Administration (Expense)	(1,269,930)	(1,409,409)	139,479
The Spa at Kilaga Springs	37,223	13,845	23,378
Fitness	(230,968)	(270,928)	39,960
Activities	(144,573)	(140,205)	(4,368)
Rec. Center / Maintenance	(1,557,473)	(1,616,206)	58,733
Landscape Maintenance	(1,701,616)	(1,659,593)	(42,023)
Food & Beverage	(89,340)	(31,652)	(57,688)
Capital Asset	0	0	0
Net Revenues (Expense)	\$83,716	(\$96,470)	\$180,186



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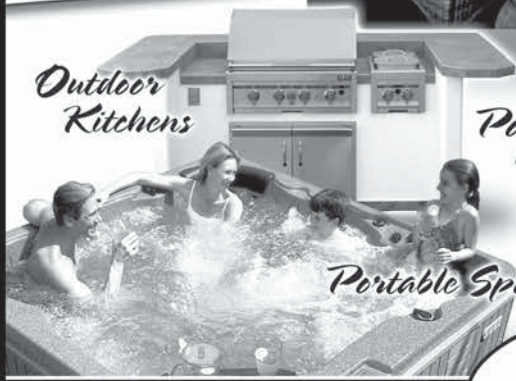


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Myths about Aging and Exercising

An interview with Deborah McIlvain and Christine Epperson

Doug Brown, Resident Editor

Is an exercise routine a challenge for you? Too boring? Don't know how to begin? Discouraged by health issues? Afraid you might fall?

Deborah McIlvain, Fitness Coordinator, and Christine Epperson, Wellness Coordinator, have answers for you. They have personally witnessed the zest and verve of residents of *all* ages who exercise regularly.

Doug: First of all, there are residents who are intimidated when they see all the "hard bodies" exercising and looking so great. And they don't know what all the levels mean.

Deborah: All the **Group Exercise, Mind & Body, Disease Prevention & Management,** and **Small Group Training** classes are in three levels. **Level 1** is for those new to exercise or who are returning after a long time off. **Level 2** is great for those that have a good exercise capacity and some experience. And **Level 3** is for those who exercise frequently and are looking for a higher intensity level.

Doug: So how does one know what level they are in? And how do they get started?

Deborah: They should feel free to stop and ask a staff member how they can get started, and we'll be happy to suggest a level and some options.

Doug: Okay, but some residents have arthritis, heart disease, diabetes, or high blood pressure. Should they join a Level 1 class?

Christine: Sure! Of course, it's a good idea to check with your doctor first but most likely he or she will tell you to "go for it"! We also have disease prevention and man-

agement programs. Great classes to start with could be **Arthritis Foundation Land and Water, Basic Chair,** and **SGT- First Steps to Fitness.** And if they're worried about osteoporosis or weak bones they could try a **yoga** class.

Doug: What's "Basic chair"?

Christine: It's for chair-bound people who face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

Doug: Okay, but what about those who aren't chair-bound, but they say they're afraid of falling and injuring themselves?

Deborah: Studies show that exercise can reduce chances of a fall. Exercise builds strength, balance, and agility. Exercises like **Tai Chi** and **Qigong** may be helpful in improving balance along with **Balance Express** and **Art of Moving.**

Doug: Great! Sounds like you have some excellent programs for people of *all* ages and abilities! Keep up the great work!

Look at pages 77-95 in this Compass or Online www.suncity-lincolnhills.org/residents/index.php/wellness-and-fitness-two for class descriptions and times.



Splash Dance Water Class



Basic Chair Class



Strengthening in Ball Class



Drumming and toning everyone can enjoy!



Deborah McIlvain, top; Christine Epperson



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[Activities News & Happenings](#)

Fall Activities to Warm Your Hearts

Lavina Samoy, Lifestyle Manager

The cool breeze and the changing colors of the landscape usher in the wonderful autumn season. The activities we have lined up are guaranteed to warm your hearts and keep your spirits high. But before I give you some highlights, let me remind you of the various ways you can purchase or register for events, trips, and classes.



Activities with codes ending in '10' are available for purchase from 8:00 AM on October 17 at the Activities Desk in Orchard Creek (OC) and Kilaga Springs (KS) Lodges. Yes, our Activities Monitors at KS are eager to assist you in any of your registration needs with usually a shorter line at KS on the 17th. You may also register through our website: www.suncity-lincolnhills.org/residents. Remember to login first, prior to starting your transactions, for a seamless experience with trips and classes.

Here are a few of the activities you wouldn't want to miss. Be part of the best party that everyone will be talking about at the beginning of the year. Purchase your tickets early for the **New Year's Eve Roaring 20's Celebration** (page 45). You won't find a more spectacular and event-filled soiree for the price. Purchase your tickets before November 17 and have a chance to win next year's Summer Amphitheater Concert Series package for two!

Our Fall/Winter concert lineup is going to be exciting with Broadway star **Eric Kunze** on November 1 (page 47), newly added **Santana Tribute with the Rhythm Vandals** on November 15 (page 47), "Music from the Charlie Brown Christmas" with the **Jim Martinez Trio** on November 19 (page 47) and the return of the **Top Shelf** with their "Motown Holiday Revue" on December 19 (page 49).

Next year's multi-day trip to **Palm Springs**, March 18-21 (page 55) is going fast, so register now to guarantee your space on the bus. Out this month are two dates for the very popular **Snow Train Trip**

to Reno on January 23-24 and February 27-28 (page 55).

Get ahead of your shopping list. We have three shopping opportunities to San Francisco — November 16, December 18 and 21 (page 53). Looking for some unique

Express Yourself! Decorate to Celebrate

*Cecelia Dirstine
Community Standards Manager*

Looking for a way to make your yard look special? With Halloween just weeks away, and Thanksgiving, Hanukkah and Christmas following close behind, this is the perfect time of year to express yourself and decorate to celebrate.

It's always fun to see yards where residents' creative talents celebrate the fall season with displays of scarecrows, pumpkins and sunflowers. Even more exciting is driving through the community to see the winter holidays celebrated with brightly colored lights and decorations.

So, feel free to plan your outdoor decorations — whimsical, charming or delightfully elaborate and there's no need to apply for approval. Beginning November 15, you can get out the lights and start decorating. Just remember the Winter Holiday season ends on January 15, so all decorations should be down by that date.

You can also get creative and celebrate other major holidays with yard decorations starting two weeks before the holiday and ending two weeks after. Displaying decorative flags is an

other way you can express yourself and celebrate special occasions — but only fly one flag at a time.

Santa and Other Visitors

Best of all, the heart of the holidays is the fun of entertaining family and friends. Although Lincoln Hills doesn't fit the traditional "home for the holidays image" with the kids and grandkids arriving at Grandma and Grandpa's house in a horse drawn



sleigh, family and friends are certainly welcome.

Did you know that guests may reside with you for 60 days in a calendar year? Guests are also welcome to use the common areas and facilities, but do check to see if there are restrictions for certain events.

Please make sure the holiday celebrations are fun for your neighbors too and keep activity and noise levels down before 9:00 in the morning and after 7:00 at night to make sure everyone's behavior keeps you on the "nice" list.

If you have questions, feel free to contact me at 625-4006 or cecelia.dirstine@slhca.com; or Community Standards Coordinator Melinda Rogers at 625-4008 or melinda.rogers@slhca.com.



"It's always fun to see yards where residents' creative talents celebrate the fall season with displays of scarecrows, pumpkins and sunflowers."



Correction

In the September *Compass*, we mistakenly identified Bill Kress, right, as Mark Hutchinson, left, both on the ARC/Architectural Review Committee. Mark is the new Chair of the committee.



JOHNNY MERCER'S MANDY

November 7 & 8 at 7 p.m.
November 9 at 2 p.m. & 7 p.m.
Orchard Creek Ballroom

Written & Directed by
Norah Prouhet

Tickets on Sale • September 17, 2013
Orchard Creek & Kilaga Springs Activities Desk
General Admission, \$13 • Premium Seating, \$18

Lincoln Hills Players

The Spa at Kilaga Springs

The Health Benefits of Massage

Tina Ginnetti, Manager, The Spa at Kilaga Springs
www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

A study reported in the *Huffington Post* found that massage really does work to ease those sore muscles after a workout. Just 10 minutes can reduce inflammation and help your body recover. Of course, those who are stressed out have been advocates of massage for decades. But the health benefits of touch extend beyond just soothing aches and pains. A growing body of research suggests that a rubdown is even better for you than you think.



Some of the many health benefits of massage include: easing pain, improving sleep, boosting immunity, raising alertness, curbing headaches, and easing cancer treatments.

October is Breast Cancer Awareness month. At the spa we will focus on skin-care and massage treatments that ease

one through the difficult treatment period and post-treatment. Soothing touch, hydrating products, and the loving care given by our technicians facilitate the healing process, which statistics show to be instrumental. These massages are effective whether you have an illness or if you simply want to maintain your health through prevention.

Swedish: Relaxing long strokes with light to firm pressure reduce stress, aches, and calm the spirit.

Deep Tissue: Deeper, concentrated work on the muscles assists in the recovery process of sports injuries and in corrective therapy.

Hot Stone: Warm stones are used to

soften the muscle so deeper work can be done, undoing tight, cramped muscles. The hot stone induces a deep relaxation, healing the muscles without soreness.

Push, Freeing, Soft Tissue Release: Specific area work, incorporated into massage for frozen shoulder, increases range of mobility, and eases joint, wrist, and ankle pain.

Trigger Point: Gentle holding of pressure points allow muscles to release and relax.

On November 6 from 12:00-6:00 PM we will have an open house "Harvest Ball" so you can meet the team and let them demonstrate and explain the different techniques. There will also be skincare consultations and more. See our ads posted throughout the community, on our website, and on page 22 of this issue of the *Compass*.

Call to book your appointment today • 408-4290
 Monday thru Friday 9:00 AM-6:00 PM Saturday 9:00 AM-5:00 PM
 Gift cards at: www.kilagaspringsspa.com

Second Cup of Coffee

is dissolving following the November 18 program. We want to remind our large roster, non-dues paying membership that 14 continuous years of “doing nothing... sharing with neighbors... outstanding and relaxing speaker programming” can continue with committed community efforts.



Two programs will climax our 2013 programming:

- Monday, October 21, and
- Monday, November 18: “The Season-Ending-Goodbye!” Program:
 - Founder Bill Laws and more SNORE alumni memories
 - Bill Richardson, most popular “Make the Football Call” speaker
 - Jack Fabian's anecdotes, “Old People are Funny”

As you know, the meetings take place at the Presentation Hall (KS) at 10:00 AM.

Aging Well

The Bs in Your Belly

Shirley Schultz, Health Reporter

For some reason we English-speaking people tend to describe our symptoms of upper gastrointestinal (UGI) activity with words that start with “B”: belching, burping, and burning. The “B” words extend on down into the intestines with bloating and borboryg-mus (that’s the medical term for the rumbling sound in the bowel caused by the passage of gas). Everybody has experienced these symptoms at one time or another.



Although not always culturally acceptable in public, belching is a normal part of the digestive process. To counteract the social stigma against belching, the World Burping Federation (yes, you read that right!) was founded to conduct a series of belching competitions throughout the world in hopes of ushering in a new era where belching is accepted. The current World Burping Record is 18.1 seconds! On

a more serious note, if you are concerned that you are experiencing excessive belching, or if it is accompanied by persistent heartburn, sour taste in your mouth, or burning in the throat, you should discuss this with your doctor.

When you eat, your stomach produces acid that helps digest food. If this acid backs up or refluxes into the esophagus, it is called GERD (gastroesophageal reflux disease), and it causes pain or burning in the chest. With continued exposure to stomach acid, the esophagus may actually erode. Prolonged erosion could even lead to bleeding or cancer. Rather than frequently using over-the-counter antacids, which could mask a developing serious condition, it is best to seek medical attention. It is also unwise to use the over-the-counter H2 Blockers such as Prilosec, Pepcid, Zantac, etc., without first consulting with your physician, as some of these drugs may actually cause kidney damage.

To learn about the many aspects of UGI issues, attend “Belch and Burn” Community Forum on October 23 (see page 96).

Medicare

Another Community Forum that will be especially helpful to those who are new to Medicare or who have questions about the details of Medicare is “Roadmap to Medicare” (see page 96). Note that this October 31 Community Forum is at 3:00 PM. It is very important to understand the different parts to Medicare: Part A, Part B, Part C, and Part D. It is also very important to understand the need for supplemental health insurance in addition to Medicare. This forum will provide only the overview of the many insurance options.

SCENTS

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Preparing for Increased Water Rates

Part One: Where Does our Community Get Its Water?

Pete Savoia, Properties Committee Chair



We are all aware that our residential water rates will be increased over the next several years, and these rate increases will also impact the Association's costs. To better understand how these rate changes may impact the Association, it is instructive to be aware of the sources of water used by our community.

We obtain potable water from the city of Lincoln for the following:

- All buildings
- The neighborhood parks in Villages 16, 20, and 40 and the smaller parks on Blue Heron Loop
- The water features at both Lodges

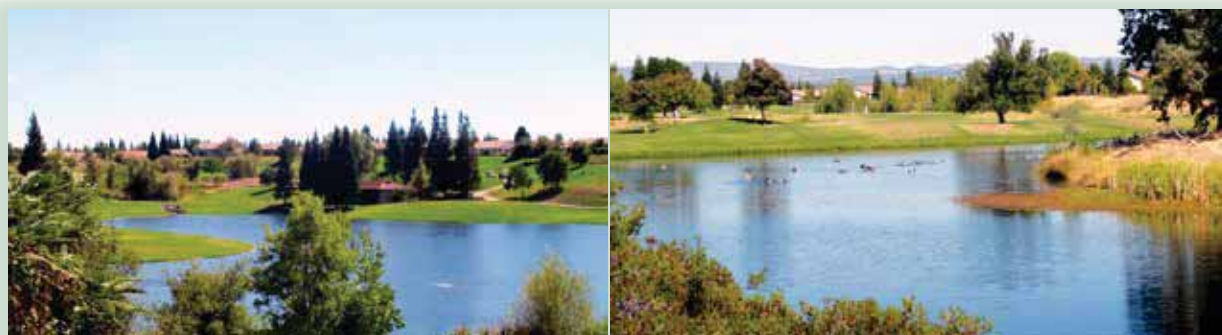
- The waterfalls at the North and South entrances on Joiner Parkway
- Some of the landscaping adjacent to these entrances
- The swimming pools and spas at both Lodges

Our usage of potable water is about 34-44 million gallons/year, and will be subject to the same rate hikes as those for residential use.

The reclaimed water used for almost all of our landscaping is obtained through an agreement with Billy Casper Golf (BCG), owner of the golf courses. BCG acts as a utility, charging us for storage and transport, as well as for the water. This water is pumped to 23 connection points throughout the community. BCG stores this water

in two storage ponds and maintains a pump house for each location. The first is located along Hole #2 of the Hills Course, and is surrounded by Villages 16, 27 and 30. The second is along Ingram Parkway and includes the lower pond bordered by Angler's Cove, Hole #13 of the Orchard Course and Village 4. (See accompanying photos.) BCG's water comes from three sources: the Nevada Irrigation District (NID), the South Placer Wastewater Authority (SPWA) and rainfall. NID provides about a third, and SPWA about two-thirds of the water purchased by BCG. We purchase between 83-120 million gallons from BCG during the summer months. It is expected that the rates for water obtained from BCG will increase about 6-8% over the next year.

Currently, about 68% of our total expenditure for water is to the city of Lincoln, and 32% is to BCG.



Storage pond on the Hills Course; storage pond on the Orchard Course

Part two in this series will discuss current and future actions to reduce our overall water usage and will appear in the November *Compass*.

Finance

Continued from page 5

At our Budget meeting on September 24, Staff presented the final budget proposals for 2014. Even though we are faced with higher insurance, utilities and general increases, the Operations portion of dues will increase just under 1% or 87 cents. As a result of the changes in the reserve study, we recommended that Funds in the Building/Capital Enhancement fund that will not be needed in 2014 be moved to the Reserve Fund. This amounted to \$171,000. In addition we recommended that the reserve contribution per residence be increased from \$13.25 per month to \$15.38. The committee is pleased that the Board approved these recommendations. We now have a plan to improve our funding levels over the next few years so that we

can retain our strong reserve position. This will result in Dues going up in January by less than 3% to \$107 per month, our first increase in three years.

I want to commend our Staff for their efforts during this budget process and we all need to recognize that our community is maturing and all of the great amenities we have need to be maintained at the level that reflects our standards.

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

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

Disaster Preparedness: Part Ten

Preparing for a Terrorist Attack

Bill Beal

The 21st century will be remembered as the age of the terrorist. By taking a few common sense precautions, you can do much to mitigate any fear and confusion you'll have if an incident occurs near Lincoln Hills.



First, determine what can happen around Lincoln and then develop a plan to address those threats. For example, a terrorist might intentionally derail a train, attack a flammable liquids storage facility or businesses that store explosive materials. In such cases, authorities may order an evacuation.

Please see "Terrorist Attack" on page 43

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Nimble in Their Nineties!

Doug Brown, Resident Editor

Most of us in this active community would be happy to be exercising and walking and dancing into our eighties, but staying nimble in our *nineties*? Seriously?

Well, yes — some of our residents are stellar examples of staying fit well into their nineties! The *Compass* recently caught up with a few of them.

Joaquin Cabelzud, age 94, flashes a bright smile, bounces up onto a stool, and does ten full-body pull-ups. Are you kidding me? Most people half his age couldn't do that! After a treadmill workout, he says, "Okay, gotta go swim now. It's easier on my arthritis." A half hour later he's still doing laps in the pool.

San Francisco-raised Joaquin was a painters' union agent most of his life. That was after he served in World War II, in Italy and Africa, earning a Purple Heart, Oak Leaf Cluster. Thank you, Joaquin! His secret to a long life: "Stay active and enjoy life!" And he means what he says.

Kenneth Drake, age 95, wasn't easily identified among the square dancers in Kilaga Springs Lodge — that's because he looks 75, and moves like a 55-year-old! "Oh, really? That's him? The nimble guy out there doing the Grand Right and Left?" Kenneth dances almost every day of the

week, alternating between square and line dancing — he took up the latter 11 years ago here in Lincoln Hills.



Mary & Ed Crowe



Kenneth & Betty Drake; Kenneth & partner

Kenneth's walk of life was a cabinet maker in San Lorenzo, CA. His wife Betty, 92, is no longer able to dance, but says, "It's okay for Kenneth to dance with the other ladies!" Sweet. Kenneth and Betty say the secret to longevity is to "exercise regularly,

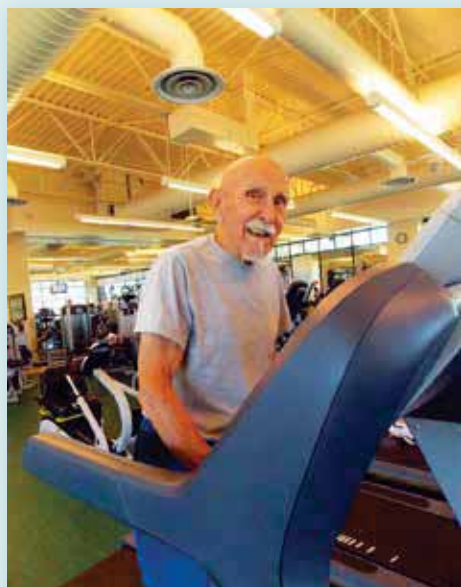


eat right, and drink moderately." "Red wine," adds Betty, with a twinkle in her eye.

Ed Crowe, 96, is a regular at the Orchard Creek Fitness Center. The staff all knows him and his wife Mary (just a tad under 90). When they missed a couple of weeks, everyone wondered what's up. Turns out Betty fractured her spine... but guess what, two weeks later she's up and walking — with Ed! Wow.

Ed and Mary both worked in Southern California for Building and Safety departments, but their post-retirement love was nurturing and riding a couple of beautiful gaited horses in Copperopolis. They miss those horses but make up for it with daily walks around the track at the Fitness Center. Their secret: "stay active and always look on the bright side."

Is there a pattern here? Exercise, enjoy life, stay positive! May we all take a cue from these nimble ninety-somethings!



Joaquin Cabelzud



Super Senior Luncheon Saturday, November 9

12:00-2:00 PM, Social Kitchen (KS). Free.

Are you 80 years young? We would like to invite you to the annual "Super Senior" Luncheon in your honor. Please join us for a wonderful lunch and entertainment sponsored by SCLH Foundation. Space is limited. RSVP by November 19 by calling Janet Dixon-Dickens at 625-4011.

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Remembering Those Who Have Served

Showing Appreciation for Active and Veteran Military

At the California Veterans Home in Yountville, 1100 veterans live together in a community. But that is not the largest number of veterans in a northern California senior community. That honor belongs to Sun City Lincoln Hills, with an estimated 2,000 veterans. Along with our resident veterans, many of us have children and/or grandchildren who are on active duty or are veterans. The honoring of veterans goes on year-round in Yountville, but here in Lincoln Hills we tend to honor veterans mostly around patriotic holidays.

With Veterans Day approaching on November 11, many of us will be attending ceremonies, putting our flags out, watching television specials on veteran service, and visiting cemeteries. These are honorable acts and are to be encouraged. It should also be remembered that those on active duty today cannot think about their duty and their sacrifices only at periodic intervals. Their commitment to protect us and our way of life is continuous. It does not stop or even pause.

Our own Veterans Group maintains our military heritage, and other smaller groups gather and send packages of

welcome items to our deployed troops. Here are some additional ways you can honor our veterans:

- Send letters to those serving in the military through the American Red Cross. Search for *American Red Cross, Holiday Mail for Heroes*. Or visit: www.google.com/#q=american+red+cross+holiday+mail+for+heroes
- Send cards, care packages, cell phones, and more. Search *Military.com* and then search *Support Our Troops*.
- To reach out by postal mail to both

veterans here in the United States and to deployed troops, you can send Christmas cards to:

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- Support movements such as the Wounded Warrior Project. For information, visit www.woundedwarriorproject.org/
- Just say hello and thanks to people we encounter in uniform

Do consider what you can do, in thought and deed, to support those who, at one point, swore to protect us even at the cost of his or her own life.

Veterans Day Ceremony at Orchard Creek Lodge Monday, November 11

Residents and guests are invited to attend a community Veterans Day ceremony, honoring all who have served in America's armed forces. Presented by the LH Veterans Group, the program will feature music by Roseville Community Concert Band. The ceremony will include the posting of the colors, the history of the Tomb of the Unknowns, recognition of local Lincoln girls for their fundraising on behalf of the VA Healthcare system and a conversation with Pamela Murphy, wife of Audie Murphy, about her leadership in patient liaison at Sepulveda Veterans Hospital. Music will begin at 10:30 AM, followed by the formal ceremony promptly at 11:00 AM. Free.



Orienteering

Personal Parks — A Community Perk: Part One

Size Matters, It's Not One Size Fits All

Dee Hynes

We have 10 parks within our community, some spacious, some petite. All are private, exclusive, manicured retreats. They belong to us, our Association.

Which size is best for you?



Three parks are sizable with sprawling green lawns, a sundry selection of trees and covered seating. They are Crescent Circle Park, Leavell Park (on Leavell Park Circle) and Stone House Circle Park.

Each invites individual enjoyment, social gatherings or playtime during grandchildren's visits. Last Christmas, my husband and grandson enjoyed the use of Leavell Park's airspace to fly a new toy helicopter. It was quite a success.

Please see "Orienteering" on page 21



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Announcing Openings for Committee Members Make a Difference!

A standing committee of the Board of Directors is seeking volunteers. Complete information about the committee and what they do is available on the resident website under the top header *Volunteering*. For a list of committee emails, please refer to page 98 in this issue. Email the chair with any questions. Applications to serve as a volunteer committee member are available on the resident website under Library>Forms>Association Resident Forms>Committee Applications and at the OC and KS Activities Desks. Thank you for your interest.

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

Library News

All Aboard for an Armchair Adventure

Nina Mazzo, Library Volunteer

Books can transport us to exotic places, lead us down winding roads of uncertainty, introduce us to colorful characters and just when we think we have reached our destination, the author shocks our senses. One of these books is *Eye of God: A Sigma Force Novel* by James Rollins. This book is an adventure in every sense of the word. Plenty of action, thrills and chills, along with religion, astronomy and characters you love and hate. The story unfolds at breakneck speed and you are immediately caught up in the energy and excitement. Other titles by Rollins can be found in both hardback and paperback sections in Kilaga Springs Library. In the Community Living Room (OC), I discovered *A Death in the Small Hours* by Charles Finch, a British historical mystery that takes place during the Victorian era.

This month our Association is recognizing our community volunteers so let's add three cheers for the over 40

volunteers who keep those shelves in both of the Lodges organized. Contacts: Sandy Maloff (408-2368) is the contact for volunteers; Cleon Johnson (408-5648) maintains the investment materials section; Sandy Melnick (408-1035) will help you with book donations and Nina Mazzo (408-7620) oversees the books in the Community Living Room (OC).



Did You Know?

It is probably a good idea to have more than just the one Vial of Life that you keep in the refrigerator. You can pick up extras from your Neighborhood Watch Mailbox Captain so you can carry one in the car, the golf cart, a handbag... They are also available from the program chair Bobbie Swenson, 543-6362.



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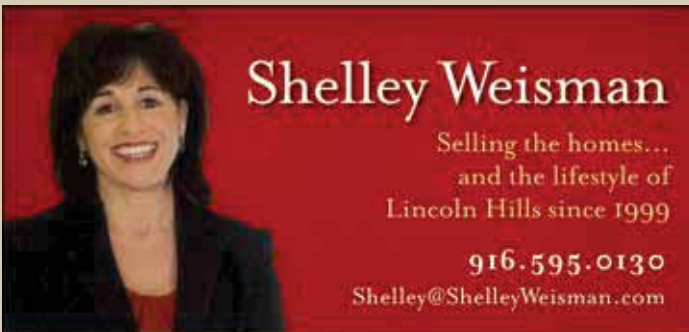


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Neighborhood Watch

Behind the Scenes at Neighborhood Watch Alerts

Annual Meeting/Dessert Potluck, Thursday, November 7

Patricia Evans

Have you wondered about our recent very few burglaries? Barry Johnson, our Neighborhood Watch liaison with the Lincoln Police Department, recently discussed our "good luck" with me.

Several years ago a group of Rocklin hoodlums decided SCLH was an area of "affluent and vulnerable" seniors. They made our lives miserable with frequent burglaries until Barry Johnson and Bruce Marovich, both retired San Francisco Police Department members, organized concerned citizens who guarded our seven entries and identified the culprits. Result: This group moved on.

Over 20 "walk-in" burglaries were the nightmare of last summer. A single criminal cased the neighborhoods until he found an unlocked door or window. Again, SCLH volunteers were organized and patrolled the streets in the wee hours. Result: A young

man is now serving eight years in prison.

So, what are we doing that has crime currently diminishing? "Residents began 'hardening access' by barricading garage back doors, putting a dowel in locked windows, and installing security screen doors," said Barry. "Residents are becoming more alert to unfamiliar pedestrians and cars, and noting an automobile license number and description 'just in case.' Most of all, more people are locking their doors."

Many local burglars now understand that SCLH is not "easy pickings," but that could change overnight. Criminals new to the area could find SCLH an attractive target. Unlocked doors and windows invite a "crime of opportunity."

The Annual Meeting/Dessert Potluck, Thursday, November 7, at Kilaga Springs Lodge from 7:00 to 8:30 PM will include election of officers. Please see page 32 for information.



Barry Johnson has been our Neighborhood Watch liaison with the Lincoln Police Department for seven years

Neighborhood Watch Contacts

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

Orienteering

Continued from page 17

Parks are open to all residents. Should you plan an event, space is available on a first-come, first-served basis.

In addition to providing beauty and recreation for us, can you imagine how attractive these parks appear to guests and potential buyers? Certainly, our parks are a community perk for all.



Stone House Circle Park



Leavell Park

Directions: Parks are named for the streets on which they are located. See your Community Directory and Resource Guide Street Name Index and map, foldout map 1A.

Part Two of this series will feature our remaining seven parks, our petite parks.



Harvest Ball

CELEBRATE **FALL** WITH A **BALL**

Come dressed for the Ball ~ special prize for the Best Costume!

WEDNESDAY, NOVEMBER 6
NOON - 6PM

LA BELLA DONNA MINERALE MAKEUP reps will be in-spa to help you select your best fall color palettes, plus demonstrate the benefits of "Using La Bella Donna Minerale."

New MEMBERSHIPS AT THE SPA

Sign up for any Massage Membership and receive a free Foot Relief Cream which aids in circulation of the feet and legs, eliminates calluses, foot fungus/odor. *(\$23 value)*

Sign up for any Facial Membership and receive a free HydroPeptide cleanser; formulated with peptides for increased skin elasticity, and superior anti-oxidant protection. *(\$38 value)*

Gifts with Purchase
of \$75 Or More

LA BELLA DONNA
LINE MAKEUP

MEET & GREET
THE SPA STAFF

SPECIAL SAVINGS ON
NEW APPOINTMENTS BOOKED
MASSAGE TECHNIQUES MINI-DEMOS
FREE SKINCARE CONSULTATIONS

please RSVP (916) 408-4920

First 25 to call receive a "makeover" from our estheticians!

THERAPEUTIC TREATMENTS - SKIN REJUVENATION - ANTI-AGING PRODUCTS

Appointments **916.408.4290**

YOUR DESTINATION FOR *Health & Wellness*





Club News



Alzheimer's/Dementia

Caregivers Support Group

Dr. Barbara Gillogly, Chair of the Gerontology Department at American River College, will speak to the Alzheimer's/Dementia Caregiver's Support Group on Guilt vs. Regret, on Wednesday, October 23, at 1:00 PM in the Multipurpose Room (OC).

Dr. Gillogly focuses on understanding the whole person and enhancing their strengths so they can face what lies ahead—with a special interest in working with seniors and their families and dealing with the challenges of aging.

She teaches that "Guilt saps the energy we need to accomplish the tasks in front of us. Give yourself the gift of self-acceptance."

Caregivers often find themselves in difficult positions and feel overwhelmed. Join us on October 23 and experience Dr. Gillogly's approach to helping you find your way through the rocky road of dementia care.

For more information about this Support Group:

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



Antiques Appreciation

Don't know what's coming, but if the rest of the meetings this year are as fun and interesting as the ones we've had so far, we're in for a great rest of the year! We're getting ready to elect some new board members, with many of the old board members staying on. Of course our program directors are getting tired! They've worked so hard to provide us



Tour of Bernhard House Museum

with such outstanding meetings that they're running out of ideas and energy! Thanks so much to Barbara Engquist and Carolyn Fava for all the wonderful times and fun we've had! And our very talented and artistic window decorator, Pat LePage, has recovered from her unfortunate fall and has managed to put together maybe the most beautiful window of all, antique purses! If you haven't seen it, better hurry before it's gone!

Meetings are the first Monday of the month at 10:00 AM at Orchard Creek Lodge.

**Contacts: Jan Robinson 408-7332;
Jane Delno 543-6855
Antique Appraisals 408-4004**



Astronomy

Wednesday, November 6, 6:45 PM, P-Hall (KS) — "Astronomy Apps." Join Dave Wood, Jim Wronkiewicz, Nina Mazzo, and Ron Olson to learn about Astronomy related Applications for iPads, iPhones, Android phones and tablets, and iMac and PC computers. Apps



*Morey Lewis and Ron Olson
presenting "Comets and Cosmology"
at our September meeting*

categories include Observing, Information, Astronomy News, Science and more.

Monday, November 18. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the new DVD series "Cosmology – The History and Nature of our Universe." These lectures are by Professor Mark Whittle and are an excellent simple explanation of the Big Bang Theory. October meeting lectures are "The Sweep of Cosmic History" and "Cosmic Distance." Contact Morey Lewis (408-4469) for more information.

Meetings: Astronomy Group meetings

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

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



Ballroom Dance

You *can* gain confidence on the dance floor. Join us Tuesdays from 2:00-5:00 PM at Kilaga Springs Lodge. October will feature the East Coast Swing, November's dance is the Cha Cha. From 2:00 to 3:00 PM, the beginning level of the "dance of the month" will be taught. Open dancing follows in the second hour. From 4:00 to 5:00 PM, instruction at the



Mike Reed and Ann Keaton

intermediate level is offered. Lessons are given in a group format in a casual, friendly atmosphere. Need extra help? The open dancing hour will allow some practice time with our experienced, congenial, instructors on hand. You will also be able to dance to a wide variety of musical styles during the practice hour. We have many exciting events and parties throughout the year. So, take that "first step" and join us. A \$7 dollar annual membership entitles you to a year of fun and lessons, too!

**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 October 16 and November 20. Each month we go to vari-

ous restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, November 13 at *Casa Ramos*. 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 September 4 —
Winner: Phil Delaney; Runners-up:
Ted Komaki, Norm Hagerty, Ed Ryan,
Joe Ferrando and Carl Callaway.
- Nine-Ball Singles September 10 —
Winner: Bob Armour; Runners-up:
Doug Porter, Hal Berman, Phil Delaney
and Jim Immel.
- Eight-Ball Doubles September 18 —
Winners: Joe Perez and Ted Komaki;

*Winner of
Eight-Ball
Singles
September
4 — Phil
Delaney;
Eight-Ball
Doubles
Winners
September
18 — Joe
Perez and Ted
Komaki; Nine-
Ball Singles
September
10 — Bob
Armour
Winner
September
10 and
Doug Porter
Runner-up*



Runners-up: Ed Ryan and Carl Callaway.

Contacts: Jim Immel 434-2918;

Darrell Rinde 253-7602

Challengers Billiards

In September, the Annual Maintenance was performed on the KS pool tables. Repairs included new felt covering for the table tops and railings. Thank you to all fellow residents for supporting our facilities.

Now since fall is here, come on in and try your hand at playing pool.

We play every Friday from 10:00 AM to 12:00 PM in the Billiard Room (KS).

The last Friday of each month is sign-up day for the following month.

Congratulations to our recent winners.

- First place — seven of seven games:
Joe Hobby; six games: Dan Oden,
Joe Perez, George Black, Bill Kim; five
and a half games: Ziggy Brien.
- Second place — six of seven games:
Ron Weech; five games: Tom Tomton,
Ted Baker, Bob Soriano, Doyle Coker,
Sandy Povlovich, Bob Moze,
Bob Wehner.

Happy Halloween to everyone!

Contacts: Joe Hobby 253-9633;

Rita Baikauskas 408-4687;

Dan Oden 408-2687

Couples Billiards

Many players are on vacation and we still frequently have a full house.

This first week we played only six games and Ron/Sherry Weech won all of them. The Dan Oden/Gail Harmon team won five.

The rest of the playing period we played seven games. Ron/Sherry Weech won five games. Six teams won four games; they were Joe/Shirley Varner, Joe Perez/Rita Baikauskas, Jim/Barb Conger, Howard Skulnick/Peshu Irani, Gary Smith/Betty Jones, and David Manwaring/Chiquita Fratto.

On week three, Joe/Shirley Varner was the only team to win six games.

Three teams won five, they were: Joe/Nicki Hobby, Bob Soriano/Doyle Coker, and Ron/Sherry Weech.

Three teams won five games on week four. Those teams were: Roger Corley/Sandy Pavlovich, Dan Oden/Gail Harmon,

and Jim/Barbara Conger.

Then on week five Peshu Irani played alone and won six games. Two teams tied with five wins. They were Jim/Barbara Conger and Roger Corley/Sandy Pavlovich.

Contacts: Jim Conger 434-1985;

Sherry Weech 408-1398

Players Billiards

Every Thursday, 2:15-4:30 PM, Billiards Room (KS), our mid-level skilled players enjoy regular Eight Ball. In September, we started timing games at 17 minutes and now play seven games instead of six. We still play by American Poolplayers Association rules. Sign up for the following month on the last Thursday of each month. Be sure to get there before 2:15 PM to get your player's number for the games when you check in.

Congratulations winners!

Six of seven games: Joe Perez, Dan Oden, Dennis Dreiling, Ernie Recabaren; five of seven: Rita Baikauskas, Bill Huth, Doyle Coker, Dan Oden, Del Torres, Peshu Irani, Dennis Dreiling; four of seven: Dennis Dreiling, Chiquita Fratto, Phil Berlenghi, Peshu Irani, Sylvia Gutierrez, Sean Brancato, Ziggy Brien, Sandy Pavlovich, Jim Boekel; five of six: Sandy Pavlovich, Bob Wehner, Chuck King; four of six: Jack Fabian, Jim Boekel, Peshu Irani, Dan Oden, Phil Berlenghi, Bob Soriano.

Contacts: Rita Baikauskas

408-4687; Dan Oden 408-2687

Upstarts Billiards

"What would happen if the table wasn't level? We'd be chasing balls as if stolen by the Devil."

How's about some Billiards? Ever want to give it a try? Upstarts Billiards is a group of beginners-to-average players. We play Standard Eight Ball every Thursday from 11:45 AM to 2:00 PM at the Billiards Room (KS). We're always looking for new players, you would be very welcome. So come on down; see what the fun is all about! Stay cool; play pool.

Winners — six games: Gary Averett (in a class all by himself!); five games: Bill Clark, Nicki Hobby, Larry Koenig, Frank Munoz, Randy Ransdall, Gary Smith, Audrey Thrall.

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

Contacts: Rita Baikauskas 408-4687; Phyllis Borrelli 543-3528; Dan Oden 408-2687



Book Group, OC

Please join us at 1:00 PM on October 17 in the Multipurpose Room (OC) as we discuss *The Queen of Water* by Laura Resau. Newcomers are always welcome.

Remaining Schedule:

- 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/>

blogspot.com/

Wiki: <http://ocbookgroup.pbwiki.com/>



Bridge, Partners

Thursday Evening First & Third

Let's play Social Bridge. Bring your partner and join us. Reservations are recommended, but not required. Give us a call and we will enter you and your partner on the list or just show up and take your chance to play. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and finish at 8:30 PM. Please arrive a little early.

September 5 winners — First: Mary Bailey and Judy Barkhurst; second: Joanna & Alan Haselwood; third: Dolores Marchand and Arleen Porton; and fourth: Marleen Harner and Basil Molony. Nadeen Buckmiller and Olga Hayden had the high round of 1,670.

September 18 winners: First: Jerry & Sharon Kluball; second: Lydia King and Nancy Turrini; third: Ed Page and Olga Hayden; and fourth: Bob & Lorraine Minke. Kay & Ben Newton had the high round of 1,600.

Contact: Lorraine or Bob Minke 408-4009

Thursday Evening Second & Fourth

If you want to play partners bridge, give us a call and we will put you and your partner on the play list. *Or take your chances and just show up — you will get to play if we have an even number of pairs.* We start promptly at 6:00 PM in the Terra Cotta Room (KS), and we finish at 8:30 PM. Arrive early, and sign in please. Remember to complete four hands per table in a maximum of 30 minutes.

August 22 winners — First: Erica Wolf and Edith Kesting; second: Bev & Allan Blaine; third: Chris Jacobson and Margaret Gandy who also had the high round; and fourth: Santa & Don Anderson.

September 12 winners — First: Janet Pinnell and Nancy Turrini; second: Diane & John Maranta; third: Edith Kesting and Erica Wolf who also had the high round; and fourth: Kelly & Neal O'Boyle.

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



Bridge, Duplicate

SCLHDBC members—our Holiday Dinner is Wednesday, December 11.



Bird

Fall is my favorite season here in Lincoln, a great time to get out and see the many birds that are returning to our area. On October 26, a Saturday, our group will head out to Cosumnes River Preserve. This is a lovely area of oak woodlands and river wetlands. Then October 29 and 30 we have an overnight trip to Elkhorn Slough.

The first outing of November is to Vic Fazio Wildlife Area which is always a wonderful day of birding and a chance to stop for lunch at our favorite Mexican restaurant. Monday, November 11 is our monthly meeting. I hope that you will join us to hear a very interesting talk by one of our local bee keepers. For all of us who enjoy our gardens, the health of the bee population is important.

Contact: Kathi Ridley 253-7086,

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents

org/residents



Bocce Ball, Mad Hatters

"The new phone book is here, the new phone book is here!" Well actually the new Community Directory was here a while ago, but someone just pointed out to us that there was a picture of the Mad Hatters Bocce table at the last Club Exposition on page 16 of the new directory. That's Usha in the "Mad Hat" with Carol and Bob standing by to assist visitors to our table, but you don't have to wait 'til the next exposition to meet them. You can come out and join us at the Bocce Courts any Thursday morning. We currently meet at 8:00 AM, but beginning Thursday, November 7, we will switch to our winter starting time of 10:00 AM.

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



Bosom Buddies

Breast Cancer Survivors

October is Breast Cancer Awareness month. We wore fun pink hats and attire. The group had a group photo done. Representatives from Neighbors InDeed gave us an overview of their services. The information helps us to prepare our homes for winter. As usual, it was a very fun meeting.

Our program for November has not been confirmed; but you will be able to learn what is scheduled by reading the *Sun Senior News*. Or just come to the meeting November 14 at 1:00 PM in the Multipurpose Room (OC). It will be sensational and so very informative for all of us.

We are a very special group of ladies who have made lifetime friends. You are welcome to join this very unique group in any stage of your cancer experience: beginning, middle or remission. Please call Marianne for more information.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents

org/residents



Bowling

Welcoming back many friends and new bowlers. We're in the process of getting adjusted to new management at Rocklin Lanes.

New Stat person so averages, wins and losses are being adjusted. All in all, we are ready for another season of fellowship and hopefully some good bowling.

Still looking for subs.

Contact: Joan Gates 253-9415

Reapers of more than 2.5 Master Points at the Sacramento Fall Sectional: Ray James, Dwight Curry, Susan Haynie, Sharyn Alexander, Margaret Riegert, Sue Schmidt, Dian Hall Haskens, Jim Collart, and Dede Ranahan.

At the All Western Regional, our Doug Allan, Sheldon Fein, Julius Kerenyi, and, especially, Jack Uppal were high scorers.

Upcoming lesson schedule:

- October 23 — Negative Doubles, Doug Allan
- October 30 — Responsive and Support Doubles, Gayle Koedel

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

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

Duplicate Bridge Orientation — call Dede Ranahan, 408-4511, for details.

Contacts: John White 253-9882;

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

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

Winners for August 16 through September 13 are — First: Chet Winton, Donna Moore and Bill Pinn, twice. Second: Bev Blaine, Ralph Madsen, Joanna Hazelton, Dolores Marchand and Jack Hendricks. Third: Chet Winton, Bob Fouts, Bob Moore, Jim Monnin and Harry Collins. Fourth: Ed Page, twice, Warren Sonnenberg, Jim Busey and Gail Ramsden.

Reservations for October: Helen Helm 408-0428 (h89elen@att.net).

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



Bunco

It's hard to believe that it is almost time to elect our new Bunco steering committee. We have had a couple of ladies who have expressed willingness to serve on the committee so we are looking for one more committee member. The three committee members work together to share the duties. Let Ann Stults know if you would like to join this committee.

Also, we are making plans for our annual Holiday luncheon on December 19. Location to be determined. Watch your e-mail or hear more at upcoming bunco meetings.

We meet every third Thursday of the month at 9:00 AM in the Card Room (OC). Bring a friend or meet some new ones! A \$5 play fee is all you have to pay to enjoy the fun.

September winners: Most Buncos Sara Klesius; High Score Marsha Pimentel; Most Wins Sandy Pavlovich; Low Score Studie Moreland; Most Losses Janet Dewitt; Traveler Ruth Lantosh.

Contact: Ann Stults 543-6782



Ceramic Arts

Fall is in the air... Halloween is approaching and Daylight Savings time is around the corner! Now is the time to enroll in that Ceramics class you have talked about taking. We have great classes, teachers and a good group of friendly people. Expand your "creative" side, sign-up now!! Reminder: our annual holiday "potluck dinner" is October 25. More information to follow.

Ceramic Arts Group activities include our Saturday/Sunday "CAG Workshops." Membership in CAG is required after your third visit on Saturdays and/or Sundays — \$12 after your third visit. What a bargain!!

CAG "Workshops" held at OC on Saturdays, 9:00 AM-3:00 PM and Sundays 12:00-4:00 PM. KS Workshops are Mondays, 1:00-4:00 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. Please check bulletin boards and studio windows for changes or closures.

Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



Chorus

Lincoln Hills Community Chorus rehearsals began in September for "Holiday Cheer," as we're calling our popular December concert this year.



A September Chorus rehearsal

We'll bring you favorite carols like "O Holy Night" and "God Rest You Merry, Gentlemen," African and Caribbean renditions like "Calypso Lullaby" and "African Alleluia," and guaranteed pleasers like "Slow Rockin' Christmas" and "There's No Place Like Home for the Holidays." Some selections may be new to you, but we promise you'll enjoy them as much as the familiar oldies.

You won't want to miss our December 8 matinee or our December 9 or 10 evening performance. For times and tickets see page 46 or visit the Association website.

Contacts: Bill Sveglini 434-5655,

sveglini@gmail.com;

Sid Frame 408-1453 sflincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Cloggers

Many new members have joined our club. To enhance your membership consider joining NCCA (Northern California Clogging Association, Inc.). Membership includes all clogging clubs in northern California. A quarterly publication known as *Clog-A-Gram* lists

workshops, conventions, snapshots, and activities of area clubs. As a member you enjoy discounts. A great way to meet and make clogging friends. Check the website.

Another association to consider — The National Clogging Organization. Check their website for information. This year's three-day convention is in Orlando, FL. It is always on Thanksgiving weekend. Location changes each year. A fun experience. Our instructor, Janice Hanzel, has served on the National Board, has been competition judge, and works with certification of instructors (CCI).

An entertaining clogging magazine, *DoubleToe Times*, has stories and pictures about cloggers, clubs, and vendors. Contains a directory of national instructors. Great if you are going on vacation!

Want to clog?

Written by Barbara Sowers.

Contact: Anita Tyson 543-5330



Computer

Main meeting — November 13, 6:30 PM: "The Magic of Google" by Bob Ringo. Google has been an integral part of our lives for many years. Starting life as a search engine, Google quickly dominated all of its rivals. Now Google has added so many extra services and conveniences that it has become synonymous with convenience and quality. From Google Search to Gmail to Google Calendar to Google Maps, there is a Google tool for everyone.



Bob Ringo will present "The Magic of Google" on November 13

The purpose of this presentation is to give you a familiarity with everything Google-related. Most of the fantastic services offered by Google are completely free.

Clinic — November 15, 3:30 PM: "Telling the Android Story." Google's Android is the most popular mobile device soft-

ware in the world.

Ask the Tech: November 25, 10:00 AM — Informal Q & A session for any and all technical questions, Android tablets & phones too!

All meetings at P-Hall (KS).

Contact: Bob Ringo
president@sclhcc.org

Website: www.sclhcc.org



Mac User

Apple's new operating systems released this fall — OS X Mavericks for the Mac computer and iOS 7 for the iPad and iPhone — are all the buzz for Apple users. Will it work on my Mac? On my iDevice? How do I get it? What can I expect from the updated new look and feel? What features are included?



LHMUG seminars feature iOS7 release

The LHMUG support team will answer these questions and elaborate on the changes in the October and November seminar topics. Also note, before each of the four club seminars per month the support team has representatives available to address member questions on any Apple hardware or software. For the general meeting "Ask The Tech" formally starts at 6:30 PM. For the other three seminars there are representatives available up to 30 minutes before each meeting.

Check the LHMUG website for up-to-date news and calendar of seminar topics.

Contacts: Bill Smith, 359-9577,
wsmith986@gmail.com;
Website: www.lhmug.org



Cribbage

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

and join the fun.

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



Country Couples

The Country Couples Group celebrated the end of summer with a Hoedown Dance September 20. Tom & Ern Hargis lent an authentic saddle which rested on hay bales in the corner of the dance floor setting the theme. Teri Krcha created unique table centerpieces comprised of miniature bales of hay, wrought iron lanterns, cowboy hats, authentic horseshoes and sunflowers which rested



Carol & Steve Silvia with Ralph & Linda Lacaze; Hoedown Dance Centerpiece

on bandanas. Our catered dinner, a ranch hand's delight, consisted of pulled pork, chicken and beef with a variety of barbecue sauces to smother the delicious meats. Mashed potatoes, coleslaw and rolls completed the meal. Marsha Beigleb provided cakes and cookies for a substantial dessert.

The popularity of our dances has brought our membership up to 120. Through lessons and practice our new members are clicking up their heels right beside the rest of us.

Save the date: December 3 for the Holiday Dance at Orchard Creek Lodge.

Contact: Kathy or Rene Lopez
434-5617



Cyclist

Some of our cyclist members are not fully using our website. Our website, lhyclist.com, has a wealth of information available to our members. For instance, our "By-laws," "Waiver," "History" & "Ride Groups" are there. Also, there is information on "Bike Shops" in the

area, "Classified Ads" for members who have something to sell, "Website Links" to organizations friendly to cycling and many more items of interest.

One item is our "Event Calendar" which allows any member to sign in and see rides that are taking place during the month.

We are into October already so remember to set aside the date for our annual Holiday Party — Thursday, December 12 from 5:30 to 9:00 PM. The cost is \$30 per person for a four course sit down dinner. It will be a great opportunity to celebrate the season with friends and share your adventures of the past year.

Contacts: Steve Valeriote 408-5506, jillsteval@gmail.com
Website: www.LHcyclyst.com



Dominoes

Mexican Train

We always have seats available for Mexican Train Dominoes every Wednesday at 9:00 AM or 12:30 PM or both if you love to play. Free classes are held at the 9:00 AM session.

Come meet new people and learn a game you can play at home with your family.

Contacts: Cora Peterson 543-7144; Sandy Pavlovich 543-0467



Eye Contact

Low Vision Support

Next meeting: November 14, 1:00-3:00 PM, P-Hall (KS).

1:00 PM — "Aging and Low Vision:" Learn how to confront challenges and how we can tolerate and overcome them.

2:00 PM — "New and Exciting Plans:" Meet the new Executive Director from the Society for the Blind, Sharon Roceseler. There will be a brief video and a question and answer period. Whether you have participated in the Society's teaching or not, come learn what is new. Macular degeneration, diabetic retinopathy, retinitis Pigmentosa, and many more diseases are becoming more prevalent — learn about the new tricks to help us!

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

If you are experiencing symptoms including joint pain, very sore areas on arms, legs and torso, and fatigue, and these symptoms seem to move around your body from one day to the next, and you often feel "foggy," you might be suffering from fibromyalgia and/or Chronic Fatigue Syndrome. You may feel like you are the "only one," or that you are going slightly crazy — but you're *not*! Our support group can help you sort through what might be going on and we are there to listen and make suggestions.

Our October 24 meeting will feature a presentation by Mike Riley on the National Meeting of CFIDS (Chronic Fatigue and Immune Dysfunction Syndrome) talking about Suzanne Vernon and her expertise. Our meetings — 1:00-3:00 PM, Multimedia Room (OC). Our November meeting will be on the 21st, mark your calendars. If you have questions please call Sandy or Jackie.

Written by Sandy Barry.

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



Fishing

It's Salmon Season Baby! September and October are going to be great months for salmon fishermen. Since the start of August, several local guides have been turning LHFG members and the general public onto great catches of



Even girls catch big fish with Big John

salmon. Just check with "Big John" Enos if you haven't caught your share. See www.facebook.com/bigjohnsfishing.

The club has just held our annual

salmon BBQ on October 7 and what a great success. Good food and great company. Scheduled for December 14 is our annual Christmas party so mark your calendars.

Just completed also was the Lincoln Kids Fish-n-derby — 120 happy kids and their parents had a great day thanks to the LHFG and the Kiwanis Club, Big M Fishery, Lincoln PAL, and numerous other sponsors. For a peek at their exploits see www.youtube.com/watch?v=IBNbuojcY7M&feature=youtu.be

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



Garden

General Meeting, Thursday, October 24, 2:00-4:00 PM at Kilaga Springs Lodge. Fran White will be our guest speaker for this meeting. Come and be inspired by her travelogue to The Netherlands for the history of Tulip Mania and view miles of growing fields. Take an early morning outing to the Aalsmeer Flower Auction. Culminate with a visual stroll through acres of the world famous Keukenhof Gardens.

Tulips at Keukenhof; Red Maple leaves in Lincoln



Covering some 79 acres, the Keukenhof Tulip Garden is the world's largest flower garden. Come springtime, the meandering, wooded gardens are visited by some 800,000 flower-lovers, who come to soak up the blaze of color that envelops the park, its greenhouses, brooks and shady ponds and winding paths.

Get ready now to plant spring flowering bulbs in October through December.

Door prizes will be provided by Home Depot.

Brown Bag Sales. We are offering seasonal plants, donated by our residents, at our General Meetings.

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

Bonsai Group

Field Trip: Wednesday, October 23 — Lotus Bonsai Nursery and Apple Hill.

Meet at Kilaga Springs Lodge (back row parking lot at 9:00 AM for car pooling.) If you are a passenger, please give the driver \$5 for gas. We will arrive at the Nursery and Gardens around 10:00 AM for a tour. There are spectacular displays at the Lotus Nursery!



Bonsai —
Japanese Maple

There are many species of bonsai for sale as well as containers. From there, we will continue on to Apple Hill for the apple festival and lunch which is Dutch treat. There are lots of apple goodies to bring home such as apple butter, cider, pies, etc.

For tour reservations: contact Robert.
Contact: Robert Dougherty 434-8320, rsdougherty@sbcglobal.net

Floral Design Class

October 26, Saturday, 4:00 to 6:00 PM, Ceramics Room (OC). Come and make a Halloween Jack-o-Lantern design. We will be making a symmetrical design in a pumpkin. All material will be supplied by the instructor, Shirley Allan. Please call and make a reservation no later than October 20. Note: This will be a *Saturday* class.

Contact: Shirley Allan 408-1784



Gem and Mineral Society

Our October 28 meeting will feature Jim Hutchings, President of the Roseville Rock Rollers. He will give a presentation on the Anahi Mine in Bolivia, the source of fabulous Ametrine. As many will remember, Jim is a great speaker.

California gemstones are on display at Orchard Creek Lodge in the display case.

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

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

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

Lost Wax classes are taught January, March, May, and October. Lapidary classes will be taught February, June, September and November. Sign up at the Activities Desks.

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

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



Genealogy

The October 21 general meeting will be a special event! Six members will present a variety of genealogy fulfillments they have accomplished and will tell how and why they did it!

The program starts at 6:30 PM at Kilaga Springs Lodge. We expect a full house!

Program presenters are: Tanya Malone, Bev Javaheri, BJ Ollas, Betty Baker, Mary Auzqui, and Dave Perkins. Topics range from research of death certificates, making a family album, finding a lost sister, Germany village tour, grandparents and their boarding house enterprise and visiting 10 states for research in preparation for a parent's wedding anniversary. How to solve brick walls!

Support your fellow members and attend this interesting program.

Monday night programs at Orchard Creek Lodge continue to be popular. The first Monday of each month attendees must sign up and the second Monday night program is first come basis. Both events begin at 6:30 PM.

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



Golf, Ladies

Lincster Lady Niners

The Lincster Club Championship was held on September 10 and 11. Sue Pharis is the new Lincster Club Champion. Congratulations, Sue! This year's theme was "Harvest Fest." Chairs Clareen Bolton and Carol Greany did a terrific job. A sandwich and salad luncheon in the Secret Garden was enjoyed after play Wednesday.



Sue Pharis,
2013
Club
Champion

Lincsters will be hosting the XVIII Ladies' group at our annual breast cancer fund-raising tourney on September 25. The theme is "Arm in Arm, Together Against Breast Cancer." Drawing tickets will be sold by the arm's length for \$10 with proceeds going to the Placer Breast Cancer Endowment. A soup and salad bar luncheon will held in the Ballroom following golf.

Written by Barbara Mumma and Sue Pharis.

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

Ladies XVIII

Club Membership Renewals are due by November 15. The renewal form is on our website under Membership. If it is not received by *November 15*, you will be assessed a \$10 late fee.

We will be launching a new golf event. It is based on the Solheim Cup, and it will be entitled the Sunheim Cup. If you sign up for this fun event you will play Roseville on October 16 and Lincoln Hills on October 17. This is a team event between Sun City Roseville and Lincoln Hills, and it will also become an annual event; so let's win that first cup for Lincoln Hills.

The annual Turkey Shoot is on November 14 and hosted by Kay Reis. Check Web for entry.

Interested in joining our group? Please contact Donna Sosko at dsosko@sbcglobal.net.

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



Hand & Foot

Meet new people and play a fun card game. We are playing Hand & Foot at Kilaga Springs Lodge every Thursday at 9:00 AM (note our new time). Looking for new and experienced players to join us. We're happy to teach new players. We

are playing with four people at each table so we can move around to accommodate new players. Just come on in.

Contact: Peter Ianello 543-6681



Healthy Eating

Our club's mission is to share knowledge and experiences about the importance of healthy eating. Some of our members get indigestion when talking about the many ways our "American diet" has gone astray, thus leaving us overfed and undernourished as a nation. But in fact nothing pleases us more than sharing our own food experiences, especially the good ones, with others.

Recent club events included a workshop on healthy grain-based salads, an impromptu healthy pizza tasting, an excellent eight-course Chinese dinner for \$15 including tax/



Club Secretary makes new friend; Doing What We Do Best — Eating!



gratuity, our semi-annual potluck and the launching of a new salad building series. September's "recipe makeover" challenge was making a pizza more healthy, a challenge indeed but with surprising results!

Our general meetings are on the fourth Monday of each month at 2:00 PM in the P-Hall (KS), *guests welcome!* We have 84 paid members; 2013 fees are \$15.

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



Hiking and Walking

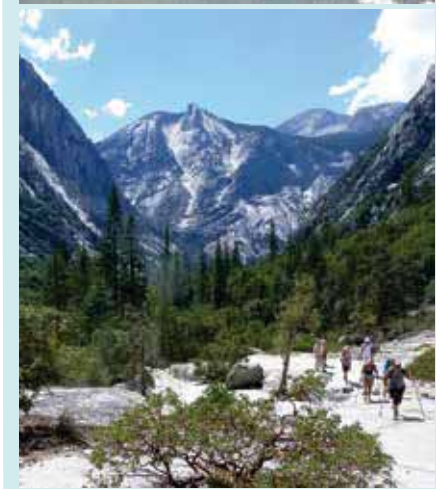
Walkers: A cool walk every Wednesday can be a great start to the day. Join us! Wednesday walks begin at 8:00 AM. Check the website for weekly

starting locations.

Hikers: Over 40 hikers enjoyed the four-night getaway at Sequoia National Park. Thanks to Jim & Denny Fisher for planning this adventure. Highlights of our hikes included the multiple treks through giant Sequoia groves, the long hike to Mist Falls in Kings Canyon, and climbs on unique granite formations to the Buck Rock Lookout and Moro Rock. Touring the Crystal Caves was a nice change from the traditional hikes. See accompanying photos below.

Numerous easy hikes are coming up this month. Destinations include Sugar Pine Reservoir, the Deer Creek Tribute trail and a trip to Rancho Seco Park. If you've thought about trying a hike, these are excellent entry level hikes.

Check out the website for your own special hike.



A fallen giant Sequoia; Mist Falls Trail in Kings Canyon; Climbing Moro Rock

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



Investors' Study

Our speaker for our November meeting will be Candice Tse, a vice president and senior strategist in the Goldman Sachs Asset Management Group. Her focus is on emerging growth markets, market strategy and portfolio construction. Candice has been with Goldman Sachs for over 13 years. She joined the portfolio strategy team after receiving her M.B.A. in Finance and Management from Columbia Business School. She also graduated from Rutgers University Magna Cum Laude with a Bachelor of Science degree in Marketing. Our consultant, Russ Abbott, will also give us his thoughts on the markets and current economic trends.



Speaker Claus te Witte talking with a member after the September meeting

The meeting will be Thursday, November 7, from 2:00 to 3:30 PM, in P-Hall (KS). Refreshments will be served afterwards. All residents are welcome.

The Active Investors will meet on Monday, November 11 at 3:00 PM in the Fine Arts Room (OC). (Contact Bill Ness, 434-6564 bilnes@att.net.)

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



Lavender Friends

Our October potluck had the largest attendance this year since the RV group's and regular member's vacations are over. Pam Jones our guest speaker answered our questions on the difference between couples that are Registered Domestic Partners vs. Married couples due to

the fall of DOMA (Defense of Marriage Act) and Prop 8. She specializes in estate planning, probate and trusts. We are looking forward to our annual Christmas Dinner/Dance at Turkey Creek Golf Course. This will be our sixth year having this event and we also have our members and guest bring canned goods for the Salt Mine. 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, 11815 Education Street, Auburn, CA. If you want more information about our club, check our website or contact Jacquie or Richard (below).

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

Lincoln Hills

Line Dance

Ken Drake, a line dancer for many years celebrated his 95th birthday last month (see photo below). Ken loves to line dance and loves to square dance. Audrey, one of our instructors, had a party for Ken at the Sports Pavilion with many line dancers in attendance. All we can say is, "Keep On Dancing Ken."

Our next event is our Holiday Potluck on Monday, December 2, one of our favorite events with all the line dance instructors present and over 100 dancers. This will be a sell out for sure with tickets going on sale in October.

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

bership meeting will include a pre-meeting coffee at 9:00 AM at the Social Hall (KS). The membership meeting follows at 10:00 AM at the P-Hall (KS). Stephanie Ulmer from Western Placer Waste Management Authority is our speaker. This shall be a very interesting program based on the scope of our region's waste management program.

Coming events:

- October 15, Coffee & Membership meeting — 9:00-10:00 AM
 - October 23, Barbecue — 12:00 to 4:00 PM, Sports Pavilion
 - November 19, Membership Meeting — 10:00 AM
 - December 5, Holiday Dinner — 6:00-9:00 PM, OC Ballroom
- Mark your calendar to finish the year in a flourish!

Contact: Larry Yaggi 543-5344

Mah Jongg, Chinese



Fall has just begun. It may be a good time to learn how to play Chinese Mah Jongg. We welcome the opportunity to teach you.

Chinese Mah Jongg is a game of strategy and sometimes luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us every Monday at 8:30 AM in the Card Room (OC). We hope to see you soon. If you have any questions, just call one of the contacts below.

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

Mah Jongg, National



The tile game of National Mah Jongg (or "Maajh" as it is often called) is enjoying a resurgence in popularity with millions of dedicated players around the world, as well as here in SCLH. A very small amount of time and effort is required to

become familiar with the game of Maajh. Your patience in mastering the fine points of Mah Jongg will be repaid many times by the keen enjoyment derived from playing the game.

New and seasoned players meet every Tuesday in the Card Room (OC) from 12:30-4:00 PM. Please feel free to call one of our contacts if you have questions.

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



Mixed Media Collage Arts

Our club meets on the third Wednesday (October 16, November 20, December 18) of each month from 1:00-5:00 PM in the Ceramics Room (OC). During this time, folks create for part or all of the afternoon.

This art form incorporates a variety of media – from collected images (magazine, unique papers, photos etc.) to found objects (stamps, leaves and twigs, fabric and fibers). With a blank canvas, acrylic paints and imagination, you work on your own project within a supportive and open environment with lots of laughter, conversation and collegial learning.

All experience levels are welcome. Dues are \$10 per year, but you are welcome to try up to three visits prior to joining.

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

Motorcycle RoadRunners



Once the smoke had cleared, the RoadRunners took the opportunity to enjoy a Sierra Mountain ride, following the back roads to George Town. After a short break, we proceeded down through Ice House Rd. onto Highway 50 into Pollock



LSV/NEV

Low Speed Vehicles/ Neighborhood Electric Vehicles

The LSV/NEV Group's October 15 mem-



Ken Drake and Line Dance Instructor, Audrey Fish; Line Dancers from left, Monica Sladky, Nancy Giacomoni, Sharon Worman, Jo Ann Litzko, Jean Wilson; Line Dancers having fun at the party



RoadRunners getting Bocce tournament instructions

Pines. Everyone enjoyed a nice lunch in PP, then we headed home. The tour was led by Road Captain Peter Boyle.

The annual Bocce Ball Tournament was held at our Sports Pavilion and was enjoyed by a large club attendance. We enjoyed the competition, the nice awards ceremony, and the great lunch provided by our hosts, Doug & Patti Sterne.

If you have a roadworthy motorcycle and if our activities sound interesting to you, come and check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Following the meeting, members go to a local restaurant for dinner and a social get together.

Contact: Peter Boyle 408-1955, boylep18@yahoo.com

Website: www.brinz.net/roadrunners_2013/roadrunners_2013.html



Music

The last "Open Mic Night" for 2013 will be Friday, October 25: 6:00-8:30 PM, P-Hall (KS). Musicians and music lovers are always welcome. Performer sign-ups begin at 5:30. Audience participation is encouraged and appreciated. Mark your calendar now for the first "Open Mic" of 2014: February 28.

Beginners and seasoned players join together at the weekly jam sessions of the L.H. Ukulele Players. Come join the fun at Orchard Creek Lodge, Wednesdays, 1:00-3:00 PM where everything from Hawaiian melodies to old classics to blues can be heard. Beginner's classes available for those planning to join the weekly sessions. Contact Ron or Molly (409-0463) for info.

The Music Group's General Meeting will be held Wednesday, October 23, 6:30-8:00 PM in the Fine Arts Room, OC. Drop-ins are always welcomed. Bring your voices and/or instruments, sign up to perform, or just relax, enjoy the music, and socialize.

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



Needle Arts

Threads of Friendship

The general meeting on Tuesday, November 12, will focus on our Needle Arts 12 breakout groups by having a short presentation about each group's activities during the year. If you would like to meet the leaders of any of the groups or see samples of the group's work, this is the meeting for you to attend. Come and meet some of the group participants and find out when and where the group meets. Our groups include everything from wearable art to rug making — there is sure to be something of interest to you.

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

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



Neighborhood Watch

Enjoy "all the dessert you can eat" at our Annual Meeting/ Dessert Potluck on Thursday, November 7, at the KS Multipurpose Room from 7:00-8:30 PM. Your dessert is your entry ticket, and no reservations are needed.

Last year we honored all volunteers who had five years or more of service. Many served since the beginning of their Villages. This year we will honor those who have achieved this five-year benchmark during the past year.

Election of officers is always a feature at this meeting. If someone you know (like you?) is interested in a fulfilling community service serving on our Board, please contact Don Budde at donlinc35a@yahoo.com or 543-0674. Our board members tell us that meeting new residents and being involved in stimulating Neighborhood Watch projects enrich their lives.

A review of the accomplishments of our

innovative volunteers will be presented by Executive Director Larry Wilson. We are an active organization!

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



Painters

First, we thank Paulette Pesavento for presiding at our September membership meeting in Joyce Bisbee's absence.

At our September membership meeting, we learned valuable information from two of our members, Wanda Avery and Fred Ekman, who shared their different approaches to publishing books of their drawings and paintings. We thank both of them for their efforts.

We thank Bob Porter, Jack Cook, Cosette Augustine, Jeannie Knight, and Jim Brunk for sharing some of their recent paintings with us.

Diane Pargament reminded us of the Placer Arts Studio Tour, November 8-19, noting that six of our members are represented.

Paulette reviewed for us the upcoming Painters meetings which include a self-portrait challenge in November and a luncheon in December.

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

Website: <http://lhpainters.org>



Paper Arts

We welcomed Janice Urke, a Stampin' Up representative, to lead this month's projects. We enjoyed making Janice's designs with the help of our own



Pat DeChristofaro, Karen Crisp and Linda Bordonaro prepare holiday cards for September meeting

table captains.

Phyllis Zailer, our Operation Write Home coordinator, reported she has sent off the holiday cards made by members. The cards are distributed throughout the globe to our military men and women. And thinking about the holidays, we enjoyed our "Christmas in September" cards we made last month.

Our Show and Tell portion of our meetings continues to inspire us. Members discover and share new techniques, ideas and resources that keep our creativity alive. One example of a new technique was Pat DeChristofaro's project using Zentangle.

Some of our creative members offer classes that are enjoyed by many. Mina, Dottie, Lori and Jackie are well known for their lovely cards, picture books and paper arts.

Check out our Halloween theme window at Orchard Creek Lodge.

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



Pedro

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

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

**Contacts: Denise Jones 543-3317,
djonesea@att.net; Doris DeRoss 253-7164, dorisdeross@gmail.com**



Photography

November's Wednesday the 13th photographic phare will be a how-to of "Concert Photography" – how to get in and get sans flash shots of concert performers. Whether with professional, student, or community performances, you know how hard it is to get highlight shots in low light conditions. This'll be the group's final presentation for the calendar year, since there is a hiatus in our program series to tell tall tales and convivially commune at the December Christmas gala. There it is, the "C" word before even Hal-



*"Veteran's
Day
Sunrise"
by jeffa*

loween, for cryin' out loud! Only 436 shopping days until Xmas 2014. For Christmas 2013, you may want to purchase photos by our members on display at Simple Pleasures. Lincoln, CA is the theme.

Lest we forget, November 11 is Veteran's Day. Fly your flag as a symbol of your appreciation for the service they have given for that very flag. Scribe: jeffa.

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



Pickleball

The tournament sponsored by the Wells Fargo Advisors in September was a big hit with 10 competing teams. For three days of play the weather was perfect and brought out so many spectators there was standing room only. Mr. Pickle provided some tasty sandwiches for all the players. The winning team was *Mutual Funds* headed by Captain Darrell Rinde and his team, Pamela Abad, Paul Abad, Greg Giles, James Haworth, Gary



*Team Mutual Fund;
Team Pony Express*

McDuff, and Cindy Pullium. Coming in second was *Pony Express* with Captain Cal Meissen and his team, Bill Bjorge, Sandy Merola, Audrey Morse, Bonnie Robbins, Sherrill Slotsve and Susan Whalen. Thank you Wells Fargo Advisors!

Would you like to be a board member? Anyone interested in running for Secretary, Social Director or Publicity should contact Scott Sutherland.

The Christmas party will be held on Wednesday, December 4.

Next meeting is November 13 at 2:00 in the Ceramics Room (OC).

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

Website: www.lhpickleball.com



Players

Two exciting productions are planned for the next month.

First is Readers Theater with two one-act plays, "Backseat Driver" and "Voice on the Wire." Performances are Saturday, October 26, at 7:00 PM and Sunday, October 27, at 3:00 PM in P-Hall (KS). Admission is free! Happy Halloween.

Coming to the main stage is "Johnny Mercer's Mandy" celebrating the music of Johnny Mercer. Performances are November 7, 8, and 9 at 7:00 PM as well as a matinee on Saturday 9 at 2:00 PM. All shows are in the Orchard Creek Ballroom. Tickets are on sale now! General admission is \$13. Premium seating \$18. Don't miss out. A new Steering Committee has been elected for 2013-2014. President: Bob Murdock, Vice-President: Angela Blas, Secretary: Corrine Ehlers and Treasurer: Molly Seamons. We are always looking for new players. Come join the fun. 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, Tuesday, 5:00-8:30 PM and Fridays 1:00-4:30 PM in the Multipurpose Room (OC) or Fine Arts Room (OC). Games are played using script, and we play a

variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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

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

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

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



RV

Last event of the year for the RVers will be their Christmas party scheduled for December 13 in the OC Ballroom. But that doesn't stop them from making plans early for their first rally of 2014.

That rally will be March 12-17 at the Mesa Spirit RV Resort in Arizona when the RV members will get a chance to take in some spring training baseball games. President Mike Genest is heading that show as wagon master.

The RV Group meets monthly on the second Thursday, 4:00 PM at P-Hall (KS).

Contact: Michael Genest 209-3370
Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

This fall we are welcoming over 30 new volunteers to a win-win intergenerational experience. Most have been placed in grades kindergarten through fifth, or ninth through 12th at Phoenix Continuation High School. The infectious enthusiasm of the group is exhilarating and we look forward to their success stories in May. Mikie Briggs has wanted to volunteer for a long time and looks forward to many enthusiastic kindergartners at Creekside Oaks. Her first day was successful so she is off to a good start. Karin Richardson thought the Orientation Workshop was fantastic and she admires the professionalism, positive attitudes, creativity, commitment and hard work of the SCHOOLS Group members. Karin also

loves her blue bag and the helpful goodies inside. She stated, "This is a great group and I'm so pleased to be a part of it."

To inquire about volunteering contact (same ol' gals):

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



SCOOP

Sun City Organization of Pooches

Often we are asked what SCOOP really stands for, as we are sometimes thought of as a group of SCLH residents who enjoy socializing/walking our dogs (while scooping, of course), hosting backyard, off-leash, wine & cheese parties for our members and well behaved dogs, and fundraising for all things "dog." And, we are all that... and so much more!

For instance, we have terrific speaker meetings such as Dr. Wendy MacKinnon, a DVM at Loomis Veterinary Clinic, who recently discussed dental care for our dogs with a PowerPoint presentation depicting a dental cleaning, with views of actual x-rays and problems. She also gave attendees samples of dog treats and cleaning aides.

Next SCOOP Meeting: November 5!
 Wanted: Members to volunteer for leadership positions that will be open for next year's events.

Questions/suggestions – Call Mary Shelton for information on SCOOP "happenings" and how you can join, 409-9923!

Contact: scoop@sclh-scoop.com
Website: www.sclh-scoop.com



Scrabble

Congratulations are in order for Jean, who laid down *glazers*, placing the "z" on a double letter square and placing the word so as to get two double word squares, to boot. A whopping 133 for that bingo. Could be the largest number of points in one turn. Way to go, Jean.

Why not see what you can do. Come join the scrabble players any Monday afternoon, in the Cards Room (OC). We begin at 1:00 PM and play until about 4:00 PM. Late-arrivals can always find a game or join one in progress.

Over the last several months, our play group expanded. We welcomed Linda, Pam, Paul, Peggy, and Ursula, and the return of Ira, who has been missing for months.

Submitted by: Candice Koropp, Publicity.

Contact: Joan Spurling 505-5000



Second Cup of Coffee

You will need to *highlight* your calendar! *November 18*, is the *group's last meeting* based on the steering committee's decision to disband the group, due to the lack of volunteers to fill the open and required management team positions. This will be a special event, for we will serve a complimentary cup of hot coffee for the *first 75 people*, starting at 9:30 AM, P-Hall (KS), followed by the membership meeting at 10:00 AM. We have an exceptional line-up of speakers, featuring some of the original alumni from the inception of the group's formation in 2000.

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



Shanghai

If you are gregarious, jocular, cordial, convivial, jocose, affable, jovial, and jocund – then we have a game for you. Join us in playing the card game of Shanghai. We play every Thursday in the Card Room (OC). We also play on the second and fourth Fridays at 5:45 PM. If you have any questions, or would like to set up free lessons, call one of the names listed below.

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



Singles

Dynamic Singles

October is here and that means Halloween cannot be far behind. Our Singles Group throws a mean Halloween party, so call Shirl at 630-404-2468 and plan to attend October 24 in OC Ballroom. Come in costume but if you choose not too that's OK.

In addition, we have our usual Tuesday at 7:00 PM "Let's Dance/Drop In" Event held at Meridians. November 2 we're going to the Breeders Cup Horse Racing. We

leave at 9:30 AM for a full day of fun at the races. We will be sitting upstairs and inside and enjoying a buffet lunch while watching the races.

The birthday celebration is November 3 at Meridians Sports Bar. November birthdays will be celebrated. November 7 is cocktail time at Buonarroti's Restaurant.

The second Saturday breakfast is on November 9 at Meridians Sports Bar. Hope to see you at the events and the November 14 General Meeting.

Contact: Linda Bacon 628-5158

Website: www.singlesincolnhills.org



Ski

Similar to a bear rousing from hibernation, it's time for skiers to emerge from the summer doldrums and get ready for our favorite season! We will begin our celebration of waning sunlight



April's Post-Season Ski Club Potluck Gathering

with the annual pre-season potluck party on Wednesday, October 23 at 5:00 PM at the home of Jerry & Karen Johnson. Details as well as RSVP instructions have been provided to members. If you have been thinking of joining the Ski Club, this is a great event to meet members and find out all the fun things we do; contact us for membership information.

We are also well into planning our annual getaway trip, which will be a return to Mammoth, California during the week of March 9-15, 2014. Contact us for more information.

Our 4:00 PM November 19 general membership meeting will be in the Fine Arts Room (OC), with details to be provided soon.

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



Softball, Senior League

Coyotes

The Coyotes 55s, 65s, and 75s traveled to Medford, Oregon, on September 14-15, where the 55s ran into one of the toughest brackets they have faced, resulting in one win and four losses. Despite their record, they played well and hard.

Barry Maynard, John Gho, Joe Bellah, JR Jackson, Mike Hilton, Bec Cannistraci, and John Griffin contributed outstanding defense, and the offense blasted 11 homeruns: Joe Bellah (3); Hal Kastner, Barry Maynard, and Mick Privett (2); and Bec Cannistraci, Mike Hilton, and Barry Sasabuchi (1). Steve Lambert also contributed key hits.

In their only win, JR Jackson came to bat in the open inning with the bases loaded and drove in the winning run for the 23-22 victory.

Neither of the other teams fared much better, but spirits are high as some teams appear next at the National Championships in Las Vegas followed by The Huntsman Games in St. George, Utah.

Contact: Dave Rich richerino@aol.com

Website: LHSSL.org/Travel Teams



Sports Car

On September 14 we gathered at Kilaga Springs Lodge and said goodbye to our long-term Board member and really good friend Dick Brewster. Dick will be remembered for all he did for the club, for his good nature



Large group for Pismo; toasting at Baldacci Winery

and willing spirit. Our love goes out to Mary Ann.

On September 10 to 12 we drove to Pismo Beach. Tony & Kathy Mason led a large group of 27 cars. We enjoyed good weather, beautiful ocean view accommodations, lunch at Casa de Fruta and picnic dinner on the lawn. We attended the Great American Melodrama in Oceano. That was really fun. Seven young and very talented actors performed three skits, sang, danced and played instruments – all very entertaining.

On September 12 a group of cars also went via Winters and Lake Berryessa to St. Helena for wine tasting at Baldacci Winery in NAPA. This is a very friendly small boutique winery.

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

Website: LHsportscars.com



Square & Round Dance

Sun City Squares

The Square Dance Club Halloween Party is scheduled for October 28 at 1:00 PM, Kilaga Springs Lodge. All levels Basic / Mainstream / Plus with Advanced Level last 30 minutes.

Call Chuck or Bob to sign up today!!

We are always ready to add experienced Square Dancers.

Feel free to come in and watch or join, times listed below.

Meeting times:

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

Contacts: Chuck Vickers 408-4082

pjclvickers@starstream.net;

Bob Grupp 408-1868,

Bob@GruppHomes.com



Table Tennis

On Friday, October 4, the Table Tennis Club held a picnic at the Sports Pavilion. Hamburgers, hot dogs, and turkey burgers along with all the "accruements" were served. Approximately 50 people

attended. Kudos to table tennis/social director guru George Porzio and also Valerie and Bernie for organizing this event. A most enjoyable social gathering.

September 15 marked the final day for our competitive "ladder" play. Approximately 60 players participated in the ladder which was held every Sunday. The top three players were Jerry Sacks, Greig Nakamoto and Howard Parker. Future "ladder" play is to be determined.

Table tennis is played at Kilaga Springs Lodge every Sunday afternoon, Tuesday evenings and Friday mornings. Play is open to all and there are no fees or dues. Paddles are available for new players.

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

"Don't Sit Under the Apple Tree" and many more popular numbers.

Auditions have already started, but we are still in search of community singers, dancers and actors. If you want to audition, but were unable to attend a scheduled audition time, please send an email to paul.schechter@pacbell.net. Directors Paul & Peggy Schechter will be able to provide you with further information and scripts. Don't miss out on this wonderful opportunity to join with your neighbors and have a great time as we put together another blockbuster show.

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

the last scheduled tournament for 2012.

Men and women's intramural teams are up and running successfully.

To renew or join our club, please use the form found on the on the Tennis Group website (below).

Annual dues are \$12.

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

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



Vaudeville Troupe

It's Here!!! Auditions for the January 2014 Vaudeville Show are October 16 in the Fine Arts Room (OC) and on October 17 in the Multipurpose Room (OC) ... both auditions dates are scheduled from 6:30-8:45 PM.

January's popular and "always sold-out" Vaudeville Show, will feature a Tribute: "The Music of the 50s and 60s"!! "Vaudeville's Way" is full of surprises and entertainment as only we do it with uniqueness, surprises, professionalism and high-energy fun!! *Get tickets for the January Show starting November 17...* don't miss out! Seats are assigned so buy your spot in the audience *early!* Of course, we will also be performing our "Old-Time Variety Show" so you will be entertained from all the eras that we fondly remember and songs and music that you will recognize. Join us as a performer, stage manager, make-up person or just because you want to be part of a high-energy, popular and very talented group of residents!

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

Tap Company

On September 6, the Tap Company had a party to introduce the 2014 Tap Company Show "Remembering Rosie." This show honors the courageous



Our 2014 show, "Remembering Rosie;" Rosie dancers



and hard-working women who volunteered to work in war production factories and features their most favorite icon, Rosie the Riveter. You will hear many popular favorites such as, "In the Mood," "Boogie Woogie Bugle Boy," "Strike up the Band,"



Tennis

As the weather cools, many groups are playing later in the mornings as well as during the afternoons.

Our Men's Doubles tournament was held September 20 the winners were:



Winners of the 2013 Men's Doubles Tournament

- 8.0 level – Jim Farrell and Jon Uelbelhack
- 7.0 level – Tom Quallick and Renee Fuog
- 6.0 level – Jay Cheek and Terry Padovan

Our annual Oktoberfest tournament was October 11, this was a fun tournament where players were partnered with a different player for each match. This was



Vaudeville Troupe members entertaining at Manteca Fundraiser September 11; Right, Director Marina Eugenios invites you to "Get your groove on" for 50s-60s in January Show



Veterans

Vietnam Navy veteran Kenneth Levin, author of the novel *Crazy Razor*, will be the featured speaker at the October 17 meeting at 1:00 PM in the P-Hall (KS).

A student of the Vietnam War, Levin traveled to Hanoi, Hoi An, and Cu Chi to interview Viet Cong and NVA veterans and their children to incorporate their experiences in the novel's story line.

According to the author, "This is a war story. It is neither fiction nor nonfiction. The only real villain is the war."

Much of the book is clearly autobiographical, since Levin served as a U.S. Navy advisor to the South Vietnamese Navy's river assault boat force in the late 1960s.

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

Website: lhvets.org.

Water Volleyball

Did you see us at the outdoor lap pool on September 8? We had a lot of fun and so did the spectators (and players got ice cream!). This was our last outdoor event for the year, but we'll be back.

Come join us in the pool at KS any time. Water volleyball is open to all residents of any skill level. We have open play as well as competitive (advanced) play. Training is also available monthly. Next up is our annual Christmas party (details forthcoming).

So, come join us. It's always a lot of fun and a great way to meet new people while getting a low stress workout. See you in the pool!

Play available (KS):

Open Play: Saturdays 9:00 AM; Mondays 5:30 PM (except third Monday)

Open/League Play (all levels): Wednesdays 6:30 PM

Advanced Play (rated players only): Mondays, Thursdays 6:30 PM.

Training: Third Mondays 5:30 PM.

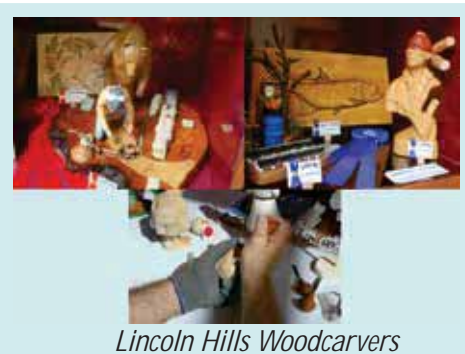
Contacts: Steve Parke 543-0067, stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net

Website: www.lincolnsuncity.org/residents



Woodcarvers

The Lincoln Hills Woodcarvers are dedicated to advancing all forms of woodcarving. Members carve everything from caricatures, to birds, fishes, and tons of holiday ornaments. The membership skills range from novice to Master Carver. This writer, for example, never carved more than a turkey before joining the group six years ago. The guidance and encouragement of the more experienced carvers, along with access to a great library, makes it a wonderful environment to learn this ancient art form.



Lincoln Hills Woodcarvers

Woodcarvers meet between 1:00 and 5:00 PM each Wednesday at the Sierra Room (KS). Come in and join this great group of folks and maybe you too will soon be carving more than your Thanksgiving turkey!

Contacts: John Russell 543-6091, je_russell62@hotmail.com

Website: www.SCLH Woodcarvers.blogspot.com



Writers

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

Two of our members, V.P. Leo Craton and President, Linda Bello-Ruiz were two of the seven featured authors at the Authors & Writers Resource Group Book Event on September 14.

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

We will be accepting nominations for Club Officers at our November 25 meeting. Elections for 2014 will be held on December 9. Mark your calendars!

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

Authors & Writers Resource Group

Creative Marketing Techniques: Before you begin your journey as a published author it will be helpful to follow these steps:

1. Determine your brand. You're not just selling books; you're selling you.
2. Think outside of the box for your marketing approach.
3. When it comes to promotions, get creative.
4. Have fun and your fans will follow you anywhere!"

From Cindy Sample Marketing Techniques (www.cindysamplebooks.com).



Authors at September book event: from left, Quentin Grady, Linda Bello-Ruiz, Jonas Porup, Jim Fulcomer, Phyllis Kalbach, Leo Craton, Phyllis Douglass

The Authors & Writers spent the last two months following this marketing advice and organized the September 14 *Meet The Authors* book event. It was well attended and attendees encouraged us to make this a yearly event. Seven lucky visitors won an autographed book!

The Authors & Writers meet monthly. Our mission is to be a resource for writers on the road to publishing and/or marketing. Membership is free and open to all residents. Contact Linda or Leo for time/place of our next meeting.

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

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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.

AARP Foundation Tax Aide

Will You Join Us? Do you like talking to people, meeting new people, or working on the computer? Are you looking for a rewarding opportunity to make a difference in your community? AARP Foundation Tax-Aide is looking for volunteers as counselors to help taxpayers complete their 2013 income tax returns in Lincoln during the 2014 tax-filing season. The training/certification class will be the second week of January, 2014, in Roseville. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 1 through April 15. Volunteers are also needed as schedulers to make appointments and/or as site greeters. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2014 tax season, please email lincmb1@aol.com with your name, address, and phone number.

Bingo — October 30

In Orchard Creek Ballroom: Reserve the date of Wednesday, October 30 for fun

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Douglas Thom



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You are invited to attend...

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

- Saturday, October 19** • **1:00 PM:** The Book-In-Hand Road Show, Oaks (OC)
- Monday, October 28** • **9:30 AM:** Health Net Seminar, Oaks & Gables (OC)
- Tuesday, October 29** • **10:00 AM:** Nautilus Society, Heights (OC)
- Saturday, November 2** • **10:00 AM:** CVS Pharmacy Flu Shots, Heights (OC)
- Tuesday, November 12** • **6:30 PM:** Spinal Aid Center Presentation, Dr. Zorich, Solarium (OC)

and fellowship in the Ballroom (OC) for a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. Cash and door prizes will be given away. All proceeds go to aid Lincoln seniors. Doors open at 12:30 PM. The fun starts at 1:00 PM. Get your friends and neighbors together at one table by calling Vern Chong at 408-0306. Or visit our website at lincolnhillsfoundation.org for a special bingo promotion.

Lincoln Democratic Club

will meet Tuesday, November 5 at 6:45 PM in P-Hall (KS). The program will focus on implementation of the Affordable Care Act with particular emphasis on our area health delivery system. Pat Brady, CEO of Sutter Roseville Medical Center, will address his system's preparation for and potential impact of an increased patient population. Diane Stanton, Deputy Director of External Affairs of Covered California, will give an overview of the state insurance exchange which provides options to those under age 65 / the uninsured and/ or those on individual plans. A speaker from another health system may also be on the panel. The program is informational and is nonpartisan. All interested residents are welcome to attend. Questions: June Paquette, 408-2263.

Glaucoma Support Group

will meet on November 13 at 4:00 PM in the Multimedia Room (OC). This group provides encouragement, education and support for those living with glaucoma. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Italian Club

Members enjoyed a late summer afternoon perfecting their mini-golf skills,

followed by a pizza lunch at Golfland in Roseville, September 18. The annual general membership meeting takes place Thursday, October 17 at 6:30-8:30 PM, in the Multipurpose Room (KS). President Tom Freschi will present information on the club's status. Reports will be given on membership, finances and activities, followed by an open forum. Refreshments will be served. All members are invited to attend. If Thanksgiving is near, it's time for Turkey Bingo! Get ready for a turkey dinner with all the fixings, along with bingo and raffles from 5:30 to 8:30 PM. on Sunday, November 3 at McBean Pavilion in Lincoln. Contact: Lilly LaPira, 434-8834 or gllapira@gmail.com. Are you a SCLH resident of Italian heritage? Join us. More info: www.lhitalianclub.org or Membership Chair Marie Berlinghi, 543-3731.

Open Play

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

Parkinson's Disease Support Group

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

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club is

Continued on page 41

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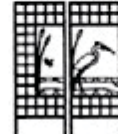
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Continued from page 39
required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!!

Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Retired Law Enforcement Officers Group

Placer County District Attorney Scott Owens will be the guest speaker at the

Lincoln Hills Retired Law Enforcement Officers Group's quarterly breakfast on Friday, November 15, at 9:00 AM at Mimi's in Lincoln. All law enforcement personnel (active or retired) in the Lincoln, Rocklin
Continued on page 43

Community Perks

Certified Farmers Market and Vendor Faire

Every Wednesday except October 16

Support your local farmers, join us every Wednesday at the Fitness Parking Lot, 8:00 AM to 12:00 PM.

Local Certified Farmers will be selling fresh fruits & vegetables. There will also be local vendors selling various unique items. Depending on weather and availability of crops, the plan is to hold the Farmers Market on Wednesdays until November 20.



e-Waste Recycling

Tuesday, October 15 — Free

9:30 AM-12:00 PM, OC Fitness Center Parking Lot. Free! Be good to our environment.

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



New Resident Orientation

Tuesday, October 15, 1:00-3:00 PM — Free

Offered monthly through November and designed for all new homeowners to meet new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. Solarium. Light refreshments. No RSVP required.



Home, Health & Business Showcase

Wednesday, October 16 — Free

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



Document Destruction

Monday, October 21

10:00 AM-12:00 PM, OC Fitness Center Parking Lot. Cintas offers state-of-the-art shredding trucks on-site to provide the service. Paper clips and staples on files okay



but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the parking lot!

Music Group sponsored "Open Mic Night"

Friday, October 25 — Free

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



KS at the Movies: "The Great Gatsby"

Monday, November 4 — Free

PG-13; 143 minutes. Romance/Drama. P-Hall (KS). Watch the extravagance and madness of the roaring 20's come alive in this movie remake adaptation from F. Scott Fitzgerald's novel of the same title. A perfect movie to get style and fashion tips for our New Year's Eve Roaring 20's celebration. Starring Leonardo DiCaprio, Carey Mulligan and Toby Maguire. Doors open 1:00 PM for 1:30 PM screening.



Super Senior Luncheon

Saturday, November 9 — Free

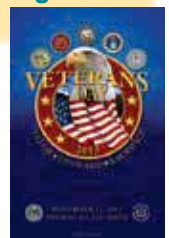
12:00-2:00 PM, Social Kitchen (KS). Are you 80 years young? We would like to invite you to the annual "Super Senior" Luncheon in your honor. Please join us for a wonderful lunch and entertainment sponsored by SCLH Foundation. Space is limited. RSVP uu by 10/19 by calling Janet Dixon-Dickens at 625-4011.



Veterans Day Ceremony at Orchard Creek Lodge

Monday, November 11 — Free

OC Ballroom. Residents and guests are invited to attend a community Veterans Day ceremony, honoring all who have served in America's armed forces. Presented by the LH Veterans Group, the program will feature music by Roseville Community Concert Band. The ceremony will include the posting of the colors, the history of the Tomb of the Unknowns, recognition of local Lincoln girls for their fundraising on behalf of the VA Healthcare system and a conversation with Pamela Murphy, wife of Audie Murphy, about her leadership in patient liaison at Sepulveda Veterans Hospital. Music will begin at 10:30 AM, followed by the formal ceremony promptly at 11:00 AM.



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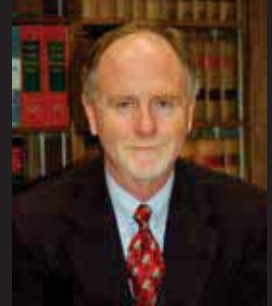


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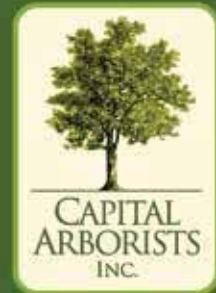
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Continued from page 41

and Roseville areas are invited to attend. District Attorney Owens will be speaking on the current challenges to the criminal justice system and the role of the District Attorney's Officer Investigators. RSVP to Bob J. McCollum, 408-0621. Attendees should plan on arriving at 8:45 AM. After District Attorney Owen's presentation there will be a Q&A. Breakfast will be off the menu and each attendee will receive a separate check.

Shalom

Last month, the Shalom Group celebrated the High Holidays with friends and family both locally and away. Members of the Shalom Board will now meet with Temple Or Rishon in order to best understand how our group can participate in the temple community. Members enjoyed a Sunday ping pong match at Kilaga Springs Lodge as the guests of the Table Tennis Group. Then, in September

many Shalom members got together for Sukkot at various members' homes. Game night was a real happening on October 11 with enthusiastic participation by many members. The group is looking forward to the November 16 PM General Meeting, Havdallah Service and Potluck dinner at Kilaga Springs Lodge. Plans are in the works for our annual Chanukah party which will take on December 1 at Kilaga Springs Lodge. We will also honor this year's volunteers.

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 fall and winter months we

meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free.

Contact: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net.

Travel Group www.lhtravelgroup.com

The next meeting is Thursday, October 17, 7:00 PM Kilaga Springs Lodge. Guest presenters: AMAWaterways River Cruises Representative and 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.

Terrorist Attack

Continued from page 13

When preparing your plan, review the previous Disaster Preparedness articles that appeared in the *Compass* this year, especially those on Emergency Action Plans, pets, building a Grab and Go Bag, and on water storage and purification. These articles can be found at www.suncity-lincolnhills.org/compass.html.

Identify several out-of-town contacts that your family can call or email. If you're

separated during an evacuation this will help you get reunited. Keep this information in your purse or wallet.

Have a predetermined meeting place outside of our community where family members will go to be reunited.

Be prepared to remain in your home even if utility services are disrupted for several days.

If disaster strikes:

- Remain calm
- Listen to your radio or TV for news

and instructions

- Follow the advice of local emergency officials
- Comply with all evacuation orders immediately and take neighbors who can't drive with you.

Next month we'll explore how to survive in your home without commercial power or running water. Until then, stay safe.

In Memoriam

Edgar Aubin

Ed was born in Rhode Island and was the oldest of eight children and served in the Navy in WWII in the Pacific on the USS Kwajalein. He married and raised five children in the Bay Area. After losing his wife he met and married Pat 17 years ago. Among other jobs, Ed worked for Shell Development in Emeryville, CA and for the city of Hayward. Ed was

a very dedicated family man and worked into his 80's. He enjoyed travel and making new friends. He also loved golf, dancing, bowling and playing poker! Ed and Pat were members of the Lincoln Hills Community Church.

Richard Brewster

Born in Portland, Oregon, Dick grew up in an Air Force family and moved all over,

but lived mostly in California. He served in the Air Force and graduated from San Jose State in Mechanical Engineering. He worked in the defense field. He and his wife, Mary Ann, have been married for 44 years and have one son. As an active member of the Sports Car Club, he developed their website. He was also in the Computer Club. Dick will be missed by numerous friends and relatives.

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.



PALM SPRINGS

Four days, Three nights!

TUE. MARCH 18 - FRI. MARCH 21, 2014



See the famous **Fabulous Palm Springs Follies** before they take their final bow with headliner Darlene Love and variety act Frank Olivier from *America's Got Talent*.



Trip package includes:

- Reserved Show ticket on main floor
- 3-night stay at *The Saguaro* (a Joie de Vivre Hotel)
- *Palm Springs Aerial Tramway* and sunset dinner on top of Mount San Jacinto
- Palm Springs Celebrity Homes Tour ...and much more!



Optional Golf Package at Tahquitz Creek Golf - \$99
(rated One of the Best Places to Play by Golf Digest)

DEPART OC MARCH 18 AT 7AM | RETURN MARCH 21 ~ 9PM

\$733 PER PERSON; DOUBLE OCCUPANCY \$1,012 SINGLE CODE: 1970-09

Detailed itinerary, menu and US Department trip insurance providers list available at the Activities Desk (OC/KS) or view online. Read complete article under Overnight Trips in this Compass.



WWW.SUNCITY-LINCOLNHILLS.ORG/RESIDENTS > LIFESTYLE ONLINE



SAVE THE DATE

NEW YEAR'S EVE

Roaring 20's Celebration

Tuesday, December 31 * Orchard Creek Lodge

Ballroom — 5031-14B
 Meridians — 5031-14M
 Pre-Function — 5031-10P
 Solarium — 5031-14S
 Entertainment Only — 5031-14E

Ring in the New Year with fun and folly by going back in time to the Roaring Twenties. Guys and Dolls will enjoy a customized party experience including swanky music and entertainment.

Reminiscent of *The Great Gatsby* and straight from the Speakeasy, select your favorite party room location. Pick an entrée from our expanded six-choice menu and enjoy free-flowing champagne at midnight. Toast the New Year as a dazzling Amphitheater fireworks display lights the night sky. The sparkle and shine of this 1920's soiree will come alive after dinner when everyone will experience DJ Tom in the Ballroom, the Royal Society Jazz Orchestra ensemble live in the Meridians Restaurant, 20's silent movie and theme shorts screening in the Community Living Room and flash images in the prop photo booth. If you choose to dine in the Ballroom, *Bootleg Boulevard* opens a door to intrigue and crime with the *Speakeasy Murder Mystery Dinner Show*. Guests seated for dinner in the Pre-Function, Meridians and Solarium will be serenaded by the Royal Society Jazz Quintet. No matter where you are seated, watch your every step down *Roaring Roadway* as you may run into Flappers from *Bugsy's Jazz Club* or a group of Gangsters heading to *Machine Gun Alley*. Come as you are, or join in the 20's theme and dress as a gangster, flapper or silent screen star. The Secret Password to get into the Speakeasy is "Bathtub Gin" and further instructions will be posted at a later date. Tickets on sale starting October 17. Guests that purchase tickets before November 15 will be

entered into a drawing to win two 2014 Summer Amphitheater Concert Series Packages, with the winner announced during the Roaring 20's Celebration! New this year, for those who do not want to have dinner, join the soiree from 9:00 PM-12:30 AM to enjoy the entertainment and fireworks with our Entertainment Only ticket for \$40. Reserved seating not available with Entertainment Only tickets. Tailored dinner options start at only \$82 per person. Discounted price ends November 14.

- * Ballroom and Solarium Guests, doors open 6:45 PM, show 7:00 PM, dinner 7:30 PM.
- * Meridians and Pre-Function Guests doors open 7:30 PM, dinner served 8:00 PM.
- * Dancing and Entertainment 9:00 PM-12:30 AM, Fireworks Display at midnight.
- * Guests may select their tables during registration on first-come, first-served basis. If you are purchasing a table for your group, provide seating location with their entrée selections at time of registration.
- * Tickets required for entry. No refunds or exchanges.
- * Guests that purchase online can pick up their tickets between December 28-30 at Orchard Creek Lodge.
- * Complete menus available at the Activities Desks with pricing and dinner selections.



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

Entertainment

—Club Performance—

The Players Group Presents "Johnny Mercer's Mandy"

Thursday, November 7, 7:00 PM Show — 5107-09A

Friday, November 8, 7:00 PM Show — 5107-09B

Saturday, November 9, 2:00 PM Show — 5107-09C

Saturday, November 9, 7:00 PM Show — 5107-09D

Join the Players Group in celebrating the work of famed lyricist Johnny Mercer in our production "Johnny Mercer's Mandy." Mercer was Oscar nominated 18 times for songs he wrote for movies: "Moon River," "Too Marvelous for Words," "In the Cool, Cool, Cool of the Evening" and "That Old Black Magic," plus many others will be a part of this production. Hear music



Continued on page 46

from the '30's, '40's, '50's and '60's, with a cast of 35 actors, singers and dancers. A great show for the entire family, get your tickets early for best seating. Ballroom (OC). Shows at 2:00 PM and 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks, \$18.** General admission \$13.

The Lincoln Hills Community Chorus Winter Concert – “Holiday Cheer”

Sunday, December 8, 2:00 PM Show — 5108-10A

Monday, December 9, 7:00 PM Show — 5108-10B

Tuesday, December 10, 7:00 PM Show — 5108-10C

Soon it will be the holidays, so plan on buying your tickets for the Lincoln Hills Community Chorus concert! Come and enjoy old favorites such as “O Holy Night” and “There’s No Place Like Home for the Holidays.” You will also be delighted by the “African Alleluia,” “Ose Shalom” (Hanukkah) and “Calypso Lullaby.” The chorus members love to sing for you and appreciate your support. Ballroom (OC). Shows at 2:00 PM and 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks, \$18.** General admission \$13.



—Comedy—

Comedy Night at KS: Steve Smith

Tuesday, October 29

6:00 PM performance — 5129-08A

8:00 PM performance — 5129-08B

A resident favorite is back! Headliner Steve Smith got his show business feet wet at the early age of nine with a movie and as a regular on local television. After moving to Los Angeles and appearing in the movies “Nightmare On Elm Street 2” and “Slaughterhouse Rock,” he booked over 40 television appearances as a stand-



up comic. He also started the critically-acclaimed improvisational group “The Bargain Basement Players” which played for three years at the Santa Monica Improv. Steve performs all over the world for companies and comedy venues. P-Hall (KS). General admission \$12.

Comedy Night at KS: Dan St. Paul

Tuesday, November 26

6:00 PM performance — 5126-09A

8:00 PM performance — 5126-09B

After a seven-year stint of headlining San Francisco clubs in the comedy duo Murphy-St. Paul, Dan launched out on his own with a solo act that landed him in the finals of the nation’s toughest comedy competition, The San Francisco International Stand-Up Comedy Competition. Soon after, Dan moved to Los Angeles and appeared on several episodes of “An Evening at the Improv,” plus numerous shows on *VH-1*, *MTV*, and *Comedy Central*. Since then, he has opened for such superstars as Jerry Seinfeld, Natalie Cole, Dwight Yoakum, Smokey Robinson, and Vince Gill. In a testament to the class of his act, Dan even opened for the San Francisco Symphony. P-Hall (KS). General admission \$12.



Comedy Night at KS: Mark Pitta

Monday, December 16

6:00 PM performance — 5116-10A

8:00 PM performance — 5116-10B

Mark Pitta is a national headliner coming from the fervent San Francisco comedy scene of the 1980s.

After moving to Los Angeles, Mark’s career flourished, fulfilling his dream of appearing on The Tonight Show with Johnny Carson and Jay Leno. Mark has made guest appearances on Mad About You and Third Rock From the Sun. For *Comedy Central* Mark has appeared on Premium Blend, The A-List, Dr. Katz and Make Me Laugh. A favorite on the comedy club circuit, Mark has also opened for Chris Issak, Paul Anka, Kenny Rogers, Olivia Newton John, Smokey Robinson, and Rick Springfield. P-Hall (KS). General admission early registration discounted rate September 17- October 14, \$10. After October 14, \$12.



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 UU:** 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

—Concerts—

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

Do you enjoy homegrown fun and good music? Patti Casey and Tom Mackenzie are two of central Vermont's musical gems and made up two thirds of the resident-loved group, Woods Tea Company. With the band's recent retirement, Patti and Tom teamed up to form a duo that explores everything from French Canadian dance tunes to Tin Pan Alley, to Old Time Country, and a healthy dose of originals. Patti is an award-winning songwriter and her voice will melt your heart. Tom's banjo and voice are a perfect complement. With careers collectively spanning decades with diverse musical influences from the British Isles to deep Appalachia, the duo presents a refreshing take on traditional acoustic music with their Hammered Dulcimer, Flute, Banjo, Guitar, Keyboard, Ukulele, seated clogging, and fine humor. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$19.** General admission \$17.

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

Spend an evening with Broadway leading man Eric Kunze, star of "Miss Saigon," "Les Misérables," "Damn Yankees" and more. A popular guest artist with Sacramento's Music Circus, you may have seen him last summer in the role of 'Prince Eric' in "The Little Mermaid." He made his Broadway debut as 'Marius' in "Les Misérables" (opposite Lea Salonga) and went on to star as 'Chris' in "Miss Saigon." With rave reviews, he was cast as 'Joe Hardy' in "Damn Yankees," starring Jerry Lewis and went on to many other leading roles such as 'Joseph' in "Joseph and the Amazing Technicolor Dreamcoat," 'Che' in "Evita," and 'Tony' in "West Side Story." The concert program will highlight



songs and 'behind-the-curtain' stories from his celebrated musical theatre career. Ballroom (OC) 7:00 PM. **Premium Reserved Section Seating Sold Out.** General admission \$19.

Just Added! Santana Tribute with the Rhythm Vandals**Friday, November 15 — 5115-10**

Experience a fiery tribute to the timeless music of Carlos Santana, a musician that helped shape the sound of rock and Latin since the late 60's. From searing guitar solos, to an amazing horn sections and rhythmic beat of the congas and drums, this set list plays like a greatest hits CD. Playing for over 10 years, the Rhythm Vandals have opened for Eddie Money, WAR and Tower of Power. Their explosive performance in our Amphitheater during the 2011 Summer Concert Series created a huge resident following! Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating, \$21.** General admission \$18.

**"Music from a Charlie Brown Christmas"****Jazz Concert with The Jim Martinez Trio****Tuesday, November 19 — 5119-09**

The spirit of the holiday and jazz will fill the room as Jim Martinez and his talented band pay tribute to the music of "A Charlie Brown Christmas." From the first chords of Vince Guaraldi's classic "Christmas Is Coming," and favorites including "O Christmas Tree," feel the spirit of Christmas and good ol' Charlie Brown for a show that has received rave reviews! Starting his musical career at the age of four, Jim has shared the stage and recorded with legendary jazz trombonist Sy Zentner, Lionel Hampton and others, performed with the Sacramento Symphony and various jazz notables like Lionel Hampton and toured as a featured guest with the U.S. Air Force Jazz Band. He's recorded a dozen albums, including a tribute to Oscar Peterson and Edvard Grieg and a series of "Jazz Praise" albums.

*Continued on page 49*

—Reminders—

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

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

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

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

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

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

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

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

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

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

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Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21. General admission \$19.**

“Motown Holiday Revue” — A Holiday-themed Concert Motown Style with Top Shelf
Thursday, December 19 — 5119-10

Take a hit-filled musical journey through the sounds of Motown with a holiday flare. Resident favorite, Top Shelf, presents a special program featuring Motown versions of holiday classics and songs from Stevie Wonder, The Temptations, The Four Tops, Smokey Robinson... and many more! From the early days of Motown to the '80s, Top Shelf's wonderful harmonies and unique live performance will dazzle you. The band has performed nationally and internationally since 1991, from San Francisco to Europe, becoming a Bay Area musical and entertainment cornerstone. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21. General admission early registration discounted rate October 17-November 14, \$15. After November 14, \$18.**



—Fashion Show—

“Golden Autumn Days” — A Fall Fashion Show
Tuesday, October 22 — 5122-08

Falling leaves and cool autumn days will inspire a beautiful collection of fashions and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport and semi-formal occasions will be presented by some of your favorite boutique shops. Enjoy beautiful clothing, accessories



and a few fun surprises during the show. Chef will present a fall menu with choice of *Eggplant Parmesan* or *Roasted Steelhead Salmon Farfalle Pasta with a Chocolate Truffle Cheesecake for dessert*. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Ballroom doors open at 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. General admission \$31. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.

—Grandkids Activities—

Grandkids Santa Adventure
Sunday, December 15 — 5010-10A

Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at “Santa Adventure.” Your grandchildren will be greeted by Santa's Elves and enjoy puppet tricks, a holiday sing-along, dancing and interactive activity stations offering treats, prizes and fun! Start the morning off by taking photos of the grandkids with Santa, decorating a holiday treat, and hearing Santa and Mrs. Claus read the story of “Alfie,” where each grandchild will get to help decorate the tree. New activities for those that attended last year! Last year's event sold out, limited space available so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation. Lunch will not be provided as part of this ticketed event.* Ballroom (OC) 10:00 AM. Doors open at 9:45 AM; activities and games 10:00 AM-1:00 PM. Toddler to 12-years-old. General admission early registration discounted rate October 17-November 14, \$9. After November 14, \$12.



Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Feather Falls Casino
Tuesday, November 19 — 1950-09

A gaming opportunity without worrying about the snow! We're going to Oroville, a 90-minute drive north of Lincoln

for a four-hour visit. Many gaming options available with \$12 cash back and a \$3 food coupon towards lunch on your own.

Leave OC at 9:00 AM, return ~ 4:00 PM. \$18. RSVP [uu](#) Now.



Off to the Races
Thursday, November 21 — 1846-09

Take a break before the holidays and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury



Continued on page 51

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of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. 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 **uu** Now.

Jackson Rancheria Monday, December 30 — 1951-10

You asked for it, we were finally able to get it, a casino trip to Jackson Rancheria in Amador County! Receive \$20 in gaming credits pre-loaded on your Dreamcatcher Card. We'll be spending four hours at the recently remodeled and expanded casino and maybe lady luck will be with you before the year ends. Leave OC 9:00 AM, return ~ 4:00 PM. \$21. RSVP **uu** by 11/15.



—Fair/Festival—

Victorian Christmas Sunday, December 15 — 1857-10A

The enticing aromas of roasted chestnuts and hearty holiday foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled to overflowing with authentic Christmas treasures. Now on its 36th year, enjoy our annual visit to the historic and picturesque downtown Nevada City, a quaint, Gold Rush town nestled in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. It's a perfect way to get your holiday spirits up! Depart OC 12:30 PM, return ~ 7:30 PM. \$23. RSVP **uu** by 11/14.



Cornish Christmas Friday, December 20 — 1861-10A

Recapture the spirit of Christmas past amid the charming surroundings of historic downtown Grass Valley during the annual Cornish Christmas Celebration. Started in 1967 as a way to preserve Grass Valley's Cornish heritage and holiday traditions, Cornish Christmas remains a very popular event. The streets are filled with the sights and sounds of an old-fashioned Christmas; carolers, jugglers, musicians, the Grass Valley Cornish Carol Choir, Tommyknocker Cloggers and of course, Santa Claus. Handmade arts & crafts from artists throughout California are on display. Delicious food and drinks available from restaurants and specialty food vendors. This evening trip will tickle all your senses. Depart OC 4:30 PM, return ~ 10:30 PM. \$22. RSVP **uu** by 11/14.



—Museums—

San Francisco Exploratorium Thursday, November 7 — 1843-08

Experience the bigger and newly relocated Exploratorium on Pier 15/17 near the Ferry Building! The San Francisco Exploratorium is a 21st century learning laboratory, an eye-opening, always-changing, playful place to explore and tinker. For more than 40 years, they've built creative, thought-provoking exhibits, tools, programs, and experiences of science, art, and human perception that ignite curiosity, encourage exploration, and lead to profound learning. They believe that being playful and having fun is an important part of the process for people of all ages and is fully accessible with wheelchairs available for loan. There are two restaurants/cafes available for lunch on your own. Leave OC at 8:00 AM; return ~ 6:00 PM. \$53 includes admission. RSVP **uu** Now.



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

In cooperation with the Painter's Group, we take a fall trip to the Haggin Museum, an art and history museum located in Stockton's Victory Park that has been referred to by *Sunset* magazine as "one of the undersung gems of California." On display in the museum's fine art galleries are paintings by renowned 19th and early 20th century American and European artists, and also a collection of more than 50 original works by J.C. Leyendecker – arguably the nation's most popular and successful commercial artist of the first four decades of the 20th century. We've arranged a one-hour private tour before the museum opens, then we'll be off to Lodi to visit the Knowlton Gallery. The Knowlton Gallery showcases the works of many of the finest contemporary representational artists who live and work in Northern California. There are several other art galleries in the downtown area to visit, including the Lodi Community Art Center. Lunch on your own in downtown Lodi. Leave OC at 8:00 AM; return ~ 4:00 PM. \$30. RSVP **uu** Now.



—Performances—

Forever Tango Saturday, January 4, 2014 — 4620-10

"Forever Tango" at the Harris Center for the Arts in Folsom (formerly Three Stages) features 14 world-class tango dancers, one vocalist and an 11-piece orchestra, in a show that celebrates the passionate music and dance of Argentina. The dances are performed to original and traditional music. "The tango is a feeling that you dance," says Luis Bravo the show director. It's passionate, melancholic, tender, and violent at the same time. You dance



Continued on page 53

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it with somebody — but it is so internal, you dance it by yourself. The tango may be Argentina's best known export! Leave OC at 12:30 PM, return ~ 5:30 PM. \$83. RSVP **uu** by 11/15.

Shen Yun

Tuesday, January 14, 2014 — 4660-10

Shen Yun brings to life 5,000 years of Chinese civilization through classical Chinese dance and music in an exhilarating show you will never forget. Shen Yun captures the spirit of a culture long lost. The show moves quickly through regions, dynasties, and legends. Ethnic and folk dances fill the stage with color and energy. Tremendous athleticism, thunderous battle drums, and masterful vocalists are all set to animated backdrops that transport you to another world. A Shen Yun performance features the world's foremost classically trained dancers, a unique orchestra blending East and West, and dazzling animated backdrops — together creating one spectacular performance. Each Shen Yun performance is hosted by bilingual emcees that will guide you through the show and provide all the background needed for you to enjoy it. Experience this global phenomenon in front orchestra seating at the Sacramento Community Center! Leave OC at 6:15 PM, return ~10:15 PM. \$137. RSVP **uu** by 11/15.



Broadway Sacramento 2013-2014

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

• Priscilla Queen of the Desert

Tuesday, November 5

First Bus — Sold out!

Second Bus Added! — 4530-09A



• Buddy — The Buddy Holly Story

Thursday, January 2 — Sold out!

• Flashdance the Musical

Tuesday, February 4, 2014 — Sold out!

• Blue Man Group

Tuesday, March 11, 2014 — 4530-06D

Blue Man Group will thrill Sacramento with its high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music, and technology. Three blue-painted men create music, art and hilarity in unusual ways in this unique, long-running show. Mostly visuals, music and action, rather than words or a plot. If you've never seen Blue Man Group, it's a must-see. If you're



already a fan, you won't want to miss it. \$78.

• Sister Act

Tuesday, April 8, 2014 — 4530-06E

Broadway's feel-amazing musical comedy smash, the story of a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in a convent. Music by eight-time Oscar® winner Alan Menken and based on the 1992 film. \$78.



• Wicked!

Tuesday, June 3, 2014 — 4530-06F

Back by popular demand! When it was here last, this cultural phenomenon broke box office records and sold out in record time. Winner of 35 major awards, including a Grammy and three Tony Awards. \$78.



Beach Blanket Babylon Holiday Edition

Wednesday, December 11 — Sold Out

Not too early to plan your holiday theater trips! Come see the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. We have the whole section reserved for our group with open seating. *Please advise if you require accessible seating upon purchase. There are stairs to where our seating is located and no elevators.* Wednesday, December 11 — Departs at 2:00 PM for 5:00 PM show for all ages, no alcohol is served. *Dinner on your own after the show. Return ~ 11:00 PM. \$94. *Reservations highly recommended for dinner, restaurant list is available at time of registration.



—Shopping—

San Francisco — Pier 39

Saturday, November 16 — 1844-09

We're going back to Pier 39 in San Francisco for a fall Saturday excursion. Check out the sea lions and street performers. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM, \$36. RSVP **uu** Now.



San Francisco Shopping

Wednesday, December 18 — 1840-10A

Or Saturday, December 21 — 1840-10B

Get in some last minute shopping before Christmas! Don't

Continued on page 55

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Overnight & Extended Travel

“Sun City Snow Train to Reno” Two Trip Options Thursday, January 23 to Friday, January 24 — 1971-10A Thursday, February 27 to Friday, February 28 — 1971-10B

Enjoy the breathtaking scenery from our reserved rail car via Amtrak on a relaxing snow trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. Trip package includes:

- Motor coach transportation to and from train stations
- Complete hassle-free luggage service for entire trip
- Reserved rail car for our group to Reno
- Non-smoking room at Eldorado Hotel & Casino
- Dinner buffet & gratuity at Eldorado Hotel & Casino
- Reserved seat ticket to Eldorado Showroom's "Ice Fantasy" featuring champion figure skaters, aerialists and acrobats for January trip.



February trip: “Ring of Fire” a musical based on the music of American singer-songwriter Johnny Cash.

- Breakfast/brunch buffet (gratuity not included)
- Return trip by motor coach



- All gratuities for bell service and bus driver

Leave OC at 10:30 AM, Thursday, return to LH Friday, ~ 1:30 PM. *On Thursday, bring a bag lunch to eat on the way to Reno or purchase on board train. A signed liability waiver is required for each participant.* \$184 per person double occupancy. \$213 single. RSVP [uu](#) by 11/15.

Palm Springs — Four days, three nights! *Going Fast! Don't miss this one!*

Tuesday, March 18 to Friday, March 21, 2014 — 1970-09

We are heading to see the famous “Fabulous Palm Springs Follies” before they take their final bow! Escorted by Katrina, your Lifestyle Trip Coordinator. Watch headliner Darlene



Love and variety act Frank Olivier from “America's Got Talent” close the final season. Trip Package includes:

- Reserved seat ticket on main floor at “The Fabulous Palm Springs Follies.”
- Three-night stay at The Saguro-a Joie de Vivre Hotel, an all non-smoking property with special amenities including: complimentary Wi-Fi, luxurious robes, free yoga, free bike rentals, downtown shuttle, pool bar and Jacuzzi. Hotel offers Iron Chef Jose Garces' two restaurants, Tinto & El Jefe.
- Welcome dinner at hotel in a private banquet room plus daily breakfast.
- Lunch at the Kaiser Grille in downtown Palm Springs.
- Palm Springs Aerial Tramway and sunset dinner on top of Mount San Jacinto.
- Step-on guide tour of celebrity homes in Palm Springs.
- Palm Springs VillageFest street faire and free admission to Palm Springs Art museum.
- Stop at Borax Museum & Mine on way home.
- Buffet lunch at Domingo's Mexican Restaurant (*first place the space shuttle astronauts go to eat after landing at Edwards AFB*).
- Dinner at Split Pea Anderson's, Santa Nella.
- Box lunch from Meridians.
- All gratuities included for nine meals, bell service, step-on guide, and bus driver.



\$99 — 1970-09A: Optional golf outing with breakfast & lunch buffet and two drink coupons at Tahquitz Creek Golf on the “Resort Course” (rated “*One of the Best Places to Play*” for golf resorts by *Golf Digest*). There will be rest stops, a movie and games on trip! Leave OC at 7:00 AM, Tuesday, March 18, return Friday, March 21 ~ 9:00 PM. *A signed liability waiver is required for each participant.* \$733 per person double occupancy. \$1,012 single. *Pick up detailed trip itinerary, menus and trip insurance providers list from the US State Department at Activities Desk or view online.* RSVP [uu](#) Now.

Sold Out Trips thru November 20

Trip • Date • Departure Time

- Santa Cruz/Roaring Camp Railroad Overnight — Saturday, October 19, 8:30 AM
- Ferry to San Francisco Shopping — Tuesday, October 22, 8:00 AM
- Apple Hill Wednesday, October 23, 9:00 AM
- Apple Hill Tuesday, October 29, 9:00 AM
- Priscilla-Queen of the Desert — Tuesday, November 5, 6:45 PM (Bus 2 still available)
- Speaker Series — Al Gore — Tuesday, November 12, 6:45 PM

Continued on page 56



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

Art

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry

Mondays, November 4-25 — 105110-10

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out that creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. **New students:** Ask for supply list at registration. *About the instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP **UU** by 10/28.

Impressionistic Landscape Painting with Oils or Acrylics

Wednesdays, November 6-27

AM Class — 113110-10

PM Class — 113210-10

Morning class 9:00-11:30 AM; or afternoon class 1:30-4:00 PM, (OC). \$52 (four sessions). Instructor: Artist/resident Marilyn Rose. AM and PM classes are not interchangeable. Classes are for all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class demonstrations, masterwork examples and individual instruction will be used to help students understand various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for a list of suggested supplies for either oil or acrylic painting or for any question. Please ask for supply list at Activities Desk (OC/KS) upon enrollment. Marilyn has 20 years experience with plein air and studio landscape painting. For more information, visit her website at www.artistmarilynrose.com. RSVP **UU** by 10/30.



Watercolor Workshop: "Winter Sunrise"

Thursday, November 7 — 123110-09

1:00-4:00 PM (OC) \$50. Instructor: David Lobenberg. Learn to paint this dramatic image with a very simple step-by-step layering technique during the three-hour workshop. We will paint on a quarter sheet of watercolor paper (11x15") and use a few warm and



cool colors. This workshop is perfect for beginner-to-more-advanced watercolor painters, and the final painting can be reproduced and made into personalized greeting cards! Pick up materials list at the Activities Desk (OC/KS) or online. RSVP **UU** by 10/31.

Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, November 6-27 — 206110-10

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Barbara Bartling. This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP **UU** by 10/30.



Lladro Workshop

Wednesdays — Ladd3

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

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, November 5-26 — 212110-10

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Mike Daley. An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Mike Daley will be substituting for Jim Alvis. He will carry on the class program of basic hand-building and teach wheel throwing techniques. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP **UU** by 10/29.

Advanced Ceramics

Tuesdays, November 5-26 — 212210-10

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Mike Daley. For self-motivated students/artists with established ceramic skills. Mike's experience and continuing education in

Continued on page 58

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Ceramics — All Levels

Thursdays, November 7-21 — 221110-10

1:00-4:00 PM (OC). \$41 (three sessions). Instructor: Terry Accomando. Open to all skill levels. The 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 [uu](#) by 10/31.

Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

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

Computer

See "Technology" classes on pages 71-74.

Crafts

—Card Making—

Card Making with a Twist

Sunday, October 20 — Sold Out

9:00 AM-12:00 PM (KS). \$20. Instructor Dottie Macken. The

third Sunday of each month, Dottie will be offering a special "Card Making/Paper Crafts" Workshop. If you have some experience with card making this is the workshop for you. All supplies and tools will be provided by instructor. Projects and cards will vary — they will be sure to delight your card making fancy. Class size is limited, so sign up early. **Prerequisite Skill Level:** Must have previous card making experience. *Class is not for beginners.*

Intro to Card Making 101

Tuesdays, November 5-26 — 317110-10

9:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Dottie Macken. Have

you ever wanted to make a card but you weren't sure how to get started? This beginner's class will be a fun three hours of learning how to make greeting cards along with a cute box. Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP [uu](#) by 10/29.



Card Making Level 2

Mondays, November 4-25 — 317210-10

Or Fridays, November 1-22 — 317220-10

9:00 AM-12:00 PM Mondays (KS), 8:45-11:45 AM Fridays (KS). \$38 (four sessions).

Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101, or instructor's approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies provided. RSVP [uu](#) by 10/28 or 10/25.



Origami

Celebration for the Christmas Holiday

Monday, November 18-December 9 — 152110-10

1:00-3:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions). Origami is a Japanese word for folding colorful paper.

It is an ancient Japanese craft handed down from generations. It prospered during the peaceful Tokugawa Era and has been revived these years to bring peace and leisure to those who create them. In this class, instructor will provide detailed instructions on how to fold Christmas unit gift boxes, cards/bookmark, poinsettia, and more (see display window for sample projects). She will also show you interesting uses and wonderful possibilities for your Origami projects. Instructor will demonstrate and provide instructions on making basic fold to beginners who are expected to practice at home for skill improvement. Bring 6x6," 8x8," and 12x12" Origami paper, pencil, ruler, glue, and scissors to class. Origami will surely capture your imagination! RSVP [uu](#) by 11/11.



Continued on page 61

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Painting on Silk

Tuesday, November 5 — Sold Out

1:00-5:00 PM (KS). \$55 plus \$20 supply fee payable to instructor. Instructor/Artist, Ann Ragland Bowns. Ann will guide you through the completion of a hand-painted 11"x 60" flat crepe silk scarf of your own design. The design and color possibilities are endless. All supplies are furnished. Students are encouraged to bring an apron and rubber gloves (although the dye is harmless). Learn two methods of painting: resist to enclose shapes from background and use of line building to create a different shape. Blending and mixing intermediate colors is part of the process and use of salt for a textural pattern will also be shown. See project samples at OC display window. To ensure scarf's washability and permanency of the dye, Ann will steam-set the students' work and return to the students by mail. Ann Ragland Bowns is a well-known, multi-awarded local artist whose works may be seen at the High Hand Gallery, Loomis, and the Crocker Art Gallery Gift Shop, Sacramento. A member of the Sacramento art community since 1959, she has been teaching and conducting art workshops for over 40 years. Her work has been featured in *Sunset Magazine* and published in *The Best of Silk Painting*.



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, November 5-26 — 332110-10

10:00-11:00 AM (KS). \$20 (four sessions). Instructor: Janice Hanzel. No new students will be accepted until 2014. Class continues to move through the eight basic traditional clogging movements: *Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel* at a relaxed pace. 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. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP [uu](#) by 10/29.



Easy to Intermediate Clogging

Tuesdays, November 5-26 — 332210-10

11:00 AM-12:00 PM (KS). \$20 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and

returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP [uu](#) by 10/29.

Intermediate Plus Clogging

Tuesdays, November 5-26 — 332310-10

12:00-1:00 PM (KS). \$20 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take "Step Review through Intermediate Level Clogging." Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP [uu](#) by 10/29.

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, November 4- 18 — 344210-10

7:00-8:00 PM (KS). Instructors Jim & Jeanie Keener, \$15 (three sessions). Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. If you don't have a partner, many of the dances can be done as an individual. RSVP [uu](#) by 10/28.

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, November 4- 18 — 344410-10

8:00-9:00 PM (KS). Instructors Jim & Jeanie Keener, \$15 (three sessions). **Prerequisite:** Beginner level Country Couples for at least six months. After you've completed your Country Couples Beginner class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Classes are taught at a pace consistent with difficulty and length of dance. This session will be a review of dances taught throughout 2013. Get ready for our Holiday party and brush up on all the dances you learned this year. RSVP [uu](#) by 10/28.



—Dancing with Dolly—

New Time! Ballet/Lyrical

Thursdays, November 7-21 — 353561-10

5:00-6:30 PM, (OC Fitness). \$36 (three sessions). Instructor:

Continued on page 63

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Performance Dance

Friday, November 1-29 — 353571-10

2:30-4:00 PM, (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP **UU** by 10/25.

—Hula—

Intermediate/Advanced Hula

Thursdays, November 7-21 — 390210-10

1:15-2:15 PM (KS). \$24 (three sessions). Instructor: Pam Akina. Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval **required** for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP **UU** by 10/31.



—Jazz—

Jazz Class for the Beginner

Thursdays, November 7-21 — 353010-10

11:00 AM-12:00 PM (KS). \$24 (three sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This dance class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old. Turned professional at 18-years-old. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno NV, Nashville TN, Branson, MO, Tokyo Disneyland, TV and video. Come join me! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP **UU** by 10/31.

Jazz Technique 1

Saturday November 2-30 — 353120-10

3:00-4:00 PM (OC). \$40 (five 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. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP **UU** by 10/26.



Jazz Technique 2

Tuesdays, November 5-26 — 353110-10

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginner to professional levels. She has danced professionally across the U.S. and Canada. Performed in USO shows in Europe, her favorite was performing on the USS Nimitz. You will laugh — smile while dancing to fun music that makes you move like nobody is watching. Come join us! We dance to live and live to dance. RSVP **UU** by 10/29.

—Line Dance—

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

Intro to Line Dance

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



- **Mondays, November 4-25 — 360010-10**
6:00-7:00 PM (KS). \$18 (three sessions, no class November 18). Instructor: Audrey Fish. This is a continuation of an eight-week session. This class is closed to new students. RSVP **UU** by 10/29.
- **Thursdays, November 7-21 — 370010-10**
4:30-5:30 PM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. This is the last session of the year and is open to all students. RSVP **UU** by 10/31.

Continued on page 65

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Line Dance I Beginner

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

- **Mondays, November 4-25 — 370110-10**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP **UU** by 10/28
- **Mondays, November 4-25 — 370120-10**
6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Note:** Class was formerly called "Beginners Plus with Yvonne" and continues to be a transition class between beginner and beginner/intermediate. RSVP **UU** by 10/28.
- **Thursdays, November 7-21 — 360110-10**
2:30-3:30 PM (KS). \$18 (three sessions). Instructor: Audrey Fish. RSVP **UU** by 10/31.
- **Fridays, November 1-29 — 380110-10**
12:00-1:00 PM (KS). \$30 (five sessions). Instructor: Sandy Gardetto. RSVP **UU** by 10/25.

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include *Full Turns*, *Three Quarter Turns*, *Sailor Steps*, *Syncopated Vines*, etc.

- **Mondays, November 4-25 — 360210-10**
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP **UU** by 10/28.
- **Wednesdays, November 6-27 — 380210-10**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP **UU** by 10/30.
- **Thursdays, November 7-21 — 370210-10**
9:00-10:00 AM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. RSVP **UU** by 10/31.

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, November 6-27 — 380310-10**
10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP **UU** by 10/30.
- **Thursdays, November 7-21 — 360310-10**
3:30-4:30 PM (KS). \$18 (three sessions). Instructor: Audrey Fish. RSVP **UU** by 10/31.

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.



—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



Continued on page 66

been sharing her love for the art form with our community since 2000.

• **Beginning Tap • Tuesdays, November 5-26 — 410110-10**

9:00-10:00 AM (KS). \$32 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP **UU** by 10/29.



• **Advanced Performance Mondays, November 4-25 — 410710-10**

12:00-1:00 PM (KS). \$32 (four sessions). RSVP **UU** by 10/28.

• **Performance Classes Mondays, November 4-25 — 410610-10**

10:00-11:00 AM (KS). \$32 (four sessions). RSVP **UU** by 10/28.

• **Thursdays, November 7-21 — 410620-10**

10:00-11:00 AM (KS). \$24 (three sessions). RSVP **UU** by 10/31.

• **Thursdays, November 7-21 — 410630-10**

12:00-1:00 PM (KS) \$24 (three sessions). RSVP **UU** by 10/31.

Technique Classes

• **Advanced Technique Class**

Mondays, November 4-25 — 410510-10

11:00 AM-12:00 PM (KS) \$20 (four sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP **UU** by 10/28.

• **Technique Class**

Tuesdays, November 5-26 — 410520-10

10:00-11:00 AM (KS). \$20 (four sessions). RSVP **UU** by 10/29.

• **Technique Class**

Thursdays, November 7-21 — 410530-10

11:00 AM-12:00 PM (KS). \$15 (three sessions). RSVP **UU** by 10/31.

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, November 4-25 — 420110-10**

4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy

Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP **UU** by 10/28.

• **Fridays, November 1-29 — 420120-10**

1:00-2:00 PM (KS). \$30 (five sessions). Instructor: Judy Young. Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP **UU** by 10/25.

—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, November 6-27 — 318110-10

8:00-9:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP **UU** by 10/30.

Intermediate I and II West Coast Swing

Wednesdays, November 6-27 — 318210-10

7:00-8:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must have completed at least three sessions of the four-week classes of the "Introduction to West Coast Swing," or have instructor's approval. RSVP **UU** by 10/30.



Intermediate/Advanced West Coast Swing

Wednesdays, November 6-27 — 318310-10

6:00-7:00 PM (KS). \$28 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variations of West Coast Swing and have attended both the "Introduction" and "Intermediate I and II Levels of West Coast Swing," and/or have instructor's approval. RSVP **UU** by 10/30.

Driver Training

Class will resume in January.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the "Intro to Gem Cutting," "Lost Wax Casting" or "Jewelry Fabrication" classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond



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Glass Art

Fusing Glass and Stained Glass Workshop

Monday, November 4 — 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—

Bugle Boy Bracelet/Necklace

Tuesdays, October 15 & 22 — 513510-09

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Do you like to fiddle with your jewelry? Love bugle beads? Then this project is for you. "Sliders" of bugle beads slip up and down this bracelet or necklace. Such fun – it's worry beads for beaders! The same basic instructions can be used to create a bracelet or a necklace – it's your choice. Check the samples in the Lodges for ideas of how this design looks as a bracelet or a necklace. Be sure you get the proper materials list when you register — look for the name and code # for the class. RSVP UU Now.



Knotty Necklace

Tuesday, October 29 — 513610-09

9:00 AM-12:00 PM (KS). \$20. Instructor: Cathie Szabo. Gift idea alert! Here's a simple and quick necklace that's made for gifting. This class is perfect for anyone – if you can make a knot you can make this necklace. Some beads, some cord, a clasp and a bit of time turns into a necklace that can go casual or dressy. After this class, use this design and your imagination to make gifts for those hard-to-please folks. Check the samples in the Lodges for ideas of how dressy or casual this design can be. Be sure you get the proper materials list when you register — look for the name and code # for Knotty Necklace as well as the photo of the necklace. RSVP UU by 10/22.



Thick & Thin Spiral Necklace

Tuesdays, November 5–19 — 513710-10

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Cathie

Szabo. Time to add a showstopper necklace to your wardrobe? Then this is the one for you. A simple twist necklace takes all the drama you can heap on with accent beads of all types. Add some interesting end caps and fine chain and be ready for those compliments when you wear it! Class is for advanced beaders, those who are comfortable with seed beads or those who have taken the Twisted Branch Necklace class a few years ago. Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Thick & Thin Spiral Necklace as well as the photo of the necklace. RSVP UU by 10/29.



Movies

Holiday Movie Series

Wednesdays, December 4-18 — 521110-10

11:00 AM-2:00 PM (KS). \$20 (three sessions). Instructor: Ray Ashton. Let us get into the holiday spirit with three of our most beloved classic Christmas stories. Together we will journey to discover: *A Christmas Carol* (December 4) — take a look at Dickens' own book and watch scenes from five different movies to tell this great story. *A Christmas Story* (December 11) — based on students' requests, look at the back story of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart, and a time before television in Jean Shepherd's favorite Christmas tale. And last, *It's a Wonderful Life* (December 18) — learn the story behind the making of Frank Capra's Classic starring Jimmy Stewart and Donna Reed ... "what could have been" had our hero not been born. Find out how this wonderful movie came to be. RSVP UU by 11/27.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, November 6-27 — 535110-10

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **No new student will be accepted until January 2014.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most



Continued on page 71

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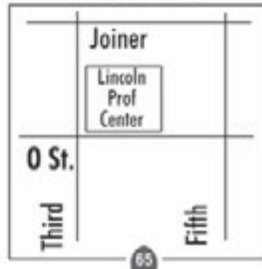
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supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP **uu** by 10/30.

Guitar 2B — Guitar Intro Continuation

Wednesday, November 6-27 — 535210-10

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP **uu** by 10/30.

Guitar III — Intermediate

Thursdays, November 7-21 — 535310-10

8:00-10:00 AM (OC). \$26 (three sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP **uu** by 10/31.

Guitar IV — Advanced

Thursdays, November 7-21 — 535410-10

10:00 AM-12:00 PM (OC). Bill Sveglini. \$26 (three sessions). Instructor: Bill Sveglini. **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 **uu** by 10/31

—Voice—

Beginner Singers Vocal Boot Camp

Friday, November 1-29 — 536110-10

8:30-10:30 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. This is a continuing class. **This session is open to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP **uu** by 10/25.



Singer Vocal Boot Camp Continuation

Fridays, November 1-29 — 536210-10

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill

Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP **uu** by 10/25.

Sewing

Bernina Serger Certification

Monday, November 11 — 591110-10

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP **uu** by 11/4.

Bernina Sewing Machine Certification

Monday, November 11 — 592110-10

2:30-3:30 PM (OC). \$13 (class cost sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP **uu** by 11/4.



Janome Sewing Machine Certification

Monday, November 11 — 593110-10

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP **uu** by 11/4.

Technology

—General—

Getting the Most Out of Gmail

Monday, October 21 — 285310-09

Or Thursday, November 14 — 285310-10

1:00-3:30 PM (OC). November 14 class 9:30 AM-12:00 PM. \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. Many users rely on Gmail as their primary email address. If you don't have a Gmail account, it is time to get one. Gmail is always available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading your email from your current email service provider is no problem with Gmail. In this class, learn to create a Gmail account and use the many features and options available in Gmail that make it such a great email service. With the power of Google Search in your inbox, learn how easy it is to find what you are looking for. Also learn to create special groups from your Gmail contacts that will make it easy for you to send announcements to the different groups in your Village. RSVP **uu** Now or by 11/7.



Super Searching with Google Search

Friday, October 25 — 288210-09

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

Continued on page 72

of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching. RSVP [uu](#) by 10/18.



New! Unlocking the Power of Apple iCloud Monday & Wednesday, October 28 & 30 — 231020-08

9:00-11:00 AM (OC). \$40 (two sessions). \$5 class material fee payable to instructor. Instructor: Bill Smith. Introduced in 2011, iCloud allows users of any Apple device to automatically synchronize their information with their Apple devices — Macintosh, iPhone, iPad, and iPod Touch. Your information is always up-to-date when and where you want it. This includes contacts, calendar, books, music, photos, bookmarks, documents, messages, more). iCloud provides automatic backups for iPhone, iPad, and iPod Touch with a powerful locator feature for your devices and friends. **Day one:** Focus on the basic functionality, options, and setup for your devices. Please bring devices to class (except your desktop). Homework is to go through setup procedures for your devices, selecting preferences, and testing basic operations. **Day two:** Focus on effective use of iCloud, reviewing security, and problems you may be experiencing with more hands-on to help you become proficient using iCloud's many features. **Prerequisites:** Two or more Apple Devices (iPhone, iPad, iPod Touch, Macintosh), Apple iCloud Account, iOS6 on your iDevices and Mountain Lion on your Macintosh. Questions? Call Bill Smith, 802-9957. RSVP [uu](#) Now.



Android 101 Smart Phone and Tablet Monday, November 11 — 255110-10

9:00-11:00 AM (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 [uu](#) by 11/4.



—Social Media—

Facebook 101

Saturdays, December 14 & 21 — 272110-10

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP [uu](#) by 12/7.



—Mac—

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

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

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Vicki White. Class will cover iMovie 11. Learn how to import videos and photos into iMovie so they can be incorporated into a first class production. We will learn to take those important photos and videos like birthdays and weddings and incorporate them into a great keepsake — a movie all will enjoy for years to come. We will choose a theme for our movie and learn to improve the video segments as necessary and trim the clips to eliminate unwanted footage. Enhance our production by adding sound, titles, transitions, and other special effects. **Day one:** Focus on importing videos and photos into iMovie, movie theme selection, adding video segments and photos; video editing to improve quality and length. **Day two:** Focus on enhancing video with audio, titles, and special effects and publishing our video to Facebook, YouTube or Vimeo, if desired. Questions? Contact Vicki White at 408-2148. RSVP [uu](#) Now.



Introduction To iPhoto 11 on the Mac Monday & Thursday, November 4 & 7 — 262210-09

9:00-11:00 AM (OC). \$40 (two sessions). \$5 class material payable to instructor. Instructor: Andy Petro. Learn to get your pictures from a digital camera, email, a CD or a SD card into iPhoto 11, Version 9 on your Mac; get them out for printing; make 'table top' books; and send your photos to others. Learn to create a photo slideshow you can email or



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put on a DVD and to make calendars and cards. Discover how to keep track of your photos, edit, remove 'redeye' automatically and much more. Class will also include how and why to set preferences, understanding different import/export techniques. Learn to use 'Faces and Places' in iPhoto. Room for 10 students using lab's iMacs — if you have your own laptop there is connection space for two, but you must have *iPhoto '11 (Version 9)* installed on your laptop. If you are bringing your laptop, please contact Andy so he can load the example photos on your laptop before class. Questions? Call Andy Petro at 474-1544. RSVP **uu** by 10/28.

—PC—

Windows 8 Training and Tips
Monday, Tuesday and Wednesday,
October 28-30 — Sold Out

2:00-4:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8 is a powerful new operating system that can access thousands of useful, interesting and fun application (apps). It offers the same robust desktop experience as Windows 7 computers. If you have difficulty understanding Windows 8 redesigned start features from your new computer, then take this class. Class includes tips on how to personalize Windows 8 device to make it easy and organized; navigate between its start screen functionality (similar to a tablet) and its desktop functionality (like Windows 7) and set up your login account to keep your Windows 8 PC synced with your other devices. Rita will show you where to find all the features that you're familiar with in Windows XP or Windows 7 — and how to do the same thing in Windows 8. The class utilizes mouse/ keyboard data entry. To receive optimum experience, bring your own Windows 8 laptop if you have one. Handout will be included to reinforce the class work. Questions? Call Rita Wronkiewicz at 543-6962.



Tips & Tricks for Beginning PC Users
Tuesday, November 5 — 282110-09

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. 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 **uu** by 10/29.



More Tips & Tricks for Beginning PC Users

Friday, November 8 — 282210-09

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP **uu** by 11/1.

—Microsoft Office—

Mail Merge

Monday & Wednesday, November 4-13 — 292410-09

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class is designed to provide the student with the ability to execute Microsoft Words' mail merge. We will use it to create labels, form letters, club documents, etc. Great tool for combining your address book (maybe the one created in practical Excel) with labels to print the mailing labels for your holiday letters and cards. RSVP **uu** by 10/28.



Greeting Cards

Monday & Wednesday, December 9-18 — 292410-10

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. Class will use Microsoft Word's Templates to create cards and other fun things and you will also work with Hallmark Studio Cards. RSVP **uu** by 12/2.

—Photo—

How to Use a Digital Camera

Monday, October 28, November 4 & 18 — 262110-09

1:00-3:30 PM (OC). \$45 (three sessions). Instructor: Roy Salisbury. Are you tired of not knowing how to use your digital camera? Take this class! It covers the basics of the digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, photo sizing, as well as what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Learn to download your photos to the computer, resize photos for e-mailing to your family or posting to the internet. Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. Handouts will be provided. RSVP **uu** by 10/21.



Continued on page 77

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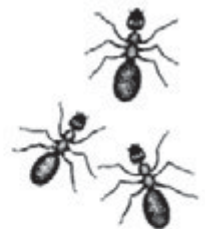
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—Environmental—

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Indoor Nordixx Pole Walking

Monday, Wednesday, Friday,

November 11, 13, 15 — 750000-10

11:00 AM-12:00 PM, Meet in the OC Fitness Center. \$45 (three outdoor sessions). Instructor: Dr. Richard Del Balso. Just 30 minutes of Nordic Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. Dr. Richard Del Balso is a chiropractor and also a Certified Strength and Conditioning Specialist. Especially if you have had hip or knee replacement surgery, this smarter way to walk helps maintain upright posture, reduces compression on low back, hip and knee joints, and burns up to 46% more calories than walking without poles, all while enjoying a low-impact weight-bearing exercise that helps strengthen bones. Register: Fitness Desks or online. RSVP [UU](#) by 11/06.

—Disease Prevention & Management—

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Disease Prevention & Management Punch Card Classes

Arthritis Foundation Aqua Class L1

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

Arthritis Foundation Land Class L1-L2

Tuesdays and Thursdays. 3:35-4:20 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthri-

tis. 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 13 years. Come prepared to improve your body, balance, and have fun! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

The Art of Moving L1

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

Workshop on Pain Management and Anxiety

Monday, October 21 — 872154-09

1:00-2:30 PM. Fine Arts Room (OC). Instructor: Virginia Wyman, Nurse Practitioner. How can anxiety increase pain? Defining anxiety helps understand its role in the presence of pain. This class will explore non pharmaceutical tools used to help diminish anxiety and pain. \$10. Register: Fitness Desks or online. RSVP [UU](#) by 10/14.

Arthritis Class L1-L2

Wednesdays, November 6-27 — 805000-10

Fridays, November 1-22 — 801000-10

Wednesdays 12:10-12:55 PM, Fridays 12:00-12:45 PM, Aerobics Room (OC).

Wednesdays \$28 (four sessions), Friday \$28 (four sessions). Instructor: Lin Hunter.

This class is great for those with arthritis and other rheumatic diseases. Range of motion exercises (stretching and flexibility) help maintain normal joint function. This chair exercise program will gently increase flexibility and range of motion to normal or near-normal range. The class is designed to reduce pain and stiffness and is suitable for any fitness level. Register: Fitness Desks or online. RSVP [UU](#) by 10/25.



Arthritis Class L2

Tuesdays, November 5-26 — 803000-10

Thursdays, November 7-21 — 803100-10

11:15 AM-12:15 PM, Aerobics Room (OC). Tuesday \$30 (four sessions). Thursday \$22.50 (three sessions) Instructor: Lin

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Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided 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 [UU](#) by 10/29.

—Group Exercise—

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

—Lessons—

Masters Swim Class

Mondays & Wednesdays, November 4-27 — 780200-10

12:00-1:00 PM, Indoor Pool (KS). Cost: \$75 (eight sessions) plus optional one-time US Masters Registration of \$48 paid to instructor. Instructor: Joan Marenger. Masters Swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. Masters Swimming is a great way for everyone to get in strength training and cardio exercise while having fun learning the proper biomechanics of all swim strokes: Freestyle, Breaststroke, Backstroke and Butterfly. All levels are welcome! Register: Fitness Desks or online. RSVP [UU](#) by 10/25.

—Mind & Body Connection—

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Beat the Holiday Blues This Year by Learning How to Transform Your Emotions

Thursday November 21 — 820703-10

2:15-3:30 PM, Aerobics Room (KS). \$30: Instructor Sherry Remez. Learn an amazing, medically and scientifically proven method of getting emotional energy that is stuck flowing again. This profound and dynamic workshop guides you to release the burdens of sorrow, anger, anxiety, worry and grief that seem to arise, especially during the holiday season. Using specific sound vibrations, you can get your energy moving, so you can “go with the flow” and enjoy the holidays more fully. You will learn how to break the cycles of emotional suffering effectively, without drugs. Long time energy healing practitioner and Qigong instructor Sherry Remez will share a method to transform and integrate the energy of emotions. Register: Fitness Desks or online. RSVP [UU](#) by 11/14.

Mind & Body Punch Card Classes

Pilates Fit L2

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

Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Lola Lundquist. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes 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). \$3.50 per class. Instructor: Joanie Martin. Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ah-hhh! Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Qigong (“chee-gong”) L1

Thursdays, 1:00-2:00 PM, only time slot starting November 7. Aerobics Room (KS). \$3.50 per class. Instructor: Sherry Remez. Enjoy profound relaxation and rejuvenation doing slow, easy, gentle movement and visualization meditations. Standing or seated. Perfect for all fitness levels. Results of regular practice are medically documented: stress relief, increased immune response, more mental clarity and emotional stability, and longevity as you ‘go with the flow’ of your life. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Mind Training for Sleep L1

Wednesdays, 6:00-7:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a

Continued on page 83

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New! Beginning Yoga L1

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

Rise and Shine Yoga L2

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

Yoga Basics L1

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

Yoga Flow L2

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

Aqua Yoga L1

Mondays, November 4-25 — 832001-10

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breath-

ing 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 [UU](#) by 10/28.

Evening Hatha Yoga L2

Tuesdays, November 5-26 — 711000-10

6:00-7:15 PM, Aerobics Room (KS). \$44 (four sessions) Instructor: Susan Hayes. Avoid holiday stress and weight gain with this 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 [UU](#) by 10/29.

Evening Yoga and Meditation L1

Thursdays, November 7-21 — 711100-10

6:00-7:30 PM, Aerobics Room (KS). \$33 (three sessions) Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and a brief meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP [UU](#) by 10/31.

New Time! Meditation L1

Tuesdays, November 5-26 — 712400-10

4:30-5:30 PM, Aerobics Room (OC). Instructor: Susan Hayes. \$40 (four sessions). Have you always wanted to meditate? Has your doctor (or best friend) told you that you need to meditate? Have you tried to meditate, and thought that you failed? This four-week meditation class is for you! We will discuss the reasons for and effects of meditation, the various ways to meditate, and simple techniques to help you “get there.” Register: Fitness Centers/online. RSVP [UU](#) by 10/29.



Extra Gentle Yoga L1

Tuesdays, November 5-December 17 — 710000-10

Thursdays, November 7-December 19 — 710012-10

12:45-1:45 PM, Aerobics Room (OC). \$66 (six sessions, no class the week of Thanksgiving, November 26-28). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. We use a chair for about half of the class. The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is “yoga is not supposed to hurt.” If you've been curious about yoga but a bit intimidated, this

Continued on page 85



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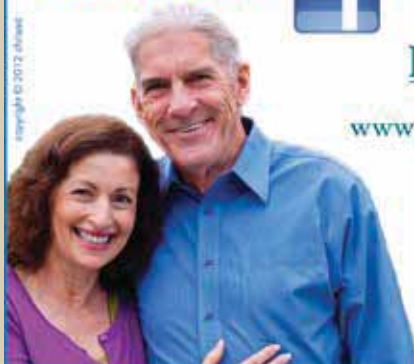
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Traditional Hatha Yoga L2

Tuesdays, November 5 - December 17 — 710100-10

Thursdays, November 7 - December 19 — 710120-10

2:00-3:30 PM, Aerobics Room (OC). \$66 (six sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP [UU](#) by 10/29



Tai Chi L1

Tuesdays, November 5, 12, & 26 — 730100-10

Saturdays, November 2, 9, 16 & 30 — 730200-10

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Tuesdays \$30 (three sessions); Saturday \$40 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and chi gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and chi gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP [UU](#) by 10/29.

Tai Chi Intermediate L2

Tuesdays, November 5, 12, & 26 — 730300-10

2:45-3:45 PM, Aerobics Room (KS). \$30 (three sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP [UU](#) by 10/29.



Yoga for Osteoporosis L1

New! Mondays, November 4 -25 — 711200-10

Fridays, November 1-29 — 710200-10

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45

PM, Aerobics Room (KS). Monday \$44 (four sessions). Friday \$55 (five session). Instructor: Susan Hayes. 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 deep breathing and deep relaxation. Register: Fitness Desks or online. RSVP [UU](#) by 10/28.

—Money Matters—

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

Getting Your Stuff Together: Organizing Your Estate Monday and Tuesday, November 18 & 19 — 863000-10

9:00 AM-12:00 PM, Oaks (OC). \$30 for both sessions, + \$25 material fee paid to instructor on first day of class. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready. Register: Fitness Desks, Activities Desks or online. RSVP [UU](#) by 11/11.



How to Spot Bad Investment Advice

Tuesday, November 26 — 870000-10

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Fortunately and unfortunately, there is no shortage of investment advice available to individual investors. Local and national media, investment self-help books and periodicals, as well as investment firm's sales literature are abundant and willing to give you advice on how to invest. Come to this class to learn how to decipher which advice is most effective and current and which can help you out in retirement. Register: Fitness/Activities Desk or online. RSVP [UU](#) by 11/19.

Let's Talk About Advance Health Care Directives

Tuesday, December 03 — 863100-10

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before complet-



Continued on page 87

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—Personal Growth—

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How to Play Sudoku

Tuesday, October 29 — 870000-09

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott Since the early 2000's, America has been provided daily Sudoku puzzles in local newspapers. Long a source of challenge given to students in Asia to develop logic skills, you can now learn an easy, effective way to master some of the hardest Sudoku puzzles down to the easiest. Come learn a system developed by our own Russ Abbott who has tackled and solved the most extreme Sudoku puzzles in the world. Register: Fitness/Activities Desk or online. RSVP **UU** by 10/22.



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

Tuesdays, November 5-26 — 815000-10

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness Desks or online. RSVP **UU** by 10/29.



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New! SGT — Art of Strength Training L2

Mondays & Wednesdays,

October 21-November 13 — 835900-AN

11:30 AM-12:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor Nick Gagnon. Are you looking to gain some strength in much needed areas? Are you looking to increase your lean muscle, and don't know how to begin, then this class is for you. This resistance training class is for people seeking to become stronger, build lean muscle, and to burn fat. This class will use various strength training techniques and concepts which will help anyone improve their areas of concern. Class will use Free weights, Stability balls, TRX, and Resistance bands. Register: Fitness Desk or online. RSVP **UU** by 10/14.



SGT — Beginner TRX Express L1

Mondays & Wednesdays,

October 30-November 25 — 835210-AO

December 2-December 23 — 835210-AN

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Curious about small group training? This class teaches the basic moves of the TRX with a sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe / effective workout. Register: Fitness Desk or online. RSVP **UU** by 10/23 or 11/25.



SGT — Bootcamp L2

Tuesdays & Thursdays,

October 24-November 19 — 835300-AO

November 21-December 19 — 835300-AN

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions, no class November 28). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP **UU** by 10/17 or 11/14 .

SGT — Bootcamp L3

Mondays & Wednesdays,

November 20-December 16 — 835400-AN

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez

New! Tuesdays & Thursdays

November 5-December 3 — 835400-BN

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions, no class November 28). Instructor: Nick Gagnon. 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

Continued on page 90



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looking for a serious change to their current level of fitness. Register: Fitness Desks or online. RSVP **UU** by 10/29 or 11/13.

It's Back! SGT — Circuit Express L1

Mondays & Wednesdays, October 7-30 — 835200-AO

November 20-December 18 — 835200-AN

5:00-5:30 PM, Fitness Floor (OC). \$70 (eight sessions, no class November 27). Instructor : Julia Roper. 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 **UU** by 9/30 or 11/13.

SGT — First Steps to Fitness L1

Mondays & Wednesdays,

October 23-November 18 — 835500-AO

November 20-December 16 — 835500-AN

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

Starting a new experience may seem a little overwhelming. That's why "First Steps to Fitness" is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility, and more. Register: Fitness Desks or online. RSVP **UU** by 10/15 or 11/13.



SGT — "Fun"ctional Fitness L2

Tuesdays & Thursdays,

October 29-November 21 — 835600-AO

November 26-December 31 — 835600-AN

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions, no classes November 28, December 24 & 26). Instructor: Deanne Griffin. A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP **UU** by 10/22 or 11/19.

SGT — Healthy Back L1

Tuesdays & Thursdays,

October 31-November 26 — 835700-AO

December 3-31 — 835700-AN

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions, no class November 26). Instructor: Kathryn Shambre. This class

is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP **UU** by 10/24 or 11/26.

SGT — Healthy Back L2.

Mondays & Wednesdays,

October 21-November 13 — 835701-AO

November 18-December 11 — 835701-AN

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1. Register: Fitness Desk or online. RSVP **UU** by 10/14 or 11/11.

New! SGT — Ski Conditioning L2

Mondays & Wednesdays,

November 20-December 18 — 835900-AN

6:00-7:00 PM, Aerobics Room (KS). \$135 (eight sessions, no class November 27). Instructor: Julia Roper. This is the only session being offered this year, don't wait to sign up! This class has been designed specifically for skiers looking to get in shape for more enjoyable, injury free season. Training will consist of strength exercises specific to the muscle groups that are based on the mountain, as well as cardio specific exercises that mimic the movement patterns of skiing. This training is open to all levels of skiers.

New! SGT — Swimming 101 L1

Monday & Wednesday, November 4-27 — 835930-AN

1:15-2:15 PM, KS Indoor Pool. \$135 (eight session). Instructor: Joan Marenger. Anyone who wants to revisit the basics of swimming can jump in. This group lesson targets techniques of all four strokes, breath control and simple biomechanics of the strokes (arm stroke, body roll, and kicks). There is no intimidation here, just comfort conditioning and fun. Register: Fitness Desks or online. RSVP **UU** by 10/28.

SGT — TRX Interval Training L2

Mondays & Wednesdays,

December 2-23 — 835800-AN

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their perfor-

Continued on page 92



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Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City of Lincoln) at OC Lodge Thursday, October 17, and November 7 & 21 at 9:00 AM

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office (next to the Activities Desk (OC). Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday.

Please note time change starting in October.



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mance and their bodies with TRX! Register: Fitness Desks or online. RSVP **UU** by 11/25.

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-AN

Fitness Floor (KS). \$30 (one session).

Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. This session is a prerequisite for Pilates Reformer



L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations / goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions.

Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.

SGT — Level 1 Pilates Reformer L1

Mondays & Fridays

Will resume January 2014. 7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Paula Ainsleigh.

Mondays & Wednesdays,

November 6-December 2 — 835120-CO

December 4-30 — 835120-CN

2:00-3:00 PM, Fitness Floor (KS). \$135 (eight sessions, no class December 25, make-up class TBA). Instructor: Joanie Martin.

Mondays & Wednesdays,

October 28-November 20 — 835120-DO

November 25-December 18 — 835120-DN

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

Tuesdays & Thursdays,

October 17-November 12 — 835120-EO

November 14-December 17 — 835120-EN

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions, no class November 28 & December 12). Instructor: Domine Trosky.

Tuesdays & Thursdays,

November 26-December 24 — 835120-FN

2:00-3:00 PM, Fitness Floor (KS). \$135 (eight sessions, no class November 28). Instructor Robert Sanchez.

New Day! Tuesdays & Fridays,

December 3-December 27 — 835120-HN

8:30 AM Tuesday, 9:30 AM Fridays, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. 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 on this page.) Register: Fitness Desks or online. RSVP **UU** by seven days prior to class start date.

SGT — Level 2 Pilates Reformer L2

Tuesdays & Thursdays,

October 17-November 14 — 835130-AO

November 19-December 17 — 835130-AN

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions, no class October 31 & November 28). Instructor: Eve Webber.

Mondays & Thursdays,

October 31-November 25 — 835130-BO

December 2-23 — 835130-BN

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

Mondays & Wednesdays,

October 28-November 20 — 835130-CO

November 25-December 18 — 835130-CN

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

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

New! SGT—Reformer Boot camp L3

Mondays & Wednesdays,

November 25-December 18 — 835140-AN

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

Instructor: Eve Webber. This class builds on the L2 Reformer adding more intense exercises, in addition to use of intervals adding in TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for 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 **UU** by seven days prior to class date.



SGT— Special Populations Reformer L1

Mondays & Wednesdays,

November 25-December 18 — 835160-AN

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions).

Tuesdays & Thursdays,

November 19-December 17 — 835160-BN

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions, no class November 28).

Tuesdays & Thursdays,

November 19-December 17 — 835160-CN

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

November 28). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 92.) Register: Fitness Desks or online. RSVP **uu** by seven days prior to class date.

–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.

Emotional Counseling

Carol Karkazis, MA: 672-8533.

Estate/Financial Planning

Russ Abbott, Wealth Advisor: 797-7760.

OC WellFit Class Schedule November 2013

Time	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
6:15							
7:00							
7:15							
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1- Jeri		Stretch Exp. L1-Jeri		
8:00	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3- Jeri	Low Impact L3- Jeri	
8:30							
9:00	Zumba L3 - Andi	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	Step & Sculpt L2-Jeri	Yoga Basics L1-Karen	
9:30							
10:00	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Karen	Ball and More L2 - Domine	Yoga Flow L2- Karen	Cardio Dance & Sculpt L3-Domine	Tai Chi L1-Peli	
10:30							
11:00	Piloga L2 - Lola		Piloga L2 -Lola		Piloga L2-Lola		
11:30		Arthritis L2 (11:15-12:15)- Lin		Arthritis L2 (11:15-12:15)- Lin			
11:45	Basic Low Impact L1 - Kathryn		Arthritis L1/2 (12:10-12:55)-Lin		Arthritis L1/2 -Lin		
12:00							
12:30	Chair with Flair L1 - Cindy	Extra Gentle Yoga L1 (12:45-1:45)-Julie	Chair with Flair L1- Cindy	Extra Gentle Yoga L1 (12:45-1:45)-Julie	Basic Chair L1-Lola		
12:45							
1:00	Balance Exp L1 - Cindy	Traditional Hatha Yoga L2 -Julie	Balance Exp L1-Cindy	Traditional Hatha Yoga L2 -Julie		Act. Class (beg jazz)	OPEN BOOKING
1:30							
1:45							
2:00							
2:30							
3:00	MoveWell Today-Christine/Cathy	AF Land L1-L2 Cathy	MoveWell Today-Christine/Cathy	AF Land L1-L2 Cathy	Act. Dance Class	Act. Class (jazz)	
3:30							
4:00	Zumba L3 - Andi	Meditation L1 - Susan	Zumba L3- Andi	Act. Dance Class			
4:30							
5:00							
5:30	Yoga for Osteo L1- Susan	Self Defense -Paul	Mind Training for Sleep L1 -Iram	Act. Dance Class			
6:00							
6:30							
7:00							
7:30							
7:45							
8:00							

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

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

OC Aqua WellFit Class Schedule November 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
8:00	Water Works L3 - Deanne		Water Works L3- Annamarie		Water Works L3- Roman		
8:30	 L2 Annamarie		 L2 - Annamarie		Water Works L3- Roman		
9:00							
9:30		Water Works L3 - Deanne	Core n More L3- Kathryn	Water Works L3 - Deanne			
10:00							
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	Splash Dance L2- Tami	Water Works L3 - Deanne	 L2 Lisa		
11:00							
11:30	AF Aqua L1- Cathy		AF Aqua L1- Tami		AF Aqua L1- Cathy		
12:00							
12:30	Aqua Yoga L1- Joanie						
1:00							
1:30							
2:00							
2:30	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
3:00							
3:30							
4:00							
4:30							
5:00	 L2 David	Water Works L3- Roman		Water Works L3- Roman			
5:30							
6:00							

Wellness Classes (session based)

Disease P & M (punch card) \$4.00

Group Exercise (punch card) \$2.75

For class details please refer to the Wellness & Fitness section

KS WellFit Class Schedule November 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS KS FLOOR	KS SGT- Bootcamp L2 Robert	KS KS FLOOR	KS SGT- Bootcamp L2- Robert	KS KS FLOOR	KS	KS
7:00							
7:15							
7:30							
8:00							
8:30	Everybody Can L2 - Lin	Low Impact L3 - Annmarie	HI NRG Cycle L3 - Brandy	Mixed Level Cycle L2-Deanne	HI NRG Cycle L3 - Deborah	Rise & Shine Yoga L2- Ashley	
9:00				Low Impact L3 - Annmarie		HI NRG Cycle L3 - Dove	
9:30							
10:00	Circuit L3 - Romon	SGT- Reformer L1- Robert	SGT- Reformer L1- Robert	Low Impact L3 - Annmarie			
10:30	Strictly Strength L2 - Romon	SGT- Reformer L1- Robert	SGT- Reformer L1- Robert	Low Impact L3 - Annmarie			
11:00							
11:30	SGT - Art of Strength L2- Nick	SGT- Reformer L1- Robert	SGT - Art of Strength L2- Nick	Mixed Level Cycle L2-Deanne	Cardio Strength L3-Deborah	Strictly Strength L2-Jeri	
12:00							
12:30	SGT- First Steps L1- Robert	SGT- Reformer L1- Dominie	SGT- First Steps L1 Robert	SGT- Functional Fit L2- Deanne			
12:45							
1:00							
1:30							
1:45	Beginn, Yoga L1- Susan		Act. Dance Class	Qigong L1 - Sherry	Art of Moving L1 Renae		
2:00							
2:30	SGT - TRX Interval L2- Julia		SGT - TRX Interval L2- Julia	Emotion Workshop 11/21			
3:00							
3:30	SGT-Beg. TRX L1- Julia		SGT-Beg. TRX L1- Julia				
4:00	SGT Healthy Back L2-Kathryn		SGT Healthy Back L2- Kathryn				
4:30							
5:00	SGT- Bootcamp L3 Robert		SGT- Bootcamp L3 Robert				
5:30							
6:00	SGT- SHI Condit. L2 Julia		SGT- SHI Condit. L2- Julia				
6:30							
7:00							
7:30							
7:45							
8:00							

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

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



The 1973 Roseville Railroad Explosion
Thursday, October 17 — Free

9:30-11:00 AM, P-Hall (KS). Retired Southern Pacific railroad conductor Walt Wilson will present this story with slides and eye-witness accounts. On April 28, 1973, a 103-freight train headed to a Naval Bay Station from Nevada was stationed in the Roseville Antelope yard, with 23 cars carrying 7000 ammunition bombs. Around 8:00 AM, explosions thundered, pummeling smoke into the air, destroying many buildings, mangling rail sections, and leaving huge craters. Sound waves travelled many miles, shattering most windows within three miles of the incident. Thousands of spectators gathered along the roads to view this event. Around 50 people were hurt, but no fatalities occurred. What did one learn? Session will be video-recorded. Q&A will be informative.



Belching and Burning: GERD and Other Upper GI Disorders
Wednesday, October 23 — Free

7:00-8:30 PM, Ballroom, (OC). Ronald Hsu, M.D., Sutter independent Gastroenterologist, will discuss aspects of the most common upper gastrointestinal disorders including gastroesophageal reflux disease (GERD), ulcers, and Barrett's esophagus (abnormal tissue in the esophagus from chronic GERD). He will clarify if and when belching is



Roadmap to Medicare, 2013-2014
Thursday, October 31 — Free

3:00-5:00 PM, Ballroom (OC). Margaret Reilly, Health Insurance Counseling and Advocacy Program Director (HICAP), and Marilyn McCullough, Lincoln resident and HICAP volunteer, will present an overview of Medicare. They will discuss things to consider when selecting a Medicare Supplemental Plan, and when it might be beneficial to change Supplement plans. They will also review how Medicare is impacted by the Affordable Care Act (ACA), and discuss how to preserve Medicare by preventing Medicare Fraud. There will be ample time for questions. Please join us for this timely presentation as we enter Medicare's Annual Election Period. Q&A to follow presentation.



The Monsters in the Closet: Anxiety and Depression
Wednesday, November 20 — Free

7:00-8:30 PM, Ballroom (OC). Benjamin Kaufman, MD, Board Certified Psychiatrist, will talk about depression and anxiety as inherent components in a normal life and how these mental issues impact us. Although often considered as toxic, these "monsters" can also lead us to create growth opportunities that enable us to experience joy and satisfaction in our lives. As the holidays trigger in us expectations and hopes for renewed purpose, learn how to do this in a healthy way by attending Dr. Kaufman's interactive and informative presentation.



Community Forums, Date, Time, Location

- **The 1973 Roseville's Railroad Explosion**
 Thursday, October 17, 9:30 AM, P-Hall (KS)
- **Belching and Burning: GERD & other Upper GI Disorders**
 Wednesday, October 23, 7:00 PM, Ballroom (OC)
- **Roadmap to Medicare, 2013-2014**
 Thursday, October 31, 3:00 PM, Ballroom (OC)
- **The Monsters in the Closet: Anxiety and Depression**
 Wednesday, November 20, 7:00 PM, Ballroom (OC)

Connections

Continued from page 3

try to emulate it as much as possible in their own communities. We have always said that anyone can build a home, but it's the Lifestyle offerings and the maintenance and use of our facilities, Open Space, parks, and sporting areas that help to create our premiere Del Webb Community.

Recognition and thanks is given to the hundreds of volunteers who actively serve as Board of Directors, Committee Chairs and members, contributors to the Association's *Compass*, Events, Library, Performing Arts activities, the Association Club

and Group leaders, and to the Neighborhood Watch leaders. We also recognize those who serve our community through non Association sponsored groups including Neighbors InDeed and the Lincoln Hills Foundation. Thank you all for your service and for sharing your time and talent.

As Doug Brown discovered in his interviews with residents in their nineties (page 15), the secret to longevity is to "stay active and always look on the bright side." Enjoy the many autumn activities we have planned, keep active, volunteer to help and enjoy the Lincoln Hills Lifestyle. I'll see you in the Lodge.



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WHO: Sun City Residents
WHAT: AMA RIVER CRUISE Presentation
WHEN: October 23, 2013, 12:00-2:00pm
WHERE: Orchard Creek Lodge
WHY: To learn about River Cruising!
 Join Club Cruise and river cruise expert Andy Magistrale for a Free Slide Show & Presentation in the Solarium
RSVP Required. Limited to the first 40 people.
 Light snacks and refreshments will be served.

WHO: Sun City Residents
WHAT: Solo Travelers Mixer
WHEN: October 17, 2013, 4:00-5:30pm
WHERE: Club Cruise
WHY: To mix and mingle with other solo travelers. Meet a companion for future trips or join a group.
 Light snacks and refreshments will be served.

Call Club Cruise and reserve your spot at one of these two fun events. Hurry before it's too late!

CLUB CRUISE & Travel 916-789-4100
Located at 851 Sterling Parkway, Lincoln CA



Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs Café 408-1682

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•The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti tina.ginnetti@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

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

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

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

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

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

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

Kilaga Springs Café

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

Sunday 8:00 AM-4:00 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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(916) 771-7185

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General Manager, LH Golf Club

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ssilva@lincolnhillsgolfclub.com

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Compass



October 2013



Supplied by Community Energy

Solid Patio Covers



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

Lattice Patio Covers



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



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Retractable Window Awnings On Sunrooms

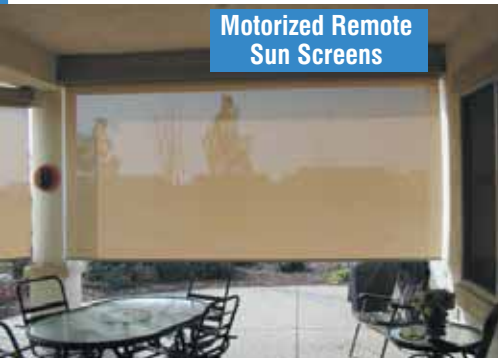
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

Retractable Patio Covers



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

Motorized Remote Sun Screens



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



UV Protection Sun Screens



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

www.donsawnings.com

Don's Awnings, Inc.

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