



# Compass

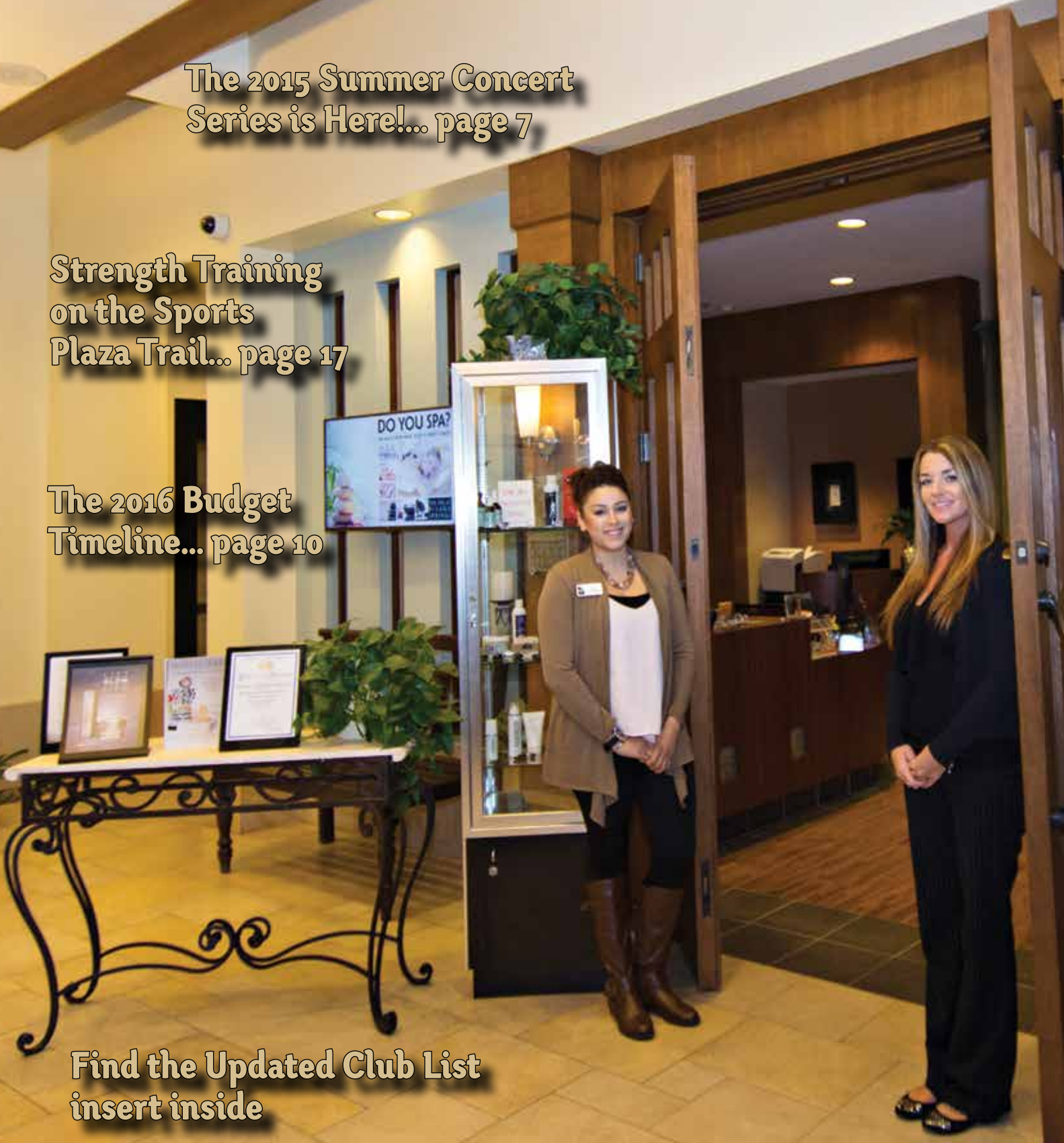
The Official Magazine of Sun City Lincoln Hills

April 2015

**The 2015 Summer Concert Series is Here!... page 7**

**Strength Training on the Sports Plaza Trail... page 17**

**The 2016 Budget Timeline... page 10**



**Find the Updated Club List insert inside**

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### On the cover

Spa Coordinator Leticia Reyes, left, and Spa Manager Jori Richards welcome you to experience the customized and professional services offered at The Spa at Kilaga Springs located inside the KS Fitness Center on the right-hand side

## Board of Directors Report Why Attend Board Meetings

Gay Mackintosh, Secretary, SCLH Board of Directors

Haven't been to a Board meeting yet? Six reasons to give it a try:

### 1. Meet your Board members and new Executive Director.

After a nationwide search for Executive Director in 2014, the Board appointed Chris O'Keefe, who took up the post in December. In February you elected two new Board members, Molly Seamons and Don De Santis, along with incumbents Jim Leonhard and Denny Valentine. So there is a new dynamic in our Association's leadership.

### 2. Be in the know.

Our seven standing committees report at every Board meeting, a great way for you to find out what's in the works. The Architectural Review and Compliance Committees make recommendations to the Board that may directly affect your property. The Properties Committee evaluates projects related to our Association assets. The Finance Committee tracks our monthly financial activity against budget. The Clubs and Communications Committees impact our lifestyle. And the Elections Committee is already planning for the 2016 Board election.

### 3. Have your say.

Homeowners are welcome to comment and ask questions of committee chairs or Board members during the meeting. Homeowners and renters may speak to any topic not on the agenda at Open Forum. Homeowners may also request a

topic for an upcoming Board agenda—advance request form available at the Association website and Membership Desk.

### 4. Keep a step ahead of the rumor mill.

Board meetings are the best place to find out what's being planned and *why* before decisions are finalized. Major projects or policy changes are usually deliberated over several months, with ample opportunity for your feedback along the way.

### 5. Help shape our community's future.

Residents, staff, and committees may request Capital Assets (new equipment or improvements costing \$2,000 or more) that will benefit all our residents by adding permanent value to our community. As part of the annual budget process, the Properties and Finance Committees make recommendations to the Board on Capital Assets and Maintenance Reserves projected out for 30 years. Workshops and budget meetings welcome residents to share your vision for our future.

### 6. Enjoy a free cup of brewed coffee from the Café!

Pick up your free cuppa before our next Board meeting, Thursday, April 23, at 9:00 AM in the Presentation Hall (KS). Pete Savoia's hard-working task force will present a detailed analysis and recommendations on space usage/needs. You'll also hear about a major solar power installation proposed for the OC Lodge.



This month's Compass features The Spa at Kilaga Springs and the Kilaga Springs Café. Take time to enjoy these amenities and the beauty all around us



Connections

# Why Is Having Fun Pursuing Your Hobbies and Passion Complicated?

Jeannine Balcombe, Senior Director of Lifestyle and Communications



*“The best way to find yourself is to lose yourself in the service of others.” —Gandhi*

For the past 16 years I have had the pleasure of working with hundreds of volunteers as they developed clubs to meet their interests. In 2001, the Association established Group and Club guidelines to provide direction. Among the guidelines established was the requirement for *shared club leadership* to ensure that members have a voice in the governance of their club. With few exceptions, leadership must, at the very least, turn over every four years. This cycling process helps to encourage *shared leadership* and *new* volunteers in those roles.

For many clubs this can be a challenge. Some club members want to reap the benefits of having an organized club, leaving the “work” (scheduling meetings, planning events, accounting for membership and dues) to others in the club. Some say, “Why raise your hand when the other members will do the work?” Or, “why fix what isn’t broken?” What about the member who wants to assist but does not want to “step on toes of those in

charge”? Perhaps most frustrating is when a member offers to help but is given a hard time for implementing “new” ideas. New directions and goals help make the club stronger and differences of opinions help us to grow, and most clubs have voting procedures and bylaws to help the membership come to a resolution.

It’s important to step forward and help your club by *volunteering* to help. When members volunteer, please encourage them and thank them for their time and efforts. You are all neighbors pursuing your interests together. It saddens me to hear that clubs have no volunteers to take on leadership roles, and when they do volunteer, other members criticize and complain.

Each of us has opportunities every day to help out and add your mark to this wonderful community. We can’t be successful if you stay on the sidelines. Please get involved and when volunteers are asked for, raise your hand, ask how you can help and support those who do.

# Calendar of Events

April 15-May 31

Date	Event	Page #
04/15	Home, Health & Business Showcase	38
04/16	Book Discussion: <i>The Invention of Wings</i>	23
04/16	Speaker: Navy Veteran and Author, Lee Belshin	34
04/16	Forum: Technology for Better Living	104
04/18	Softball Senior League Opening Day	33, 38
04/20	Genealogy Group: “Organize Your Files”	27
04/20	Document Destruction	38
04/21	e-Waste Recycling	38
04/21	Forum: Local Snakes—Facts, Fiction & Phobias	104
04/22	“Advanced Directives and Five Wishes”	22
04/22	Music Group Meeting: Perform or Enjoy the Music	30
04/23	Annual Home Garden Tour	26, 38
04/23	Comedy: Jack Gallagher	44*
04/24	Music Group sponsored Open Mic Night	30, 38
04/25-26	Annual Amateur Rose Show	26, 39
04/26	Bus Trip: Scottish Games	63*
04/26-28	Community Chorus “Melodies of Love”	25, 44
04/27	Speaker: The Inherent Self-Healing Process We Possess	28
04/29	Forum: “Dental Solutions for Medical Problems”	41, 104
04/29-30	Audition for Easy Aces, a 1930’s radio show	31
04/30	Neighborhood Watch Public Safety Symposium	21
04/30	Forum: History and Art of Gladding McBean	104
05/02-03	Annual Art Studio Tour	30, 39
05/03	Free Line Dance Party in the Ballroom	29
05/03	Bus Trip: Book of Mormon	63*
05/04	KS at the Movies: Guardians of the Galaxy	39
05/05	Forum: Safe Driving for Seniors	104
05/06	Astronomy Group: “Selling the Sun”	22
05/07	Investors’ Speaker: Pioneer Investments	28
05/11	Speaker for Rice Commission/Water Fowl Habitat	23
05/12	Spring Fling: Needle Arts Fund-raiser Auction	30
05/12	Comedy Night at KS	44
05/13	“PayPal, Amazon, eBay: Don’t shop without them”	25
05/14	Low Vision Support Group: “Light Up Your Life”	26
05/14	Museum: The deYoung Museum	50
05/16	Parking Lot Sale	39, 44
05/17	Performance: Auburn Symphony at Mondavi Center	52
05/18	Astronomy Group: Review recent DVD lectures	22
05/19	Shopping: Westfield Gallery, San Francisco	58
05/21	Book Discussion: <i>My Beloved World</i>	23
05/22	Concert: Franc D’Ambrosio	46
05/27	Fashion Event: Fashion Show Luncheon	49
05/27	Forum: When to Choose Hospice Care	104

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

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

April 15-May 31

Golf Cart Registration.....	Thursday, April 16, May 7 & 21, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, April 16, 9:00 AM
Board of Directors Meeting.....	Thursday, April 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, April 23, 10:30 AM
Board of Directors Executive Session.....	Thursday, April 23, 11:00 AM
ARC/Architectural Review Committee.....	Monday, April 27, 9:00 AM
Elections Committee Meeting.....	Friday, May 1, 10:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, May 5, 9:30 AM
Compliance Committee Meeting.....	Wednesday, May 6, 10:30 AM
CCRC/Communications & Community Rel. ....	Friday, May 8, 9:30 AM
ARC/Architectural Review Committee.....	Monday, May 11, 9:00 AM
Properties Committee Meeting.....	Tuesday, May 12, 1:00 PM
Listening Post.....	Wednesday, May 13, 9:00 AM
Finance Committee Meeting.....	Thursday, May 21, 9:00 AM
New Resident Orientation.....	Thursday, May 21, 1:00 PM
ARC/Architectural Review Committee.....	Tuesday, May 26, 9:00 AM
Board of Directors Meeting.....	Thursday, May 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, May 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, May 28, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

Cover Article

## The Spa at Kilaga Springs—Another SCLH Amenity

Customized professional services for seniors

Doug Brown, Resident Editor



Discreetly tucked away between the KS Fitness Center and the Kilaga Springs Café, our own Spa at Kilaga Springs offers you an array of personalized services by seasoned staff at unbeatable rates.

Now, some of us might think of spa treatments as a—perhaps frivolous—luxury. Well, think again! The Spa emphasizes a holistic *healing* and *revitalizing* experience, customized for senior clients, aimed at your physical, emotional, and mental wellness—for both *men* and women. This is no run-of-the-mill strip-mall operation—it’s personal, client-centered, calming, and energizing all rolled into one.

Sounds too good to be true? Not if you ask the “regulars” at the Spa. And certainly not if you have a conversation with the Spa’s new manager, Jori Richards, who came here with over ten years of managing and treatment experience in the area, and who has been a positive and energizing force in the Spa’s staff and services.

With a background in medical spas, Jori emphasizes the prime importance of offering a *whole-person* approach to clients in their *senior* years. Recognizing that “physical wellness is interwoven with emotional wellness,” Jori notes that Spa

clients “are treated graciously as *guests*, and offered an opportunity to sit quietly before and after a session with a cup of tea and a neck wrap.” For return clients, “we know your name and your story and customize our treatments toward your individual needs,” Jori added.

As you receive your treatment, your esthetician listens to you, becomes aware of medical or physical needs, and centers attention on those areas, with keen awareness of the needs of seniors. Post-surgical trauma? Sports injuries? Arthritis? Pesky “aches and pains”? Or perhaps the Spa’s Reiki specialist will unblock your energy centers “through hands and heat, and exchange energies to revitalize you,” Jori explains.

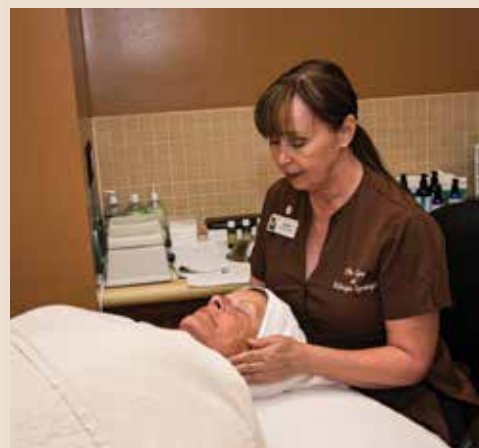
The Spa’s staff takes pride in offering—in the peaceful ambience of their recently remodeled facilities—a wide range of one-on-one services: massage; acupressure; nail treatments; facials; hair removal; pedicure; Reiki; and even LED light therapy.

There’s more. Where else can you enjoy *free* membership (by just signing up) for discounts on services? And if you need natural, organic skin products, check out their online boutique as well as a supply of products on display in the Spa.

Visit the Spa’s website at [www.kilagaspringsspa.com](http://www.kilagaspringsspa.com) or better yet, why



Jinie McComb—Nail Technician  
Janet Merkley—Client



Linda Hausman—Lead Esthetician

don’t you make an appointment (408-4290) and indulge yourself? You’ll wonder what took you so long!



Lacey Danner—Nail Technician; Linda Moran—Client



Susan Bonczek—Lead Massage Therapist; Helen Colburn—Client





## Kilaga Springs Café

**Nutritious, fresh, organic food made to order**

*Doug Brown, Resident Editor*

Where can you get a cup of coffee for a buck? And add just another dollar for an accompanying pastry—freshly baked? Try the **Kilaga Springs Café**, conveniently located in the Kilaga Springs Lodge, a few footsteps away from the Fitness Center, Spa, Presentation Hall, Library, and other centers of activity.

The dollar coffee isn't just *any* coffee, it's freshly brewed Rogers Family Company coffee, roasted right here in Lincoln, that features organic coffee with no carbon footprint. If you're stopping by a little later in the day, you can enjoy even more freshly made products like a chicken or spinach salad, sandwiches, fruit smoothies, and of course a selection of libations. The menu items are not your ordinary prepackaged items, but rather custom made for your taste buds with tender loving care by the café staff, using fresh, local, organic produce.

The *Compass* recently had a chance to chew the fat with Chris Ruen, Café Supervisor, who has been running a brisk business here. Chris came from Meridians kitchen in mid-2013, relishing the challenge of creating something unique in the café's offerings. Now, the café boasts numerous perks in perfect taste for Lincoln Hills residents. One example: weekly specials for \$4.95 that change

every Tuesday.

"Besides the dollar coffee," noted Chris, "this summer our Happy Hour will return with food and drink specials. Also the new resident re-

wards program is in full swing. Our Buy One Get One [BOGO]

get one free. You have to be signed up to get the deals."

Chris told us that Meridians' Chef Roderick inspired him to offer seasonal menu items, organic produce, and freshly baked pastries. "People love the scones," added Chris, "plus my own recipes for delectable salad dressings." Chris obviously loves his work, and welcomes people to stop by and offer suggestions.

What more could you ask for in a café? As we were talking with Chris, we couldn't help but notice four or five tables outside with customers happily chatting in the backdrop of gorgeous views of azaleas in bloom, beautifully landscaped gardens surrounding a bubbling brook, and a couple of Gazebos. It just doesn't get any better!



*Betty Curtis enjoys breakfast in the Café*



*Counter person Shanice and Café Supervisor Chris Ruen at your service*

program has been great so far. Our most recent BOGO was: buy one Mediterranean wrap with chips and a soda for \$7.95 and



*Carolyn & Hans Fokkema enjoy the quiet beauty on the patio at the Café*



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## Activities News & Happenings

### The 2015 Summer Concert Series is Here!

Lavina Samoy, Lifestyle Manager

Our biggest event of the year is here! Our always exciting Summer Amphitheater Concert Series will have you singing and dancing and going down memory lane from the featured headliners to the tribute bands.

Our headliners, **The Original Drifters** on July 2 and **Gary Lewis & The Playboys** on August 21, with their respective hits “This Magic Moment” and “This Diamond Ring” will surely bring a smile to everyone’s faces. Opening the show on June 5, **America’s #1 Frankie Valli Tribute Band, Let’s Hang On** from Florida, offers a concert that’s like a “Jersey Boys” show. Ready for some “California Sound”? **Catch a Wave** presents a **Beach Boys Show** on June 19 that will have you rockin’ along. **The Sun Kings, A Beatles Tribute as Nature Intended**, a group of excellent musicians whose tribute comes from delivering the Beatles sound note for note, and not

from the costumes, performs on July 17. If you’re a fan of country music, don’t miss the **August 7** concert of **Tom Drinnon: The Best of Country**. From Johnny Cash to Garth Brooks and all your other favorite country stars, Tom will have you singing and line dancing along. How about some “Sweet Caroline”? **Dean Colley** brings us **Hot August: A Neil Diamond Celebration** on September 4. Dean delivers Neal’s song like no other. **Fleetwood Mask: The Ultimate Tribute to Fleetwood Mac** closes our series on a high note on September 18 with their high energy that will have the audience on their feet. Take advantage of the **Discounted Series Package (eight shows)** offering \$23 off full price package and a Free Concert T-Shirt available April 17 to May 14 only. You may also buy tickets for individual shows beginning April 17. Read concert details on page 42-43 as well as the **Amphitheater Guidelines (page 43)**.

For Ballroom concert goers, **Franc D’**

**Ambrosio** is back to celebrate Memorial Day with his stories and songs paying tribute to World War II on **May 22 (page 46)**. **The Broadway Divas, Volume I** on **June 23 (page 46)** will pay a Cabaret tribute to Angela Lansbury, Bernadette Peters, Ethel Merman, and Mary Martin.

The **2015-2016 Speaker Series** is out (**page 54**). With three price levels to choose from, there’s no reason not to see them. Want to get away? Join us for an overnight trip to **Lake Tahoe for Shakespeare & Cruising on the MS Dixie, August 18-19 (page 63)**.

Don’t miss our **Annual Parking Lot Sale** on **May 16 (pages 39 and 44)**. Try it, it’s a lot of fun!

### Did You Know?

Renters are now welcome to attend Board meetings and speak at Open Forum.



## WellFit News

### What's Going on in WellFit?

#### Answers to commonly asked questions

Deborah McIlvain, WellFit Manager

#### Do I need to hire a personal trainer?

Yes, if you are new to exercising, not sure where to start, or coming back from injury or health issue. We recommend you start with a personalized fitness assessment. Everyone’s body is different so everyone should not work out in the same way. Your personal trainer will design a customized fitness plan to help you achieve your overall goals. Other reasons for hiring a personal trainer could be encouragement, knowledge, diversity in routines, and actively monitoring your movements. For more information, contact Jeannette Mortensen at [Jeannette.mortensen@scelha.com](mailto:Jeannette.mortensen@scelha.com) or 408-4825.

**What should I expect in a Bowenwork Treatment?** Most people come to Bowen with muscular and skeletal problems (for example, backache, frozen shoulder). The

practitioner will lightly “roll” a finger or thumb over muscles and the surrounding connective tissue at specific points. After a few moves the practitioner leaves the room for a few minutes and the client closes eyes and relaxes. The practitioner returns for the next moves. For more information on Bowenwork, contact Natilee Riordan, CBPT at [bowenwork@scelha.com](mailto:bowenwork@scelha.com) or 625-4034.

**How does the Pilates Reformer membership work and how can I get started?** The first step is to purchase a Pilates Reformer introductory session. In this one-on-one session, a trainer will educate you on proper breath, neutral spine, basic moves, and talk to you about your goals to make sure this is the right program for you. From there, the trainer will discuss how the membership program works versus a drop-in. For more information, contact Carol Zortman at [carol.zortman@scelha.com](mailto:carol.zortman@scelha.com) or 625-4032.

**What is Pure12?** This program offers

insight and guidance to common health issues attributable to diet and lifestyle. The 12-week program covers how not to spend hours in the kitchen, the skinny on fats, hormonal harmony, metabolic makeover, and more! If you ever wanted to work with a nutritionist but could not afford it, this program is for you! For more information contact Audrey Gould at [audrey.gould@scelha.com](mailto:audrey.gould@scelha.com).

**Who is “Living Through Transitions” for?** Most Lincoln Hills residents intend to live here for as long as possible. Do you have a plan in place to make that happen? The six-week program covers what to do if you’re suddenly single, if transportation becomes a challenge, financial preparations, when to utilize a health advocate (someone you can trust), and much more! For more information, contact Carol Zortman at [carol.zortman@scelha.com](mailto:carol.zortman@scelha.com) or 625-4032.



WellFit Classes pages 85-100 • WellFit Class Grids pages 101-103





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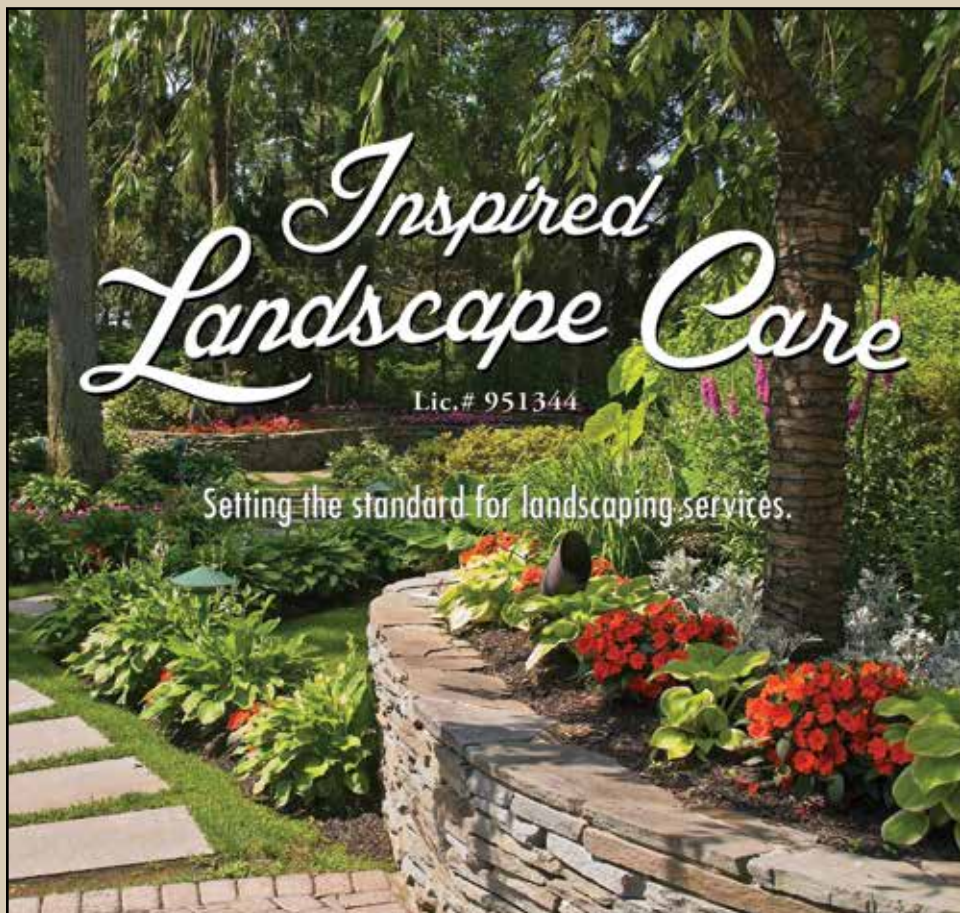
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Meet Dr. Nelson Wong and his family: his wife Audri, and their three boys, Christopher, Timothy and Jonathan.





## Making Sense of our Budget

How it comes together and why it matters

Mike Creasy, Finance Committee Chair

We are sometimes asked about how our Budget process works and how it determines our monthly dues.



The process starts in the middle of the prior year, when notice is given to the membership requesting the submission of applications for Capital Asset\* projects. In July, department managers begin to develop their departments' budgets for the coming year using numbers from the last half of the previous year and the first half of the current year as a guide. Strategic initiatives are identified and targets for Revenue and Expenses are established, allowing for new or anticipated economic and market factors as well as legal or benefit changes.

At the same time, Staff determines which of our assets will require maintenance or replacement in the coming year. In early August, Staff and the Properties and Finance Committees conduct joint workshops to review all upcoming projects. In September, another meeting finalizes which projects will move ahead and how they will be funded. About the same time the annual Reserve study is prepared by our consultants, which determines the required member contributions to our Reserve fund for the coming year.

In September the Finance Committee reviews the departments' projected budgets in a thorough examination. They are not by any means a "slam dunk," and department managers must be prepared to fully justify any and all revenue and expense forecasts. The actual results are measured against these forecasts at monthly Finance Committee meetings, so there's not much room for "blue sky" predictions.

When accepted by the Finance Committee, the total of all these Operating expenses, after deducting revenues, is divided among the 6,783 homes in Sun City Lincoln Hills to determine the Operations part of your dues.

Together, the Reserve contributions and budgeted Operating expenses form the Association's Annual Budget, which, upon approval by your Board of Directors in September, determines your monthly dues payments for the coming year.

## 2016 Budget Timeline

2015	Date	Time	Room
Finance Meeting (Approval of Budget Timeline)	Mar 19	9:00 AM	Heights
Board Meeting (Approval of Budget Timeline)	Mar 26	9:00 AM	KS Lodge
Capital Project Announcement to Membership	Jun 15		
Budget Shells to the Managers/Directors	Jul 20		
Staff Meeting to Discuss Capital Projects	Jul 21		
Closing Date for Capital Projects from Membership	Jul 21		
Workshop Presentation of Capitals and Large Reserves to the Properties/Finance Task Force	Aug 4	10:00 AM	Oaks Gables
First Budget Meeting	Sep 8	9:00 AM	Heights Gables
Joint Properties/Finance Committee Workshop for Capital and Reserve Projects	Sep 8	11:00 AM	Heights Gables
Second Budget Meeting	Sep 15	9:00 AM	Heights Gables
Joint Properties and Finance Committee Meeting on Capitals and Reserves (Following Second Budget Meeting)	Sep 15	11:00 AM	Heights Gables
Finance Committee Approval of Budget Roll-Up	Sep 22	9:00 AM	Heights Gables
Board of Directors Budget Approval	Sep 24	9:00 AM	KS Lodge
Budget Meeting	By Nov 26		

As noted on the Budget timeline shown here, there are three meetings that would be excellent for you to attend to learn how the process works: August 4, Capitals and Reserves workshop; September 8, budget meeting for Lifestyle, Food & Beverage and Spa Departments; and September 15, budget meeting for Landscape, Maintenance and Administration. We hope this has been helpful. As always, feel free to contact me with questions or comments at [finance.committee@sclhca.com](mailto:finance.committee@sclhca.com)

\*Capital Assets. Things the Association buys or builds, valued at over \$2,000 and with a lifespan of more than one year. Assets with estimated lives of less than 30 years are added to the list of things we are obliged to maintain and/or replace with the Reserve Fund.

### Statement of Operations YTD—2/28/2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$1,268,078	\$1,267,077	\$1,001
Administration (Expense)	(340,760)	(373,179)	32,419
The Spa at Kilaga Springs	(1,036)	10,809	(11,845)
Fitness	(55,259)	(66,060)	10,801
Activities	(25,766)	(46,080)	20,314
Rec. Center / Maintenance	(385,565)	(405,540)	19,975
Landscape Maintenance	(318,193)	(365,120)	46,927
Food & Beverage	(35,934)	(73,885)	37,951
Capital Asset	0	0	0
Net Revenues (Expense)	\$105,565	(\$51,978)	\$157,543

### Aging Well

## Sleeping Soundly and Your Sex Life

Shirley Schultz, Health Reporter

Based on feedback from my last month's article, I learned that if I include reference to sexual activity, my article will surely be read! Well, this article is not about sex, but please read it anyway.

If you are among the one in four adults in the country who suffer from sleep apnea, then you will want to learn about impor-

Please see "Sleeping Soundly" on page 41





# Country Couples



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## Springtime in Lincoln Hills

Mark Hutchinson, Architectural Review Committee Chair

*"Spring won't let me stay in the house any longer! I must get out and breathe the air deeply again."*

—Gustav Mahler

Now that springtime has arrived, many residents are considering either modifications to their existing landscaping or major landscape design changes. Many of these changes are being pur-

sued in anticipation of another summer impacted by water conservation measures. It should be noted however that the fall, followed by early spring, are the best times to implement new landscaping. Summer should be avoided for landscaping, due to the stress placed on newly installed plants and trees. Newly installed landscaping will not save on water consumption during at least the first year, since the new plants require adequate watering to become established, even if they are drought resistant plants.

As designs and plans for Please see "Springtime" on page 100



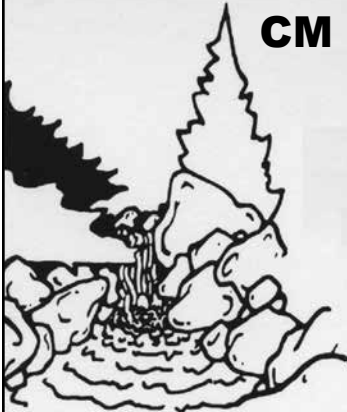
With spring's arrival, residents are considering landscape changes

## Volunteer Your Time and Experience, Be On a Committee in 2015!

Give back to your community by volunteering. The Architectural Review (ARC), Clubs and Community Organizations (CCOC), and Elections Committees are seeking new members.

Descriptions for each committee is on the Resident Website under the HOME tab> Board of Directors and Committee News. Complete a Committee application from the website: Library>Forms>Association Resident Forms, and submit to the Chair via email (address located on line and in the inside back page of the *Compass*). If you have questions, contact the Chairs directly. We need your contributions to keep our community vibrant. Thank you for your consideration.

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## Delectable Spring Cuisine

Jerry McCarthy, Director of Food & Beverage

[www.facebook.com/MeridiansRestaurant](http://www.facebook.com/MeridiansRestaurant) [www.twitter.com/Meridians\\_SCLH](http://www.twitter.com/Meridians_SCLH)

Spring is here, and the new spring menu is a huge hit. We created the new menu to highlight the flavors and ingredients that celebrate this time of year. Don't forget to join us for a free wine tasting each Monday night in April as we celebrate Farm to Fork. The culinary team has created some delicious and enticing entrees prepared with local vendors and made to pair with the wine selections being offered.

Other delectable offerings coming up:

- **Farm to Fork Mondays in April**—Free wine tasting of local Sierra Foothill wineries and Farm to Fork dinner spe-

cial. Reservations highly recommended.

- **Rock Hill Winery Winemaker's Dinner—Tuesday, April 28.** Five courses paired with five Rock Hill Wines located in the foothills of Placer County. Reservations and prepayment are requested. \$85 (inclusive of tax and service charge).
- **Cinco de Mayo—Tuesday, May 5.** Join us for many food and drink specials all day long. Free live Mariachi music during lunch. Reservations strongly encouraged. Sombreros are optional.
- **Mother's Day Brunch—Sunday, May 10.** Treat Mom to world-class buffet at

Meridians. Reservations and prepayment are requested. 10:00 AM-2:00 PM.

Please make sure you are signed up for SCLHCA eNews to receive special resident-only offers from Meridians and Kilaga Springs Café. Visit our website to keep current on all the upcoming offers, special events, and exciting menu offerings. You will see that Meridians is steadfast in its commitment to excellent food and friendly service on a consistent basis. Meridians will continue to surprise and please our guests with new concepts created especially for our residents. We appreciate your support and hope to see you soon.

**Please see our ad on page 20 and the article about the Kilaga Springs Café on page 5.**



## The Spa at Kilaga Springs

### Indulge in Luscious Lavender

Jori Richards, Manager, The Spa at Kilaga Springs

[www.facebook.com/SpaAtKilagaSprings](http://www.facebook.com/SpaAtKilagaSprings) [www.twitter.com/KilagaSpa](http://www.twitter.com/KilagaSpa)

Commonly enjoyed benefits of lavender are its stress-reducing and relaxation-inducing properties. Lavender helps to lessen the effects of depression, improve mood, and lower emotional stress. You can benefit from lavender oil in the treatment of headaches and sinus congestion, and it increases clarity and mental activity. If you suffer from insomnia, you can benefit from the use of lavender essential oil or lotions to help induce sleep and relax the mind. Traditionally, it has been used for its healing powers, natural antiseptic, and relief from pain in joints and muscles.

For the month of April here at The Spa at Kilaga Springs, we have two great specials that incorporate the use of lavender. First, a luxurious **facial treatment** to help minimize the most visible signs of aging. Our enhanced product line and highly trained estheticians will provide a unique exfoliation treatment, followed by a deep hydrating masque, leaving your skin radiant. Included with this treatment is a lavender hot oil treatment or scrub for your hands and feet. Allow lavender

to penetrate your hands and feet with a gentle massage that relieves stress and calms the mind, leaving you relaxed and refreshed.

“For the month of April... we have two great specials that incorporate the use of lavender. First, a luxurious **facial treatment** to help minimize the most visible signs of aging...a unique exfoliation treatment, followed by a deep hydrating masque leaving your skin radiant. Included with this treatment is a lavender hot oil treatment or scrub for your hands and feet...”

Our experienced massage therapists combined healing knowledge with a physical touch to create April's monthly massage special. Enjoy a 60-minute healing Swedish massage that includes a **coconut and lavender-enriched hand and foot mask**. This treatment is meant to help with circulation and hydration. Coconut and lavender treatment is 100% organic. The coconut mask possesses a variety of health benefits due

to its fiber and nutritional content. Natural fats deeply penetrate, moisturize, and protect against environmental and free radical damage. The combination of lavender and coconut stimulates tension relief with hydrating healing properties for the skin.

The Spa at Kilaga Springs is currently awaiting **Mothers Day!** We have brought back our specialized 50/50 treatment package, personalizing it just for our mothers and moms-to-be! Enjoy the day with a beautiful facial and relaxing massage. Choose essential oils to enhance your sensory journey, calming your mind, body, and soul. After your rejuvenating spa treatments, retreat to our lounge to bask in meditative music and enjoy fresh fruits and appetizers. This will be a Mother's Day never to be forgotten! Here at The Spa at Kilaga Springs, we want to welcome new and returning customers!

**Please see our ad on page 14 and the article about The Spa at Kilaga Springs on page 6.**

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## Historic Lincoln Sites: Civic Auditorium

Al Roten, Roving Reporter

This month, in my continuing description of Lincoln's history walk trail, we'll take a look at an important historic site.

At the corner of Fifth and E Streets is a beautiful public building with two names. "Civic Auditorium" is on the sign in front of the site while "Civic Center" is emblazoned in the ceramic tiles of the building front. These are not contradictions, but statements of evolving uses of the building. In 1919 a bond was passed by the good citizens of Lincoln, with a vote of 153 for and 15 against, for \$22,890 to build a civic center. The building was completed and dedicated on December 6, 1921. Its architecture is Spanish Colonial Revival with wonderful ceramic works furnished by Gladding-McBean. Even though uses of the building have changed over time, the fine craftsmanship of its beautiful façade has been preserved—a joy to look at! The initial features of the building inside were a large stage, balcony, projection booth, hat-check rooms, city offices, kitchen, and restrooms. This became the center for plays, dances, concerts, meetings, and other large gatherings.

In 1972, the entire building was remodeled to accommodate the city administration, which occupied the building until the City Hall on Beermann\* Plaza

was completed in 2000. After the city moved its administrative offices, this building became the home of the Chamber of Commerce, Lincoln Area Archives Museum, a senior lunch program, and recreation.

While this facility was occupied by city administration, the City Council was looking ahead to growth in Lincoln and the need for a new Civic Center was explored. In 1992, a "Blue Ribbon" committee was appointed to explore and recommend a site. In 1994 the Lincoln Community Center was opened at the corner of First Street and Joiner Parkway, a collaborative effort between the City of Lincoln and Western Placer Unified School District.

In 2011, grant money of about \$600,000 became available and the building was restored to its current use as an auditorium with removable seating for up to 264 people. Efforts are now underway to accommodate the Lincoln Theater Company by raising funds to complete conversion to a performance venue with acoustic sound treatment, microphones, sound mixing board, and other necessary additions.

*\* In my first article on historic sites in Lincoln, I erroneously anglicized Beermann by dropping the second n. Yes all around town, it is Beermann.*



Civic Center



Civic Center Auditorium



City Hall



Community Center

## The Long Hot Summer

Bill Attwater, Properties Committee Chair

Well, here we go again. As Lincoln Hills residents we will have to make it through another dry summer. Is this a surprise? Not for me. I worked for the State of California's Water Resources Control Board for 35 years and have seen droughts come and go and floods come and go. To understand the weather dynamics of living in Northern California you may wish to read Ingram and Malamud-Roam's 2013 book, *The West without Water: What Past Floods, Droughts, and Other Climatic Clues Tell Us about Tomorrow*, published by the Univer-

sity of California Press. Unfortunately while we can learn what happened in the past we really cannot know what the future holds. Our present water transport and delivery system is based on what happened years ago by looking at historical records such as tree rings and other geological evidence. If the weather patterns change we will also have to change.

So what can we do to help maintain our lifestyle? Probably the easiest step is to water our landscaping in a wise and sparing manner. Our outdoor water use accounts for 50 to 70 percent of our water

use. Water before 8:00 AM and you will save around 25 gallons of water a day during the summer when water evaporates quickly. Replacing lawn with drought-tolerant plants and drip irrigation could save both water and reduce your water bill. Reducing the length of a shower by two minutes will save about five gallons of water. Turning off the water while brushing your teeth can save up to three gallons. Finally, when replacing toilets, dishwashers and washing machines look for those appliances that use the least amount of water.



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## May I Take Your Order?

Nina Mazzo, Roving Reporter

Ever wonder why we call a waiter a “waiter”? I was mulling that over one evening while eating dinner in Meridians. Some searching revealed the word “waiter” has been used since the 17<sup>th</sup> century as a reference to inns and eating-houses. The word came from “wait” for an attendant at a meal, or a servant who “waits” at the table. In the late 1980’s the word “waitron” was briefly used to avoid waiter/



waitress and in the 1990’s the word “server” came to be the norm. Okay, that’s my tidbit for the day and now let’s talk about the “front of the house” or our dining room and bar where customers are served.



Service with a smile from Tammy

In a recent conversation with Kristy Woodin (restaurant manager) I learned we have over 30 people in the positions of hosts, servers, bussers, runners, and bartenders. I thought it might be interesting to take a look at the possible job paths offered in this department. The starting point for those without experience could be as a busser working under the supervision of Kristy Woodin. Then if they want to get ahead they will transfer to the kitchen and work directly under Chef Roderick as a runner and if successful will move to server or bartender.



Long-time host  
Mary

The reasoning for working first in the kitchen is to have a better understanding of the culinary process as well as realizing that it is often the



Kristy Woodin, front, along with staff waiting to serve you

## Orienteering

### Sports Plaza Trail

Al Fresco Dining, Plein Air Painting, and Strength Training

Dee Hynes, Roving Reporter

As with dining and painting, you may also enjoy strength training outdoors! Our community has an ideal location for our LifeTrail outdoor strength training equipment. It’s located along the Kingfisher Trail, behind the Blue Heron Lane personal park.



The LifeTrail station

This advanced wellness-fitness exercise equipment is low-impact and designed for functional fitness, which helps us stay fit, prevent injuries, and maintain an active, healthy lifestyle.

The equipment also promotes good posture, balance, flexibility, and strength. Each piece of equipment provides instructions. Some instructions are divided into basic, intermediate, and advanced sections to fit each resident’s needs.

Please see “Kingfisher Trail” on page 35

little things that provide a better dining experience. It could be something such as having the appropriate condiments on the table or noting if someone has asked for extra dressing or dressing on the side. You are walking in the shoes of what happens if you transition to server. The importance of understanding the menu and entering the order and any particulars correctly is also a key ingredient for success.

Ryan Toms, who is currently an Assistant Restaurant Manager, is an example of following this job path: he started as a

Ryan Toms,  
Assistant  
Manager,  
speaks with  
the lady  
golfers to  
ensure lunch  
service  
from Nick is  
going well



server, moved to bartender, then supervisor, and was finally promoted to his current position.

The staff would like you to fill out those feedback/comment cards after dining as they use them as opportunities to re-educate or retrain as well as acknowledge good work.

Excuse me now as my server Schae Gustafson is here to take my dessert order.

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ADULTS OVER 90 & CHILDREN UNDER 7 ARE FREE

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## Neighborhood Watch

### Lincoln Police and Fire Chiefs to Speak in Lincoln Hills Public safety symposium coming up

Patricia Evans

Police Chief Rex Marks will be joined by Interim Fire Chief Michael Davis at the annual Neighborhood Watch Public Safety Symposium on **Thursday, April 30, 1:00-3:00 PM**, in the Orchard Creek Ballroom.



"The vast majority of all 9-1-1 public safety calls from Lincoln Hills are directed to the Lincoln Fire

Department for medical emergencies," according to Chief Davis. He will be sharing with us an overview of the Lincoln Fire Department and "a number of simple steps residents can take to better prepare for and facilitate meeting the needs of emergency and nonemergency alerts."

What else can we do to prepare for medical emergencies? It is important to *regularly update* your Vial of Life (kept on the top shelf of your refrigerator), and your wallet-size Personal Medication Record. Your Mail Box Captain can

supply both the Personal Medication Record cards (courtesy of Sutter Health) and the Vial of Life forms. The latter is also available at our website, [www.SCLHWatch.org](http://www.SCLHWatch.org). These *up-to-date records* can make a vital difference when time is of the essence in medical emergencies!

Police Chief Marks believes that "public safety results from cooperation between the community and the police department." Chief Marks will be explaining his goals for further improving our future security and safety, and how we can achieve them. Lincoln has earned the honor of being one of the safest cities in



Police Chief Rex Marks, left, and Interim Fire Chief Michael Davis will be speakers at the April 30 Neighborhood Watch Public Safety Symposium

the United States. And Lincoln Hills is even safer through our active Neighborhood Watch organization.

#### Neighborhood Watch Contacts

- Ron Wood, 434-0378  
ron2029@att.net
  - Pauline Watson, 543-8436  
frpawatson@sbcglobal.net
- Neighborhood Watch Website**  
[www.SCLHWatch.org](http://www.SCLHWatch.org)

## Library News

Sandy Melnick, Library Volunteer

We have over 40 volunteers working for you in our Library and the Community Living Room. These wonderful volunteers maintain and keep both facilities up-to-date, one at Kilaga Springs Lodge and the other at Orchard Creek Lodge. Every day we have men and women who give many hours of their time to shelve and process the many books that are taken in each day. So a *big* thank you to everyone who donates their time!



Again, we ask you to read the current magazines in the Library and not take them home. Magazines that are not current are put in a box and you are welcome to take them.

Have you seen the PBS series "Call the Midwife"? We now have the book on our

shelves. The book was written by Jennifer Worth and takes place after WWII in London's East End slums. It tells about a young woman who finds herself in a convent taking care of the many women around her. It is a great story and one I found fascinating. This book can be found in the biography section at Kilaga Springs Library.

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

### Commercial Presentation (Paid Advertisements)

*This vendor presentation is open to SCLH residents & people outside the community. Products/services presented are not sponsored or supported by SCLHCA.*

#### DiMattia and Associates

#### Free Living Trust Seminar

Thursday, April 30 • 10:00 AM • Oaks (OC)

Presenter: Vic DiMattia, Attorney at Law

Free Living Trust Seminar: No Living Trust more than \$495.

Speaker: Vic DiMattia, Attorney at Law #129382.

Previous Sun City Lincoln Hills Resident. Twenty-seven years experience, thousands of trusts established. Come learn about trusts, wills, probate, joint tenancy issues and the components of a complete estate plan.

RSVP: 800-775-2698



## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

At the Wednesday, April 22 meeting of the Support Group, Deanna Chitambar, RN, Vitas Hospice Care, will speak on "Advanced Directives and Five Wishes." If we want our personal wishes followed when we are seriously ill, it is important that we plan and communicate these desires.

This is all part of planning as one ages. Especially when there is a suggestion of dementia, it is necessary to get health, legal and financial affairs in order. This presentation will help that process.

The Caregiver's Support Group meets at 1:00 PM on the fourth Wednesday of each month in the Multipurpose Room (OC). Special Presentations, as the one planned for April 22, alternate with group discussions led by a facilitator from del Oro Caregiver Resource Center. Here practical information is exchanged, and emphasis is placed on the challenge of how caregivers can take care of their own needs.

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

**Cathy VanVelzen 409-9332;**

**Maria Stahl 409-0349**



### Antiques Appreciation

A member of the Sacramento Button Club presented an interesting program on Vintage Buttons on April 6.

On May 4 our Club will be taking a Historic Old Town Lincoln Walking Tour. The tour, which lasts one hour, starts promptly at 10:00 AM; cost is \$5. Please pay in cash upon entering the Lincoln Area Archives Museum, 640 5<sup>th</sup> Street. More details will be provided to members.

The Club's Spring Party, open to Members only, will be held at Kilaga Springs Lodge on Friday, May 29. Doors open at 5:30 PM. The Program entitled "Just Deserts & Auction" will start promptly at 6:00. Bring your dessert to share.

Except for May 4, 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

Wednesday, May 6, "Selling The Sun." Forrest Lockhart, Advisory Board member and past Chief Docent of the Cameron Park Observatory will describe observable features of the sun, current solar imaging satellites, and ground based solar imaging sites. He will also cover the Cameron Park Observatory's Public Solar Observing program, including a discussion of the equipment used, and level of personnel training.



*Edna DeVore—  
March meeting  
speaker*

Monday, May 18, Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cos-

mology—The History and Nature of our Universe." April's meeting will continue the review of the most recent 12 DVD lectures. Contact Morey Lewis, eunmor@pobox.com (408-4469) for more information. 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;**

**Cindy Van Buren 253-7865,**

**rvbcvb@att.net**

**Website: www.lhag.org**



### Ballroom Dance

Put some "spring" into your step and renew your commitment to enjoy life to the fullest. Come to KS in April and learn the exciting, upbeat Cha Cha. Then, in May, we will be learning the popular dance that originated in the 60's: Night Club Two Step. Beginner group lessons are taught from 2:00 to 3:00 PM. Then, join us for open dancing from 3:00 to 4:00 PM. More advanced steps in the monthly dance are taught from 4:00 to 5:00 PM. Dues are just \$7 per year and lessons are *always free!* So, come for lessons,

or just come to dance, enjoy music and meet with a congenial group of people.



*Pat Ambin  
and Jim  
Gabriel*

Want to know the latest on "where and when" concerning Ballroom Dance events inside and outside our community? Check out the Ballroom Dance webpage on the SCLH website. You will find dancing can truly put the "spring" into your life.

**Contacts: Sal Algeri 408-4752; Chris Geist 543-0176**



### 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 Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be May 13 and June 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 lunch will be Tuesday, April 21 at *Siino's*. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan. **Contact: Joan Logue 434-0749, joanlogue@sbcglobal.net**



### Billiards

The four Billiard tables at Orchard Creek Lodge now have new felt using Tournament Blue, which is pleasing to the eye and helps to reduce eye strain. Come play and notice the difference not only in the appearance, but also how fast it plays! Our club has new leadership and is encouraging any resident interested in playing billiards to join us in one or more of our regular tournaments, all held at the Kilaga Springs Lodge.

• Monday: (mid level to advanced players) 3:00-5:00 PM.

**Contact: Oscar Alvarez 622-9077**





First place Eight Ball Singles Tournament winner Phil Delaney, second place Ted Komaki; Couples Tournament winners Rita



Baikauskas and Joe Perez with six wins, no losses!



First place winner Oscar Alvarez, center, won six of six games; second place winners AJ Jhanda, left and Bob Moze, right

- Wednesday: Couples (your choice of partner) 4:15 to 6:30 PM.  
**Contact Jim Conger 434-1985 or Sherry Weech 408-1398**
- Thursday: Upstarts (beginners) 11:45 AM-2:00 PM.  
**Contact Phyllis Borrelli 543-3528**
- Thursday: Players (mid-level players) 2:15 to 4:30 PM.  
**Contact Rita Baikauskas 408-4687**
- Friday: Challengers (mid level to advanced players) 9:45 AM to 12:00 PM.  
**Contact Rita Baikauskas 408-4687**
- First Wednesday, second Tuesday, third Wednesday: Shooters (experienced players) 1:00 to 4:00 PM.  
**Contact Hal Berman 916-543-0517**

## Bird

With the warm spring weather, our members have enjoyed some wonderful field trips. During our visit to Bobelaine Audubon Sanctuary in March we had a sunny day and were able to identify 41 species of birds. Later this month, on Saturday, April 25 we will walk the Canyon Oaks Trail. Then on May 1 our group goes to the Spenceville Wildlife Area.

Monday, May 11, we are fortunate to have Paul Buttner, the Environmental Affairs Manager for the California Rice Commission, speak to us. He, along with other rice growers, have been working to create



Enjoying the Feather River; a Nuttall's Woodpecker; our group at Bobelaine Audubon Sanctuary

habitat for waterfowl. With the drought and our interest in birds, I think you will find this program very informative. See you on the second Monday of May at 1:30 in the P-Hall (KS).

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



## Bocce Ball, Mad Hatters

The Mad Hatters had their annual business meeting on Thursday, March 18. It was decided, by what appeared to be unanimous consent, that the current Steering Committee would continue in place for the current year (2015). The Steering Committee members are Selby Fermer, Ralph Zitzler, Robert Vincent and Paul Mac Garvey. Bob and Paul handle communications, Ralph Zitzler takes care of marketing, and Selby and her husband Don help with teaching new members. Paul writes the *Compass* and *Sun Senior News* articles and manages the web page.

Beginning *Thursday, May 7*, the Mad Hatters will commence their summer hours. We will begin meeting at 8:00 AM for the duration of the summer.

**Contacts: Paul Mac Garvey, 543-2067, [PMac1411@aol.com](mailto:PMac1411@aol.com); Bob Vincent, 543-0543**

## Book, OC

On Thursday, April 16, from 1:00-2:30 PM in the Multipurpose Room

(OC), we will feature *The Invention of Wings* by Sue Monk Kidd, a novel based on the lives of real-live abolitionists. Starting in 1803 and spanning 35 years, she unfolds the intertwined stories of four women (two rich white sisters and their two African American house slaves) living in Charleston, South Carolina—two trying to break free of traditional roles and two trying to break free of the bonds of slavery.

Remainder of 2015:

- May 21—*My Beloved World* by Sonia Sotomayor
  - June 18—*The Daring Ladies of Lowell* by Kate Alcott
  - July 16—*The Maze Runner* by James Dashner
  - August 20—*The Innocents Abroad* by Mark Twain
  - September 17—*The Boys in the Boat* by Daniel James Brown
  - October 15—*Sycamore Row* by John Grisham
  - November 19—*Maisie Dobbs* by Jacqueline Winspear
  - December 17—Holiday Luncheon
- Contacts: Darlis Beale 408-0269; Penny Pearl 409-0510; Dale Nater 543-8755**  
**Website: <http://LHocbookgroup.blogspot.com/>**



## Bosom Buddies

### Breast Cancer Survivors

Bosom Buddies did not have a General Meeting in March. Our members took advantage of visiting the "It's the Lifestyle" club event. As you see in the photos on the next page, we had our booth with the beautiful banner that Margit Boen designed for us.

Our volunteers asked people if they could place the Breast Cancer Symbol sticker on them and take important information about the 3D Mammography machine. They distributed more than 400 stickers. We had many wonderful ladies and gentlemen stop and visit us. As one lady passed our booth she made the comment, "all of the women in the pictures are smiling." A picture is worth a thousand words. We are happy and have a great time with each other.

Please contact Val Singer, Patty McCuen

and Marianne Smith for more information about joining our club.



Our booth at the "It's the Lifestyle" event. Our beautiful banner was designed by Margit Boen (on the left side of banner); Patty and Val talking to one of the people who stopped by our booth

**Contact: Marianne Smith 408-1818**  
**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**

**Contact: Sharon Neff 543-8897**  
**Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



### Bridge, Partners

Call for early sign-up or just show up with partner (standby) in the Sierra Room (KS); you get to play if we have even pairs up to 28. We must be seated by 5:50 PM, and we must finish by 8:30 PM.

- February 26 winners—First: Janet Pinnell/Linda Theodore with the high 2180; second: Erica Wolf/Edith Kesting; third: Dolores Marchand/Carol Mayeur; fourth: Shari/Jim Kiley.
- March 5 winners—First: Kay/Ben Newton; second: Bruce Fink/Stan Mutnick with the high 1440; third: Lorraine/Bob Minke; fourth: none, only six tables.
- March 12 winners—First: Rose/Joe Phelan; second: Barbara Bryan/Marisa Stone; third: Dwight Curry/Bruce Fink; fourth: Dee Williams/Carol Mayeur. Hilla/Bob Fawcett had the high 1550.
- March 19 winners—First: Janet Pinnell/Linda Theodore; second: Olga Hayden/Ed Page; third: Kay/Ben Newton; fourth: Stan Mutnick/Bruce Fink with the high 1240.

**Contacts: First/Third Thursday: Kay/Ben Newton 408-1819. Second/Fourth Thursday: Dolores Marchand 408-0147/ Carol Mayeur 408-4022**



### Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM, Sierra Room (KS). No partner needed but reservations required! We have a single's rotation. You can choose a partner for the first round then we have organized rotation. Please arrive between 12:30 to 12:50 PM to assure a place to play.

In March, we enjoyed talking with interested bridge players during SCLH's "Expo" (It's the Lifestyle). We hope those people join us. We always welcome new players and we have a good time.

**Winners:** February and March—First place: Dee Williams, Linda Scott, Warren Sonnenburg, Helen Helm and Dick Lund. Second: Flo Hunt, Sasha Rome, Jyoti Sitwala, Phil Sanderson and Bob Fawcett.

Third: Pat Fraas, twice, Carol Mayeur, Flo Hunt and Ed Page. Fourth: Carol Mayeur, John Woodbury, Donna Moore, Dee Williams and Lois Burke.

Reservations for April: Chet Winton, 408-8708, [cnwinton@sbcglobal.net](mailto:cnwinton@sbcglobal.net).

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



### Bunco

In March, the Bunco Group welcomed two new members Sharlene Christianson and Marcie Drexler, and one visitor Victoria. The dice were flying, one lucky player had five Buncos! That's a lot of Buncos!

Bunco is a non-membership club with a \$5 'pay to play' cost and held in the Cards Room (OC) at 9:00 AM the third Thursday of the month. Please consider joining us for a morning of laughter, fun and friendship!

The Bunco Group is planning their annual Spring Potluck on Thursday, May 21 after Bunco play. Potluck sign-ups will be available at the April Bunco. If you plan on attending the Potluck and will not be at the April Bunco or have questions, please contact Shirley Mohler at 408-5788 or [cheersshirley@gmail.com](mailto:cheersshirley@gmail.com).

March winners: Most Buncos Chris Gomes; Most Wins Phyllis Papagiannis; Most Losses Sara Klesius; Traveler Sharon Chipman.

Next Bunco is Thursday, April 16.

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



### Ceramic Arts

Spring is finally upon us full-force! Easter has come and gone and taxes are due on the 15th!! It's time to take a Ceramics Class! We have fantastic ceramic instructors in Terry Accomando and Jim Alvis for our pottery classes and Barbara Bartling for Spanish Oils. Check out our class offerings in the *Compass* and join us... we are a "fun" bunch!! Reminder: Mark the date for our Annual Spring Meeting – May 13, Wednesday—we'd like everyone to attend!!

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM, and Sundays, 12:00-4:00 PM; KS workshops are Mondays, 1:00-



4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Again, check the bulletin board and studio windows for any changes in times/closures.

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



### Chorus

"Melodies of Love" is fast approaching! If you've been watching this space, you probably have tickets for it already. You know better than to miss another great concert by your Lincoln Hills Community Chorus, featuring music by some of America's most famous composers and lyricists.



The Chorus rehearsing "Melodies of Love"

We'll bring you songs by the likes of the Gershwins ("Embraceable You," "Love Is Here to Stay," "They Can't Take That Away from Me"), Rodgers and Hammerstein ("My Favorite Things"), Hoagy Carmichael and Johnny Mercer ("Skylark"), and Duke Ellington ("Don't Get Around Much Anymore"). Plus stirring arrangements of "Stars and Stripes" and "America the Beautiful" proclaiming our love of country.

The Lincoln High School Advanced Concert Choir will again make a special guest appearance, gracing our stage with its marvelous young voices.

If you don't have tickets yet for one of our three Ballroom performances on April 26-28, see page 44 for specifics and act now!

**Contacts: Bill Sveglini 899-8383, [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: May 13, 6:30 PM—"PayPal, Amazon, and eBay: Don't go Shopping Without Them!"**  
 By Rita Wronkiewicz. Are you reluctant to give unfamiliar online stores your credit card information? If you aren't using PayPal, you are missing out on a tool that's



May 13: "PayPal, Amazon, and eBay: Don't go Shopping Without Them!" by Rita Wronkiewicz

very useful (and a bit more secure) for paying for your purchase. Rita will demo how she uses PayPal and will explain why she prefers using it when the website accepts it. She will visit Amazon and eBay and demonstrate their latest features. Rita's a fan of Roboform and will show you how to include Roboform secure password retrieval.

**Clinic: May 15, 3:30 PM—Continuation of Main Meeting, both at P-Hall (KS).**

**Walk-In-Workshop: May 19, 1:00-3:00 PM in the Computer Lab (OC).**

**Ask the Tech: May 22, 10:00 AM—Informal Q&A session for any and all technical questions, Multipurpose Room (OC).**

**Contact: Karl Schoenstein, [president@sclhcc.org](mailto:president@sclhcc.org)**  
**Website: [www.sclhcc.org](http://www.sclhcc.org)**



### Mac User

The use of passwords with our computers and devices has taken on new urgency, with the upsurge in scamming across the internet. But how to remember them remains a problem for many of us. There are a few solutions: Applications such as 1Password and LastPass are a couple of commercially available Password managers. But one of the best, already installed on your Mac, is Apple's Keychain.



iCloud Keychain

This manager will remember your logins

and passwords for use with Safari, Pages, Contacts, and Notes. And the information can be automatically extended to any of your iOS devices via iCloud. Google "Apple Keychain Tutorial" for links on how to use this excellent, built-in utility App. And don't forget to log onto [lhmug.org](http://lhmug.org) to check the latest calendar of events, seminars and classes. Remember: members can call for free phone help: 668-0684.

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



### Country Couples

"Springtime" was the theme of the Country Couples dance held at the Sun City Roseville Ballroom on Sunday, March 29. Beautiful weather set the tone. Tables held pots of colorful azaleas wrapped in hot pink netting. Bird nests with small eggs and packets of flower seeds on the tables enhanced the theme. Dancers enjoyed a late lunch choosing items from the scrumptious Mexican Food buffet. Jim & Jeanie Keener were the hosts and DJs for this fun event.

Several club members are anticipating the Boot Scootin'—Gilley's Fun Bus (a trip to Sparks in early June), where they will



Clockwise from top: JoAnne Martella, Jeanie Keener, Jess

Schriewer; Clyde & Kay McMasters, and Steve & Carol Silvia

hone their dancing skills at the Gilley's Saloon and Dance Hall. Some may even attempt to ride the bucking bull. Club members have enjoyed the dancing at Gilley's on past SCLH bus trips, and look forward to this one which will be semi-catered to CC dancers.

**Contact: Kathy Lopez 434-5617; Margo Zamba 662-1628**



### Cribbage

Come join the fun at Orchard Creek Lodge on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

New players are always welcome!  
**Contacts: Larry O'Donnell 406-672-6493; Ken Von Deylen 599-6530**



### Cyclist

Will You Volunteer?

Lincoln Hills Cyclists, your help is needed for the 14<sup>th</sup> annual Tour de Lincoln! This year's event will be held on Saturday, May 16. Volunteers are needed Friday, May 15 and Saturday, May 16. A four-hour commitment on either day would be really helpful, but any amount of time you can give would be appreciated. Volunteer help is especially needed in setting up for the event at McBean Park, usually beginning at 9:00 AM on Friday. Volunteer help on Saturday includes registration and serving lunch. Volunteers will be given free lunch on Saturday and a free T-shirt. Again this year there will be a pasta feed at Turkey Creek Friday evening; Volunteers are needed to help set up. If you can donate a few hours of your time for this year's Tour de Lincoln, please contact either Gary Steer (434-6860) or Bob Burns (543-3382).

Thanks for volunteering.

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



### Eye Contact

#### Low Vision Support Group

"Light Up Your Life!" That will be the topic for our Thursday, May 14 general meeting at 2:00 PM in the P-Hall (KS). Low vision complicates our lives and there are ways to overcome many of the obstacles. But, to function really well we require additional light. We're pleased that our guest speaker will be Jim Wronkiewicz, a SCLH resident who is a retired engineer with an extensive background in lighting design.

General meetings are held at 2:00 PM the second Thursday of the month in the P-Hall (KS) and feature a guest speaker or audio-visual presentation. Living Skills Workshops are held on the fourth Thursday of the month at 10:30 AM in the Multimedia Room at (OC).

Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting a loved one with low vision.

**Contacts: Cathy McGriff 408-0169; Margie Campbell 408-0713**



### Fishing

The "It's the Lifestyle" show brought in new interest to the Fishing Club. We welcome any new member and hope you enjoy the meetings, gatherings and fish-outs that are coming up. Our events include: Fuller Lake, CA; Four Rivers Lodge, MT; Flaming Gorge Reservoir, WY; Manzanitas Lake, CA; Packers Lake, CA; and of course, our annual BBQs and dinners. Also, there are a couple of fishing derbies,



Fishing Club BBQ; Fuller Lake

too. We hope to see you at a meeting soon. The club meets the second Monday of the month at 7:00 PM, in the Presentation Hall (KS). For club info, contact Roger Bryan on 645-6897, or to join contact Henry Sandigo on 415-716-0666 or [hsandigo@icloud.com](mailto:hsandigo@icloud.com). Dues are \$20 a year.

**Contact: Henry Sandigo 415-716-0666, [hsandigo@icloud.com](mailto:hsandigo@icloud.com)**



### Garden

We invite the community to attend the *Annual Home Garden Tour, Thursday, April 23* (10:00 AM-2:00 PM). Drive through OC Lodge entrance portico between 10:00 AM and 12:00 PM and pick up a flyer with a map, addresses, and descriptions of each yard—\$3 per packet. Please be sure to end the tour by 2:00 PM. Contact: Fran White 408-4628.

The 2015 Annual Amateur Rose Show will take place Saturday/Sunday, April 25/26 at the OC Lodge. The rose show is a judged competition open to all Garden Group Members. Each household may bring up to five single roses (in clear water bottles—label removed), and two flower arrangements containing roses. Cash prizes will be awarded in each category and there will be



Home Garden Tour—April 23; Rose Show—April 25/26



a prize for "Best of Show." Contact: Norita Ferguson 408-4630.

The Bonsai Group meets April 16. This month we will continue to groom our bonsai plants for the May Bonsai Show.



Bonsai Show—May 2/3



**Contacts: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Virgil Dahl 408-3748, [hasbeenvd41@att.net](mailto:hasbeenvd41@att.net)  
www.lhgardengroup.org  
Bonsai: Larry Clark 409-5214, [lkclark@surewest.net](mailto:lkclark@surewest.net)**



## Genealogy

What are “ya gonna” do with all those files and boxes of genealogy research stuff? Be at the P-Hall (KS) at 6:30 PM, April 20 for the answers! “Organize Your Files” is the topic and the guest speaker is Marian Kile. Marian got “hooked” on genealogy in 2005 and has presented classes at Sacramento Family History Center. Marian will show you how to set up a simple system



Marian Kile  
Genealogy Club  
Speaker  
“Organize Your Files”  
April 20

to file your documents that allows easy access, including electronic images.

The prize drawing features software programs for “Family Tree Maker, Legacy Family Tree and Rootsmagic.” Don’t forget the social gathering for pastries and coffee immediately following the meeting.

Need a genealogy research book? We have a library! Need help getting past a wall? The website has the answers! Sign-up information is available for the first and second Monday classes in the Computer Room (OC). Volunteer coaches are available.

**Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641;  
Website: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)**



## Golf, Ladies

### Ladies XVIII

February was a busy month for the Ladies 18-hole Golfers: *Stroke Play* Flight Winners: Kathi Bothelo, Dee Arts, Lissi Bedord, Carol Tilley. *Net Chix* Winners: *Low Net* Kathi Bothelo net 65, Flight Winners: Lani Dodd, Judith Jesness, Karen Thom, Patt Page. *Stableford* Play Flight Winners: Diane Sanderson, Lissi Bedford, Sue Kort, Janet Pinnell. *T&F* Flight Winners: Shari Lloyd, Karen Thom and Ofra Unger tied,

Mikki Briggs, Julie Smith. *Low Gross* with 83 Lani Dodd. Congrats to all.

All Lady residents of Lincoln Hills are welcome in our golfing club. Please contact Membership Chair Donna Sosko for information or go to our web site: [lhgxviii.com](http://lhgxviii.com). As you can see, we have lots of golfing opportunities.

Our next special event is Spring Fling on May 7. It is our only mixed couples tournament of the year. Join now!

Join us. Call Membership Chair Donna Sosko 434-5427.

**Contact: Candice Koropp, 409-0607  
Website: [lhgxviii.com](http://lhgxviii.com)**

## Lincoln Hills Lincsters

On March 11, the Lincsters Women’s Golf Club and the Pacific Women’s Golf Association presented an informative and interesting program on the Rules of Golf. The program was chaired by Linda Salmon and Carol Golbranson. The presentation included four sessions which covered a variety of situations that might occur during a round of golf. These sessions, due to the inclement weather, were held in the Ballroom and outside in the covered patio areas. The ladies moved through each of the sessions during the morning and then reconvened back in the Ballroom for a question/answer session. Lunch followed



Andi Bristow,  
Carol Golbranson,  
Linda Salmon,  
Stephanie Trenck, Pat Keys and Lois Eriksen;  
Stephanie Trenck and Clareen Bolton



the presentation. A great deal of valuable information was shared.

The first “Captain’s Scramble” will be held on April 29, which is the fifth Wednesday in a month. The Bring a Friend Tournament is scheduled for May 13.

Golfer of the Month for February was Kay Howard of Flight C.

**Contact: Susan Pharis  
[firefly7554@aol.com](mailto:firefly7554@aol.com)**



## Golf, Men’s

We had a great turnout for the Lone Ranger Tournament.

Congratulations to Steve Mumma: A Hole-in-One on hole #7 with a six iron at 167 yards

Winners—

- Flight#1: Frank Burkhead; Joe Angle; John Vass; George Booker
- Flight#2: Joe Varner; Ronald Weech; Emil Camozzi; Dennis Platter
- Flight#3: Rob Roberson; Bob Arts; Bob Emge
- Flight#4: John Garfein; John Duggan; James Chan; Alvin Olivieri

2015 Dues Reduction: Starting on March 1, New Members in the Lincoln Hills Men’s Club, as well as the NCGA, will have dues reduced to \$83. At this time, Renewing Members’ dues will remain at \$93. (Applications are in the Golf Shop or you may download from the Men’s Club Website—[www.lhmgc.org](http://www.lhmgc.org).)

Now is the time to join Lincoln Hills Men’s Golf Club.

**Contacts: Rodger Oswald, [rodgeroswald@gmail.com](mailto:rodgeroswald@gmail.com); Roger Cummings, [cummingspct@aol.com](mailto:cummingspct@aol.com); Karl Williams, [kwill78479@aol.com](mailto:kwill78479@aol.com)  
Website: [lhmgc.org](http://lhmgc.org)**



## Healthy Eating

April is the second month of spring and local summer produce is already flourishing! Our own Lincoln Hills Farmers’ Market opens Wednesday, May 20 for a six-month run. Some early local foods soon to appear—several are *already* with us—cauli-

flower, broccoli, cabbage, potatoes, fava beans, salad greens, lemons, navel and Valencia oranges and several herbs.



Local romaine lettuce as art; coffee roasting plant tour; Lincoln Hills backyard garden

Join us as we learn about the importance and the joy of healthy eating. Monthly meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS), followed by a healthy foods tasting in the Social Kitchen (KS).

The next meeting is April 27 and our Guest Speaker is Doctor Danni Ballere, DN, Doctor of Naturopathic Medicine, who will speak on the importance of the inherent self-healing process we all possess and about healthy eating as an important part of taking responsibility for one's own general health. *Guests are welcome.*

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



### Hiking and Walking

Welcome to all the prospective hikers and walkers who visited the Hiking/Walking Group table at the "It's The Lifestyle" event, on March 12!! We hope you have visited our website (see below) and by now, have come to your first hike or walk. Although our group is listed as one group, we are actually two groups. The Walking Group stays at Lincoln Hills and walks the beautiful trails without having to leave our community. They walk every



Hikers at Buttermilk Bend and Pt. Defiance Hike; Bob Johnson (hiker), Vern Luke and Clark Smith (hike leaders) at It's The Lifestyle event; Hikers looking at interior of Bridgeport Bridge, the longest single-span covered bridge in America!

Wednesday at 8:00 AM. The Hiking Group goes outside Lincoln Hills, driving to a variety of locations from the Sacramento Valley west to the Pacific Ocean and east to the Sierra Nevada Mountains. Hikes are offered about four times a month on alternate Tuesdays and Thursdays. The website has a wealth of information about both hiking and walking!

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



### Investors' Study

May will be a merry month with the arrival of Sam Wardwell of Pioneer Investments. Sam is returning for what is beginning to look like an annual visit. In addition to bringing 35 years of experience, he adds a sense of humor and an entertaining presentation. He loves questions as well. He is a frequent guest on TV business channels. Sam's role at Pioneer is

as a Sr. VP an Investment Strategist.

Thanks to Lou Lovatti, Laura Thiele, Joe De Souza, Joan Brenning, and Doug Roach for representing our group at the It's the Lifestyle event (Group Expo) in March.



"It's the Lifestyle" event on March 12; President with the guest speaker and a guest at the March meeting

The Investor Study Group meets the first Thursday of the month. Next meeting: May 7, 2:30 PM, P-Hall (KS). Join us.

The Active Investors subgroup meets at 3:00 PM on the second Monday of the month in the Multimedia Room (OC). Bill Ness, 434-6564

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



### Lavender Friends

Lavender Friends is a social organization serving the LGBT community and friends in SCLH. If you are interested in joining, please contact the members listed below for more information.

One of the perks of living in Lincoln Hills is the proximity to Sierra College. Last year a LGBT major was approved by the state. Two courses will go online this summer. LGBT Introduction to LGBT Studies/Queer Theory focuses on the history of the LGBT community starting with the development of early communities before Stonewall, and the movement to fight for civil rights after Stonewall.

The second course is LGBT 2 LGBT Film History that covers the historical representation of the LGBT community in film from silent era to the present. The focus is on how social attitudes shape cultural representation.

To register go to [www.sierracollege.edu/admissions/index.php](http://www.sierracollege.edu/admissions/index.php). Summer in-



struction is June 8 through July 30.

Upcoming events include Movie and Dinner April 28, and Breakfast May 4. Check [www.lavenderfriends.com](http://www.lavenderfriends.com) for additional social opportunities.

**Contacts:** **Jacquie Hilton 543-9349**, [jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net); **John 408-2576**, **Sheila 408-2802**

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

## Lincoln Hills

### Line Dance

"It's the Lifestyle" event at Orchard Creek Lodge on March 12 was very successful! Now our next big event is the Free Line Dance Party in the OC Ballroom on Sunday May 3, from 1:00-4:30

PM. All levels will dance, and guests are welcome.

One question we get from newbies to Line Dance is, "What kind of shoe should I wear?" Cowboy boots, jazz, ballroom and Hip-hop dance shoes can be used. The important thing is that the shoe's sole can turn easily. One wonderful alternative for beginning dancers who don't want to invest in a costly shoe yet is a dance sock that can go over any kind of shoe and

make it easy to turn. These are available on Amazon. Be sure whatever shoe you wear has a back and is closed at the toe.

See you on the dance floor!

**Contacts:** **Sheridan Brown 408-5674**, [shrdnbrwn@yahoo.com](mailto:shrdnbrwn@yahoo.com); **Carol Rotramel 408-1733**, [caroled1974@gmail.com](mailto:caroled1974@gmail.com)



### LSV/NEV

**Reminder:** Very important announcement. The April 21 membership meeting for the LSV/NEV Group is going to be held

at the Solarium at OC Lodge for a luncheon meeting. Lunch at 12:00 PM. *Reservations essential*, space is limited. Make your selection from three menu choices. \$16 per person.

Speaker: Gary Leonard, retired Chief of Police of many U. S. cities. Questions: Call Lillian Nawman 408-2184, luncheon coordinator. Prize drawings will follow speaker's program.

**Contact:** **Dan Gilliam, 209-3946**



### Mah Jongg, Chinese

Greetings! 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.

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. We will welcome the opportunity to teach you. Even if you already know how to play this game, please join us.

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

**Contacts:** **Dianne Vincent 543-0543;** **Bruce Castle 846-1500**



### Mah Jongg, National

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

Great news for people wanting to learn National Mah Jongg! One of our players, Fran Rivera, teaches in her home at no charge. New players will need to call Fran at her number listed below to set up some classes.

**Contacts:** **Carol Vasconcellos, 209-3457;** **Judy Rosenthal 408-857-1353;** **Fran Rivera, 434-7061**



### Mixed Media Collage Arts

How do you demonstrate your message or sense of humor, or unique personality in your artwork? A Mixed Media teacher (Bonnie Armstrong) suggested we

work on becoming subtle when working on the layout of the artwork. She noted this is often more difficult than it sounds as we often want to place all that neat "stuff" we found. Suggestions include limiting the number of items per piece and then apply them using alternate techniques—for example draw, trace or paint the item. As she reminds us, you want the viewer of your art to look at the piece and ask, "How did they do that?" We meet on the third Wednesday each month from 1:00-5:00 PM in the Ceramics Room (OC).

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



### Motorcycle

#### RoadRunners

Our first ride of the season took us to Dublin, and a visit to the Elliot Ness Show Room and Museum of exotic motorcycle creations. It was an interesting and exciting revelation of what you can do with a common motorcycle. There were some elaborate configurations of motorcycle art. The ride was enjoyed by 11 club riders. The ride included a lunch in downtown Livermore in one of their popular Ale House Restaurants. The ride was led by our VP/Head Road Captain John Marin. Thanks for an interesting and pleasant ride.



Arlen  
Ness  
Creations  
at  
Museum

The rest of the season continues with some exciting rides. We have a Delta/River ride, Sonora/Covered Bridge tour, Chester/Lake Almanor tour, and a Plymouth/Wine Country ride. Also thrown in is a multi-day tour to Crater Lake in Oregon.

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."*

**Contact:** **Patrick Chaves 408-1223**, [patmcspeed@gmail.com](mailto:patmcspeed@gmail.com)



## Music

The SCLH Music Group met last month to pay a musical tribute to Paul Daher, who passed away in March. Paul was not only the group's founder, but also its enthusiastic leader since 2002. He will be greatly missed.

On Wednesday, April 22, the Music Group will hold its regular monthly meeting from 6:30 to 8:30 PM to play music and socialize, Fine Arts Room (OC). Everyone is welcome.

The next SCLH Friday Night Open Mic is scheduled for April 24 from 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians and audience members. No karaoke is permitted.

The Ukulele Jam Group, held Wednesdays from 1:00 to 3:00 PM (OC), is open to anyone with an interest in learning the instrument. Contact group leader Ron Peck (409-0463) for information.

*Written by Carol Percy.*

**Contacts: Carol Percy 543-1365, crpercy444@gmail.com or Julie Rigali, 408-4579, jrrigali@yahoo.com. Website: www.suncity-lincolnhills.org/residents, Groups, Music**

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



## Neighborhood Watch

Ask Executive Director Ron Wood about his volunteer work in the Boy Scouts, Red Cross, and Knights of Columbus, in addition to assisting Neighborhood Watch.

Having three sons led Ron to a succession of increasing responsibilities as a Boy Scout leader. His Scouts became the First Aid Unit to the entire Counsel, and won the 1992 Advanced First Aid Championship in Sacramento. He also earned his Emergency Medical Technician Certification and taught Advanced First Aid for the Red Cross. After moving to Lincoln Hills, Ron initiated the annual Crab Feed for the Knights of Columbus, now enjoying its tenth successful year.

Ron's first job at the Hanford Nuclear Plant in Richland, WA, presented the opportunity to save millions of dollars through data processing, and he continued in this field throughout his career. He and his wife, Gerry, have been married almost 52 years, and have three sons and a daughter.

**Contacts: Ron Wood 434-0378, ron2029wood@att.net; Pauline Watson 543-8436, frpawatson@sbcglobal.net Website: www.SCLHWatch.org**



## Painters

Our April 20 membership meeting will feature A Swap Meet. This is an opportunity to clear your clutter and, perhaps, find some art supply treasures for your studio! See you at Kilaga Springs Lodge at 2:00 PM!

May 2 and 3 will be our annual "LH Open Studio Tour," with artists opening their studios to the public. All types of arts and crafts will be featured and offered for sale, and some venues will include demonstrations of techniques and chosen mediums. Maps will be available at OC.

Our May 18 program will be an art challenge with members presenting newly painted "Renderings of Lincoln".

In May, members will enjoy our annual

spring luncheon.

**Contacts: Joyce Bisbee, joybis@aol.com; Jack Cook 434-6317, li4cook@aol.com; Jim Brunk (plein air paint-outs), 434-6317, brunk@starstream.net Website: www.lhpainters.org**



## Paper Arts

Our Demo Day was enjoyed by all. New techniques such as paper folding and use of tools such as the Creative Station and Xyron Sticker maker made for a fun time. Shirley Rainman had a great "make and take" card for everyone.

Our group had two tables of cards, photo albums, scrap books and other paper creations at the It's The Lifestyle event last month. This is a great opportunity to highlight the talents of our members and generate new interest in our group.

In addition to paper arts projects, our club is actively involved in numerous charitable groups. We currently donate cards to the Placer County SPCA to sell in their thrift shop; donate card fronts to St. Jude's Burn Center for resale by the children; donate food to the Salt Mine, and donate toys to Sleep Train Foster Kids.

Check the window at OC for sports-themed cards.

**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

April is full-bloom spring month, a reminder of the renewal of life cycles we all visually experience and capture with our cameras. It is, of course, the month of each year that our be-



## Needle Arts

### Threads of Friendship

What a delightfully entertaining meeting where members were treated to a display of outstanding Classic Italian Stitchery by Vima de Marchi Micheli. The pieces of art displayed by Vima were spectacular. It was wonderful to hear her stories about how she started at such an early age and how she continues to go to Italy to renew her skills.

And now on to our annual Spring Fling!! The big affair is coming up May 12; one of the highlights of the year and our only fund-raiser. In addition to a delicious lunch served in our very own Ballroom, you will be invited to roam around and take a look at all the wonderful items up for auction. Betsy McMullen and Sue Salingler have devoted many hours to make this a grand experience for all. There are surprises awaiting your discovery. A must attend event!!





"Heron Tongue Wag" and "Lizard Yetch" by jeffa

loved state and national exchequers embrace spring cleaning with a vengeance via the official purging of our purses. While our wildlife friends are not subject to this financial masochistic mambo, a recent poll of same resulted in a common lingual response. Not sure if this was a sign of distaste or a nah-na-nah-na-nah-na jibe, but they made a point. Next month we will discover the volun-

teers who will lead this talented band of shooters through the next year beginning in July. Also at the May 13 meeting, our featured speaker will be Sam Shaw, courtesy of Truman Holtzclaw.

Writer: jeffa.

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



### Pickleball

We had a steady stream of visitors at our club's table during the "It's the Lifestyle" event as eager residents inquired how to get started playing this fun, addictive sport. Congrats to Connie Coolidge, drawing winner of a new paddle donated by Wayne. BTW... Wayne's gigantic yellow paddle says it all!

One hundred and four club members had an active morning of fun, nutritious snacks (thanks, Healthy Eating Club!) and camaraderie at our March Madness Mixer. Thanks to Lynn and crew for organizing another day of fun on the courts.

Come watch our 2015 Club Championship Tournament on May 12-14 and 19-21. Spectators welcome and can expect to see some intense competition. Players at all levels are competing for medals and 12 months of bragging rights!

Our next board of directors meeting



*Fun for all on the courts at the Mixer; the paddle doesn't lie!*

will be Wednesday, May 13, 2:00 PM in the Ceramics Room (OC) and open to club members.

**Contact: Marty Rubin 408-3494,  
marty629@gmail.com  
Website: www.lhpickleball.com**



### Players

On June 6 and 7, Reader's Theater will present two segments of Easy Aces, a 1930's radio show. The first is Jane Serves on a Jury, with 14 roles, eight males, four females and two parts can be played by either. The second is Jane Goes to the Psychiatrist, with six roles, two males and four females. Auditions are April 29 and 30 in the Fine Arts Room (OC).

The production of Gopher Gap or Sticky Fingers Won't Wash was as much fun for the cast as it was for the audience who participated with much appreciated booing, hissing and applause. Table seating with appetizers and bar service was offered for the first time and was also a big success.

The Players are looking to train sound techs and lighting techs. (Contact information below.)

Players meetings, 4:00 PM, second Monday of the month, P-Hall (KS).

**Contact: Barbara Greenfield  
408-5017, barbieg1@sbcglobal.net  
Website: www.lincolnhillsplayers.com**



### Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and 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.

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

**Contacts: Paul Marcorelle 925-658-2404; Lynne Barsky 253-3730**



### RV

The quartet of Betty & Dean Schumacher and Julie & Dave Africa report there was a lot of interest shown at the RV Group's booth at "It's the Lifestyle," the club expo held March 12 at Orchard Creek Lodge. They answered all questions about the group's activities.

Some of the RVers are taking off for Red Bluff April 16 for a four-day rally at the Durango RV Resort. Wagon Masters Ricki & Ed Montoya report a sellout of 15 rigs making the trip. Highlight of the rally will be the Red Bluff Rodeo. There will also be a catered pasta dinner, golf, an olive oil tasting and tour, and a catered taco bar.

Next rally will be May 17-20 at Jackson Rancheria.

The RV Group's monthly meetings are on second Thursdays, 4:00 PM, in the Social Kitchen (KS). They are open to all Lincoln Hills RV owners.

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



### SCHOOLS

**Sun City Helping Our Outstanding Lincoln Schools**

So many of you stopped by last month to chat with us about volunteering with our schools, that it reminded us of just

how many amazing folks live in our community! We loved talking with you and listening to your stories. We look forward to working with you as you make your decisions to volunteer. As Christopher Robin said to Pooh, "Promise me you'll always remember—you're braver than you believe and stronger than you seem and smarter than you think." The hundreds of students and their families who live in and around Lincoln are vital threads in the fabric and the future of our world. If you have any questions, please contact us.

And remember to mark your calendars for our Appreciation Picnic on June 9 from 5:30 to 8:30 PM in the Sports Pavilion. Whether a volunteer yet or not, you are welcome. Come! Get to know us!

Written by Sandy Barry.

**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

SCOOP's April Speaker Meeting was held April 7 at Orchard Creek Lodge featuring Walter Helm, from Canine Companions.

SCOOP's Calendar:

- April 22—Potluck, Sports Pavilion, 12:00 PM—Doggie friends on leashes invited!
- May 20 —"Pooches on the Patio," Secret Garden, 9:30 AM—Dogs on leashes.
- June 2—SCOOP Meeting at OC Lodge, 11:00 AM—Dog Portraits.
- July 22—"Ice Cream Social," Sports Pavilion, 7:00 PM. Refreshments provided—Dogs on leashes.
- August 4—SCOOP Meeting at OC Lodge, 11:00 AM. Speaker to be announced.
- September 17—"Pooches on the Patio," Secret Garden, 9:30 AM—Dogs on leashes
- October 6—SCOOP Meeting at OC Lodge, 11:00 AM. Speaker to be announced.
- October 28—"Coffee Social and Costume Parade," Sports Pavilion,

2:00 PM. Refreshments provided.

Please contact SCOOP if you are interested in seeking a position on the Board Election—later this year!

Dues: \$12 per year

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

Previously I have discussed many place names that are playable in Scrabble such as china, alaska, danish, etc. Just as many proper nouns have alternate definitions, so do many of our own names that make them playable. A few playable first names: alec (a herring), barbie (a barbecue), biff (to hit), daphne (a flowering shrub), franklin (a medieval English landowner), henry (a unit of electric inductance), josh (to tease) and marge (a margin). So if you find letters on your rack to spell one of these names, go ahead and play them!!

Come join your friends and neighbors for Scrabble on Mondays at 1:00 PM in the Cards Room (OC). Let's Scrabble!!

Submitted by Connie Protto.

**Contact: Anne McMaster 409-5408**



## Shanghai

We invite you to come to our Shanghai Group and learn a new game. A game played with four to six players at a table. It uses three decks of cards, and six jokers. Come and see what it means to have a "Shanghai." We play every Thursday at 12:30 PM at Orchard Creek Lodge. We also meet on the second and fourth Friday nights 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

Nominations for officers for the upcoming year were announced at the April Business Meeting. Nominations are open until April 30. Election is in May.

Upcoming Events: Dining Out will be at the Red Lantern April 16. All of the regular

events will take place as usual. The Social Meeting on April 23 will celebrate that Great American Pastime—Baseball! Wear baseball attire for "Fun at the BallPark" at KS!

We will be playing Poker and Board Games after the Business Meeting on May 14.

A mega event at the Social Meeting, May 28 will be an Auction of Services that our members donate. Get in on the action! It promises to be a lively event!

Details for everything are in the Dynamic Singles Flyer. Find it at each Business Meeting, on the rack at OC and the resident website.

**Contact: Judie Leimer 408-4308, [j.leimer@icloud.com](mailto:j.leimer@icloud.com)**



## Ski

See the pictures below of the season's highlight for many of us at Whistler, British Columbia; fun times on the slopes and in the lodge!

Our March membership meeting featured our club's sole, full-time snow boarder, Bob King, with his tongue-in-cheek Letterman-style presentation on "Ten Reasons to Ski with a Boarder." Although we have no plans to change the club's name anytime soon, Bob has been a welcome and very active addition to our mountain adventures.



The Gang at Whistler; dinner courtesy of Chef Reiner

Our next general membership meeting will be the annual post-season potluck



party, to be held on Thursday, April 23, starting at 5:00 PM. The party will be hosted by Bill & Lillie Smith in their lovely home. RSVP and appetizer assignment details will be provided soon. At that meeting we will elect the steering committee members for next season, and conduct other club business.

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

### Softball, Senior League

The Summer League draft is complete and the "Boys of Summer" are preparing to take the field. Twelve teams will be competing in this year's April-August season.

We plan on a spectacular Opening Day celebration at Del Webb Field for our 16<sup>th</sup> year celebration on Saturday, April 18 beginning at 8:45 AM. Plan on coming out and joining the festivities. We have a new program planned with music, marching, softball and our famous "Hot Dogs." Join us as we usher in a new season of competition and camaraderie.

Summer League games begin April 13 and will be held each Monday and Wednesday from 8:00 AM to 2:00 PM through August. Please join us and cheer for your favorite team.

Sunday practices (10:00 AM each week) are a good way to re-acquaint yourself with this great game. Check out LHSSL.org for team schedules and other softball information.

**Contact: George Sylvia 295-1957,  
geocath7@yahoo.com  
Website: LHSSL.org**

### Coyotes

The Coyote 75s opened their season in Manteca in early March finishing second in a strong field. Strong hitting by Larry Manley, Gym Mikaelson and Jerry Lambert backed by solid defense and great pitching from Ron Waisner and Virgil Dahl paced the Coyotes to a solid start to their season.

Thursday League games commenced at Del Webb Field beginning April 9 and will continue until September. Game times are 8:30 AM and 10:15 AM each Thursday. This is a league composed of travel team

players supplemented by select Summer League players.

Information on the Coyote team schedules can be found on the LHSSL.org website under the "Travel Teams" tab.

**Contact: Bec Cannistraci 408-4679  
beccannistraci@sbcglobal.net  
Website: LHSSL.org**



### Sports Car

Our car group is organizing a donation effort to help The Gathering Inn (TGI) in South Placer County. I toured the Roseville facility and was stunned by the amount of help provided to people in need. The people must be sober and are screened for TB and Megan's Law. Some walk in while others are referred by hospitals, police, social services and churches. TGI washes clothes and offers showers. Each night they are taken to churches for dinner and a safe place to sleep.

Donation needs vary daily. Right now they need underclothes for males and females, plus shoes and laundry soap. These people are in and out of street living and about 33% get into permanent housing. Most of the operations budget comes from churches, private and government. Our contributions will stretch their dollars to help some really needy people. Contact DiAnn Rooney and Cheryl Synder to donate.

*Written by Bud Van Cott.*

**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 with Round Dancing between tips  
Mondays, 2:15-3:30 PM (KS)  
Scott & Erin Byars, caller and cuer
- 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

During our scheduled play of March 22 we hosted several players from Sun City Roseville. The Roseville group (due to the smaller community) is a smaller group, but also plays three days a week. These "guys" can really play, which I hope to attribute to the age of their community and thus the greater experience level. They enjoyed our facility as they played for nearly three hours.

Ginger Nickerson has agreed to contribute articles to the monthly newspaper as well as the *Compass*. Her first article(s) will be written in May and appear in June.

The challenge tables (reserved every Tuesday) continue to be a success. All levels of players participate. Once the challenge game is over, the next four on the board play.

Play is on Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00-11:00 AM at KS. You can arrive anytime within those hours. Please join us.

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



### Tap Company

The Tap Company produced another successful show last month called "Rockin' The Hills." (See photos, next page.) By now everyone knows that poor Jack was able to win his true love, Mary, by proving to her that he could really dance. A good time was had by all who saw and performed in the show. We want to thank all who participated by dancing, singing, acting, directing, producing, choreographing, and providing technical and backstage support. It was a huge team effort, and without a lot of hard work and dedication it could not have been done.

Jan Roeser is already working hard on plans for our annual luncheon to be held in June. Check your emails and other publications for the exact date and location. We are also looking for members who are interested in being officers of

The  
Diamonds;  
Sassy Red  
Hats



the Tap Company next year. If you are interested, please contact Janet Becker at 543-3493.

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



### Tennis

Irish saying “May your home always be too small to hold all your friends.” Could have been “Luck of the Irish” that these



Participants at the St. Patrick's Day Tournament; John Abela and John Burke (who is full Irish) no wonder he took the prize!; Rosemary Marty, Jackie Fong, Cathy Garrison & Sue Favela



players had—St. Patrick's Day Tournament results:

- Women's 3.0: First Bev Evans; second Carol Vasconcellos
- Women's 3.5: First (tie) Polly Smith, Bonnie Sonnenburg; second Freda Shanley
- Women's 4.0: First (tie) Karen Burbank, Linda Burke; second Kris Chiosso
- Men's 3.0: First John Abela; second John Burke
- Men's 3.5: First Phil Meth; second David Rosenthal
- Men's 4.0: First (tie) Joe Favela, Russ Smith; second Ron Swaving

Action coming up next: Men's Doubles Championship, Friday, May 15; Mixed Doubles Championship, Thursday, June 25. Flyer, with details, at the Pavilion.

Special event: Third Annual LARTA Spectacular Tennis Event honoring Ron Gilman, Saturday, May 16, 9:00 AM to 2:00 PM. Contact Peter Schor or go online [www.lartatennis.com](http://www.lartatennis.com).

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



### Vaudeville Troupe

Many of our Vaudeville Troupe recently performed in “Rockin’ the Hills” presented by the Lincoln Hills Tap Company. Ten days later



Vaudeville Troupe members who participated in The Lincoln Hills Tap Company's production of Rockin' The Hills

they auditioned for the next Golden Revue Vaudeville Variety Show to be held July 10 and July 11. These are very dedicated people! The audition committee is busy selecting the acts that will be performing. This is no easy task as we have so many talented people in our community and we are limiting our show to two hours including an intermission!

It was so great seeing familiar faces and meeting new people at the It's the Lifestyle event. Remember, we invite you to share your talents and join our troupe!

Hope you got to see our featured troupe members—Jerry & Sandra Mandolfo—in the recent April Sun Senior News.

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



### Veterans

Lee Belshin, a veteran of the U.S. Navy and a career health educator, will be the featured speaker at the April 16 general membership meeting at 1:00 PM in the P-Hall (KS).

During his career with the Los Angeles County Health Department, Belshin was one of the first to organize and teach classes in gerontology. He is a past president of the Golden Empire Northern California Chapter of the American Heart Association, and a recipient of its Distinguished Service Award.

He is the author of books on heart and prostate health, and recently published a new book, *Hijack the Aging Process*. He is a popular speaker on healthy living. He has always been interested in the relationship between humor and health. At an age when most comedians retire, Belshin has fulfilled a lifetime ambition to become a stand-up comic.

**Contact: Jack Everett 409-0650, jack.everett@att.net Website: [lhvets.org](http://lhvets.org)**



### Water Volleyball

Well, spring is officially here! Are you looking for a new workout routine? Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week. Try it out three times for free. Annual membership is a nominal fee.

Come join us and we hope to see you in the pool.

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 at 6:45 PM, Thursdays 6:20 PM.

Interested? Contact Jim Puthuff

**Contact: Jim Puthuff 768-3936, sclhwatervolleyball@aol.com, jputhuff@softcom.net**

**Website: www.lhwatervolleyball.com, www.lincolnsuncity.org**



**Writers**

“Never say goodbye because goodbye means going away and going away means forgetting.” — J.M. Barrie, *Peter Pan*. We say “farewell” to long-time member Beverly Deen who published her memoir, *Pecans and Magnolias* last year and is moving. “Having my story published

was important, but the friends I made were more valuable to me,” she said. The Writers Group meets the second, fourth and fifth Monday of each month at 6:30 PM in the Ceramics Room (OC). We read aloud our writing and then are critiqued by our peers. All SCLH writers or those striving to be writers are welcome.

A special thanks to those residents who visited the Writers Group table and display



From left: Jim Fulcomer and Alan Lowe

at the “It’s The Lifestyle” event in March.

**Contacts: Bev Brannon bevbrn49@aol.com; Jim Fulcomer jifulcomer@mac.com; Linda Lucchetti linllu@aol.com**

The Authors Resource Group welcomes two new members Jan & Joe Orsini. The group will meet Wednesday April 15 to discuss tax implications of book royalties, how to leave future royalties to your beneficiaries and more. Join us! We’re here to help and encourage *you* on your road to copy-editing, formatting, publishing and promotion of your book!

**Contacts: Linda Bello-Ruiz, lbelloaruiz@gmail.com; Leo Craton 543-9012**

**Kingfisher Trail**

*Continued from page 17*

Once you’ve completed stretching, enjoy the Kingfisher Trail.

Head north on the trail to the open space where scores of yellow-green grasses occasionally appear punctuated by lines of dark berry bushes. A fistful of cattails poke and tickle the blazing blue spring sky.

Cross the bridge at the belly of the untamed land and the trail soon rises to meet the Fountain Hill Trail.

For a long saunter, return to Blue Heron and turn right, continuing to the corner of Song Sparrow, then turn left on the cement path. At the end of the path, turn left on Blue Heron, returning to the park. This stroll of 20 to 30 minutes has a gradual grade change.

For a short but mighty workout, follow the trail across the street from the park. You’ll come to an impressive hill offering a grand view.

Directions to the LifeTrail fitness equipment: From OC, right on Del Webb, left on Stoneridge, right on Spring Valley and left on Blue Heron. Park between #2588 and #2564.

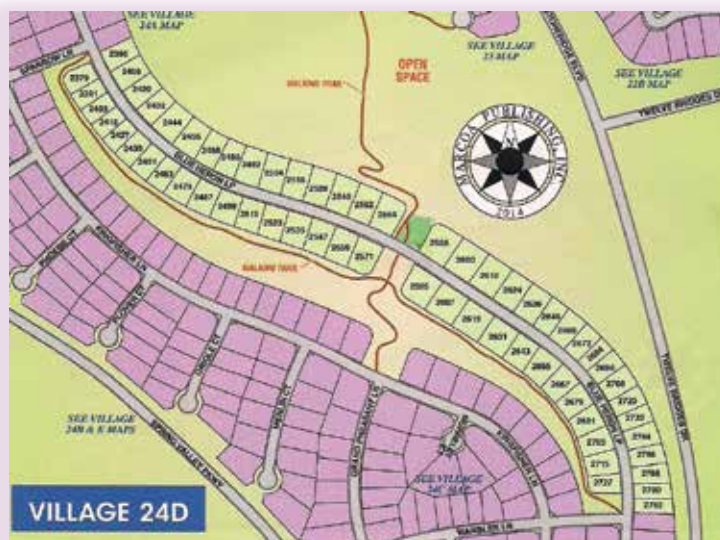


*Cross the Kingfisher Trail bridge to meet the Fountain Hill Trail*

There are additional entry points for this trail. See your Community Directory and Resource Guide foldout map 3 and Village 24D map, page 50, for details.



*The stairs of the Kingfisher Trail offer an extensive view*



*Kingfisher Trail map from the 2014 Community Directory and Resource Guide*

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## St. James Episcopal Church

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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.

### Cloggers

Happy spring! We hope you are registered for the fantastic fun-filled three days of clogging workshops taking place in Modesto on April 17, 18, and 19. Did you get the special room rate at the Doubletree Hotel? You will be dancing in workshops, watching shows, eating... But not to worry—clogging burns a *lot* of calories. Now if, sadly, you can't join us at the Modesto event, look ahead to July, when there'll be another workshop and dance opportunity in Belmont, CA. In the meantime, come join our weekly classes, burn calories, dance to great music, and raise a ruckus with those clogging shoes! Contact: Anita Tyson, 543-5330.

### Glaucoma Support Group

The Glaucoma Support Group will meet on May 13, at 4:00 PM in the Multimedia Room (OC). Please join us as we discuss ways to live with Glaucoma. Additional info: Bonnie Dale, 543-2133 or [Bjdale@aol.com](mailto:Bjdale@aol.com).

### Italian Club (LHIC)

Answer the question, "How Italian Are You?" at a pasta dinner paired with an informative quiz on Friday, April 24, from 6:00-9:00 PM

## You are invited to attend...

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

Thursday, April 30 • 10:00 AM Living Trust Seminar Oaks (OC)

in the Placer Room (KS). More info: LHIC Webpage at [www.lhitalianclub.org](http://www.lhitalianclub.org). "Bocce Ball and BBQ" rolls out Sunday, May 31, from 10:00 AM-4:00 PM at the Sports Pavilion. Sign-up and info: the flier on the LHIC Webpage. New members are the lifeblood of a club. During March, April and May, to attract new members, the LHIC is conducting its annual "Membership Matters" campaign, culminating with a mixer in June. More info about joining the LHIC or the campaign: Christine Cirrone (209-3426) or Tom Freschi (408-0277). Are you a Lincoln Hills 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 Chamber Music Group

Musicians with a love of classical, operatic and instrumental music have formed a group and are looking to expand its membership and further possibilities. We will be performing two numbers at the Open Mic event at the P-Hall (KS) on April 24 at 6:00 PM with soprano and baritone singing a Mozart's duet from his opera. Don Giovanni accompanied by cello, clarinet and piano. We are especially interested in adding a violinist and flautist. More info: John Parks, 408-0388.

### LH Parkinson's Disease Support Group

The LH Parkinson's Disease Support Group will be meeting on the third Tuesday of the month. The meeting goes from 10:00-11:30 AM and meets at the Raley's Conference Room in Lincoln. In the month of April (April 21), we will have a guest speaker, Lisa Yount, a physical therapist with Sutter. Come join us! More info: Brenda, 253-7537.

### LH Travel Group ([www.lh-travelgroup.com](http://www.lh-travelgroup.com))

Where do you want to go? We may have just the trip you want. Meetings are on the third Thursday of each month, 7:00 PM, in the Presentation Hall (KS). On April 16, Ilene Ferguson will present information about the following. Alamo Travel trips being offered this year: Danube River Cruise; a Crystal Cruise from NYC to Montreal; Red Rock Pickleball & Canyonlands Tour; and a Princess New Year's Cruise. Presentations on selected travel destinations are shown by Professional Travel Managers each month and everyone is welcome. Committee members will talk about other trips being offered. See our website for details. We have been offering trips since 2000 that go all over the world. Committee members are all Lincoln Hills residents. We are not travel agents. 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 543-0992, [Judyvolk@outlook.com](mailto:Judyvolk@outlook.com).

### LH Videography Group

Some SCLH residents have expressed an interest in forming a new group (club) dedicated to Videography. The scope of activities would most likely include presentations, demonstrations, discussions, and field trips and cover the operation of a wide range of video-capable equipment and editing software. Today's video cameras are everywhere and can be found in devices

*Continued on page 38*

## Reminder for Residents

### Use Your Association's Electronic Payment Program to pay your quarterly dues

What could be simpler—Sun City Lincoln Hills Community Association offers electronic payment of your regular Association assessments through Community Association Banc. When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's ACH program. Your payments are sent automatically from your bank directly to Community Association Banc. You don't need to

remember to write and mail a check or remember to log into your bank to send the payment. It happens every quarter, whether you are at home or away. You don't need to worry or try to remember if you sent the check—it happens automatically.

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

*Continued from page 37*

such as DSLR Cameras, Smartphones, Tablets, and GoPros, as well as Camcorders. Potential workshops could cover a variety of subjects from capturing original footage (recording) to creating final edited videos. Members will be encouraged to share their knowledge and practical experience in the art of videography, mentor others with less experience and support the local communities whenever possible. The process of forming such a group starts with determining interest and purpose. If you are interested in becoming a member, please contact Jeff Hanner at jeffhanner8@gmail.com or 769-2871.

**Lincoln Caregivers Support Group**

The Lincoln Caregivers Support Group meets on the third Thursday of each month. All it

takes is one fall or one diagnosis and you suddenly become a caregiver. No matter what the illness, whether you are caring for someone right now or will be in the future, we invite you to join us. Twelve Bridges Lincoln Library, 9:00-10:30 AM. More info: Brenda, 253-7537.

**Lincoln Democratic Club**

The Lincoln Democratic Club will meet Thursday, April 16 at 6:45 PM. The guest speaker is Jamie Beutler, Vice Chair of the State Democratic Party Rural Caucus, and the topic for discussion is the State of Jefferson. The concept of a U.S. state that would span the rural area of southern Oregon and northern California dates back to the 1850s. Current efforts have resulted in declarations of separation from several northern California counties. The

meeting will be held in the Placer Room (KS). Questions: lincolndems@gmail.com or www.democraticclublincolnca.org/next-meeting.html.

**Lincoln Multiple Sclerosis Group**

The Lincoln Multiple Sclerosis Group meets the first Tuesday of every month, except July and August. Our fun luncheons are in June and December. Our next meeting will be on Tuesday, May 5 at 1:00 PM in the Sierra Room (KS). Questions: Marilyn Sharp, 434-6898.

**Open Play Games**

Interested in playing card, tile and board games? Opportunities are 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

~ **Community Perks** ~

**Home, Health & Business Showcase**  
**Wednesday, April 15 — Free**

Learn about the latest products and services for home, health, garden, auto and personal/financial matters. Meet *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. Additional info: Judy Olson, 625-4014.



will be payable to SCLHCA. Look for the big Shred-It truck in the parking lot!

**e-Waste Recycling**  
**Tuesday, April 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!



**Softball Senior League Opening Day**  
**Saturday, April 18**

We plan on a spectacular Opening Day celebration at Del Webb Field for our 16<sup>th</sup> year celebration on Saturday, April 18 beginning at 8:45 AM. Plan on coming out and joining the festivities. We have a new program planned with music, marching, softball and our famous “Hot Dogs.” Join us as we usher in a new season of competition and camaraderie.



**Annual Home Garden Tour**  
**Thursday, April 23 — Free**

10:00 AM-2:00 PM. Drive through OC Lodge entrance portico between 10:00 AM and 12:00 PM and pick up a flyer with a map, addresses, and descriptions of each yard. \$3 per packet. Please be sure to end the tour by 2:00 PM. Contact: Fran White 408-4628.



**Document Destruction**  
**Monday, April 20**

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, no plastics or cardboard. Due to a change in the new vendor’s policies: \$10 cash or check per average file box



**Music Group Sponsored “Open Mic Night”**  
**Friday, April 24 — Free**

6:00-8:00 PM, performance sign-ups starting at 5:30 PM. P-Hall (KS). Open to SCLH musicians





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 Lincoln Hills residents 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 (781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on

the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

#### Shalom Group

The purpose of the group is to cultivate social and educational relationships with people here in SCLH. So who doesn't like good food? Well our new President Hagai Narkis has put together a cooking class open to our members. Hagai is a Chef and has worked in some of the best five star hotels. He also teaches his love of cooking at Sacramento State. The Passover Seder plans are underway. For more information on this and all the other activities on our calendar, call us. We have something for everyone. Vida Morrison Chair, 984-1043,

or Sandy Klein, 408-2020.

#### Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the spring and summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Residents interested in trap or skeet shooting can contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents

*Continued on page 40*

## ~ Community Perks ~

who wish to perform. Audience participation encouraged and appreciated; no karaoke.

#### Annual Amateur Rose Show

**Saturday & Sunday, April 25 & 26 — Free**

OC Lodge. The rose show is a judged competition open to all Garden Group Members. Cash prizes will be awarded in each category and there will be a prize for "Best of Show." The community is invited to come and see the beautiful flowers. Contact: Norita Ferguson 408-4630.



#### Annual Art Studio Tour

**Saturday & Sunday, May 2 & 3 — Free**

Artists open their studios to the public. All types of arts and crafts will be featured and offered for sale, and some venues will include demonstrations of techniques and chosen media. Maps will be available below the display board (OC).



#### KS at the Movies: Guardians of the Galaxy

**Monday, May 4 — Free**

1:30 PM, P-Hall (KS). PG-13, 121 minutes—Action/Adventure/Sci-Fi. Chris Pratt, Zoe Saldana, Vin Diesel, Bradley Cooper, John C. Reilly, Glenn Close. A group of intergalactic criminals are forced to work together to stop a fanatical warrior from taking control of the universe.



#### Parking Lot Sale

**Saturday, May 16**

7:30 AM-12:00 PM, Fitness Parking Lot (OC). Enjoy an early morning romp checking our unique items at low prices at our annual Parking Lot Sale. You'll never know what treasures and fun things you can discover at the sale. We also have doughnuts and coffee available! Come early for the best choices from your friends and neighbors.



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

**Every Wednesday, starting May 20**

Join us at the opening day of the Lincoln Hills Farmers Market. Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM to 12:00 PM. 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 the weather and availability of crops, the Farmers Market will be offered until November. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.





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Designed for women who are considering taking up the game of golf for the first time or returning to the game after years of not playing. This four week program covers the basic fundamentals of putting, chipping, pitching and the full swing while offering ladies a private environment in which to learn and improve their abilities. Class size limited to 6.

10:30am - 12pm | \$80 per Player  
Thursday, May 7th, 14th, 21st & 28th

**MIXED CLASSES  
BEGINNER &  
INTERMEDIATE**

Designed for men and women who are considering taking up the game of golf for the first time or returning to the game after years of not playing. This four week program covers the basic fundamentals of putting, chipping, pitching and the full swing.

Beginner  
Thursday, May 7th, 14th, 21st & 28th  
8:30 - 10am | \$80 per Player  
Intermediate  
Wednesday, May 6th, 13th, 20th & 27th  
8:30 - 10am | \$80 per Player



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DESIGNED BY  
BILLY CASPER GOLF





*Continued from page 39*

interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

## Sleeping Soundly

*Continued from page 10*

tant advances in *dental* treatment for that condition. In fact, you may be surprised to learn about many interrelationships between medical conditions and dental treatments.

The importance of having a comprehensive integrated health plan that incorporates both medical and dental aspects cannot be overemphasized. There are many medical problems that will affect your dental treatment, and there are important dental solutions for some of those medical problems. A common case in point for the first situation is that of diabetes, which, if poorly controlled, would affect what anesthetic agent and what antibiotics to use in case of an emergent oral surgery for

acute infection. Furthermore, diabetes is always related to diet, and without good oral health, it may be impossible for a diabetic to eat properly. Another example would be the facial pain caused by temporomandibular joint dysfunction for which a dental intervention very likely would be the primary solution.

Sleep apnea is a common condition. The cardiology team speaking at a recent Community Forum about heart conditions such as atrial fibrillation and congestive heart failure stated that these conditions could not be treated adequately in those with sleep apnea unless the sleep apnea was first corrected. If sleep apnea is suspected, the first step is to undergo sleep studies, which usually means going to a sleep center for one night to be hooked up to all kinds of monitors while one sleeps. Once it is established that sleep apnea exists, then the most common traditional treatment has been a CPAP (Continuous Partial Airway Pressure) machine.

Dentistry has now come up with a different option for treating sleep apnea. You

will want to hear about this by attending the **Community Forum, “Dental Solutions for Medical Problems from A to ZZZZZZ” on April 29** (see page 104) Russell Sutliff, DDS, MS, is one of the more enthusiastic speakers we have featured. Correcting sleep apnea will surely reduce your risk for many medical conditions, likely lengthen your life, and it may even improve your sex life!

### Did You Know?

**New Details about processes and procedures within our lovely community happen all the time. Remember to attend the New Resident Orientations—open to all residents—and learn something new!**



## In Memoriam

### Carolyn Ruth (Ulmer) Gorman

Carolyn came from Pennsylvania where she was educated in a Quaker School. After attending Cedar Crest College, she came to California where she married Steve Gorman, and moved to El Dorado County. She worked with Hospice, and worked at the Angel Flight's Northern California Office. She was also a "Make-a-Wish lady." Carolyn served on the Grand Jury, and penned one of the most controversial decisions. Carolyn enjoyed photography and never forgot her Quaker roots. She is survived by her husband Steve of 33 years, her brother, nephew and niece and their families.

### Jeanette Kimmy

Jeanette moved here in 2001 from San Jose, California. She was known as

“the party girl of Village 9.” She became one of the first Village Coordinators for Neighborhood Watch and did an excellent job for over 12 years. She was proud of her Cherokee heritage and was an avid collector of Native American artifacts. Wife of the late Norman Kimmy, Jeanette leaves her two sons, two daughters and their families, including 14 grandchildren and 13 great grandchildren. She also leaves her sweetheart, Frank Kroeger.

### Bernie Meyer

Bernie and his wife Judy moved to Lincoln Hills in December 1999 from San Jose, California. He was born and raised in Cincinnati, Ohio and attended Michigan State University. Bernie owned several companies over the years. He loved playing golf, fishing & dice. He is survived by wife Judy, daughters Kim and Mic, sons

Jeff, Steve and Scott, nine grandchildren and three great grandchildren. He will also be missed by many friends who enjoyed his big personality.

### Tom Ross

Born in Wauseon, Ohio, Tom graduated from Ohio Wesleyan University. He received his MA in psychology from the University of Michigan. He was a member of Phi Delta Theta Fraternity. Tom was an avid bridge player and reached the level of Diamond Life Master. He and his wife Carol taught and directed bridge games on cruise ships for many years. Golf, softball and all sports were hobbies. He was a member of the Lincoln Hills Community Church. Tom is remembered for his intelligence, humor, love of people, travel and Life.

*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.*

# Announcing the 2015 Summer

The 2015 Summer Amphitheater Concert Series (SACS) lineup is here featuring your favorite stars and the music you love! Sing, dance, rock and doo-wop with your friends and neighbors! With our elevated stage, all eight concerts will have a polished look providing the audience an unobstructed view and dancing space for a memorable summer experience. Doors open at 6:30 PM, all concerts start at 7:30 PM at the Orchard Creek Outdoor Amphitheater. To make your experience more rewarding, read and follow the Amphitheater Guidelines (page 43) filled with important information. Take advantage of the **Early Bird Discounted Complete Series Package** available until May 14 and receive \$23 off full price. Series package buyers will also receive a **free 2015 SACS T-shirt** for each package purchased. Please see ticket price for individual shows below. Share the experience with your friends and family! Tickets go on sale April 17.

## Complete Series Package \$146 — 5015-4P Below are the shows you don't want to miss!

### Let's Hang On! A Frankie Valli Tribute Show

Friday, June 5 — 5015-4A

As America's # 1 Frankie Valli Tribute Show, *Let's Hang On!* pays tribute to the classic *Seasons* while also paying tribute to the Broadway show, "The Jersey Boys." *Let's Hang On!* captures the trademark vocal virtuosity, tight harmonies, and crisp choreography that made The Four Seasons one of the greatest vocal groups of all time. With four male singers and four excellent back-up musicians, this full blown stage show includes all the great *Four Seasons'* mega hits like: "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off of You," "Summer of '63," "Who Loves You," and many more; all presented in a high-energy, polished production. General admission, \$23. **Discounted Series Package available until May 14.**



### Catch A Wave, The Beach Boys Show

Friday, June 19 — 5015-4B

Experience the legendary 1960's Beach Boys music presented by world renowned show *Catch a Wave*. Down to the exact striped shirts, instruments and amplifiers, this act is the only Beach Boys' show personally selected to perform for Brian Wilson, *The Beach Boys*, and their families and friends at the California Beach Boys State Landmark dedication. Travel down memory lane with perfect summer songs like "I Get Around," "Wouldn't It Be Nice," "Good Vibrations," and more. *Catch A Wave* has toured world-



wide and performs regularly at Disneyland and Disney's California Adventure theme park. General admission, \$18. **Discounted Series Package available until May 14.**

### The Original Drifters Thursday, July 2 — 5015-4C

The best act of its genre on the music scene today, the Bill Pinkney's Original Drifters legacy group reflects the entire *Legendary Drifters* presence in the music industry, weaving a blend of nostalgic magic and on-stage excitement with a 21<sup>st</sup> century twist. Be part of "This Magic Moment" on stage and get "Under the Boardwalk" for more fun! General admission, \$24. **Discounted Series Package available until May 14.**



### The Sun Kings: A Beatles Tribute as Nature Intended

Friday, July 17 — 5015-4D

Audiences and critics alike love Northern California's favorite *Beatles* tribute, *The Sun Kings!* *The Sun Kings* are not a traditional *Beatles* tribute band—they don't wear fake mustaches or costumes on-stage. Their tribute is within the uncanny sound and their energetic spot-on recreation and spirit of the music covering the *Beatles* early career to their breakup in 1970! Close your eyes and imagine the *Beatles* at the beginning of their career, during their Hamburg days, before the suits, haircuts, and fame. Couple the energy and drive of those early performances with the diversity of all the *Beatles* records you know so well. Put it onstage and you have a *Sun Kings* show that will leave you screaming for more! General admission, \$19. **Discounted Series Package available until May 14.**



### Tom Drinnon : The Best of Country

Friday, August 7 — 5015-4E

Nashville Recording Artist Tom Drinnon will wow you with his renditions of songs from the best country singers with special guest Shelly Jachetta. Sing and line dance to songs from George Strait, Garth Brooks, Johnny Cash, Tim McGraw, and more. Catch Tom's concert before he makes it big in the recording industry! General admission, \$17. **Discounted Series Package available until May 14.**





# Amphitheater Concert Series!

## Gary Lewis and the Playboys, Live!

Friday, August 21 — 5015-4F

Live in person! The one and only *Gary Lewis and The Playboys* will mesmerize you and bring you down memory lane. With eight Gold Singles, 17 Top 40 hits, four Gold Albums, 45 million records sold worldwide, and beating Elvis Presley and Frank Sinatra in 1965 as “Cashbox Magazine’s Male Vocalist of the Year,” Gary Lewis will have everyone in the audience singing along to his hits. Where were you when “This Diamond Ring,” “Count Me In,” or “Save Your Heart for Me” hit the charts? Relive those wonderful memories and get ready to have fun! General admission, \$30. **Discounted Series Package available until May 14.**



## Hot August Night: A Neil Diamond Celebration Featuring Dean Colley

Friday, September 4 — 5015-4G

If you like Neil Diamond, you cannot afford to miss Dean Colley’s amazingly entertaining show, *Hot August Night!* Dean Colley’s incredible resemblance in sight, and unique voice capture Diamond’s fierce passion and energy. The concert will feature your favorite Diamond classics such as



“Sweet Caroline,” “Song Sung Blue,” “Shilo,” “Kentucky Woman,” “I Am I Said” and songs from Neil Diamond’s August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe and Asia to enthusiastic audiences. General admission, \$20. **Discounted Series Package available until May 14.**

## Fleetwood Mask: The Ultimate Tribute to Fleetwood Mac

Friday, September 18 — 5015-4H

*Fleetwood Mask* band, formed out of a mutual love and respect for *Fleetwood Mac*’s music and story, comes from the Bay Area with decades of professional music and theatrical experience combined. Mick Fleetwood, founder of *Fleetwood Mac* gives the band his personal endorsement because of the passion and style found in their live performances. The group authentically recreates the *Fleetwood Mac* concert experience, covering music that spans from the mid 60’s to the band’s latest releases, as well as Stevie Nicks’ solo smash hits. Fans go wild when they hear “Landslide,” “Say You Love Me,” “Songbird,” “Gypsy” and more. Get ready to be blown away and be asking for more as we wrap up our summer series. General admission, \$18. **Discounted Series Package available until May 14.**



## Summer Amphitheater Concert Series Guidelines

**Admission:** Wristbands must be worn during concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Activities Desks after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands and Series T-Shirt in advance from the OC Activities Desk—receipt required for redemption. **Lost tickets/wristbands will not be replaced.** Admittance: Doors open at 6:30 PM.

**Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **between 5:00 AM and 5:00 PM** on the day of the event. Amphitheater will close at 5:00 PM on the day of the event and re-open at **6:30 PM.** **Chairs placed prior to 5:00 AM, or exceeding height maximum will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at left of stage.

**ADA:** Designated paved area is located in the Amphitheater’s center top tier. Patrons with wheelchairs have priority access. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.

**Ticket Pricing:** Located in individual articles in Entertainment section. All sales are final. No refunds or exchanges. No child pricing.

**Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.

**Permitted:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed bottles.

**Not Allowed:** Chairs that exceed shoulder height (seated), outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, pets.

**Food & Beverage:** No-host bar and concessions available starting one hour before concert begins.

**Dancing:** Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on Amphitheater’s bottom tier.

**Entertainers:** Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances.

**Cancellations:** Notifications will be sent out via eNews.

**OC Fitness Center/Pool:** Closes at 6:30 PM.



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

## Entertainment

### —Club Performance—

#### SCLH Community Chorus Presents “Melodies of Love”

Sunday, April 26

2:00 PM Show — 5326-02A

Monday, April 27

7:00 PM Show — 5326-02B

Tuesday, April 28

7:00 PM Show — 5326-02C

Spring is in the air, as is *love*! After a successful Holiday concert, the Lincoln Hills Singers are preparing to entertain you



at their upcoming spring concert “Melodies of Love.” You will hear favorites such as “Moonglow,” “Can’t Help Falling in Love,” and “They Can’t Take That Away From Me.” There will be surprises as well, including featured vocal soloists. The **Lincoln High School Chorus** will be joining the choir performing some special numbers. Ballroom (OC). **Premium reserved section seating, Sold Out.** General admission, \$13.

### —Comedy—

#### Jack Gallagher: “Can’t Pretend That Growing Older Never Hurts”

Thursday, April 23 — **Sold Out**

Join the three-time Emmy award winner Jack Gallagher as he takes a skewed look at life and relationships after 50. Jack started his professional comedy career in Boston during the early 80’s. He helped establish such clubs as The Comedy Connection, Stitches and the legendary Ding-Ho Comedy. After moving to Los Angeles, Jack became a regular at The Improv and landed a major role in the feature film “Shakes the Clown” with Bob “Bobcat” Goldthwait. He has also appeared in “Heartbreak Ridge” with Clint Eastwood and in the TV movie “Incident at Ruby Ridge.” Jack is currently co-hosting the nationally syndicated Public television show “MoneyTrack.” Gallagher’s work on network television includes his own ABC sitcom “Bringing Up Jack” as well as a recurring role on the HBO Original Series “Curb Your Enthusiasm.” Jack made numerous appearances on “The Tonight Show” with both Johnny Carson and Jay Leno, and “Late Night with Conan O’Brien.” Show 7:00



PM. Ballroom (OC). All seats are sold out.

#### Comedy Night at KS: Cheryl the Soccer Mom Tuesday, May 12

6:00 PM performance — 5312-03A

8:00 PM performance — 5312-03B

Cheryl “The Soccer Mom” Anderson’s comedy is based on her experience as a suburban soccer mom, but is not necessarily “mom humor.” She has performed at some of the top comedy clubs in the country, appeared on Nickelodeon two times, and she recently entertained the Marines in Okinawa, Japan. As a writer, Cheryl is the author of two humor books. Her most-recent book, *It’s a Jungle Out There and a Zoo in Here* was an Amazon.com top-100 bestseller. 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—

#### Annual Parking Lot Sale Saturday, May 16 — 5316-03

With only one date in 2015, don’t miss your chance to participate in the Annual Parking Lot Sale, either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Sale is from 7:30 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. Resident booth, \$28 per space. Limited spaces available for home or local businesses, \$50.



### —Concerts—

#### Last Concert for the Classical Series!

#### The Chamber String Quartet Tuesday, June 16 — 5319-12C

We are excited to bring you some of the finest classical musicians in the Sacramento area in a three-concert series performed at the P-Hall (KS). Closing this series on June 16 is The Chamber String Quartet. They have performed with Capitol Chamber Players for many years, participating in the Music at Noon Series and various events in Northern California. The program will consist of Haydn’s, “Sunrise” Quartet, Mozart’s, K.575, and Beethoven’s, Op. 18, No. 4. Tickets are selling fast. **Reserved Seating, \$13.** All shows 7:00 PM, P-Hall (KS).



*Continued on page 46*



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**"I'll Be Seein' Youz...  
A Bronx Boy's Musical Perspective"  
With Franc D'Ambrosio  
Friday, May 22 — 5322-03**

We bring back Broadway's longest running "Phantom," Franc D'Ambrosio, with his salute to the "Greatest Generation" to start off your Memorial Day Weekend. Franc will take a nostalgic walk through the popular music of WWII. The show features more stories from his colorful family, plus popular songs from 1939-1946. Songs such as; "Oh How I Hate to Get Up in the Morning," "That Old Black Magic," "Long Ago & Far Away," "Pennies from Heaven," "White Cliffs of Dover," "God Bless America," and of course the show would not be complete without "The Music of the Night" from Phantom of the Opera. Don't miss this amazing performer. Concert 7:00 PM. Ballroom (OC). Franc's concerts always sell out, so purchase your tickets early. **Premium Reserved Section seating, \$24.** General Admission, \$22.



**Summer Amphitheater Concert Series:  
Let's Hang On! A Frankie Valli Tribute Show  
Friday, June 5 — 5015-4A**

As America's # 1 Frankie Valli Tribute Show, *Let's Hang On!* respectfully pays tribute to all the classic "Seasons" details while also paying tribute to the Broadway show, *The Jersey Boys*. *Let's Hang On!* captures the trademark vocal virtuosity, tight harmonies, and crisp choreography that made The Four Seasons one of the greatest vocal groups of all time. With four male singers and four excellent back-up musicians, this full blown stage show includes all the great Four Seasons' mega hits like: "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off Of You," "Summer of '63," "Who Loves You," and many more; all presented in a high-energy and polished production. General admission, \$23. **Discounted Series Package available until May 14.**



**Summer Amphitheater Concert Series:  
Catch A Wave, The Beach Boys Show  
Friday, June 19 — 5015-4B**

Experience the legendary 1960's Beach Boys music presented by world renowned show *Catch a Wave*. Right down to the exact striped shirts, instruments and amplifiers, this act is the only Beach Boys' show personally selected to perform for Brian Wilson, The Beach Boys, their families and friends for the California Beach



Boys state landmark dedication. Travel down memory lane with perfect summer songs like "I Get Around," "Wouldn't It Be Nice," "Good Vibrations," and more. *Catch A Wave* has toured worldwide and performs regularly at Disneyland and Disney's California Adventure theme park. General admission, \$18. **Discounted Series Package available until May 14.**

**The Broadway Divas, Volume I—A Cabaret Tribute to the Songs & Shows of Angela Lansbury, Bernadette Peters, Ethel Merman, and Mary Martin  
Tuesday, June 23 — 5323-04**

A new revue celebrating four of Broadway's most celebrated, awarded, and honored leading ladies. This Cabaret Tribute to Angela Lansbury, Bernadette Peters, Ethel Merman, and Mary Martin features the songs that helped make them famous. The featured songs are from many of their classic shows including: "Mame," "Annie Get Your Gun," "South Pacific," "Gypsy," "Sweeney Todd," "The Sound of Music," "Peter Pan," "Anything Goes," "Into the Woods," and more. Starring Musical Theater veterans Tielle Baker, Kelly Brandeburg, Natalie Buster, and Deborah Del Mastro with accompaniment by Musical Director Joe Simiele. The show is filled with stories, trivia, and fun facts about each of these Broadway Divas, and will leave you humming, singing, and clapping along. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$23.** General Admission Discounted Rate, \$18. After May 14, \$20.



**—Dinner Dance—**

**Kentucky Derby Dinner Dance Party  
Friday, May 1 — 5301-03**

Come and enjoy the flavors, fancy hats, and fun that is part of the Kentucky Derby! We have the food, the decor and more importantly, your favorite dance band, Cheryl Tiburzi and the Freestyle Band, to make the event as exciting as the Run for the Roses! Each year, the first Saturday in May celebrates "The Most Exciting Two Minutes in Sports," the Run for the Roses. Of course, two minutes doesn't begin to cover the extent of the celebration known as the Kentucky Derby. Although the horses are the stars of the show, there is much more to the Kentucky Derby than a race. Fashion and style come together with fabulous hats and bright colors. Whether you're in the infield, a box in Millionaire's Row, or at a dance at the Orchard Creek Ballroom, hats are a must. They can be simple or grandiose, custom-made



*Continued on page 49*



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INTRODUCING

# Pilates Group Reformer

# MEMBERSHIP

## PILATES REFORMER MEMBERSHIP PACKAGES

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format.

Members select classes for the following month during the third week of the previous month. Additional classes may be added as a member. Non members select classes (after members) on the fourth week of the month on a drop-in as available basis.

**PREREQUISITE:**  ALL PILATES REFORMER CLASSES REQUIRE COMPLETION OF THE INTRODUCTORY REFORMER SESSION L1.

### OUR REFORMER PACKAGES ARE AS FOLLOWS:



- 4 class membership package 835111-04 = \$80 per month
- 8 class membership package 835111-08 = \$135 per month
- Add on classes for member = \$17 per class
- Drop in classes for non member = \$25 per class
- Introductory session = \$30 for both member and non member

### MEMBERSHIP PACKAGES REQUIRE AGREEMENT FOR AUTO-PAY UPON ENROLLMENT.

We require a 10 day written notice of cancelation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month.



To enroll in the Reformer Membership, speak with staff at the OC or KS Fitness Desks. These packages are not available online.

A temporary month-long suspension of membership is available for those enrolled in the 8 class package.



or off the rack, just make sure to have one perched atop your head. Try a mint julep, enjoy a sumptuous dinner of either *Bourbon Glazed Beef Short Ribs with Red Potato Hash* or *Citrus Marinated Grilled Swordfish with rice pilaf*, both served with *roasted asparagus, Mint Chocolate Mousse, and coffee/tea* (complete menu available at the Activities Desks or online). Cash bar available when doors open at 5:00 PM, dinner 5:30 PM, dancing 6:30-9:30 PM. Reserve your group table by purchasing the tickets at the same time. \$45. Provide your meal selections at registration.

### —Fashion Event—

#### “Swing into Spring” Fashion Show Luncheon Wednesday, May 27 — 5327-03

Flowers are blooming, birds are singing, and the warmer weather is inspiring more activities in the beautiful outdoors. Spring is in full bloom, with a beautiful collection of

fashion and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport, and semi-formal occasions will be presented by Marilyn's, Pottery World, and Talbots. Looks that are great for any activity you choose to do this spring and summer. Chef Roderick has prepared a delicious menu of *Orange Walnut Chicken Salad* or *Sun Dried Tomato & Spinach Ravioli with a White Chocolate Raspberry Cheesecake* for dessert. Mimosas will be available for individual purchase. 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. 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 (OC) from 10:30 AM-2:30 PM.



### Day Trips & Extended Travel



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

### Day Trips

### —Casino/Races—

#### Off to the Races Thursday, June 11 — 1846-04

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. \$79.



#### Cache Creek Casino Tuesday, June 23 — 1770-04

We're returning by popular request to Cache Creek Casino just outside of the Woodland/Esparto area in Yolo County. Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Leave OC at 9:30 AM, return ~ 4:30 PM. \$25.



### —Festivals—

#### Second Bus Added! Scottish Games & Festival Sunday, April 26 — 1822-02A&B

Want a fun day of adventure, music, competitions, and a flavor of things Scottish? Experience a taste of Scottish culture



without having to travel thousands of miles. With this year's theme "A Little Scotland in Your Backyard," join us on a trip to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. The "Games" means anything that is a competition related to Scottish culture; athletics, highland dance, piping and drumming. "Festival" represents activities that are to be enjoyed, participated in, and watched; entertainment, vendors, country dance, fiddling and harps, historical area, Scottish animals, and eating. There is something Scottish for everyone, and you don't have to be Scottish to have fun. Take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! Indoor and outdoor venues. Leave OC 10:15 AM, return ~ 4:45 PM. \$38. (Includes admission, food & drink on your own.)

### —Food/Wine—

#### Sierra Nevada Brewery Tour, Tasting and Lunch! Wednesday, April 29 — 1813-02

Due to popular request, we are returning to Sierra Nevada

*Continued on page 50*

Brewery for their fantastic tour, tasting & lunch. Learn how beer is made with a visit the original “Craft Brewery” in Chico. There will be a 90-minute walking tour of the entire beer-making process in the West Brew House before finishing with tastings of Sierra Nevada beers. Enjoy an included lunch in the Taproom with a choice of *Bacon Cheeseburger, Fish & Chips, Eggplant Parmesan, Sirloin Fettuccine or Chicken Caesar Salad and tea, coffee or soda.* (Beer & alcohol purchases on own.) (Complete menu at Activities Desk.) Lunch choice to be given at time of seating. We'll also be stopping at a local “micro-brewery,” Out of Bounds in Rocklin, on the way home for more beer tasting! Trip size limited to 33 people. *Closed-toe flat shoes required for tour.* Leave OC at 7:30 AM, return ~ 4:30 PM. \$83.



### —Museums—

#### deYoung Museum: “Botticelli to Braque—Masterpieces from the National Galleries of Scotland

Thursday, May 14 — 1762-02

Spanning more than 400 years of artistic production, this exhibition highlights works by many of the greatest painters from the Renaissance to the early 20th century. See this rare presentation of some of the most iconic images in the history of Western art as they travel to San Francisco from the National Galleries of Scotland. Paintings selected from the collection include masterpieces by Botticelli, Vermeer, Rembrandt, Monet, Gauguin, Picasso, and Braque and some, including Botticelli's *Virgin Adoring the Sleeping Christ Child* (ca. 1490), have never before been seen in the United States. You'll also have the opportunity to enjoy the exhibit “Embodiments: Masterworks of African Figurative Sculpture.” For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:00 AM, return ~ 6:30 PM. \$53.



#### Legion of Honor “High Style” The Brooklyn Museum Costume Collection

Tuesday, June 30 — 1763-04

Don't miss this exclusive West Coast presentation from the Brooklyn Museum's distinguished costume collection. Gowns, accessories, and other looks by the most influential designers of the last one hundred years—including Chanel, Givenchy, Dior, and Charles James—trace the evolution of fashion in the 20th century. These fashions worn by American women reflect the nation's tastes



*Continued on page 52*

### Important Information: Entertainment, Trips, Classes

• **Registration:** 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.* Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

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

• **Weather:** Association trips and 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.

• **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

• **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.

• **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

• **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

• **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.

• **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.



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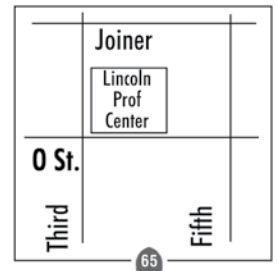


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and transformations during the decades between 1910 and 1980. Significant looks from French couture houses and the pioneering generation of American designers working in the 1930s through the 1950s will be featured. Also enjoy the special exhibitions of rare Asian and European porcelain along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café, or bring your own. Leave OC at 8:15 AM, return ~ 6:15 PM. \$58

### —Performances—

#### Auburn Symphony at The Mondavi Center "Dancing in Your Seat"

**Sunday, May 17 — 1961-02**

Enjoy an afternoon with the Auburn Symphony at the state of the art aesthetically and acoustically Mondavi Center in Davis. "Dancing in your seat" features Peter Jaffe conducting and the U.C. Davis University Chorus. Performance includes the following: Gershwin: Cuban Overture... his colorful Rumba, fired by a visit to Havana in the early '30s, Beethoven: Choral Fantasy, op. 80... the composer gives his imagination full rein, blending the virtuosity of a piano concerto with fervent choral declamation, Revueltas: Sensemaya... no holds barred in this rhythmically charged tone poem—even a tuba solo! Ravel: Daphnis and Chloe, Suite No. 2... magnificent orchestrations of pirates, a glorious sunrise, alluring lush melodies, and a frenzied "joyous tumult" that raises the roof! Matinee Performance, Orchestra seating. Leave OC at 1:15 PM, return ~ 7:00 PM. \$77.



#### Rodgers & Hammerstein's Cinderella

**Tuesday, May 12 — 4562-06E**

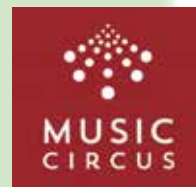
The Tony Award®-winning Broadway musical from the creators of "The Sound of Music" and "South Pacific" that's delighting audiences with its contemporary take on the classic tale. Be transported back as you rediscover some of Rodgers + Hammerstein's most beloved songs, including "In My Own Little Corner,"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



#### 2015 Music Circus Series

This year's Music Circus summer season at the air-conditioned

Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." All shows start at 7:30 PM. You will have time to purchase food and beverage prior to the show and enjoy complimentary access to the air-conditioned season ticket subscriber's lounge with cash bar, restrooms and tables and chairs. Leave OC at 6:15 PM, return ~ 11:00 PM. \$93 each show.



#### My Fair Lady

**Wednesday, June 10 — 4562-03A**

Lerner and Loewe transform George Bernard Shaw's "Pygmalion" into this musical theatre classic. When aristocratic professor Henry Higgins takes in Cockney pupil Eliza Doolittle on a bet, he gets far more than he wagered. Featuring "I Could Have Danced All Night," "On the Street Where You Live," "The Rain in Spain."



#### Big River

**Wednesday, June 24 — 4562-03B**

Mark Twain's masterwork The Adventures of Huckleberry Finn is brought to toe-tapping musical life by "King of the Road" Roger Miller. Huck and Jim take to the mighty Mississippi on a journey of adventure, hope and self-discovery. First time at Music Circus in 20 years. With "Muddy Water," "Waitin' for the Light to Shine."



#### Bye Bye Birdie

**Wednesday, July 8 — 4562-03C**

The Broadway smash that introduced the world to Dick Van Dyke and won four Tony Awards. Musical comedy chaos ensues when pop star Conrad Birdie (think Elvis Presley) arrives in Sweet Apple, Ohio, to publicize his Army draft departure by sharing "One Last Kiss" with a small town fan. With "Put On A Happy Face," "A Lot of Livin' to Do."



#### Peter Pan

**Wednesday, July 22 — 4562-03D**

This beloved musical about the boy who wouldn't grow up has enchanted audiences of all ages for decades. Peter, Tinker Bell and the Darling children take to the skies on a magical journey to Neverland. First time at Music Circus since 1986. Featuring "I'm Flying," "I Won't Grow Up," "Never Never Land."



#### West Side Story

**Wednesday, August 5 — 4562-03E**

Leonard Bernstein, Stephen Sondheim, Arthur Laurents, Jerome Robbins—among the greatest artists of their day—came together to create this



*Continued on page 54*





**Sunday April 26th, 9:30am**

Welcome back, Terry and Debra Luna!  
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**Eldorado—“Tap Factory”**  
**Thursday, July 23 — 1777-04**

“Tap Factory” – a fun, rhythm-based theater show featuring urban tap dance and percussions, hip-hop music, comedy and acrobatics. Following shows in Europe, “Tap Factory” is playing for the first time in the U.S. at the Eldorado Resort Casino in Reno. The eight artists showcased in “Tap Factory” range from world-champion tap dancers to percussionists, an acrobat and hip-hop dancer. On stage, the performers will utilize props like oil barrels, a stepladder, trash bins, a toolbox, brooms, cans, mallets and more. A worker arrives in a factory for his first day of work and the tap magic begins. “Tap Factory” is fun, powerful, poetic and sexy! Arrive with plenty of time for gaming and an included buffet dinner! Includes reserved seat admission to show & buffet. Leave OC at 12:00 PM, return ~ 11:00 PM. \$87.



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**\$564 Gold Seating — 4640-04**  
**\$441 Silver Seating — 4641-04**  
**\$330 Bronze Seating — 4642-04**

**Michael Pollan**  
**Tuesday, September 29**

Michael Pollan is a journalist and one of the most influential figures in the food world. For over 25 years he has been informing us about the places where nature and culture intersect: on our plates, in our farms and gardens, and the evolution of food in our diets. He has been called one of the top 10 “new thought leaders.”



**Dr. Michio Kaku**  
**Tuesday, October 20**

Dr. Michio Kaku is a theoretical physicist, renowned futurist and popularizer of science. During high school, he famously built an atom smasher in his parent’s garage. Dr. Kaku can be seen regularly on television, explaining



natural phenomena to non-scientists. He has the ability to make complex scientific ideas not only understandable but fascinating.

**Jane Pauley**  
**Tuesday, November 17**

Jane Pauley is a television anchor and journalist. In 2004, Pauley wrote movingly and publicly acknowledged her struggle with bipolar disorder. Last year she published *Your Life Calling: Reimagining the Rest of Your Life*, stories of people reinventing their lives and careers in middle age to do work they love. While better known for her tenure on NBC’s Today Show and Dateline NBC, Pauley is now a contributor on CBS News Sunday Morning.



**Gen. Wesley Clark (Ret.)**  
**Tuesday, January 19, 2016**

Wesley Clark is a retired four star General and one-time candidate for the Democratic presidential nomination. With a keen insight into modern warfare and issues presented around the globe, General Clark’s knowledge on foreign affairs and military engagements will give us a glimpse into the challenges facing our world today.



**Malcolm Gladwell**  
**Tuesday, February 16, 2016**

Malcolm Gladwell is a master storyteller in a genre he created: illuminating the secret patterns behind every day phenomena, such as how ideas spread (*The Tipping Point*), the roots of success (*Outliers*), and his latest, *David and Goliath*, on the advantages of disadvantages. He is the author of five *New York Times* bestsellers, a staff writer for *The New Yorker*, and was named one of *Time* magazine’s 100 most influential people.



**Mark Kelly and Gabby Giffords**  
**Tuesday, April 5, 2016**

Gabby Giffords is a former Congresswoman and her husband, Mark Kelly, is a Navy captain and NASA astronaut. Mark and his identical twin brother Scott will have just completed NASA’s study of the effects of a year in space, with Scott on the international space shuttle while Mark remained on Earth. Mark and Gabby’s individual stories are captivating: Mark facing danger as a Navy pilot and in space, Gabby on presumably safer ground, in Congress. As individuals, they show how optimism, an adventurous spirit, and a call to service can help change the world; as a couple, they are a national example of the healing power of shared love and courage.



*Continued on page 58*



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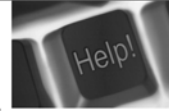
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—Shopping—

**San Francisco Day Trip—  
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Tuesday, May 19 — 1845-03

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**Sonoma for the Day**  
Tuesday, June 9 — 1781-04

Head to beautiful Sonoma in wine country for the day! Watch the scenery unfold as we drive through acres of vineyards. Enjoy the day on your own in this charming town that offers tasting rooms for the wine lovers, excellent restaurants for lunch, and unique stores for the shoppers. Drop off and pick up at Sonoma Plaza behind the Mission. Leave OC at 8:00 AM, return ~ 6:30 PM. \$36.



—Sports—

**U.S. Senior Open Championship**  
Friday, June 26 — 1840-03A

The United States Golf Association 2015 U.S. Senior Open Championship goes to the Del Paso Country Club in Sacramento this June! The



championship is open to any professional and amateur golfer 50 years of age and up with a USGA Handicap Index® not exceeding 3.4. Our trip is scheduled on the most competitive day, the second round, also known as “cut day.” We'll travel to Cal Expo where all attendees will get on special shuttles to the Country Club as all local streets nearby will be closed and traffic controlled. You'll receive a commemorative admission ticket as part of this package. Optional upgrades can be

purchased at event based on availability. Leave OC at 7:00 AM, return ~ 6:15 PM. \$75.

**San Francisco Giants**

See your World Series Champions San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on the side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark.* Wear layers for SF weather and a cap for sun protection. See individual games for departure times. \$141.



- **Giants vs. Los Angeles Dodgers**  
Thursday, April 23 — 6261-01A  
Seats located in Club Level 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.
- **Giants vs. Los Angeles Dodgers**  
Thursday, May 21 — **Sold Out!**  
Seats located in Club Level 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.
- **Giants vs. Washington Nationals**  
Sunday, August 16 — 6261-01C  
Seats located in Club Level 230 & 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.
- **Giants vs. St. Louis Cardinals**  
Sunday, August 30 — 6261-01D  
Seats located in Club Level 230. Depart OC 9:15 AM (1:05 PM game time). Return 7:30 PM.

**Oakland A's**

Time for A's baseball! We've obtained field level seats on the first base side to see cross town rivals San Francisco Giants! You'll have ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Game Time 1:05 PM. Depart OC at 9:45 AM, Return ~ 6:45 PM.



- **Oakland A's vs. San Francisco Giants • \$92**  
Sunday, September 27 — 6320-01D  
Seats located Field Level Section 106.

**River Cats**

The River Cats are now affiliated with San Francisco Giants as their AAA farm team with up-and-



Continued on page 60





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coming future stars! Who knows what Giants players you may spot on injury rehab? We have four River Cats games to enjoy at the beautiful Raley Field in West Sacramento. Senate Box seating, section 111. All games depart at 5:45 PM ~return 11:30 PM. \$50 per game.

- **River Cats vs. Nashville Sounds (Oakland A's)**  
Wednesday, May 27 — 6271-02A
- **River Cats vs. Reno Aces (Arizona Diamondbacks)**  
Thursday, June 18 — 6271-02B
- **River Cats vs. Las Vegas 51's (New York Mets)**  
Tuesday, July 28 — 6271-02C
- **River Cats vs. Reno Aces (Arizona Diamondbacks)**  
Tuesday, September 1 — 6271-03D

—Tours/Leisure—

**Filoli Gardens & Mansion**

Tuesday, June 2 — 1761-03

Located 30 miles south of San Francisco, Filoli is a historic site of the National Trust for Historic Preservation and one of the finest remaining country estates of the early 20th century. Enjoy a two-hour docent led casual walking tour of this remarkable 654-acre property, including the 36,000 square foot Georgian country house and spectacular 16-acre English Renaissance garden. Before the tour, enjoy a gourmet boxed lunch inside the visitor's center. Check out the extensive gift shop while there. Lots of walking and some uneven pathways with plenty of benches for seating. Choose at registration: *Chicken Caesar Club Sandwich, Steak Sandwich or Vegetarian Sandwich. All include fresh fruit salad, brownie and beverages.* Complete menu at Activities Desks. Leave OC at 7:45 AM, return ~ 7:00 PM. There will be a rest stop on way, and meal stop on return. \$95.



**Pacifica's Castle aka "Sam's Castle"**

Sunday, June 7 — 1752-03

The 1906 San Francisco earthquake so deeply affected rail magnate Henry Harrison McCloskey that he decided to build a fortress to insure that no such disaster would destroy his new home. He built a Pacifica fortress to the highest building standards at the time: concrete blocks, extra-strong foundation and steel reinforcements in the corners. It worked! The castle has not budged. Pacifica's Castle is filled with priceless antiques and movie memorabilia, most of it filled by its last owner, Sam Mazza. The castle has been home to a speak-easy, brothel, Coast Guard outpost, and more. The tours are only offered two weekends a year,



don't miss this! We'll enjoy a hosted lunch after the tour at the landmark Pacifica restaurant Nicks Rockaway Beach. Choose at registration: *Crab Sandwich (limited to first 30 who select) or Crab and Shrimp Louie Salad or Roasted Half Chicken.* Complete menu at Activities Desks. Van shuttles to castle due to narrow steep road. Leave OC at 7:30 AM, return ~ 6:00 PM. \$112.

—Overnight & Extended Travel—

**Boot Scootin' — Gilley's Fun Bus!**

Wednesday, June 3 to Thursday, June 4 — 1771-03

In cahoots with the Country Couples Group we're heading to Reno for an overnight adventure with some cowboy & cowgirl shopping at Shepler's Western Wear and some boot scootin' and dancin' at Gilley's Saloon, Dance Hall & Bar-B-Que. We'll be staying at the JA Nugget Hotel & Casino in Sparks in the remodeled East Tower, where you'll receive a \$5 gaming and \$3 food credits. We also have a special reserved area at the rear of the bar with a connecting dance floor in Gilley's. All meals are on your own. Leave OC 11:30 AM, Wednesday, June 3, return Thursday, June 4 ~ 1:15 PM. *A signed liability waiver is required for each participant.* \$88 per person double occupancy. \$120 single.



**Four Days, Three Nights Arts & Gardens Excursion!**

**Laguna Beach Festival of the Arts/Pageant of the Masters & Huntington Library and Gardens**

Saturday, July 11-Tuesday, July 14 — 1972-03

Join your trip coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" This year's theme is "The Pursuit of Happiness". See famous paintings recreated in full detail right before your eyes! Two price options available depending on seating location: Reserved side loge or center main tier, or reserved side main tier. This excellent trip includes:

- Stay at La Quinta Inn, Santa Clarita (first and third night)
- Lunch at Harris Ranch
- Stay at The Ayres Hotel Laguna Woods (minutes from the Festival Arts grounds, second night)
- Shopping at South Coast Plaza, Costa Mesa with 250 boutiques and 41 restaurants
- Ticket to Pageant of the Masters Show
- Dinner\* at Tivoli Terrace, Festival of the Arts



*Continued on page 63*



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### Lake Tahoe Shakespeare & Lake Cruise

**Tuesday, August 18-Wednesday, August 19 — 1970-04**

Experience the enchantment of the Lake Tahoe Shakespeare Festival at Sand Harbor State Park with Lake Tahoe as the backdrop! This year's show is "Romeo & Juliet" Shakespeare's tragic tale of love and loss. Enjoy reserved seats, boxed dinner before the show with a choice of *Tri-Tip*



*Sandwich or Roasted Turkey, Brie & Cranberry on Ciabatta.* Vegetarian option available on request. (Complete menu available at Activities desk. Food choice required at registration.) Enjoy coffee or hot cocoa & dessert at intermission! Stay at the new Hard Rock Hotel Lake Tahoe! We'll also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included luncheon deli buffet before we head home. *A signed liability waiver is required for each participant.* Play is held outdoors next to lake so layer up. Leave OC at 1:00 PM August 18, return ~ 5:00 PM August 19. \$318 per person double occupancy. \$392 single.



### Sold Out Trips thru May 20

#### Trip • Date • Departure Time

- **Scottish Games**  
Sunday, April 26—10:15 AM
- **Book of Mormon**  
Sunday, May 3—12:45 PM

### Activities Department Classes



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

### Art

#### —Drawing—

#### Beginner Drawing

**Thursdays, May 14-28 — 132215-04**

9:00 AM-12:00 PM (OC). \$39 (three sessions).

Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use 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. Supply list available at the Activities Desks and online.

#### —Mixed Media—

#### Painting on Metal, Using Metallic Paints

**Mondays, April 20 & 27 — 143215-03**

1:30-4:40 PM (OC). \$26 (two sessions). Instructor: Bonnie Armstrong. Explore metals in our work. Adding metal items, i.e., wire mesh; painting luminous metallic paint on a black surface; and distressing metal items to look vintage are some items covered. Bring your own water based acrylic paints and painting tools. For new students there is a \$4 fee for book of previous class handouts. Any metallic paints, or black paper you already own is helpful.



#### Social Art—Covering Containers Creatively

**Mondays, May 4 & 11 — 143115-04**

1:30 PM—4:30 PM (OC). \$26 (2 sessions). Instructor: Bonnie Armstrong. Supply fee \$6 payable to instructor. All supplies provided. Using patterned papers, stencils, stamps, paint, and marking tools, we will decorate small storage containers to brighten up our home work spaces.

*Continued on page 67*

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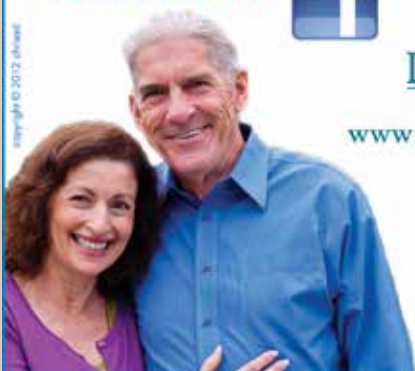
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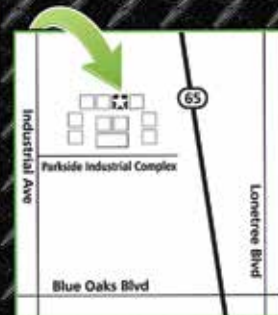
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## Mixed Media—Painting Textured Trees

Monday, May 18 — 143215-04

1:30-4:30 PM (OC). \$15. Supply fee: New students pay \$4 for book to instructor. Instructor: Bonnie Armstrong. Ongoing Mixed Media instruction: in this one class session we will learn to paint trees in an abstract manner, using wet and dry media and materials from Nature. Bring your own Mixed Media paints and supplies, including a small (11"x14" or less) canvas.

## —Oils, Pastels & Acrylics—

### Paint Your Vision in Oils or Acrylics

Wednesdays, May 13-27

9:00-11:30 AM Class — 113115-04

Or 1:30-4:00 PM Class — 113215-04

AM and PM sessions are not interchangeable. (OC). \$39 (three sessions).

Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, 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 questions. Supply list available at the Activities Desks and online.



### Painting Pastels and Oils with Barry

Mondays, May 4-25 — 105115-04

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks and online.



## —Painting on Silk—

### Introduction to Silk Painting

Tuesday, May 12 — 121115-04

1:00-4:30 PM (KS). \$52. Instructor: Conné Hoffman. All sup-

plies provided. Try something new with vibrant color on silk. Conné Hoffman is an awarding winning silk artist. This class will be taught with the gutta serti method and with this easy technique you can paint scarves or many paintings. You need not know how to draw. If you can trace a pattern and paint within the lines you can paint on silk. You will leave the class with a finished painting.

## —Watercolor—

### Beginning Watercolor Painting

Thursdays, May 7-28 — 132115-04

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; 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: 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. Supply list available at the Activities Desks and online.



## Ceramics

### —Lladro—

### Spanish Oil Painting

Wednesdays, May 6-27 — 206115-04

1:00-4:00 PM (KS). \$40 (four sessions).

Instructor: Barbara Bartling. **Prerequisite:**

Lladro requires a steady hand and concentration. A beginning and continuing class on how to paint porcelain figurines. 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.



### 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."

*Continued on page 68*

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, May 5-26 — 212115-04**

1:00-4:00 PM (OC). \$54 (four 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 use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes.



**Advanced Ceramics**

**Tuesdays, May 5-26 — 212215-04**

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Self-motivated students/artists with established ceramic skills work on assigned projects under instructor's guidance and critique. Assignments, projects, and technique demonstrations will be given by the instructor. *About the Instructor:* Jim's Ceramics Arts expertise is continuously crafted through continuing education in nation-wide workshops providing Jim with tools to provide relevant and constructive critiques of students' work.

**Ceramics—All Levels**

**Thursdays, May 7-28 — 221115-04**

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



**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 Jim or All Ceramics class with Terry for at least three months

in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for ensuring everyone follows guidelines and safety 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**

—Card Making—

*Card Making will be on hiatus the month of May.*

—Craft Corner—

**Glass Cloche and Faux Cupcake**

**Thursday, May 21 — 302015-04**

9:00 AM-12:00 PM (KS). \$25. Supply fee: \$15 payable to instructor. Instructor: Jonelle Tannahill. Upcycle and make these glass domed "Cloche" with odd plates, glass vases and candlesticks. We will have fun assembling these beautiful display pieces. These are very on-trend and are a great addition to holiday decor! They are perfect for entertaining, this clear glass cloche protects cakes, cookies and pastries on the tabletop or buffet while keeping them on artful display. It is also useful for serving a selection of cheeses or hors d'oeuvres.



**Dance**

—Ballroom—

**Introduction to Ballroom Dance**

**Wednesdays, May 6-27 — 333015-04**

7:00-8:00 PM (KS). \$20 (four sessions). Instructor: Philip Spurgeon. Learn the basic steps or brush up on some steps you haven't used for a while, make new friends, develop your skills and balance as well as get a fair amount of exercise. You will learn various dances, leading, following and body position and the steps to each dance will be clearly explained. This class will consist of the Fox trot, Waltz, and Swing (jitterbug).

—Clogging—

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*Continued on page 71*



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**Beginning Clogging****Tuesdays, May 5-26 — 332115-04**

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. New fall class will be announced later. 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.

**Easy-to-Intermediate Clogging****Tuesdays, May 5-26 — 332215-04**

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

**Intermediate Plus Clogging****Tuesdays, May 5-26 — 332315-04**

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

**—Country Western Dance—****Country Couples Western Dance  
Beginner Level One & Two****Mondays, May 4-18 — 344215-04**

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.

**Country Couples Western Dance  
Beginner/Intermediate Level Three & Four****Mondays, May 4-18 — 344415-04**

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: "Talk to Yo Mama," and "The Wander."

**Country Line Dancing****Fridays, May 1-29 — 346115-04**

3:00-4:00 PM (KS). \$25 (five sessions). Instructor: Jim & Jeanine Keener. This class will feature the popular "old" line dances that are done at country dances all around the area. Everyone is welcome.

**—Dancing with Dolly—****Ballet/Lyrical****Thursdays, May 7-28 — 353515-04**

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

**Performance Dance****Fridays, May 1-29 — 354515-04**

2:00-3:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater in preparation for the Fall Musical and Holiday Shows.

**—Hula—****Hula****Thursdays, May 7-28 — 390215-04**

1:15-2:15 PM (KS). \$32 (four 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.

*Continued on page 73*

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## —Jazz—

### Jazz Class for the Beginner

**Thursdays, May 7-28 — 353015-04**

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. 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. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie 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.

### Jazz Technique 2

**Tuesdays, May 5-26 — 353115-04**

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.



## —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. We will run an eight-week session on a trial basis. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.

- **Mondays, May 4- June 29 — 360015-04**  
4:00-5:00 PM (KS). \$48 (eight sessions).  
No class May 25.  
Instructor: Audrey Fish.
- **Thursdays, May 7-June 25 — 370015-04**  
9:00-10:00 AM (KS). \$48 (eight sessions).  
Instructor: Yvonne Krause-Schenck.

### Line Dance I Beginner

**Prerequisite:** Not for newbies, students must be familiar with line dance terminology. Class reviews fundamentals of line

dance, including basic steps such as Grapevine, Jazz Box, Shuffle Quarter and Half Turns at a slow tempo.

- **Mondays, May 4-25 — 370115-04**  
9:00-10:00 AM (KS). \$24 (four sessions).  
Instructor: Yvonne Krause-Schenck.
- **Thursdays, May 7-28 — 360115-04**  
2:30-3:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.
- **Fridays, May 1-29 — 380115-04**  
12:00-1:00 PM (KS). \$35 (five sessions).  
Instructor: Sandy Gardetto.

### Line Dance II—Beginner / Intermediate

**Prerequisite:** Completion of Line Dance I/Beginning Line Dance. 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, May 4-18 — 360215-04**  
5:00-6:00 PM (KS). \$18 (three sessions).  
Instructor: Audrey Fish.
- **Wednesdays, May 6-27 — 380215-04**  
9:00-10:00 AM (KS). \$28 (four sessions).  
Instructor: Sandy Gardetto.

### Line Dance III — Intermediate

**Prerequisite:** Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, May 6-27 — 380315-04**  
10:00-11:00 AM (KS). \$28 (four sessions).  
Instructor: Sandy Gardetto.
- **Thursdays, May 7-28 — 360315-04**  
3:30-4:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.

### Improver Line Dance Class

**Thursdays, May 7-28 — 370415-04**

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The "Improver" class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the

*Continued on page 74*

beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

### 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. Audrey's Master's 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—

### 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

**Thursdays, May 7-28 — 410115-04**

11:00 AM 12:00 PM (KS). \$32 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students



buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

### Technique Classes

**Mondays, May 4-18 — 410515-04**

10:00 – 11:00 AM (KS) \$24 (three sessions).

**Tuesdays, May 5-26 — 410215-04**

10:00-11:00 AM (KS). \$32 (four sessions).

**Thursdays, May 7-28 — 410815-04**

10:00 AM-11:00 AM (KS). \$32 (four sessions).

### New Day & Time!

#### Tap for Fun with Jennifer

**Saturdays, May 2-30 — 420115-04**

9:00-10:00 AM (KS). \$40 (five sessions). Instructor: Jennifer Moore. New instructor and schedule with the same fun for all. Tap for Fun offers an opportunity for the student to re-view basic tap steps and learn more intermediate syncopated tap rhythms. The students will begin class with a warm-up followed by learning different combinations to all kinds of fun music from the 40's to today's hits! *About the Instructor:* Jennifer Moore is excited to be teaching at Lincoln Hills! She started dancing at the age of three and trained with the Duane Dancers in the Bay Area. Jen is trained in ballet and jazz, but her favorite style of dance is tap! She has appeared in many professional shows, including Royal Caribbean Cruise Lines and Steve Silver's "Beach Blanket Babylon." She was blessed with the opportunity to create and perform her own show at Dillon's Cabaret Theatre in New York.



### Glass Art

#### Fusing Glass and Stained Glass Workshop

**Monday, May 4 — GLASS**

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

**Mondays, May 4-18 — 494115-04**

1:00-4:00 PM (KS). \$44 (three sessions). Supply fee: \$10 foil, \$15 lead, payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering



*Continued on page 77*



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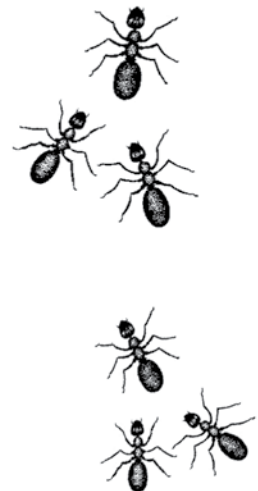
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along with safety and the proper use of equipment. Create a beautiful sun catcher candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *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.

## Jewelry

### —Beading—

#### Chain Swag Necklace

**Tuesday, April 21 — 513215-03**

9:00 AM-12:00 PM (KS). \$15 Instructor: Cathie Szabo. Great for beginners! So different and so easy. Take a simple beaded necklace, add a "bib" of fine chain and you've got a unique look! Go casual, go dressy – it's all up to you. Check the sample in the OC window for a look at the necklace in person! Supply list available at the Activities Desks and online.



#### Multi-Multi-Strand Bracelet

**Tuesday, May 12 — 513315-04**

9:00 AM-12:00 PM (KS). \$15. Instructor: Cathie Szabo: Perfect for beginners! Make a statement with this bracelet. Fifteen strands of beads enhanced by a wood buckle! Not sure you want 15 strands? Bracelet can be made with as little as five strands. Go monochromatic or mix it up with colors—it's all up to you. Cathie will provide kits for \$10 with everything you need—wood buckle, beads, wire, crimps—in various color combinations. Wood buckle, wire and crimps can be purchased separately for \$5 for beaders who can raid their stashes for beads. There are a few basic items you'll need to bring to class; be sure you get the proper materials list when you register—look for the name and code # for Multi-Multi-Strand Bracelet as well as the photo of the bracelet.



### —Silverware Jewelry—

#### New Class! Ring Making 101

**Mondays, May 18 & 25 — 541115-04**

9:00 AM-12:00 PM (KS). \$52 (two sessions). Instructor: Charles Kampf. Spoon rings have been around for many years and were a cultural thing back in the 60's and 70's. This class teaches the art of turning a piece of silverware into a ring made from a spoon or fork. We will learn to identify the Manufacturer, Style and Period, Makers Mark, Metal used, and some very interesting facts about silverware. We will learn to use tools to cut, file, polish, bend and size the ring. All supplies will be provided on the first session including silverware



(plated), books and tools needed to make a ring in the first class. The second part of this workshop, students will supply their own spoon, perhaps something that has been handed down from mom or grandma or something you cherish and want to give it to a loved one. Please bring a few silverware pieces and we will discuss them in class. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.

## Movies

#### The Comedic Art of Woody Allen

**Wednesdays, April 29-May 20 — 521415-03**

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. Get ready to laugh as we take a journey of discovery with the great filmmaker Woody Allen. We will explore the career of this unique American artist and see four of his great films. First is the great homage to Woody's childhood "Radio Days." Then we will see Mr. Allen's love affair with his beloved "Manhattan." Our third film is the Academy Award winning love story "Annie Hall." Finally, we journey with Woody to Europe and one of his recent films, the 2011 romantic comedy fantasy "Midnight in Paris." A great time is guaranteed for all as we experience these remarkable films and this amazing film maker.



## Music

### —Guitar—

#### Guitar 1A—Continuing Beginner Level

**Mondays, May 4-25 — 535715-04**

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. **Note:** Closed to new students without previous experience, please contact instructor if you are a new student: Bill 899-8383.

**Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed. **Supplies:** Most supplies will be available for purchase from instructor the first day of class. 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.



#### Guitar 2A—Continuing Beginner Level

**Wednesdays, May 6-27 — 535115-04**

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** completion of Guitar 1A. **Enrollment advisory:** Although students register on a month-to-month basis, Guitar 2A will be offered as an eight-week session with a new

*Continued on page 79*

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session starting every other month. Designed for the person who is continuing from Guitar 1A, 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.

### Guitar 2B—Continuing Beginner Level

**Wednesdays, May 6-27 — 535215-04**

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of Guitar 2A. 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.

### Guitar III—Intermediate

**Thursdays, May 7-28 — 535315-04**

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of Guitar 2B. 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.



### Guitar IV—Advanced

**Thursdays, May 7-28 — 535415-04**

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

### —Voice—

### Singer Vocal Boot Camp Continuation

**Fridays, May 1-29 — 536215-04**

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or previous music studies. 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.



## Personal Improvement

### —Driver Training—

#### AARP Driver Safety Refresher Training

**Saturday, May 16 — 481115-03**

9:00 AM-1:30 PM (OC). AARP members \$20, non-members \$25. Fee includes a \$5 Association administrative fee. Instructor: Paul Jessen. AARP Driver Safety Refresher Training, is geared to the "over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must have attended the full eight-hour class in the past in order to qualify to attend refresher training. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited.



#### Two-day class: AARP Driver Safety Training

**Tuesday & Wednesday, June 9 & 10 — 481015-04**

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10/Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training, is geared to the "over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to the class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited.



### Sewing

### —Certification—

#### Bernina Serger Certification

**Monday, May 11 — 591115-04**

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

*Continued on page 81*



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**Bernina Sewing Machine Certification****Monday, May 11 — 592115-04**

2:30-3:30 PM (OC). \$15 Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

**Janome Sewing Machine Certification****Monday, May 11 — 593115-04**

3:30-4:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

**—Quilting—****Intermediate Appliqué Quilting****Mondays, May 11-June 1 — 596415-04**

9:30-12:00 AM (OC). \$67 (three sessions; no class May 25). Instructor: Betty Kisbey. **Prerequisite:** This class is a continuation of Introduction to Hand Appliqué. You must have taken Introduction to Hand Appliqué before enrolling in this class or get permission from the instructor. In this class you will learn additional techniques for hand appliqué. Included will be an introduction to the various tools, fabric selection, and sewing techniques needed to begin working with dimensional appliqué designs. An introduction to a variety of dimensional techniques is included. Quilting designs will be discussed. Pattern provided.

**Technology****—General—****Google Maps****Thursday, April 23 — 283415-03**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. You can use Google Maps to find your way and to travel the globe without leaving home. Google Maps allows you to discover a new world with detailed 2D and 3D views. In this class, instructor will demonstrate how to get directions for your next journey. You will learn how to explore the country using Google Maps Street View's advanced navigation to travel to familiar haunts and unexplored locations. With Google Maps you can easily find information about local businesses; including locations, contact information, and driving directions. Additionally, you can explore the oceans and the moon.

**Introduction to Evernote****Thursday, April 30 — 286115-03**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. *Evernote* is a free program that helps you organize and retrieve your information. Using *Evernote*, you can easily store and retrieve all your documents,



sound, images, videos, web pages, and more. If you own several computers, *Evernote* makes all your data available simultaneously on all your computers from any web browser. *Evernote* backs up your data in the cloud for security. Storage is free for up to 60 MB of new data added each month. In this class you will learn how you can easily access all your information from anywhere any time.

**Cloud Storage Made Easy****Friday May 15 — 283215-04**

9:30-12:00 AM (OC). \$18. Instructor: Bob Ringo.

**Prerequisite:** Basic computer skills. Computer users spend their lives accumulating “stuff.” Then they try to find a way to store their “stuff.” Some add extra hard drives. Some prefer external devices like flash drives and CDs. Some choose to rely on cloud storage. Cloud storage is saving your data to an off-site storage system. If you store your data in the cloud, you will be able to access your data from any location that has Internet access. In this class you will learn how easy it is to store “stuff” in free cloud storage sites like One Drive and Google Drive.

**Getting Most Out of Gmail****Wednesday, May 27 — 285315-04**

9:30-12:00 AM (OC). \$18. 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.

**—Mac—****Mac OS X Yosemite Tips and Tricks****Monday, April 20 — 266215-03**

9:00 AM-12:00 PM (OC). \$30. Supply fee: \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an Apple computer/laptop with Yosemite (Version 10.10 or later) installed on it. Do you want to learn some good tips and tricks on Yosemite, the newest Mac Operating System? Then this class is for you. We will show you tips and tricks in the Finder, System Preferences and many other Apps. Learn many functions and features that aren't commonly known and enhance your Yosemite experience. There are only 10 iMac's in the lab and space is limited, so register early. If you have any other spe-

*Continued on page 82*

cific questions about the class call Andy Petro at 474-1544.

### Pages 5.0 for Mac

**Friday & Saturday, May 29 & 30 — 232115-03**

9:00-11:30 AM (OC). \$40. Supply fee: \$5 payable to instructor. Instructor: Helen Rains.

This class is where you can find out more about **Pages 5**, the full featured word processing and page layout application compatible with **Mac OS X Yosemite**. It is easy and great for many writing tasks—notes, letters, newsletters, flyers, keeping records or crafting your story and more. You will learn how to apply the text editing, formatting tools and to easily add photos, tables, and media clips. This class will take you through the basic steps of new document creation and help you practice adding your own ideas so it looks the way you pictured it. You will be ready to share and move documents beyond your Mac everywhere Pages runs and the iCloud reaches. Whatever you write, you will create gorgeous documents with ease.



### —PC—

### Tips and Tricks for Beginning PC Users

**Thursday, May 14 — 282115-04**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening.

### More Tips and Tricks for Beginning PC Users

**Friday, May 29 — 282215-04**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.



### —Photo—

### Picasa

**Monday & Wednesday, April 20 & 22 — 256115-03**

1:00-4:00 PM (OC). \$60 (two sessions). Instructor: Len Car-

niato. **Prerequisite:** Comfortable using Windows. Modern SmartPhones and cameras make it easy to take digital photos and "Picasa" photo software makes it simple to store, organize, edit and share them. "Picasa" is a free program from Google designed for the "amateur" digital photographer. With an excellent array of editing tools and features, this program is a good choice for users of varying experience levels. Combining lecture with hands-on, you will take home the skills to do almost everything with your images. Learn to file, crop, fix red-eye, adjust light, touch-up defects, repair colors, email, print, backup, and more. Sign up now and get started.



### —Smart Phones and Tablets—

### Introduction to Smart Phones

**Tuesdays, May 19 — 256215-04**

9:00-11:00 AM (OC). \$40 Instructor: Len Carniato. **Prerequisite:** Gmail account "If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc. (or a tablet) you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start.

### Android Intermediate

**Wednesday, May 20 — 255315-04**

1:00-4:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Google's Android is outstanding on SmartPhones and Tablet Computers. Come to this seminar, connect to our Wi-Fi and discover how to customize your device and make it perform your way. We will go thru key device settings that let you do amazing things. We'll review Navigation, Accounts, Battery management, etc. We'll also explore useful accessories, widgets, email, calendar, photos, music, maps, and apps in detail. On our large screen, you'll be able to easily see everything we discuss and recommend, then proceed to customize your own device. If you've had your SmartPhone for a while, this class for you.



### Android Advanced

**Wednesday, April 22 — 255215-03**

**Or Friday, May 22 — 255215-04**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Ready to go beyond the basics. 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

*Continued on page 85*



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### iPad Basic

**Saturday, April 25 — 264215-03**

9:00 AM-12:00 PM (KS). \$30. Supply fee: \$5 payable to instructor. Instructor: Ken Silverman. Get more out of—and into—your iPad2 or greater or iPad, Mini than you ever thought possible. Learn all about iOS8 (make sure your iPad has iOS8 installed before coming to the class), like Air Play and Internet. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. **Bring your iPad**—we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate.



### iPhone Beyond Basics—Tips and Tricks

**Thursday, May 28 — 262815-04**

1:00-4:00 PM (OC). \$40. Supply fee: \$5 payable to instructor.

Instructor: Andy Petro. **Prerequisite:** You must have an **iPhone 5S** or newer and you must be on **iOS 8.1.3** or higher. **Bring your iPhone to class.** Are you currently using your iPhone and want to learn more exciting and effective ways to use it? Then this class is for you. I will show you how to go beyond the basics with tips and tricks that will enable you to use your iPhone at a new and exciting level. With over a million apps to choose from, why not go beyond the basics? If you have any other specific questions about the class call Andy Petro at 474-1544.



### —Social Media—

### Facebook 101

**Saturdays, May 23 & 30 — 272115-04**

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



## WellFit Classes

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- **Thursday, April 30 — 700100-OC**  
10:00-11:00 AM, Fitness Floor (OC)
- **Thursday, May 7 — 700100-O1**  
2:00-3:00 PM, Fitness Floor (OC)

- **Tuesday, May 12 — 700100-O2**  
11:00-12:00 PM, Fitness Floor (OC)
- **Friday, May 22 — 700100-O3**  
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, April 30 — 700100-K2**  
4:00-5:00 PM, Fitness Floor (KS)
- **Friday, May 8 — 700100-KD**  
4:00-5:00 PM, Fitness Floor (KS)
- **Friday, May 15 — 700100-KE**  
11:00-12:00 PM, Fitness Floor (KS)
- **Thursday, May 28 — 700100-KF**  
2:00-3:00 PM, Fitness Floor (KS)

### 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.

*Continued on page 87*

## 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.*

### Nordix Pole Walking

**Tuesday & Thursday, May 5 & 7 — 750000-05**

9:00-10:30 AM. Meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). 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, May 4-27 — 878000-05**

3:00-4:15 PM, Aerobics Room (OC). Four-week program, \$80. 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, May 12-26 — 801000-5A**

**Wednesdays, May 6-27 — 801000-5B**

**Thursdays, May 7-28 — 801000-5C**

**Fridays, May 8-29 — 801000-5D**

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesdays \$26.25 (three sessions); Wednesdays, Thursdays and Fridays \$35 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength.



## 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.*

### Tai Chi L1

**Tuesdays, May 5-26 — 730100-05**

**Saturdays, May 2-30 — 730100-5A**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 Tuesdays (four sessions); \$43.75 Saturdays (five 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, May 2-30 — 730300-05**

10:00-11:00 AM, Aerobics Room (OC). \$43.75 (five 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, May 5-26 — 730400-05**

2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). 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.

### Healing with Chi (“chee-gong”) L1

**Thursday, May 7-28 — 820706-05**

1:00-2:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Sherry Remez. Healing with Chi is an innovative Energy-based approach to restoring and sustaining health & Well-Being. CHI (“chee”) Conscious Life Energy has been used as healing medicine for thousands of years. \*Recommended by Kaiser, the Veterans Admin., Stanford, and Mayo Clinic. Learn about your Energy resources of *Heart, Mind & Hands* and how to gather and direct Energy releasing Stress, Pain, and Emotional Suffering. Thirty-year holistic healing practitioner and QiGong (“chee-gong”) instructor, Sherry Remez guides you to *relax* in this ongoing, light-hearted internationally recognized program. Appropriate for any age or fitness level.

### Personal Growth

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

### Farmers Market 5k Fun Walk/Run

**New! Wednesday, May 20 — 820919-FR**

8:30 AM, OC Fitness Center entrance, ending at the Farmers Market. \$20 includes T-shirt and goody bag. Come join us to start the summer season with fresh fruits and fitness fun. A 5k is just over three miles; it's not much further than walking your dog, sightseeing or a shopping trip. **This is not a competitive race** and all levels are welcome. Residents Register: Fitness/Activities Desks or online.

### Coming Soon! Living Through Transitions

**July 18-December 5**



9:00 AM-12:00 PM. P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session registration opens five days prior to session date—support person

only \$35 per session. Do you plan to age in place here in SCLH? Do you need help in planning how to do that successfully? This program will take you through seven topics that will facilitate your planning. Topics include: personal finances, legal matters, dealing with loss, navigating the healthcare system, transportation issues, housing options and end of life issues. If you have questions or need help enrolling please email [carol.zortman@sclhca.com](mailto:carol.zortman@sclhca.com) or call 625-4032. Residents Register: Fitness/Activities Desks or online. Separate session registration only available at the Fitness Desks.

### Living Through Transitions “Moving Beyond Loss”

**Saturday, May 2 — 823500-JN**

This is a class for the support person only. 9:00 AM-12:00 PM, P-Hall (KS).

### The Sudoku Series

**Tuesday, May 26 — 870000-04**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from January to July, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned. 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.



### Self-Defense and Martial Arts

**Tuesdays, May 5-26 — 815000-05**

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills for needed varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



### New! Lavender Basics — Growing and Using

**Monday, June 29 — 861000-LV**

9:00-11:00 AM, Heights (OC) \$25. Instructor: Renee Charles-

*Continued on page 89*

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## Tennis

*Programs that provide learning the mental, physical and emotional side of the sport.*

### **New Instructor! Introducing Eldon Wilson**

Eldon Wilson is a P-1 USPTA Professional with over 25 years of teaching and extensive experience. He has directed teacher development courses, mental toughness clinics and coached many top ranked national players. He has also written for various tennis publications, is a public speaker, and has written a book *The Accelerated Tennis Program*.



### **New! Cardio Tennis— High energy, Social and Engaging** Tuesdays, May 5-26 — 790401-03

8:00-9:00 AM, Court #4. \$35 (four sessions). Instructor: Eldon Wilson. This is a high energy fitness class that combines the best features of the sport while delivering the ultimate full body, calorie burning, aerobic workout! Register: Fitness Desks or online.

### **New! Service Clinic** Saturday, May 9 — 790400-03

11:00 AM-12:00 PM, Court #4. \$15 (one session). Instructor: Eldon Wilson. Service: The serve is the most important stroke in the game of tennis, without the serve, points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs and when you should do it. Also how to control the ball toss and how important the toss is. Register: Fitness Desks or online.



### **New! Double Strategy Clinic** Saturday, May 23 — 790400-04

11:00 AM-12:00 PM, Court #4. \$15 (one session). Instructor: Eldon Wilson. Double strategy: This clinic is designed to work doubles positioning, shot selection as well as developing an understanding of the court and where to be. Register: Fitness Desks or online.

## Pro Tennis Lessons

**Sundays, May 24-June 28**

**Beginner 8:00-8:50 AM — 790700-03**

**Intermediate 9:00-9:50 AM — 790600-03**

**Advanced 10:00-10:50 AM — 790500-03**

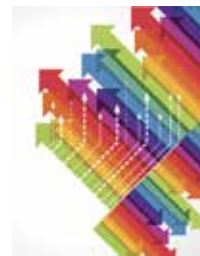
Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: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

## Money Matters

### **Active or Passive: Which Investment Strategy is Best for You?**

**Tuesday, May 26 — 870000-05**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Inside any investment strategy, with any advisor or investment company, there are investments that just follow an Index, sometimes called Index Funds, and others that rely on a management team to generate return. Both provide certain benefits, however, are completely separate strategies. Come learn which might be best for you and how to analyze the merits of each.



### **Let's Talk About Advance Health Care Directives** Tuesday June 23 — 863100-04

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



### **Getting Your Stuff Together: Organizing Your Estate** Thursday & Friday, June 4 & 5 — 863000-04

9:00 AM-12:00 PM, Oaks & Gables (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be



*Continued on page 91*

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### Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. It's a new concept in natural healthcare that gets results. Bowen addresses core issues, not just symptoms. Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica and knee problems. In essence, the practitioner helps your body heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised health. Certified Bowen Therapist Natilee Riordan has always been passionate about people and about fitness, however it wasn't until an injury became a roadblock in her own pursuit of wellness that she realized she wanted to help people free themselves of pain and restore quality to their lives. Her goal is to assist others in reaching their fitness and overall wellness goals. *"The reason I exercise is for the quality of life I enjoy."*—Kenneth Cooper. For more information about Bowenwork or for an appointment, please contact Natilee Riordan at [Bowenwork@schca.com](mailto:Bowenwork@schca.com) or 625-4034.



### Training Services

Please check the Fitness Centers or website under Fitness for a complete listing and contact information.

**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.*

### SGT—TRX Express L1

**Mondays & Wednesdays, May 4-June 1 — 835210-A5**

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class May 25). 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 minutes. Have a



safe/effective workout while getting oriented with new equipment.

### SGT—TRX Express L2

**Tuesday & Thursdays, May 5-28 — 835211-A5**

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, May 4-June 1 — 835800-A5**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 25). 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

**Tuesdays & Thursdays, April 28-May 21 — 835500-A5**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. 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 learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



### SGT—"Fun"ctional Fitness L3

**Tuesdays & Thursdays, April 28-May 21 — 835600-A5**

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 this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core,



*Continued on page 93*

## Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

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

For details and other tax-cutting assistance, contact:

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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, April 28-May 21 — 835300-A5**

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). 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, May 4-June 1 — 835300-B5**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions; no class May 25). 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—Morning TRX Bootcamp L2

**Fridays, May 8-29 — 835200-A5**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Tyler Johnson. Need to add another day to your current routine? This small group training will make use of the TRX to improve power, strength, flexibility, balance, and mobility just for starters! Other pieces of equipment may be used in this total body workout.

### SGT—Bootcamp L3

**Mondays & Wednesdays, April 27-May 20 — 835400-A5**

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

**Mondays and Wednesdays, May 4-June 1 — 835700-A5**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 25). 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 and Wednesdays, May 4-June 1 — 835701-A5**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 25). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1.



### SGT—Balance & Fall Prevention L1/L2

**Mondays & Wednesdays, May 4-June 1 — 835710-A5**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class May 25). 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 completion of The Introductory Reformer Session L1.*

## Introducing Pilates Reformer Membership!

*See our ad on page 48.*

### Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month during the third week of the previous month. Additional classes may be added as a member. Non-members select classes (after members) on the fourth week of the month on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package**  
\$80 per month
- **Eight-class membership package**  
\$135 per month
- **Add-on classes for member**  
\$17 per class
- **Drop in classes for non-member**  
\$25 per class

#### • Introductory session

\$30 for both member and non-member  
Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in the Reformer Membership,

*Continued on page 95*

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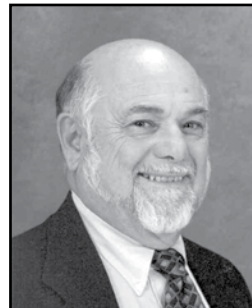
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speak with staff at the OC or KS Fitness Desks. These packages are not available online. A temporary month-long suspension of membership is available for those enrolled in the eight-class package.

### Save the Date — Pilates Reformer Open House Friday, April 24 — Free

Fitness Floor (KS). 11:00 AM-1:00 PM. We are hosting an open house for our Pilates Reformer Program. Come see our Pilates Reformers and visit with our team members to see what Reformers can do for you. The first 10 residents to arrive receive a free gift. All attendees will receive a 15% discount coupon for retail purchases. Bring a guest and receive a free reformer introduction class. Light refreshments will be served.

## Pilates Reformer Class Descriptions

### Introductory Reformer Session L1

Continuous Dates — 835110-A5

Fitness Floor (KS). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.



### SGT—Reformer Basics L1

This class allows you to precisely 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

This class builds on Reformer Basics L1, 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 Basics L1 if appropriate.

### SGT — Reformer Fit for Golf L2

Do you want to be able to hit the ball farther, straighter and with less chance of injury such as to the back, elbow and knee? Different pieces of equipment will be used to condition you like the pros!



### Pre-Reformer for Special Population — Personal Training

\$50 one session (one-hour long). 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. Personal Training and Buddy Training available. To be referred to appropriate class, please contact Carol Zortman at 625-4032.

## Punch Pass Class Descriptions

Please see the colored 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.

**Aqua Fit L2:** This is a shallow water class designed for all levels of aquatic fitness. Goals for the class are to increase cardiovascular health, strength, endurance, agility, balance, and flexibility while using the water's resistance to tone and define the body. This class utilizes music, fun, and water "toys" for a format that includes: warm up, conditioning, strength, cool-down, as well as toning, stretching and relaxation exercises. Hop in the pool for one hour of water fun and get a workout for everything from head to toe!

**Aqua Pilates L1:** The pool has become the 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.

**Aqua Yoga L1:** 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

*Continued on page 96*

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.

**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!

**Barre L2:** Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.

**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.

**Cardio & Core L3:** Come join the fun and change up your routine! Cardio can include, low impact aerobics, step or fun cardio drills. The core portion of class will work your core through strengthening exercises that could include taking it to the floor. This class changes it up, because if you train the same, you stay the same!

**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!

**Chair Yoga L1:** Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

**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 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

**Diabetes Exercise Program (DEP2) L1:** Diabetes Exercise Program 2 is a class designed especially 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!

**Hatha Yoga L2:** Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.

*Continued on page 99*



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**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!

**iRest—Meditation for Yoga:** 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.

**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 utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

**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. For 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!

**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.

**Relaxing Yoga and Meditation L1:** 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.

**Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

**Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes 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.

**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.

**Wai Dan Gong:** Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing

*Continued on page 100*

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.

**Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun!

**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 activity 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 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.

**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 for Osteoporosis L1:** 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. 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.

**Yoga Flow L2:** Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence, the teacher brings her own style.

**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.



## Springtime

*Continued from page 11*

landscape changes are being reviewed, the Architectural Review Committee (ARC) will be evaluating the following major items:

- An overall cohesive design concept (lawns cannot just be removed and replanted with a few shrubs and flowers).
- Creative integration of all landscape design elements.
- Use of hardscape, walls, mounds, terracing and boulders.
- Choice of plant material, including size, height, texture, density, seasonal color, and harmony with existing plants.
- Interesting variety of plants and trees.

- Minimum 40% plant coverage at the time of installation including the required calculations.

Springtime in Lincoln Hills is also a great time to become involved with the ARC. We currently have three open positions on the committee. Becoming a member of the ARC is a wonderful way to help keep the community looking beautiful and to meet and assist your fellow residents. If this kind of activity piques your interest, applications are currently being accepted. Any questions may be emailed to Mark Hutchinson at [arc@schca.com](mailto:arc@schca.com)

The ARC is looking forward to assisting you with your springtime projects.



## OC Aqua Wellift Class Schedule

May 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L3- Marilyn		Water Works L3- Marilyn		Water Works L3-Jeannette		
8:30	Aqua Fit L2- Lisa		Aqua Fit L2- Lisa		Water Works L3-Jeannette		
9:30		Water Works L3 - Deanne	Core n More L3- Annette	Water Works L3 -Deanne			
10:30	H2O Bootcamp L3- Annamarie	Water Works L3 - Deanne	Splash Dance L2- Annette	Water Works L3 -Deanne	Aqua Fit L2- Annamarie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marie		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Annette		Aqua Pilates L1- Marilyn		Aqua Pilates L1-Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie	Water Works L3- Annamarie	H2O Bootcamp L3 Annamarie	Water Works L3-Lisa			

## Pilates Reformer Class Schedule March Compass May 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:00							
7:30	Ref Basics L1 - Kirsti	Ref Basics L1 - Robert		Ref Basics L1 - Robert	Ref Basics L1 - Kirsti		
8:30	Ref Fit for Golf L2 - Robert	Ref Intermediate L2 Deborah	Ref Fit for Golf L2 - Robert	Ref Basics L1 - Gretchen	Ref Intermediate L2 - Kirsti		
9:30			Ref Basics L1 - Marie			Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie	Ref Basics L1 - Terri	Ref Basics L1 - Valerie	Ref Basics L1 - Terri			
11:30	Ref Intermediate L2 - Valerie	Ref Intermediate L2 - Terri	Ref Intermediate L2 - Valerie	Ref Intermediate L2 - Terri	Ref Basics + L1-L2 Valerie		
12:30							
4:30				Ref Basics L1 + L1-L2 - Lori			
5:00	Ref Basics L1 - Terri		Ref Basics L1 - Terri				

OC WellFit Class Schedule May 1-31, 2015

	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	20/20 L3-Marilyn	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	Cardio & Core L3- Jeri	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Lin	Piloga L2 -Lola	Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1 Terri	iRest Meditation and Yoga (12:15 - 1:15) - Iram	Arthritis L1/2 -Lin	Piloga L2 -Kirsti	Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Terri	Chair Yoga L1 (1:30-2:30) Ashley	Chair with Flair L1- Kathryn		Basic Chair L1-Lola		
2:00	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Fit 101 (2:00-3:00) L1- Marilyn	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Fit 101 L1- Marilyn	Activities		Yoga Flow L2- Ashley
3:00	3:00-4:15pm Diabetes 1 - Annamarie	Diabetes (DEP 2) L1 Annamarie	3:00-4:15pm Diabetes 1- Annamarie	Diabetes(DEP 2 ) L1 Annamarie		SCLH Booking	
4:00				Activities			
5:00	Zumba L3 - Andi		Zumba Gold L2 - Joanie	Activities			
6:00	Yoga for Osteo L1- Susan	6:00-7:30 Self Defense - Paul					
7:00							
			Group Exercise Classes (punch pass) \$3.50			Wellness Classes (session based) Small Group Training (session based)	



KS WellFit Class Schedule

May 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS	KS	KS	KS	KS	KS	KS
7:00	7:15-8:15am SGT - Morning Bootcamp L2- Lisa	6:15am Bootcamp L2- Robert	7:15-8:15am SGT - Morning Bootcamp L2- Lisa	6:15am SGT - Bootcamp L2- Robert	7:15-8:15am SGT - TRX Bootcamp L2- Tyler	8:00am HI NRG Cycle L3- Paige	
7:30							
8:00							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3- Deanne	Low Impact L3- Annamarie	Zumba Gold L2 - Joanie		
9:30	Strictly Strength L3 - Marilyn	Strictly Strength L2 - Lin	Cardio Strength L3- Annamarie	Strictly Strength L2- Lin	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	20/20/20 L3 - Marilyn	Piloga Flow L2 - Julie M	Cycle & Strength L2-Gretchen	Pilates Fit L2 - Domine	Everybody Can L2- Lin	Yoga L2- Susan	
11:30	SGT - Healthy Back L1- Kathryn		SGT - Healthy Back L1- Kathryn		WaiDan Gong - Joan		
12:30		12:00pm SGT - Functional Fit L2- Deanne		12:00pm SGT - Functional Fit L2- Deanne			
1:30	Yoga Basics L1- Susan	Tai Chi L1 - Peil		1:00pm Qigong L1 - Sherry			
2:30	SGT - TRX Interval L2- Julia		SGT - TRX Interval L2- Julia	Basic Conditioning L1 Kathryn			
3:30	SGT-TRX Express L1- Julia	(2:45-3:45) Tai Chi L3 - Peil	SGT-TRX Exp. L1- Julia		SCLH Booking		
4:00	SGT Healthy Back L2- Kathryn	Yoga for Osteo L1 - Susan	SGT Healthy Back L2- Kathryn	Yoga for Osteo L1 - Susan			
5:00							
5:30	SGT - Bootcamp L3- Lisa	SGT - TRX Exp. L2- Julia	SGT - Bootcamp L3- Lisa	SGT-TRX Exp. L2- Julia			
6:00		Hatha Yoga L2- Susan		Relaxing Yoga & Meditation L1 - Susan			
7:00							

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)  
Small Group Training (session based)



### What Will They Think of Next? Technology for Better Living

Thursday, April 16 — Free

2:30-3:30 PM, Ballroom (OC). Care Innovations, an Intel-GE Company, has developed cost-effective technology solutions that connect seniors to healthcare providers to gain confidence to live independently at home. Frank Napoleon, Care Innovations' Corporate Development Director, will discuss state-of-the-art telehealth innovations ranging from far-fetched to more practical small medical devices. Care Innovations' Remote Care Management lowers healthcare costs by better educating and engaging patients. Mr. Napoleon's presentation will illustrate the importance of incorporating seniors' attitudes toward current technology in designing new technologies that incorporate their unique needs, preferences, capabilities, and limitations.



### Local Snakes: Facts, Fiction & Phobias

Tuesday, April 21 — Free

2:00-4:00 PM, Ballroom (OC). If you're afraid of every snake you see, then you need to attend this presentation. On April 21, residents David Rich (aka The Snake Man) and John Parks, DVM, will present their highly acclaimed forum on snakes. They will explain the important role snakes play in our lives; how to tell a gopher-snake from a rattlesnake; the many truths and myths about snakes; and what to expect if you or your pet are bitten by a rattlesnake. The Q&A is always educational and entertaining, so bring your friends



### Dental Solutions for Medical Problems from A to ZZZZZZ

Wednesday, April 29 — Free

7:00-8:30 PM, Ballroom (OC). An experienced orthodontist, Russell Sutliff, DDS, MS, who now specializes in Dental Sleep Medicine, will present this captivating topic. Our collapsible airway causes millions of sleeping individuals to repetitively battle to breathe every night. For these people, healthy restful sleep can be elusive leaving them with high blood pressure, cardiac complications, excess daytime fatigue and poor quality of life. Approved dental sleep appliances can support open airways without the use of a CPAP (Continuous Partial Airway Pressure) machine. Do not miss this presentation.



### The History and Art of Gladding McBean

Thursday, April 30 — Free

10:30 AM-12:00 PM, P-Hall (KS). For 140 years, Gladding

McBean has had a vital presence in Lincoln. A pioneer in ceramics technology, this company has played a major role in California's industrialization. During the heyday of architectural terracotta, Gladding Mc Bean dominated the industry in the Far West. The company's artistic clay products not only decorate Kilgus Springs Lodge but also adorn buildings all over the world. Our presenter, Jean Cross, is Executive Director of the Art League of Lincoln and the first artist in residence at Gladding McBean. During her presentation, Jean will share many photographs depicting the development and growth of this company. When you dine at Buonarroti's Restaurant here in Lincoln, you will see examples of Jean's creative talents as an interior designer and muralist.



### Safe Driving for Seniors... DMV Update

Tuesday, May 5 — Free

2:00-3:30 PM, Ballroom (OC). The Ombudsman Branch of the Department of Motor Vehicles (DMV) is pleased to present this special seminar on safe driving for seniors. Presenter Eddie Ballesteros will explain how the DMV ombudsmen can help to ensure seniors are treated fairly, consistent with the laws and regulations of California. Shannon Lewis, DMV Consultant and Advocate, will also address such frequently asked questions as...



- For what reasons do seniors get referred to DMV?
- What can seniors do to prevent being referred?
- What is involved in the renewal process?
- What resources are available to help seniors?



### When to Choose Hospice Care

Wednesday, May 27 — Free

7:00-9:00 PM, Ballroom (OC). Modern medicine works many miracles, but sadly can only go so far. When it comes to the point where medical treatment can no longer slow or cure an illness, it may be time to seek hospice care. The decision to enter hospice is never easy, and it comes at a stressful time. Even once the decision is made, arranging for hospice care requires the acknowledgment of unpleasant realities, which puts the responsibility on the patient, doctors and families to initiate hard conversations about end-of-life care. There is a guide that can help you navigate the hospice system to get the information you need to make informed decisions.



### Search for Extraterrestrial Civilizations...

Professor Barry Rice & Astronomy Club

Wednesday, June 3 — Free

7:00-8:30 PM, Front Ballroom (OC). In this Forum presentation, Dr. Rice speculates about life in our galaxy. For instance: Why haven't we detected aliens yet? (Or have we?) Dr. Rice



will discuss the Fermi Paradox, also known as “the Great Silence.” The Fermi paradox is the seeming contradiction between the high probability that extraterrestrial civilizations exist and humanity’s lack of contact with, or evidence for, such civilizations. And you’ll learn why you should never again utter the foolish phrase—“I think they’re out there; they just haven’t gotten here yet.” Q&A follows.



**Lake Tahoe: Stories, Facts & Fun**  
**Thursday, June 11 — Free**

10:30 AM-12:00 PM, Ballroom (OC). Mark McLaughlin is a historian and award-winning nationally-published author, with six books and more than 650 articles in print. We are fortunate to have him return to a Community Forum for storytelling at its finest! In this snapshot history of Tahoe, Mark will showcase important and colorful characters that played a role in the development of Western Nevada and Lake Tahoe. Don’t miss this chance to be delighted by a collection of entertaining stories that illustrate regional history including the early logging, railroad, and the steamship eras.



**Future Forecast—Cloudy, Little Rain...  
 Water Conservation Panel**  
**Tuesday, June 16 — Free**

2:00-4:00 PM, Ballroom (OC). Such recent forecasts have prompted the City of Lincoln to present a panel on current water conditions. Panelists will comprise officials from the City of Lincoln, Placer County Water Agency (PCWA), and the Regional Water Authority (RWA). Specific topics will include:



- A brief overview of the City of Lincoln’s water system and conservation programs by **senior water technician Jeff Miller**
- An update on related PCWA water conservation efforts and an overview of future water supply projections by **PCWA customer service director Linda Yager**.
- An overview of regional conservation projects and current legislation by **RWA regional water efficiency program manager, Amy Talbot**
- Information about water billing and upcoming rate changes by **City of Lincoln utility billing supervisor, Fe Angel**.
- **City staff** will also provide an overview of the city’s storm water quality program. Q&A follows.

**Community Forums, Date, Time, Location**

<ul style="list-style-type: none"> <li>• <b>What Will They Think of Next? Technology for Better Living</b> Thursday, April 16, 2:30 PM, Ballroom (OC)</li> <li>• <b>Local Snakes: Facts, Fiction &amp; Phobias</b> Tuesday, April 21, 2:00 PM, Ballroom (OC)</li> <li>• <b>Dental Solutions for Medical Problems from A to ZZZZZZ</b> Wednesday, April 29, 7:00 PM, Ballroom (OC)</li> <li>• <b>History &amp; Art of Gladding McBean</b> Thursday, April 30, 10:00 AM, P-Hall (KS)</li> <li>• <b>Safe Driving for Seniors... DMV Update</b> Tuesday, May 5, 2:00 PM, Ballroom (OC)</li> <li>• <b>When to Choose Hospice</b> Wednesday, May 27, 7:00 PM, Ballroom (OC)</li> <li>• <b>Search for Extraterrestrial Civilizations</b> Wednesday, June 3, 7:00 PM, Front Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lake Tahoe: Stories, Facts, and Fun</b> Thursday, June 11, 10:00 AM, Ballroom (OC)</li> <li>• <b>Water Conservation</b> Tuesday, June 16, 2:00 PM, Ballroom (OC)</li> <li>• <b>The Five Most Common Foot Problems</b> Wednesday, June 24, 7:00 PM, Ballroom (OC)</li> <li>• <b>More Del Webb Lincoln Hills History... Judy Bennett</b> Thursday, July 9, 10:00 AM, Ballroom (OC)</li> <li>• <b>Password 2014 Video Replay with Presenter Update</b> Tuesday, July 28, 1:00 PM, P-Hall (KS)</li> <li>• <b>Aging in Place</b> Wednesday, July 29, 7:00 PM, Ballroom (OC)</li> <li>• <b>American Woman in Pakistan... Irene Douglass &amp; Veterans Club</b> Thursday, August 20, 1:00 PM, Ballroom (OC)</li> </ul>
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## 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)

### •Administration•

Executive Director

Chris O'Keefe 625-4060 [chris.okeefe@slhca.com](mailto:chris.okeefe@slhca.com)

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

[jeannine.balcombe@slhca.com](mailto:jeannine.balcombe@slhca.com)

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Advertising & Promotions Manager

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Community Standards Manager

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Facilities & Maintenance Manager

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Membership Clerk

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Room Booking Coordinator

Shelvie Smith 625-4021 [shelvie.smith@slhca.com](mailto:shelvie.smith@slhca.com)

### •Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

### Activities

Lifestyle Manager

Lavina Samoy 625-4073 [lavina.samoy@slhca.com](mailto:lavina.samoy@slhca.com)

Lifestyle Assistant Manager

Lily Ross 408-4609 [lily.ross@slhca.com](mailto:lily.ross@slhca.com)

Lifestyle Class Coordinator

Betty Maxie 408-7859 [betty.maxie@slhca.com](mailto:betty.maxie@slhca.com)

Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 [deborah.meyer@slhca.com](mailto:deborah.meyer@slhca.com)

Lifestyle Trip Coordinator Katrina Ferland

625-4002 [katrina.ferland@slhca.com](mailto:katrina.ferland@slhca.com)

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Compass Advertising Coordinator

Judy Olson 625-4014 [judy.olson@slhca.com](mailto:judy.olson@slhca.com)

### Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

WellFit Manager

Deborah McIlvain 625-4031 [deborah.mcilvain@slhca.com](mailto:deborah.mcilvain@slhca.com)

Fitness Supervisor Jeannette Mortensen 408-4825

[jeannette.mortensen@slhca.com](mailto:jeannette.mortensen@slhca.com)

Wellness Supervisor Carol Zortman 625-4032

[carol.zortman@slhca.com](mailto:carol.zortman@slhca.com)

### •Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 [jerry.mccarthy@slhca.com](mailto:jerry.mccarthy@slhca.com)

### Catering

Banquet Sales Manager

Meghan Louder 625-4043 [meghan.louder@slhca.com](mailto:meghan.louder@slhca.com)

### •The Spa at Kilaga Springs•

408-4290

Spa Manager

Jori Richards [jori.richards@slhca.com](mailto:jori.richards@slhca.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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Relations Committee

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*Compass* — A monthly magazine established August 1999

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Layout/Design: Aspen TypoGraphix

Printing: Fruitridge Printing

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