



Compass

February 2014



**Annual Meeting of Members
Thursday, February 20... page 2**

**Drought! What is the
Association Doing?... page 2**

**Club Expo's New Name — "It's the Lifestyle"
Thursday, March 13... page 4**

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On the cover

February 14 marked the 15th year since our SCLH home sites went on sale. Pictured here are some of the 30 original Sun City Lincoln Hills ambassadors that assisted Del Webb realtors introduce prospective buyers to our community. Those pictured are named below. Happy Birthday Sun City Lincoln Hills!

Tom & Sandy Barlow; Roger & Rosemary Bryan; Penne Cosgrove; Jack & Regina Fabian; Bob & Peggy Gentry; Tuck & Sally Halsey; Dick & Helen Harvell; Allan & Karin Kiisk; Wolf & Janice Oplesch; Dick & Mel Rooney; Jerome & Janet Venjohn; Sheron Watkins; Dan & Linda Wilson; Lee Wright



Board of Directors Report

Drought! What is the Association Doing?

Ken Silverman, President, SCLH Board of Directors

We all know that this year will be one of the worst in regards to availability of water for both our Association and individuals. Here are some of the facts for our area:

- 2013 Driest Year on Record
- 2014 Continues this trend
- 2013 Golf Usage = 111 million gallons
- 2008 Golf Usage = 121 million gallons (all time high)
- 2013 Building Usage = 11.2 million gallons
- 2008 Building Usage = 14.8 million gallons (all time high)
- SCLH Soil Conditions = Not ideal
- Maturing Trees/Shrubs = Need more water
- Current local situation stable (NID/PCWA at 90% capacity)
- However – Restrictions inevitable (see Folsom/Sacramento/Mendocino County)
- Rising Water \$ = Rising Electric \$

As you can see, we have been continually working on reducing our usage over time but we plan to do more. The SCLH approach will include:

- Leak detection/repair (main line leak = 16-24k per day)
- High efficiency flush valves/faucets
- Continued conversion to high efficiency sprinklers where appropriate

- Installation of additional gate valves to better isolate areas
- Installation of flow meters (early detection)
- Installation of waterless urinals (40k savings)
- Turf Reduction (where appropriate)
- Water Usage Analysis (outside vendor)
- Eval/Re-Eval of Irrigation Schedules
- Use of Evapo-Transpiration (a method of measuring the water loss from the ground surface and the transpiration of surface water by plants)
- Vegetation Analysis
- Training
- Technology — leak noise data logging correlator (radio logger used to locate leaks)

Can we help you? Yes. The Association in conjunction with the Architectural Review Committee will be setting up a task force to address drought resistant plants and appropriate irrigation system installations. We will be soliciting input from nurserymen, landscape contractors and our own Gardening Club. It is also our intent to hold a community workshop to solicit resident input which should start in late February. Check your drip lines, make sure there are no leaks and you might consider low flow shower heads if you don't have them.

The Annual Meeting of Members: Thursday, February 20 • 1:00 PM • OC Ballroom

The Annual Meeting of Members will be held Thursday, February 20 at 1:00 PM in the OC Ballroom followed by a Special Meeting to appoint the three candidate

incumbents to the BOD and an organizational meeting to select officers. You are encouraged to attend and participate in the governance process.

Committee Openings, Videographers Needed, Volunteers Sought to Assist During Entertainment Programs

• There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under the *News* header. Below are the committees with current

openings. Your interest and participation is paramount to the successful governance of your Association.

- Architectural Review Committee (ARC)
- Clubs & Community Organization Committee (CCOC)

Please see "Openings" on page 5

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

February 14 marked the 15th year of the opening of Del Webb's Sun City Lincoln Hills. On that day in 1999, home sites were sold by lottery to a large group of hopeful residents-to-be gathered in the Sales Pavilion. A number of the people there on that day are shown in the photo below.

In celebration of our 15th anniversary, we brought many of the 30 original Sun



City Lincoln Hills ambassadors together for the cover photo for this month's *Compass* magazine. Ambassadors assisted Del Webb realtors introduce prospective buyers to our community. They, and all residents who moved in during the first five years, are considered "pioneers" in our community, key to contributing to the foundation of our Association and its programming. The positive attitude that launched our community 15 years ago and invigorated the lifestyle you lead today is a result of vision, collaboration, and your participation. Please save the date to celebrate our 15-year milestone with a party, including a community parade, Saturday, October 18 from 10:00 AM -5:00 PM. More details will follow in the months to come.

New this year is *It's the Lifestyle*, Thursday, March 13 from 10:00 AM to 1:00 PM in the OC Lodge. This event, formerly the Club Expo, will showcase clubs, groups, non-profit organizations, and the Association by providing a



Please see "Connections" on page 5



Some of the February 1999 home buyers

Calendar of Events

February 15-March 31

| Date | Event | Page # |
|----------|---|--------|
| 02/17 | Astronomy: "Expansion and Age" 21 | |
| 02/17 | Astronomy: "Distances, Appearances and Horizons" 21 | |
| 02/17 | Genealogy "Understanding US Census Records" 27 | |
| 02/18 | NEV Ownership, Maintenance & Benefits 29 | |
| 02/18 | Comedy Night at KS: Steve Barkley 43 | |
| 02/18 | Forum: Money in Politics 96 | |
| 02/20 | Book Discussion: <i>Fall of Giants</i> 23 | |
| 02/20 | Speaker: Wife of Original Tuskegee Airman 35 | |
| 02/20 | Bus Trip: Colusa Casino 45 | |
| 02/21-23 | Painters Club Fine Arts Show 30, 39 | |
| 02/25 | Concert: The Saxophobia Quartet 42, 43 | |
| 02/25 | Bus Trip: Crocker Art Museum 47 | |
| 02/26 | Community Forum: Fountain of Youth 10, 96 | |
| 02/26 | "Understanding Alzheimer' Disease" 21 | |
| 02/27 | The Latest in Ski Equipment & Apparel 33 | |
| 02/27 | Overnight: Sun City Snow Train 53* | |
| 02/28 | Music Group sponsored Open Mic Night 30, 39 | |
| 03/03 | KS at the Movies: "Date Night" 39 | |
| 03/03 | KS Music Night: Martini Crush 43 | |
| 03/05 | "Observing the Night Sky from Lincoln Hills" 21 | |
| 03/05-06 | Players Group: "The Odd Couple" 31, 43 | |
| 03/06 | Investment Speaker from Goldman Sachs 28 | |
| 03/06 | Overnight: Sun City Snow Train 53* | |
| 03/07 | Country Couples St. Patty's Day Dance 25 | |
| 03/11 | Bus Trip: Broadway Sac. Blue Man Group 47*, 53* | |
| 03/11 | Community Forum: Alive in the Light 96 | |
| 03/12 | "What a Graphics Illustrator Does" 25 | |
| 03/13 | "Echolocation: Seeing With Your Tongue" 26 | |
| 03/13 | Eye Contact Group: "Latest Available Technology" 26 | |
| 03/13 | It's the Lifestyle, formerly Group Expo 4, 39 | |
| 03/13 | Bus Trip: deYoung Museum, Georgia O'Keeffe 47 | |
| 03/14 | "Windows Photo Gallery" 25 | |
| 03/14 | Concert: Have a Little Faith 42, 44 | |
| 03/18 | Extended Travel: Palm Springs 53* | |
| 03/18 | Community Forum: It's Saudi Duty Time! 96 | |
| 03/20 | Book Discussion: <i>A Being So Gentle</i> 23 | |
| 03/25 | Concert: Tom Rigney and Flambeau 44 | |
| 03/26 | Bus Trip: Peter & the Starcatcher, Harris Center 47 | |
| 03/26 | Community Forum: Don't Lose Sleep Over It 96 | |
| 03/27 | Bus Trip: Off to the Races 45 | |
| 03/29 | Bus Trip: Oakland A's vs. San Francisco Giants 49 | |

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

Upcoming Association-Related Meetings: Date, Time, Place

February 15-March 31

| | |
|---|--|
| Finance Committee Meeting | Wednesday, February 19, 9:00 AM, Solarium |
| Golf Cart Registration | Thursday, February 20, March 6 & 20, 9:00 AM, OC Lodge |
| Board of Directors Annual Mtg. of Members | Thursday, February 20, 1:00 AM, Ballroom |
| ARC/Architectural Review Committee | Monday, February 24, 9:00 AM, Solarium |
| Board of Directors Meeting | Thursday, February 27, 9:00 AM, Presentation Hall (KS) |
| Board of Directors Special Meeting | Thursday, February 27, 10:30 AM, Heights |
| Board of Directors Executive Session | Thursday, February 27, 11:00 AM, Heights |
| CCOC/Clubs & Community Organizations | Tuesday, March 4, 9:30 AM, Heights |
| Compliance Committee Meeting | Wednesday, March 5, 10:30 AM, Solarium |
| Elections Committee Meeting | Friday, March 7, 10:00 AM, Solarium |
| ARC/Architectural Review Committee | Monday, March 10, 9:00 AM, Heights |
| Properties Committee Meeting | Tuesday, March 11, 1:00 PM, OC Fine Arts |
| Listening Post | Wednesday, March 12, 9:00 AM, Solarium |
| CCRC/Communications & Community Rel. | Friday, March 14, 9:30 AM, Solarium |
| Finance Committee Meeting | Thursday, March 20, 9:00 AM, Oaks |
| ARC/Architectural Review Committee | Monday, March 24, 9:00 AM, Heights |
| New Resident Orientation | Monday, March 24, 1:00, Solarium |
| Board of Directors Meeting | Thursday, March 27, 9:00 AM, Presentation Hall (KS) |
| Board of Directors Special Meeting | Thursday, March 27, 10:30 AM, Solarium |
| Board of Directors Executive Session | Thursday, March 27, 11:00 AM, Solarium |

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



THURSDAY, MARCH 13
10:00AM TO 1:00PM
OC BALLROOM

Formerly the Club Expo, come explore a wide variety of clubs and groups to join. Get involved with a volunteer or community service organization. See what your Association has to offer.



CLUBS, ORGANIZATIONS, AND ASSOCIATION AMENITIES



CELEBRATE THE EXCITING LIFESTYLE OPPORTUNITIES AVAILABLE IN YOUR COMMUNITY

WellFit News

Rejuvenate Your Lifestyle!

Deborah McIlvain, Director of Fitness

Rejuvenate your passion, your fitness, your eating habits, and your lifestyle. Our theme of **rejuvenation** will bring you new programs, new classes, new inspirations,



and even a new name for us. Our Wellness & Fitness Centers will now go by "WellFit" to promote our staff and program focus on your wellness through fitness!

Are you passionate about something and stopped because you thought "I don't have enough time or I'm just tired or I just don't know where to start?" **Rejuvenate your passion.** What is your passion? I have found through the years that when we do things that excite us we are actually *rejuvenated*; we actually grow stronger and more inspired. Let us help you find what motivates you and ignites your passion. **Rejuvenate your fit-**

ness with Team 200! We can help you find that program that inspires your passion and also rewards you at the same time. Earn points February 3-November 3 and reach Bronze, Silver, and Gold milestones! At each milestone you can earn different prizes such as exercise passes, Wellfit T-shirts, and more. Stop by the Fitness Centers for more details on program

"Our theme of **rejuvenation** will bring you new programs, new classes, new inspirations, and even a new name for us. Our Wellness & Fitness Centers will now go by 'WellFit' to promote our staff and program focus on your wellness through fitness!"

and prize details. **Rejuvenate your eating habits** through our nutritional workshops. Currently we are offering six workshops focused on different topics like diabetes,

heart disease, cancer and more.

Refer to pages 77-92 or go online to check out all of our offerings. *Save the date* for our annual Wellness Days "**Rejuvenate Your Lifestyle One Step at a Time**" a three-day event coming in May. So join the WellFit team as together we **re-ju-ve-nate (verb): "to make someone feel or look young, healthy, or energetic again, to give new strength or energy to something!"**

Connections

Continued from page 3

variety of information, games, and people to chat with about becoming involved. Please see page 4 for more information. We look forward to seeing you there!

As a reminder, if you have not yet registered for the resident website and the eNews, you are missing out on important updates and reminders. If you have questions about either of these, please email us at help.desk@sclhca.com.

See you in the Lodge!

Openings

Continued from page 2

- Communications & Community Relations Committee (CCRC)
- Elections Committee
- The Community Forum task force of the Communications and Community Relations Committee is looking for volunteers to assist in video recording their forums. No experience necessary, training will be provided. Tasks will be rotated between three or four videographers. Contact: Jeff Hanner, 769-2871.
- Looking for volunteers to assist the Activities Department during their entertainment programs. If you are pleasant and a people person who likes to direct crowds & greet people and are available for various evening events to assist with crowd control and ticket verification, please contact Lifestyle Manager, Lavina Samoy at Lavina.Samoy@sclhca.com. Benefits to volunteering include meeting people and obtaining free access to great events. Thank you for your help.

Don't Get Naked!

David Stone, Compliance Committee Chair

Got your attention? Sorry, but this article is not about your clothing (or lack of) preferences. That's not something the Compliance Committee is concerned about. What we are concerned about is the surface condition of your front yard landscaping.

Our governing documents require that the ground surface, other than grass turf areas, be covered with a minimum of 40 percent of approved living material (shrubs or ground cover plants). The remaining surface must be covered with approved bark and/or approved decorative rock. Decorative rock must not exceed 25 percent of the plantable ground surface. To determine what type of materials are approved, please check the Design Guidelines and Checklists, or contact CeCe Dirstine, Community Standards Manager, at 625-4006.

These rules make sense for several reasons. The visual appearance of yards

without such coverage negatively affects your home's curb appeal and its market value. Proper coverage also helps control weeds and insect infestation, and helps the soil retain moisture, a significant matter in these times of drought. In addition, your neighbors don't want to gaze upon a sparse and spotty front yard that is not in keeping with the attractive appearance of our community.

Bark, in particular, needs regular refreshment or replacement as it can be depleted by wind and water, or sometimes blown away with the leaves by our gardeners. One of the most common violations the Committee sees is the failure to maintain proper bark coverage. Improper coverage usually also causes drip lines to be exposed which further detracts from the appearance of the yard.

So, don't let your yard get "naked" — keep it properly "dressed"!



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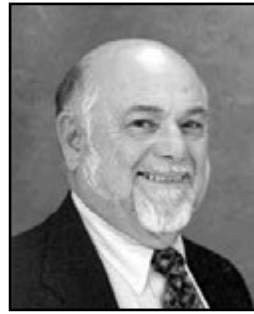
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Activities News & Happenings

Spring into Spring!

Shows, concerts, sports, classes coming up

Lavina Samoy, Lifestyle Manager

How time flies! We are already halfway through February and more activities are in store ahead. Even the weather seems to be in a hurry to “spring” into things.

First, if you enjoy watching shows and giving back to the community, consider volunteering to be an usher or greeter. We need additional volunteers to assist us with seating our guests for our events. Please email me (lavina.samoy@sclhca.com) if interested.

Tickets are still available for the interestingly unique jazz concert **Saxophobia Quartet on February 25** (page 43) featuring 10 different saxophones with Rob Verdi and his group. Tony Award winning Broadway star Faith Prince graces our stage on **March 14** with “**Have a Little Faith**” (page 44). On **March 25**, **Tom Rigney and the Flambeau** return with their fiery performance in the Ballroom (page 44). If you haven’t seen them perform, you are missing a lot!

We are also bringing back TV/film star **Linda Purl and Lee Lesack** (cabaret/recording artist), this time paying tribute to the timeless songs of Johnny Mercer with “**Too Marvelous for Words**” on **April 10** (page 44). How about **George Burns, Alive Again!** on **April 15**? Straight from L.A., Duffy’s unbelievable sweet portrayal of George Burns will have you laughing and looking twice.

Make sure you’re part of the hottest dance party, **Red Hot Dinner and Dance on April 24** with DJ Tom and an excellent dinner from Chef Roderick. To add spice to the evening, we invited a professional couple for a dance exhibition of Latin numbers à la “Dancing with the Stars” (page 44). We are selling tickets for the dinner package as well as dance only.

Don’t forget to print your eTickets for all your online entertainment purchases and bring them with you for the shows!

Trips to the **S.F. Giants 2014 season** are now on sale! This year, enjoy the games from the comfort of Club Level seating. Pages 49 & 50 list all the exciting baseball

games including Oakland A’s and River Cats.

New classes include part two of the Golden Age of Movie Musicals, **Ray Ash-ton’s The Art of Gene Kelly** beginning **March 5** (page 67). We are also offering a new sewing class, **Foundation Paper**

Piecing on February 24 (page 69) and a new **Country Couples Line Dance** starting **March 14** (page 61).

As they say “Time flies when you’re having fun” so make this year a blur! See you at the Lodge.



The Benefits of Association Membership

Meet Bertha Mendez, Membership Clerk

Doug Brown, Resident Editor

Everyone knows Bertha Mendez, even if you only see her in the corner of your eye when you stop by the main desk in Orchard Creek Lodge. For over ten years, Bertha has been quietly but efficiently maintaining membership records of the 6,000+ households of Association members.

She’s also our staff “conciierge,” the “go to” person who gets asked zillions of questions. She almost always has an answer, but when she doesn’t, she will tell you exactly *who* to go to!

The *Compass* sat down with her the other day and asked about her work.

Doug: Tell us about your background before starting here in 2003.

Bertha: For 26 years I held various positions with AT&T in San Jose: telephone sales (I sold a lot of Trimline phones back then!), marketing, administrative work, and human resources.

Doug: Sounds like you brought a lot of pertinent experience to this job — what’s involved in maintaining membership records here?

Bertha: When someone purchases property here, they are, upon presentation of their grant deed and title, eligible for membership in the Association, which entitles them to use amenities such as the fitness centers, pools, courts, and trails.

Doug: Doesn’t *everyone* sign up for membership? And aren’t required HOA dues connected with membership?

Bertha: Most homeowners become members but they are only *required* to do so in order to use the facilities. Some homeowners don’t live here, in which case a renter might live here and the renter is eligible for membership. But all *homeowners* must, by law, pay HOA dues.

Doug: How is the finger-vein ID system working now?

Bertha: Very well, with only minor problems every now and then. Most residents now use that system for check-in, but we of course still accept your membership cards.

Doug: What kinds of data do you keep on members?

Bertha: For membership, we require age verification (55 or older), marital status, and gender (these are confidential), plus address and phone number for the directory. Remember, for address or marital status changes or notification of a death, please contact me at 625-4000 or bertha.mendez@sclhca.com. I’m always happy to help with residents’ questions.

Doug: Where can residents find answers to other questions about membership?

Bertha: The best source is the SCLH website at www.suncity-lincolnhills.org/residents/. Scroll down to “Departments” and click on “Membership,” where they will find lots of Q&A facts about membership.



Bertha Mendez

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Water and You

Bill Attwater, Properties Committee Chair

The Governor has declared that drought conditions exist in California, no big surprise because we have had droughts before and will have them again. Just look at the history of our State. Sun City Lincoln Hills is ahead of the curve in dealing with water problems. Our Senior Director for Facilities and Management Chris O’Keefe has been hard at work for months in anticipation not only of drought conditions but of the inevitable rise in the cost of water. Chris has begun a leak detection and repair program, installed

high efficiency flush valves and faucets, continued conversion to high efficiency sprinklers where appropriate, installed additional gate valves to better isolate areas when leaks occur, and installed new flow meters to ensure early detection of leaks.

Water reduction options need to be tailored to meet the unique conditions found in our landscaped areas, and also in the way our facilities are used. Ideas that might work in the Bay Area where many of us used to live might not be effective and may eventually lead to resident dissatisfaction with the look of our community.

What can the homeowner do? The homeowner can save a lot of water by

doing some very simple things. Use the washing machine only when there is a full load. Do the same with the dishwasher. If you don’t already have a low flow showerhead, get one and install it. If you can’t do it yourself, call Neighbors InDeed at 223-2763. Neighbors InDeed Handy Helpers can also program your sprinkler and drip systems to save water.



A little water saving will go a long way in reducing your water bill and helping our beautiful community. Please do your part.

2013 — Another Year of Progress

Mike Creasy, Finance Committee Vice Chair

On behalf of the SCLHCA Finance Committee, I am pleased to report that we closed out 2013 with expenses better than budget by \$235,671, similar to 2012, and another excellent result. While the year end numbers are subject to audit, the Association continues on its path of continuous improvement. Staff leadership in all departments is to be congratulated for a truly outstanding job. Consistent results like this simply do not happen by chance and are the result of careful planning and execution. The Spa at Kilaga Springs and Fitness were each about \$30,000 ahead of last year while Activities and Food & Beverage saw some

slippage. Landscape experienced higher than expected expenses due to increases in water rates and usage. Variations are to be expected but overall we should be very satisfied in the knowledge that our money was well spent. Staff and committees are focused on finding even better ways of providing the very best value for your monthly dues, and we continue to see increasing bang for our buck.

Some highlights of the year were: providing financial oversight to the Kilaga Springs Lodge, Amphitheater and Pickleball expansions, and the Presentation Hall remodel, as well as monthly review of financial results by department. The committee works closely with staff on an ongoing basis to assist in continuous improvement of financial controls.

At year end, the Operating Fund stood at \$4,084,043, of which \$1,307,064 was in the Settlement Proceeds fund and \$36,165 in the Building Capital Enhancement Fund.

Please see “Finance” on page 19



Use Your Association’s Electronic Payment Program to Pay your Quarterly Dues

What could be simpler — Sun City Lincoln Hills Community Association offers electronic payment of your regular Association assessments through Community Association Banc. When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System’s ACH program. Your payments are sent automatically from your bank directly to Community Association Banc. You don’t need to remember to write and mail a check or remember to log into your bank to send the payment. It happens every quarter, whether you are at home or away. You don’t need to worry or try to remember if you sent the check — it happens automatically.

A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter.

Statement of Operations YTD — 12/31/13

| Budget vs Actual Departments & Activity | Revenue > Expense (Expense > Revenues) | | Favorable (Unfavorable) Variance |
|--|---|-------------|--|
| | Actual | Budget | |
| Homeowner Assessments & Other | \$7,558,610 | \$7,533,187 | \$25,423 |
| Administration (Expense) | (1,861,006) | (2,084,759) | 223,753 |
| The Spa at Kilaga Springs | 55,270 | 25,540 | 29,730 |
| Fitness | (366,309) | (400,862) | 34,553 |
| Activities | (214,438) | (211,500) | (2,938) |
| Rec. Center / Maintenance | (2,382,409) | (2,421,015) | 38,606 |
| Landscape Maintenance | (2,516,702) | (2,441,472) | (75,230) |
| Food & Beverage | (37,345) | 881 | (38,226) |
| Capital Asset | 0 | 0 | 0 |
| Net Revenues (Expense) | \$235,671 | \$0 | \$235,671 |

Aging Well

Live Long and Live Well

Shirley Schultz, Health Reporter

“Everybody wants to live a long time, but nobody wants to get old,” according to a recent cartoon. Another said, “Aging seems to be the only available way to live a longer life.” These statements capture the personal dilemma that each of us faces on how to age without growing old or how to grow old without the negative



changes of aging. The February 26 presentation entitled, “**Fountain of Youth: Secrets for a Long and Healthy Life**,” will bring to light some recent scientific evidence that helps to resolve this dilemma (see page 96). Plan to attend this Community Forum by **R. David Kovacik, M.D.** to kick off 2014 with the theme, Aging Well.

In 2008, National Geographic pub-

lished a book by Dan Buettner and his team of scientists called “*The Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest.*” Longevity has a great deal to do with the social and physical environment in which people live as identified from five special areas around the world. Nine powerful but simple lessons were identified.

- Find ways to keep moving naturally, such as gardening or walking.
- Find your purpose in life and pursue it with a passion.
- Take time to relax daily and avoid stress.
- As Confucius says: stop eating when your stomach is 80% full.
- Eat more plant food and less meat and processed foods.
- Drink a moderate amount of red wine on a regular basis. Don’t binge!
- Create and maintain a healthy social network. Join a group.

- Put loved ones first. Live near or in close communication with your nuclear family.
- Love your tribe; commit to each other for life.

Another book of interest brings to light the relationship between nutrition and chronic diseases: “*The China Study: Startling Implications for Diet, Weight Loss, and Long-Term Health*”, by T. Colin Campbell, PhD, and Thomas M. Campbell, M.D. It is based on a 20-year study conducted by the Chinese Academy of Preventive Medicine, Cornell University, and University of Oxford. The authors concluded that high consumption of animal-based foods is more likely to lead to death from “Western” diseases such as coronary heart disease, diabetes, and cancers than consumption of more plant foods. President Bill Clinton has become an advocate and eats legumes, vegetables, fruit, and a protein shake every morning!

The Spa at Kilaga Springs

Water for a Healthy Body

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

In the winter, it is harder for the skin to retain water in the dermis layer. Premature aging and fine lines are the result. Skin is stripped of its natural moisture by wind, heated homes, and low humidity. The barrier that prevents skin getting dry is in the outermost layer, the stratum corneum. When the skin becomes dry, the lipids (fats) that help stick skin cells together and prevent water loss are lost. Without them, the cells do not stick well together and flake off.

Here are some skin fitness “musts” for the winter, to saturate and protect the skin:

- Hydration, sealing, and healing. Use moisturizers with lipids (which mimic the normal natural moisturizing factors), hyaluronic acid, and peptides.
- Exfoliation. Remove dead skin cells and allow skin to absorb more moisture.
- Cleansing. Cleanse with creamy, moisturizing washes that remove dirt without overstripping the natural oils in your skin.

Try these treatments designed to preserve your skin fitness:

- ♥ **Bodyluxe Bodywrap and Massage**
 Nourish, hydrate, and soften your skin with an exclusive rose clay from the Provence region of France. This nutritive, skin reviving formula provides exceptional smoothing with moisture binding amino acids, peptides and rose essential oil. You’ll be wrapped in a heated cocoon, followed by a soothing massage.
\$140 thru February 28. 90 minutes.
- ♥ **Hot Stone Massage and Rose Clay foot Treatment**
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\$75 thru March 15. 90 minutes.

♥ **Kilaga Springs Caviar Rose Facial and Lip Treatment**

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\$99 thru February 28.



The spa will sponsor the Movies at the Kilaga Springs Lodge thru June 2014. Our “specials” will complement the movie, so keep watching for six months of fun!

For a full description of all services and specials, visit our website www.kilagaspringsspa.com.

Happy Valentine’s month to all!

Please see our ad on page 58.

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Great Food & Fun are Springing Up at Meridians!

Jerry McCarthy, Director of Food & Beverage

Spring is here — the season of rebirth, renewal, and re-growth! And in that spirit, Chef Roderick has created a new menu to highlight the flavors and ingredients that celebrate this time of year. He has masterfully combined fresh seasonal items and blended them with some of your favorite choices. Starting the third week of March, come and experience new and exciting dishes. The new spring menu will also highlight gluten-free options.

You will continue to see Meridians renew its commitment to excellent food and friendly service on a consistent basis. Meridians will continue to surprise and please our guests with new concepts created especially for our residents. Don't forget that St. Patrick's Day will be extremely popular and to make your reservations so you don't miss out on the fun, food, and drink!

Upcoming festive Meridians events include:

Easter Brunch Buffet – Sunday, April 20. 10:00 AM-3:00 PM. Reservations and prepayment are requested. Omelet Station, Carving Station, Hot & Cold Buffet, Eggs Station, and Chocolate Fountain & Dessert Extravaganza! Don't miss out and make your reservations now.

“Chef Roderick has created a new menu to highlight the flavors and ingredients that celebrate this time of year... Starting the third week of March, come and experience new and exciting dishes. The new spring menu will also highlight gluten-free options.”

Murder Mystery Dinner — *Murder Under the Big Top* — Wednesday, April 23. Enter a world of fabulous freaks, exotic

acts and mysterious management. Join us for an interactive Murder Mystery Dinner! Each guest will be right in the middle of the action. Our very own Kristy Woodin will be your ringmaster for the night! Only \$65 (inclusive) which includes a complimentary cocktail and buffet dinner. The first 40 guests will receive their character assignments and all the details. Costumes are encouraged. Reservations and prepayment are requested.



Cinco de Mayo – Monday, May 5. Join us for food and drink specials all day long. Live Mariachi music during lunch. Reservations strongly encouraged.

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

Please see our ad on page 52.



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Private Security — Protecting our Assets

Jim Datzman, Resident

The SCLH Board of Directors is responsible to insure that a variety of buildings, grounds, and open areas are available to all members of our Association, and that these assets are safe and secure at all times. The buildings, common areas, and amenities are valued at an estimated \$150 million.



Several years ago the Association was experiencing problems with non-resident use of these amenities, including acts of graffiti and vandalism. It was not unusual to have residents complain that they were seeing non-resident violators and that “nobody was doing anything about it.” The same residents often indicated that they did not confront the violators themselves because “it was not their job, and could result in a conflict situation.” The Board decided to hire a private security agency to patrol these areas and to provide a variety of additional security measures and services to our residents.

Curator Security Agency, based in Roseville, currently provides these services seven days a week, 20 hours per day, with one officer per shift in a marked patrol vehicle. The program is supervised by our Senior Director of Facilities and Maintenance, Chris O’Keefe. The patrol is hired on a contractual basis under the direction and accountability of Chris and his staff. Chris has established performance measurements for the program. Measurements include visibility, reasonable response times, officer appearance, and public

contact skills. The annual cost for this program is \$168,000, which represents only 1% of the total Association budget of \$15,246,709.

In addition to the security patrol function, officers are assigned to make regular checks of all buildings and grounds as a visibility measure. Officers also assist with issues like abandoned cars, improperly parked vehicles, and escorting employees to their cars at the end of evening shifts. Under staff direction, they also assist with complaint-based overnight parking and they report street light outages. Officers are frequently seen assisting motorists in distress and Chris encourages them to demonstrate a service attitude, providing the public with courteous treatment and



“A review of the services provided and the cost of such services clearly demonstrate that having this private patrol is a sound investment”

proper reporting to staff when appropriate.

A review of the services provided and the cost of such services clearly demonstrate that having this private patrol is a sound investment. The service is well supervised with appropriate training, reporting, and oversight. It is clear that employing an agency to protect our assets and to provide a level of security beyond that of city of Lincoln Police is a well-based decision.

Toys for Tots Report, 2013

Frank Neves, Jr., Toys for Tots
Southwest Placer County, CA

Our 2013 Toys for Tots campaign report to SCLH residents is furnished to you in gratitude for your ongoing support of our program to serve the young people in our community. Our toy collections at both Orchard Creek and Kilaga Springs Lodges were significantly supplemented by toy drives

Please see “Toys for Tots” on page 41



A Toys for Tots collection post at SCLH

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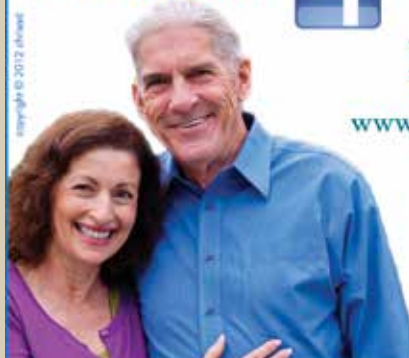
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Maidu Museum & Historic Site

Getting in touch with those who came before us

Al Roten, Roving Reporter

For some 3500 years before we arrived in this area, the Maidu Indians occupied the land from the crest of the Sierras to the lowlands bordering the Sacramento River and south to the Cosumnes River. The Maidu were made up of four sub-groups. The Southern Valley Maidu, occupying what is now Yuba, Nevada, Placer, Sacramento, and El Dorado counties, include the Southern Nisenan. These people preceded us in this idyllic location. Of the many villages found in the Lincoln/Rocklin/Roseville area, Lincoln was known for its salt marshes. See sidebar for evidence right here in Lincoln Hills.

The Nisenan were not farmers, but gardeners. They cultivated native plants and produced food and crafts from the land. The Nisenan and their culture thrived and grew until our region became one of the most densely populated areas of the hunter-gatherer culture. They were traders and merchants who exchanged natural materials with other boundary tribes. They prospered until non-native people brought diseases, such as malaria and tuberculosis, to which they had no immunity. The 1849 Gold Rush, followed by migrating hunters and farmers, and the resulting laws (or lack thereof) traumatized the Maidu; 300,000 people decreased to 20,000.

Roseville has preserved a 30-acre historic site where an ancient native settle-

ment once thrived. Within the grounds are a set of walking paths with stops at points of interest, and a fine museum that opened in 2010. Throughout the year a constant parade of elementary school classes are being shown and briefed on native life, and there are several special events scheduled in both day and evening sessions. There are many opportunities for volunteer work with support and periodic training sessions. At least two of our Lincoln Hills residents make their presence and skills known in the museum. Artist Tommie Moller has murals and paintings there, and Mary Beth Quallick is a docent. Mary Beth says, "Volunteering is an opportunity to share your passion. It is rewarding and a blessing to be able to teach and care for others."

I urge you to take a few hours and a short drive to the Maidu Museum & Historic Site at 1970 Johnson Ranch Drive, Roseville. You can check for hours and events by calling 774-5934. You may also visit the website at www.roseville.ca.us/indianmuseum for directions, information, and volunteering opportunities.

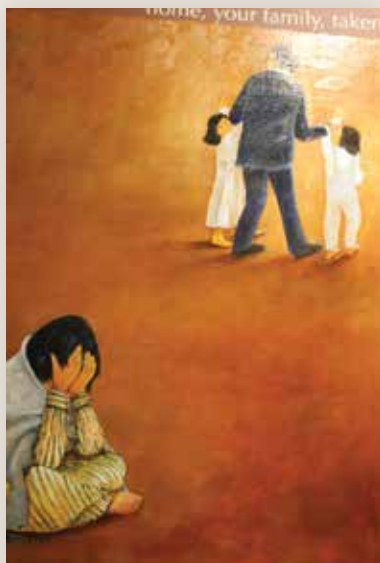
Consider enriching your life by learning and sharing knowledge of our native American heritage.



Mary Beth Quallick at the museum ceremonial round house



From top — Petroglyphs on museum site ground; large assortment of mortar holes for food preparation



Painting by Tommie Moller

Indian Site in Lincoln Hills

There was a Nisenan Indian Village right here where we live. Long before Lincoln Hills was built, there was Ba-Mu-Ma. Have you gone to the Children's Playground nestled in the Sports Pavilion and walked the circular path to the top of the hill? Inside the fenced area is a nice example of a grinding rock. From this hilltop, you can see in the valley below a pond that was a source of salt for the Indians. From this site, salt was harvested, used, and traded until the early 1800s.



Ba-Mu-Ma Indian site at the Sports Pavilion next to the Tot Lot

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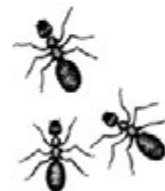
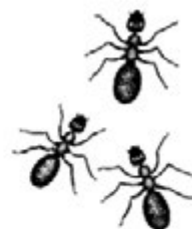
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Orienteering

Hidden in Plain Sight The Mallard Pond Trail

Dee Hynes

A *Chorus Line* is now playing at Mallard Pond. It stars the sun's rays as they tap dance across glinting, reflective waters. Multitudes of waterfowl frequently splash their winged approval. Golfers play beside the pond and scores of Spring Valley Parkway drivers pass by without a second thought as to the activity here. The area is hidden in plain sight as Mallard Pond is positioned within the recess of the South Orchard Creek Preserve.

Its corresponding trail shyly hugs the Preserve's hillside, featuring three inviting elements: three trailheads, entertainment, and enjoyment upon arrival.

Trailhead Options: The first, off Ridge Top Lane, is the shortest route, a stroll of approximately ten minutes or less. A second trailhead is located on Sutter View Lane across from #2041. It provides an additional ten minute stroll then meets the Ridge Top trailhead. The third trailhead offers a panoramic hilltop view; park between #2317 and #2305 Sutter View Lane. This entry also meets the Ridge Top trailhead.

Entertainment: Enjoy a trail narrative sign on "Lincoln's Fortunate Beginnings," view golfers across the Preserve, partake in bird watching, or enjoy the simple magnificence of a lovely stroll.

Enjoyment upon Arrival: Two benches perched beside Mallard Pond invite you to pause within this serene environment for calm reflection or quiet conversation.

Directions to the Ridge Top trailhead: From OC, right on Del Webb, left on Stoneridge, right on Spring Valley Pkwy, right on Ridge Top to the end and make a U-turn and park. There are two trails at the end of Ridge Top. The "Mallard Pond Trail" name, as with all open space trails, is posted at the trailhead. See your Community Directory and Resource Guide Street Name Index and map, foldout map 1A.

Visit the Mallard Pond Trail soon, see why it's "hidden in plain sight."



From top: Sal & Mimi Milla often walk this trail. Sal enjoys the seasonal influx of birds and he's even viewed a fox. Entertainment to be sure!; Connie & Bob Moze are pleased with their first walk on the Mallard Pond Trail. Connie looks forward to bringing their grandchildren here; At the trail narrative sign — Lois Hoover (left), visiting from Wisconsin, meets Judy Manz, visiting from Minnesota and Judy's cousin, Diane Dargan



Hidden in plain sight, the Mallard Pond Trail sits below the #12 hole of the Hills course. Carol Golbranson, Vince Balbi and Marilyn Britton are on the tee of the par three hole. Fore!



Ridge Top Lane has two trailheads. As with all open space trails, each is posted with the name of the trail. Note the name in the event you need assistance. For your safety, carry a cell phone and identification

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Library News**Know Your Library**

Sandy Melnick, Library Volunteer

Have you checked out the biography and autobiography section of our Library lately? As you enter the Library, it is located in the far right corner near the computer and the books have a blue dot. This section features the famous, and not so famous, people we enjoy reading about. There are some very interesting stories there and I know you will find a good read.

Do you have one-to-two hours to

spare each week keeping our Library up-to-date? If so, we could really use your help. Please call Sandy Maloff (408-2368) to schedule a training session. Hope you will join our Library team. Also, if you have a favorite author and recommend his or her books, would you call Sandy Melnick (408-1035)? We would like to feature some authors in our upcoming news articles and would like your participation.

Thank you again for all your generous donations. Because of shelf constraints, we

can only accept books published 2006 or later. The publishing date is found on the back side of the title page and we would appreciate your checking the dates before donating the book. Contact information: Cleon Johnson manages the business section (408-5648), Sandy Melnick (408-1035) answers questions about donations, and the Community Living Room (OC) is managed by Nina Mazzo (408-7620).

**Neighborhood Watch****Be an Elf to Yourself****Bring your Emergency Information Up-to-Date**

Patricia Evans

If your sprinkler system suddenly started pouring a river of precious water into the street while you were on vacation, would your neighbors have the emergency contacts needed to locate help? When temperatures suddenly drop below freezing, pipes can burst. In the summer, irrigation systems can misbehave. Life happens, and when we expect the unexpected, serious situations can be averted.

At Neighborhood Watch we look out for each other by bringing our emergency contact information up-to-date every February and August. Please take a moment to review your data when your Neighborhood Watch Mail Box Captain calls to ask if there are any changes in your emergency information. Relatives can move, and neighbors sometimes change to a cell phone-only service. A stitch in time saves nine!

If you or your house has an emergency, Neighborhood Watch wants to be able to notify the appropriate contacts quickly. We were recently able to notify a resident's family that she was on the way to the hospital before the ambulance arrived there. Life does not come with guarantees that a spouse or close friend with knowledge of our needs will always be close at hand.

If you are not called to update your

emergency information, please contact one of the officers listed below. Help us make Lincoln Hills safe and secure for every resident. This is one big reason we say, "We love it!" when asked how we like living in Lincoln Hills.

Please turn to page 30 for the next Training Session information.

Neighborhood Watch Contacts

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



Mail Box Captains recently inducted into our five-year service honor roll: (clockwise from upper left): Frank McGara, Village 19B, Mail Station two; Ed Zychowski, V. 24A, MS six; Jack Ele, The Villas, 44 Bldg. five; Adrian Felice, V. 22A, MS five; Carol McGara, V. 19B, MS two

Finance Committee

Continued from page 9

The Reserve Fund had a balance of \$4,881,724. Virtually 100% of cash and cash equivalents are invested in FDIC-insured accounts or Treasury securities.

The Finance Committee Chair has appointed a task force to investigate opportunities for conservative investments that may produce a better yield than we have been getting recently, consistent of course with the safety mandated by our investment policy.

Homes with past due assessments

at year-end were at a record low of 95 homes and \$65,600. We encourage all members to enroll in an automatic payment system for their monthly dues. Please consult OC staff if you need assistance.

If you have general questions or need information, please contact finance.committee@sclhca.com. The next regularly scheduled Finance Committee meeting will be held on Wednesday, February 19 at 9:00 AM at the Solarium (OC).



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Club News



Alzheimer's/Dementia

Caregivers Support Group

"Understanding Alzheimer's Disease" is the title for the Caregivers' Support Group meeting Wednesday, February 26 at 1:00 PM in the Multipurpose Room (OC). Presented by Deanna Chitambar, RN with a long resume representing caring experiences in different types of facilities. She will highlight the challenges faced when caring for a loved one with dementia and will offer suggestions for taking care of the caregiver.

This support group alternates between discussion meetings and presentations by experts in fields of interest to caregivers. The group offers an opportunity for caregivers to benefit from interaction with professionals as well as others in our community who have similar experiences as caregivers.

With funding from the Lincoln Hills Foundation, we provide books and DVDs you may borrow to help you and family and friends understand the disease.

For additional information or assistance contact:

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



Antiques Appreciation

I hope everyone's up-to-date on the location of our new meeting room. We've had our January and February meetings there so far and there seems to be plenty of room for everyone. Just a reminder, we meet the first Monday of every month at 10:00 AM in the two breakout rooms of the Ballroom, Heights and Gables. Enter from the side hall at the Gables entrance.

Our program for February was wonderful as usual! The vintage tin Easter egg collection was so beautiful and unusual! Thanks so much for sharing! And one of our members will be entertaining us at our March meeting with a presentation of her collection of Toby Jugs from England! Be sure to see our lovely window outside the Multipurpose Room (OC)!



Window decorated by Pat LePage

We'd love to have you join us if you collect or are just interested in antiques and collectables! We have fun!

Contacts: Rose Marie Wildsmith 409-0644; Barbara Engquist 434-1415; Antique Appraisals 408-4004



Astronomy

Monday, February 17: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology — The History and Nature of our Universe." These lectures by Professor Mark Whittle are an excellent simple explanation of the Big Bang Theory. This month's lectures will be "Expansion and Age" and "Distances, Appearances, and Horizons." Contact Morey Lewis eunmor@pobox.com or 408-4469 for more information.

Wednesday, March 5, 6:45 PM, P-Hall (KS). "Observing the Night Sky From Lincoln Hills." Join Steering Committee members to learn what you can see with only your naked eye and binoculars, and how to locate and identify objects in the night sky.

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

It's cold outside! Dancing could heat up your life. Each month we learn a different dance style. In February, we will be learning the exciting Rumba.

March will feature the smooth, gliding Fox Trot. Meet us at Kilaga Springs Lodge on Tuesdays. Beginning lessons are from 2:00-3:00 PM. An hour of open dancing, to a wide genre of music, follows.

Between 4:00-5:00 PM, more advanced instruction is given. Lessons are presented in a casual, low stress, group format by



Marie
& Dub
Holland

experienced, congenial instructors. Annual membership is only \$7, and that includes a year of *free* lessons.

Can't come to the lessons? Then join us for the weekly open dancing between 3:00-4:00 PM. We have many fun, dance-oriented events throughout the year.

In March, the second Sunday of the month Dinner Dances, will return. Gentlemen, would you like to be a Dance Host? Please contact us for more information.

**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 February 19 and March 12.

Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunches will be Thursday, March 6 at Mimi's and Friday, April 18 at Casa Ramos. Meet in front of OC Lodge by 11:15 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 January 14 Cancelled
- Nine-Ball Singles January 14
Winner: Phil Delaney
Runners-up: Ron Fairbrother,
Jim Mason and Dale Hurlbut



Winners of Eight-Ball Doubles January 15 — Carl Callaway and Hal Berman, Runners-up — Bob Maske and Ed Ryan

- Eight-Ball Doubles January 15
Winners: Carl Callaway and Hal Berman
Runners-up: Bob Maske and Ed Ryan
Contacts: Jim Immel 434-2918;
Darrell Rinde 253-7602

Challengers Billiards

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

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

We play Friday mornings from 10:00 AM to 12:00 PM at the Billiards Room (KS).

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

New players are always welcome.

Congratulations to our recent winners:

- First Place — seven games: Dan Oden, Bill Kim; six of seven games: Ron Weech, Lisa Pabst; five of seven games: Joe Hobby, Peshu Irani, Del Torres, Ted Baker, Doyle Coker.
- Second Place — six of seven games:

George Black; five and a half of seven games: Ziggy Brien; four of seven games: Bob Wehner, Joe Perez, Sylvia Gutierrez, Rita Baikauskas.

Special honors to Bill Kim who ran the table.

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

Couples Billiards

Jim Conger does an exceptional job of running our Billiards Group each Wednesday from 4:00-6:00 PM at KS. Due to the holidays, he had a little time off, as we only played twice in this reporting period.

There were no six game winners this first week. However, two teams tied with five wins: Joe/Nicki Hobby and Bob Soriano/Doyle Coker. The Joe Perez/Rita Baikauskas team won four games.

Ron/Sherry Weech won all six games this second week of play. Al/Betty Jones, Howard Skulnick/Peshu Irani, and Bob Soriano/Doyle Coker won five games. Jim/Barbara Conger won four games.

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

Players Billiards

Love billiards? Love friendly competition? Then you will love playing every Thursday from 2:15-4:30 PM in the Billiards Room (KS) with other mid-level to advanced skilled players. We play seven games of Eight Ball timed at 17 minutes each game. You will have different partners and opponents most games. Be sure to arrive at least 15 minutes early to see if you can make that day's roster to play. Advance sign-up is held on the last Thursday of the month. Stand-by players can frequently play. It's free and fun!

Congratulations to our recent winners: six of seven games — Larry White; five of seven games — Chiquita Fratto, Dan Oden, Dennis Dreiling, Jim Boekel, Sean Brancato, Howard Skulnick, Bob Bienkowski, Bob Soriano, Ziggy Brien, Hugh Fraser; four and a half of seven games — Doyle Coker, Gary Smith, Bob Soriano, Gail Harmon; four of seven games — Jack Fabian, Doyle Coker, Joe Perez, Sean Brancato, Sylvia Gutierrez, Rita Baikauskas.

Contacts: Rita Baikauskas

408-4687; Dan Oden 408-2687

Upstarts Billiards

"They say the tables are made of slate; Probably why a ball number Eight Rolls to the hole as if it were late Thru the gate for a date with its mate."

Would you like to play Billiards with us? Upstarts Billiards is for beginners-to-average players, playing standard Eight Ball every Thursday, from 11:45 AM to 2:00 PM at the Billiards Room (KS). Come on down; see what the fun is all about!

- Winners — five games: Gary Averett, Margrit Blanc, Bill Evans, Gary Norrett, Marie Rucker
- Winners — four games: Phyllis Borelli, Frank DeMasi, Sandy Greer, Richard Gsell, Connie Hoetger, Gary Hoffman, Linda Kuruhara, Phyllis Papagiannis, Randy Ransdell, Bianca Reckling, Charles Schneider, Hart Sissingh, Gary Smith, Audrey Thrall, Joan Wendell

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

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



Bird

Our January meeting featured an excellent talk by Heath Wakelee on Bluebirds and Woodpeckers. For those of you who plan on setting up Bluebird boxes this spring, it is not too early to start. Thank you Heath for the informative presentation. Our next meeting will be Monday, March 10, at 1:30 PM in the P-Hall (KS).

We have two outings coming up. The first is on February 21 when we visit the Davis Wastewater Treatment Plant and wetlands... a great area to see the many ducks and shorebirds that spend the winter in this area. The second outing is on March 1 and we'll head to Bobelaine Audubon Sanctuary on Highway 99. This beautiful woodland area borders the Feather River and is home to hawks, great horned owls, wood ducks and woodpeckers. Hope to see you there!

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

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

Not to worry about the drought conditions. The grass is always green on the Bocce courts and it grows very, very, very slowly whether it rains or shines. If they force us to cut back 20% on water it will only affect the sprinklers that surround the courts, and they come on early in the morning, so we don't have to worry about that till spring.

Winter hasn't been a dry spell for activity on the Bocce courts either. We have had excellent attendance on these sunny bright Thursday mornings in January and usually have around 20 people show up. If you'd like to join us, just be at the Bocce courts on Thursdays at 10:00 AM.

We had a formal meeting of the group on January 16 to conduct Association business and Selby Fermer volunteered to join our steering committee. Selby has been with the group for a few years now.

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



Book, OC

On February 20, we will feature *Fall of Giants* by Ken Follett, the first in his exciting new 20th century historical trilogy which begins in 1911 when the crowned heads of Europe all maintain their powers and ends in 1924 when all except King George V of Britain are gone.

Remaining 2014 Schedule:

- March 20 — *A Being So Gentle* by Patricia Brady
- April 17 — *Eighty Days* by Matthew Goodman
- May 15 — *The Aviator's Wife* by Melanie Benjamin
- June 19 — *The Light Between Oceans* by Margot Stedman
- July 17 — *How to Eat a Cupcake* by Meg Donohue
- August 21 — *The Cuckoo's Calling* by JK Rowling
- September 18 — *Killing Lincoln* by Bill O'Reilly
- October 16 — *Pride and Prejudice* by Jane Austen

- November 20 — *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
 - December 18 — Holiday Luncheon
- Contacts:** **Penny Pearl 409-0510; Darlis Beale 408-0269; Dale Nater 543-8755**
Website: <http://LHocbookgroup.blogspot.com/>



Bosom Buddies

Breast Cancer Survivors

In January we were treated to an explanation by Bob Ringo of the ins/outs of genealogy research starting with the needs of knowing our heritage — medical reasons, inheritance, finding birth parents or long lost friends. He told of many web-sites to research and sites to store the information and make the Family Tree on a graph. He also told Cindy Redhair how to duplicate her family scrapbook for her four children. All of the ladies in attendance greatly appreciate you, Bob — “thank you!”



Bob Ringo; Cindy's Scrapbook

Cindy was creative for the month of February. “Old Timers” shared their stories. We now have our own t-shirts. Scarves are the fashion so we learned to tie scarves. We enjoyed a wonderful Valentine treat. She still has the March 13 meeting in the works.

Remember ladies, we are here for support when you are enduring your journey with breast cancer.

Contact: **Marianne Smith 408-1818**
Website: www.suncity-lincolnhills.org/residents



Bowling

At halfway through the 2013-2014 season, here are the first half winners:

- First place — Happy Spares, Jerry Gordon, Mark Forry, Pam Toland, Jan Eberle (thanking MaryEllen Wilson for subbing). MaryEllen replacing Pam Toland, Pam is leaving for health reasons.
- Second — High Hopes, Don & Terry Jones, John & Diane Bensi.
- Team High Scores: Scratch Game/ Handicap Series — Avengers, Dave & Pat Fisk, Reba Schwilk, Donna Pola. Donna is leaving because of neck problems. New resident Ray Vitel, who has been subbing, will replace her.
- Handicap Game: All Spares, Betty Heavingham, Arlene Smith, Don Walker, Jim Boekel.
- Men High Scores: Dave Fisk, Horace Snowden, Steve Kriner.
- Women High Scores: Pat Fisk, Jun Serna, Arlene Smith, Elaine Yamasaki.

Our condolences to Jim Boekel. His wife, Sara, passed away in December.

Also, we hope our members with health issues continue to improve and consider returning next season.

Still looking for subs. Contact Joan:
Contact: Joan Gates 253-9415



Bridge, Partners

Thursday Evening First & Third

Let's play Social Bridge. Bring your partner and join us. Reservations are recommended, but 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 Sierra Room (KS) and finish at 8:30 PM. Please arrive a little early.

January 2 winners include: First: Ben & Kay Newton; second: Mary Bailey and Judy Barkhurst; third: Reta Blanchard and Bev Ansbro who also had the high round of 1,820; and fourth was tied with the same score by the team of Dolores Marchand and Carol Mayeur and the team of Erika Wolf and Mary Harrington.

January 16 winners include: First: Warren & Gerry Sonnenburg; second, BJ Acosta

and Nanci Rice; third: Paul & Johann Kiesel; fourth: Edith Kesting and Erika Wolf. Warren & Gerry Sonneburg also had the high round of 1,630.

**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, and you get to play if we have an even number of pairs and a maximum of 14 tables. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM. Arrive early, and sign in please.

December 26 winners — There were none. Bridge was not played due to Kilaga Springs Lodge being closed.

January 9 winners — First: Chet Winton and Ralph Madsen; Second: Rose & Joe Phelan who also had the high round of 2190; third: Mary Harrington and Erica Wolfe; fourth: Reta Blanchard and Nadine Buchmiller.

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



Bridge, Duplicate

All bridge-playing residents in Lincoln Hills are cordially invited to participate in Duplicate Bridge. Those new to duplicate, please call Dede Ranahan, 408-4541, for information and/or details.

SCLHDBC autumn Club Champions: Wednesday, Squeak Conner and Bob Koedel; Friday, Sarah Towne and Jim McElfresh; Saturday, Sheldon Fein and Piper Smith-Fein.

Double-digit Master Points were reaped by Jack Uppal, Tom & Carol Ross, and Joe Blackford at the January Monterey Clambake; while Lincoln Hills players collecting three Master Points or more at the Sacramento Winter Sectional in Orangevale were Jack Uppal, Julius Kerenyi, Dave Russell, Doug Allan, Judy Beck, Dwight Curry, Dick Proffitt, and Margaret Riegert.

Duplicate bridge sessions are played three times weekly: Wednesdays at 12:30 PM (with a 199er section) in the Multi-purpose Room (KS); 5:00 PM Fridays; and

12:30 PM Saturdays (with a 299er section) in the Sierra/Terra Cotta Rooms (KS).

**Contact: John White 253-9882;
Website: www.bridgewebs.com/lincolnhills**



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play. Please call if you need to cancel. You do not need a partner but must arrive before 12:45 PM to assure a place to play.

Winners for December 27 through January 03 — First: Dolores Marchand, Ed Page, Phil Sanderson and Harry Collings. Second: Helen Helm, Randy Rasmussen, Bev Blaine and Bev Dwyer. Third: Lois Burke, Bev Dwyer, Chet Winton and Marie Holland. Fourth: Rita Glenn, Jim Busey, Jim Monnin and Pat Fraas. Congratulations to Bev Dwyer and Harry Collings who bid and made a Grand Slam!

Reservations: March & April — Ralph Madsen, 408-7670.

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



Bunco

In December, the new steering committee warned the Bunco Club that they would be shaking things up. They dusted off the old Bunco rules and started the New Year off with a bang including a few changes. Sometimes change is difficult and takes some getting used to, but everyone seemed to be having a wonderful time in January playing Bunco!

The Bunco Club would like to extend a personal invitation to you. Please join us any 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! Play starts promptly at 9:00 AM.

January winners: Most Buncos - Andie Aguirre; Most Wins - Kathy Sasabuchi; Most Losses - Ann Stults; Traveler - Liz Wilmes.

Contact: Kathy Sasabuchi 209-3089



Ceramic Arts

Happy February!!! We're off and running as they say!!! Check out our

"Penguin Display" in the display window (OC)!! Also, just a reminder that Ceramic Arts Group annual dues are due and payable. The 2014 forms are available in the Pottery Rooms. Please forward your info and your check to Ed Hanson. Please remember: dues cover the period of January 1 through December 31, and help defray the costs of studio supplies and small equipment. It is still a great bargain at \$12!!

CAG "Workshops" are held at OC on Saturdays, 9:00 AM to 3:00 PM and Sundays 12:00 to 4:00 PM; KS "Workshops" are Mondays, 1:00 to 4:00 PM for Earthenware and Sundays, 1:00 to 4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC on Fridays only 12:00 to 5:00 PM and KS Sundays only, 1:00 to 4:00 PM. For information contact the individuals below.

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



Chorus

Rehearsals continue for our spring concert, "We Love the '50s." We'll be singing great arrangements of that decade's hits, including "Beyond the Sea," "Blue Moon," "Everything's Coming Up Roses," "Fly Me to the Moon," "Lipstick on Your Collar," "Love Potion Number 9," "Only You," "Sixteen Candles," "Moments to Remember," and "Unforgettable."

Those last two song titles describe



Bill Sveglini rehearsing the Chorus

everything you'll hear: memorable music most of us grew up with. You'll remember who sang it back then, and you'll love what we do with it now under Bill Sveglini's professional direction.

"We Love the '50s" will pack the house, so mark your calendars for our May 4-6 performances and get your tickets when they go on sale March 17.

Contacts: Bill Sveglini 434-5655, sveglini@gmail.com; Sid Frame 408-1453, sflincoln4fun@starstream.net
Website: www.lincolnhillschorus.org



Computer

- Main Meeting March 12, 6:30 PM "What A

Graphics Illustrator Does" by Jim Cormier. Jim uses CorelDRAW and has been a software instructor for 16 years. Jim uses Windows 8.1 which is unusual as most Graphic Illustrators in the industry use the Mac platform. The majority of his clients are from the U.S. Military. He will show examples of the designs he has done for the military. Time permitting he will show 2 brief



Jim Cormier will present "What a Graphic Illustrator Does" on March 12

slideshows which he produced that represent the Dignity and Honor of those who have served. One will be on the Vietnam Wall and the other on Pearl Harbor.

- Clinic March 14, 03:30 PM "Windows Photo Gallery" by Bob Ringo (both at P-Hall (KS).
- Ask the Tech: March 28, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room(OC).
Note Pay close attention, times & places have changed for 2014!!

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



Mac User

Wondering what to do on these gray winter days? Apple recently announced they have one million different Apps available just in the

U.S! Going to the iTunes store is like going to Trader Joes with a million different items.

One of everyone's favorite features is iTunes. On March 6, Helen Rains will lead a Newbie Seminar (followed by a hands-on Lab) to practice iTunes skills. iTunes is much more than music, with books, Apps, podcasts and university courses available. You will explore iTunes, customize features, add to your media collection and organize your music.

At the General Meeting on March 11, Ken and Irwin will show you how to back up those Apps and more using Time Machine. Ask the Tech starts at 6:30 PM, program at 7:00 PM, and drawing at 8:00 PM. You can renew your membership at the meeting.

For all programs/times, please see the LHMUG.org website

Contact: Henry Sandigo (415) 716-0666, hsandigo@gmail.com;
Website: www.lhmug.org



Country Couples

A capacity crowd attended the first dance of 2014 hosted



Dennis Dawson, Tom Hargis, and Al Ramirez model the Country Couples jacket with logo; Tom (enjoying his chili) and Ern Hargis

by Jim & Jeanne Keener at their Sun City Roseville Lodge. Eleven different chili dishes were offered, along with delicious salads and desserts at this Potluck Chili Cook-off dinner dance. Our very own "big game hunter" Tom Hargis, concocted the most unusual chili, his Three-Game Chili, using venison, wild boar, and antelope meat as the main ingredients. It was Yummy!! Enthusiastic dancers moved to Country Two Steps, Waltzes, and Cha Chas as J and J played our familiar songs along with some new music. Several of the men folk were sporting their new club jackets, a brown leather-look, bomber style jacket with the new CC logo embroidered on the back. Very stylish, indeed!

Save March 7 for the Country Couples St. Patty's Day Dance. Grab your shillelaghs and be wearin' the green and we'll dance an Irish jig (country style).

Contact: Kathy or René Lopez
434-5617



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



Cyclist

The Lincoln Hills Cyclists Annual Meeting was held on Tuesday, January 14 in the P-Hall (KS). About 70 members were present.

Since this year is not an election year, the officers will remain the same: Pat Howle – President; Dave Saussen – Vice President; Ken Corcoran – Secretary / Treasurer.

There are a few other new positions that have been appointed by the President: Fred Higgins – Community Liaison Coordinator; Tom Frady – Cycling Safety

Coordinator; Ricki Montoya – Webmaster; Steve Valeriotte – Press Secretary – monthly *Compass* article; Tom Frady and Pat Howle – Assistant Press Secretaries – monthly article in *Sun Senior News*.

All members who were not in attendance are asked to fill out a new membership application and send it in with their yearly dues of \$12.

Dates to remember for 2014 are June 28 for the Annual Summer Potluck and December 10 for the Christmas Dinner Party.

Contacts: Steve Valeriotte 408-5506, jillsteval@gmail.com

Website: www.LHcyclist.com



Dominoes

Mexican Train

We play every Wednesday, 9:00 AM to 12:30 PM in the Card Room (OC). All skill levels are welcome. We always have a teacher available to introduce you to this fun game.

There are many variations of rules for Dominoes, we play tournament style and have written rules. Let's see who can get the lowest score in the group. Come for the fun.

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



Eye Contact

Low Vision Support

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

1:00 PM: "Echolocation: Seeing With Your Tongue" — Guest speaker, Daniel Kish, teaches the blind to navigate the world using tongue clicks. He will tell us how it is accomplished and discusses his philosophy of how we see. (Remember the local teenager who used this technique?)

2:00 PM: "The Latest Available Technology That Will Aid" — presented by Alma Ortizz, Outreach Specialist of the non-profit Deaf and Disabled Telecommunications Program.

The Telephone Access Program (CTAP) is under the jurisdiction of the state of California Public Utilities Commission.

Contacts: Barbara Smith 645-5516, Chelsea@starstream.net;

Cathy McGriff 408-0169;

Margie Campbell (a ride) 408-0713



Fibromyalgia/CFS

If you are experiencing symptoms that include joint pain, tender spots in multiple areas of your body, fatigue, and often feel "foggy," you might be living with fibromyalgia and/or Chronic Fatigue Syndrome. Our support group can help you sort through what might be going on and we are there to listen and to share ideas, on nutrition, what works for some and not for others and the importance of maintaining an optimistic and active life. Our discussions include sharing experiences of chronic pain and what it means to anyone who is experiencing the frustration of day to day living.

Our meetings are from 1:00-3:00 PM in Multimedia Room (OC). Our February meeting will be held Thursday the 27th, so mark your calendars. If you have questions please call Sandy.

Written by Sandy Barry.

Contacts: Sandy Barry 209-3247; Shirley Lincoln 543-9480; Jackie Wilson 253-3744



Garden

Soleil Tranquilli, of Tranquill Gardens, will be the presenter for the February 27 General Meeting, 2:00-4:00 PM (KS). She is a practicing yogini, a community garden veteran, and certified "feng shui" consultant. She holds an AS degree in Horticulture, Nursery Industry, and is certified with the California School of Garden Design. At Tranquill Gardens, she custom designs your sacred space for your ultimate outdoor leisure and enjoyment.

Membership (new and renewal) is available again before this meeting. After March 1, you will be dropped from the lists and have to re-register. You will receive an additional door prize ticket when you join at the door in February. Pay by check (\$15 per residence, made out to: SCLH Garden Group) or cash. Contact: Bettie Anderson, 434-7106.

Brown Bag Sales will be available before the meeting. Please donate any garden items (plants, books, vases, etc.). Contact: Madelynn Mossar, 434-6153.



Membership 2014; a tranquil yard



Steering Committee: (front) Rita Grella, Burna Jamieson, Joyce Higgins, Marilyn Buckhorn, Madeleine Cunningham; (middle) Bettie Anderson, Linda Bringle, Madelynn Mossar, Marie Salers, Norita Ferguson, Judie Leimer, Fran White; (back) Virgil Dahl, Lorraine Immel, Larry Clark (not pictured) — Bev Arnautou

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

Bonsai Group

Continue to water your trees during long dry spells. If you have maples, do not start pruning your trees yet. For Japanese maples, if you prune now, the sap will begin to run and there will be die-back on the branch so wait until later this spring. If you have junipers, you can prune those if you wish.

A Bonsai Show and Display will be held this spring at OC. The dates will be announced later, as will nursery tours and program events.

First meeting of the year: Thursday, February 20; place: TBA.

Contact: Larry Clark 409-5214, lkclark@surewest.net



Gem and Mineral Society

California gemstones are on display at Orchard Creek Lodge

in the display case.

Gem and Mineral Society normally meets monthly: Last Monday, 4:00 PM 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. Shop Master: Dave Fisk.

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

Lapidary classes may be taught during the lab.

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

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

Gem and Jewelry Open Workshop

Most Mondays, 12:00-4:00 PM, the Workshop is open for lapidary/jewelry work, 8:00 AM-12:00 PM, Sierra Room (KS).

Workshops are open to experienced persons (after orientation) or those who have completed Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication class. (Classes have currently been discontinued.)

Chuck DiFrenzo is planning to attend Lapidary and Jewelry Labs starting in February, to provide assistance in jewelry fabrication and repair. He plans to start at 9:00 AM each Monday, and adjust based on need/attendance.

Chuck has created custom jewelry for many years, and has taught the jewelry fabrication class here many times.

For those who wish to learn cabochon gem cutting or other lapidary arts, Dave Fisk will tutor during the labs.

Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment.

Maintenance Fee: \$5 per two-hour session. Pay upon arrival (place money in jar).

Contact: Dave Fisk 434-0747, dave.fisk@yahoo.com



Genealogy

Mark your calendar for February 17. An interesting presentation by featured speaker, Marian Kile begins promptly at 6:30 pm at the P-Hall (KS). The topic is "Understanding US Census Records."

Marian gives her insight into the use of Census Records... she will share tips, techniques, and tools that will make your research more productive. Marian Kile has been sharing her knowledge and experience by presenting classes at Sacramento Family History Center and throughout the community.

For Members Only! After each general meeting, there are prize drawings and a social gathering across the hall! A great opportunity to meet your fellow club members. The February drawing prize are three 64GB Flash Drives.

Check the Genealogy Club website for details on the first and second Monday of each month's computer and coaching classes. Boot Camp has 35 members. No sign-ups are being accepted at this time.

Contacts: Maureen Sausen 543-8594;

Joanne Schumacher 209-3366;

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

The Lincoln Hills Lincsters have started the new year with enthusiasm. On the first Monday of January the Go-Away-Lincsters (GAL) played Sun City Roseville's Sierra Pines course; on the second Monday, the Monday Mamas played Turkey Creek Golf Course. Thirteen players enjoyed the dry and mild weather at both of these events.



Kristi Love; Margie Jewett

The first Wednesday play day of 2014 was on the front nine of the Hills, and was fielded by 48 players; the second Wednesday was played on the front nine of the Orchard, and brought out 41 players. Everyone enjoyed the extra yardage provided by the hard surface of the fairways on both courses. Birdies were made by Kate Gold and Connie Stephens. The low putt pools

were won by Sharon Grimes, Shirley Varner, Linda Coolidge and Sue Pharis.

The club welcomed three new members in January: Carmen Farrington, Michele Howard and Kay Seenberg.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

Cheers to 2014, and a warm welcome to a dozen new members, some "graduating" from the Lincsters.

Although five octogenarians play regularly, this month is a salute to Dell Parker, making a comeback after hip replacement last May. Having decades of golf history, including a hole-in-one, Dell will turn 85, in April, and she is schooling the 60 and 70-somethings, with an index under 30. Qualifying for a new, unnamed tourney at year's end that will honor the weekly low net player and runner-ups, Dell birdied a par three on her way to a tie with Judy Habecker, netting 65, in mid-January.

The Placer Par Points League, comprising five clubs, offers another challenge. Each month, commencing in May, our team will compete for the trophy; a fun way to play some private courses and sample their cuisine, too. Contact Marguerite Hebert to sign up.

Contact: Candice Koropp, 409-0607

Website: lhlxviii.com



Golf Men's

We opened up the 2014 season on January 7 with our annual Sloshfest stroke play tournament with a bang, with 122 entries. The first place winners are as follows: First flight was Richard Long with a net 62; second flight was Dave Carden with a net 63; third flight Joe McLeod with a net 61; fourth flight Walter Burke with a net 62; fifth flight Paul Apfel with a net 62; sixth flight John E. Duggan with a net 59. Congratulations to all the winners.

Congratulations to Richard Long for a "hole in one" on #16 which earned him \$500, thanks to Real Estate Broker and club member Mercer Tyson who sponsors this promotion every year. We appreciate his sponsorship and are looking forward to it this year.



Tyson presenting \$500 check to Rich Long for hole in one

We are looking forward to our next tournament on February 4 with the ABCD Scramble.

Contacts: Roger Oswald, rodgeroswald@gmail.com; Gen Andrews, eandgolf@sbcglobal.net; Karl Williams, kwill78479@aol.com
Website: lhmgc.org



Hand & Foot

Attention: All new people at SCLH! We want you to try Hand & Foot cards. Join us... no dues... no pressure... come in and play. Hand & Foot is a card game similar to canasta. We play partners and it is easy to learn. It's lots of fun. We are looking for our old familiar players and new people to start. There is room for two more tables so please give it a try.

For a fun morning, come to the Card Room (OC) on the first, second, and fourth Thursday, 8:30 AM to 12:00 PM. Men and women, open to everyone.

Contact: Gloria Iannello 543-6681



Healthy Eating

Our club is now one year old! Our mission is to share knowledge and experiences about the importance of healthy eating as the cornerstone to a healthy lifestyle. We have an almost endless list of food-related topics we explore at our monthly meetings and at our smaller gatherings we call "workshops." We don't dispense medical advice, nor do we recommend any particular diet plan, but we like nothing better than getting together to share ideas and experiences about the selection and preparation of healthy food.

The club will soon resume its schedule of periodic small workshops where we feature the preparation and serving of a particular healthy dish by member volunteers. The next club potluck supper is in April.



Top two photos — farmers market scenes; friends of the club

Our general meetings are on the fourth Monday of each month (the 24th in February) at 2:00 PM in the P-Hall (KS), guests welcome. 2014 dues are \$15.

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



Hiking and Walking

Walkers: Recent articles say that walking just 30 minutes every day will increase your odds of dodging stress, obesity, depression, heart disease, dementia and various other ailments. If you would like to walk for 30 minutes a day for several days a week, or if you know others who would, please let Louis Bobrowsky know and he will help start and organize a 30-minute walking group(s).

Hikers: We had quite the chilly experience walking to Mount Vernon winery in Auburn. However we quickly warmed up in their wine tasting room (a restored milk house built in 1950). Another day was spent hiking the Stagecoach Trail which was once the main artery between Auburn



Carole, Sharon, Pam, Rosemarie and Wilma with the Mount Vernon winemaker; Hiking the Stagecoach Trail near Auburn; the group poses at the old movie set ranch house

and two gold mining towns. A more local hike was Orchard Creek Lodge to Caperton Reservoir above Catta Verdera. Venturing out to Cronan Ranch, near Cool, we saw spectacular views and even an old abandoned movie set.

Contacts: Hiking: Denny Fisher 434-5526, dfisher049@gmail.com; Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com
Website: <http://lincolnhillshikers.org/>



Investors' Study

Drew Lapsley from Goldman Sachs is the guest speaker at our March 6 meeting. We meet the first Thursday of each month from 2:00 PM to 3:30 PM in the P-Hall (KS). Afterwards, we move to the kitchen for refreshments and socializing. You may talk one-on-one with the presenter.

Want to know more about MLP's? Drew will talk about oil and gas MLP's, a popular investment class that provides



*Drew Lapsley
from Goldman
Sachs is our
March 6 guest
speaker*

good income and growth potential. Also, our consultant, Russ Abbott, will update us on current economic happenings and the markets. Please join us.

An offshoot group, the Active Investors, will convene on the second Monday of the month at 3:00 PM in the Multimedia Room (OC). Their contact is Bill Ness, 434-6564, bilnes@att.net.

**Contact: John Noon 645-5600,
thenoons@att.net**



Lavender Friends

LF is a social organization serving the LGBT community and those in friendship in SCLH. The specifics of most activities are announced to members through email. If you are interested in joining, please contact the members listed below for more information.

Claudia presided as President, Paula as Vice President, and Nancy as Treasurer at the business meeting. Goals were reviewed and a social calendar was developed. We discussed the development of articles profiling members in *Compass* and *Sun Senior News* to help us get to know each other better and deepen community interaction. A Yahoo group was set up to enhance club communication. Volunteers are available to help with the computer set-up.

Activities on the calendar featured breakfasts, a possible Super Bowl Party, coffee get-togethers, and a potluck in March. Check emails and the Yahoo group for emerging movie, theatre, or game nights activities.

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



Line Dance

In our January *Compass* article it was mentioned that there are eleven line dance classes to choose from

listing them but forgetting to list the Intermediate classes called, Line Dance III. These classes are for the more experienced dancer and even though they are more challenging, they are a lot of fun. Our two instructors have many years of experience behind them at this level. We are lucky to have two intermediate classes offered. Audrey's LDIII class is on Thursday afternoon from 3:30-4:30 PM and Sandy's LDIII class is on Wednesday from 10:00-11:00 AM. New experienced line dance students are always welcome in these classes.

Workshop: Saturday, April 26, Scooter Lee is coming back to Rocklin. With her will be Jo Thompson who is known worldwide for her grace and choreography.

To register online go to:
dancingforthedream.com.

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



LSV/NEV

Low Speed Vehicles/Neighborhood Electric Vehicles

Are you thinking about purchasing a NEV now that you are an official resident of Lincoln Hills, and wondering what kind of maintenance, insurance, and driving regulations exist? You can have your questions answered by attending our monthly meetings held on the third Tuesday of each month.

We welcome you to attend our February 18 meeting at P-Hall (KS), 10:00 AM, to hear our program speaker, Ryan Kugel of Electrick Motorsports, Rocklin. Valuable information regarding ownership, maintenance, and benefits of driving an NEV is the focus of his program.

Our group has four socials a year, pre-meeting coffees, educational and informative speakers, a car rally, and more.

Bring a friend along with you to meet our friendly members. All are welcome.

Contact: Dan Gilliam 209-3946



Mah Jongg, Chinese

Winter is 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

National Mah Jongg meets every Tuesday in the Card Room (OC) from 12:30 to 4:00 PM. We usually have four to five tables of fun and exciting play. Please join us to make new friends and sharpen your mind.

Great news for people wanting to learn National Mah Jongg. One of our players, Fran Rivera, has offered to teach new players the game. New players will need to call Fran at her number listed below to verify she will be playing that week.

Contact: Carol Vasconcellos, 209-3457



Mixed Media Collage Arts

Wild about Washi tape! Washi tape originated in Japan and although made of paper, it feels a bit like lightweight masking tape. There are a variety of colors and patterns. It is functional, fun and adds an interesting dimension in Mixed Media Collage projects. We often experiment with textures, techniques, recycled or repurposed articles, colors and paints.

Our club meets the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). This art form is free flowing so there is no specific set of rules and our monthly club time is mostly spent on individual projects. You are welcome to visit up to three times prior to joining (yearly dues \$10). Members also have the ability to use the Ceramics Room (OC) on the fourth Tuesday of each month from 6:00-8:30 PM.

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



Motorcycle

RoadRunners

The riding season hasn't started but we've been taking advantage of mild weather with impromptu rides. One,

instigated by Road Captain John Marin, was a local tour of interesting places. First stop, the Roseville Utility Exploration Center, we saw the exhibit "Earth from Space." Then to Yuba City's Harley dealership. From there we toured Yuba City and Marysville downtowns.



RoadRunners enjoying Museum

Our monthly riding plan is taking shape; we anticipate tours to the Pardee Dam area, East Bay hill run, Fair Play/Plymouth area, Garnerville "Basque dining" and a Feather River tour. These are just a few of the planned activities.

Residents who have a roadworthy motorcycle and enjoy back road touring are encouraged to check us out. RoadRunners meet the fourth Thursday, 6:00 PM, Multimedia Room (OC). Following the meeting, members go to a local restaurant for dinner and a social get-together. Our first meeting of the year will be February 27.

Contact: Patrick Chaves 408-1233; patmcspeed@gmail.com
Website: www.brinz.net/roadrunners_2013/roadrunners_2013.html



Music

Finally, "Open Mic Night" is back and will resume on Friday, February 28, (P-Hall, KS) 6:00-8:30 PM. Sign-ups for those wishing to perform begin at 5:30 PM. Mark your calendar now for this enjoyable event where musicians and music lovers mingle in a friendly, supportive atmosphere.

The weekly jam sessions of the wildly enthusiastic L.H. Ukulele Players are continuing at OC Lodge each Wednesday, 1:00-3:00 PM. Beginners are always welcome. A class for those desiring instruction is offered and is intended for those planning to join the weekly sessions. Contact Ron or Molly (409-0463) for information.

The SCLH Music Group resumed their regular monthly meetings on January 22 and will continue to meet on the fourth Wednesday throughout the year.

Bring your instruments and/or voices and sign up to perform, or just relax, enjoy the music, and socialize. All are welcome: 6:30-8:00, Fine Arts Room (OC).

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

What lady does not like jewelry? Thom Atkins, our guest speaker for the general meeting on February 11 brought some of his incredible jewelry pieces. Thom has been fascinated with beads for over 30 years. He displayed bead-embellished quilts where the beads are embedded in the surface of the quilt and their application does the quilting. Using the quilt as a canvass and the beads as texture and paint, he has developed a unique style combining fabric and beads.

There are many ways to use a needle, and in this group you are sure to find something of interest. Check out the Sewing Room display window (OC), drop in and see the various activities you could be enjoying. Call Joan Daley at 543-9449 to join this high spirited group.

Contact: Carol Matthews 543-7863, carol.matthews1929@sbcglobal.net



Neighborhood Watch

The first of six 2014 Training Sessions for Mail Box Captains and Village Coordinators will be held on Friday, February 28, from 2:00-4:00 PM in the Fine Arts Room (OC). To reserve your space, please contact Pauline Watson (info below).

If you are replacing a volunteer who has been issued a workbook, please bring it with you. If you will need a workbook, please tell Pauline. The workbook contains easy-to-follow information sheets which will help you navigate through the Neighborhood Watch website, provide computer guidelines, and explain available resources.

Our goal is to make these Training Sessions interactive, with help available from the presenters. There will also be opportunities to exchange stimulating ideas with other participants. Past participants have given these workshops high marks for providing important information.

Additional workshops will be presented on March 27, May 23, June 27, August 22, and October 24.

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



Painters

Our biggest annual event, the Painters Club Fine Arts Show, will take place in the OC Ballroom, February 21, 22, 23. We invite Lincoln Hills residents and their families and friends to peruse the paintings and sculptures and perhaps go home with a piece that speaks to you.

Our February membership meeting featured Michael Mikalon doing a drawing demonstration. See the *Compass* (page 54 this issue) for information on classes such as Drawing and Watercolor Painting offered by Michael.

Also, see the page 47 of this *Compass* for information about a March trip to the DeYoung Museum to see a Georgia O'Keefe exhibit.

Our 2014 Art Studio Tour will be held in May. We thank Barbara Walker and Catherine High, for organizing this event.
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

It was another successful year for the Paper Arts Club. With that in mind, our president, Sue Manas, would like to acknowledge those who contributed to that success.

The following board members deserve special recognition: Reggie Fabian, Treasurer; June Paquette, *Compass* reporter; Bonnie Esker, Membership list; Char Sly, Historian/Scrapbook; Pam Haines, Sun-

shine Chair; Phyllis Zialer, Operation Write Home; Dottie Macken, class information; Mina Bahan, newsletter; Mary Massey, Salt Mine coordinator; and Pat DeChristofaro, new member coordinator.

Sue would also like to recognize Becky Leo, Phyllis Hunter, Claudette Hinman, Paulette Rhodes, Barbara Lund, Jackie Fong, Lori Luchette, Linda Luchette, Jackie Stoll, and Chris Geist for their volunteer spirit and all those who helped with projects and special events.

On behalf of the membership, I would like to thank Sue for her dedication and leadership as club president.

Be sure to check out the Valentine cards in the window display (OC).

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 if 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

It's another of the incomparable field trips engineered by Les & Marilyn Thomas, hosts of past fabulous forays to Yosemite, Tahoe, and the Eastern Sierras. Currently on display at Simple Pleasures Restaurant in Lincoln is the LHPG "Ladies" show, a compilation of their photographic passion images. Fear not — being a family restaurant, all the photos appeal to the light-hearted and artistically engaged.

Looking to March, the meeting on the 12th will be a semi-annual Show and Tell, always an eclectic insight to the doings of our collective talent. Surely there will be images from the Klamath Falls trip along with photos meeting past technical challenges (including getting out of bed early



"Northern Flicker" and "Bald Eagle" by jeffa

enough). It's been a dry year except for juicy images. *Author: jeffa.*

Contact: Gary Sloan 434-5445,

Gsloan33@yahoo.com

Website: SCLHphoto.com



Pickleball

If you've spotted a sea of red in passing by the pickleball courts lately, it's our flashy new club shirts! Club members can contact Sherry, sherry.ann@att.net, to place a shirt order. They're color coordinated with our new cool club jackets, which can be ordered from Andrea, amad53@sbcglobal.net. Purchase at least one of each, as they'll surely improve your game!



Wendy, Margaret, Susan & Sherry sporting new club shirts!

If you'd like to see live pickleball competition, ladder play for club members begins each weekday at 1:00 PM and spectators are welcome.

Mona Wheeler handles our club's glass/plastic/aluminum recycling program. Recycling money was donated in December to Sierra College Foundation, specified for its Former Foster Youth Program. We encour-

age all club members to bring empty CA CRV marked water/soda/beer/small juice drink containers (no wine bottles), with tops removed, to the courts, allowing our charitable donations to continue.

Our next board meeting will be at 2:00 PM, March 12, in the Ceramics Room (OC).

Contact: Scott Sutherland 253-3997,

swsuther@sbcglobal.net

Website: www.lhpickleball.com



Players

Coming soon to the Orchard Creek Ballroom, Neil Simon's hilarious play "The Odd Couple."

Director Judith Jesness has been rehearsing her cast and it will be a very funny production featuring members of the Lincoln Hills Players Group. Performances are on March 5 and 6 at 7:00 PM. Tickets are \$16 for Preferred Seating and \$12 for General Admission and they are on sale now. There are *only two* performances so tickets will go quickly.

It takes many people to put on this type of production and we are always looking for new actors or stage crew members.

For more information, come to our next meeting on March 10 or contact the member listed below. We'll also have a booth at the Group Expo (now called "It's the Lifestyle," see page 4) on March 13 so come and check us out.

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). 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 Friday — 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 2014 tournaments are April 12, July 12 and October 11.



Winner from January 11 — Neil Barsky and second place Sally Kremer

Winners from January 11: Eighth place Steve Kriner; seventh Judy Schmidt; sixth Arnold Baker; fifth Lynn Barsky; fourth Frank Katzl; third Patti Croft; second Sally Kremer; first Neil Barsky.

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

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



Rummikub

We proudly call ourselves “Rummikub-ers.” We welcome newbies, alone, or with your friends, to join our hassle-free club. Arrive at your leisure between 1:00-4:30 PM in the Card Room at (OC) every Wednesday. We provide the games and “open” tables to teach anyone this easy-to-learn game. So, if you are looking for a fast action game, where the outcome is undecided until the last play, and with a never-ending variety of strategies and play situations, do come and join us.

Contact: Joan Cosme 622-5560



RV

They will be getting their Giants and A's hats and jerseys out of the closet to take in some exhibition spring baseball. We're talking about the RV Group's first rally of the year, a March 12-17 trip to Mesa, Ariz.

Heading the group is Mike Genest, his first stab at being a wagon master. Ten rigs are expected for the journey south. They will be going to Giants and A's games as

well as games featuring other major league teams. The group will be staying at the Mesa Spirit RV Resort and will have special dinners, hiking and golf as other activities.

The RV Group will be holding its monthly meetings in the Social Kitchen (KS) with the addition of a social hour. Exceptions are the April and October meetings which will be held in the P-Hall (KS). Meetings are on the second Thursday of each month, 4:00 PM.

Contact: Rosie Eads 408-0129
Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

The Schools Program is really appreciated as noted by two teachers. “Your program is wonderful! The students love the volunteers and they are so helpful in giving specialized and individual attention to specific students. Volunteers often have special interests, skills and real world experiences to share with the kids. All these assets make this an extremely valued program. *Please continue!*”

“It's amazing how helpful and supportive the SCLH volunteers are. Volunteers working with students have a positive impact on their learning. I hear nothing but praises from staff in WPUSD. The extra support they provide helps so much in creating a positive school environment that involves the community and in helping our students meet their learning goals. Your volunteers are doing a great job. Thank you so much for this program.”

Consider being a SCHOOLS volunteer. Call Cindy or Sandy for details. Look for our table at the Club Expo (now called “It's the Lifestyle,” see page 4) on March 13.

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



Scrabble

Brr, hm and mm. Are those really words? Yes, all three are legal plays in Scrabble. When you find yourself with too many consonants here are a few other allowable no vowel plays: cwm, nth, psst, crwth, sh, shh, pfft, pht, tsk and tsksk.

Although to play the tsksk you would need a blank as there is only one K in each Scrabble bag. The highest scoring two letter words: za, qi, jo, ax, ex, ox, xi, xu, ka and ki. Who knew?

Scrabble is all about having fun with words and friends. Come join in on Mondays at 1:00 PM in the Card Room (OC). Let's Scrabble!

Thanks to Candy for her past submissions to this column.

Submitted by Connie Protto.

Contact: Joan Spurling 505-5000



Shanghai

Your experience with a new and fun card game is simply a stone's throw away. Come and join us in learning to play Shanghai. You will play with a group of four-to-six players, and three decks of cards. Don't know how to play? Call one of the names below for a free lesson.

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



Singles

Dynamic Singles

February is here and that means Valentines Day and SCLH Singles Club has been keeping us busy. At our February 13 General Meeting we made masks to wear at our Valentine's Day social.

There is also, of course, the monthly cocktails, Singles golf, our second Saturday breakfasts and our monthly Birthday celebrations held in Meridians Sports Bar. If that isn't enough to keep you busy we have our hiking club and Bocce outings. So join the group and enjoy yourselves.

Contact: Linda Bacon 628-5158
Website: www.singleslincolnhills.org



Ski

What a time for skiing! Well-groomed runs, good snow, blue skies, little wind, cool not cold, no crowds, close-in parking, your choice of every table in the lodge... what could be better? What's that, you'd like fresh powder? Oh. Lots of terrain? Picky-picky. Many of us have headed uphill with low expectations, and have been pleasantly surprised.



*Bruce Herold and Phil Sanderson
atop Mt. Lincoln, Sugar Bowl;
Bill Smith at Northstar*

However, we are in the process of establishing a Club Special Interest Group: Dancing. Not the line, ballroom or country variety, but a more important type: Snow! Hopefully by the time you read this our efforts will have borne fruit.

We were not able to enjoy Ken Brooks of REI in January, but he will join us for a special meeting on Thursday, February 27, 4:00 PM in the Multipurpose Room (OC). He will inform us about the latest in ski equipment and apparel. Bring your questions as Ken has lots of answers!

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



Softball, Senior League

Applications are due *now* for the LHSSL Spring League. If you haven't submitted your three-page application, download it from the website and get it to Joann ASAP. Teams will be formed in March, and we need to know who is available to play. If you have any questions, contact any Board member. Information for them is available on the website.

There is a clinic by John Moran every Wednesday in February that will help us get ready for the season. There will also be a swap meet to facilitate buying and

selling of equipment. We will send out emails to the membership announcing both these events.

Ron Sato is now running the Sunday practices. Come on out and get ready for the season. We all thank Ron for stepping up.

League play is scheduled to begin April 2, and we will celebrate Fan Appreciation Day on April 12.

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

Coyotes

The Coyote 2013-14 Sierra Winter League team has a terrific 17-3 record so far, winning seven doubleheaders and splitting three. Led by the pitching of Carlos Zavala and Nick Eterovich, the Coyotes have beaten each of the other six teams in the league at least once and some more often.

Home games are played every other Thursday at Del Webb Field commencing at 10:00 AM and at other fields alternate weeks.

Heavy hitters include Barry Maynard, Hal Kastner, and Joe Bellah. Other members on the team include John Dambrosio, John Moran, Bob Fernandez, Brock Dagg, Barry Sasabuchi, John Griffin, Henry Mutz, Ron Greeno, Steve Lambert, and Manager JR Jackson. They are all well-accomplished players with outstanding fielding skills and the potential for power hitting. Games are always exciting and entertaining.

In addition, the Coyote 70s team has scheduled two practice doubleheaders on February 10 and 21. Come check it out.

**Contact: Dave Rich
richerino@aol.com
Website: LHSSL.org/Travel Teams**



Sports Car

We are having fun this year. Vic Kremesec and Pam Berry are coordinating our events, and Nadine Miller and Linda Snyder are leading our social events.

Our possible rolling events include a Delta Ride & Lunch at Giusti's, Lockeford Sausage with lunch at Club Pheasant, Sonoma Zip Line Event, Eureka and the William Carson Mansion, Casa Amorosa

in Napa, Sears Point Historic Car Races, Hooked on Driving, Botanical Gardens at UC Berkeley, and National Yo-Yo Museum with glass blowing in Chico. Our first roll-



Pacific Grove view

ing event will be our annual overnight trip to Pacific Grove March 25-27.

Our social events include Harness Horse Racing at the Fairgrounds, Lone Buffalo Winery – Wine & Cheese Evening, River Cats Game, best ball golf tourney and putting contest, Catta Verdera Christmas Party and Japanese Garden Ladies Outing. Our first social event was a Chinese New Year Dinner at China Villa on February 4.

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



Square & Round Dance Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We are always ready to welcome 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)

Call Louis or Wanda to join today!!

**Contacts: Louis Bobrowsky 434-5932
louisbobrowsky@yahoo.com;
Wanda Gentry 409-9002
wanda.gentry@att.net**



Table Tennis

On January 26 a general membership meeting was held. The meeting

affirmed Peter Schaafsma as the new president of the club. Peter replaces long-time president Marc Fong. Congratulations to Peter. Marc will now concentrate on challenging players on the advanced table. The meeting also welcomed Yoshi Gassner to our entertainment “team” with Valerie and George. Yoshi replaces Bernie Lewis. We welcome Yoshi and send off Bernie with kudos. Also Jerry Cress has relinquished his position as equipment monitor. Jerry will now concentrate on beating Marc Fong in a much anticipated game of singles.

On January 23, members and their guests enjoyed an annual social gathering to celebrate the Chinese New Year. This celebration was a dinner at China Villa restaurant in Rocklin. Thanks to the sister team of Weilu and Mae for organizing this event.

Play is on Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00 -11:00 AM.

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



Tap Company

“Remembering Rosie,” Tap Company’s April 3-5 show, honors women who worked war jobs during WWII. Five night club dancers seek employment at an aircraft factory. In a light-hearted way see challenges these women faced when entering a man’s world, while worrying about their men away fighting the war.

We’ll present a “war bond rally” with big band songs, tap and swing dances from the 1940s, during which we’ll offer an op-



Rosie and Rosie Dancers



portunity to support the Wounded Warrior Project. We’ve included performances by our own Landers Sisters in “Boogie Woogie Bugle Boy,” “In the Mood” and more.

The cast is hard at work to bring you all your favorite songs and dances. Tickets go on sale February 17, and will sell out quickly as did last year’s show.

Meanwhile, if you were a “Rosie” we would love to honor you. So please reach our directors by emailing lyricsop@pacbell.net or calling 253-7492.

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



Tennis

Sign-up now and be included in a year of tennis action! Applications are in the Tennis Pavilion or at <http://sclhtg.com>.

The LHTG Board has an amazing year of tennis activities planned. St. Patrick’s Day Tournament, a MXD fun event mix and switch, has been added — mark the date and wear your green.

The 2014 events taking place — lots of action for all levels of players.

Tournaments: Valentine’s Tournament was February 14; St. Patrick’s Day Fun MXD March 14; Women’s Doubles April 25; LARTA Event May 10; Men’s Doubles May 16; Mixed Doubles June 6; Men’s & Women’s Singles October 3; Oktoberfest Tournament October 25.

Social Events: Fall Dinner/Dance November 13; Women’s Holiday Luncheon December 4; Men’s Holiday Luncheon December 4.

Intraclub Team Tennis: Daytime April 2; Evenings September 3.

Social Drop-ins are held every Wednesday and Saturday, 9:00 to 11:00 AM, open to all LH residents.

Contacts: Linda Burke 209-3463, scteam10s@aol.com; Greg Burke 316-3054, burkegbp@aol.com Website: <http://sclhtg.com>



Vaudeville Troupe

We hope everyone enjoyed our fabulous Vaudeville Show in January. You are truly “Awesome Audiences”!! As of today, Marina



Marina Eugenio’s last show; from left, Paul Krow/Diana Julian/Jim Walker/Shirl Schweitzer/Jim Hogan/Judy Monteleone — “Master of the House”; Bessie’s Angels, from left, Ellie Hoekenga/Mary Jo Garrison/Sally Goble/Jody Douglas/Jackie Wilson sing to Bessie

Eugenio, the Founder/Director of The Vaudeville Troupe for the past seven years, will be moving on to pursue her many other interests; she has been caring for her beloved Mom, Bessie, for the past 10 years and with her mom’s passing this past October, Marina feels it is time to “do something else”!! Marina sends her sincere thanks to her loyal Vaudeville supporters for all these fantastic years of attending the Vaudeville Shows: as her charm bracelet (gift from Jody) says: “Vaudeville-My Baby”!!

Moving forward, Yvonne Krause-

Schenck, Vaudeville performer and popular line-dance instructor, will take the position of Director and, rest assured, the shows will continue in the tradition that you have come to expect over these many years with Marina at the helm.

Contact: Yvonne Krause-Schenck,
ykrause@yahoo.com

Website: [YouTube.com/user/marinaeugenios](https://www.youtube.com/user/marinaeugenios)



Veterans

Edith Roberts, wife of one of the five original Tuskegee Airmen, and her daughter Lanelle will be the featured speakers at the February 20 general membership meeting in the P-Hall (KS) at 1:00 PM.



Edith Roberts, widow of Col. George S. "Spanky" Roberts, has been a distinguished spokesperson for the Tuskegee Airmen

for more than 25 years. (The Sacramento Bee photo)

Battling deep-seeded institutional racism, the young black cadets training in 1943 to be fighter pilots at an airfield in Tuskegee, Ala., wore their uniforms with pride and dreamed of the day they would take to the skies to fight the enemy, Mrs. Roberts said.

Once they were deployed to the European Theater of Operations to escort and defend Allied bombers, the Tuskegee Airmen had one of the highest rates of protection of any unit in the war. It was after the other fliers began to respect the African-American pilots that their stories started appearing in *Life* Magazine and other prominent publications.

Contact: Malcolm Singer 645-8553,
singerfamily1@me.com

Website: lhvets.org.



Water Volleyball

Water volleyball is open to all Lincoln Hills residents of any skill level. Come and try it out. It's good exercise and a lot of fun, and it's not too strenuous for aging joints and muscles. Everyone can play at least three days a week (Monday, Wednesday, Saturday) if they wish and rated players can play up to six times a week. Come try it out up to three times without joining. Annual dues are still only \$10.

Good news! Due to popular demand, our playing times have been extended on all days that we play (see below). We now have an extra 10 minutes at the beginning of each day of play. See you in the pool.

Play available (KS):

- Open Play (all levels): Saturdays 8:50 AM; Mondays, Wednesdays 5:20 PM.
- Advanced Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:20 PM.
- Training: Third Mondays 5:20 PM.

Contacts: Steve Parke 716-5379,
stevenparke@att.net; **Jerry DiGiacomo 521-1904,**
itsmrd@sbcglobal.net
Website: www.lincolnsuncity.org/residents



West Coast Swing

Highlights for February: West Coast Swing Dance Instruction is being offered on Wednesday evenings — check the *Compass* (page 64 in this issue) for more details.

WCS Dance Practice second Friday of each month for those students taking the West Coast Swing Dances Classes — commencing March 14, 5:30-7:30 PM in the Fine Arts Room (OC).

Members, it's time to renew your membership. More info: contact Dottie or Betty.
Contacts: Dottie Macken 543-6005,
justdottie@sbcglobal.net; **Bob Roman 543-6618;**
BobRoman@starstream.net; **Betty Maxie 408-5392,**
bettymaxie@att.net



Writers

The Writers Group returned January 13, welcoming current and new members to another promising

year. The diverse group of writers gathers to share a wide range of genres including prose, fiction and poetry. Many members have already been successful in publishing their memoirs.

The Writers Group continues to be the perfect place for residents to sharpen their skills, and share their writing in a friendly and fun environment. Participation is an excellent way for prospective writers to get started and seasoned writers to keep on track and reach their goals.

"You fail only if you stop writing," said Ray Bradbury, famed science fiction and mystery writer.

If "to write more" is on your list of activities to accomplish this year, join us on the second, fourth and fifth Mondays each month at 6:30 PM in the Ceramics Room (OC). Bring 10-12 copies of your work to share (maximum 1,500 words).

Contacts: Bev Brannon 434-6780,
bevbrn49@aol.com; **Linda Lucchetti 253-9733,**
linnluu@aol.com

Authors' Resource Group

The Authors' Resource Group is the new name of the Authors & Writers Resource Group. Several members published manuscripts last year and we have another four members whose New Year's resolution is to publish by year end. We met at Tommie Moller's home January 17 to share goals and discuss and create "critique groups." We will meet again in February to discuss marketing techniques. It's never too early to start marketing which can involve social networking (Blog, Facebook, Twitter, LinkedIn) and speaking at clubs.

President, Linda Bello-Ruiz recently received wonderful news. Her memoir, *From Tears to Triumph, My Journey to The House of Hope*, won a gold medal in the national Illuminations Book Awards. She started writing her memoir after joining the Writers Group and learned about publishing and marketing as a member of the Authors Resource Group.

Join us! Authors' Resource Group meets monthly. Contact Linda or Leo for date/time/place:

Contacts: Linda Bello-Ruiz 543-7952,
Imbelloruz@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.

Cloggers

How are you doing with those New Year's healthy resolutions? We can help. Join us in the aerobic, dynamic dance called clogging! If you like rhythm and beat and great music (country, Appalachian, banjo, contemporary — and always with a strong beat), we are the place for you. Clogging, an Appalachian/Irish combination dance, uses double taps on heel and toe to create a fantastic sound. Want to be in the movies? Last year several cloggers auditioned (and a few were chosen) for the film "Perfect Cowboy." Thinking ahead, a "March Madness" clogging workshop will be held March 8 in Danville and there's a three-day clogging convention in Modesto, April 25-27. We cloggers receive a special rate at the Danville Double Tree Hotel, where the event takes place. For information on both events, go to ncca-inc.com. For exercise, rhythm, high energy and fun, clogging is the answer! Contact: Anita Tyson, 543-5330.

Danes

Danes where are you? We are a group of Danes who meet on birthdays. We eat a bit of Sild with a couple of Snaps and a beer or more, have lunch usually off the general menu, have some good Danish camaraderie, some fun and keep up the Danish language. We are seeking to find the Danes who reside anywhere and wish to join us. To qualify: be a great Dane with spouse and or partner from anywhere. We are not a club and don't want to be a club, just some Danes getting together and working on staying Danish. We had our January luncheon in the Solarium (OC) on January 4 with 17 people. If interested in joining us please let me know, Jonas Porup: phone 543-3302 or Jonas@Porup.com. Our February luncheon will be on February 22.

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.

| | | |
|-------------------------------|------------|---|
| Wednesday, February 26 | • 3:00 PM | Nutritional Blood Analysis & Cardio Health Presentation, Oaks (OC) |
| Thursday, February 27 | • 10:00 AM | Stem Cell Therapy for Joints, COPD & Diabetes Presentation, Oaks (OC) |
| Saturday, March 8 | • 11:00 AM | Gold City Jewelers Gold Buy, Heights (OC) |
| Tuesday, March 11 | • 10:30 AM | Nautilus Society, Oaks(OC) |

Glaucoma Support Group

will meet on March 12 at 4:00 PM in the Multimedia Room (OC). All residents who are living with Glaucoma are encouraged to attend. More info: Bonnie Dale, 543-2133.

Grief Recovery Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life. A new group starts Tuesday, February 11-May 6, from 9:30-11:30 AM at Granite Springs Church, 645-9620. Contact: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

LH Italian Club (LHIC)

There's no better way to warm up a winter night than by having some classic Italian food and fun. The LHIC is bringing back comedian Tony Castle and his one-man show of songs, stories, humor and memories. This year, a lasagna dinner is included. The event takes place Saturday, February 22 in the Multipurpose Room (KS). Coming up March 9, a Venetian Carnevale will be presented at the Catta Verdera Country Club in Lincoln. The dinner dance is a favorite that reflects the history and culture of Venice and features the beautifully decorated masks worn by many. (Read more about the fascinating history of the Carnival of Venice on the LHIC webpage at www.lhitalianclub.org.) Are you a SCLH resident of Italian heritage? Join us for fun and friendship. Club info and future events: www.lhitalianclub.org or Marie Berleghi, membership chair, at 543-3731.

LH Parkinson's Disease Support Group

The LHPDSG meets every third Tuesday in the Lincoln Raley's conference room at 10:00 AM. More info: Sharon, 408-4869. Today's topic by Katherine McGregor, RN, was, "Medical Decisions When They Count Most." New discoveries in medical science and technology pose difficult questions for those involved in medical intervention in case of serious illness. You need to insure all involved know exactly what medical intervention you do or don't want. Choose a person you can trust to speak for you. Having an Advance Health Care Directive is key! Give copies to your agent, loved ones and doctors. Thank you Katherine.

LH Retired Law Enforcement Officers Group

Lincoln Chief of Police Rex Marks will be guest speaker for the Lincoln Hills Retired Law Enforcement Officer's Group on Friday, February 28 at 9:00 AM at Mimi's restaurant in Lincoln. Chief Marks will speak on the challenges he faces and what he sees in the future for the Police Department. This will be the first time that Chief Marks has been the group's guest speaker. There will be Q&A following.
Continued on page 39

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Douglas Thom



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Continued from page 37

lowing Chief Marks' remarks. Any and all retired or active law enforcement personnel in the Lincoln, Rocklin, or Roseville law enforcement communities are encouraged to attend. Spouses are welcome. Please reserve a spot by emailing Jim Pola at Polabears@wavecable.com. Please arrive no later than 8:45 AM for coffee and socializing. You will order your breakfast off of the menu and receive separate checks.

LH Travel Group www.lh-travelgroup.com

The next meeting is Thursday, February 20, 7:00 PM, Kilaga Springs Lodge. Guest presenter: Ilene Ferguson, President, Alamo World 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.

Lincoln Democratic Club

The Lincoln Democratic Club will present Rex Marks, Chief of Police of the Lincoln Police Department, at the club's February 20 meeting. Police Chief Marks will speak and then take part in a question and answer session. The meeting will begin at 6:45 PM in the Kilaga Springs Lodge. The public is invited. Questions? Call June Paquette, 408-2263.

Lincoln Police Dept. — Volunteer Program

The Lincoln Police Department (LPD) is recruiting for its next LPD Volunteer Academy. The program is open to Lincoln residents who are 21-years-old or older. This ongoing recruiting effort is for those individuals who would like to volunteer, either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the

community). Qualified individuals will receive training on all aspects of Police Volunteer work. More info: Roy Osborne, 645-4081.

Racquetball Group

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

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
Continued on page 41

Community Perks

Painters Club Fine Arts Show

February 21, 22, 23 — Free

Lincoln Hills residents and their families and friends are invited to peruse the paintings and sculptures at the Painters Club biggest annual event. Perhaps go home with a piece that speaks to you! OC Ballroom.



Music Group Sponsored "Open Mic Night"

Friday, February 28 — Free

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



KS at the Movies: "Date Night"

Monday, March 3 — Free

R, 117 minutes — Action/Comedy/Crime. Starring Sandra Bullock and Melissa McCarthy. This movie presentation is in cooperation with The Spa at Kilaga Springs.



It's the Lifestyle

Thursday, March 13 — Free

10:00 AM-1:00 PM. Formerly the Group Expo, come explore a



wide variety of clubs and groups. Get involved with a volunteer or community service organization. See what your Association has to offer.

Document Destruction

Monday, April 15

10:00 AM-12:00 PM, OC Fitness Center Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files okay but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the parking lot!



e-Waste Recycling

Tuesday, April 22 — Free

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



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Continued from page 39

welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Dur-

ing the winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the number below. Residents interested in rifle or

pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger at 408-3928 or johnnpat@sbcgblal.net.

Toys for Tots Report

Continued from page 13

conducted by various groups in the Lincoln Hills community during their Christmas luncheons and dinners. We were also asked to deliver toy collection boxes or to pick up donated toys by several residents gathering for informal parties during the holidays. As a result we collected hundreds of toys from your community.

Every year, SCLH residents are outstanding in terms of the number and quality of toys we collect from your

community. You are most impressive in your spirit of giving, and on that count, inspire us who collect the toys. Because of that, you will again be presented with our highest award, the Commander's Award, at your Association's Board of Directors meeting at Kilaga Springs Lodge at 9:00 AM on Thursday, February 27.

For your information, we distributed almost 12,000 toys, 575 books and 2,131 stocking stuffers to 4,733 children last Christmas in Southwest Placer County and surrounding areas. Toys were distributed outside of Southwest Placer

County once local needs were met. Our first priority is to distribute to local kids. Our donors want that and we always respect their wishes. Our major toy distributor in Lincoln was again the Lincoln Lions Club.

As always, we are grateful to you for your generosity and extend our "Thank You" on behalf of all the children in our community who found a toy under their Christmas tree because you cared. We look forward to working with you again when our 2014 Toys for Tots campaign commences next October.

In Memoriam

Robert Armstrong

A World War II Army Veteran, Bob held a degree in Electrical Engineering from Iowa State. His professional life included positions with Geophysical Services and Aerojet where he worked on the Titan, Polaris and Minute Man Programs. He also worked on the Mercury and Viking Mars Lander projects. Known for his sharp mind and good humor, he loved to travel with his family and was a member of the Lincoln Hills Mac Users Group. He was preceded in death by his oldest son, and is survived by his wife Betty, of 62 years, a sister, daughter, son and five grandchildren.

Jerry Austin

Always a salesman, Jerry enjoyed meeting and talking with people. He met his wife Margy in college in Denver, Colorado where he was born. They were married for 56 years. After moving here, Jerry especially loved playing golf with his regular buddies. He and Margy enjoyed many cruises and golf trips. Jerry will be missed by his wife, daughter, son and many others.

MSgt. Charles S. DeRenne, Jr.

Charles "Chuck" DeRenne was a retired Master Sergeant in the United States Air Force with his last station at Beale AFB. He earned his Associates Degree at Yuba College in 1983. Chuck was a member of the Marysville Elks Lodge for 32 years, serving state and district chairs. He enjoyed travel and was an avid sportsman. Chuck was a member of the Veterans Club and the Fishing Club of Lincoln Hills. He leaves his loving wife of 50 years, Gwyn, a son, daughter, their families and one sister.

Gladys Irene Frazier

Gladys was born in South San Gabriel 74 years ago. After graduating from college, she worked as a home economics teacher and then as an Educational Representative with McCall's Pattern Company, traveling throughout the Western U.S. giving presentations to high school students. She loved sewing, quilting, gardening, playing tennis, designing leaded glass, paper arts, canning and preserving. Gladys will be dearly missed by her husband, Glen, son and daughter-

in-law, stepson and granddaughter, as well as many friends.

Bob Leydecker

A Veteran of WWII, Bob served in the Coast Guard. He was born and raised in San Francisco and he worked for Pacific Telephone Co. for 42 years. He has been married to Marilyn for 45 years and he leaves four children, eight grandchildren, six great grandchildren and one more on the way. Bob especially liked working with wood and building things, but family was his first love. He will be missed by many.

James Parisi

Jim was the sixth child of an Italian Immigrant family and grew up in San Francisco. He served four years in the Navy and then had a career in construction. He and his wife Lenore were married for 54 years and have two children and three grandchildren. They lived in Marin County for 38 years before moving to Lincoln Hills. Jim loved golf, good food, good wine and good friends. He will be dearly missed by family and friends.

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.



THE SAXOPHOBIA QUARTET

TUESDAY, FEBRUARY 25
BALLROOM (OC) 7:00 PM

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"SAXOPHOBIA" QUARTET
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WITH TEN DIFFERENT
SAXOPHONES

EVENT CODE: 5225-12
Premium Reserved
Seating \$20
General Admission \$16




HAVE A LITTLE FAITH

A BROADWAY CONCERT

Friday, March 14
Ballroom (OC) 7:00 PM

EVENT CODE: 5014-12
Premium Reserved Seating \$23
General Admission \$19

Starring:
Tony Award Winner
Faith Prince

Tickets available at Activities Desk (OC/KS) and online
www.suncity-lincolnhills.org/residents "Lifestyle Online"

Entertainment

—Club Performance—

The Players Group Presents “The Odd Couple”

Wednesday, March 5 — 7:00 PM Show — 5205-01A

Thursday, March 6 — 7:00 PM Show — 5205-01B

They're back! That famous two-some: Felix and Oscar in Neil Simon's funniest comedy *The Odd Couple*. The Lincoln Hills Players Group brings a fresh, fast-paced, laugh-a-minute production of this beloved play to the Orchard Creek Ballroom in March for two performances only. We suggest you hop on it and get your tickets now! Ballroom (OC). Shows at 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 and online, \$16.** General admission \$12.



Tap Company's “Remembering Rosie”

Thursday, April 3 Evening — 5203-02A

Friday, April 4 Evening — 5203-02B

Saturday, April 5 Matinee — 5203-02C

Saturday, April 5 Evening — 5203-02D

“Remembering Rosie,” the next smash hit by the Lincoln Hills Tap Company, celebrates the American “We Can Do It” spirit. Share the experiences of our Rosie the Riveter, her friends and coworkers. Attend our War Bond Rally, a recreation of one of those massive events held all over the United States to finance the cost of beating the enemy. Our dancers and singers will entertain you with your favorite big band music and the periods moving and patriotic songs everyone loves. In the spirit of this year's show, audience members will be given the opportunity to contribute to the Wounded Warrior Project. All evening shows start promptly at 7:00 PM and the Saturday matinee performance begins at 2:00 PM. OC Ballroom doors open 30 minutes prior to show. Our last show, “Presenting Simply Broadway,” sold out fast so mark your calendars now to avoid disappointment. **Premium Reserved Section Seating, \$19.** General admission, \$14.



—Comedy—

Comedy Night at KS: Steve Barkley

Tuesday, February 18

6:00 PM performance — 5218-12A

8:00 PM performance — 5218-12B

Chicago Steve Barkley is a 30-year veteran of stage and screen, winning the First Place \$10,000 prize on America's Funniest People. Traveling the globe with his hilarious brand of comedy



and sound effects, he has opened for Ray Charles, Neil Young, Herbie Hancock, and many others. Steve has shared the stage with Jerry Seinfeld and Robin Williams, and his television credits include: Showtime's Comedy Club Network, A & E's Evening at the Improv, and ABC's Foul Ups, Bleeps and Blunders. Residents enjoyed Chicago Steve during his appearance in early 2012. P-Hall (KS). General admission \$12.

Ballroom Comedy Show: George Burns Alive Again!

Tuesday, April 15 — 5215-02

Straight from LA, join comedy impersonator Duffy as he takes you on a stroll along nostalgia lane as the legendary George Burns. As we all know, George Burns sings, dances and tells stories like only George Burns can. This 75-minute, musical, comedy show of our beloved George Burns is sure to delight the audience with Duffy's uncanny performance. Seating limited to 200. Doors 6:30 PM, show 7:00 PM. **Premium Reserved Seating, \$14.** General admission advance sales until March 14, \$10. After March 14, \$12.



—Concerts—

The Saxophobia Quartet

Tuesday, February 25 — 5225-12

Gain a rare glimpse at some of the most unusual saxophones ever made and enjoy a tribute to the legendary artists who gave the sax its unique voice in jazz. Rob Verdi's “Saxophobia” Quartet will bring over ten different instruments to our stage including a tiny curved sopranino (smallest sax in the world), slide sax, connosax, plastic alto, straight tenor, and a six and a half-foot tall contrabass saxophone. Along with piano, bass and drums, the program will explore classic jazz melodies associated with the sax. Hear selections of “Yakety Sax,” “Tequila,” and “Pink Panther,” with sax history and perspective. Rob has been a featured soloist with the Phoenix Symphony and performs with the Disneyland Resort house jazz band, Side Street Strutters. Rob's 2011 performance left residents in awe, so don't miss this return engagement! Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$20.** General admission \$16.



KS Music Night Presents Martini Crush

Monday, March 3 — 5206-01

Jazz is back! Martini Crush brings classic renditions of jazz favorites from the 30's, 40's, and 50's, cool bossa novas from the 60's, dreamy romantic ballads and straight-ahead



Continued on page 44

instrumentals, all mixed together with cocktail-induced swing versions of popular songs from the 90s. The trio includes piano, saxophone and vocals with Kacey Kamrin. A gifted vocalist, Kacey is blessed with an engaging style reminiscent of many legendary jazz singers. Its 5:00 PM somewhere... so join us to relax and enjoy a night with Martini Crush. P-Hall (KS), 7:00 PM. General admission \$16.

**“Have A Little Faith” –
A Broadway Concert with Faith Prince
Friday, March 14 — 5014-12**

With her most recent role of Mrs. Hannigan on Broadway, Tony Award winner Faith Prince dazzles audiences as she moves between theater, live performance, television and movies.” An opening medley from “Guys & Dolls,” “The King & I” and “Bells Are Ringing” is followed by gems like “Little Shop of Horrors” and “Scrambled Feet.” Faith, serves it up with dollops of her quirky humor. She has been astounding Broadway audiences since winning the Tony, Drama Desk and Outer Critics Circle Awards for her performance as “Ms. Adelaide” in “Guys & Dolls.” Other Broadway credits include “The Little Mermaid,” “Nick & Nora,” “Little Me,” “The Dead,” “Noises Off” and “Billy Elliott.” Faith currently recurs on Lifetime’s hit series “Drop Dead Diva” as Brooke Elliott’s mother Elaine. She works often with The Boston Pops, Utah Symphony, Cincinnati Pops and Philly Pops, and recently starred in The Orlando Philharmonic’s concert version of “Sweeney Todd.” Ballroom (OC), 7:00 PM. **Premium Reserved Section Seating \$23.** General admission \$19.



**Just Added!
Tom Rigney and Flambeau in Concert
Tuesday, March 25 — 5225-02**

Back by popular request! Tom Rigney with his band Flambeau is back with a fiery and energetic program that is sure to have everyone entertained. Cajun and Zydeco two-steps, low-down

blues, funky New Orleans grooves, and heartbreakingly beautiful ballads and waltzes take form with this highly celebrated group. Tom on violin and Caroline with her fast fingers on keyboard will bring to life original compositions and favorite musical numbers you have come to love. You don’t want to miss their amazing arrangement of “Danny Boy”! Ballroom (OC) 7:00 PM. **Premium Reserved Section Seating, \$19.** General admission \$15.



**Too Marvelous for Words:
“The Songs of Johnny Mercer”
Thursday, April 10 – 5210-02**

Broadway/TV star Linda Purl (*Happy Days, Matlock, The Office*) and award-winning Lee Les-sack return to Lincoln Hills in a powerhouse show dedicated to the heartwarming music of Georgia’s favorite son. Four-time Academy Award-winning songwriter *Johnny Mercer* comes to life as the two artists weave little known stories with his timeless tunes, including “Moon River,” “Autumn Leaves,” “Black Magic,” “Come Rain or Come Shine” and more. **Premium Reserved Section Seating, \$22.** General admission advance sales until March 14, \$15. After March 14, \$18.



—Dinner Dance—

**Red Hot Dinner/Dance Party
Thursday, April 24 — 5224-02**

Get ready for one red hot night of partying! DJ Tom will be playing your favorite dance tunes from the 60’s to the 90’s. Chef Roderick will complement the evening with a sumptuous dinner of either *Honey Mustard Grilled Chicken Breast with Mashed Potatoes* or *Pistachio Crusted Tilapia with Rice Pilaf*, both served with *Seasonal Vegetables, Green Salad, Dessert and coffee/tea* (complete menu



Important Information

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 98.

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

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

• **Want to sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

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

• **Classes (Except Fitness):** Register at least seven working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.

• **Weather:** Association trips & events are held regardless of inclement weather.

• **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from

available at the Activities Desks or online). As an added treat, watch dance competition winner and seasoned dance instructor Hye Archer and her partner perform a dance exhibition a la "Dancing with the Stars" at the start and middle of the party. Wear your favorite red hot outfit and spice up the dance floor!

Cash bar available when doors open at 5:00 PM, dinner 5:30 PM, dancing 6:30-9:30 PM. Provide your meal selections at registration. For those who wish to enjoy dinner elsewhere, non-reserved seating available starting at 6:15 PM. \$38 (includes dinner), \$13 (dance and entertainment only).

Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Newly Remodeled! Colusa Casino Thursday, February 20 — 1950-12

Visit the newly-remodeled Colusa Casino, a resident favorite. Enjoy a great view of the world's smallest mountain range, the Sutter Buttes. Receive casino credits: New members \$25; Current members \$10, Premier \$15 and Elite \$25. All residents and their guests over 50 years of age will receive additional slot and/or food credits depending on the casino promotion for February. Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$21. RSVP ◆◆ Now.



Off to the Races Thursday, March 27 — 1846-01

Time for spring horse-racing at Golden Gate Fields next to the San Francisco Bay! Enjoy the heart-pounding intensity of live horse racing and relax in the climate-controlled comfort and luxury 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. \$69. RSVP ◆◆ Now.

—Fair/Festival—

Stockton Asparagus Festival Friday, April 25 — 1821-02

California's largest charitable festival and the Central Valley's largest food fest! *Sunset Magazine* rates it the Best of the West! Event is held in downtown Stockton at the Marina in a fenced off and controlled area. The festival features Asparagus Alley with the best deep-fried asparagus found anywhere, two performing stages, cooking demo kitchens, wine and beer pavilion, craft show with 600 booths, displays and exhibits. Enjoy four hours at the festival on opening day. Leave OC at 9:00 AM, return ~ 4:00 PM, \$32 (includes admission). RSVP ◆◆ by 3/15.



Lodi Street Faire Sunday, May 4 — 1820-02

By popular request, we're going back to the Lodi Street Faire! Attracting more than 600 vendors from throughout California, this biannual event features antiques, arts & crafts and

Continued on page 47

Important Information

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.

• **Event Ticket for Trips:** Are handed out to guests upon boarding.

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—Food/Wine—

Ironstone Winery

Thursday, April 3 — 1810-01

Enjoy a spring tour of Ironstone Winery in Murphys built in the style of a 19th century gold stamp mill, with antiques and gold mining artifacts on display throughout the grounds. Tour the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of **spectacular** flower-filled, manicured gardens on a natural lake. See the Alhambra Music Room with the artfully restored Theatre Pipe Organ, plus the Heritage Museum and Jewelry Shoppe which features a magnificent 44-pound Crystalline Gold Leaf Specimen — the largest in the world! Our day will start with tasting and canapés in the culinary center to follow with lunch, tour & free time. **Menu:** Grilled Chicken Breast with Basil Pesto Sauce, Roasted Yukon Gold Potatoes & Fresh Vegetables, Green Salad, Bread & Butter, Chef's Choice for dessert. (Vegetarian upon request at registration.) Leave OC at 8:30 AM, return ~ 6:30 PM. \$73. RSVP ♦♦ Now.



Sierra Nevada Brewery Tour & Lunch

Thursday, May 1 — 1813-02

Learn how beer is made! We're heading up to Chico to visit the original "Craft Brewery" Sierra Nevada. There will be a 90-minute walking tour of the entire beer-making process in the West Brew House, before finishing with educational tastings of Sierra Nevada beers. Closed-toe shoes required for tour. Enjoy an included lunch in the Taproom with a choice of *Bacon Cheeseburger, Chicken Sandwich, Chicken Caesar Salad or Fettuccine and tea, coffee or soda.* (Beer & alcohol purchases on own.) (Complete menu at Activities Desks.) Lunch choice to be given at time of seating. The trip back home includes a stop and tasting (included) at the up-and-coming GoatHouse Micro-Brewery in Lincoln on Wise Road. Trip size limited to 34 people. Leave OC at 7:30 AM, return ~ 4:30 PM. \$76. RSVP ♦♦ by 3/15.



—Museums—

Crocker Art Museum

Tuesday, February 25 — 1760-11

Join us for a docent-led tour of the museum which includes Sam Francis' Five Decades of Abstract Expressionism from California Collections and the first museum exhibit of California artist Jules Tavernier, the artist's entire paintings and works on paper. Other Crocker exhibitions include Warren Mackenzie Ceramics and Crocker's permanent collection of more than 15,000 works of art. Lunch on your own at Crocker Cafe. Limited to 40 people. Depart OC 10:00 AM, return ~ 4:00 PM. \$34. RSVP ♦♦ Now.



deYoung Museum: Modern Nature —

Georgia O'Keeffe and Lake George

Thursday, March 13 — 1764-12

From 1918 until the early 1930s, Georgia O'Keeffe lived for part of the year at a 36-acre property situated just north of Lake George Village, along the western shore of this 30-mile long glacial lake in the Adirondack Mountains. Despite the fact that the Lake George work was critical to Georgia O'Keeffe's development of her signature style of modernism and abstraction, this is the first major exhibition and publication devoted to this period in her career. You'll also have the opportunity to enjoy the exhibit, "The Bay Bridge: A Work in Progress, 1933–1936." For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:15 AM, return ~ 6:00 PM. \$60. RSVP ♦♦ Now.



—Performances—

Blue Man Group — Broadway Sacramento

Tuesday, March 11 — Sold Out

Peter & the Starcatcher

at Harris Center Folsom

Wednesday, March 26 — 4550-12

The national tour of Peter & the Starcatcher takes a hilarious romp through the Neverland you never knew. The winner of five Tony Awards®, this swashbuckling prequel to Peter Pan will have you hooked from the moment you let your imagination take flight. Peter and the Starcatcher is the innovative and imaginative musical play based on the best-selling novel by Dave Barry and Ridley Pearson. A company of a dozen actors play more than 100 unforgettable characters,



Continued on page 49

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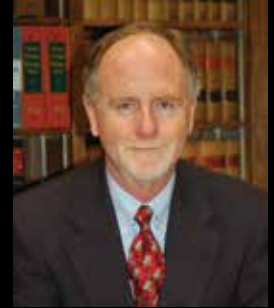


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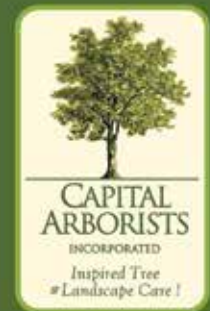
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all on a journey to answer the century-old question: How did Peter Pan become The Boy Who Never Grew Up? Mid-orchestra seating. (This is the same show that was in San Francisco.) Depart OC at 12:30 PM, return 5:30 PM. \$90. RSVP ◆◆ Now.

Second Bus! Wicked — Broadway Sacramento

Tuesday, June 3 — 4530-02

\$96. RSVP ◆◆ Now.

Ring of Fire — Eldorado Hotel & Casino

Wednesday, April 9 — 1777-01

Ring of Fire is a musical based on the music of American singer-songwriter Johnny Cash.



The production, while not a biography of Cash, uses 38 of his songs to celebrate the essence of an American experience. These iconic songs tell stories of a hard life lived in the heartland, about love of partner, family, home and land. Featuring a cast of six principles paired off to make three couples at various stages of Johnny and June's life, the Cash lyrics conjure life experiences that are then applied to the characters. "Ring of Fire" includes some of Cash's most beloved songs such as "Ring of Fire," "I Walk the Line," and his final hit, "Hurt." Arrive with plenty of time for gaming and an included buffet dinner (*gratuity included*) prior to the 7:00 PM show. Leave OC at 12:00 PM, return ~ 11:00 PM. \$83. RSVP ◆◆ Now.

Alasdair Fraser & the SF Scottish Fiddlers

at Harris Center Folsom

Wednesday, April 16 — 4580-01

Picture a stage with 50 fiddlers backed by piano, drums and guitars, projecting a sound as lively as a dance band, as majestic as a symphony orchestra; a group that creates a raucous sampling of authentic music from Scotland. Founded in 1986 by Master Scottish Fiddler Alasdair Fraser, the group honors the ability to play by ear and be enough in the moment to follow spontaneous changes of direction during performances! They don't sound as brash as bagpipes, but the massed San Francisco Scottish Fiddlers are an experience not to be missed. Wear your kilt! Depart OC at 6:00 PM, return 11:00 PM. \$52. RSVP ◆◆ Now.

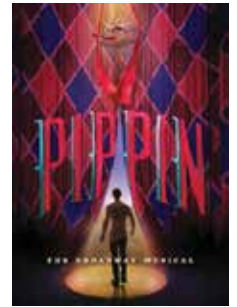


Pippin — Golden Gate Theater, San Francisco

Wednesday, October 15 — 4550-01

"Pippin" tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory? Direct from Broadway, "Pippin" is the 2013 Tony Award winner for Best Musical Revival. This captivating production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Join us for a magical, unfor-

gettable new "Pippin." Following the 2:00 PM performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Bring your own lunch to eat en route to theater. *Due to vendor deadlines, trip must meet minimum of 41 by Thursday, February 20 or it will be canceled.* Leave OC 10:45 AM, return ~ 9:45 PM. \$121. RSVP ◆◆ Now.



—Shopping—

San Francisco for the Day

Wednesday, April 2 — 1841-02

Enjoy a day trip to the heart of San Francisco in Union Square without the hassle of driving, tolls and parking.



It's your time to shop and find that perfect Spring/Summer wardrobe, or meet friends and partake of a nice lunch. (10% off Macy's coupon included.) To make your shopping more comfortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning purchases so you can do more shopping. You are free to do with the time as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM. \$38. RSVP ◆◆ by 3/15.

—Sports—

Sacramento Kings vs. Dallas Mavericks

Sunday, April 6 — 6310-12

Join us for a matinee Sacramento Kings game as they go up against the Dallas Mavericks at Sleep Train Arena. Experience a fun afternoon of exciting basketball with our local NBA team. Arrive at arena in time to enjoy pregame activities and purchase from the various food vendors, if desired. Seats located in Lower Level Section 118. Leave OC at 1:30 PM, return ~ 6:30 PM. \$85. RSVP ◆◆ Now.



Oakland A's

We're going back to see the American League West champs Oakland A's for two games in 2014.

First we'll enjoy a pre-season game against the San Francisco Giants. Our second visit will be against the World Series Champions Boston Red Sox! Both day games will provide you ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Game time 1:05 PM. Depart OC at 9:30 AM, Return ~ 7:00 PM. RSVP ◆◆ Now.



- **Oakland A's vs. San Francisco Giants • \$63**

(Seats located Field Level Section 108)

Saturday, March 29 — 6320-12A

- **Oakland A's vs. Boston Red Sox • \$67**

(Seats located Field Level Section 107)

Sunday, June 22 — 6320-12B

Continued on page 50

River Cats

The River Cats are the Oakland A's AAA farm team with up and coming future stars! We have four River Cats games to enjoy at beautiful Raley Field in West Sacramento. We've moved our seats one section closer to home plate in Senate Box 111 with two day games this upcoming season! *Please note departure & game times listed with each game.* RSVP ♦♦ Now.



- **River Cats vs. Salt Lake Bees (Los Angeles Angels)**
Tuesday, May 13 — 6271-01A
\$42. Depart OC 10:30 AM (12:05 PM game time). Return 4:30 PM.
- **River Cats vs. Iowa Cubs (Chicago Cubs)**
Monday, June 16 — 6271-01B
\$42. Depart OC 10:30 AM (12:05 PM game time). Return 4:30 PM.
- **River Cats vs. Fresno Grizzlies (San Francisco Giants)**
Tuesday, July 1 — 6271-01C
\$42. Depart OC 5:30 PM (7:05 PM game time). Return 11:30 PM.
- **River Cats vs. Albuquerque Isotopes (Los Angeles Dodgers)**
Friday, August 1 — 6271-01D
\$42. Depart OC 5:30 PM (7:05 PM game time). Return 11:30 PM.

San Francisco Giants

We're moving on up to Club Level seats for the 2014 season! Club level gives you extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits and a nice carpeted walk over to McCovey Cove if you desire to check out the rest of the stadium and private escalator access and elevator. Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Based on your feedback, we are also going to depart earlier from the Lodge to allow time to watch pre-game festivities. *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ball-park. Wear layers for SF weather and a cap for sun protection. See individual games for departure and pricing.* RSVP ♦♦ Now.



- **Giants vs. Los Angeles Dodgers**
Thursday, April 17 — 6280-01A
Seats located in Club Level 230, \$110.
Depart OC 9:00 AM (12:45 PM game time).
Return 7:00 PM.
- **Giants vs. Chicago Cubs**
Wednesday, May 28 — 6280-01B
Seats located in Club Level 230, \$110.
Depart OC 9:00 AM (12:45 PM game time).
Return 7:00 PM.

- **Giants vs. St. Louis Cardinals**
Thursday, July 3 — 6280-01C
Seats located in Club Level 230, \$128.
Depart OC 9:00 AM (12:45 PM game time).
Return 7:00 PM.
- **Giants vs. Los Angeles Dodgers**
Sunday, September 14 — 6280-01D
Seats located in Club Level 231, \$128.
Depart OC 9:15 AM (1:05 PM game time). Return 7:15 PM.

—Tours—

Alcatraz Island-San Francisco Fisherman's Wharf Tuesday, April 22 — 1760-02

Experience "The Rock," originally a military reservation and then a



famous federal prison housing criminals that included the likes of Al Capone, "Machine-Gun" Kelly and the "Birdman of Alcatraz." The visit includes a cell house audio tour that brings history alive through the actual voices of the correctional officers and inmates who lived on the island. Much of Alcatraz is steep and hilly, so be prepared for walking long distances uphill. The distance from the dock to the prison at the top of the island is about 1/4 mile and the elevation change is 130 feet. (*Equivalent to climbing a 13-story building*). You will be walking the same route the prisoners took. (*Small tram is available to those with a health condition or physical disability which limits mobility.*) You'll have plenty of time to enjoy lunch on your own at Fisherman's Wharf **before** we head out for the tour. Leave OC at 8:15 AM, return ~ 7:15 PM. \$71. RSVP ♦♦ by 3/15.

McClellan Aerospace Museum Wednesday, May 14 — 1765-02

In cooperation with the Lincoln Hills Veterans Club, we offer a trip to The Aerospace Museum of California at McClellan Business Park in Sacramento. The Museum provides a world class opportunity to learn about and celebrate aviation's past, present and future. The Museum's 37,500 square-foot Aerospace Pavilion includes a massive exhibit hall and a four acre Air Park featuring a variety of historic aircraft. It's your chance to view static displays of thrilling jets like a US Navy Blue Angels' fighter, A-10 Thunderbolt, or a famous "Top Gun" F-14 Tomcat just like the movie! Learn about space exploration and see the future of manned and unmanned flight and space exploration. We have reserved a private room for our group to relax in and enjoy an included boxed lunch from Meridians. *Choice of turkey, roast beef or veggie sandwich with fruit, cookie and a bottle of water* (choose at regis-



Continued on page 53

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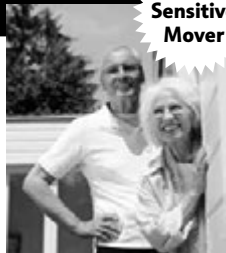
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tration). Depart OC at 9:15 AM, return ~ 3:15 PM. \$49. RSVP
◆◆ by 3/15

Overnight & Extended Travel

Overnight Casino Adventure — Graton & Cache Creek! Monday, April 28 to Tuesday, April 29 — 1970-01

Many have asked for a visit to the new Graton Casino in Rohnert Park, and we've arranged not only for a visit, but an overnight stay at the nearby Rohnert Park Best Western Inn with breakfast included! *Dinner on your own from many restaurant choices at the casino.* On the way home we will stop at another highly requested casino, Cache Creek, for more gaming and lunch on your own. *Graton Casino Bonus:* Option of \$10 free play or \$15 match play. *Cache Creek Bonus:* Option of \$10 free play or \$20 match play and \$5 food credit, plus any additional casino promotions for the month of April. Leave OC 9:00 AM, Monday, April 28, return Tuesday, April 29 ~ 5:00 PM. A signed liability waiver is required for each participant. \$125 per person double occupancy. \$178 single. RSVP ◆◆ Now.



"I Love Lucy" Live on Stage! Reno Overnight Thursday, May 8-Friday, May 9 — 1971-02

Imagine stepping back in time to the 1950's onto the Desilu Playhouse soundstage to watch the filming of two episodes of "I Love Lucy," where a charming host entertains and enlightens you to the behind-the-scenes filming process. Witness first-hand, the side-splitting antics of that crazy redhead in the Ricardo's New York apartment and thrill to the Cuban sounds of "The Ricky Ricardo Orchestra" at the famed Tropicana Night Club. In-between scenes, singers perform live advertising jingles of the show's sponsors in perfect 50s style harmony. We'll enjoy the show at Reno's Pioneer Center for the Arts and stay overnight at the Eldorado Hotel & Casino with an included buffet breakfast. Dinner on your own so you can enjoy that special meal of your choice at many fine dining choices. (*List of restaurants in Casino at Activities Desks.*) Leave OC 1:00 PM, return ~ 1:00 PM. A signed liability waiver is required for each participant. \$137 per person double occupancy. \$171 single. RSVP ◆◆ by 3/15.



Three days, two nights! Yosemite — Stay in the Park Tuesday, September 9 to Thursday, September 11 — 1972-11

Join Katrina, your Trip Coordinator, and experience the grandeur and beauty of Yosemite with a two-night, three-day stay in the park! We'll be staying at Yosemite Lodge at the Falls in the heart of the park ideal for exploring the valley. There will be a stop in Mariposa on the way in for lunch on your own and free time to explore many historical sites and unique stores.

First night: Enjoy an included welcome Italian Buffet Dinner, and an evening ranger talk at the Lodge amphitheater. Second day: A free day for exploring on your own the amazing sights and sounds the park offers. Yosemite Valley has a wide range of walking and hiking possibilities, easy to very strenuous. Take a Grand, Glacier or Valley Floor Tour, rent a bike, go mule or horseback riding, ranger nature walks & talks, Yosemite Art Center workshops, fishing, and much more! All meals except for welcome dinner are on your own with many dining options at the park or enjoy that special meal at the Ahwahnee Hotel and maybe even a historic tour of the property. On our way home, we will stop at historic Groveland for lunch on your own. Check out the infamous Iron Door Saloon, said to be California's oldest continuously-operating saloon. There are scheduled rest stops included in this trip. For more park information, www.yosemitepark.com/plan-your-visit.aspx. There is neither air conditioning nor elevators in the hotel, so please advise at sign-up if you need a downstairs or ADA room as they are very limited. We will be in the Lodge rooms which have either a balcony or patio and a refrigerator. Leave OC at 8:00 AM, Tuesday, September 9, return LH Thursday, September 11 ~ 6:00 PM. A signed liability waiver is required for each participant. \$532 per person double occupancy. \$840 single. RSVP ◆◆ Now. *Due to vendor deadlines, this trip must meet a minimum of 37 sign-ups by March 3 at 12:00 PM or trip will be canceled.*



Sold Out Trips thru March 20

Trip • Date • Departure Time

- Sun City Snow Train — Thursday, February 27, 10:30 AM
- Sun City Snow Train — Thursday, March 6, 10:30 AM
- Blue Man Group — Tuesday, March 11, 6:45 PM
- Palm Springs multi-night Bus #1 & 2 — Tuesday, March 18, 7:00 AM

Save the Date!

- Overnight Fort Bragg/Skunk Train
Tuesday, June 10-Wednesday, June 11
- Overnight Hot August Nights
Wednesday, July 30-Thursday, July 31
- Two Nights! Lake Tahoe Shakespeare
Festival at South Shore
Sunday, August 24-Tuesday, August 26
- Two Nights! Hearst Castle/Cambria
Tuesday, October 28-Thursday, October 30

Continued on page 54



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

Art

—Drawing—

Beginner Drawing

Thursdays, March 13-27 — 132214-02

9:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques as well as developing your sense of design. Drawing is about observing. Learn how to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction provided by the teacher. Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento teaching and running figure drawing sessions. He lives in California as a full-time artist with a focus on landscape and figure. Request supply list at registration. RSVP ♦♦ by 3/6.



—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry
Mondays, March 3-31

9:00-11:30 AM Class — 105114-02
Or 1:30-4:00 PM Class — 105214-02

(OC). \$65 (five sessions). Instructor: Barry Jamison. Let out your 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 ♦♦ by 2/24.



Paint Your Vision in Oils or Acrylics

Wednesdays, March 5-26

9:00-11:30 AM Class — 113114-02
Or 1:30-4:00 PM Class — 113214-02

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert

guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance the students' understanding and implementation of these techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the United States. For more information, visit her website at www.artistmarilynrose.com. Call Marilyn at 409-0397 with any question, and ask at Activities Desk (OC/KS) for suggested supplies list upon registration. RSVP ♦♦ by 2/26.



—Watercolor—

Beginner Watercolor Painting

Thursdays, March 6-27 — 132114-02

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting techniques as well as developing your sense of color: looking into the basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss the master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos will be performed weekly showing how to use the medium first hand with one-on-one instruction provided by the teacher during the class. Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art in downtown Sacramento. Request supply list at registration. RSVP ♦♦ by 2/27.

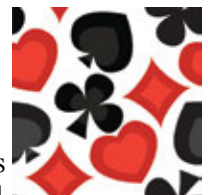


Bridge

Bridge Plus with Laurie

Thursdays, March 13-May 1 — 163114-02

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$75 (eight sessions). This class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This eight-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge. RSVP ♦♦ by 3/6.



Continued on page 57



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| June 25, 2014 | \$1,308 | \$1,458 | \$2,158 |
| Aug 30, 2014 | \$1,358 | \$1,508 | \$2,308 |

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Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, March 5-26 — 206114-02

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

Instructor: Barbara Bartling. This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 2/26.



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 March 4-25 — 212114-02

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. This course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP ♦♦ by 2/25.

Advanced Ceramics

Tuesdays, March 4-25 — 212214-02

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with the expertise to guide and provide critiques of students’ works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 2/25.



Ceramics — All Levels

Thursdays, March 6-27 — 221114-02

1:00-4:00 PM (OC). \$54 (four 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 ♦♦ by 1/27.



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: Jim Alvis; 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 Desks. Registration for drop-in sessions is only available within the hour prior to class start.

Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, March 4-25 — 317114-02

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

Have you ever wanted to make a greeting card, but you just weren’t sure how to get started -- well, then this class is for you!

This class will teach you all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three hour class. Class size is limited, sign up early to reserve your space. All supplies will be provided. RSVP ♦♦ by 2/25.



Continued on page 59

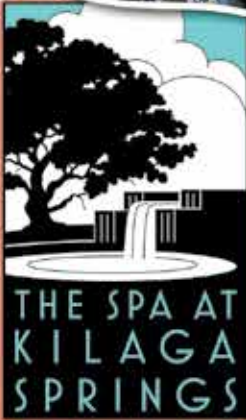


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Card Making Level 2 — Intermediate**Tuesdays, March 4-25 — 317414-02**

9:00 AM – 12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken.

Prerequisite: Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. RSVP ♦♦ by 2/25.

**Card Making Level 3 — Intermediate-Advanced****Mondays, March 3-24 — 317214-02****Or Fridays, March 7-28 — 317224-02**

9:00 AM-12:00 PM. Mondays (KS), 8:45-11:45 AM. Fridays (KS). \$38 (four sessions) each class. Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or have instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided. RSVP ♦♦ by 2/24 or 2/28.

New Class! Card Making Workshop Punch-Ins: Stamps with an Added Punch**Wednesday March 12 — 317514-01**

9:00-11:00 AM (KS). Instructor Shirley Rainman. \$20. In this two-hour workshop, you will use the "Make an Impression" line of rubber stamps and a variety of paper punches to learn the simple molding and layering techniques to create paper flowers that pop with dimension and color. All the stamping and punching is done ahead so you will spend class time learning how to shape, mold and place the 3-D flowers. Come experience how fun and easy this technique is. Instructor Shirley Rainman is from Redmond, Washington. She is owner/designer of Make an Impression rubber stamps. Must have basic card-making skills, **not** for beginners! Please bring your Basic Card Making Kit, all other tools and supplies are provided. RSVP ♦♦ Now.

—Cooking—**New Day! Cooking with Chef Roderick: Fixing Potatoes****Thursday, February 20 — 322114-01**

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$18. Discover five wonderful dishes to add to your daily menu using the lowly potato. This staple tuber vegetable is a main source of carbohydrates and starch. It can be cooked in various ways and its flat taste easily compliments rich tast-



ing food as a side dish and it can transform its taste depending on the seasonings and spices you add to it. Chef Roderick will show you how to make *Croquettes*, *Potato Risotto*, *Potatoes Duchesse*, *Potato Wrapped Shrimp* and *Potato & Short Rib Hash*. Recipes will be provided for all students and students will enjoy food demo and tasting during class. RSVP ♦♦ Now.

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, March 4-25 — 332114-02**

10:00-11:00 AM (KS). \$28 (four sessions.) Instructor: Janice Hanzel. New class begins March 4. New beginners come dance and learn clogging with us.

Bring your friends. Low impact, not as hard as you think it is. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level clogging steps. 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 ♦♦ by 2/25.

**Easy-to-Intermediate Clogging****Tuesdays, March 4-25 — 332214-02**

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 2/25.

Intermediate Plus Clogging**Tuesdays, March 4-25 — 332314-02**

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP ♦♦ by 2/25.

—Country Western Dance—**Beginner Country Two Step****Thursdays, March 6-27 — 345114-01**

6:00-7:00 PM (KS). \$20 (four sessions). Instructor: Jim Sekelsky. Two-step is a popular dance performed to Country Western music. The country and western two-step is a dance that re-

Continued on page 61

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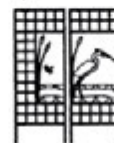
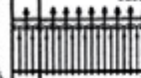
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quires a repeated step sequence. The two-step dance consists of two quick steps followed by two slow steps, or vice-versa. You can dance the two-step to either up-tempo or slow country and western music. Jim will cover the basic moves for the two-step. As a beginner, you may want to start with slower music until you master the dance sequence, and then try out your two-step with a faster beat. RSVP ♦♦ by 2/27.

Country Couples Western Dance Beginner Level One & Two

Mondays, March 3-24 — 344214-02

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners. RSVP ♦♦ by 2/24.

Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, March 3-24 — 344414-02

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have 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. Dance to be taught are Side Kick and Sleeping Child. RSVP ♦♦ by 2/24.



New! Country Couples Line Dancing Friday, March 14-28 — 346114-02

4:00-5:00 PM (KS). \$15 (three sessions). Instructor: Jim & Jeanie Keener. This class will feature the popular "old" line dances that are done at country dances all around the area. Everyone is welcome. RSVP ♦♦ by 2/26.

—Dancing with Dolly—

Ballet/Lyrical

Thursdays, March 6-27 — 353564-02

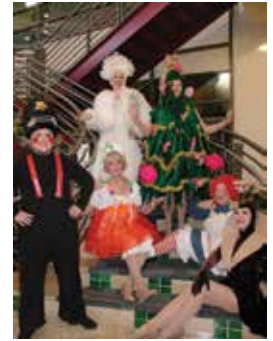
5:00-6:30 PM, (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP ♦♦ by 2/27.



Performance Dance

Fridays, March 7-28 — 353574-02

2:00-3:30 PM, (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 2/28.



—Hula—

Hula

Thursdays, March 6-27 — 390214-02

1:15-2:15 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. For question regarding this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 2/27.



—Jazz—

New! Jazz Class for the Beginner

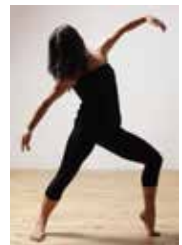
Thursdays, March 6-27 — 353014-02

11:00 AM-12:00 PM (KS). \$24 (four sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This 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 and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP ♦♦ by 2/27.

Jazz Technique 1

Saturdays, March 1-29 — 353124-02

3:00-4:00 PM (OC). \$40 (five sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance performance skills in a fun, positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. For all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 2/22.



Continued on page 63



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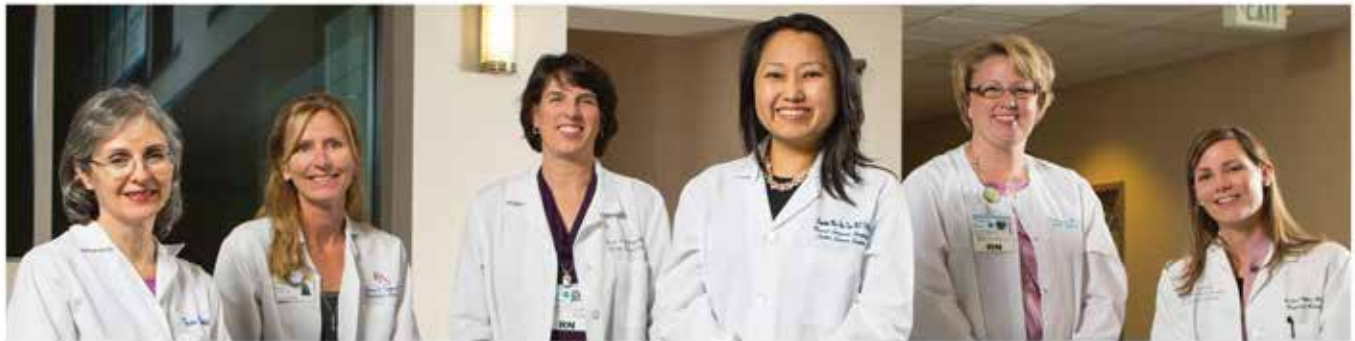


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Jazz Technique 2

Tuesdays, March 4-25 — 353114-02

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 beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and 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 ♦♦ by 2/25.

—Line Dance—

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

Intro to Line Dance

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, March 3-31 — 360014-02**
4:00-5:00 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 2/24.
- **Thursdays, March 6-27 — 370014-02**
4:30-5:30 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 2/27.

Line Dance I Beginner

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

- **Mondays, March 3-31 — 370114-02**
9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 2/24.
- **Mondays, March 3-31 — 370124-02**
6:00-7:00 PM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 2/24.
- **Thursdays, March 6-27 — 360114-02**
2:30-3:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 2/27.
- **Fridays, March 7-28 — 380114-02**
12:00-1:00 PM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 2/27.

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and com-

binations of steps connected together, done to faster music. Dances include *Full Turns*, *Three Quarter Turns*, *Sailor Steps*, *Synco-pated Vines*, etc.

- **Mondays, March 3-31 — 360214-02**
5:00-6:00 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 2/24.
- **Wednesdays, March 5-26 — 380214-02**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 2/26.
- **Thursdays, March 6-27 — 370214-02**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 2/27.

Line Dance III — Intermediate

Steps could include: *Combination Turns*, i.e., *Half Pivot* followed immediately by a *Quarter Pivot*; *Full Turns*; *Cross and Unwind Three-Quarter Turn Step Combination*; *Weaves with Syncopation*; *Tags and Restarts*, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, March 5-26 — 380314-02**
10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 2/26.
- **Thursdays, March 6-27 — 360314-02**
3:30-4:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 2/27.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento, her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," showed a significant improvement in balance after completing an eight-week line dancing intervention.



- **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. Sandy teaches in workshops in California and Hawaii.



- **Yvonne Krause**

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



Continued on page 64

—Tap Dance—

Tap Classes with Alyson

Enjoy tap classes, make new friends, challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



• **Beginning Tap**

Tuesdays, March 4-25 — 410114-02

9:00-10:00 AM (KS). \$32 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance.



This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ♦♦ by 2/25.

• **Advanced Performance**

Mondays, March 3-31 — 410714-02

12:00-1:00 PM (KS). \$40 (five sessions). RSVP ♦♦ by 2/24.

• **Performance Classes**

Mondays, March 3-31 — 410614-02

10:00-11:00 AM (KS). \$40 (five sessions). RSVP ♦♦ by 2/24.

• **Thursdays, March 6-27 — 410624-02**

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 2/27.

• **Thursdays, March 6-27 — 410634-02**

12:00-1:00 PM (KS) \$32 (four sessions). RSVP ♦♦ by 2/27.

Technique Classes

• **Advanced Technique Class**

Mondays, March 3-31 — 410514-02

11:00 AM-12:00 PM (KS) \$40 (five 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 ♦♦ by 2/24.

• **Technique Classes**

Tuesdays, March 4-25 — 410524-02

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 2/25.

Thursdays, March 6-27 — 410534-02

11:00 AM-12:00 PM (KS). \$32 (four sessions).

RSVP ♦♦ by 2/27.

Tap for Fun with Judy

Judy's tap classes are meant for fun and students will not be having any stage performances. Judy was raised in a dancing

family. Her mentor was her mother who had many studios in New York. She has been dancing, teaching and choreographing for many years.



• **Mondays, March 3-31 — 420114-02**

4:45-5:45 PM (KS). \$30 (five sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 2/24.

• **Fridays, March 7-28 — 420124-02**

1:00-2:00 PM (KS). \$24 (four sessions). Instructor: Judy Young. Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP ♦♦ by 2/28.

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, March 5-26 — 318114-02

8:00-9:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP ♦♦ by 2/26.

Intermediate I and II West Coast Swing

Wednesdays, March 5-26 — 318214-02

7:00-8:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must have completed at least three sessions of the four-week classes of the "Introduction to West Coast Swing," or have instructor's approval. RSVP ♦♦ by 2/26.



Intermediate/Advanced West Coast Swing

Wednesdays, March 5-26 — 318314-02

6:00-7:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variations of West Coast Swing and have attended both the "Introduction" and "Intermediate I and II Levels of West Coast Swing," and/or have instructor's approval. RSVP ♦♦ by 2/26.

Driver Training

AARP Driver Safety Refresher Training

Saturday, March 15 — 481014-02

9:00 AM- 1:30 PM (OC). Instructor Paul Jessen. AARP members \$25; Non-members \$30. Fee includes a \$10 Association administrative fee. This half-day refresher course is available to past attendees of the eight-hour AARP Driver Safety Training. It is geared to the "over 50"



Continued on page 67



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Glass Art

Fusing Glass and Stained Glass Workshop Monday, March 17 — GLASS

4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. 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

Chain Game Necklace Tuesdays, March 4 & 11 — 513724-02

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Chain is definitely on the fashion radar. Take larger beads separated by bead-y fringe and add long lengths of chain. An eye-catcher that is sure to win you compliments and become a basic in your wardrobe. Students should be comfortable working with smaller beads – the technique is easily learned in the first class. Check



the samples in the Lodges for ideas and inspiration. The sessions are two weeks apart to allow students plenty of time to finish the first steps of the necklace. Be sure you get the proper materials list when you register — look for the name and code # for Chain Game Necklace as well as the photo of the necklace. RSVP ♦♦ by 2/18.

Easy-Peasy Plus Necklace Tuesdays, March 25 & April 1 — 513824-02

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Perfect for those new to beading as well as experienced beaders. The necklace blends larger beads with an “Easy-Peasy Necklace.” Make it casual, make it dressy – either way the look works and it’s all so “Easy-Peasy.” Class will cover how to design with the beads and how to space beads in a multi-strand necklace. If you missed the Easy-Peasy Necklace class in January, no problem. Cathie will review the basic spiral technique that’s easily learned in the first class. 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 Easy-Peasy Plus Necklace as well as the photo of the necklace. RSVP ♦♦ by 3/11.



Movies

The Art of Gene Kelly Wednesdays, March 5-26 — 521214-02

1:00- 4:00 PM (KS). \$25 (four sessions). Instructor: Ray Ashton. In our second course of 2014 we will discover the life and times of one of the greatest stars of the Golden Age of movie musical. Gene Kelly. It is only fitting that we follow the elegant Fred Astaire with four musicals by this athletic and innovative artist. Our journey will include “Singin’ In the Rain,” “On the Town,” “An American in Paris,” and the fourth movie, with Judy Garland, to be determined by the class members. “RSVP ♦♦ 2/26.



Continued on page 69

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Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays March 5-26 — 535114-02

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **No new students.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 2/26.



Guitar 2B — Guitar Intro Continuation

Wednesdays, March 5-26 — 535214-02

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 2/26.

Guitar III — Intermediate

Thursdays, March 6-27 — 535314-02

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 2/27.

Guitar IV — Advanced

Thursdays, March 6-27 — 535414-02

10:00 AM-12:00 PM (OC). \$35 (four 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 ♦♦ by 2/27.

—Voice—

Beginner Singers Vocal Boot Camp

Fridays, March 7-28 — 536114-02

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. **This session is open to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP ♦♦ by 2/28.



Singer Vocal Boot Camp Continuation

Fridays, March 7-28 — 536214-02

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 2/28.

Sewing

Bernina Serger Certification

Monday, March 10 — 591114-02

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

Bernina Sewing Machine Certification

Monday, March 10 — 592114-02

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 ♦♦ by 3/3.



Janome Sewing Machine Certification

Monday, March 10 — 593114-02

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 ♦♦ by 3/3.

Foundation Paper Piecing

Monday, February 24 — 594314-01

11:00 AM-3:00 PM (OC). \$45. Instructor: Sylvia Feldman. Having a hard time getting true points? Then here is a class for

Continued on page 70

you. Foundation Paper Piecing is a piece of cake. You start with small pieces and build a work of art. By building blocks, you can make a quilt, wall hanging, table runner, tote or whatever your heart desires. In no time, you will be searching for patterns to sew. Everything from cats and dogs to sunbonnet sues. Supply list available at class sign-up. For questions, please contact instructor: Sylvia Feldman 543-3403. RSVP ♦♦ Now.

Technology

—General—

iPad Basic

Saturday, February 22 — **Sold Out**

9:00-12:00 AM (KS). Instructor: Ken Silverman.

iPad — Beyond the Basic

Saturday, March 15 — **264114-01**

10:00 AM-1:00 PM (KS). \$30 plus \$5 class material fee payable to instructor. Instructors: Ken Silverman and Andy Petro. If you know how your iPad basically operates and want to learn advanced techniques to make it more effective and enjoyable, this class is for you. Learn how to personalize and improve the controls and security on your iPad. The class will demonstrate interesting ways to make it easier to use your iPad and its apps. You will also be shown how to modify and improve apps like Mail, Notifications, and iPhoto. Bring your iPad Air to class so you can follow along with the instructors and participate in the demonstrations on your own device.

Prerequisites: Basic operating knowledge of your iPad. Bring iPad mini or iPad 2 or later with iOS 7.0.4 or later. If you have specific questions about the prerequisites or class, call Andy Petro, 474-1544. RSVP ♦♦ Now.



Facebook 101

Saturdays, March 15 & 22 — **272114-02**

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 ♦♦ by 3/8.



Getting the Most Out of Gmail

Friday, March 21 — **285314-02**

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



Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. 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 available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading email from your current email service provider is no problem with Gmail. Learn to create a Gmail account and use the many features and options available in Gmail that make it 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. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. RSVP ♦♦ by 3/14.

Google Drive and Docs

Monday March 24 — **286214-02**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. You can keep files safe and secure in the cloud with Google Drive and create impressive documents with Google Docs.

They are both free — no need to buy pricey Microsoft Office or Word. Learn to save your files to the cloud and access them from any place in the world with an Internet connection. Despite the fact it's online, learn to create documents that look just as good as they would if created with a desktop application like Microsoft Word. Since everyone has his own way of working, you will learn to tweak Google Docs' settings to make sure they fit in with your personal way of working. Once you have made the perfect document, learn to use Google Templates so that you don't waste time recreating similar documents. **Prerequisites:** Have an individual Google or Gmail account set up before coming to class. RSVP ♦♦ by 3/17.



YouTube

Thursday March 27 — **286314-02**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. All of a sudden, Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full length movies. YouTube is no longer about kids saying and doing crazy things — you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. Learn to exploit YouTube's full potential: Upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site. It's incredibly easy to make simple video edits using the new YouTube Editor to improve you videos. **Prerequisites:** Have an individual Google or Gmail account set up before coming to class. RSVP ♦♦ by 3/20.



Continued on page 73

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—Mac—

Beginning Macintosh — Level 1**Tuesday & Wednesday, April 29 & 30 — 263114-02**

9:00-11:00 AM (OC). \$40 (two sessions). Class Material: \$5. Instructors: Andy Petro & Henry Sandigo. Are you new to the world of Apple computers or want a review of Mac's OS X Mavericks? Then this class is for you. **Prerequisite:** Have an Apple computer. We will review the Mac OS X Mavericks (Version 10.9 or later) system and all the items that appear on your computer Desktop. We will also show you how to organize, navigate, and personalize your Mac Desktop. There are 10 iMac's in the lab, one for every participant. If you have any specific questions about the class, call Andy Petro at 474-1544 or Henry Sandigo at 434-7792. RSVP ♦♦ by 4/22.

**New Class! General Demonstration of the Various Uses of Apple Products****Monday & Tuesday, February 24 & 25 — 265114-01**

9:00-11:00 AM (OC). \$30. Instructor: John Fancher. This class is designed to be a general demonstration of the various uses of Apple products and some of their applications. Apple computers, iPods, iPads, iPhones and Apple TV will be the focus of the discussion. He'll talk about how you can benefit from iCloud with these devices and some of the applications that come with the Apple devices and their use. Some third party devices such as printers, cameras and external storage devices will also be demonstrated. RSVP ♦♦ Now.



—PC—

Windows 8.1 Training and Tips**Monday, Tuesday and Wednesday, March 24-26 — 295114-02**

2:00-4:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, less intrusive, touch screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop as Windows 7, it introduces "Start Screen" features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 devices so that they are organized and you can navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and use Windows 8.1 to do the same things you did before. Rita will teach you how to use built-in applications (apps) and download more from the store. *Bring your 8.1 laptop if you have one.* Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP ♦♦ by 3/17.

**Organizing Your Windows Information Files & Folders****Tuesday, February 25 — 283114-01**

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

Security for Your Windows Computer**Thursday, February 27 — 284114-01**

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

—Genealogy—

Getting the Most Out of Ancestry.com**Friday, February 21 — 285114-01**

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. Millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ♦♦ now.

**Getting Started with Family Tree Maker 2014****Monday March 17 — 285114-02**

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo \$15. If you find that your children and grandchildren are making inquiries about their family history, it's time for you to create and publish what you know about your family history before it is lost forever. Using today's computer hardware and software

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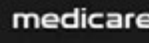
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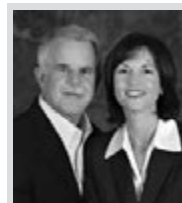
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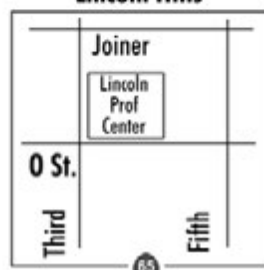
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technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. Even adding movies and pictures is a snap. After the class, you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree. RSVP ♦♦ by 3/10.

—Microsoft Office—

Word Phase Two

Mondays & Wednesdays, February 24-March 5 — 292124-01

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



—Photo & Movies—

How to Use a Digital Camera

Monday, March 31, April 7, 21 — 266214-02

10:00 AM-12:30 PM (OC) Class Fee: \$49 (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: 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. Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. Hand-outs will be provided. RSVP ♦♦ by 3/24.



Basic Digital SLR Photography

Monday, April 28, May 5 — 266114-02

10:00 AM-1:00 PM (OC) Class Fee: \$39 (two sessions) Instructor: Roy Salisbury. The class will focus on mastering the key features of your Single-lens Reflex (SLR) camera. You will learn about Aperture and f/stops and what impact they have on your pictures' depth of field. You will finally be able to move beyond Automatic to the Creative Modes of Shutter Priority, Aperture Priority, Program, and Manual. ISO, White Balance, and bracketing also will be discussed. The goal of the class is to have you walk away understanding many of the advantages you have with an SLR camera so that you can get those special photos that mean so much to you. Micro four thirds cameras are welcome too. An SLR camera has a removable lens, plus the ability to control speed and exposure separately (such as S or Tv, A or Av, M). Bring along your owner's manual for better learning. Hand-outs will be provided. RSVP ♦♦ by 4/21.



WellFit Classes

WellFit

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

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

—Environmental—

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Nordixx Pole Walking

Tuesday & Thursday, February 25 & 27 — 750000-01

Or Tuesday & Thursday, March 25 & 27 — 750000-02

1:00-2:30 PM. Meet in the OC Fitness Center. \$30 (two outdoor sessions). Instructor: Dr. Richard Del Balso. Benefits of learning optimal use of poles for walking, hiking, exercise & mobility:

Power & endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine!; maintain and restore spine function — walk with *attitude!*; improve balance, confidence, coordination, bone density and posture — feel taller! Poles are sporty (and *fun*), so encourage compliance and use weight manage-

Continued on page 79



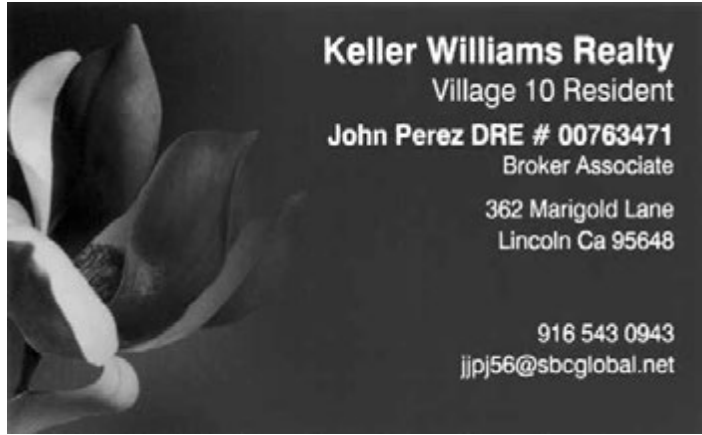
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ment: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies and get great exercise! Register: Fitness Desks or online. RSVP ♦♦ by 2/18 or 3/18.

—Disease Prevention & Management—

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

Move Well Today Diabetes Exercise program

Mondays & Wednesdays, February 24-May 14 — 878000-01

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

New! Stepping On Workshop, Building Confidence and Reducing Falls

Tuesdays March 18 – April 29 — 820705-02

1:00-3:00 PM, Multipurpose Room (OC). Cost \$45 (seven sessions). Instructor: Renee Charleston MPH, RD. Stepping On is a new evidence-based program for falls prevention. This is a seven week course, for two hours each week designed to improve balance and prevent falls. The program is designed for people who have fallen in the past, or who limit their activities due to a fear of falling. The participatory program will cover exercise, home hazards, and other topics related to falls prevention. Participants should be able to stand without the use of a walker or cane to safely participate in activities. Register: Fitness Desks or online. RSVP ♦♦ by 3/11.

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 Marie McCluskey. This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter, you can't miss with this class! Purchase a Disease Prevention & Management Punch Pass at the Fitness

Desks or renew (add more classes) online.

New! Diabetes Exercise Program (DEP 2) L1

Tuesdays and Thursdays 3:35-4:30 PM. Fitness Room (OC). \$4 per class. Instructor: Cathy Keller, a certified Diabetes instructor. Diabetes Exercise Program Two is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program One or other education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio including the ever popular drum sticks and Endura sticks as well as various ball games. With such success from the DEP 1 class you will want to make sure to buy your passes early and make sure to come to each class! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online

New Time! Arthritis Foundation Land Class L1-L2

Thursdays 12:45-1:30 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 arthritis. This class uses range of motion, endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. This instructor has been specializing in senior fitness and arthritis programs for 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.

Arthritis Class L2

Tuesdays, March 4-25 — 803000-02

Thursdays, March 6-27 — 803100-02

11:15 AM-12:15 PM, Aerobics Room (OC).

\$30 (four sessions). Instructor: Lin Hunter.

This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.



Arthritis Class L2

Wednesdays, March 5-26 — 805000-02

Fridays, March 07-28 — 801000-02

Wednesdays 12:00-1:00 PM, Fridays 12:00-12:55 PM, Aerobics Room (OC). \$30 (four sessions). Instructor: Lin Hunter.

This class will boost your stamina, improve your flexibility,

Continued on page 80

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. Class includes cardio and strength. Register: Fitness Desks or online. RSVP ♦♦ by 2/26.



—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 March 3-26 — 780200-03

12:00-1:00 PM, Indoor Pool (KS). Cost: \$84 (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. This is also great for swimmers just looking to get strength and cardio while having fun learning the proper biomechanics of all swim strokes. All levels are welcome!

—Mind & Body Connection—

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

Mind & Body Punch Card Classes

Pilates Fit L2

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

Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Lola Lundquist. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seam-

lessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



Piloga Flow L2

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



Qigong (“chee-gong”) L1

Thursdays, 1:00-2:00 PM. Aerobics Room (KS). \$3.50 per class. Instructor Sherry Remez. Healing with Chi (“chee”) — an integrated approach to profound wellness. Ancient and modern leading-edge energy healing methods are demystified and personally experienced. Effective for stress and pain relief, increasing physical balance, immune response, emotional stability and longevity. Suitable for all levels of wellness. Taught with compassion and humor by Sherry Remez, with 28 years of experience as a holistic healing practitioner, wellness counselor. introducing qigong (life energy cultivation). Endorsed by the Mayo Clinic, Harvard Medical School, the Veterans Administration and Kaiser Permanente. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

New Time! Mind Training for Sleep L1

Wednesdays, 1:30-2:25 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. The program is offered by trained instructors and backed by a board certified sleep specialist physician. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Beginning Yoga L1

Mondays, 1:25-2:25 PM, Aerobics Room (KS). \$3.50 per class.

Continued on page 83

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Rise and Shine Yoga L2

Saturdays, 7:00-8:00 AM, Aerobic Room (KS). \$3.50 per class (class ends February 22). 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.

New Instructor! Yoga Basics L1

Saturdays, 9:00-10:00 AM. Aerobics Room (OC). \$3.50 per class. Instructor: Susan Hayes. Come learn the fundamentals of yoga. This class is designed for those with no yoga experience and will help you improve balance, flexibility and stress reduction. 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: Ashley Freeman. 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

Monday March 3-31 — 832001-02

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions; no class March 17). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 2/24.



New! Aqua Pilates L1

Wednesdays, March 5-26 — 832011-03

12:30-1:30 PM, Indoor Pool (OC). \$24 (three sessions; no class March 19). Instructor: Joanie Martin is a certified fitness professional with over 17 years of experience. Her areas of expertise include certified Pilates reformer trainer, yoga, aerial yoga, Pilates and aqua aerobics. The pool has become a new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions — standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress. Register: Fitness Desks or online. RSVP ♦♦ by 2/26.

Evening Hatha Yoga L2

Tuesdays March 4-25 — 711000-02

6:00-7:15 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Get your body ready for spring cleaning with this fun-filled, informative early evening yoga class. Yoga will increase your energy and reduce your stress, and it's good for your health! Everybody is welcome to this fun-filled, informative class, although it is Level 2, so it is challenging. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

Healing Yoga and Meditation L1

Thursdays, March 6-27 — 711100-02

6:00-7:30 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience. Each student receives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP ♦♦ by 2/27.



Extra Gentle Yoga L1

Tuesdays, March 4-25 — 710000-02

12:45-1:45 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. We use a chair for about half of the class. The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered.

Continued on page 85

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Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

Meditation L1

Tuesdays, March 4-25 — 712400-02

4:30-5:30 PM, Aerobics Rooms (OC). \$40 (four sessions). Instructor: Susan Hayes. Have you always wanted to learn how to meditate? Has your doctor, a friend or a loved one suggested that you should meditate? Have you tried to meditate, and thought that you failed? This friendly introductory class offers you guidance as well as first-hand experience of the various meditation techniques that could be useful. Give us a try! Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

Traditional Hatha Yoga L2

Tuesdays, March 4-25 — 710100-02

Thursdays, March 6-27 — 710120-02

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.



Tai Chi L1

Tuesdays, March 4-25 — 730100-02

Saturdays, March 1-29 — 730200-02

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions) Tuesdays; \$50 (five sessions) Saturdays. Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and chi gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and chi gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.

Tai Chi Intermediate L2

Tuesdays, March 4-25 — 730300-02

2:45-3:45 PM, Aerobics Room (KS). \$40 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions.

The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP ♦♦ by 2/25.



Yoga for Osteoporosis L1

Mondays, March 3-31 — 711200-02

Fridays, March 07-28 — 710200-02

Mondays 6:00-7:15 PM, Aerobics Room (OC).

Fridays 5:30-6:45 PM, Aerobics Room (KS).

Mondays \$44 (four sessions; no class March 10); Fridays \$44 (four sessions). Instructor:

Susan Hayes. This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms and keep the wrists supple. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We also do deep breathing exercises, and finish with a restorative deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 2/24.



—Money Matters—

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

How To Be Defensive With Your Portfolio

Tuesday, February 25 — 870000-01

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor:

Russ Abbott. Investors have learned over the past decades that buying and holding investments, while it sounds like the right thing to do, can cause much harm when markets decline. We all know we need to invest, especially with low interest rates dominating the investment landscape, but how do we protect or become defensive at the right time. Join Russ Abbott for a discussion on this important topic. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/18



All About IRA's: Beneficiary Planning; Distribution; Investing; and More

Tuesday, March 25 — 870000-2A

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott.

Thirty years ago, IRA's used to be an investment you put \$2000 into and hoped a few bucks might be there at retire-

Continued on page 89



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Know how the tax rules change for Senior Taxpayers



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

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

(916) 771-4134

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ment. Since then, they have grown to be a much bigger part of people's retirement plans and unfortunately, more complicated. Come to this class to learn all you need to know about IRA's, how to maximize their value for you now, and how set them up for the future. What you will learn may cause you to rethink your strategy on your IRA. Register: Fitness/Activities Desk or online. RSVP ♦♦ by 3/18.

Let's Talk About Advance Health Care Directives

Tuesday, April 8 — 863100-02

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. Register: Fitness Desks, Activities Desks or online. RSVP ♦♦ by 4/1.



Getting Your Stuff Together: Organizing Your Estate

Tuesday & Wednesday, March 4 & 5 — 863000-02

9:00 AM-12:00 PM, Gables (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 ♦♦ by 3/25.



—Nutrition—

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

Chronic Diseases

Let's look at the three main chronic diseases that respond to changes in your diet. Renee Charleston, Registered Dietitian will lead a series of participatory classes on Diabetes, Heart Disease and Cancer. Sign up for one or all three.

Nutrition & Cancer

Tuesday, February 18 — 860000-N4

1:00-3:00 PM, Multipurpose Room (OC). \$25. More than one of every three people will be diagnosed with cancer during their lifetime. We are all touched by this disease. Join this participatory two-hour session on how your diet can be modified to help prevent cancer and dietary recommendations for living with cancer with Renee Charleston, Registered Dietitian. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/11.

Implementing Dietary Recommendations

A series of three classes will be presented by Renee Charleston, Registered Dietitian on practical application of the three main dietary recommendations for Diabetes, Cancer and Heart Disease. Guidelines for these three main chronic diseases, plus recommendations for improved health include three key steps — *eat more fruits and vegetables, eat more whole grains, and use healthier protein sources* (focusing on plant proteins). Each class will be two hours and follow a participatory format. Sign up for one or all three. The classes will include: Define It — what exactly is the recommendation and the foods involved; Fix It — food preparation strategies and tasty recipes; Mix It — how to incorporate new foods into your lifestyle.

Whole Grains

Tuesday, February 25 — 860000-N7

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Whole Grains, We will define what "whole" grains are and how to prepare them in tasty dishes. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/18.



Proteins

Tuesday, March 4 — 860000-N5

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Healthy Proteins — If you are confused about what the healthiest sources of protein are, we will look at this issue and present ideas for how plant based proteins can be incorporated in your diet. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/25.



Fruits and Vegetables

Tuesday, March 11 — 860000-N6

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Let's look at ideas to incorporate more fruits and veggies in your diet in fun, nutritious ways. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 3/4.



Continued on page 90

—Personal Growth—

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

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

Tuesdays, March 4-25 — 815000-02

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 ◆◆ by 2/25.



The Sudoku Series

Tuesday, February 25 — 870000-02

Or Tuesday, March 25 — 870000-3A

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from January to June, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned as the instructor, Russ Abbott, will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and the advances as the months pass. February builds on the basics of January by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves. Come join us. Register: Fitness/Activities Desks or online. RSVP ◆◆ by 2/18 or 2/25.



—Training Services—

All trainers are independent contractors.

For a complete listing and contact information please check the Fitness Centers or website under Fitness.

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

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

Small Group Training: Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people. Please note: Starting February 2014 you will only be allowed to register for one month at a time.



SGT — TRX Express L1

Mondays & Wednesdays, March 3-26 — 835210-A3

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Curious about small group training? This class teaches the basic moves of the TRX with a sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe/effective workout. Register: Fitness Desk or online. RSVP ◆◆ by 2/27



SGT TRX Express L2

Tuesday & Thursdays, March 4-27 — 835211-A3

5:30-6:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor Julia Roper. This is 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body. Register: Fitness Desk or online. RSVP ◆◆ by 2/28.

SGT — Bootcamp L2

Tuesdays & Thursdays, March 4-27 — 835300-A3

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions,). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP ◆◆ by 2/28.

SGT — Bootcamp L3

Mondays & Wednesdays, March 10-April 2 — 835400-A3

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. Register: Fitness Desks or online. RSVP ◆◆ by 2/27.

New! SGT — Softball Spring Training L2

Tuesdays & Thursdays, March 4-27 — 835190-A3

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Richie Anderson. Want to improve your softball performance? Do you also want to stay healthy and injury free during the season? This class will put emphasis on exercises that will increase your rotational output when hitting or throwing, along with strengthening the muscles that sustain common injuries in softball and overhead sports. Class will also include cardiovascular conditioning to encompass everything needed to step up your game. Register: Fitness Desks or online. RSVP ◆◆ by 2/27.



SGT — Fit 101 L1**Mondays & Wednesdays, March 10-April 2 — 835500-A3**

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 Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you chance to work on the TRX, weights, exercise bands walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals. Register: Fitness Desks or online. RSVP ♦♦ by 2/27.

**SGT — “Fun”ctional Fitness L2****Tuesdays & Thursdays, March 4-27 — 835600-A3**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ♦♦ by 2/28.

SGT — Healthy Back L1**Monday & Wednesday, March 17-April 9 — 835700-A3**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 2/27.

**SGT — Healthy Back L2.****Mondays & Wednesdays, March 17-April 9 — 835701-A3**

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 ♦♦ by 2/27.

SGT — TRX Interval Training L3**Mondays & Wednesdays, March 10-April 2 — 835800-A3**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ♦♦ by 2/27.

Pilates Reformer Section**SGT — Introductory Reformer Session L1****Continuous Dates — 835110-A3**

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Janine Colson, 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 —The Basics L1**Mondays & Fridays, March 10 – April 4 — 835120-A3**

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

Tuesday & Fridays, March 4-28 — 835120-B3

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This is your Level 1 reformer class; this class 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. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session L1 (above). Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

Continued on page 92

SGT —Intermediate L2**Monday & Wednesday, March 10-April 2 — 835130-A3**

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

Instructor: Domine Trosky.

Tuesday & Thursday, March 4-27 — 835130-B3

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

Instructor: Joanie Martin.

Tuesday & Thursday, March 4-27 — 835130-C3

3:30-4:30 PM, Fitness Floor (KS). \$135 (eight

sessions). Instructor: Robert Sanchez. This class builds on The Basics 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. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 91.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**SGT — Total Body Reformer L3****Tuesday & Thursday, March 4-27 — 835170-A3**

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

Instructor: Eve Webber. This advanced reformer Level 3 class is for seasoned Pilates participants, who have mastered both the Basics L1 and Intermediate L2 workouts. This class will challenge strength and endurance. Please note: For safety purposes, participants must be given instructor approval before attending the advanced class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 91.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

SGT — Fit for Golf L2**Monday & Wednesday, March 10 – April 2 — 835180-A3**

3:30-4:30 PM, Fitness Floor (KS).

\$135 (eight sessions). Instructor:

Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Anneka Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 91.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**SGT—Boot Camp Reformer L3****Mondays & Wednesdays, March 3-26 — 835140-A3**

11:30-12:30 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 on page 91.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

SGT— Special Populations Reformer L1**Mondays & Wednesdays, March 3-26 — 835160-A3**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight ses-

sions). 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 91.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**SGT — Special Populations Reformer L2****Tuesdays & Thursdays, March 4-27 — 835150-A3**

4:30-5:30 PM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Eve Webber. This class is the next step up from Special Populations Level 1, This class is for more experienced people who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to Level 1. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 91.) Register: Fitness Desks or online. RSVP ♦♦ 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 Aqua WellFit Class Schedule February 15-March 15, 2014

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--|----------------------------|---|----------------------------|--|-----------|-----------|
| 7:30 | Water Works L3 - OC | OC | Water Works L3- OC | OC | Water Works L3- 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- Annette | Water Works L3 - Deanne | | | |
| 10:00 | | | | | | | |
| 10:30 | Splash Dance L3- Roman | Water Works L3 - Deanne | * Splash Dance L2- Annette | Water Works L3 - Deanne |  L2 Lisa | | |
| 11:00 | | | | | | | |
| 11:30 | AF Aqua L1- Cathy | | * AF Aqua L1- Marie | | AF Aqua L1- Cathy | | |
| 12:00 | | | | | | | |
| 12:30 | Aqua Yoga L1- Joanie | | ** Aqua Pilates 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 | | | | | | | |
| 5:30 | | Water Works L3- Roman | | Water Works L3- Roman | | | |
| 6:00 | | | | | | | |

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)
 Disease P & M (punch card) \$4.00
 Group Exercise (punch card) \$2.75

*** New instructor**

**** New Class**

OC WellFit Class Schedule February 15-March 15 2014

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|----------------------------------|---|-----------------------------------|------------------------------------|--------------------------------------|------------------------|
| 7:15 | OC | OC | OC | OC | OC | OC |
| 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 - Domine | Core & Strength L2 - Julia | Zumba L3 - Andi | Core & Strength L2 - Julia | Step & Sculpt L2 - Jeri | Yoga Basics L1 - Susan |
| 9:30 | | | | | | |
| 10:00 | Cardio Strength L3 - Annamarie | *Yoga Flow L2 - Ashley | ** Cardio Strength L3 - Annamarie | *Yoga Flow L2 - Ashley | 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 | | |
| 12:00 | * Basic Low Impact L1 - Cindy | | Arthritis L1/2 - Lin | | *** Arthritis L1/2 - 12:00-12:55 Lin | |
| 12:30 | | | | | | |
| 12:45 | | Extra Gentle Yoga L1 (12:45-1:45) - Julie | | *** AF Land L1-L2 12:45-1:30 Cathy | | |
| 1:00 | Chair with Flair L1 - Cindy | | * Chair with Flair L1 - Kathryn | | Basic Chair L1 - Lola | |
| 1:30 | | | | | | |
| 1:45 | | | | | | |
| 2:00 | Balance Exp L1 - Cindy | | * Balance Exp L1 - Kathryn | | | |
| 2:30 | | Traditional Hatha Yoga L2 - Julie | | Traditional Hatha Yoga L2 - Julie | | |
| 3:00 | | | | | | |
| 3:30 | MoveWell Today - Christine/Cathy | **Diabetes (DEP 2) L1 Cathy | MoveWell Today - Christine/Cathy | **Diabetes (DEP 2) L1 Cathy | Act Class | |
| 4:00 | | | | | | |
| 4:30 | | | | | | |
| 5:00 | | Meditation L1 - Susan | | | | |
| 5:30 | Zumba L3 - Andi | | Zumba L3 - Andi | | | |
| 6:00 | | | | | | |
| 6:30 | Yoga for Osteo L1 - Susan | Self Defense - Paul | Mind Training for Sleep L1 - Iram | | | |
| 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)
 * New instructor
 ** New instructor & Class
 *** New Time

KS WellFit Class Schedule February 15-March 15, 2014

| Time | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|-------|--|--|--------------------------------------|--|--|--|---|--|--------------------------------------|----------|----------|----------|
| | KS | KS FLOOR | KS | KS FLOOR | KS | KS FLOOR | KS | KS FLOOR | KS | KS FLOOR | KS | KS FLOOR |
| 6:15 | | | | | | | | | | | | |
| 7:00 | | SGT - Ref. The Basics L1 - <i>Domine sub</i> | Bootcamp L2 - <i>Robert</i> | | | | | | | | | |
| 7:15 | | | Mixed Level Cycle L2 - <i>Deanne</i> | | | | | | | | | |
| 7:30 | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | |
| 8:30 | Everybody Can L2 - <i>* Jeannette</i> | | Low Impact L3 - <i>Annmarie</i> | SGT - Ref. The Basics L1 - <i>Robert</i> | HI NRG Cycle L3 - <i>David</i> | | Mixed Level Cycle L2 - <i>Deanne</i> | | | | | |
| 9:00 | | | | | | | | | | | | |
| 9:30 | Circuit L3 - <i>Ramon</i> | SGT - Ref Special Pop. L1 - <i>Eve</i> | Strictly Strength L2 - <i>Lin</i> | | SGT - Reformer Special Pop L1 - <i>Eve</i> | | Low Impact L3 - <i>Annmarie</i> | | | | | |
| 10:00 | | | | | | | | | | | | |
| 10:30 | Strictly Strength L2 - <i>Jerri</i> | SGT - Ref. Intermediate L2 - <i>Domine Jerri</i> | Piloga Flow L2 - <i>- Joanne</i> | SGT - Ref. Total Body L3 Eve | Everybody Can L2 - <i>Lin</i> | SGT - Ref. Intermediate L2 - <i>Domine</i> | Pilates Fit L2 - <i>Domine</i> | SGT Ref. Total Body L3 - <i>Eve</i> | Cardio Strength L3 - <i>Annmarie</i> | | | |
| 11:00 | | | | | | | | | | | | |
| 11:30 | SGT - Healthy Back L1 - <i>Kathryn</i> | SGT - Ref. BootCamp L3 Eve | | SGT - Ref. Intermediate L2 - <i>Joanne</i> | SGT - Healthy Back L1 - <i>Kathryn</i> | SGT - Ref. BootCamp L3 Eve | | SGT - Ref. Intermediate L2 - <i>Joanne</i> | | | | |
| 12:00 | | | | | | | | | | | | |
| 12:30 | SGT - Fit 101 L1 - <i>Robert</i> | | Functional Fit L2 - <i>Deanne</i> | | SGT - Fit 101 L1 - <i>Robert</i> | | SGT - Functional Fit L2 - <i>Deanne</i> | | | | | |
| 12:45 | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | | |
| 1:30 | Begin. Yoga L1 - <i>Susan</i> | | Tai Chi L1 - <i>Pell</i> | | Mind Training for Sleep L1 - <i>Iram</i> | | Qigong L1 - <i>Sherry</i> | | | | | |
| 1:45 | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | |
| 2:30 | SGT - TRX Interval L2 - <i>Julia</i> | | | | SGT - TRX Interval L2 - <i>Julia</i> | | Sherry Remez Workshop | | | | | |
| 3:00 | | | | | | | | | | | | |
| 3:30 | SGT - TRX Express L1 - <i>Julia</i> | SGT - Ref. Fit for Golf L2 - <i>Robert</i> | Tai Chi L2 (2:45-3:45) - <i>Pell</i> | SGT - Ref. Intermediate L2 - <i>Robert</i> | SGT - TRX Exp. L1 - <i>Julia</i> | SGT - Ref. Fit for Golf L2 - <i>Robert</i> | ** Basic Conditioning L1 - <i>Kathryn</i> | SGT - Ref. Intermediate L2 - <i>Robert</i> | | | | |
| 4:00 | SGT Healthy Back L2 - <i>Kathryn</i> | | | | SGT Healthy Back L2 - <i>Kathryn</i> | | | | | | | |
| 4:30 | | | | | | | | | | | | |
| 5:00 | | | | | | | | | | | | |
| 5:30 | SGT - Bootcamp L3 - <i>Robert</i> | SGT - Coming soon | SGT - TRX Exp. - <i>Richie</i> | SGT - Ref. Special Pop. L2 - <i>Eve</i> | SGT - Bootcamp L3 - <i>Robert</i> | SGT - Coming soon | SGT - TRX Exp. - <i>L2-Julia</i> | | | | | |
| 6:00 | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | |
| 7:00 | | | Evening Hatha Yoga L2 - <i>Susan</i> | | | | Healing Yoga & Meditation L1 - <i>Susan</i> | | | | | |

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)
 * New Instructor
 ** New class



Money in Politics

Tuesday, February 18 — Free

1:00 PM, Front Ballroom (OC). Money has impacted — some would say corrupted — the American political process for generations. But in the wake of legislation and court rulings of recent years, the influence of money has grown to such proportions that ordinary citizens' voices may be drowned out. Trudy Schafer, Senior Director for Program of California League of Women Voters, will discuss the importance of being able to follow the money. She will share insight on how events at the national level affect us in California including the influence of money on State elections and what is being done to bring sense to campaign regulation and disclosure in California. Trudy Schafer coordinates and advocates for vital issues the League has studied. You can't afford to miss this enlightening presentation. Q&A. Video recorded for website.



The Fountain of Youth: Secrets for a Long and Healthy Life

Wednesday, February 26 — Free

7:00-8:30 PM, Ballroom (OC). R. David Kovacik, M.D., will provide information on National Geographic's Blue Zones, which are geographic areas around the world where people live measurable longer lives than anyone else. He will explain factors that encourage longevity for those who live in these geographic areas. These areas include Loma Linda, CA, where Dr. Kovacik trained. He will also touch on the main findings of "The China Study," a study that details the connection between nutrition and heart disease, diabetes and cancer. He will explain the relationship between diet and the risk of disease, and how we can prevent disease to stay healthy and live life longer. Scientists studying longevity are turning up methods that may help us reach a ripe old age in good and vibrant health.



Alive in the Light — Remembering Eternity

Tuesday, March 11 — Free

10:00-11:30 AM, Front Ballroom (OC). How many of you have ever asked yourself the question: What does it feel like to be dead? Will I be aware of my life on earth after I die and leave everything behind? Will I still have my senses, my sight, my hearing, my voice, my touch? Will I be able to love and be loved? Will I be happy? Andy Petro died before his 18th birthday and remembers everything that happened to him when he was



dead — "I knew the answers to all my questions. I would like to share my memories of the Light with you. I was filled with ecstasy, joy, and unconditional love."

It's Saudi Duty Time!

Tuesday, March 18 — Free

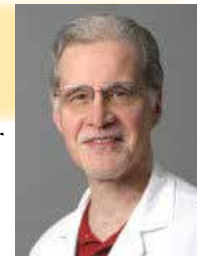
2:00-3:30 PM, Front Ballroom (OC). SCLH resident Marcia VanWagner served in the First Gulf War, 1990-1991 as the Chief Nurse of the 1000-bed 50th General Hospital in Riyadh, Saudi Arabia. Her presentation details her experiences as a female officer in a command position during the war. Colonel VanWagner will discuss how the Saudi Arabian culture and religion impacted the practice of US Army medicine and nursing, and how the unit lived and worked in a chemical environment. She will end with the real story of why the Ground War was delayed!



Don't Lose Sleep Over It! A Closer Look at Sleep Disorders

Wednesday, March 26 — Free

7:00 PM, Ballroom(OC). Good sleep is a must for good health. In fact, sleep is just as important for overall health as diet and exercise. More and more studies are showing correlations between poor quality sleep and a variety of diseases, including stroke, heart disease, diabetes, obesity, and depression. Common sleep disorders include sleep apnea and snoring, insomnia, restless leg syndrome, and narcolepsy. During this lively presentation by Dr. Richard Stack, M.D., Medical Director of the Mercy Sleep Center, you will gain tips to get better quality sleep as well as causes and latest treatment options for sleep disorders.



The Donner Party: Weathering the Storm

Wednesday, April 9 — Free

1:00 PM-3:00 PM, Front Ballroom (OC). The 1846 entrapment of the pioneer wagon train known as the Donner Party is one of the West's greatest tales. Mark McLaughlin, a prolific author, historian and professional speaker will present in-depth research revealing the accomplishments and personalities of early Argonauts. Cannibalism has historically been the focus for most writers regarding the Donner Party, but the story is best told from the viewpoint of their challenges and success on the trail. Based on Mark's award-winning book, you will gain a unique insight on this famous event. Focused on how extreme weather challenged the snowbound emigrants and their heroic rescuers, his story delves into the pre-Gold Rush mentality and the concept of Manifest Destiny that drew the members of the Donner Party on their journey west. We expect a large attendance, so be sure to come early. Video will be recorded for website.



Community Forums, Date, Time, Location

- **Money in Politics**
Tuesday, February 18, 1:00 PM, Front Ballroom (OC)
- **Fountain of Youth: Secrets for a Long and Happy Life**
Wednesday, February 26, 7:00 PM, Ballroom (OC)
- **Alive in the Light — Remembering Eternity**
Tuesday, March 11, 10:00 AM, Front Ballroom (OC)
- **It's Saudi Duty Time**
Tuesday, March 18, 2:00 PM, Front Ballroom (OC)
- **Don't Lose Sleep Over It: A Closer Look at Sleep Disorders**
Wednesday, March 26, 7:00 PM, Ballroom (OC)
- **The Donner Party: Weathering the Storm**
Wednesday, April 9, 1:00 PM, Front Ballroom (OC)

- **Personal Holocaust Survivor/Veterans Club**
Thursday, April 17, 1:00 PM, Presentation Hall (KS)
- **Local Snakes Update: Facts, Fiction and Fears**
Tuesday, April 29, 2:00 PM, Front Ballroom (OC)
- **Vitamins and Supplements: Nutrition in a Pill?**
Wednesday, April 30, 7:00 PM, Ballroom (OC)
- **"Magic of Google"**
Monday, May 12, 2:00 PM, Ballroom (OC)
- **"Traffic Situation in Sun City Lincoln Hills"**
Tuesday, May 20, 2:00 PM, Ballroom (OC)
- **Watch for more Community Forums in next month's Compass**

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www.suncity-lincolnhills.org/residents

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

Saturday* 8:30 AM-8:00 PM

Sunday* 8:30 AM-4:30 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday* 8:30 AM-7:30 PM

Sunday* 8:30 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (First only)* 8:30 AM-12:30 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

*Winter hours effective until March 9, 2014

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bgeppert@billycaspergolf.com

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