



# Compass

The Official Magazine of Sun City Lincoln Hills

October 2014



**Fifteen-year Memories  
and Milestones... page 2**

**A Very Good Thing for  
Our Community... page 15**

**A Happy Ending to the  
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### On the cover

On October 18, join your friends and neighbors with a parade made up of your favorite clubs, groups and neighbors followed by food, beverages, music and dancing! On our cover this month is a scene from our 10-year anniversary parade. Photo courtesy of the late Richard "Dick" Schultz

### Board of Directors Report

## A Happy Ending to the 2015 Budget Process

Jim Leonhard, Treasurer, SCLH Board of Directors



Cutting to the chase, at its September meeting, your Board of Directors approved a \$1 increase in our monthly dues to \$108 for the calendar year beginning January 1, 2015—that's the cost of a cup of coffee at the Kilaga Springs Café!

The less than one percent increase is a result of a budget carefully developed by our Community Association staff under the guidance of Bob Cook, our Executive Director (as you know, Bob will be retiring at the end of the year, so this is his last budget season—thank you Bob and staff for a professional and well-supported budget). The budget was presented to the Finance Committee during three open budget meetings. The Committee made some insightful suggestions which staff incorporated in the final budget. The Finance Committee ultimately recommended approval of the budget to the Board.

### The Nitty-Gritty

The \$1 increase will all go to the Maintenance Reserves as recommended in our Reserve Study prepared by outside experts. Your current Board of Directors strongly believes that it has a fiduciary responsibility to ensure the future financial health of our Community which starts with ensuring that funds will be available to replace assets as required.

The actual budget consists of an operating budget covering day-to-day operations, a reserve budget for reserve items that will come due in 2015, and a capital expenditure budget for new assets in 2015.

The 2015 operating budget is actually \$73,020 higher than the 2014 budget (less than 1%, a phenomenal achievement given the increasing costs of everything). Since the actual current 2014 results have been significantly ahead of budget, as detailed in the Finance Committee's article on page 14 in this *Compass* issue, your Board decided to apply some of the surplus to fund this shortfall in 2015 rather than increase dues another dollar. In effect, each household is getting a refund of \$12.

The 2015 Reserve Fund Expenditures of \$1,053,364 were approved. A Capital Asset acquisition for Solar Heating for all four of our pools was approved for a, not-to-exceed \$150,000 to be funded from 2014 surplus funds (this project is described further in the Properties Committee's article on page 7). The Finance Committee recommended both of these items for approval by the Board.

### Resolution 2014.07

An important resolution was approved by your Board to transfer all funds (approximately \$925,000) being held in a separate account to cover future known and unknown Construction Defects to the Reserve Fund. These funds were part of a settlement with the developer. Your Board felt it was prudent to preserve the intended use of these monies by securing them in our Reserve Fund.

All in all, it has been a good budget process and don't forget that cup of coffee at Kilaga Springs Café.

### Lifestyle Online Workshop

Confused about how to access or register for activities and classes using the online registration feature on our resident website? Do you want to be prepared for the new 8:00 AM registration timeframe for WellFit beginning in December? Attend one of two free classes being offered in the OC Computer lab for hands-on learning Tuesday,

November 18 and Friday, December 5 from 9:00-10:00 AM. Register by emailing LifestyleOnline@sclhca.com. There is a maximum of 10 participants per session. If you typically use a tablet or mobile device to enroll, please bring your device to the class. All attendees must be registered for the website, prior to the workshop.

**Connections**

**Fifteen-year Memories and Milestones**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

The year 1999 does not seem that long ago, but ask those early residents what it was like and they will tell you they were pioneers. Try to imagine—no Lodge, no Meridians, and the formation of clubs

or Community Living Room, and reminisce and learn about the community you are living in. It really is a fascinating read!



*Left, Sports Pavilion and Village 14, under construction; above, current view of SCLH and surrounding area*

had only begun. Even the Roseville Galleria was under construction. We have an interesting history that can be found in the *Memory Book* each homeowner received during our 10-year anniversary, and new owners receive when they register with the Association. Pull out your book, or check it out in the Kilaga Springs Library

This October 18, we take time to celebrate 15 years of success as a Del Webb community. The theme of our 1999 New Year's Eve celebration was "Honor the Past, Celebrate the Future." The intent of these words remains as true today as they were 15 years ago.

*Please see "Connections" on page 21*

**Upcoming Association-Related Meetings: Date, Time, Place**

**October 15-November 30**

<b>Golf Cart Registration</b> .....	Thursday, October 16, November 6 & 20, 9:00 AM, OC Lodge
<b>Finance Committee Meeting</b> .....	Thursday, October 16, 9:00 AM
<b>Board of Directors Meeting</b> .....	Thursday, October 23, 9:00 AM, Presentation Hall (KS)
<b>Board of Directors Special Meeting</b> .....	Thursday, October 23, 10:30 AM
<b>Board of Directors Executive Session</b> .....	Thursday, October 23, 11:00 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, October 27, 9:00 AM
<b>CCOC/Clubs &amp; Community Organizations</b> ..	Tuesday, November 4, 9:30 AM
<b>Compliance Committee Meeting</b> .....	Wednesday, November 5, 10:30 AM
<b>Elections Committee</b> .....	Friday, November 7, 10:00 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, November 10, 9:00 AM
<b>Properties Committee Meeting</b> .....	Tuesday, November 11, 1:00 PM
<b>Listening Post</b> .....	Wednesday, November 12, 9:00 AM
<b>CCRC/Communications &amp; Commun. Rel.</b> ....	Friday, November 14, 9:30 AM
<b>New Resident Orientation</b> .....	Tuesday, November 18, 1:00 PM
<b>Finance Committee Meeting</b> .....	Wednesday, November 19, 9:00 AM
<b>Board of Directors Meeting</b> .....	Thursday, November 20, 9:00 AM, Presentation Hall (KS)
<b>Board of Directors Special Meeting</b> .....	Thursday, November 20, 10:30 AM
<b>Board of Directors Executive Session</b> .....	Thursday, November 20, 11:00 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, November 24, 9:00 AM

*Meetings in OC Lodge unless noted otherwise.*

*Calendar of Events*

**October 15-November 30**

<b>Date</b>	<b>Event</b>	<b>Page #</b>
10/15	Bus Trip: Pippin <b>60*</b>	
10/16	Book Discussion: <i>Pride and Prejudice</i> <b>27</b>	
10/16	Speaker: Traumatic, Combat, & Post-Traumatic Stress <b>38</b>	
10/16	Dinner Show: Oktoberfest Celebration <b>51*</b>	
10/17	Home, Health & Business Showcase <b>42</b>	
10/17	SCLH Wildlife by Wildlife Heritage Foundation <b>42</b>	
10/18	15th Anniversary Parade & Celebration <b>42, 47</b>	
10/20	Genealogy: Land Records-What's the Dirt in Your Family? <b>30</b>	
10/20	Illustrated Program of Canal Boating in Britain <b>31</b>	
10/20	Document Destruction <b>42</b>	
10/20	"Primordial Roughness/From Sound to the First Stars" <b>25</b>	
10/21	Speaker: Store Director of Raley's Lincoln Store <b>32</b>	
10/21	e-Waste Recycling <b>43</b>	
10/21	Bus Trip: Ferry to San Francisco/Union Square <b>60*</b>	
10/22	"Support During Difficult Times: Hospice/Palliative Care" <b>25</b>	
10/22	Music Group meeting: Perform or enjoy the music <b>33</b>	
10/22	Bus Trip: Apple Hill <b>60*</b>	
10/23	Speaker: Dir. of Resource Dev., Placer Co. Water Agency <b>29</b>	
10/23	Ski Group: Squaw Valley Plans for Expansion <b>36</b>	
10/24	Music Group sponsored: Open Mic Night <b>33, 43</b>	
10/25	Autumn Parking Lot Sale <b>43, 47</b>	
10/25-26	Players Production: "The Black Chapel" <b>35</b>	
10/28	Comedy Night at KS: Brad Bonar, Jr. <b>47</b>	
10/28	Bus Trip: Speaker Series—Robert Gates <b>60*</b>	
10/29	Forum: Living with Arthritis <b>23, 100</b>	
10/30	Silent Movie with Roseville Community Concert Band <b>47</b>	
11/03	Shirley Temple Memorabilia <b>25</b>	
11/04	Auditions for Annual Tap Show <b>37</b>	
11/05	"Exploring the Solar System" <b>25</b>	
11/05	Bus Trip: San Francisco 49ers Levi's Stadium Tour <b>60*</b>	
11/06	Guggenheim Speaker: Politics & Markets <b>32</b>	
11/06	Auditions for Annual Tap Show <b>37</b>	
11/06	Fall Fashion Show Luncheon <b>51</b>	
11/06	Bus Trip: Off to the Races, Golden Gate Fields <b>53</b>	
11/08	Meet the Authors <b>39, 43</b>	
11/11	Annual Veterans Day Program <b>38, 43</b>	
11/11	Bus Trip: Knowlton Gallery, Downtown Lodi <b>54</b>	
11/11	Bus Trip: Jersey Boys <b>54*, 60*</b>	
11/12	"Afraid of Backing up to the Cloud?" <b>28</b>	
11/12	Forum: How Sweet It Is—Diabetes Management <b>23, 100</b>	
11/12-15	Three Night Stay: Getty & Reagan Library/Museums <b>60*</b>	
11/13	"Glaucoma"—The Silent Thief of Vision <b>29</b>	
11/13	Annual Update on News about Nutrition and Vision <b>29</b>	
11/14	"Restoring Your Data From a Backup" <b>28</b>	
11/14	Concert: Bandstand Boogie! starring the Diamonds <b>48</b>	
11/17	Forum: Climate Change Update 2014 <b>100</b>	
11/18	Speaker: Lincoln Mayor Gabriel Hydrick <b>32</b>	
11/18	Bus Trip: Jersey Boys <b>54*, 60*</b>	
11/19	Bus Trip: Beach Blanket Babylon Holiday Edition <b>58*, 60*</b>	
11/20	Book Discussion: <i>The Unlikely Pilgrimage of Harold Fry</i> <b>27</b>	
11/20	Bus Trip: San Francisco 49ers Levi's Stadium Tour <b>58*, 60*</b>	
11/20-22	Players present "Cinderella" <b>47</b>	
11/24	Concert: Richard Glazier—The Magic of Music <b>48</b>	

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



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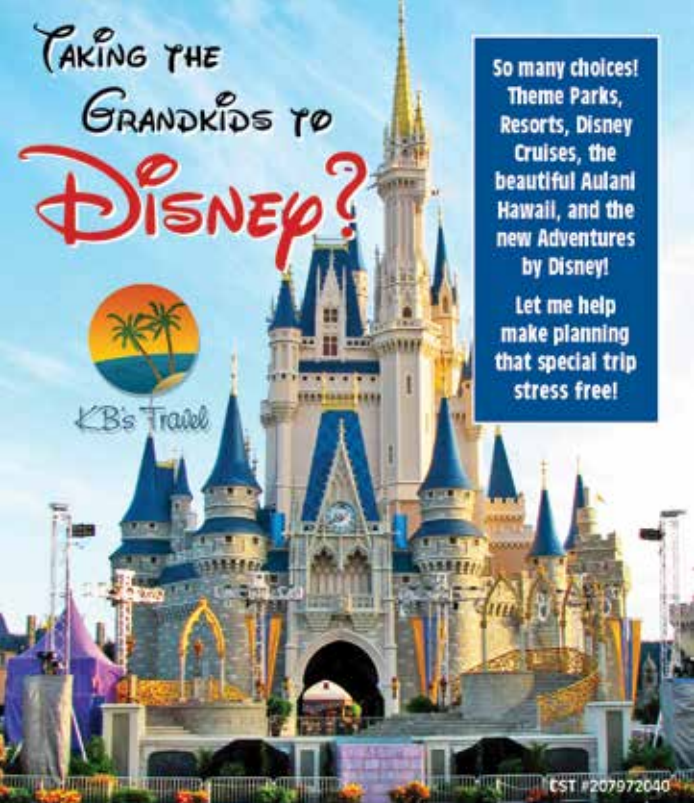
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Elections Committee**To Vote or Not to Vote, That is the Question!  
Board of Directors Election, 2015***Elections Committee—October, 2014*

It is only seven days until delivery of the *Compass* and the close of the application window for the 2015 election of four Association Directors.

At this point we have only four candidates who have filed to serve in the next term. Your Elections Committee is diligently working to seek additional candidates. We hope to have at least one more candidate by October 15, the

day of distribution of this *Compass* issue, and closure of the application window at 4:00 PM. If we do not have at least one more candidate, there will not be an election: however, there will still be Candidates Forum sessions in January.

**Time is running out! If you are considering running as a candidate for the 2015 Board Election, it must be done today. We urge any and all members in good standing who will consider candidacy to come forward and apply.**

The names of those who have applied are available at the Bulletin Board in Orchard Creek Lodge. We have gone several years without holding an election since each year only candidates for the number of seats open have come forward as applicants. Your Elections Committee has worked diligently to induce candidates to come forward. We sincerely hope that by close of the application window at 4:00 PM on October 15 there will be at least one more candidate applicant.

Activities News & Happenings**Celebrate the Fall and Winter Seasons!***Lavina Samoy, Lifestyle Manager*

Thanks to all of you, the Activities Department had a wonderful and successful summer. Check out summer snapshots on our website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents) and click on Photo Gallery, under Home.

Get ready for the biggest party of the year—our annual New Year's Eve celebration with this year's theme, James Bond. Our **007 New Year's Eve Ball** will be one

spectacular event complete with fireworks, martini bar, casino gaming, DJ dancing and a lounge act in Meridians featuring San Francisco cabaret star Deborah del Mastro and her trio performing Bond songs for you to dance and listen to. Orchard Creek Lodge will be decorated in gold and diamonds fit for a Bond film and Chef Roderick's four-course meal will thrill your palette. Buy your tickets early to get your preferred seating location. Tickets go on sale October 17 (details on page 46.)

Trips continue to thrive and we appreciate your vote of confidence on the day trips and extended travel arrangements we offer. Experience what it means to enjoy hassle-free travel by registering for our upcoming trips. Discover **Downtown Lodi** and works of contemporary artists from northern

**Committee Openings**

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 HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee Applications are available at the Activities Desks, or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address located on page 102.

- **Architectural Review Committee**
- **Elections Committee**



*Buddy Holly Tribute at the first 2014 Summer Amphitheater Concert*



*Enthusiastic residents at the first 2014 Summer Amphitheater Concert*

California on display at **Knowlton Gallery on November 11** (page 54). Registration is now open for our annual holiday trip to the **Victorian Christmas in Nevada City on December 7** (page 53) and **Cornish Christmas in Grass Valley on December 19** (page 53). These annual Christmas festivals are a must-do experience. This year, we are fortunate to schedule a visit to the much talked-about and hard to get **Filoli**

*Please see "Celebrate" on page 100*



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## Have You Heard That?

Cecelia Dirstine

Community Standards Manager



There's no doubt you know change is inevitable. The question is what it means to you. If you've been busy with activities and travel, you may have missed hearing about recent rule changes mailed to owners with the quarterly dues statement in September.

Although most changes to the Design Guidelines were minor definition revisions, there are a couple of landscape changes to note.

One important new rule now brings our governing documents in line with the city of Lincoln requirement to keep all hedges in the front yard no higher than four feet tall. City code states, "Fences, hedges and walls not exceeding four feet in height may occupy the front yard."

Why restrict the height to four feet? The reason is driver safety. Limiting plant growth to four feet gives residents a clear line-of-sight view of the street as they back out of the driveway.

For many residents with mature land-

scapes, meeting that requirement will mean some shrubs growing in the front yard will need to be pruned. If that's the case for your landscape, the city has allowed pruning in stages to give the plants a chance to acclimate.

Another change concerns the existing rule requiring a minimum of 40% of the ground surface in the front yard to be covered by living plant material. The rule has been amended to make it clear that any new landscape plan needs to show how you will provide 40% coverage *at the time of installation*.

If you have questions, please email me at [cecelia.dirstine@scfhca.com](mailto:cecelia.dirstine@scfhca.com) or call 625-4006; or contact Community Standards Coordinator Melinda Rogers at [melinda.rogers@scfhca.com](mailto:melinda.rogers@scfhca.com) or call 625-4008.

### Celebration Decoration

This is a perfect time of year to express your creative talent with outdoor holiday displays. So feel free to break out your Halloween, Thanksgiving, Hanukkah and Christmas decorations—there's no need to apply for approval. The Winter Holiday season begins November 15 and ends January 15, while decorations for other major holidays may be displayed starting two weeks before to two weeks after.

## Lincoln Hills: Looking Good, Even During a Drought

Bill Attwater, Properties Committee Chair



Fall is here and we are still talking about the drought and hoping for rain. But look around at the common areas of Lincoln Hills. Excellent water planning, even during a three-year drought period, has kept our community virtually unchanged in appearance thanks to the smart work of our Facilities Department.

The Facilities Department has installed a weather station that collects data from different locations of our community and feeds the information to a central computerized irrigation system that controls hundreds of watering stations. The weather station is located just west of the Sports Pavilion. This system results in the efficient use of water when needed.

The bottom line is that there has been

a 15% reduction of water use for our plants and trees in the common areas compared to 2013 usage. We have doubled this reduction for potable water use in our Lodges and other areas to 30%. And for our male residents, check out the waterless urinals in the Sports Pavilion and at the baseball field. I have been informed that these water saving units will be coming to restrooms at the Lodges in the near future.

On another front, the Board of Directors has tasked the Properties Committee to investigate potential uses of solar energy in order to reduce our PG&E electric bill. The Committee has a Solar Task Force that is currently meeting with vendors to determine the cost effectiveness of solar power for heating swimming pool water and for electric use at Orchard Creek Lodge where the yearly electric bill is over \$300,000.

## Library News

Sandy Melnick, Library Volunteer

We recently received many new books on religion and spirituality. If you are interested in this topic, these books will be found next to the computer at Kilaga Springs Library (across from the biography section). Remember to look into all the nooks and crannies for sections on humor, pets, sports, and more. Sometimes you have to hunt down a particular topic, but consider it a pleasurable challenge.



Did you see the movie "The Monuments Men," based on Robert Edsel's book of the same name? The recently donated book is now in the history section of the Library. After seeing the movie, I read the book, which describes in depth each of these men and their backgrounds. In this unique and concise look at World War II, the author tells the story of a special section of the U.S. Army that was sent to Europe to find the treasures taken from churches, museums, and private collections. It is an excellent account of what they found and how they went about finding these treasures.

Come in and browse our "very full" shelves in which you will find many pleasurable days of reading!

Contacts: Sandy Melnick (408-1035) for donations, Sandy Maloff (408-2368) for volunteers, Cleon Johnson (408-5648) for investment materials, and Nina Mazzo (408-7620) for the Community Living Room (OC).

## Did You Know?

We have 18 Fitness Trails, none of which are located on the Lincoln Hills golf courses. Walking on the golf cart paths in the golf courses opens walkers to the risk of head and eye injuries as golf drives can travel over 125 mph. Please utilize our varied trails for your enjoyment.





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WellFit News

## The Benefits of Group Exercise

Jeannette Mortensen, Fitness Coordinator

Group exercise classes offer a variety of benefits that you might miss out on if you choose to work out on your own. Consider these benefits before doing your usual workout routine:

1. Try a group exercise class and experience a social and fun environment. Meet some other residents and have a great time working out together!

2. During group exercise class you will enjoy a safe and effective workout that is designed by a fitness professional. No need to know how to develop a safe

and effective workout or which machines to use or for how long; it is already done for you!

3. Take a group exercise class and have someone else provide the motivation. Many people push themselves a little more or a little further when being motivated by an instructor or when in a group setting.

Our group exercise schedule has it all. We have classes that are appropriate for any level, and all class levels are denoted by L1, L2, or L3. L1 classes are entry level



classes, appropriate for beginners or those who are just coming back to exercise. L2 classes are for those residents that have been exercising on a fairly regular basis and are ready for a little more. L3 classes are advanced classes that are designed for the resident that has been exercising on a regular basis.

Unsure of what class is right for you? Turn to the back of the *Compass* for our punch pass class descriptions. We offer a variety of classes from yoga to cardio strength. No matter what your level is, we have something that is a fit for you.

If you have been attending group exercise classes on a regular basis, please take a moment to look at our color grids in the back of the *Compass* for schedule changes that are effective October 20. We are offering some new classes, new times, and don't forget to meet some of our new instructors! Our goal is to provide a variety of classes that appeal to the majority of our residents. In an effort to provide a wide range of classes we have had to make some time and format changes. Give a new class a try!

## Wonder Why Registration Opens at 8:00 AM for Activities and 10:00 AM for Fitness?

Deborah McIlvain, WellFit Manager



This was set up years ago because the Fitness Centers could not accommodate everyone arriving in the morning for their classes and having residents showing up

at 8:00 AM to register. But I'm happy to say our online registration will allow us to open up registration at 8:00 AM. **Effective December 17**, the WellFit Department registration will start at 8:00 AM online and at the Fitness Centers. Mark your calendars so you don't forget!

WellFit Classes pages 79-96 • WellFit Class Grids pages 97-99



## Residents Reinvent and Redirect in "Life 3.1"

Nina Mazzo, Roving Reporter

What would you do if you woke up one day and realized you had the opportunity to pursue a new life chapter? Would you feel revitalized and invigorated? You only have to open

the daily paper, or listen to the evening news to be reminded that lifespans are increasing. A significant number of Lincoln Hills residents have viewed this reminder as an opportunity to get outside their comfort zone, reawaken an almost forgotten dream, or even redirect existing skills. As a tech and gadget person, I see this as an update to my personal hardware program: Life, version 3.1!!

Periodically, in the coming months, I will share stories of residents who have taken up the challenge of revitalizing in a multitude of ways.

This month we meet Bill Dickinson who in 2005 saw a flyer in OC that captured his imagination: "Attention Woodcarvers, a new group is being formed." We also talked to Gary Ferris who decided to kick up his exercise

routine a notch and is now preparing for the Ironman triathlon in Hawaii.

Bill Dickinson decided to attend the Woodcarvers meeting, although he had never carved a piece of wood. Bill's early career was with General Dynamics as an industrial engineer. Fast-forward to 2014 and Bill's beautiful dolphin sculpture entry into the Capitol Woodcarvers Show wins him an Award of Excellence (Novice) in *Please see "Residents Reinvent" on page 45*



Bill Dickinson



Gary Ferris



**Sun City Lincoln Hills Community Association  
Architectural Review Committee (ARC)  
RECOMMENDATION FOR AMENDMENT TO DESIGN GUIDELINES SECTION 77**

**77 Real Estate Signs.** The sign regulations are intended to provide all Owners with an opportunity to sell or lease their property with the same consistent policy. Only one (1) regular and customary real estate sign advertising a home for sale or lease may be placed on an Owner's property. Such sign shall be located wholly within the Lot being advertised. No sign shall be placed in any window of the home. Customary is usually defined as a residential sign twenty four inches by twenty four inches (24"x 24"), and may be double-sided, professionally printed, and hung from a residential style four inch by four inch (4"x 4") pole mounted in the front yard area. No more than two (2) riders may be attached to the sign. The overall height of the sign shall not be less than four feet (4') or higher than six feet (6') or as otherwise restricted under any Lincoln City Ordinance.

**77.1 Open-House Sign.** Directional signs which give directions to a house which is for sale or for lease to which the public is invited for a walk-in inspection are permitted only as provided for in the following guidelines and will be observed by all Real Estate Brokers and/or Salespersons licensed by the State of California Department of Real Estate or any other state in the U.S. for the governance and use of Open House (directional) Signs within Sun City Lincoln Hills. These guidelines apply equally to homes for sale, for rent or for lease. All provisions in these guidelines also apply to any "For Sale by Owner" situation in which home held open by an Owner or any unlicensed person or entity representing an Owner or Owner's Estate.

**77.2 Description of the Open House Directional Sign ("Sign").** The sign shall be an 18" x 24" maroon (color: Sherwin Williams Mahogany SW 2838) panel with beige (color: Benjamin Moore 966) lettering, border, and directional arrow stating only "Open House". The font style and size is American Garamond (Bold) and 3.75 inches, respectively. The sign shall be mounted on a 25" X 30" black metal "A" frame or "tent out". An "A" frame or "tent out" will be considered as one (1) sign. Signs shall be provided by the Placer County Board of Realtors. No additional writing or attachment of any nature (balloons, streamers, etc.) may be on any sign. However, the business card of the person/entity holding the open house may be fastened to the top inside corner of the "A" for identification purposes. This card may not be visible from the front or back of the sign.

**77.3 Placement/Use/Removal.**

- a. No signs(Ⓢ) may be placed within Sun City Lincoln Hills at Recreation Centers/ Lodges, Sports/ Complexes/Plazas, Maintenance Facilities, Commercial Developments, on any part of the golf course, or at any intersection the entrance to any street, parking lot, or service road leading into these areas.
- b. No signs(Ⓢ) may be placed at any entrance to Sun City Lincoln Hills.
- c. No signs(Ⓢ) may be placed on sidewalks, driveways, curbs, or streets, including medians. Sign(s) will be placed no more than one foot (1') from the inside edge of the sidewalk or curbing provided they are placed on grass or ~~tan~~bark. No signs(Ⓢ) will be placed within flowerbeds or set on or in shrubbery.
- d. Signs(Ⓢ) will *only* be placed at corners of intersecting streets. An intersection with four (4) corners may have no more than one (1) sign on each corner (a limit of four (4) signs per intersection) provided the directional arrow on each sign points in a different direction for a total of four (4) directions. An intersection with two (2) corners may have no more than one (1) sign on each corner and a total

of two (2) signs per intersection provided the directional arrow points in a different direction for a total of two (2) directions.

- e. A maximum of six (6) signs is permitted for any one (1) residence held open. This number includes any conforming Open House Sign posted in the front yard of the home open for inspection. Only one (1) Open House Sign may be posted in the front yard. A "For Sale" or "For ~~Rent~~Lease" sign may also be posted in the front yard provided it conforms to the guidelines set forth in Section II (F) of the Design Guidelines and Section 8.09 of the CC&Rs. No other signs, banners, balloons, or any other manner of advertising or identification may be displayed in the yard.
- f. Signs(Ⓢ) must be on display only when the home is open for inspection. Signs are permitted on Saturday, Sunday and holidays only and will not be placed before 11.00 a.m. on either day. Signs must be removed immediately upon conclusion of the open house or no later than 5:00 p.m. of the same day.
- g. Signs(Ⓢ) must be displayed at ground level. No sign may be placed on a vehicle or otherwise elevated. No stacking of signs will be allowed.

**77.4 Responsibility for Signs.** Each individual Real Estate Broker, Owner or representative of Owner or Owner's entity is responsible for the purchase, storage, placement and prompt removal of their respective sign(s). In any case, the Owner is ultimately responsible for making sure his/her agents comply with the Design Guidelines and may be subject to penalties for failing to do so.

**77.5 Enforcement & Conformance With Local Laws and Ordinances.** It will be the responsibility of the Sun City Lincoln Hills Community Association to enforce the terms of these guidelines as they may relate to the use of any sign. A violation of any provision of these guidelines may result in review by either the Architectural Review Committee ("ARC") or the Compliance Committee with a recommendation to the Board of Directors for further action. Notwithstanding anything contained herein, nothing shall relieve any individual from complying with any local law, rule or ordinance pertaining to signs.

**77.6 Interpretation.** The ARC has the sole authority and discretion as to the interpretation of any provision in these Open House Sign Guidelines. Any decision rendered by the ARC with respect to any provision contained herein is final.

The Architectural Review Committee (ARC) recommendation for amendment to the Design Guidelines was approved for posting by the Board of Directors at its September 25, 2014 meeting. The amendment will be posted for 30 days to allow Owners the opportunity to review and comment on the proposed changes to the Design Guidelines.

**Sun City Lincoln Hills Community Association  
Architectural Review Committee (ARC)  
RECOMMENDATION FOR AMENDMENT TO DESIGN GUIDELINES SECTION 85**

- 85 Signs.** All signs are regulated to maintain the appearance of the community. The ARC may restrict the posting or displaying of all commercial signs. Refer to **Real Estate Signs**. Contractor signs placed on the Lot for public view are prohibited. Noncommercial signs and posters that are more than nine (9) square feet in size and flags or banners that are more than fifteen (15) square feet in size are prohibited per Civil Code §4710. Unless more restricted by City of Lincoln, the following signs may be erected on any Lot:
- 85.1 Security Alarm Sign.** One ~~single-sided~~ sign from a security/ alarm company providing services to the Resident or the home may be placed in the front yard within the setback criteria set forth in *Section 5.8.1*. ~~Decals supplied by the alarm company may be displayed in a window corner.~~ The sign shall not exceed two feet (2') in overall height from finished grade and/or seventy-two (72) square inches in size (i.e., eight inches by nine inches) if placed in the ground; or exceed sixteen (16) square inches in size (i.e., four inches by four inches) if placed in a window. One (1) decal supplied by the alarm company may be displayed in the corner of a front window. Homes on the golf course or open space may display an additional decal in one (1) rear window.
- 85.2 Political Signs.** Political signs may not exceed, in the aggregate, a total of nine (9) square feet in size and a maximum height of four (4) feet. Signs may be displayed up to sixty (60) days before the election and ~~should~~shall be removed within ~~twenty-one~~seven (21) days after the election as provided in City of Lincoln Municipal Code. Non-commercial banners that are larger than fifteen (15) square feet in size are prohibited.
- 85.3 No Soliciting Sign.** Residents shall be permitted to post a "no soliciting" signs near or on the front door, or in the front yard near the entrance to a courtyard. Such "no soliciting" signs shall not exceed one foot (1') in height if placed in the ground. Any such sign shall not exceed a size of thirty-six (36) square inches (i.e., three inches by twelve inches) whether placed in the ground, on the front door or in a window near the front door.
- 85.4 Private Property Sign.** One (1) small, approximate nine by eight inch (9" x 8") sign for Lots adjacent to a Golf Course is authorized for display. The sign MUST be located on the Lot Owner's property and shall say: "ATTENTION! Please do not enter our yard to retrieve your golf balls. All residence yards are PRIVATE PROPERTY and are not part of the golf course. Your cooperation is greatly appreciated."
- 85.5 Beware of Dog Sign.** Owners or Residents may post one (1) "Beware of Dog" sign on or near the front gate to a fenced yard. The sign shall be approximately ~~nine three~~ inches by ~~eight twelve~~ inches (93" x 812") or approximately ~~seventy-two~~thirty-six (7236) square inches in size. The top of the sign shall be installed at a height no greater than fifty-six inches (56") above the finished grade of the Lot. The sign shall be either white with ~~red-black~~ lettering or ~~red-black~~ with white lettering. Words/language on the sign should be kept to a minimum, stating only "Beware of Dog" or "Danger - Dog."
- 85-585.6 Neighborhood Watch Signs.** Owners or Residents may post one (1) "Neighborhood Watch" sign in a front window. Homes on the golf course or open space may post one (1) additional sign in a rear window. The sign shall be no larger than four (4) inches wide by six (6) inches high or twenty four (24) square inches in size. The top of the sign shall be installed at a height no greater than fifty-six (56) inches above the interior floor line, unless placed in the lower portion of a garage door window. For consistency
- these signs shall be only those provided by the Sun City Lincoln Hills Neighborhood Watch Group.
- 85-685.7 Garage/Estate Sale Sign.** ~~No more than one unlighted, temporary sign pertaining to the sale shall be permitted for any one (1) residence. The sign shall not exceed nine (9) square feet in area (typically 3 feet x 3 feet). The maximum height of the sign shall not exceed four (4) feet. The City of Lincoln restricts garage/estate sales to two (2) per year per residence. The SCLH Community Association follows the City policy and limits garage/estate sales to two (2) per calendar year per residence, with a maximum duration for each sale of two (2) consecutive days.~~
- a. Sign - No more than one unlighted, temporary sign pertaining to the sale shall be permitted for any one (1) residence. The sign shall not exceed nine (9) square feet in area (typically 3 feet x 3 feet). The maximum height of the sign shall not exceed four (4) feet.
- a-b. Time - The garage/ estate sale sign shall not be placed earlier than 8:00 a.m. on the day of the sale. The sign shall be on display only when the sale is open and must be removed immediately upon conclusion of the sale, each day or no later than 7-5:00 p.m. of the same day. The City of Lincoln restricts garage/ estate sales to one per year.
- b-c. Place - The garage/ estate sign shall be located only on private residential property with the consent of the property owner. Signs shall not be placed on a vehicle, fence, pole, tree, median, or railing. The sign shall not contain any balloons or wind devices and shall not be placed on common area, public property or right-of-way. Additional signs directing traffic to the sale are prohibited.
- c-d. Responsibility - Each Owner, or representative of the Owner, is responsible for the placement and removal of their respective sign. In any case, the Owner is ultimately responsible for making sure his/her agents comply with the Design Guidelines and may be subject to penalties for failing to do so.
- 85.8 Other Signs.** The Association may place and maintain signs, as it deems necessary, such as Neighborhood Watch and any signs required by legal proceedings.
- The Architectural Review Committee (ARC) recommendation for amendment to the Design Guidelines was approved for posting by the Board of Directors at its September 25, 2014 meeting. The amendment will be posted for 30 days to allow Owners the opportunity to review and comment on the proposed changes to the Design Guidelines.



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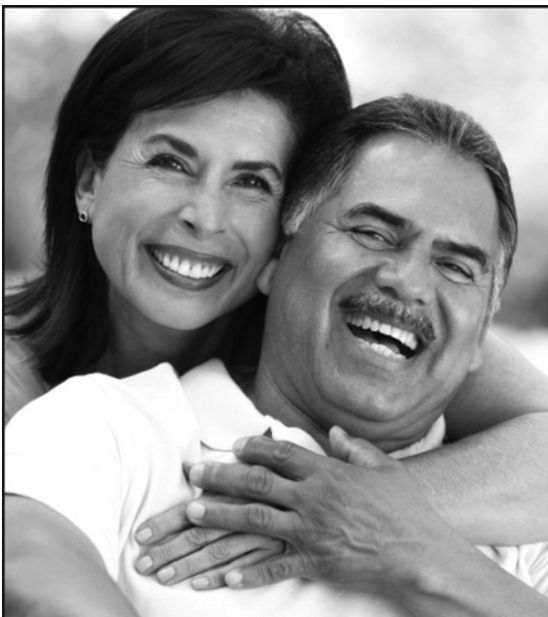


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Tina Ginnetti

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in modern times, its use for healing dates back thousands of years.

Our special this month is called Autumn Transition and it is a combination of soothing hot stones along with regular massage, with a free infrared sauna treatment and LED Light Therapy, all of which detoxify the body, soothe and loosen constricted, tired muscles, and rejuvenate your skin. This is one service you don't want to miss!

Autumn is a time of harvest when all our intentions for the year have been received. It is a time when all living plant life retreats to the ground for healing and replenishing. So too should we heal our bodies from the long summer heat, replacing lost moisture to our skin and bodies,

and preparing for winter.

You might also want to try one of our massages with a body scrub or just the scrub alone to prepare your body and your immune system. Regular exfoliating of the skin keeps it renewed and healthy and provides a healthy barrier to environmental pollution.

Holidays are right around the corner and are a high volume time for us. Many of your relatives will be in to visit and wanting to use The Spa. Be sure to make those appointments for Thanksgiving and Christmas now. And don't forget those holiday gift cards!

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## It's a Wrap!

Mike Creasy, Finance Committee Chair



After three and a half years as Finance Committee Chair, Hank Lipschitz has decided to take a well-earned break, replaced by yours truly. I must say it has been an honor and a pleasure to work with Hank who has brought so much of great value to our Association's finances. Please join me in extending our sincere thanks and best wishes to Hank.

September is always a busy time of year for the Finance Committee as we work with staff and the Properties Committee to put the finishing touches on our budget for the coming year. Department heads presented thoughtful budget forecasts with many new initiatives that enable them to continue providing outstanding services and amenities while countering pressures from increasing costs such as wages, benefits, insurance, and utilities. Good as that is, we can't avoid replenishing the money necessarily spent in 2014 from our Reserve Fund for maintenance and repairs, so contribu-

tions to the fund for 2015, as indicated by the annual reserve study, will need an additional \$1 per month per house. See Jim Leonhard's Board of Directors report on page two of this *Compass* for details on next year's monthly dues.

Operationally, we are in pretty good shape as of August 31. In total, revenues exceeded expenses by \$265,662, leaving the Association \$357,283 better than budget. The balance in the Operating Fund stood at \$4,397,886 including Settlement Proceeds of \$957,055, while our Reserve Fund balance was \$5,544,577.

The Finance Committee recommended approval of the proposed solar heating system for the four pools with a going-in cost of under \$150,000 after rebates from the California Solar Initiative and a payback period of three-to-six years (varies by pool). Savings on utilities of over \$500,000 over the next 15 years are projected.

Comments or questions? Please email me at [finance.committee@schca.com](mailto:finance.committee@schca.com). The next regularly scheduled Finance Committee meeting is November 19 at 9:00 AM.

### Statement of Operations YTD — 8/31/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$5,091,458	\$5,089,501	\$1,957
Administration (Expense)	(1,271,156)	(1,316,016)	44,860
The Spa at Kilaga Springs	44,029	38,233	5,796
Fitness	(245,176)	(242,055)	(3,121)
Activities	(57,111)	(153,548)	96,437
Rec. Center / Maintenance	(1,593,608)	(1,700,917)	107,309
Landscape Maintenance	(1,657,052)	(1,748,409)	91,357
Food & Beverage	(45,722)	(58,410)	12,688
Capital Asset	0	0	0
<b>Net Revenues (Expense)</b>	<b>\$265,662</b>	<b>(\$91,621)</b>	<b>\$357,283</b>



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Lincoln Hills Players



## A Very Good Thing for Our Community

*Al Roten, Roving Reporter*

As the developer was completing Sun City Lincoln Hills, it became evident that some aspects of our facilities needed correction. Most of the errant conditions had to do with compliance with the Americans with Disabilities Act (ADA). Our staff and Board of Directors engaged an ADA compliance consultant to make a thorough review and a civil engineer to evaluate the facilities and improvements for potential construction defects.

The result of these expert reviews was a listing of about 200 items that were either ADA non-compliant or were potential construction problems. The Board presented this list and a

price tag to the developer who asserted, however, that all had been properly



*ADA ramps at the Lodge now lead to crosswalks at the Lodge entrance*

completed. Ultimately a legal action was opened to pursue obtaining funds to fix these conditions.

In 2012, after about three years of

negotiation, a settlement payment of \$1,600,000 was received. These funds were set aside from other monies of the Association and have been reported in our financial records.

Most of the items requiring timely attention were ADA compliance issues. Some of the items were small, such as the location of restroom amenities in Lodges—these were corrected by maintenance staff. Some of the expensive items were quite subtle and invisible to those of us without disabilities. For instance, sidewalks should not have more than a 5% grade, and handicapped parking spots must have access without crossing behind other parked cars.

Most of us have been unaware that several construction projects during the past two years have been accomplished using settlement proceeds.

*Please see "A Very Good Thing" on page 100*





## Tips from Neighbors InDeed An Autumn Checklist for Indoor Plumbing

Doug Brown, Resident Editor

We've been pretty well *saturated* (get it?) lately with water-saving advice on surviving drought conditions. And it looks like Lincoln Hills residents have taken up the challenge quite well, conscientiously implementing water reduction strategies, especially in outdoor irrigation of lawns/plants. Hooray!

But as you perform your usual autumn home maintenance checks (replacing/cleaning furnace filters, replacing smoke alarm batteries, and reprogramming irrigation timers), how about one more set of suggestions—from Neighbors InDeed—on how to avoid an unwanted *indoor* water accident?

Lincoln Hills residents occasionally report a plumbing misfortune, sometimes minor, sometimes calamitous. Our teen-aged homes are reaching that certain age when prudence and alertness might help you avert indoor water leaks or spurts.

Consider these *sources* and some suggested *measures* to lessen their possibility of occurring:

- **Failing toilet and faucet supply lines.** The gaskets that seal these connections can deteriorate over time, causing a leak or, worst case, a flood of water.



Toilet supply linen

**Remedial action.** Have a licensed plumber inspect all connections. Consider replacing older supply lines with *stainless steel braided* lines that are stronger than vinyl/rubber connection hoses.

- **Laundry supply lines.** The frequent on-and-off flow of water through your wash cycles can stress these lines.

**Remedial action.** Consider replacement every 10-15 years.

- **Refrigerator water supply line failure.** Supply lines from a wall-mounted valve to your refrigerator have been known to spring a leak.

**Remedial action.** Replace lines every 10-15 years.

- **Water heater failure/leak.** The water heaters installed by the developer in Lincoln Hills have a predicted life of 10-15 years and could start leaking into your garage.



Leaky water heater

**Remedial action.** Replace your water heater (by a licensed, qualified installer) at any early signs of ineffective heating, rust, or

leakage.

- **High water pressure levels in your house.** The pressure regulator near your main house shutoff valve could in rare cases malfunction, causing an indoor leak.

**Remedial action.** Have a licensed plumber check your PSI levels if you suspect overly high levels.

**Note:** If you are away from home for an extended time, with no indoor pets or plants being cared for by a neighbor, consider turning off the *main house shutoff valve* (found in the front corner of your garage), which will *not* affect your outdoor irrigation system.



Main shutoff valve

Call Neighbors InDeed (223-2763) for advice on any of these issues. NID will *not* perform plumbing work, but Handy Helpers can offer an assessment and recommendations for remedies.

For help in locating a licensed plumber, see the index on page 103 for a list of plumbers advertised in this *Compass*.

### Aging Well

## Joint Juice, Sweet Pee, and Other Considerations

Shirley Schultz, Health Reporter

Synovial fluid produced by the synovial membrane that lines the joints is the “juice” that keeps our joints lubricated. Most of us are oblivious to this synovial space until we start to experience pain or stiffness. Arthritis is the term describing painful inflammation and stiffness in the

joints, and there are many different causes for it. Most people find that arthritis affects their lives in some way as they age. For some, it seems to be a gradual change in everyday activities,  
*Please see “Joint Juice” on page 23*





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97845





**Internet Insight**

**Making the Resident Website Your Homepage**

*Ben Baker, Advertising & Promotions Manager*

Last month I wrote an article on web browsers and your password. This month I will show you how to make the resident website your home-page. This article includes changing your homepage on the following web browsers: Internet Explorer, Chrome, and Firefox.

**Change Your Homepage on Microsoft Internet Explorer**

To update your homepage in Internet Explorer: (1) Start Internet Explorer. (2) On the Tools menu, click Internet Options. (3) Click the General tab. (4) In the Address box, type the Resident website address that you want for your home page. (5) Click OK.

**Tip:** If you want the page that you are currently viewing in Internet Explorer to be your home page, click Use Current.

**Change Your Homepage on Google Chrome**

To update your homepage on Google

Chrome: (1) In the top-right corner of your window, click the Chrome menu. (2) Select Settings. (3) Under "Appearance," check the box Show Home Button. (4) Below "Show Home Button," click the link Change and select the radio button Open This Page and add the Resident website address. The Home button will appear to the left of your address bar.

**Tip:** Your startup page is the page that appears when you first launch Chrome. Your homepage is the page you go to when you click the Home button. The two pages are not the same unless you set them to be the same; this article only covers setting up the homepage.

**Change Your Homepage on Mozilla Firefox**

To update your homepage in Mozilla Firefox: (1) Open the Resident website in a new tab. (2) Drag and drop that tab onto the Home button. (3) Click Yes to set this as your homepage.

**Tip:** More homepage settings are available in the Firefox Options window. (1) Click the menu button; it's the icon that looks like three horizontal lines stacked on top of one another. (2) Select Options and then choose the General panel. (3) From the drop-down menu you can choose to have Firefox show a blank page on startup or all of your windows and tabs from your most recent computer usage. (4) You can also set multiple pages as your home page by opening each in a separate tab and clicking Use Current Pages.

As always, if you experience any Resident website related issues, feel free to contact the Help Desk and we will be happy to assist you.

*Website Issues? Email us at: [help.desk@sclhca.com](mailto:help.desk@sclhca.com)*

**Lifestyle Online Workshop**

See the article on page two about attending one of two free classes being offered Tuesday, November 18 and Friday, December 5.



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## Connections

*Continued from page 3*

Fast forward to 2014 and let's take a snapshot view of some of the unique features and noteworthy facts about our community today.

**The physical property:** This month is a great time to appreciate the trees that dot our landscape as well as the many walking paths; the growth and maintenance of our common area landscapes are commendable.

**Energy savings:** We continue to demonstrate a dedication to decreasing our carbon footprint and pride ourselves on adopting new ways of saving water and energy. In 2011 we implemented a very impressive recycling program and installed all new energy-efficient lighting throughout the facilities. In 2012 we installed 2,015 low maintenance, color-consistent and energy-efficient LED lighting retrofit fixtures for street lights. In 2012 we transitioned to salt water in our pools, converted selected turf areas to bark, and we continue to manage water usage via computerized irrigation systems.

**Technology:** The Association and two computer clubs have kept up with the changing demands for information access. Every location within the Lodges provides Wi-Fi capability; there are five websites to support each area of our business: Association, Meridians, Catering, Spa, and Public. Digital, print, and electronic email media help to inform and advertise, and volunteer and paid instructors teach us on the use of computers, tablets, and smart phones.

Our Meridians Restaurant, Kilaga Springs Café, and Spa provide us with delicious offerings and an opportunity to treat ourselves and our friends.

We enjoy learning! Classes offered through the Association and Community Forums, coordinated through the Communications and Community Relations Committee, provide us with a wealth of knowledge and opportunity to learn by doing.

Health and Wellness has always been important to our goal of maintaining an active lifestyle. Our Fitness Centers and WellFit staff offer easy-to-use equipment

and classes to support our various activity levels and interests. A new program, *Living Through Transitions*, was developed in 2013-14 by volunteers and staff in response to requests for information and support in preparing for the final stages of life.

As new residents moved in, they brought new ideas. Shared interest groups grew from the first Travel Club to 72 active clubs with over 15,500 members. (See this month's insert for club contacts, meeting days, and times.)

Artists, dancers, singers, and thespians continue to provide exceptional entertainment throughout the year, sharing a multi-

tude of talent on site and throughout the region, raising funds to contribute to other worthy endeavors that support the arts.

We wanted to help our neighbor, so Neighborhood Watch, the Lincoln Hills Foundation, and Neighbors InDeed organized and continue to thrive and deliver much appreciated programs and support within our community.

It continues to be a pleasure to work with Association staff and volunteers who maintain, sustain, and create a lifestyle and community for the residents of Sun City Lincoln Hills.

I hope to see you at the 15-year celebration!



*Top left—entryway to Orchard Creek Lodge then and, top right, today*

*Meridians and Solarium views—left, then and below, now*

*Our community continues to grow physically, socially, and mentally*





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## Neighborhood Watch

### The Postman

#### Another Spoke in Our Security Wheel

Patricia Evans



“Neither snow nor rain nor heat nor gloom of night stays these couriers....” Everyone recognizes this phrase originally written in 500 B.C. by Herodotus about the Persian system of mounted postal carriers. We hear it corrupted in TV commercials, films, and songs.

Meet Gerry Arredondo, a postal carrier who has proven himself so invaluable to his customers at Village 1AB that they celebrated his 10 years of service in their area with a special National Night Out party on August 23, and presented him with a packet of individual letters of appreciation. “Gerry is a friend to all, in addition to being absolutely dependable. He even knows all our dog’s names,” said David

#### Neighborhood Watch Contacts

- Larry Wilson, 408-0667  
lgwlincoln@gmail.com
- Pauline Watson, 543-8436  
frpawatson@sbcglobal.net

Neighborhood Watch Website  
[www.SCLHWatch.org](http://www.SCLHWatch.org)

Johnson, captain at Village 1AB, Mail Station One.

Gerry shared some interesting information. Next time you bemoan the barrage of junk mail, recall that your Lincoln Hills postal carrier is paid according to the volume of the mail delivered. So, that junk mail and your internet orders delivered by USPS are improving the economy after all. This pay system is for “rural deliveries,” and that is our classification. In case you are wondering, Congress has recently approved continuing Saturday deliveries, so our mail will arrive as usual.

Our postal carriers add additional eyes and ears tuned to the safety and security of our community. They recognize the resi-

Village 1AB, MS 1, celebrates Mailman Gerry Arredondo’s 10 years of service to their area at an August 23 National Night Out party



dents in their service areas and know their habits. And they celebrate our junk mail!

Watch out for the Halloween “ghouls” on your telephone and at your door! See page 33.

## Joint Juice

*Continued from page 16*

but for others it can be severely limiting and can strain their financial resources and their relationships. Hear about this important topic by attending the October 29 Community Forum, “Living with Arthritis,” by Dr. Paul Lambie (see page 100).

Practical considerations for making it easier to live with arthritis include keeping things in easy-to-reach places, using handrails on walls and grab bars in the bathroom, sitting on a stool in the kitchen while preparing food, and using automatic gadgets such as can openers to make life easier. Anti-inflammatory diet recommendations include limiting sugar,

saturated fats, and processed foods, and getting plenty of fruits, vegetables, and lean protein such as fish, nuts, seeds, and beans. Broccoli wins again!

“Sweet pee” (urine that smells sugary sweet) comes from blood sugar that is so high that it spills over the kidney threshold into the urine. This condition came to be called “diabetes mellitus” after the Greek word “diabetes” which means to pass through or to siphon, and from the Latin word “mellitus” meaning sweet or honey-like. Historians have found that in the 17<sup>th</sup> century, this problem was often referred to as the “pissing evil.” In those days, people did not understand why they urinated a lot of sweet urine, lost weight, often suffered horrible side

effects such as gangrene in the their extremities, or even eventually went in to a coma and died.

Today we have a much more informed understanding of the different types of diabetes and what to do about it. Over 29 million Americans are diabetic, much of it related to obesity. Improve your knowledge cache by attending the **Community Forum on November 12, “How Sweet it is: Diabetes Management,”** by Dr. Kristen Robinson (see page 100).

“Other considerations” as listed in this article title was to test out whether or not you actually read the article. You just got an A+.



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## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

Join the Alzheimer's/Dementia Caregiver's Support Group for an important presentation: "Support During Difficult Times: Hospice and Palliative Care" on Wednesday, October 22 at 1:00 PM in the Multipurpose Room (OC). Our speaker will be Deana Chitambar from Vitas Hospice Care.

According to the Center to Advance Palliative Care: Palliative care is for anyone with a serious illness and regardless of prognosis. Hospice is a benefit that provides palliative care for terminally ill patients who are no longer receiving curative treatment for their underlying disease.

Deanna, as an educator, specializes in hospice and palliative care. Her presentation will provide information on palliative and hospice services available to the caregiver and their loved one.

At our meetings, relevant books, DVDs and pamphlets are available to borrow and read at home and to share with others.

**Contacts: Judy Payne 434-7864;**

**Cathy VanVelzen 409-9332;**

**Maria Stahl 409-0349**



### Antiques Appreciation

Our October program was a presentation of Vintage clothing, primarily owned by one of our members who has been a serious collector of 20<sup>th</sup> century clothing and accessories. In addition, several of our other members with antique and Vintage clothing joined the presentation by wearing or displaying some of their Vintage apparel. What a great program!

The November 3 program will be presented by one of our long-standing members who has a great collection of Shirley Temple memorabilia.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!

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



### Astronomy

Monday, October 20: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." This month's lectures will be #17, "Primordial Roughness—Seeding Structure," and Lecture #18, "The Dark Age—From Sound to the First Stars." The lectures are followed with group discussion. Contact Morey Lewis [eunmor@pobox.com](mailto:eunmor@pobox.com) (408-4469) for more information.

Wednesday, November 5 Anthony Oreglia will present "Exploring the Solar System." Anthony will present an update on currently active exploratory missions to the planets, moons, and other objects in our solar system. A survey of the key characteristics of these missions and a summary of the most interesting findings will be discussed along with many stunning images of the objects under exploration.

Meetings: Astronomy Group meetings are held at the P-Hall (KS). What's New in Astronomy/Activities/Q&A: 6:45 PM, program at 7:15 PM.

**Contacts: Morey Lewis 408-4469,**

**[eunmor@pobox.com](mailto:eunmor@pobox.com);**

**Cindy Van Buren 253-7865,**

**[rvbvb@att.net](mailto:rvbvb@att.net)**

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### Ballroom Dance

Don't let life pass you by. Come and join our group for weekly dancing, and more! Each month we "spotlight" one particular style of dance. In October, we will be focusing on the East Coast Swing and in November, it will be the Fox Trot. We meet on Tuesdays at Kilaga Springs Lodge. Are you a beginning dancer? Beginning group lessons are from 2:00-3:00 PM. There is no pressure, just friendly, patient, experienced instructors to help you learn. Stay, and enjoy open



Pat & Greg Jones



### 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 November 12 and December 10. 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 Wednesday, October 15 at *Woody's* and Thursday, November 20 at the *Casino Buffet*. 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,**

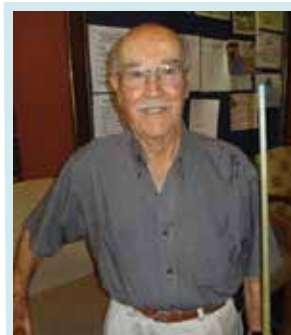
**[joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)**



### 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.



Winners  
Eight-Ball  
Doubles  
September 17  
Joe Ferrando  
(partner  
Doyle Corker  
not shown)



Tournament winners—

- Eight-Ball Singles September 3—  
Winner: Ted Komaki; Runner-up:  
Richard Lund.
- Nine-Ball Singles September 9—  
Winner: Hal Berman; Runners-up: Bob  
Doney and Clyde McFadden.
- Eight-Ball Doubles September 17—  
Winners: Joe Ferrando and Doyle  
Corker; Runners-up: Bob Armour and  
Ted Komaki, Rich Lund and Phil  
Delaney.

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

### Challengers Billiards

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

Come on in and try your hand in playing pool. We play every Friday from 10:00 AM to 12:15 PM at the Billiard Room (KS).

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

Congratulations to our recent winners.

First place—Six of seven games: Doug Porter, Bill Kim, Bob Soriano, Joan Wendell, Dan Oden; five of seven games: Bob Wehner, Ted Baker, Lyle Moore.

Second place—Five and a half of seven games: Remy Giannini; five of seven games: Joe Perez, Ted Komaki; four of seven games: Margie Kim, Sylvia Gutierrez.

Happy Halloween to everyone!

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

### Couples Billiards

Couples Billiards meets at KS every Wednesday from 4:00-6:30 PM. It seems to be a very popular pasttime as we generally have at least one couple sitting out a game. When that happens, we play seven games with most teams only playing six games.

Dan Oden/Tom Thornton were very impressive this first week. They were the only team to win six games out of seven. A close second team was Ahmed Jhanda/Linda King winning five games.

Week two: Dan Oden/Roger Corley won six games out of six. This is Dan's second time in a row to take first place. The Rich

Lujan/Louise Enderlin team coming in second won five games.

We had a three-way tie of five wins this week. Those players were: Peshu Irani/Gail Harmon, Bob Weiner/Doyle Coker and Ron/Sherry Weech. The Joe/Nicki Hobby and Rich Lujan/Louise Enderlin teams won four games.

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

### Players Billiards

Let the fun begin! For mid-level skilled players, every Thursday from 2:15-4:30 PM in the Billiards Room (KS), we play seven games of Eight Ball. Each game is timed at 17 minutes. Please arrive at least 15 minutes early to get a player number for the day. Early sign-up is encouraged in the binder on the fireplace. You will have a different partner each game and may have the same opponent only twice. Come join us for some free fun!

Congratulations to our recent winners:

- Seven games: Sandy Pavlovich
- Six of seven games: George Black, A.J. Jhanda, Jim Boekel
- Five of seven games: Sean Brancato, Bill Huth, Lisa Pabst, Phil Berlenghi, A.J. Jhanda, Dan Oden, Rita Baikauskas, Bill Davis, Sandy Pavlovich, Sean Brancato, Joe Perez, Dennis Dreiling
- Four of seven games: Bob Soriano, Sandy Pavlovich, Chiquita Fratto, Dan Oden, Peshu Irani, Ken Hawley, Sylvia Gutierrez, Bob Wehner, Doyle Coker, Hugh Duberley.

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

### Upstarts Billiards

*"There's fun to be had with a ball and a cue So come on down, 'cause we're lookin' for you!"*

Given a thought to Billiards lately? Upstarts Billiards is a group of beginners-to-average players. We enjoy playing Standard Eight Ball every Thursday, from 11:45 AM to 2:00 PM, at the Billiards Room (KS). We've got room—of you'd like to give it a try—we'd be glad to have you!

Winners—Six games: Phyllis Borrelli, Gale Comer, Herb Trueblood; five games: Hank Corriea, Larry Fox, Richard Gsell,

Larry Koenig, Gary Nielsen.

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

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



### Bird

The Bird Group enjoyed a very informative and entertaining September meeting. Kari Freidig and volunteers from the Gold Country Wildlife Rescue presented a wonderful program on the rescue, rehab and release of injured and orphaned birds. They also displayed live birds to enhance our understanding. The next bird meeting is Monday, November 10 at 1:30 PM in the P-Hall (KS).



*Western Sandpiper*

We have two excellent field trips coming up. The first is on Friday, October 24, when we head to Cosumnes River Preserve. This nature preserve has lovely walking trails and a nice variety of birds. Then on November 5, a Wednesday, we travel to Vic Fazio Wildlife Area near Davis. Bring your binoculars and cameras for both of these outings and enjoy the many birds that spend the winter here in northern California.

**Contact: Kathi Ridley 253-7086,  
kathiridley@yahoo.com  
Lh\_bird\_group@yahoo.com  
Website: www.suncity-lincolnhills.org/residents**



### Bocce Ball, Mad Hatters

We've covered this subject before but the question came up twice this past month so we thought we'd go over it again. If you do not have your own Bocce Balls you are free to use the Association Bocce sets. The Association Bocce Balls are stored in the Bocce Locker, which is the locked stone structure between the front and back courts. To get the key to



Bocce  
locker

the Bocce Locker you need to take your SCLH ID card to the Orchard Creek Fitness Center desk and ask for a Bocce key. They will take your card and have you sign out a key. When you have finished playing Bocce and returned the balls to the locker you return the key to the Fitness Center.

We'd like to thank Selby and Don for getting the key on Thursday mornings while we were gone. That was a big help.  
**Contacts: Paul Mac Garvey, 543-2067, PMac1411@aol.com; Bob Vincent, 543-0543**



### Book, OC

In the early 19<sup>th</sup> century, an unmarried, rich young gentleman rents the manor of Netherfield Park near the village of Longbourn, England. This is very good news to village resident, Mrs. Bennet, who's goal in life is to find mates for her five unmarried daughters! Love and class are the major themes in this, our October novel, *Pride and Prejudice* by Jane Austen. Please join us at 1:00 PM on Thursday, October 16 in the Multipurpose Room (OC) as we discuss this timeless classic. Newcomers are always welcome.

Remaining 2014 Schedule:

- 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/>**



### Bridge, Duplicate

Balloting to elect half of the club's Board of Directors will close after our game Saturday, October 18. Please vote for the candidates you think would best keep our club activities running smoothly. Upcoming sectional tournaments will be played in Santa Rosa and Burlingame (October 18-19), Saratoga (October 24-26),

Redding (October 31-November 2), and Oakland (November 14-16). Tournament details are available at: ([www.acbl.org/tournaments/](http://www.acbl.org/tournaments/)).

Our club games are played at Kilaga Springs Lodge as follows: Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Informative lessons are presented each Wednesday at 11:45 AM. Game fees are \$2 per person for members and non-member SCLH residents (first three games) and \$5 for invited visitors. For a bridge partner in the open games, call Barbara Dorf (434-8234) or Squeak Conner (645-9085); call Nancy Rice (543-5275) for a partner in the limited games.

**Contact: John White 253-9882**

**Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



### Bridge, Partners

#### Thursday Evening First & Third

Let's play Social Bridge, just bring your partner. Reservations are recommended, but not required. Please call and we will enter you and your partner on the players 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.

September 4 winners include—First: Maxine Cook and Ann Leitze; second: Chris Jacobson and Jay Feldman; third: Basil Moloney and Marlene Harner; fourth: Bruce Fink and Stanley Mutnick. Linda Theodore and Janet Pinnell had the high round of 1,360.

September 18 winners include—First: Joe & Rose Phelan who also had the high round of 2,010; second: Bev Ansbro and Beta Blanchard; third: Bruce Fink and Stanley Mutnick; fourth: Sasha Rome and Marilyn Todell.

**Contact: Lorraine or Bob Minke 408-4009**

#### Thursday Evening Second & Fourth

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 even pairs up to 28 unless you are the odd pair out (last pair arriving). We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM.

August 28 winners—First: Nancy Turrini and Lydia King who also had the night's high round of 1600; second: Stan Mutnick and Harry Collings; third: Edith Kesting and Erica Wolf; fourth: Reta Blanchard and Nadine Buchmiller.

September 11 winners—First: Edith Kesting and Erica Wolf, with the night's high round of 2410, second: Nancy Turrini and Lydia King; third: Harry Collings and Stan Mutnick; fourth: Hilla & Bob Fawcett.

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



### Bridge, Social

Join us for Social Bridge.

We play every Friday from 1:00 to 4:00 PM, Sierra Room (KS). You do not need a partner but please make a reservation! Remember: Everyone must arrive between 12:30-12:50 PM to assure a place to play.

Winners: August/September—First place: Bob Fawcett, Flo Hunt, twice, Judy Ganulin; second: Ralph Madsen, twice, Roseanna Jensen, Alan Haselwood; third: Phil Sanderson, Pat Fraas, Lois Burke and Verne Craig; fourth: Eleanor Amar, Bev Dwyer, Lynda Sader, Roseanna Jensen.

Congratulations to our Grand Slam players. Eleanor Amar and Dick Lund bid and made 7 NT!

We are having our annual party on Halloween. Members and guests please sign up for the dinner and pay \$2 each to Ralph Madsen, our treasurer.

Reservations for October: Chet Winton (408-8708) or Ralph Madsen (408-7670).

For November & December: Helen Helm (408-0428) [h89elen@att.net](mailto:h89elen@att.net) or Joanna Haselwood (209-3392).

**Contact: Jodi Deeley, 208-4086 [jodi@wavecable.com](mailto:jodi@wavecable.com)**



### Bunco

The Bunco Group welcomed two new members—Donna Tognietti and Nancy Christiansen. As beginner's luck would have it Donna went home with a prize. We were happy to welcome Clau-



dette Rhoads-Kinman back! It was a lively and fun September Bunco morning!

The Bunco Club would like to extend a personal invite 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. Drop in when your schedule permits and after four quarters of play, four lucky individuals win SCLH gift cards.

*September winners:* Most Buncos Donna Tognietti; Most Wins Kathy Gire; Most Losses Sharon Chipman; Traveler Paulette Rhoads.

Next Bunco is Thursday, October 16.

**Contact: Kathy Sasabuchi 209-3089, [ksasabu@wavecable.com](mailto:ksasabu@wavecable.com)**



### Ceramic Arts

Fall is descending fast—it is the perfect time to enroll in that Ceramics class you have been putting off. We have great teachers and a good group of friendly people. Expand your “creative” side and sign-up now!!



*Russ Quinn  
glazing his  
pumpkin  
(photo by  
Jim Cormier)*

Reminder: We are holding our annual meeting and catered dinner at the Turkey Creek Golf Club on October 24. Festivities and surprises start at 5:30 PM. RSVP with Mike Daley (below). All current CAG Members are free, guests are \$30. Mark your calendar. More information to follow.

CAG “Workshops” are held at OC on Saturdays, 9:00 AM to 3:00 PM and Sundays 12:00-4:00 PM. KS “Workshops” are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. “Open Studio” is available to all residents: OC on Fridays only 1:00-5:00 PM and KS

Sundays only, 1:00-4:00 PM. Please check bulletin boards and studio windows for changes/closures.

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



### Chorus

The Lincoln Hills Community Chorus continues to refine its repertoire for “Winter Fantasy,” its mostly Christmas concert on December 14-16. At that time, winter will indeed be a fantasy since it won’t debut for another week.



*Conductor Bill Sveglini and accompanist Paul Melkonian confer at rehearsal*

Be that as it may, our concert will get you in the spirit of the solstice season. We’ll bring you a delightful selection of traditional carols like “The First Noel,” spirituals like “Christmas Kum Ba Ya,” and popular pieces like “We Need a Little Christmas.” “Candles in the Window” will celebrate Hanukkah, and a unique arrangement of “Jingle Bells” will provide comic relief.

All three of our December concert dates always sell out, so turn to page 47 for specifics and get tickets for your preferred performance promptly. We promise you’ll love it!

**Contacts: Bill Sveglini 434-5655, [sveglini@gmail.com](mailto:sveglini@gmail.com)**  
**Sid Frame 408-1453, [sflincoln4fun@starstream.net](mailto:sflincoln4fun@starstream.net)**  
**Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**



### Computer

Main Meeting: November 12, 6:30 PM—“Afraid of Backing Up to the Cloud?” by Rita Wronkiewicz. If you’re one of those who have no backup strategy for your computer—or have one but don’t know if it’s even creating backups, it’s time to learn what software and hardware are available to you. Or you might put some data in the Cloud and other data on your own hardware. Find out what’s best for you and how to implement it! You’ll never know how much your data means to you until you’ve lost it!



*Rita  
Wronkiewicz  
presents “Afraid  
of Backing Up to  
the Cloud?” on  
November 12*

Clinic: November 14, 3:30 PM—“Restoring Your Data from a Backup.” We’ll simulate a backup scenario that we can use to do a restore. Q&A about this entire Backup/Restore topic will be provided.

Ask the Tech: November 28, 10:00 AM—Informal Q & A session for any and all technical questions Multipurpose Room (OC).  
**Contact: Claudia McEnery, [president@sclhcc.org](mailto:president@sclhcc.org)**  
**Website: [www.sclhcc.org](http://www.sclhcc.org)**



### Mac User

There has never been a pay raise for anyone on the LHMUG team, because everyone you see helping at the meetings, labs and seminars is a volunteer. They volunteer because they enjoy learning about technology, enjoy sharing what they have learned, and they like working with others who have similar interests.

Our MUG group now has over 700 members, the largest group of its kind in Lincoln Hills. New volunteers are welcome, and needed, whether you have a strong Apple/tech background or are one of our many “Newbies.” With a new year coming, perhaps now is a good time to step up and say “thanks” by volunteering to help.

Volunteers will be especially welcome in 2015 because the number of Apple devices is expanding, and our schedule of labs,



*Hawaiian Banquet—what a party! Photo by Dave Polson; the A Team—Nina Mazzo and Bonnie Esker, photo by Henry Sandigo; Anniversary cake, photo by Dave Polson*



seminars and support functions is growing. Contact MUG President Henry Sandigo (below) to discuss ways you can help.

**Contact: Henry Sandigo (415) 716-0666, [hsandigo@gmail.com](mailto:hsandigo@gmail.com);**  
**Website: [www.lhmug.org](http://www.lhmug.org)**



### Country Couples

Our September 19 Hoedown Dance at Kilaga Springs Lodge



*Millie Lelio; and Terri & Paul Krcha; Rich & Donna Pick*

was a huge success. Eighty of the CC “ranch-hands” enjoyed dancing, eating, and socializing in the “Ranch House” setting. The informal dinner was a potluck of deli sandwiches, salads, and scrumptious desserts. Between eats, the dancers quickly learned “Bye Bye Mambo” taught by DJ Dennis McGuire, which is one more dance added to the repertoire of cha-chas, waltzes, two steps, ten steps, and line dances that we all know. Even Dennis’ charming, 100-year-old mother enjoyed a few steps on the dance floor, but she mostly enjoyed watching us “young-uns” dance.

Next up: we will be Traveling Four Corners down Sun City Blvd. in the SCLH 15th Anniversary Parade. Then we grab our best costumes for a Halloween Dance in Roseville on November 1, and then get fancied-up for our Holiday Dinner/Dance in the Ballroom December 5.

**Contact: Kathy or René Lopez 434-5617**



### Cribbage

Cribbage Club plays 8:00 AM through 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 and we always welcome more to come and join the fun.

**Contacts: Larry O'Donnell 253-9222; Ken Von Deylen 599-6530**



### Cyclist

Last month I wrote about the [ridewithgps.com](http://ridewithgps.com) site and mentioned our Lincoln Hills Cyclists event calendar. The event calendar is a very good tool for you to use if you are looking for a ride to go on or to see if anyone has planned a ride for an off day such as during the weekend. If you are a member, your name is listed on our club roster, which can be accessed from the home page of our website, [lhyclist.com](http://lhyclist.com). Using the roster button at the bottom of the home page, see how

your name is listed, then go to [clubsched.com/lhccalendar/index.php](http://clubsched.com/lhccalendar/index.php) and enter your name as shown on the roster. Enter the password, which is “password.” Once on the event calendar you will see most of our rides listed and can decide on a ride that suits you. Soon all the rides will appear on the event calendar.

**Contacts: Steve Valeriote 408-5506, [jillsteval@gmail.com](mailto:jillsteval@gmail.com)**  
**Website: [www.LHcyclist.com](http://www.LHcyclist.com)**



### Eye Care

#### Low Vision Support Group

General Meeting: November 13, 1:00-3:00 PM, P-Hall (KS).

Sidney M. Gutmann, M.D., is a board certified Ophthalmologist as well as the Physician OR Director of Outpatient Surgery at Kaiser Hospital in Sacramento, Roseville, Folsom, and Rancho Cordova. He completed his residency with Harvard Medical School and has been with the Permanente Medical Group since 1985. He calls himself “an Eye Physician who specializes not in the care of eyes, but rather in the care of people who have problems or concerns related to their eyes or their vision.”

His topic will be “Glaucoma,” which he calls the Silent Thief of Vision. He will discuss causes, types, diagnostics, and treatment strategies.

We will also have an annual update on news about nutrition and vision from Ellen Troyer from MD Support, Inc.

Everyone is invited to join a casual coffee group for socializing after the meeting. All personal drivers are welcome.

**Contacts: Cathy McGriff 408-0169; Margie Campbell (a ride) 408-0713**



### Garden

Water! Now that’s an interesting topic for gardeners! Andrew Fecko is the Director of Resource Development for Placer County Water Agency. He will be the guest speaker at the General Meeting, October 23, 2:00 PM, KS. Andrew has a degree from U.C. Davis in Wildlife and Fisheries Biology and has been in the California water and energy business for 15 years.

Brown Bag Sales will be before/after the



meeting and Home Depot door prizes will be drawn for members seated by 2:00 PM.



*California Fuchsia—  
water-wise  
plant*

Holiday Brunch (Friday, December 12) tickets will be available at the October meeting (last meeting of the year). Brunch is catered by Meridians, whose prices have increased since last year. The Garden Group has always subsidized part of the ticket, and the remainder this year will be \$20 per person—write checks to SCLH Garden Group if you wish to purchase tickets then or contact Judie Leimer, 408-4308.

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Virgil Dahl 408-3748, [hasbeenvd41@att.net](mailto:hasbeenvd41@att.net)**

### Bonsai Group

FYI—Golden State Bonsai Federation with American Bonsai Society presents “Bonsai Visions of the West,” October 30–November 3, at the Double Tree Hotel in Sacramento. [[www.GSBFconvention.org](http://www.GSBFconvention.org)]



*Lotus Bonsai Nursery Field Trip: Lorraine Immel, Virgil Dahl, Owner Scott Chadd, Paul Lewis, Susie Dahl, Vern Luke, Amy Feldner, May Strong*

Planning ahead, save the November 20 meeting for a field trip to Matsuda’s Nursery in Newcastle.

**Contact: Larry Clark 409-5214, [lkclark@surewest.net](mailto:lkclark@surewest.net)**



### Gem and Mineral Society

A belt buckle extravaganza is on display at Orchard Creek Lodge display case.

In October, our meeting will be at

10:00 AM on the 27<sup>th</sup> during the lab session.

Our club sponsors the Lapidary and Jewelry Lab, Mondays 8:00 AM to 12:00 PM. The charge is \$5 per each two hours spent in the lab. Funds go to refresh equipment and supplies. Shop Master is Dave Fisk.

Chuck DiFrenzo is available on request in the Monday Labs, to provide assistance in jewelry fabrication and repair.

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

Lapidary and Lost Wax classes are no longer taught. If you’re interested in these subjects, talk to Dave Fisk.

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

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

### Gem and Jewelry Open Workshop

The Gem and Jewelry Workshop is open most Mondays from 8:00 AM to 12:00 PM. The shop has equipment to do lapidary (stone cutting and polishing), lost wax casting (gold or silver), metal enameling, and metal jewelry fabrication. This equipment is for use by residents, with assistance from a shop master or lab monitor.

Cabochon gem cutting instruction is available by arrangement with the shop master.

Chuck DiFrenzo is available, on request, to assist in silversmithing during the labs starting at 9:00 AM.

This equipment is open to use by experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication class.

Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax, jewelry enameling and jewelry fabrication equipment. Some projects may require purchase of expendable supplies.

Maintenance Fee \$5 per two-hour session. Shop Master: Dave Fisk 434-0747.

**Contact: Dave Fisk 434-0747, [dave.fisk@yahoo.com](mailto:dave.fisk@yahoo.com)**



### Genealogy

*Land Records—What’s the Dirt in Your Family?* Glenda Lloyd will give you the ABCs of Land Records at our October 20 general meeting at 6:30 PM at the P-Hall (KS). Glenda helped organize and served as first president of Root Cellar-Sacramento Genealogical Society. She taught genealogy classes for the past 25 years and participates in seminars for the California State Archives, the Regional Family History Center, and Sacramento City Library.

The prize drawing features a \$75 and \$25 gift card. After the general meeting there will be a social gathering across the hall.

November 3, 6:30 PM, Computer Room (OC): Kathy Propersi and Carole Moore will give a presentation on placing your family research on-line. It’s powerful and free. Sign-ups will be taken at the October general meeting. Class is limited—12 participants and four participants that bring their own laptops.

**Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641;**

**Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



### Golf, Ladies

#### Lincoln Hills Lincsters

The Lincoln Hills Lincsters held their annual club championship tournament on September 9 and 10. Nine holes of golf were played each day; the back nine holes of the Orchard were played on Tuesday and the back nine holes of the Hills were played on Wednesday. Following the tournament, chaired by Darlynnne Giorgi, lunch and awards were held in the Secret Garden. Phyllis Patrick was announced the 2014 club champion; she completed the tournament with a gross score of 98. Phyllis was the previous club champion in 2011. Other winners were: Flight A, Pat Ward, Nancy McDonald, and Linda Salmon; Flight B Kay McAdams, Jeannine Wuschnig, and Margie Jewett; Flight C, May Lyau, Kristi Love, and Kay Howard; Flight D, Carole Cain, Jane Steffes, and Connie Stephens.

Golfers for the month of August were Marisue Flannigan of Flight A, and Jane Steffes of Flight D.

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

### Ladies XVIII

Congrats to the newest winners in September's NetChix Tourney, played on the Hills. Kathi Botelho scored 88, for a net 68, and Joyce Herrerias netted a 68 after shooting a 90. These ladies will vie in November's finale.

Additionally, in Flight One, Chris Jacobson took first with a net 69, followed by Donna Sanderson and Jeanne Reinhardt tying for a net 70. In Flight Two, Ofra Unger grabbed first with a net 69; and Peggy Carr, Judy Habecker, and Sandy Tamanti each tied for second place with 70's. Mikie Briggs took first place with 69 in Flight Three, while Marguerite Hebert and Joanne West produced another tie with 72's. The Flight Four winner was Pat Lewis with a net 74, and Julie Smith placed second, netting 76. The CTP on Hole Seven belonged to Reta Blanchard; and Chris Jacobson was closest to the flag on Hole 16.

*Written by Candice Koropp, Publicity.*

**Contact: Candice Koropp, 409-0607**  
**Website: Ihlgxviii.com**



### Golf, Men's

On August 26 we held our North/South Tournament, a two-man team event with the North being on the Orchard side of Lincoln Hills and the South on the Hills side.

Our congratulations to the winners on the North side. Team winners are:

- Flight One: First place—Rich Kephart/Roger Cummings; second—Howard Hamilton/Dudley Lewis; third—Herb Ingraham/Tom Hanlon.
- Flight Two: First place—Bob Arts/Paul Carr; second—Mike Munro/Wally Gibson; third—Bill Higging/Ron Cook.
- Flight Three: First place—Ross Burkett/Larry Mowrer; second—Frank Merlo/Rich Yoshikawa; third—Keith Nobert/Darrell Rinde.
- Flight Four: First place—Bob Emge/Robert McGrath; second—David Jansen/Roger Corley; third—Bill Fagan/General Roll in Grant.

On September 16 we held our Lone Ranger Tournament, a four man team event.

Winners: First place—Jack Drinkard/Mercer Tyson/Roy Craig/Cyril McRae; second—Dan Fuller/Dick DiBiaso/John Holt/Allan Raynal; third—Joe Angel/Ralph Barkey/Bruce Lyau/Hank Corriea; fourth—George Wuschnig/Jason Hong/Roger Corley/Roll in; fifth—Steve Mumma/Dan Kramer/Bill Kroger/James Chan.

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



### Healthy Eating

At our September general meeting we enjoyed an informative presentation by Whole Foods Market spokesperson, Jill Miller, on how that chain of stores has become the nation's leading single source of healthy foods.

Ample Apples: Just five years ago only 10% of grocery and convenient stores carried Hard Apple Cider, a fermented alcoholic beverage. Now over 70% of these stores carry the beverage and the trend is still growing. This is not to be confused with (non-hard) Apple Cider, which is apple



*Red chard up real close; red-hot mamas; farmers market display*

juice that has not been filtered or the apple juice we see in the juice section, which is filtered and pasteurized.

Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS), so October's meeting is the 27th. *Guests are always welcome.*

Join us in our discussions on ways to explore new healthy foods and better ways to prepare them.

**Contact: Don Rickgauer 253-3984, Sclh13HealthyEating@gmail.com**



### Hiking and Walking

A marvelous adventure is in store for all who attend the Hiking & Walking Group's Annual Meeting on Monday, October 20! Gay & Barry Mackintosh, hike leaders and explorers extraordinaire, will present an illustrated program of their canal boating experience in Britain. All Lincoln Hills residents are welcome to



*Gay & Barry Mackintosh piloting their narrowboat on the Oxford Canal; Lake Siskiyou with Mt. Shasta in the background; hikers on their way to Southgate Meadows*





attend. The event will start at 3:30 PM in Kilaga Springs Lodge.

Kudos go to Janie Norton for her outstanding planning and organization for the August Hiking Group getaway in the Lake Siskiyou area! Thanks to her efforts, the hikers had a fabulous time enjoying great trails, beautiful scenery, and delightful meals and socializing.

The Walking Group is now starting their weekly Wednesday walks at 8:00 AM. Last month the group had a delightful potluck gathering to enjoy one another's company and some great food. If you enjoy walking the Lincoln Hills trails, consider joining this friendly group.

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



### Investors' Study

Anne Mathias of Guggenheim is our November speaker. She is a Managing Director for Global/Macro and Investment Research at Guggenheim. Her focus is on the intersection of politics and markets. That subject alone is worthy of attention this time of year. She has an in-depth understanding of tax policy and the macro-economic climate. She appears frequently on Bloomberg TV, CNBC, CNN and others. Join us for what should be a stimulating afternoon of information and discussion.

Russ Abbott, our Consultant, will review the financial markets and keep us abreast of things. We meet at 2:00 PM, Thursday, November 6 at the P-Hall (KS). Don't forget to sign-up for our Christmas/Holiday Party.

**Contact: John Noon 645-5600, [thenoons@att.net](mailto:thenoons@att.net)**



### Lavender Friends

Lavender Friends is a social organization serving the LGBT community in SCLH.

Darla Purdy was born in Portland, Maine. Her father worked as a baker instilling in her a strong work ethic, initiative and a sense of humor. Her son is an administrative law judge. She has two

grandchildren, a girl in high school and a boy studying astrophysics at UC Berkeley.

She worked as body shop manager, and later as a staff analyst for Riverside County. She now has a business refurbishing household items using steam punk themes, and creating flasks with sport team logos. Her partner, Sandy, noted that one of Darla's best qualities is that she shows empathy for others.

Upcoming event: Breakfast November 12. Check our website for more social opportunities.

**Contacts: Jacquie Hilton 543-9349, [jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net); John 408-5576, [Then1947@yahoo.com](mailto:Then1947@yahoo.com)**  
**Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**



### Line Dance

Just a reminder that our Steering Committee will end their term in December. If anyone wants to volunteer to be a committee member, please contact our Steering Committee Chair, Sharon Worman, at 408-1555.



Yvonne leading dancers

Our line dance classes for the year will end soon. November is the last month to sign up since there is no dancing in December. With the New Year approaching, sooner than we think, there are sure to be a lot of new dances. Thousands of line dances come into this country on a weekly basis from all over the world and our instructors are constantly reviewing these new dances so they can pass them along to you.

Upcoming event: Our holiday potluck scheduled for Monday, December 1 at Kilaga Springs Lodge from 5:00-9:00 PM.

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



### LSV/NEV

Tuesday, October 21 at the P-Hall (KS) is the next Lincoln Hills LSV/NEV Group membership meeting, at 10:00 AM. We will be in for some very interesting information as we hear Jerry Simons, the Store Director of Raley's Lincoln store, share details about the operation of the Raley's store, in the grocery, deli, meat, bakery and on-shelf departments. They have special holiday items that you will want to know about. As a reminder, we have the pre-meeting coffee that day at 9:00 AM for our members, so come early.

November 18 membership meeting features Lincoln Mayor, Gabriel Hydrick. Mark your calendar *now*, and come prepared with questions for him!

Christmas dinner party time is Monday, December 1, just three months away.

We will finish the year with a flourish!!!  
**Contact: Dan Gilliam, 209-3946**



### Mah Jongg, Chinese

Greetings! Now that we are into the fall season, it may be a good time for you to learn how to play Chinese Mah Jongg. We welcome the opportunity to teach you. Even if you already know how to play this game, please join us.

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 on Mondays at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with an optional extension to 12:30 PM which is to be decided at the table where you play. We hope to see you there.

If you have any questions, please call one of the contacts, below.

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



### Mah Jongg, National

National Mah Jongg has gained many new players at our Tuesday games from 12:30 to 4:00 in the Card Room (OC) but there is always room for more. If you want to learn to play, please call Fran Rivera at 434-7061. She teaches in her home at no charge and many of us have learned from Fran—thank you!

She believes a quieter atmosphere helps to learn the game more quickly. On that note, players please place your phones on vibrate and try to talk softer since we now have such a large group in a relatively small space.

**Contacts: Carol Vasconcellos, 209-3457; Fran Rivera 434-7061**



### Mixed Media Collage Arts

Recently some of our members have experimented with mixed media collage on a variety of surfaces. They include: an old children's book sanded and painted with pockets of goodies on inside pages; transfer of printed words to fabric; freeform drawing with alcohol inks; plastic bags recycled into flowers; and in the Halloween mood, one of our members is painting a craft pumpkin with chalk paint! These are examples of how creative one can be within this art form.



Member projects on display

We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). We share ideas, constructive help on projects, review products and most importantly, laughter and joyful conversation fill the room as we work on individual projects.

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



### Motorcycle

#### RoadRunners

The picturesque Feather River Canyon ride is history, and the recent Cemetery tour was a big success. Next month's Icicle Ride, the traditional last ride of the season, will bring an end to our planned touring rides. The year has swept by rather quickly, but it was an enjoyable riding program. Thank you to all the Road Captains



RoadRunners out cruising

for their leadership and great planning!

Our final event of the year will be the Christmas dinner social with the installation of new officers.

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

"Ride safe, ride with friends!"

*Written by John Milbauer.*

**Contact: Patrick Chaves 408-1223, patmcspeed@gmail.com**



### Music

The last "Open Mic Night" for 2014 takes place on October 24, 6:00-8:00 (P-Hall, KS). Come in Halloween costumes for a rockin' night. This popular event brings musicians and music lovers together for an evening of casual musical entertainment. Sign-ups to perform begin at 5:30 PM. You won't want to miss the special finale.

Always wanted to play the ukulele? Come join the enthusiastic, friendly Ukulele Club jam sessions held each week, Wednesdays, 1:00-3:00 PM at Orchard Creek Lodge. You'll be warmly welcomed and a good time is guaranteed. Ukuleles only, please. Contact Ron at 409-0463 for information about the beginner's class.

The SCLH Music Group's monthly meeting is Wednesday, October 22, another great time for music lovers to gather together. Bring your instruments and/or voices, sign up to perform, or just enjoy the music and socialize. All are welcome: 6:30-8:00 PM, Fine Arts Room (OC).

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



### Needle Arts

#### Threads of Friendship

One show down, one more coming. The Wearable Arts fashion show was a tremendous hit, and now coming up at the general meeting November 11 we have another treat in store. All the subgroups in the Needle Arts Club will be presenting projects, and it is bound to be interesting to all.



Wearable Arts fashion show

There is so much talent in the 300+ members. You are sure to see something unique, something you think is fabulous and perhaps something you will want to do yourself. This month's fashion show certainly demonstrated we are never too old to be thinking of new ways to invent the wheel. Keeping hands and brains working on projects keeps us young in spirit and puts joy in our hearts.

Be sure to line the curbs this coming Saturday, the 18<sup>th</sup> to see what the parade committee has put together for everyone.

**Contact: Carol Matthews 543-7863, carolm1929@gmail.com**  
**Website: www.sclhna.com**



### Neighborhood Watch

"When the frost is on the pumpkin," and the foddors is the shock..." it is easy to feel the relaxing yellow, mellow days of autumn. But when you answer the telephone, or open the door, beware of the scam ghouls of Halloween! Their "golden autumn" consists of emptying as much of the gold out of your purse as possible.

An offer to repair your house or car may result in shoddy workmanship which will cost you a bundle to redo. The clean-cut young man at the door who says he is there to check the battery on your alarm system, is really anticipating selling you a



new system. An authoritative voice on the telephone may scare you to death claiming that you will be arrested for non-payment of income tax.

These smooth talking, polished, professional “ghoulsters” are out there honing their scam techniques. Beware, take care!

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



**Painters**

At our August membership meeting we enjoyed a very informed plein air painting description and demonstration offered by members Jim Brunk, Ron Bauer, Margo Comer, and Diane Pargament. We thank each of them for their very informed and interesting presentation.

In September, Steve Buckley honored us with an excellent discussion about photographing in preparation for a painting and about giclee, a process for producing reproductions of paintings, using an inkjet printer.

We encourage residents and their guests to visit the Buonaratti Restaurant in Lincoln during October and November when 20 Painters Club members’ paintings of “Farm Life” will be hung and offered for sale.

We remind Lincoln Hills residents that we meet the first Tuesday of each month at 2:00 PM at Orchard Creek Lodge and invite you to visit if you are interested in what we do.

**Contacts: Joyce Bisbee,**  
**joybis@aol.com; Jack Cook**  
**434-6317, lj4cook@aol.com;**  
**Jim Brunk (plein air paint-outs),**  
**434-6317, brunk@starstream.net**  
**Website: http.lhpainters.org**



**Paper Arts**

Members are looking forward to the Sacramento Scrapbook Expo later this month as this is a great place to see new products and techniques. And speaking of new products, we really enjoyed Gail Blask and Sharon Tracey last month as they shared new Close To My Heart card kits as our September project.

Our October project was led by Claudia Santos of Stampin Up. This was Claudia’s first time as a guest project leader and we enjoyed her creations and support.

We received a Thank You note from the Salt Mine in recognition of our monetary, food and holiday donations throughout the year. We also donate hand crafted cards to the Placer Co. SPCA to sell in their thrift shop as another community service by members.

Thanks to Char Sly, June Paquette and Pat DeChristofaro for sharing some Show and Tell items. We enjoy sharing and learning from one another.

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



**Pedro**

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

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

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



**Photography**

A collection of imagery in and around historic Highway 49—the Photography Group’s 2013/14 annual project—will be on exhibit at Lincoln’s Simple Pleasures restaurant beginning October 21.



*Mike the Mink by Carole Haskell*

Plaudits for Carole Haskell’s “Mike the Mink” photo from Ferrari Pond shown here that will be part of the Yolo Basin Foundation’s silent auction on the 17<sup>th</sup>.

The PG will be out in force to capture

the fun and excitement of parade shoe-shuffling, buffet face-stuffing, and dance high-stepping in connection with the SCLHCA’s 15th Anniversary Celebration October 18. You should be there—it’s almost entirely free (a modest charge for chow, see page 47) and always entirely fun.

Les Thomas has a fall colors field trip scheduled for Nevada City in late October and is furiously bargaining with Mother Nature to cooperate, but we’ve all learned how fickle M.N. has been here of late. We will persevere, anyway.

*Scribe: jeffa.*

**Contact: Jeff Andersen 434-6009,**  
**2jeffa@gmail.com**  
**Website: SCLHphoto.com**



**Pickleball**

LH pickleball players on the road again! Nine club members competed in September’s Meadow Vista Tournament with three medals earned by LH teams. Congratulations to medal winners Andrea Mayorga/Robin Haney-gold in women’s 64 & under, Mike Hilton/Richard Norman-gold in men’s 65 & over, Richard Norman/Andrea Mayorga-bronze in mixed 64 & under. Cheers for all who competed!



*Medal winners from Meadow Vista Tournament; Don and Gordon loving the game—everyday is a gift!*

And speaking of winners... we have two members 80+ years young currently playing in weekly ladder competition. Gordon Conley (81) and Don Robinson (85) are competent athletes and always wearing

smiles on the courts. They often share court time with players 20-25 years their junior and set wonderful examples for our entire community. Go, Gordon & Don!

Mark your calendar for the November 13 General Membership Meeting at 9:00 AM in the P-Hall (KS). The Nominating Committee has been hard at work and hopes members will attend to vote on candidates for open Board positions.

**Contact: Scott Sutherland 253-3997, [swsuther@sbcglobal.net](mailto:swsuther@sbcglobal.net)**  
**Website: [www.lhpickleball.com](http://www.lhpickleball.com)**



### Players

The next Players show is a spine chilling production of "The Black Chapel." There will be three short plays: "The Three Skeleton Keys," "The Lodger," and "Tell Tale Heart."

Performances are Saturday, October 25 at 7:00 PM and Sunday, October 26 at 3:00 PM. Both at the P-Hall (KS) and admission is *free!!!* Doors open half an hour before show time.

Director Dolly Schumacher James has announced her cast for "Cinderella"—Elaine Prosser, Susan Joyce, Ninette Murray, Barbara Greenfield, Jim Jones, Ron Hanson, Julie Africa, Joanie Adams, David Africa, Isobel Hersch, Chere Andre, Celeste Martella, Sally Goble, Jeri Chase-Ferris, Karen Hardage, Gillian Smit, Donovan Smit, Jessica Sims, Katie Kaufman, Gloria Becker and Sandy Klagge. Ensemble members to be named next month.



### "Happy Halloween" Players!

Please join us for our next meeting on Monday, November 10 at 4:00 PM in the P-Hall (KS).

**Contact: Barbara Greenfield 408-5017, [1babzg@gmail.com](mailto:1babzg@gmail.com)**  
**Website: [www.lincolnhillsplayers.com](http://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 Friday, 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 over for the year. The dates for the 2015 tournaments will be announced in an upcoming *Compass*.

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

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



### RV

The membership roll keeps getting bigger in the RV Group, with 65 rigs now being accounted for, according to membership chair Sharlene Zielinski.

Sharlene reports that Lincoln Hills residents with 21 rigs have joined since January 1. Of course all rigs can't be signed up for an individual rally, which usually ranges from 15 to 20 rigs for any one rally. But there are usually enough rallies to satisfy everybody.

One such rally was earlier this month, the final one of the year, October 2-6 at the 49er RV Park in Plymouth, highlighted by the annual Big Crush Harvest Festival where members enjoyed terrific wine tasting from many of the 40 participating Amador County wineries, good food and fine music.

The group will take part in the Sun City Lincoln Hills 15<sup>th</sup> Anniversary Parade on October 18. Bill & Rosie Eads will be cruising with their 40-foot motor coach.

**Contact: Rosie Eads 408-0129**  
**Website: [www.lhrvg.com](http://www.lhrvg.com)**



### SCHOOLS

#### Sun City Helping Our Outstanding Lincoln Schools

"Phoenix would not be the same without our volunteers. Thank you all so much."—Tracy Gruber, Phoenix High School  
As our school year begins, we are happy

to welcome 20 new volunteers. We still have 10 teacher requests and several teachers who could use additional volunteers. Our yearly meeting was a very informative and exciting event as each school principal was introduced and happily encouraged volunteers, by claiming "their" school was the best in the district! Superintendent of Schools, Scott Leaman brought everyone up-to-date on projects and the future of the district. Volunteers are reminded to make sure their TB tests are up-to-date. These are good for four years. If *you* have special skills, interests or just want to serve your community in a very special, important and rewarding way, join us for an exciting year of volunteer work and fun!

**Contacts: Sandy Frame 408-1453, [ssframe1963@gmail.com](mailto:ssframe1963@gmail.com) (Elementary); Cindy Moore 408-1452, [cindysmoore@me.com](mailto:cindysmoore@me.com)**



### SCOOP

#### Sun City Organization of Pooches

A free workshop was sponsored at Orchard Creek Lodge by Edward Jones Investment Office and Mark Schumacher in September, presented by Colleen Watters, Attorney. The workshop was educational and no solicitation was made to purchase services. Topics included separate pet trusts, who should be the trustee, and should that person be compensated.

Our last official SCOOP meeting this year was held October 7 at 11:00 AM at Orchard Creek Lodge, with Dr. Amanda Lee who is on the staff at Loomis Basin Veterinary and a graduate of UC Davis Veterinary School. She addressed our members and guests on dog behavior. Our guests enjoyed her presentation,

The 15th Anniversary Parade of SCLH will be October 18, beginning at Orchard Creek Lodge, marching to Kilaga Springs Lodge. Be sure to put your four-legged friends in costume and march, or decorate your golf cart and ride to KS!

*Submitted by Gay Sprague.*

**Contact: [scoop@sclh-scoop.com](mailto:scoop@sclh-scoop.com)**  
**Website: [www.sclh-scoop.com](http://www.sclh-scoop.com)**





**Scrabble**

In a previous article I dealt with the problem of trying to make a word play with no vowels on your rack. Many times the opposite is true—a lack of consonants!! You may always swap out some of your tiles but that will cost you a turn and with three or four players at the table that could add up to losing many points.

The alternative is to make some lemonade with all of those lemons!! Here are a few four letter words containing three vowels: aeon, agio, ajee, amie, eaux, ilia, ixia, moue, oleo, olio, roue, unai and zoea.

Come join your friends and neighbors at 1:00 PM on Mondays in the Card Room (OC) for some stimulating word play. New players always welcome. Let's Scrabble!!

*Submitted by Connie Protto.*

**Contact: Joan Spurling 505-5000**



**Shanghai**

As you know, the weather is cooling and it is time to think of indoor activities. Why not join us in learning how to play the card game of Shanghai. It is played with four-to-six players, three decks of cards, and involves runs and sets. We meet every Thursday at Orchard Creek Lodge at 12:30 PM. We also play every second and fourth Friday night at 5:45 PM. For more information, contact one of the names listed below.

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



**Singles**

**Dynamic Singles**

Ho Hum—just another incredibly active month for the Dynamic Singles Club!

- October 16—Claim Jumper's in Roseville, 4:30 PM—dining, libations, discussions
- October 18—Lincoln Hills' 15th Anniversary Parade, we hope to have 30 members walking between the Lodges. As we walk, we will demonstrate some of our regular monthly activities, and invite you to join!
- October 23—Our "Monster Mash"—dinner, dancing, discussion. We hope members and guests show up

*in costume—or not!*

- November 1—a day-long trip to the Breeder's Cup Race at Golden Gate Fields. Leave at 9:00 AM and maybe come back a *winner!*



*Singles Club members Richard Fuller and Shirl Schweitzer will be carrying their club's banner from Orchard Creek Lodge to Kilaga Springs Lodge on October 18*

The rest of November we share birthdays, breakfast together, and dine at Whitney Oaks Golf Course. We also have our General Meeting November 13, 6:00 PM (OC).

We enjoy All-Hallows Eve and Thanksgiving with friends/family, and wish you the Happiest.

**Contact: Judie Leimer 408-4308, j.leimer@jcloud.com**



**Ski**

Our annual pre-season potluck party was held in September, and it was a beautiful evening in the house and backyard of Ric Havens and Vicki Bohan. There was plenty of frivolity and talk about the upcoming ski season to go along with the food provided by the participants and the



*President Bill addressing partygoers; Yummy club cake*

spectacular cake provided by the club.

Our next general membership meeting will be on Thursday, October 23, at 4:00 PM in the Multipurpose Room (OC), when we will hear from Squaw Valley representatives as to their plans for expansion of the Village area.

Join the fun with club members parading between Orchard Creek and Kilaga Spring Lodges on October 18 for the Association's 15<sup>th</sup> Anniversary Celebration.

Make sure you have paid your annual membership dues, so that you may be part of all this season's events. Contact club officers listed below with any questions.

**Contacts: Mike Hilton or Bill Smith 258-2150, lnskiclub@gmail.com**



**Softball, Senior League**

There are 25,000 Senior Softball-USA players—the best and most competitive of the 1,500,000 seniors playing the sport today. And since its inception in 1996, the National Senior Softball Hall of Fame has inducted a total of about 425 players. This month a second resident of Lincoln Hills was elected, joining Irv Schafer (2008) in this elite group.



*George Sylvia, National Senior Softball Hall of Fame Class of 2014*

George Sylvia started playing Senior Softball at 50-years-old in 1997, and since then has been named All Tournament or All World eight times at the largest and most prestigious tournaments in the world. Competitors as well as teammates cite not only his play, but his attitude and consistencies on and off the field. And everyone in the LHSSL, from Rec players to the best of our outstanding travel team members, loves being on the field with George. He makes everyone around him better.

Come to Del Webb Field sometime and see George play.

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

### Coyotes

The Coyotes 60s took second in Medford Oregon September 13-14 going three-to-two in a very competitive bracket—Desert Dawgs 55s, Cascade Thunder 55s, and Oregon Reign 60s, all from Oregon, and NS Screenprint 60s from Chico and the Coyotes.

In the last game they needed eight runs in the bottom of the open inning. They scored the eight on seven homeruns with no outs to finish second in the tournament.

Leading hitters were Joe Bellah (.875), JR Jackson (.750), Henry Mutz (.700), Carlos Zavala (.684), Mick Privett (.666), and Bec Cannistraci (.647). They hit a total of 15 homeruns—four inside-the-park—led by Cannistraci and Barry Maynard (four each), Bellah (three), Brock Dagg (two), and Privett and Zavala (one).

Pitching were Zavala and John Gho, backed by outstanding defense by Maynard, Bellah, John Griffin, and Mike Hilton.

Next is the Huntsman Senior Games in St. George, Utah, October 6-10.

**Contact: Dave Rich  
richerino@aol.com**

**Website: LHSSL.org/Travel Teams**



*Shenandoah leaders;  
wonderful roads*

Our September social event, a Hawaiian Luau at Ginger's, was put on by Carla La Fave—good food, music and dancing.

**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:

- 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 Gail to join today!!

**Contacts: Louis Bobrowsky 434-5932  
louisbobrowsky@yahoo.com;  
Gail Holmes 253-9048  
gailholmes@sbcglobal.net**



### Table Tennis

On October 4 the Table Tennis Group enjoyed a social gathering at the Sports Pavilion. Members and guests feasted on turkey breast, ham, salad, drinks

and desert. Some members even tried their skill at bocce ball. Thanks to George and Valerie for organizing this event. The Christmas party will be held on Wednesday, December 10 at Skipolinis with a no host bar at 5:30 PM. To stay informed, all players should provide an email address to Gary Haight or any board member.

Although we consider table tennis to be a fun and social event, many wish to maintain competitive play. The board is considering ladder play so players can determine their level of proficiency and thus compete at the appropriate level. There is also consideration for setting aside a date and time for singles play.

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

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



### Tap Company

The Tap Company has begun gearing up for their annual show. This year's show will be March 26-28, 2015 so be sure to watch future issues of the *Compass* for more details. Performance classes have already begun and we all have to attend practice sessions for those classes weekly at 8:00 AM. Auditions will be held November 4 & 6. We will be looking for people who can act, sing and dance and just hang around. We will specifically be auditioning for six male characters; six female characters; six female ensemble and two male ensemble. Auditions are



*Our  
annual  
show  
will be  
March  
26-28,  
2015*

open to all residents of Lincoln Hills, so come out and try for a part in this fun filled adventure. Contact Janet Becker (below)



### Sports Car

Our trip on September 16-18 was hosted by the Schmidts and Pearls. We did wine tasting in Shenandoah Valley, stayed in Sutter Creek, headed over Kit Carson Pass, then on to Harrah's South Shore. We had superb panorama visuals on the run into South Lake Tahoe. The shortest route back over Donner Summit in the dense fire smoke required extra cleaning work on the cars.

Our trip on October 7-9 was led by Edy Ternullo and the Baldos. We went to the Victorian Village of Ferndale and then to Eureka to visit the famous Carson Mansion. We stayed at the Victorian Inn and Hotel Ivanhoe. We had a private tour of the Mansion. We passed through the Avenue of the Giants, some trees taller than the Empire State Building.



for an audition form or further audition information.

**Contact: Janet Becker 543-3493, beckerjm1962@gmail.com; Natalie Grossner 209-3804, natalie\_g@msn.com**



**Tennis**

LITT NIGHT is in its final week—team-mates, cheering on the sidelines, were really enthusiastic. Thank you Captains for volunteering your time. Captains are: Blue Team—Greg Burke, Orange—Carol Vasconcellos, Purple—Miguel Cuevas, Green—Jack Williams, Yellow—Jack Ryder, Red—Linda Burke.



Tony, Sandor, Marc, Dennis; Yellow team—Sally, Bob, Jack (captain), Sunny, Vicki, John, Espie, Helen, Phil; Red team—Marc, Lisa, Linda (captain), Barb with Murphy, Sharlene, Jackie and Mark

The Oktoberfest MXD Tournament is going on October 25. This is the last tournament of the year and is always well

attended. Results will be in next month's *Compass*.

- Social events coming up:
- Fall Dinner/Dance held at Rock Hill Winery with Dancing to Two-Tone Steiny—November 13.
- Women's Holiday Luncheon at Buonaratti Ristorante—December 4.
- Men's Holiday Luncheon at Old Town Pizza—December 4.

The Board of Directors, who has done a fantastic job this year, is ready to step down. Looking for energetic volunteers to fill these important spots: President, Communication, Tournament Director, Social and Treasurer. Call Greg, LHTG President.

*Written by Linda Burke.*

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



**Vaudeville Troupe**

Vaudeville Troupe members were very saddened to lose Troupe member Molly Mullikin (*photo below*) who recently passed on to higher service. Molly will be missed by many who knew her. Our sincere condolences are extended to Molly's husband Ron Peck and family.



Ron Peck and Molly Mullikin perform with the Lincoln Hills Ukulele Ohana at the July Vaudeville shows

The Vaudeville Troupe held auditions in September for our January 2015 show. We extend our thanks to all who auditioned. The *Vaudeville Golden Review* show acts will be diversified and very entertaining. Shows will be held on Friday, January 9 and Saturday, January 10 at 2:00 PM and 6:00 PM. Purchasing tickets early is suggested as you are more assured of being able to select the exact seats you want in

the P-Hall (KS). If you like to perform, we encourage you to join us. We also need behind the scenes members. Annual dues are only \$5.

*Written by Susan Joyce.*

**Contact: Yvonne Krause-Schenck 408-2040, ykrause@yahoo.com**



**Veterans**

Fred Gusman, a recognized expert in the field of traumatic stress, will be the featured speaker at the October 16 general membership meeting at 1:00 PM in the P-Hall (KS). Gusman's expertise is built on his own military service and years of clinical research and consulting experience in traumatic stress, combat stress, post-traumatic stress, and disaster-related mental health services.

He is CEO of the Pathway Home, Inc., which provides comprehensive treatment for military personnel who have served in Iraq and Afghanistan. It assists those impacted by post-combat mental health challenges to successfully reintegrate veterans into their families and their communities.

The Veterans Group will conduct its annual Veterans Day program under the porte-cochère in front of the Orchard Creek Lodge main entrance on Tuesday, November 11, at 11:00 AM. Everyone is invited.

**Contact: Malcolm Singer 645-8553, singerfamily1@me.com Website: [lhvets.org](http://lhvets.org).**



**Water Volleyball**

Water volleyball is open to all Lincoln Hills residents, any skill level. It's easy on aging joints and muscles, but it's still a good workout. Plus, it's always lots of fun!

There are now up to seven sessions available for play five days a week (full schedule below). Everyone can play at least four times a week.

Did you see us in the outdoor lap pool at OC on September 7? It was lots of fun. Look for us in the 15<sup>th</sup> Anniversary parade on October 18 too.

Also, please check our new website below. Come join us anytime during open play. See you in the pool where it's fun and cool!

Play available (KS):

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

See our calendar link at [www.lincolnsuncity.org](http://www.lincolnsuncity.org).

**Contacts: Steve Parke 716-5379, [stevenparke@att.net](mailto:stevenparke@att.net); Jerry DiGiacomo 521-1904, [itsmrd@sbcglobal.net](mailto:itsmrd@sbcglobal.net)**

**Website: [www.lhwaterpolleyball.com](http://www.lhwaterpolleyball.com)**



### West Coast Swing

Our West Coast Swing Dance & Ice Cream Social was held on Sunday, September 28 and enjoyed by all those who attended. We were dancing the afternoon away to the tunes of Dottie's Just Dancin' and enjoying ice cream sundaes—now what could be better than that!

West Coast Swing Dance Instruction: Wednesday evenings—see page 71 for more details.

West Coast Swing Dance Practice: Second Friday of each month for those students taking the West Coast Swing Dances Lessons—January 9, 2015, 5:30-7:30 PM, Fine Arts Room (OC).

Dance Nights: Tuesday Evenings at the Meridians

Capital Swing Dancers: Third Saturday of each month—[www.capitalswingdancers.org](http://www.capitalswingdancers.org).

*Don't forget to check out Dottie's Just Dancin' website: [dottiesjustdancin.com](http://dottiesjustdancin.com) for additional dance information.*

**Contacts: Dottie Macken 543-6005, [justdottie@sbcglobal.net](mailto:justdottie@sbcglobal.net); Bob Roman 543-6618, [BobRoman@starstream.net](mailto:BobRoman@starstream.net); Paula Stollmeyer 434-7352, [pstollmeyer@sbcglobal.net](mailto:pstollmeyer@sbcglobal.net)**



### Woodcarvers

Founded in January 2005, this shared interest group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. They also focus on developing friendships. Members are encouraged to share their

varied approaches with others who may be interested. Plenty of advice and a large support library are available for members.

The group was again honored at The Capital Woodcarvers show this past year, Novices and Master Carvers took home a number of ribbons. Woodcarver works have been featured at OC and, in *Chip Chats*, a national woodcarving magazine.

Group Leader John Russell and Steering Committee members Harvey Moss, Larry Clark, and Joe Propersi are available to discuss the group or stop by any Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS) to observe or kabitz... visitors are always welcome!

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

**Contact: John Russell 543-6091, [je\\_russell62@hotmail.com](mailto:je_russell62@hotmail.com)**

**Website: [www.SCLHWoodcarvers.blogspot.com](http://www.SCLHWoodcarvers.blogspot.com)**



### Writers

The SCLH Writers Group is composed of both established and budding poets and authors. Stop by our window display (OC) entitled "Spooky Scoops" this month. Members have composed ghoulish and ghastly poems and prose to intrigue and amuse you in celebration of Halloween.

Group members meet several times a month to share their work, sharpen their skills, and have fun. During our meetings, we read our written work aloud and then are critiqued by our colleagues.

Join us on the second, fourth and fifth Mondays each month, 6:30 PM, the Ceramics Room (OC). Come and observe or bring 12-14 copies of your work to share (maximum 1,500 words). You don't have to be an expert to join. All SCLH authors, writers or

those striving to be writers are welcome.

**Contacts: Bev Brannon [bevbrn49@aol.com](mailto:bevbrn49@aol.com); Jim Fulcomer [jjfulcomer@mac.com](mailto:jjfulcomer@mac.com); Linda Lucchetti [linnluu@aol.com](mailto:linnluu@aol.com)**

### Authors' Resource Group

The Authors Resource Group is proud to announce that award-winning author, Linda Bello-Ruiz, along with eight other SCLH authors are presenting a *Meet the Authors* event on Saturday, November 8 starting at 10:00 AM. This *free* event will take place in the Placer Room (KS). Authors include: Irene Alyworth Douglass, Jonas Porup, Quentin Grady, Arloa Walters, Joe Baginski, Andy Petro, Paul Goldstein and Linda Price Williams.



*Award-winning author Linda Bello-Ruiz and eight other SCLH authors present a Meet the*

*Authors event November 8*

*Don't miss this event!* There will be author readings, book giveaways, book signings and a door prize. The books presented at this event include a variety of genres: memoir, mystery/thriller, self-help, parapsychology, historical fiction and romance/biography. Remember that auto-graphed books *make great holiday gifts!*

The Authors Resource Group meets monthly. Contact Leo or Linda (below) for date and time of our next meeting. We are here to help *you* on the road to editing, formatting and publishing your manuscript.  
**Contacts: Linda Bello-Ruiz 543-7952, [Imbelloruz@gmail.com](mailto:Imbelloruz@gmail.com); Leo Craton 543-9012, [cratonl@att.net](mailto:cratonl@att.net)**



**Correction to last month's LH Foundation article.** Eleven years ago (January 23, 2013) people were playing Bingo and some of these people continue to play the game and support the Foundation today. Photos A/B Josephine Fournier, C/D Marilyn Oxford



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## Bulletin Board

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

### AARP Foundation Tax Aide

Feel Good—Volunteer! Do you like talking to people, meeting new people, or working on the computer? Are you looking for a rewarding opportunity to make a difference in your community? AARP Foundation Tax-Aide is looking for volunteers as counselors to help taxpayers complete their 2014 income tax returns in Lincoln during the 2015 tax-filing season. The training/certification class will be the second week of January, 2015, in Roseville. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 2-April 15. Volunteers are also needed as schedulers to make appointments and/or as site greeters. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2015 tax season, please email [lincmb1@aol.com](mailto:lincmb1@aol.com) with your name, address, and phone number or contact Mark Burke, 878-6249

### Cloggers

Interested in clogging? (What is clogging?) On the three-day Thanksgiving weekend next month, a national clogging event will take place in Reno. Cloggers receive a special discount rate at the Peppermill Resort, Reno, and will have three marvelous days of clogging, learning new steps, dancing familiar steps, and just having a great time in general. (Okay, yes, clogging is dancing. It's basically a combination of Irish and Appalachian steps.) Contact Anita Tyson, 543-5330

### Love College Football? Look Here!

Hello my name is Mike Dawson. With football season upon us I looked around for a group that loves college football and didn't find one, so I am looking to start one. I envision an informal group that

## You are invited to attend...

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

**Thursday, October 30** • 10:00 AM Preparing is Caring Seminar, Oaks (OC)  
**Wednesday, November 12** • 10:30 AM Nautilus Society, Oaks (OC)

gets together to enjoy college football and the camaraderie that goes with it. My thoughts were we could meet at different sports bars like Thunder Valley's, TGIF's, BJ's and even members homes should they want to host. If you or anyone you know loves college football contact me at 209-3683 or [mikedawson1959@yahoo.com](mailto:mikedawson1959@yahoo.com) for more info.

### Glaucoma Support Group

Glaucoma Support Group will meet November 12, at 4:00 in the Multimedia Room (OC). Our guest speaker for the meeting will be Dr. Jacob Brubaker, a Glaucoma Specialist with Sacramento Eye Consultants. If you plan to attend this meeting, please contact Bonnie Dale at 543-2133 or [Bjdale@aol.com](mailto:Bjdale@aol.com).

### Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. 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 started Tuesday, September 16. You can start at any time. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church in Lincoln—across East Joiner from Lincoln Hills. The 13-week session ends on December 9. More info: Cheryl Edwards at 505-5777 or [LincCa.GS@gmail.com](mailto:LincCa.GS@gmail.com).

### LH Airport Coop

Tired of high price rides to and from Sacramento Airport and parking fees? Transportation to and from the Sacramento Airport for Lincoln Hills residents has been a challenge to many considering the active travel life that we enjoy. The Coop was formed in 1999 to create a

cooperative ride sharing group for SCLH residents and has been a tremendous success; it works on a point system. Drivers earn points while travelers use points. The goal is for members to end the year with a balance of earned and used points. Joining is easy and only \$15 per year. More info: 408-4446, [lh.airport.coop@gmail.com](mailto:lh.airport.coop@gmail.com), [www.lh-airportco-op.org](http://www.lh-airportco-op.org)

### LH Foundation

LH Foundation presents Bingo in the Ballroom on Wednesday, October 22 and Monday, November 10 preceded by a Meridians lunch special. Start the Holidays early with friends and neighbors at your own table. Visit [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org) for more info and a special pop-up promotion. The last CPR training class of the year is Thursday, October 30 at Orchard Creek Lodge. Sponsored by the Lincoln Hills Foundation, you will learn proper CPR, AED and First Aid techniques from a qualified instructor with course completion certificates available. Class size is limited so visit [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org) for an application or contact Vernon Chong at 406-0306.

*Continued on page 42*

## It's the Law

Douglas Thom



Residential streets are 25 MPH zones—please watch your speed in our neighborhoods. Streets such as Del Webb, Ingram, Spring Valley, Stoneridge, Sun City, and Parkside, do not have any homes on them, so they are not residential. All of these except Parkside have speed limit signs of 30 or 35 MPH.

**Fine — \$237  
minimum**





Continued from page 41

**LH Italian Club (LHIC)**

The annual General Membership Meeting takes place Friday, October 17, from 6:30 to 8:30 PM in the Multipurpose Room (KS), in accordance with the club's by-laws. Members are encouraged to attend and hear the status of the club's membership, finances and activities. Light refreshments of biscotti and coffee will be served. Mark your calendars for the popular 'Turkey Bingo' event slated for Sunday, November 9, at 5:00 PM in the Timbers Ballroom at Sun City Roseville. (More information to come.) Have you purchased your official LHIC name badge yet? Orders are placed the first of each month. The cost is \$6.50 each. More info: [www.lhitalianclub.org](http://www.lhitalianclub.org). Are

you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: [www.lhitalianclub.org](http://www.lhitalianclub.org) or Virginia Halstenrud, membership chair, 543-3293.

**LH Republican Club**

LH Republican Club has scheduled a meeting for Monday, October 27, in the P-Hall (KS). The meeting will feature candidates for local election. Come and listen to these candidates make their case for your vote. The meeting will start at 6:30 PM and provide time for each candidate to speak and take questions.

**LH Travel Group**

The next meeting is Thursday, October

16 in the P-Hall (KS). Presentation by Ilene Ferguson of Alamo Travel. Friends and family may join our trips. Details about all our trips: [www.lh-travelgroup.com](http://www.lh-travelgroup.com). Committee member contacts: Teena Fowler—543-3349, [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier—434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins—434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret—408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck—543-0990, [judyvolk@outlook.com](mailto:judyvolk@outlook.com).

**Lincoln Multiple Sclerosis Group**

The active Lincoln Multiple Sclerosis Group meets the first Tuesday of every month, except July and August. Fun luncheons are in June and December. Our next meeting

~ Community Perks ~

**Lincoln Hills Certified Farmers Market and Vendor Fair**

Support local farmers and join us every Wednesday at OC Parking Lot, 8:00 AM to noon. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on weather and crop availability, the market will be offered until November. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith, 625-4021 or [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com) to reserve your space.



mation about the Foundation; SCLH habitat types; local wildlife; recent bobcat issues and understanding bobcat behavior; ways to cope with local wildlife; and more. Speakers Dr. Patrick Shea, PhD (executive director), Amber Parmenter, MS (wildlife biologist), and Gaylene Tupen (associate biologist) will be presenting.

**Home Health & Business Showcase**

Friday, October 17 — Free

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



**15th Anniversary Parade and Celebration!**

Saturday, October 18 — Free

10:00 AM. Join your friends and neighbors with a parade made up of your favorite clubs, groups and neighbors followed by food, beverages, music and dancing! The parade will begin at OC Lodge, proceed down Sun City Blvd., and end at KS Lodge. A specially priced buffet lunch will be offered in the Ballroom with dancing with DJ Ron West on the patio terrace overlooking the Amphitheater. Parade questions: Chair, Barbara Greenfield, 202-6963 or [barbieg1@sbcglobal.net](mailto:barbieg1@sbcglobal.net); Co-chairs—Carol McGara 543-7039 or [mcgara@sbcglobal.net](mailto:mcgara@sbcglobal.net); or Marlene Wenzler 543-4626 or [kwenzler@sbcglobal.net](mailto:kwenzler@sbcglobal.net).



**A Wildlife Heritage Foundation Presentation on SCLH Wildlife**

Friday, October 17 — Free

1:30 PM, P-Hall (KS). Wildlife Heritage Foundation will be giving a presentation on SCLH wildlife. Wildlife Heritage Foundation, a local accredited public non-profit land trust under section 501(c)(3), works throughout California to protect wildlife habitat. Topics will include: infor-



**Document Destruction**

Monday, October 20

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



will be Tuesday, November 4 at 1:00 PM in the Sierra Room (KS). Questions: Marilyn Sharp, 434-6898.

### Neuropathy-Fibromyalgia Support Group

A Neuropathy-Fibromyalgia Support Group may form. The initial meeting will be Thursday, October 23, at 1:00 PM in the Multipurpose Room (OC). Bev Anderson, President of The Pacific Chapter of The Neuropathy Association will speak on "What is Neuropathy? Symptoms, Causes, Treatments" interweaving information about fibromyalgia. Anyone with neuropathy and/or fibromyalgia, as well as those who care about them or is interested in the information is welcome. Several people coming together to lead this group to

make a difference for people in their community are needed to form it. A person does not need to have either disease to be on the team. Leadership guidance and materials are provided. Approximately 6% of the population has neuropathy and/or fibromyalgia; 70-80% of diabetics will. There are over 150 causes. Neuropathy may be the most common disease you've never heard of. Contact: Bonnie Dunlap, 956-4361.

### Open Play Games

Interested in playing card, tile and board games? New opportunities are now available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30

to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All residents of SCLH are welcome. Tables are first-come, first-served.

### Prostate Cancer Guys!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other. Paul Gardner, 434-8400 or paulbear7@gmail.com

### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville

*Continued on page 45*

## ~ Community Perks (continued) ~

### e-Waste Recycling

**Tuesday, October 21 — Free**

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



### A Movie Date with James Bond

**Spend your November/December Fridays with 007 starting November 7 — Free**

Experience the action, excitement and panache of the Bond films! And you can expect the same thrill at our New Year's Eve Party. Movies start at 1:30 PM, P-Hall (KS). **Note:** No movie will be shown on November 14 and movie will start earlier; 12:30 PM on November 28. Please check event poster or the Activities Desk for movie schedule.



### Music Group Sponsored "Open Mic Night"

**Friday, October 24 — Free**

6:00-8:00 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).



### Meet the Authors

**Saturday, November 8 — Free**

10:00 AM. California and Lincoln Room (KS). The Authors Resource Group is proud to announce that nine SCLH authors are presenting a *Meet the Authors* event. Authors include: Irene Alyworth Douglass, Jonas Porup, Quentin Grady, Arloa Walters, Joe Baginski, Andy Petro, Paul Goldstein and Linda Price Williams. There will be author readings, book giveaways, book signings and a door prize. The books presented at this event include a variety of genres: memoir, mystery/thriller, self-help, parapsychology, historical fiction and romance/biography.



### Autumn Parking Lot Sale

**Saturday, October 25**  
It's back! Join us for a fun morning shopping at our Parking Lot Sale from 8:00 AM-12:00 PM at the Fitness Center Park-



ing Lot (OC). If you are looking for unique items, holiday decor, home accessories, small appliances, etc., this is the perfect place to go. You never know what treasures you will discover. As they say, the fun is in the hunt! Bring your family and grandchildren for more fun! No early birds please! Interested in selling, read the article on page 47 for details.

### Veterans Day Program

**Tuesday, November 11 — Free**

The Veterans Group will conduct its annual Veterans Day program under the porte-cochère in front of the Orchard Creek Lodge main entrance at 11:00 AM. Everyone is invited.







# LIVING THROUGH TRANSITIONS™

**INFORMATIVE SESSION**  
**OCTOBER 28, 10:00 AM-12:00 PM | BALLROOM (OC)**

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The Living Through Transitions Programs offers guidance to the predictable challenges of aging in SCLH. This highly rated program includes the following topics:

- The legal framework to have in place
- The financial framework so that you do not outlive your money
- Important considerations for becoming suddenly single
- Options for getting around and finding transportation when one can no longer safely drive
- Navigating the complex medical maze
- End-of-life issues

## REGISTRATION OPTIONS

1. \$135 for Resident Registrations (includes all six sessions)
2. Separate session registration \$35 per session – must be registered under an enrolled resident, separate session registration opens five days prior to session date.

*Continued from page 43*

(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.

#### **Shalom Group**

The Shalom Group is a very active social group. There are no restrictions on joining other than living in Lincoln Hills. Coming

events include miniature golf, Bocce Ball Challenge and the Men's Club Breakfast. La Shana Tova to all our Jewish neighbors and friends. More info: Sandy Klein, 408-2020, or Judi Schane, 253-9129.

#### **Shooting Group**

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International

Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the fall and winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Residents interested in trap or skeet shooting can contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

## **Residents Reinvent**

*Continued from page 9*

the mammals category! He uses specialty woodcarving tools that he has purchased locally and in Europe. They are housed in a storage box designed and crafted by Bill.

He smiled as he shared the fact his grandson had requested a special and unique wooden box to hold an engagement ring. Recently, he created a unique heart-shaped surprise for his wife Kitty made out of walnut with the inscription, "60 wonderful years." Bill is quite modest about his work and credits the ca-

maraderie that continues to exist in the Woodcarving Group. He continues to challenge himself enthusiastically with various designs and woods.

Gary Ferris owned an Ace Hardware store in Pleasanton and he would exercise a couple of days a week before work. Once he moved to LH, he started working out at the Fitness Center and played softball. Then he saw the flyer at the Fitness Center for a triathlon. He had never competed in one but now he was retired and had the time to train. He found he really enjoyed the process of training and he

felt great upon completion. Fast-forward and he will be headed to Hawaii for the October 11 Iron Man Triathlon.

Gary noted that training is ideal here—he uses the equipment and pool at the Fitness Center, belongs to the Cycling Group, and runs with the Lincoln Rats. He also noted that there are many residents who have the same mindset—they are enthusiastic about exercise and encourage each other to challenge and reach new goals.

Are you ready to revitalize? Perhaps reinvent or rediscover?

## *In Memoriam*

### **Virginia Alexander**

Virginia was a long time Bank Manager in Fresno, California. She loved living here and attending events with friends. Virginia enjoyed golf and tennis in her younger years and later joined card and dice groups. She stayed up-to-date on current events and loved a good debate. Virginia served on the Communications and Community Relations Committee in 2013. An animal lover, pets were always part of her family. She is survived by her two children, two grandchildren and one great grandson.

### **Richard A. Burns**

Richard retired from 21 years in the Air Force at McClellan AFB and then worked as

a Civil Servant. He married Ursula 37 years ago and they enjoyed living here. Richard volunteered for the Citizens on Patrol using his computer skills. Besides his wife, he leaves three children, three grandchildren and six great-grandchildren. A Celebration of Life will be held in November.

### **Madeleine Mooney**

Born in San Francisco, Madeleine was raised in Mountain View, California where she married her husband Paul in 1944. Their marriage lasted 69 years until Paul's recent death. They raised their family in Saratoga and after Paul's retirement they moved to Lincoln Hills to enjoy the views and the golf course. Their winters were spent in Palm Springs. Madeleine was

very active and loved cruising, golf, and traveling in their RV. She is survived by her three sons, granddaughter, and two great granddaughters.

### **Donald Macrae**

Born in Victoria, British Columbia in 1916, Donald attended UCLA and San Jose State. He was drafted in 1941 and was sent as a pilot to Libya, North Africa. He flew 50 combat missions and was awarded an Air Medal with six Oak Leaf Clusters. For over 20 years Donald worked as a Personnel Director for the city of San Jose. He loved the outdoors, especially the Lake Tahoe area and enjoyed working out at the Fitness Center with his daughter, Bev. He is survived by his three daughters.

*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.*



# 007 NEW YEAR'S EVE BALL



**WEDNESDAY, DECEMBER 31**  
Orchard Creek Lodge

**Ballroom - 5231-15B • Meridians - 5231-15M • Pre-Function-5231-15P**  
**Solarium-5231-15S • Entertainment Only-5231-15E**

**R**ing in 2015 in style, James Bond style. Select your favorite party room and entrée from our delectable four course menu specially prepared by Chef Roderick. A special Martini cash bar will shake and stir your evening. Enjoy free-flowing champagne to toast the New Year and witness the Skyfall of a dazzling fireworks display to cap the evening. Get ready for a glamorous evening that is Licensed to Thrill.

“Goldfinger” is the inspiration for the Ballroom and DJ Tom is back to play your favorite dance music. “Diamonds are Forever” sets a relaxed lounge mood at Meridians with a sparkling performance by San Francisco cabaret singer, Deborah Del Mastro and her trio. Enjoy songs made famous by the Bond movies for you to listen and dance to. Try your luck at the tables—at our own Casino Royale in the Community Living Room and win fun prizes.

Tickets on sale starting October 17. Tailored dinner and entertainment package options start at \$84 per person. For those who wish to have dinner elsewhere, join the celebration from 9:00 PM-12:30 AM with our Entertainment Only ticket for \$45. Reserved seating

not available with Entertainment Only tickets. Dinner package patrons who buy tickets prior to November 14 receive the opportunity to win a 2015 Summer Amphitheater Series package.

- Doors open at 7:00 PM
- Ballroom & Solarium Guests, dinner 7:30 PM
- Meridians & Pre-Function Guests, dinner 8:00 PM
- Dancing & Entertainment, 9:00 PM-12:30 AM
- Fireworks Display at midnight

Guests may select their tables during registration on a first-come, first-served basis. If you are purchasing a table for your group, provide seating location with entrée selections at time of registration.

Tickets required for entry. No refunds or exchanges.

Wrist bands issued at entry.

Table locations and complete menus with pricing and dinner selections available at the Activities Desks and online.

**2015**



**Deborah Meyer**  
Lifestyle Entertainment Coordinator  
deborah.meyer@sclhca.com

## Entertainment

### —Club Performance—

#### LH Players Present Cinderella

Thursday, November 20; 7:00 PM — 5220-09A

Friday, November 21; 7:00 PM — 5220-09B

Saturday, November 22; 2:00 PM Matinee — 5220-09C

Saturday, November 22; 7:00 PM — 5220-09D

Director Dolly Schumacher James has her cast for “Cinderella” and they are preparing an extravagant production with elaborate costumes and fanciful music. Have you ever wished to dance with your Prince Charming at a grand ball? Dolly’s troupe of dancers will waltz into your hearts as the ballroom scene is recreated with Cinderella and Prince Charming. Also appearing are Cinderella’s stepmother and sisters along with that little pixie who transforms Cinderella and many others. Do not miss this extraordinary production. Fun for the entire family. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General Admission tickets, \$14.



#### SCLH Community Chorus Presents Winter Fantasy

Sunday, December 14; 2:00 PM Matinee — 5214-10A

Monday, December 15; 7:00 PM — 5214-10B

Tuesday, December 16; 7:00 PM — 5214-10C

It is time to get your tickets for the annual holiday concert by the Lincoln Hills Community Chorus. This year our music theme is centered around a “Winter Fantasy.” Hear old favorites such as “It’s the Most Wonderful Time of the Year” and “The Little Drummer Boy.” You will be surprised by new songs such as “Bethlehem Spiritual,” “Candles in the Window,” and “Christmas Kum Ba Ya.” A great way to start off your holiday fun! We look forward to performing for you once again! Ballroom (OC). **Premium Reserved Section Seating, \$18.** General Admission rate, \$13.



### —Comedy—

#### Comedy Night at KS: Brad Bonar Jr.

Tuesday, October 28

6:00 PM performance — 5228-08A

8:00 PM performance — 5228-08B

Brad unfortunately had to cancel his appearance last time

he was scheduled for comedy night due to a family emergency. He is back with new material and is a double threat. One of the most talented magicians in the country, he is also a very gifted and funny stand-up comedian. His wealth of material springs from his observations of family life. Brad’s comedy is universal in its appeal, and along with the magic displayed in his shows, the audience is treated to one memorable evening. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). Reserved seating, \$12.



### —Community Events—

#### 15th Anniversary Lunch

Saturday, October 18 — 5218-08

Celebrate after the 15th Anniversary Parade with a buffet lunch in the OC Ballroom or Pre-function Area. Full party details and information on how to participate in the Parade under Community Perks, page 42. Lunch is \$5 per plate.

One ticket per plate, two tickets per household. Limited tickets available. Purchase lunch tickets at the Activities Desks or online.



#### Autumn Parking Lot Sale

Saturday, October 25 — 5225-09

Do you have unwanted items you want to get rid off? Need room for new stuff? Take advantage of our Autumn Parking Lot Sale and make some holiday money! The event brings in lots of buyers from the community and neighboring cities. Sale is from 8:00 AM-12:00 PM at the Fitness Center Parking Lot (OC). Limit two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Home or local businesses may purchase a booth for an additional fee. \$28 per space. Limited spaces available for home or local business \$50.



### —Concerts—

#### Silent Movie with the Roseville Community Concert Band

Thursday, October 30 — 5230-09

Welcome to our first Silent Movie Night featuring the 1925 horror film version of “Phantom of the Opera” (just in time

*Continued on page 48*



for Halloween) starring Lon Chaney! Silent movies, whose era lasted from film's beginning to the late 1920's, were shown in theaters with live musical accompaniment. We are recreating



this experience with the Roseville Community Concert Band performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under age seven). Cookies and drinks will be available for purchase in the Pre-function Area at the start and at intermission. Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount off any dinner entrée only, day of the show (ticket required to receive discount). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$10.** General admission, \$8.

### Bandstand Boogie!

#### A Salute to American Bandstand

#### Starring the Diamonds

Friday, November 14 – 5214-09

Relive America's all-time favorite music-performance TV show, American Bandstand, with the Diamonds! The show aired from 1952 to 1989 showcasing the greatest music, dance, and fashion of four decades of American pop culture. Bandstand Boogie! captures the magic, and the enduring memories, of that golden age! "The Diamonds are one of the best vocal groups in show business today... period!" *Press of Atlantic City, NJ.* Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$23.** General Admission rate, \$20.



### Richard Glazier: The Magic of Music

Monday, November 24 — 5224-09

Award-winning pianist and master storyteller, Richard Glazier, is back by popular demand. He recently finished his latest TV show, "Broadway to Hollywood," and will be sharing musical selections as well as interviews and stories from the show. Included will be the late Efrem Zimbalist Jr.'s last interview. To prep us for the season, Mr. Glazier will play several holiday songs that have become part of the American popular song literature including "White Christmas," "Silver Bells," and "Have Yourself a Merry Little Christmas" written by his late, dear friend Hugh Martin. You won't want to miss an intimate evening listening to fascinating stories, interview footage, and beautiful music. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$18.** General Admission, \$16.



*Continued on page 51*

### Important Information: Events, Trips, Classes

- **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.**
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.
- **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:** Register by RSVP date. RSVP date is used to determine registration status. If minimum registration is met, students may register until first day of class. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
- **Weather:** Association trips & events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Show Time:** 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.
- **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:** Please inform the Monitor during registration as follows. 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 in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.



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## A California Cowboys' Christmas

Monday, December 8 — 5208-10

The popular Country Western performing group presents a 'Holiday-Themed' program consisting of classic and contemporary country songs and holiday favorites. The California



Cowboys deliver a powerful sound, with the clear punch of tight three-part harmonies and such rowdy, foot stompin' original songs as "The Party's Over" and "Timberline." Lead singer and songwriter, R.W., together with drummer Hal Atkinson, guitar player Gary Potterton (producer of "Grandma Got Run Over by a Reindeer"), and bass player Cary Atkinson form one of California's most successful country-western bands. Join the Cowboys for your holiday favorites such as: "Grandma Got Run Over by a Reindeer," "Jingle Bell Rock," "White Christmas," "Santa Claus is Coming to Town" and more! They will also perform some of "Sons of the Pioneers" songs like "Water" and "Tumbling Tumbleweeds." The band has appeared with such country favorites as Alabama, Dwight Yoakam, Clint Black, Willie Nelson, and Toby Keith, to name a few. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$21.** General admission discounted rate \$16. After October 14, \$18.

### —Dinner Show—

## Oktoberfest Celebration

Thursday, October 16 — Closed

Come polka with us! Our Oktoberfest tradition continues with Oktoberfest music from the Karl Leberherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, and dancing. Enjoy traditional German tunes during dinner and audience dancing later in the evening. After dinner, the Just Imagine Dancers will mesmerize you with their elegant costumes and traditional waltz numbers. Feast on a sumptuous buffet of traditional German foods. A complete menu is available at the Activities Desks. Enjoy a no host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM.

### —Fashion Event—

## Fall Fashion Show Luncheon

Elegant Casual Fashions for You

Thursday, November 6 — 5206-09

Falling leaves, cool autumn days, and the holiday season inspire women to do activities that provide them comfort and pleasure; like playing cards, going to lunch, backyard parties, and attending concerts. The show will feature fashion from Christopher & Banks highlighting clothes that



are comfortable and elegant. Looks that are great for any activity you choose to do. Casual wear, social, sporty, and semi-formal outfits will be modeled by your friends and neighbors on the runway. The show will demonstrate how to mix and match and dress up or down your clothes with the right accessories. Chef Roderick has prepared a delightful menu of *Pan Seared Salmon Filet or Spinach & Ricotta Cheese Ravioli with a White Chocolate Raspberry Cake* for dessert. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33 without a mimosa, \$37 with a mimosa. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-Function Area from 10:30 AM-2:30 PM.

### —Grandkids Event—

## Monster Mash Party

Friday, October 24 — Cancelled

It's that time of year when things go bump in the night, creatures come out of their hiding, and treats and tricks abound. Bring your grandkids for a fun and spooky time at our Monster Mash Party. Take part in the costume contest (both grandparents and kids), meet and hear about some real life bats (and find out that they aren't so scary), games, face painting, crafts, and treats to take home. Each child must be accompanied by a grandparent for all activities (multiple siblings would require two adults present). All children need to be pre-registered; wristbands will be provided for each registration and are required for participation. Ballroom (OC). Games and activities are geared for ages 4-11.

## Grandkids Santa Adventure

Saturday, December 20 — 5220-10

Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at "Santa Adventure." Your grandchildren will be greeted by Santa's Elves and enjoy interactive activity stations offering treats, prizes and fun! Start the morning off by taking photos of the grandkids with Santa. New activities for those that attended last year! Limited space available, so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation.* Lunch will *not* be provided as part of this ticketed event. Kilaga Springs Lodge. 10:00 AM. Doors open at 9:45 AM; activities and games 10:00 AM to 12:00 PM. Toddler to



*Continued on page 53*



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—Show—

**A Christmas Carol with Duffy Hudson**  
**Thursday, December 4 — 5204-10**

Charles Dickens' Christmas Classic is coming to Kilaga Springs Lodge and bringing all our favorite characters: Ebenezer Scrooge, Jacob Marley, Bob Cratchit, Tiny Tim... Join us as

Broadway and film actor Duffy Hudson, without the aid of props or costumes, brings all 46 characters from this magical tale to life. Duffy brought the house down with his George Burns impersonation earlier this year in the Ballroom. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved seating discount rate until October 14, \$10.** Starting October 15, \$12.



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Day Trips

—Casino/Racing—

**Off to the Races**

**Thursday, November 6 — 1845-09**

Take a break before the holidays and enjoy the heart-pounding intensity of live horse racing at Golden Gate



Fields in Berkeley. Relax in the climate-controlled comfort and luxury 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. \$78. RSVP Now.

**Colusa Casino**

**Thursday, January 8 — 1950-10**

Enjoy a nice drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to Colusa Casino, a resident favorite. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet. There may be additional promotions in January. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$22. RSVP by 11/14.



—Festivals—

**Victorian Christmas**

**Sunday, December 7 — 1857-10**

The enticing aromas of roasted chestnuts and hearty holiday

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foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled to overflowing with authentic Christmas treasures. Now on its 37<sup>th</sup> year, enjoy our annual visit to the historic and picturesque downtown Nevada City, a quaint, Gold Rush town nestled in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. It's a perfect way to get your holiday spirits up! Depart OC 12:30 PM, return ~ 7:30 PM. \$27. RSVP by 11/14.



**Cornish Christmas**

**Friday, December 19 — 1861-10**

Recapture the spirit of Christmas past amid the charming surroundings of historic downtown Grass Valley during the annual Cornish Christmas Celebration. Started in 1967 as a way to preserve Grass Valley's Cornish heritage and holiday traditions, Cornish Christmas remains a very popular event with our residents. Imagine life in another era where men and women worked hard, had little, but cherished the simple pleasures of hearty food and drink, a good song, and a warm fire with family and friends. The streets are filled with the sights and sounds of an old-fashioned Christmas. Hand-made arts & crafts from artists throughout California are on display. Delicious food and drinks available from restaurants and specialty food vendors. This evening trip will tickle all your senses. Depart OC 4:30 PM, return ~ 10:30 PM. \$25. RSVP by 11/14.



—Food/Wine—

**Winter Crush: Lucero Olive Oil and Wine Tasting Tours**

**Saturday, December 6 — Sold Out**

Continued on page 54



## —Museums—

**Knowlton Gallery /Downtown Lodi****Tuesday, November 11 — 1751-09**

In cooperation with the Painter's Group, we're going back to visit the Knowlton Gallery and downtown Lodi. The Knowlton Gallery showcases the works of many of the finest contemporary representational artists who live and work in northern California with a special exhibition of "Farmland," featuring paintings by Kathleen Dunphy and Randall Sexton. There are several other art galleries in the downtown area to visit, including the Lodi Community Art Center. If you like wine, there are also several downtown tasting rooms. Lunch on your own. Leave OC at 9:30 AM; return ~ 4:30 PM. \$27. RSVP Now.



## —Performances—

**Kinky Boots—****Orpheum Theater, San Francisco****Wednesday, December 17 — Sold Out****Jekyll & Hyde National Broadway Tour Harris Center****Tuesday, January 20 — 4580-10**

This gothic musical thriller brings to life Robert Louis Stevenson's timeless novella about a brilliant but obsessive scientist whose alter ego wreaks havoc across Victorian London. An evocative tale of two men—one a doctor, passionate and romantic, the other, a terrifying madman; and two women—one, beautiful and trusting, the other, beautiful and trusting only herself—both in love with the same man and both unaware of his dark secret. This re-imagined, sensual, psychological thriller of a production includes audience favorites such as "Someone Like You," "In His Eyes," and the ever iconic "This is the Moment." Jekyll & Hyde has mesmerized audiences the world over. Join us for a matinee performance with orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 12:30 PM, return ~5:30 PM. \$98. RSVP by 11/1.

**Newsies—Orpheum Theater, San Francisco****Wednesday, February 25, 2015 — 4550-09**

They delivered the papers, until they made the headlines. **Direct from Broadway comes Newsies**, the smash-hit, crowd-pleasing new musical from Disney. Winner of 2012 Tony Awards® for Best Score and Best Choreography and filled with one heart-pounding number after another, it's an explosion of



song and dance you don't want to miss. Based on true events, Newsies tells the story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. It's a rousing tale about fighting for what's right and staying true to who you are. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square (Post & Powell) after the show. Leave OC at 10:45 AM, return 9:45 PM. \$125. RSVP Now.

**Broadway Sacramento 2014-2015**

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region with glitz, glamour, excitement, anticipation, polish and professionalism of Broadway. All performances held at the Sacramento Community Theatre, reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM.

**Jersey Boys****Tuesday, November 11 — Sold Out****Tuesday, November 18 — Sold Out****Dirty Dancing****Tuesday, December 30 — Sold Out****Joseph and the Amazing Technicolor Dreamcoat****Tuesday, January 27, 2015 — Sold Out****Once****Tuesday, April 14, 2015 — 4562-06D**

Winner of eight 2012 Tony Awards® including *Best Musical*, *Once* is a truly original Broadway experience. Music lovers will rejoice at this truly original musical where an impressive ensemble of actor/musicians play their own instruments on stage. Based on the 2007 film, *Once* tells an enchanting story about music, love, relationships and music's power to connect us all. It's an unforgettable story about going for your dreams. *The show contains profane language and adult situations.* Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.

**Rodgers & Hammerstein's Cinderella****Tuesday, May 12, 2015 — 4562-06E**

The Tony Award®-winning Broadway musical from the creators of "The Sound of Music" and "South Pacific" that's delighting audiences with its contemporary take on the classic tale. Be transported back as you rediscover some of Rodgers + Hammerstein's most

*Continued on page 58*



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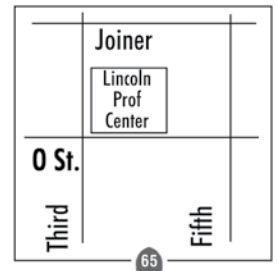


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beloved songs, including “In My Own Little Corner,” “Impossible/It’s Possible” and “Ten Minutes Ago,” in this hilarious and romantic Broadway experience for anyone who’s ever had a wish, a dream... or a really great pair of shoes. Theatergoers of all ages will thoroughly enjoy Cinderella with its beloved songs and surprisingly contemporary take on the classic fairy tale, with several new plot twists, plenty of laughs, and jaw-dropping magical transformations on stage. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.

### Rain: A Tribute to the Beatles

**Wednesday, March 18, 2015 — 4530-08**

A live multimedia spectacular that takes you on a musical journey through the life and times of the world’s most celebrated band. Going further than before, this expanded



“Rain” adds even more hits that you know and love from the vast anthology of Beatles classics hits from the vast Beatles anthology. This stunning concert event takes you back in time with the legendary foursome delivering a note-for-note theatrical event that is the next best thing to the Beatles. Performances held at the Sacramento Community Theatre, reserved Front/Middle Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.

### Beach Blanket Babylon Holiday Edition

**Wednesday, November 19 — Sold Out**

**Or Wednesday December 3 — Sold Out**

### Cirque Du Soleil — “Kurios”

**Sunday, January 11, 2015 — 4620-08**

“Kurios — *Cabinet of Curiosities*” is an ingenious blend of unusual curiosity acts and stunning acrobatic prowess from *Cirque du Soleil*. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: “Is it real, or just a figment of my imagination?” We have reserved tickets in section 204 of Cirque’s trademark Grand Chapiteau, one of the biggest tour tents in the world. It is a climate controlled tent in the parking lot of AT&T Park. Enjoy the option and convenience of a special box lunch from Meridians on the way to the matinee show. *Choice of turkey or ham sandwiches or a veggie wrap with fruit, chips and a bottle of water.* You may also bring your own lunch or purchase food at the show. *(Circus type food includes; hot dogs, pretzels, popcorn, etc.).* Leave OC at 9:30 AM, return ~ 6:30 PM. \$135 without lunch or \$147 with Meridians boxed lunch. RSVP Now. We met our minimum, just a few seats still available.



## —Shopping—

### San Francisco Holiday Shopping

**Wednesday, December 10 — 1841-10**

**Or Saturday, December 13 — 1844-10**

Enjoy a lovely holiday trip to the city by the bay and don’t worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy’s Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Leave OC at 8:30 AM, return ~ 8:30 PM. \$39. RSVP by 11/14.



## —Sports—

### Sacramento Kings vs. Golden State Warriors

**Tuesday, February 3 — 6310-10**

Head on to Sleep Train Arena for a Sacramento Kings game lead by Rudy Gay and DeMarcus Cousins as they go up against the Golden State Warriors and Stephen Curry who all played together on Team USA at the FIBA World Cup. Arrive at arena in time to enjoy pregame activities and purchase from the various food vendors, if desired. Seats located in Lower Level Corner Sections 111 and 118. Leave OC at 5:30 PM, return ~ 11:00 PM. \$130. RSVP by 11/14.



## —Tours/Leisure—

### San Francisco 49ers Levi’s Stadium Tour

**Thursday, November 20 — Sold Out**

Additional trips will be announced in the November *Compass*!

### Filoli Gardens—Holiday Traditions

**Tuesday, December 2 — 1761-09**

Come experience the excitement of Filoli’s spectacular Holiday Traditions event. Shop the Holiday Boutique, with its wide range of unique holiday gifts, while performers sing and play seasonal melodies. Holiday Traditions at Filoli is a very special fund-raising event that kicks off the holiday season for many delighted guests every year. Relax in Filoli’s charming setting while enjoying a sumptuous



*Continued on page 60*





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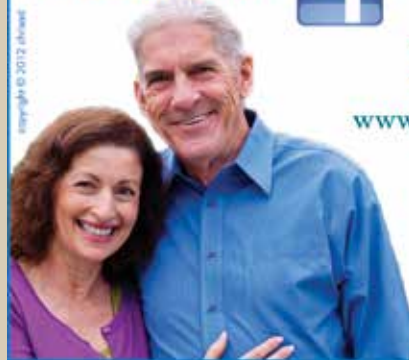
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lunch buffet. Be a part of the magical warmth of Holiday Traditions. Buffet menu available at Activities Desks. Leave OC at 7:15 AM, return ~ 6:30 PM. \$130. RSVP Now.



## Overnight & Extended Travel

**Three Night Stay! History Excursion: Getty & Ronald Reagan Presidential Library Museums**  
**Wednesday, November 12-Saturday, November 15 — Sold out**  
 Please get on waitlist for additional trip next spring.

**Additional date! Sun City Sierra Winter Train to Reno**  
**Thursday, February 12 to Friday, February 13 — 1982-10**  
**Or Thursday, December 11 to Friday, December 12 — 1971-09**  
**Or Thursday, January 22 to Friday, January 23 — Sold Out**

Enjoy the breathtaking scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. Limited seats available for December 11 trip. Package includes:



- Motor coach transportation to and from train stations
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Leave OC at 10:30 AM, Thursday, return to LH Friday, ~ 1:30 PM. *On Thursday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant.* \$206 per person double occupancy. \$228 single. RSVP Now.

## Sold Out Trips thru November 20

### Trip • Date • Departure Time

- **Pippin**  
Wednesday, October 15—10:45 AM
- **Ferry to San Francisco**  
Tuesday, October 21—7:45 AM
- **Apple Hill**  
Wednesday, October 22—8:30 AM
- **Speaker Series: Robert Gates**  
Tuesday, October 28—6:45 PM
- **San Francisco 49ers Levi's Stadium Tour**  
Tuesday, November 5—7:30 AM
- **Jersey Boys**  
Tuesday, November 11—6:45 PM  
Tuesday, November 18—6:45 PM
- **Beach Blanket Babylon**  
Wednesday, November 19—2:00 PM
- **San Francisco 49ers Levi's Stadium Tour**  
Thursday, November 20—7:30 AM

## Activities Department Classes



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

### Art

#### —Drawing—

**Beginner Drawing**  
**Thursdays, November 13-20 — 132214-10**

9:00 AM-12:00 PM (OC). \$26 (two sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques and 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 show-

ing how to use the materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Request supply list at registration. RSVP by 11/6.



#### —Oils, Pastels & Acrylics—

**Paint Your Vision in Oils or Acrylics**  
**Wednesdays, November 5-26**

**9:00-11:30 AM Class — 113114-10**  
**Or 1:30-4:00 PM Class — 113214-10**

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 sub-

*Continued on page 63*

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jects, whether landscape, still life, portrait or a 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 students' understanding and implementation of 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 U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Call Marilyn at 409-0397 with any question, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 10/29.



### Painting Pastels and Oils with Barry Mondays, November 3-24 — 105114-10

9:00-11:30 AM (OC). \$52 (four 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 10/27.



### —Mix Media—

#### Mixed Media—Miniatures

Mondays, November 3-24 — 143114-10

1:30-4:30 PM (OC). \$52 (four sessions). Instructor: Bonnie Armstrong. This month's theme is mixed media miniatures—all subjects. These small canvases make ideal holiday hostess gifts—original, uniquely textured art to hang on a tree or display on a tiny easel. A series or group framed together also makes a dynamic statement on a wall. This class is open to any skill level and no prior experience necessary. Bonnie Armstrong is a CA credentialed for lifetime instructor of Art and Design. RSVP by 10/27.



### —Watercolor—

#### Beginner Watercolor Painting

Thursdays, November 6-20 — 132114-10

1:00-4:00 PM (OC). \$39 (three sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting tech-

niques and developing your sense of color: looking into 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 master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in downtown Sacramento. Request supply list at registration. RSVP by 10/30.



### Ceramics

#### —Lladro—

#### Spanish Oil Painting

Wednesdays, November 5-26 — 206114-10

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. A beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP by 10/28.

#### 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. Held in conjunction with the ongoing Lladro class, workshop is not for beginners and does not provide moderator instruction. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Fee includes firing and use of moderator's supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.



### —Pottery—

#### Beginning/Intermediate Ceramics

Tuesdays, November 4-18 — 212114-10

1:00-4:00 PM (OC). \$41 (three sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. 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

*Continued on page 65*





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use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 10/28.

### Advanced Ceramics

**Tuesdays, November 4-18 — 212214-10**

9:00 AM-12:30 PM (OC). \$41 (three 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 10/28.



### Ceramics — All Levels

**Thursdays, November 6-20 — 221114-10**

1:00-4:00 PM (OC). \$41 (three sessions).

Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel.

Students are encouraged to work at their own pace receiving individual instruction to achieve 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 10/30.



### 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 first-come, first-served. 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

*New class will offer a different craft to do each month. Come and enjoy learning something new. A small fee will be charge for supply, All or most supplies will be provided for you.*

### New! Craft-do-licious

#### November projects: Ornament Wreath & Tiered Dessert Tray

**Thursday, November 13 — 302014-10**

9:00 AM-12:30 PM (KS). Instructor: Cami Cordell. \$ \$30 plus supply fee of approximate \$25 fee payable to instructor. A craft class like no other! You will be the envy of your block with this gorgeous shatterproof ornament wreath. This is a statement wreath that will be yours for years to come. Your choice of turquoise, light blue, red, or gold ornaments. (Instructor will contact you prior to class to confirm.) **You must provide glue gun and glue sticks.** We will be making your own tiered dessert tray. We will be providing three dishes (two small, one medium) and the hardware for your tray. This will be the envy of each party you bring it to! If you have your own dishes, please contact camicordell@gmail.com or 759-0403. Written tutorial will be provided for each craft. RSVP by 11/6.



### —Card Making—

#### Intro to Card Making 101

**Tuesdays, November 11-25 — 317114-10**

1:00-4:00 PM (KS). \$29 (three sessions). Instructor: Dottie Macken.

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? 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 11/4.



#### Card Making Level 2—Intermediate

**Tuesdays, November 11-25 — 317414-10**

9:00 AM-12:00 PM (KS). \$29 (three 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 11/4.



*Continued on page 67*





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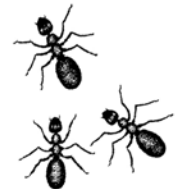
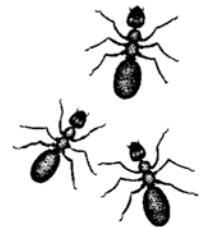


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**Card Making Level 3 — Intermediate-Advanced****Mondays, November 3-24 — 317214-10****Or Fridays, November 7-21 — 317224-10**

9:00 AM-12:00 PM (KS). \$38 (four sessions); Fridays \$29 (three sessions). 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, 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 10/27 or 10/31.

**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—**

*Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, it is a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.*

**Beginning Clogging****Tuesdays, November 4-18 — 332114-10**

10:00-11:00 AM (KS). \$21 (three sessions).

Instructor: Janice Hanzel. Low Impact, not as hard as you think. No new students unless you already know how to clog and need a refresher. *Brand New Beginners* starts January 2015. Come dance and learn beginning clogging. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended. RSVP by 10/28.

**Easy-to-Intermediate Clogging****Tuesdays, November 4-18 — 332214-10**

11:00 AM-12:00 PM (KS). \$21 (three 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 10/28.

**Intermediate Plus Clogging****Tuesdays, November 4-18 — 332314-10**

12:00-1:00 PM (KS). \$21 (three 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 10/28.

**—Country Western Dance—****Country Couples Western Dance****Beginner Level One & Two****Mondays, November 3-17 — 344214-10**

7:00-8:00 PM (KS). \$15 (three 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 10/27.

**Country Couples Western Dance Beginner/Intermediate Level Three & Four****Mondays, November 3-17 — 344414-10**

8:00-9:00 PM (KS). \$15 (three 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. Dances to be taught: "Rumba Stroll" and "Salty Dog Schottische." RSVP by 10/27.

**—Dancing with Dolly—****Ballet/Lyrical****Thursdays, November 6-20 — 353564-10**

5:00-6:30 PM (OC Fitness). \$38 (three 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 10/30.

**Performance Dance****Fridays, November 7-21 — 353574-10**

2:00-3:30 PM (OC Fitness). \$38 (three sessions). Instructor: Dolly Schumacher James. Class is designed for the dancer who loves to perform. Advanced dancers learn chore-

*Continued on page 68*



ography in Jazz, Lyrical, Comedy, Funk, and Musical Theater.  
**Prerequisite:** By audition or teacher's approval only. RSVP by 10/31.

—Hula—

**Hula**

**Thursdays, November 6-20 — 390214-10**

1:15-2:15 PM (KS). \$24 (three sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474. RSVP by 10/30.



—Jazz—

**Jazz Class for the Beginner**

**Thursdays, November 6-20 — 353014-10**

11:00 AM-12:00 PM (KS). \$24 (three 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 10/30.

**Jazz Technique 2**

**Tuesdays, November 4-25 — 353114-10**

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from 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. Join us! We dance to live and live to dance. RSVP by 10/28.



—Line Dance—

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

**Intro to Line Dance**

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



- **Mondays, November 3-24 — 360014-10**  
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 10/27.
- **Thursdays, November 6-20 — 370014-10**  
9:00-10:00 AM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. RSVP by 10/30.

**Line Dance I Beginner**

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

- **Mondays, November 3-24 — 370114-10**  
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP by 10/27.
- **Mondays, November 3-24 — 370124-10**  
6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP by 10/27.
- **Thursdays, November 6-20 — 360114-10**  
2:30-3:30 PM (KS). \$18 (three sessions). Instructor: Audrey Fish. RSVP by 10/30.
- **Fridays, November 7-21 — 380114-10**  
12:00-1:00 PM (KS). \$18 (three sessions). Instructor: Sandy Gardetto. RSVP by 10/31.

**Line Dance II — Beginner / Intermediate**

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

- **Mondays, November 3-24 — 360214-10**  
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 10/27.
- **Wednesdays, November 5-26 — 380214-10**  
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP by 10/29.

**Line Dance III — Intermediate**

Steps could include: Combination Turns, i.e., Half Pivot fol-

*Continued on page 71*

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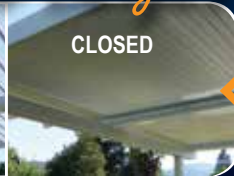
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lowed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer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

- **Wednesdays, November 5-26 — 380314-10**  
10:00-11:00 AM (KS). \$24 (four sessions).  
Instructor: Sandy Gardetto. RSVP by 10/29.
- **Thursdays, November 6-20 — 360314-10**  
3:30-4:30 PM (KS). \$18 (three sessions).  
Instructor: Audrey Fish. RSVP by 10/30.

### Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH 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.



### —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, November 4-18 — 410114-10**

9:00-10:00 AM (KS). \$24 (three sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP by 10/28.



### Advanced Performance

**Mondays, November 3-17 — 410714-10**

12:00-1:00 PM (KS). \$24 (three sessions). RSVP by 10/27.

- **Performance Classes**

**Mondays, November 3-17 — 410614-10**

10:00-11:00 AM (KS). \$24 (three sessions). RSVP by 10/27.

- **Thursdays, November 6-20 — 410624-10**

10:00-11:00 AM (KS). \$24 (three sessions). RSVP by 10/30.

- **Thursdays, November 6-20 — 410634-10**

12:00-1:00 PM (KS) \$24 (three sessions). RSVP by 10/30.

### Technique Classes

- **Advanced Technique Class**

**Mondays, November 3-17 — 410514-10**

11:00 AM-12:00 PM (KS) \$24 (three 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 10/27.

- **Technique Classes**

**Tuesdays, November 4-18 — 410524-10**

10:00-11:00 AM (KS). \$24 (three sessions). RSVP by 10/28.

**Thursdays, November 6-20 — 410534-10**

11:00 AM-12:00 PM (KS). \$24 (three sessions). RSVP by 10/30.

### —West Coast Swing—

#### Beginning West Coast Swing

**Wednesdays, November 5-19 — 318114-10**

7:00-8:00 PM (KS). \$24 (three 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 10/29.

#### Intermediate I and II West Coast Swing

**Wednesdays, November 5-19 — 318214-10**

6:00-7:00 PM (KS). \$24 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variation of

*Continued on page 73*





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West Coast Swing and have attended the “beginning West Coast Swing class and or have the instructor’s approval. RSVP by 10/29.

## Glass Art

### Fusing Glass and Stained Glass Workshop

**Monday, November 3 — 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.



### Stained Glass

**Monday, November 3-24 — 494114-10**

1:00-4:00 PM, Sierra Room (KS). \$58 (four weeks). \$10 supply fee payable to instructor. Instructor: Jim Fernandez. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher and other projects. No open toe shoes or short pants. Class is also open to more experienced students. Instructor will evaluate students’ skill level on the first day of class for proper project to be done by student. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working and teaching at Citrus Heights Stained in Roseville. RSVP by 10/27.



## Jewelry

*It’s not too early to think about the holidays! And that means gifts! The Jewelry classes for October are geared toward relatively fast and easy projects, perfect for gifts. Why not give unique gifts that you’ve made this year? For ladies of all ages, unique jewelry can fit the bill. If you are tired of shopping and fighting crowds, consider taking a beading class or two that will give you the skills to make your own gifts! Samples for each project below are available at both Lodges to help spark your creativity. All classes will provide a supply list.*

### Cat’s Meow Necklace

**Tuesdays, October 28 & November 11 & 18 — 513634-09**

9:00 AM-12:00 PM (KS). \$30 (three sessions; no class 11/4). Instructor: Cathie Szabo. Or should we call this the Dog’s Bark Necklace for canine lovers? Either way, you’ll love this long simple but sophisticated necklace. Three long beaded ropes are accented by crystals. Go subtle or go bold with your color choices. This is an ideal class for intermediate or experienced beader who are look-



ing for a slightly challenging project. Check the sample in the OC display window for ideas to spark your creativity. Please note: “homework” will be needed between classes. Be sure you get the proper materials list when you register—look for the name and code # for Cat’s Meow Necklace as well as the photo of the necklace. RSVP by 10/21.

## Movies

### Holiday Movie Series

**Wednesdays, December 3-17 — 521314-10**

9:30 AM-11:30 PM (KS). \$20 (three sessions). Instructor: Ray Ashton. Let’s get into the holiday spirit with three of our most beloved classic Christmas stories. Together we will journey to discover: A Christmas Carol (December 3rd) — take a look at Dickens’ own book and watch scenes from five different movies to tell this great story. A Christmas Story (December 10th) — based on students’ request, look at the back story of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart, and a time before television in Jean Shepherd’s favorite Christmas tale. And last, It’s a Wonderful Life (December 17th) — learn the story behind the making of Frank Capra’s Classic starring Jimmy Stewart and Donna Reed ... “what could have been” had our hero not been born. Find out how this wonderful movie came to be. RSVP by 11/26.



## Music

### —Guitar—

### Guitar 2A—Beginner Level

**Wednesdays, November 5-26 — 535114-10**

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 10/29.



### Guitar 2B—Guitar Intro Continuation

**Wednesdays, November 5-26 — 535214-10**

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill

*Continued on page 74*



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 10/29.

**Guitar III—Intermediate**

**Thursdays, November 6-20 — 535314-10**

8:00-10:00 AM (OC). \$27 (three sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP by 10/29.



**Guitar IV—Advanced**

**Thursdays, November 6-20 — 535414-10**

10:00 AM-12:00 PM (OC). \$27 (three sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP by 10/30.

**—Voice—**

**Beginner Singers Vocal Boot Camp**

**Fridays, November 7-21 — 536114-10**

8:30-10:30 AM (KS). \$27 (three 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 10/31.



**Singer Vocal Boot Camp Continuation**

**Fridays, November 7-21 — 536214-10**

10:30 AM-12:30 PM (KS). \$27 (three 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 10/31.

**Sewing**

**Bernina Serger Certification**

**Monday, November 10 — 591114-10**

1:00-2:00 PM (OC). \$15 Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP by 11/3,

**Bernina Sewing Machine Certification**

**Monday, November 10 — 592114-10**

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



**Janome Sewing Machine Certification**

**Monday, November 10 — 593114-10**

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

**Technology**

**—General—**

**Android 101 Basics**

**Wednesday, November 12 — 255124-10**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" account. RSVP by 11/5.



**Android Advanced**

**Friday, November 14— 255224-10**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond just making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Dates, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective Android Phone or Tablet might meet



*Continued on page 77*



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all your needs. **Prerequisite:** Ready to go beyond the basics. RSVP 11/7.

### Windows 8.1 Training and Tips

**Monday, Tuesday & Wednesday**

**November 3, 4 & 5 — 295114-10**

9:00-11:00 AM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, touch-screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop features 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 and navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and to transition from your old system to Win 8.1. Rita will teach you how to use built-in applications (apps) and download more from the store. Bring your 8.1 (with latest upgrade) laptop if you have one. Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP Now or by 10/27.



### Getting the Most Out of Gmail

**Monday, November 3 — 285314-10**

1:00-3:30 PM (OC). \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device—desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. 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 10/27.



### Google Chrome

**Thursday, November 6 — 288214 -10**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions. RSVP 10/30.



—PC—

### Newsletter

**Mondays & Wednesdays,  
November 10, 12, 17 & 19 — 292414-09**

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Want to create an interesting holiday letter? This is for you. We will use columns, add pictures and other fun stuff. As a matter of fact, if you have specific pictures you want to use, bring them on a flash drive. RSVP by 11/3.



### Organizing Your Windows Files and Folders

**Friday, November 14 — 282314-10**

9:30 AM-12:00 PM (OC). Instructor Bob Ringo. \$15. The average PC user collects many types of information—music, letters, recorded TV programs, photographs, videos, and the like. What you need is a simple method for organizing you Windows information so that you can quickly locate this information. In this class you will learn how to create a set of folders for your personal computer that is easy to set up, simple to use, simple to understand, and flexible to modify. Remember, when you can find things, using your computer is much more fun! RSVP by 11/7.



### Mail Merge

**Monday & Wednesday, December 1 & 3 — 292424-10**

9:00-11:00 AM (OC). Instructor: Angela Blas. \$30 (two sessions). This class is designed to provide the student with the ability to execute Microsoft Words' mail merge. We will use it to create labels, form letters, club documents etc. Great tool for combining your address book (maybe the one created in practical Excel) with labels in order to print mailing labels for your holiday letters and cards. RSVP by 11/24.

—Photo & Movies—

### Picasa

**Tuesday & Thursday, November 11 & 13 — 256114-10**

9:00 AM-12:00 PM; (OC). \$60 (two sessions). Instructor: Len Carniato. Digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Picasa is a free and intuitive program designed for the “amateur” digital photographer that can be installed in any computer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur photos. Learn to crop, fix red-eye, lighten/darken, touch-up defects, repair colors, email, print, and much more. Sign up now and get started. **Prerequisite:** Be comfortable using your home PC and know basic skills. RSVP by 11/4.



*Continued on page 79*





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## WellFit

Classes fill up quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.

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

### WellFit Orientations

#### Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Center works, and how to use a select number of pieces of the equipment safely and properly! Orientations are designed to educate you on all of the offerings the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Thursday, October 23 — 700100-KY**  
4:00-5:00 PM, Fitness Floor (KS)
- **Tuesday, November 13 — 700100-K1**  
4:00-5:00 PM, Fitness Floor (KS)
- **Thursday, November 25 — 700100-K2**  
10:00-11:00 AM, Fitness Floor (KS)
- **Tuesday, October 28 — 700100-WZ**  
12:00-1:00 PM, Fitness Floor (OC)
- **Tuesday, November 4 — 700100-W1**  
3:00-4:00 PM, Fitness Floor (OC)
- **Friday, November 7 — 700100-W2**  
10:00-11:00 AM, Fitness Floor (OC)

### Class Levels

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

### Environmental

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

### Nordixx Pole Walking

**Tuesday & Thursday, November 11 & 13 — 750000-11**

9:00-10:30 AM. Meet in the OC Fitness Center. \$45 (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. Weight management: 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! Bring poles if you already have a set. Walking poles also available for each class at no charge, with option to purchase at final session. Register: Fitness Desks or online.

### Disease Prevention & Management Session-Based Classes

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

#### Diabetes Exercise Program (DEP 1)

**Monday & Wednesday, October 20-November 24 — 878000-08**

3:00-4:15 PM, Aerobics Room (OC). Six-week program, \$99. This class is especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels even hours after you've stopped exercising. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class.

#### Arthritis Class L2

**Tuesdays, November 4-25 — 803000-11**

**Wednesdays, November 5-26 — 805000-11**

**Thursdays, November 6-20 — 803100-11**

**Fridays, November 7-21 — 801000-11**

Tuesdays & Thursdays 11:05 AM-12:05 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesdays, \$30 (four sessions), Wednesdays, \$30 (four sessions), Thursdays & Fridays \$22.50 (three sessions; no class November 27 & 28). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the



*Continued on page 81*



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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.

### Qigong (“chee-gong”) L1

**Thursday, November 6-20 — 820706-11**

1:00-2:00 PM, Aerobics Room (KS). \$22.50 (three sessions; no class November 27). Instructor: Sherry Remez. *Activate your inner resources for profound wellness, emotional balance and energized longevity.* Learn to manage and release pain, stress and suffering as you increase energy, prevent and cure disease, strengthen immune response—and have fun doing it! Ongoing classes provide gentle, easy methods proven to increase life energy (CHI / “chee”). Become proficient in employing energetic wellness tools, including: Compassion, Guided Meditation, Gentle movement, Gratitude, Letting-Go, Word Power, and Humor. Methodology is approved by Kaiser Permanente, the Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medicine and Disease Prevention, and the Veterans Administration. Join Sherry, a 29-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level.

### Mind and Body

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

### Aqua Yoga L1

**Monday, November 3-24 — 832001-11**

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



### Aqua Pilates L1

**Wednesdays, November 5-26 — 832011-NA**

**Fridays, November 7 & 14 — 832011-NB**

12:30-1:30 PM, Indoor Pool (OC). Wednesdays \$32 (four sessions); Fridays \$16 (two sessions; no class November 21 & 28). Instructor: Joanie Martin. 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.

### Evening Hatha Yoga L2

**Tuesdays, November 4-25 — 711000-11**

6:00-7:15 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Keep moving with an early evening yoga flow class that will increase your energy and reduce stress. Plus, it's good for your health! Everybody is welcome to this fun-filled, informative and challenging class.



### Healing Yoga and Meditation L1

**Thursdays, November 6-20 — 711100-11**

6:00-7:30 PM, Aerobics Room (KS). \$33 (three sessions; no class November 27). 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.

### Gentle Yoga L1

**Tuesdays, November 4-25 — 710000-11**

12:30-1:50 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This class was formerly called “Extra Gentle Yoga” and was only one hour long. It is still an ideal setting for those new to yoga and anyone needing special modifications. Experienced yoga students seeking a softer approach will also find the class useful. Students can expect to begin with standing energization exercises, intention setting, chanting OM, standing balance postures, seated poses like forward folds and twists, gentle backward bends, inversions, and a guided deep relaxation practice. With a longer class time, Julie will now be able to offer a seated breathing exercises and meditation instruction at the end of class.



### Gentle Yoga L2

**Tuesdays, November 4-25 — 710100-11**

2:00-3:25 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. Gentle Yoga (level 2) This traditional Hatha Yoga class will leave you feeling flexible, balanced, and

*Continued on page 85*





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serene. Julie's motto is, "Yoga is not supposed to hurt." Students can expect to begin with standing energization exercises, intention setting, chanting OM, standing balance postures, seated poses like forward folds and twists, backward bends, inversions, and a guided deep relaxation practice followed by pranayama (breathing exercises) and deep meditation. This class will be slightly more challenging than the L1 class but is open to all levels.

### Yoga for Osteoporosis L1

**Mondays, November 3-24 — 711200-11**

**Fridays, November 7-21 — 710200-11**

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Mondays \$44 (four sessions); Fridays \$33 (three sessions; no class November 28). 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. Enrollment limited to 10 per class.

### Tai Chi L1

**Tuesdays, November 4-18 — 730100-11**

**Saturdays, November 1-22 — 730200-11**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$30 (three sessions; no class November 25); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$40 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together.

### Tai Chi Intermediate L2

**Saturdays, November 1-22 — 730300-11**

10:00-11:00 AM, Aerobics Room (OC). \$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.

### Tai Chi Advanced L3

**Tuesdays, November 4-18 — 730400-11**

2:45-3:45 PM, Aerobics Room (KS). \$30 (three sessions; no class November 25). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

## Personal Growth

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

### Self-Defense and Martial Arts

**Tuesdays, November 4-25 — 815000-11**

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.



### Wai Dun Kun

**Fridays, November 7-28 — 731000-11**

11:30 AM-12:30 PM, Aerobics Room (KS). \$24 (four sessions). Instructor: Joan J. Chien. Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kun 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

### The Sudoku Series

**Tuesday, October 28 — 870000-11**

**Tuesday December 2 — 870000-N**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each



*Continued on page 87*



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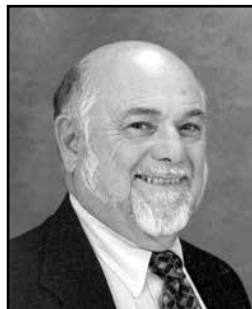
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class will be valuable to both the beginner as well as the seasoned. The instructor will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass. September will build on the basics of August by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves.

### —Nutrition—

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

#### **New! What are Natural Probiotics?**

**Tuesday, November 4 — 860000-NE**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Probiotics are the “good” bacteria like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. Some strains of these live cultures may help prevent some allergy symptoms, reduce symptoms of lactose intolerance and more. Healthy bacteria are key! That’s where fermented foods come in. They contain probiotics—that can boost immunity and overall health, especially GI health. Come learn about probiotics and how you can incorporate them into your diet.

#### **New! Dining with Diabetes—Menu Planning**

**Tuesday, November 18 — 860000-NF**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Menu planning can be challenging, even more so if you are diabetic. We will incorporate elements of carbohydrate counting and healthy eating into a practical format for creating flexible and delicious meal plans. This class is designed for people with Type II diabetes.

#### **New! On the Lighter Side—**

##### **A Thanksgiving Cooking Demo!**

**Monday, November 17 — 860000-11**

12:00-2:00 PM, Social Kitchen (KS). \$25 Instructor: Renee Charleston, Registered Dietitian. Try something new this Thanksgiving! Come for a cooking demonstration and sampling of side dishes made with local vegetables and whole grains. Learn about the nutritious benefits of fresh cooked fruits and vegetables as well as whole grains. Register: Fitness or Activities Desks or online.

#### **New! Comfort Food—Christmas Cooking Demo**

**Monday, December 15 — 860000-12**

12:00-2:00 PM, Social Kitchen (KS). \$25. Instructor: Renee Charleston, Registered Dietitian. Christmas is such a hectic time. Why not think about a soothing winter soup? Easy, quick, and healthy. We will be demonstrating the preparation,

and sampling, of a variety of soup options. Learn about the benefits of nutritious and delicious comfort food. Register: Fitness or Activities Desks or online.

### Money Matters

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

#### **Financial Reading**

**Tuesday, October 28 — 870000-10**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. A great deal of wellness in the financial arena is being informed on what is going on and what the various investment and economic readings mean. Come learn what periodicals are available, how to read and understand them, and what books will steer you in the right direction.

#### **Reverse Mortgages**

**Tuesday, December 2 — 870000-NA**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Talk about a controversial and much discussed topic, Reverse Mortgages if used properly can be very helpful; on the other hand, they can be very destructive. Come learn the positives and negatives to RM’s and if they make sense for your long term plan.



### Training Services

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**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.

*Classes fill quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.*

*\*Please note that some classes are four sessions instead of eight to allow more flexibility and traveling.\**

#### **SGT — TRX Express L1**

**Mondays & Wednesdays,**

**October 29-November 24 — 835210-11**

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30

*Continued on page 89*





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minutes. Have a safe/effective workout while getting oriented with new equipment.

### **SGT — TRX Express L2**

**Tuesday & Thursdays,**

**October 30-November 25 — 835211-11**

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

### **SGT — TRX Interval Training L3**

**Mondays & Wednesdays,**

**October 29-November 24 — 835800-11**

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!

### **SGT — Fit 101 L1**

**Mondays & Wednesdays,**

**November 3-26 — 835500-11**

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 a 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.



### **SGT — “Fun”ctional Fitness L3**

**Tuesdays & Thursdays,**

**October 21-November 13 — 835600-11**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. 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 the 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.

### **SGT — Bootcamp L2**

**Tuesdays & Thursdays,**

**November 4-December 2 — 835300-11**

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions; no class 11/27). Instructor: Robert Sanchez. This challenging small group training will take a back-to-basics approach with a full body workout. A variety of equipment will be introduced and used for a workout you've never seen before.

### **SGT — Morning Burst Bootcamp L2**

**Mondays & Wednesdays,**

**November 3-26 — 835300-BN**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Rise and shine to enjoy a challenging, but fun SGT. A total body approach will be used to develop and strengthen your body from head to toe. Various pieces of equipment will be used including TRX, Bosu and more!



### **SGT — Bootcamp L3**

**Mondays & Wednesdays,**

**November 3-26 — 835400-AN**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. 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.

### **SGT — Healthy Back L1**

**Monday & Wednesdays,**

**November 3-12 — 835700-AN**

11:30-12:30 PM, Aerobics Room (KS). \$70 (four 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. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.



### **SGT — Healthy Back L2**

**Mondays & Wednesdays,**

**November 3-12 — 835701-AN**

4:00-5:00 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by

*Continued on page 90*



Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1.

### **New! SGT — Balance & Fall Prevention L1/L2**

**Mondays & Wednesdays,  
November 3-12 — 835710-AN**

2:00-3:00 PM, Aerobics Room (OC). \$70 (four sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

### **—Pilates Reformer Section—**

*Prerequisite: All Pilates Reformer classes require a prerequisite of one introductory class. You can register for SGT—Introductory Reformer Session L1 online or at the Fitness Centers.*

*Classes fill up quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.*

### **SGT — Introductory Reformer Session L1**

**Continuous Dates — 835110-AN**

Fitness Floor (KS). \$30 (one session). Instructors: Robert Sanchez, Janine Colson, Joanie Martin, Domine Trosky, and Terri Alba. 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.



### **SGT — Reformer Basics L1**

**Mondays & Fridays, October 27-November 21 — 835120-AO**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Paula Ainsleigh.

**Mondays & Wednesdays,**

**October 29-November 24 — 835120-CN**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson.

**Mondays & Wednesdays,**

**October 29-November 24 — 835120-DN**

2:30-3:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba.

**Tuesdays & Fridays, November 4-28 — 835120-BN**

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.



### **SGT — Reformer Intermediate L2**

**Tuesdays & Thursdays,**

**November 4-December 2 — 835130-DN**

7:30-8:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class 11/27). Instructor: Robert Sanchez.

**Tuesdays & Thursdays,**

**October 21-November 13 — 835130-CN**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky. 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.



### **SGT — Total Body Reformer L2**

**Mondays & Wednesdays,**

**October 29-November 24 — 835181-11**

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

**Tuesdays & Thursdays,**

**October 21-November 13 — 835181-AN**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba. This class builds on the foundations of Reformer Basics L1. The emphasis will be on the total body workout including core strength flexibility, improved posture, balance and overall strength. A new and more challenging format as well as Pilates props will be used.

### **SGT — Fit for Golf L2**

**Mondays & Wednesdays,**

**November 3-26 — 835180-AN**

8:30-9:30 AM, 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 such as the back, elbow and knee?

Turn to the conditioning program golf pros use such as Tiger Woods and Aneka Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer.



### **New! SGT — Cardio Jump and Core Reformer L2**

**Tuesdays & Thursdays,**

**October 28- November 20 — 835131-11**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). In-

*Continued on page 92*

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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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structor: Terri Alba. Looking for a great cardio workout? This might be the only one you can do in the same position you sleep in! The Cardio Jump class creatively integrates Reformer and cardio exercises keeping your joints healthy while getting the benefits of a high impact workout in a low to no impact position. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body that other forms of cardio can. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises.

### SGT— Special Populations Reformer L1

**Mondays & Wednesdays,**

**October 27-November 19 — 835160-AN**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson and Terri Alba. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations.

### SGT — Special Populations Reformer L2

**Tuesdays & Thursdays,**

**October 21-November 13 — 835150-AN**

3:00-4:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba. This class is the next step up from Special Populations L1. This class is for more experienced people who have had a good amount of training in L1. 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 L1.

## Wellness Services

*Services are provided by independent contractors and the fees will vary depending on the service. For more detailed information please contact the service provider directly.*

## Punch Pass Class Descriptions

*Please see the color grids on the following pages for days and times.*

*Purchase a Punch Pass for these classes.*

*Each class is \$3.50.*

**20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all of the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

**Arthritis Foundation Aqua Class L1:** 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!

**Arthritis Foundation Aqua Class L1-L2:** 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 and 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. Come prepared to improve your body, balance and to have fun!

**Basic Body Conditioning L1:** If chair class is too easy for you, but you aren't ready for regular aerobics, this class is for you! Warm up with fun and simple no-to-low impact moves that improve coordination and balance. Class focuses on proper body mechanics to safely improve strength and stability while delivering an excellent workout.

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

**Beginning Pilates L1:** If you are new to Pilates, or have never tried it, this is your class! Learn basic Pilates and movement principles as well as classic Pilates exercises. Discover for yourself why this form of movement continues to grow.

**Cardio Strength L3:** This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

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

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

**Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

**Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for intervals of cycling mixed with strength intervals using bands, weights, and more! This class

*Continued on page 95*

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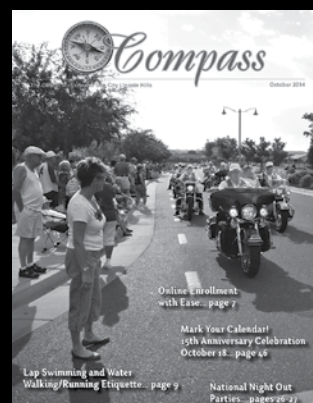
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Mark Your Calendar! 15th Anniversary Celebration October 18... page 60

Lap Swimming and Water Walking/Running Etiquette... page 9

National Night Out Parties... page 27



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will challenge your cardiovascular system as well as give you a total body workout!

**Cycle & Strength Circuit L2:** Join this fun and innovative class. We will reap the cardiovascular benefits of indoor cycling and mix it with health enhancing strength exercises. We will rotate through these excellent exercises in a circuit fashion. Fun props such as the TRX, Bosu and more may be used!

**Diabetes Exercise Program (DEP2) L1:** Diabetes Exercise Program 2 is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program 1 or another 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.

**Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

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

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

**Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will take utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

**Mind Training for Sleep:** This class is a guided meditation. It's a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down

on a yoga mat on the floor.

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

**Pilates Fit L2:** The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates Fit. You will feel the benefits after your first workout and keep them for a lifetime.

**Piloga L2:** Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

**Piloga Flow L2:** 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. Ahhh!

**Platinum-Water in Motion L2:** A shallow water, low impact aqua exercise experience. Participants enjoy a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly released music with easy to learn choreography.

**Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

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

*Continued on page 96*



**Step & Sculpt L2:** Cardio step routines combined with toning intervals to give you a total body workout. Burn calories with low impact easy to follow step patterns.

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

**Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend thirty minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

**Stretch Plus Express L1:** Stretch your mind and body during this 30-minute stretch class. All major muscle groups will be targeted to help increase flexibility.

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

**Water Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. Enjoy the sunshine while getting a great workout!

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

**Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activ-

ity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

**Yoga, Beginning L1:** Come see what the “buzz” is all about! Yoga starting from scratch for the uninitiated — although all aspiring yogis are invited to attend. This is an easy, safe, fun-filled hour of basic yoga postures and deep breathing exercises.

**Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

**Yoga L1/L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

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

**Zumba Gold L1/L2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.



**OC Aqua WellFit Class Schedule October 15 - November 15, 2014**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L3- Marilyn*	OC	Water Works L3- Marilyn*	OC	Water Works L3- Roman	OC	OC
8:30	 L2 - Lisa*		 L2 - Lisa*		Water Works L3- Roman		
9:30		Water Works L3 - Deanne	Core n More L3- Annette	Water Works L3 - Deanne			
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	Splash Dance L2- Annette	Water Works L3 - Deanne	 L2 Annamarie*		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marie		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Joanie		Aqua Pilates L1- Joanie		Aqua Pilates L1- Joanie		
2:00							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00		Water Works L3- Roman		Water Works L3- Roman			
5:30	Water Bootcamp L3 Annamarie		Water Bootcamp L3 Annamarie				

*For class details please refer to the Wellness & Fitness section*

Wellness Classes (session based)

Group Exercise (punch card) \$3.50

\* New instructor

\*\* New Class

Continued on page 98



OC WellFit Class Schedule October 15 - November 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	***Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Cardio Strength L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	***Low Impact/Sculpt Interval L2 - Jeannette	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	**Zumba L3- Brandi	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	20/20/20 L3-Domine	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	11:05-12:05 Arthritis L2- Lin	Piloga L2 -Lola	11:05-12:05 Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	***Beginning Pilates L1 Terri	12:45-1:45 Extra Gentle Yoga L1-Julie	Arthritis L1/2 -Lin	Arthritis L2- Lin	Arthritis L1/2 -12:00-12:55 Lin		
12:45	Chair with Flair L1 - Terri		Chair with Flair L1- Kathryn		Basic Chair L1-Lola		
2:00	***SGT - Balance & Fall Prevention L1-Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 -Julie	***SGT - Balance & Fall Prevention L1-Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 -Julie	Activities	SCLH Booking	
3:30	3:00-4:15pm Diabetes 1 - Annamarie	Diabetes (DEP 2) L1 Annamarie	3:00-4:15pm Diabetes 1- Annamarie	Diabetes(DEP 2 ) L1 Annamarie			
4:00				Activities			
5:00	Zumba L3 - Andi		**Zumba Gold L2 - Joanie				
6:00	Yoga for Osteo L1- Susan	Self Defense -Paul					
7:00							
8:00							

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)

Small Group Training (session based)

\* New instructor

\*\* New Class

KS WellFit Class Schedule October 15 - November 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			6:15am SGT-Bootcamp L2- Robert				6:15am SGT-Bootcamp L2- Robert					
7:00		SGT-Ref. The Basics L1- Paula								SGT-Ref. The Basics L1- Paula		
7:30	7:15-8:15am SGT- Morning Bootcamp L2- Lisa		Mixed Level Cycle L2- Deanne	SGT-Ref. Intermediate L2 Robert	7:15-8:15am SGT- Morning Bootcamp L2- Lisa		Mixed Level Cycle L2- Deanne	SGT-Ref. Intermediate L2 Robert			8:00am HI NRG Cycle L3- Patige	
8:30	Low Impact/Script Interval L2- Jeannette	SGT-Ref. Fit for Golf L2 Robert	Low Impact L3 - Annmarie	SGT-Ref. The Basics L1- Robert	Power Vinyasa L3- Deanne	SGT-Ref. Fit for Golf L2 Robert	Low Impact L3- Annmarie	SGT-Ref. Jump Board- Terri	Zumba Gold L2- Joanie	SGT-Ref. The Basics L1- Robert		
9:30	Strictly Strength L3- Roman	SGT-Ref. Special Pop. L1- Terri	Strictly Strength L2- Lin	SGT-Ref. Jump Board- Terri	***Cardio Strength L3- Annmarie	SGT-Ref. Special Pop. L1- Janine	Strictly Strength L2- Lin	SGT-Ref. Jump Board- Terri	Cardio Strength L3- Annmarie		Strictly Strength L2- Jeri	
10:30	***Cycle & Strength Circuit L3- staff	SGT-Ref. The Basics L1- Janine	Piloga Flow L2 - Joanie	**SGT- Total Body Reformer L2- Terri	***Cycle & Strength L2- staff	SGT-Ref. The Basics L1- Janine	Pilates Fit L2 - Domine	**SGT- Total Body Reformer L2- Terri	Everybody Can L2- Lin		Yoga L1/L2- Susan	
11:30	SGT- Healthy Back L1- Kathryn	**SGT- Total Body Reformer L2- Janine			SGT- Healthy Back L1- Kathryn	**SGT- Total Body Reformer L2- Janine			Wai Kun Dun - Joan			
12:30	SGT- Fit 101 L1- Robert		12:00pm SGT-Functional Fit L2- Deanne	SGT-Ref. Intermediate L2- Domine	SGT- Fit 101 L1- Robert		12:00pm SGT-Functional Fit L2- Deanne	SGT-Ref. Intermediate L2- Domine				
1:30	Begin. Yoga L1- Susan		Tai Chi L1- Pell		1:30-2:45pm Mind Training for Sleep L1- Iram		1:00pm QiGong L1- Sherry					
2:30	SGT- TRX Interval L2- Julio	*SGT - The Basics L1 Terri	Tai Chi L3 (2:45-3:45)- Pell	3:00-4:00pm SGT-Ref. Special Pop. L2- Terri	SGT - TRX Interval L2- Julio	*SGT - The Basics L1 Terri	Basic Conditioning L1 Kathryn	3:00-4:00pm SGT-Ref. Special Pop. L2- Terri				
3:30	SGT-TRX Express L1- Julio				SGT-TRX Exp. L1- Julio							
4:00	SGT Healthy Back L2- Kathryn				SGT Healthy Back L2- Kathryn							
5:00												
5:30	SGT- Bootcamp L3- Lisa				SGT- Bootcamp L3- Lisa							
6:00			SGT -TRX Exp. L2- Julio									
7:00			Evening Yoga Flow L2- Susan				Healing Yoga & Meditation L1 - Susan		Yoga for Osteo L1 (5:30-6:45)- Susan			

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)  
Small Group Training (session based)  
\* New Instructor  
\*\* New class





**Living with Arthritis**

**Wednesday, October 29 — Free**

7:00 PM, Ballroom (OC). Paul Lambie, MD, practices at Kaiser Permanente and is board certified in Internal Medicine and Rheumatology. He will discuss common types of arthritis such as osteoarthritis, rheumatoid arthritis, and gout. Arthritis can impair the quality of life as we age. While there is no cure for arthritis, you can manage its impact on your life by learning how diet, exercise, physical therapy, medications and other treatments can affect arthritis and ease your symptoms.



**How Sweet It Is: Diabetes Management**

**Wednesday, November 12 — Free**

7:00-8:30 PM. Ballroom (OC). Join Kristen Robinson, MD, Chief, Chronic Conditions Management, Kaiser Permanente for a current review of diabetes prevention, diagno-



sis, and treatment. Learn how lifestyle changes can play an important role in diabetes control and prevention of long-term complications. Dr. Robinson will focus on treatment goals, healthy eating choices and how to incorporate more exercise into your daily life.

**Climate Change Update 2014: The Latest Science & Events**

**Monday, November 17 — Free**

10:00-11:30 AM, P-Hall (KS). Author, teacher, and resident, Robert Christopherson, highlights the latest global climate science changes. Wife Bobbe's nature photos from their September 2013 trip (and 13th expedition) to the Arctic demonstrate dramatic changes underway in the polar regions. Robert continues to direct his research for his leading college physical geography texts. Today's presentation addresses the scientific consensus on human-caused climate change addressed by the latest 2014 (IPCC) report and other recent scientific studies. Examples are: ocean acidification; relation of climate change to western wildfires and drought; a developing Colorado River shortfall; the Greenland and Antarctic meltdowns; and relationships to more intense weather events using the latest climate data. Handouts are available and Q&A follows.



**Community Forums, Date, Time, Location**

<ul style="list-style-type: none"> <li>• <b>Living with Arthritis</b> Wednesday, October 29, 7:00 PM, Ballroom (OC)</li> <li>• <b>How Sweet It Is: Diabetes Management</b> Wednesday, November 12, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Climate Change Update 2014: The Latest Science &amp; Events</b> Monday, November 17, 10:00 AM, P-Hall (KS)</li> <li>• <b>Do You Know Football—2014 College Update</b> Tuesday, January 20, 2015, 10:00 AM, Ballroom (OC)</li> </ul>
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**A Very Good Thing**

*Continued from page 15*

- Around Orchard Creek Lodge, the parking lot was reconfigured to accommodate handicapped parking;
- The sidewalk from Del Webb Blvd. to the Lodge was replaced to be less than a 5% grade;
- ADA ramps at the Lodge now lead to crosswalks at the Lodge entrance; trails leading to the Amphitheater were replaced;
- At the Presentation Hall (KS), the entire floor was removed and replaced and the stage access ramp was reconfigured.
- Work was also done on Angler's Cove dock.

All of these and many minor items have now been corrected. About \$700,000 of the fund has been expended. The remaining defects, such as some rock walls, may need fixing or rebuilding in the future.

The settlement fund is managed in combination with staff, the Properties Committee, the Finance Committee, and the Board. Its balance will be available for several years as the silent good work on our behalf continues.

**Celebrate**

*Continued from page 5*

**Gardens Holiday Traditions on December 2** (page 58). The decor will definitely light up your holiday spirits. We just added a third date to our much sought after overnight trip, **Sierra Winter Train to Reno on February 12 to 13** (page 60). A few more seats are available on the December 11-12 trip. All trip participants are asked to arrive at the Lodge 30 minutes prior to departure time.

Spaces are still available for the **Autumn Parking Lot Sale on October 25**. Vendors are asked to abide by the Parking Lot Sale Guidelines for a systematic and orderly set up. *New rule:* each vendor/space is limited to two delivery vehicles for all sale items. If you need a third vehicle to bring all your items, please consider renting two spaces to accommodate all your items.

Come out and join us in celebrating the fall and winter seasons!



*Our best attended Summer Amphitheater Concert: Elvis Tribute with Mark Anthony*



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**Golf Cart Inspections at Orchard Creek Lodge**

**Golf Cart Registration**  
(City of Lincoln)  
at OC Lodge  
**Thursday, October 16**  
**and November 6 & 20**  
**at 9:00 AM**

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & third Thursday at 9:00 AM.



## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

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Activities Desks

Orchard Creek 625-4022

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Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 [deborah.meyer@schca.com](mailto:deborah.meyer@schca.com)

Lifestyle Trip Coordinator Katrina Ferland

625-4002 [katrina.ferland@schca.com](mailto:katrina.ferland@schca.com)

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Banquet Sales Manager

Meghan Louder 625-4043 [meghan.louder@schca.com](mailto:meghan.louder@schca.com)

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Jori Richards [jori.richards@schca.com](mailto:jori.richards@schca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (first only) 8:00 AM-12:00 PM

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

### Kilaga Springs Café

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

Sunday 7:30 AM-3:30 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

## General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

[bgeppert@billycaspergolf.com](mailto:bgeppert@billycaspergolf.com)

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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*Compass*



October 2014



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