



Compass

The Official Magazine of Sun City Lincoln Hills

February 2015

**Have You Heard About
Resident Rewards?... page 13**

**Registering for the
Resident Website & eNews?... page 14**

**WellFit News: What Can You Do
If You Have Limited Mobility?... page 9**



In This Issue

Activities News & Happenings	5, 74, 94, 108
Ad Directory/Compass Advertisers	107
AgingWell: Hearty Matters	11
Association Contacts & Hours Directory	106
Board of Directors Report.....	2
Bulletin Board.....	41
• Community Perks.....	43
• You are invited to attend	41
Calendar of Events.....	3
CCRC/Communications&Commun. RelationsComm....	17
Classes, Activities Department.....	67
Classes, WellFit Department.....	87
Club Ad: Eye Contact	11
Club News	25
Commercial Presentation.....	19
Committee Openings	2
Community Forums	104
Community Standards	10
Connections	3
Day Trips & Extended Travel	54
Did You Know?	17, 19
Election News	5
Entertainment	47
Finance Committee	9
Food & Beverage Department	13, 42, 66, 68
Golf Cart Inspections at Orchard Creek Lodge.....	24
Historic Lincoln Sites, Part One	19
In Memoriam	39
InternetInsight: ResidentWebsiteand eNews.....	14
Lincoln Hills Golf Club	12
Library News	21
Neighborhood Watch	23
Neighbors InDeed: Handy Helper Forum Coming Up...21	
Properties Committee	10
Public Safety as a Priority in SCLH	14
Ready for your New Year's Resolutions?	17
Rockin' the Hills	7
The Ballad of Gopher Gap	7
The Spa at Kilaga Springs	13, 58
Upcoming Association-Related Meetings	3
Use Your Association's Electronic Payment Program	45
VolunteerYourTimeandExperience, Be on a Committee...2	
WellFit Grids.....	101-103
WellFit News	9, 22, 80, 108

On the cover

Gopher Gap cast members chase after the fleeing villain, Bunco De Sneer. See page 7 for details. Thanks to Ride To Walk horseback riding service for disabled children and adults for offering their picturesque setting for the cover photo.

Photo by Steve Greenfield

How Does the BOD Make a Decision?

Marcia VanWagner

Director, SCLH Board of Directors

During the Candidate Forums in January, the candidates addressed the issue of “transparency.” I would like to take this opportunity to explain how your Board of Directors goes through the decision process to get to what you see in an open Board meeting.

There are many communication tools available to learn what is going on in the community. The *Compass* is our official publication. The Resident Website is available 24/7 and eNews is published as flash information. The official Bulletin Board in Orchard Creek Lodge is updated continuously. The Library has hard copies of all committee minutes. Every household is mailed an annual CD with our Rules and Regulations, Design Guidelines, Bylaws, and CC&Rs, and hard copies are available at the Activity Desks. If you have questions about our community, you’ll probably find answers in one of these tools.

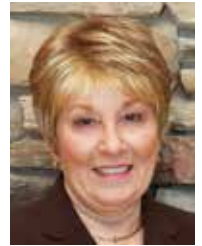
Is it easier to call someone with your question? Turn to the Association Contacts & Hours page in the last two-page spread in your *Compass* to find telephone numbers and email addresses for those who may have answers! We have an open door to all and are more than willing to help you understand what’s happening!

Our committees do much of the work of your Association. Each committee publishes an agenda describing the work they will be doing that month.

Committee meetings are open, meaning that you can attend. Each committee has a Board liaison, and you will find most of our Directors at the Properties and Finance meetings every month. The committees have a process to consider each issue from beginning to a recommendation for action.

What you see at the monthly Board meeting is the culmination of an ongoing process. The agenda for the meeting is published about a week in advance. Each committee chair writes a report, including any actions the committee recommends to the Board, which are given to each Director to review before the Board meeting. Directors

have the opportunity to review, think, consider, research, and decide a position on each agenda item. Directors have the advantage of having attended committee meetings to hear the discussions regarding an issue, and the time before a meeting to analyze the issue and make an informed decision. And no, the Board does not meet before an open meeting to discuss an issue. Each Director does his own due diligence and is open to discussion should a divergence of opinion appear. Your Directors take their jobs very seriously and want you, our residents, to feel as confident as our attorney who has told us that SCLH is one of the most “transparent” communities he serves.



“There are many communication tools available to learn what is going on in the community. The *Compass*... Resident Website... eNews... Bulletin Board in Orchard Creek Lodge...Library...annual CD with our Rules and Regulations, Design Guidelines, and CC&Rs, and hard copies are available at the Activity Desks.”

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

Give back to your community by volunteering. The Architectural Review, Compliance, Clubs and Community Organizations, 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 Com-

mittee 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.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



I love calendars, and this year one of the calendars I received had this January message, “A year from now you’ll wish you had started today.” Now, that’s a message to keep at the forefront of our mind because before we know it, it’s mid-February and beyond. Time moves so quickly, and the year holds much promise, but we

must act now.

This year I promised myself to spend more time reconnecting with you, the residents who are the energy and spirit of our community. In 2015 I vow to spend more time stopping to say hello and check in with you. Please, when you see me in the Lodge, say hello, ask

me a question, share an idea, or tell me what we might do to help you enjoy the lifestyle here at Sun City Lincoln Hills. We all have stories of trials and tribulations—and joys and delights—and I frequently hear how thankful you are to have moved to this beautiful, friendly place. We know never to take anything for granted and that we must live for today. If you are looking for new ways to reconnect socially, share your talents, make friends, or learn something new, let me know and I can recommend hundreds of opportunities for you.

In August, 1999 I wrote my first *Connections* article and 15 years later as your Lifestyle and Communications Director, it continues to be my goal to make connections for you that will create a vibrant community. By connecting you to communications, programs, people, and opportunities, I hope you will continue

Please see “Connections” on page 5

Calendar of Events

February 15-March 31

Date	Event	Page #
02/16	Genealogy members share their research	30
02/16	Painters Club: Watercolor Demonstration	33
02/17	Special Insurance for LSV/NEV owners	32
02/17	Forum: Our PBS Station, KVIE and Rob on the Road	104
02/18	Forum: Don't Skip a Beat	11, 104
02/19	Book Discussion: <i>Winter of the World</i>	27
02/19	“Review of Bonsai Styles and Pruning”	30
02/19	Veterans Club Speaker: Professional Pilot, Author	38
02/19	Concert: Duo Detendre—Flute & Harp Duet	48
02/20-22	Annual Fine Art Show	33, 43
02/21	Mardi Gras Themed Dance	29
02/21	Bus Trip: San Francisco Shopping Pier 39	65*
02/24	Concert: Rio Americana HS AM Jazz Ensemble	48
02/25	Alzheimer's Disease, Importance of Early Detection	25
02/25	Bus Trip: Newsies at Orpheum Theater, SF	65*
02/26	“Herbs in a Mediterranean Garden”	30
02/26	Bus Trip: Crocker Art Gallery	65*
02/27	Music Group sponsored “Open Mic Night”	43
03/02	KS at the Movies: Saving Mr. Banks	43
03/03	Bus Trip: Speaker Series, Anderson Cooper	65*
03/04-05	Players Group: The Ballad of Gopher Gap	23, 34, 47
03/05	Speaker: Candice Tse, Goldman Sachs	32
03/05-06	Overnight: Sun City Sierra Winter Train	65*
03/06	Concert: Jason Petty “Hank & My Honky Tonk Heroes”	48
03/09	Bird Identification Program	26
03/10	Forum: NID/Handy Helpers Maintenance Update	21, 104
03/10	Needle Arts Speaker: Pamela Day, Handbags	33
03/10	Bus Trip: Buddy—The Buddy Holly Story	56
03/11	Photography Club: Show and Tell	34
03/12	“It's the Lifestyle”	5, 27, 29, 32, 33, 34, 34, 35, 35, 43
03/12	Low Vision: Residents Participation in Research	30
03/12	Comedy Night at KS: Kat Simmons	47
03/13	Bus Trip: Trinity Irish Dancers	56
03/16	“Giant Black Holes” and “The Galaxy Web”	25
03/16	Concert: Celtic Heart	52
03/18	Free Microchip Pet Clinic	43
03/19	Book Discussion: <i>The Sandcastle Girls</i>	27
03/19	Bus Trip: Jackson Rancheria	54
03/24-28	Overnight: Palm Springs	62
03/26-28	Tap Company: “Rockin’ the Hills”	23, 37, 47
03/31	Forum: Staying in the Light	104

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

Upcoming Association-Related Meetings: Date, Time, Place

February 15-March 31

Finance Committee Meeting	Wednesday, February 18, 9:00 AM
Golf Cart Registration	Thursday, February 19, March 5 & 19, 9:00 AM, OC Lodge
Board of Directors Annual Meeting of Members	Thursday, February 19, 9:00 AM
Board of Directors Special Meeting	Thursday, February 19, Immediately Following
Board of Directors Organizational Meeting	Thursday, February 19, Immediately Following
ARC/Architectural Review Committee	Monday, February 23, 9:00 AM
Board of Directors Meeting	Thursday, February 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, February 26, 10:30 AM
Board of Directors Executive Session	Thursday, February 26, 11:00 AM
CCOC/Clubs & Community Organizations	Tuesday, March 3, 9:30 AM
Compliance Committee Meeting	Wednesday, March 4, 10:30 AM
Elections Committee Meeting	Friday, March 6, 10:00 AM
ARC/Architectural Review Committee	Monday, March 9, 9:00 AM
Properties Committee Meeting	Tuesday, March 10, 1:00 PM
Listening Post	Wednesday, March 11, 9:00 AM
CCRC/Communications & Community Rel.	Friday, March 13, 9:30 AM
Finance Committee Meeting	Thursday, March 19, 9:00 AM
ARC/Architectural Review Committee	Monday, March 23, 9:00 AM
New Resident Orientation	Monday, March 23, 1:00 PM
Board of Directors Meeting	Thursday, March 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, March 26, 10:30 AM
Board of Directors Executive Session	Thursday, March 26, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

Planning a trip to Maui or Tahoe?



See Website Photos & Call 408-1188
 SCLH resident Gil Van Valkenburg
 • Maui www.homeaway.com/368171
 • Maui www.homeaway.com/368174
 • Tahoe www.homeaway.com/275698

GARY'S SPRINKLER REPAIR SERVICE



Residential Experts
24 Years Experience
Troubleshooting & Repairs

- Water Conservation
- Bad Valves
- Drip Systems
- Broken Pipes
- Clocks (installed & set)


All Work Guaranteed

H2orepair@hotmail.com
 Lic. # 869624



(916) 223-3706

Ronald T. Curtis
Plumbing Since 1985



- Water Heater installation
- Hot water recirculation systems
- Toilet replacements
- Repairs
- Remodels

Call 916-759-6680

License # 483169 • Lincoln Resident • Insured

Holly Stryker, Realtor®
 "Helping People Find Their Way Home"

Call: (916) 960-3949

1500 Del Webb Blvd # 101
 Lincoln, CA 95648
strykerhomes@gmail.com
www.LiveLincolnHills.com

Buying or Selling? Call Me!



CA BRE# 01900767
 Each office independently owned & operated



Andra & Michelle Cowles
 REALTORS® | DRE #00556444 & DRE #01821892

"Don't make a move without us!"

(916) 434-8655
(916) 295-8532



COLDWELL BANKER
 SUN RIDGE REAL ESTATE

1500 Del Webb Blvd.
 Suite 101
 Lincoln, CA 95648

www.TheRealtyExperts.com
Homes@TheRealtyExperts.com

Owned and Operated by NRT LLC

Professional In-Home Senior Care

(916) 864-3480

AGE ADVANTAGE
 SENIOR CARE SERVICES



We pride ourselves on hiring trustworthy, reliable caregivers. They go through a full screening process that consists of an application, interview, reference and background check, a drug screen, and an orientation. Caregivers must have at least a year of experience to be employed by us. We can have a caregiver in a client's place of residence within an hour. We are located in Roseville and cover Roseville and surrounding areas.

Where People Matter Most www.AgeAdvantage.com

Geo Paradise Landscape
 CA. LIC. #987476



Dhetchai Allison
 Owner & Designer UC Davis (1991)

geoparadiselandscape@gmail.com
geoparadiselandscape.com

P.O. Box 215420 Sac., CA 95821 FAX (916) 348-6829
 CELL (916) 205-6303

Serving Lincoln Proudly for 20 years

Quality Flooring & Installation at Outstanding Prices
 We Specialize In Great Service

FREE Estimates

Carpet Discounters



931 Washington Blvd., Ste. 111
 Roseville, CA 95678
(916) 784-3727
www.carpetdiscountersstore.com
 Mon-Tues 10am-4pm • Weds-Thurs 10am-6pm
 Fri 10am-2pm • OR by Appointment

Carpet, Hardwood, Laminate, Cork & Vinyl
 Sun City Lincoln Hills Residents Licensed, Bonded & Insured CA Contr. Lic. No. 830649

Board of Directors Election News

Our Board of Directors Election Is Upon Us

Elections Committee

The 2015 election of four members of our Association Board of Directors will be concluded with counting of our votes beginning at 9:00 AM on February 19. That is the time at which our Annual Meeting of Members will be called to order in the Orchard Creek Ballroom.

We hope that all of us have become informed voters and cast our votes for

candidates who we believe will best serve the interests of Lincoln Hills during their

“In accordance with the instructions sent to all property owners, our votes must be received by the Inspector of Elections by 3:00 PM on Wednesday, February 18.”

two-year terms of office.

In accordance with the instructions

sent to all property owners, our votes must be received by the Inspector of Elections by 3:00 PM on Wednesday, February 18.

We expect that the results of the election will be announced by early afternoon on February 19.

Then it will be congratulations to the winners. We offer sincere thanks to all six candidates who have come forward as candidates to serve all of us in these important positions.



Activities News & Happenings

Do All Things with Love

Lavina Samoy, Lifestyle Manager

February is considered the Month of Love, but I believe that love should be celebrated every day. As the bestselling author Og Mandino says, “Do all things with love.” I wholeheartedly agree.

We work hard to put together activities with love and care for our residents. Quality, price and guests' experience are what guide us to present acclaimed talents. We are pleased to present three-time Emmy Award winner, **Jack Gallagher**, on the Ballroom stage, **April 23 (page 48)**. Three outstanding concerts to look forward to: listen to Hank William's timeless classics with **Jason Petty's "Hank & My Honky Tonk Heroes,"** March 6 (page 48), March 16's **St. Patrick's Day Celebration with Celtic Heart** blends traditional and contemporary Irish & American music (page 52), and celebrate songs from the classic film, *Easter Parade*, at the **Easter Parade Concert on April 1** with theater veteran ensemble of singers and dancers (page 52). A hopping event for your grandkids waits at our **Spring Egg Hunt on April 4 (page 54)**.

Discover new places with trips designed with your comfort and fun in mind. Join the excitement at the **Woodland Scottish Games & Festival on April 26 (page 54)**. Two special dates for beer and wine lovers: **Ironstone Winery in Murphys on April 16 (page 54)** and the **Sierra Nevada Brewery Tour in Chico, April 29 (page 56)**. If gaming and golfing are what you love, join us on **May 7 & 8 for our Win-River**

Casino Overnight Trip (page 65).

Read all the fun and educational classes offered right within your community on pages 67 to 87. Award winning quilter and resident **Betty Kisbey** shares her passion with students at our new **quilting classes on page 81**. Watch out for new classes that are sure to cater to your many interests!

Important information:

- In activities involving meals and other food options, for participants with dietary restrictions, please don't let any limited food options stop you from participating. Let our coordinators know

upon registration and they will work with our vendors to ensure that arrangements are made to accommodate your dietary restrictions.

- Starting March 14, the Activities Desk returns to its regular weekend hours: Saturdays from 8:00 AM-8:00 PM and on Sundays, from 8:00 AM-5:00 PM.
- Thanks to our volunteer photographer **Steve Greenfield**, Grandkids Santa Adventure pictures may be viewed on our website: www.suncity-lincolnhills.org/lifestyle.

- Visit our booth at the “It's the Lifestyle” event on March 12 (page 43). Get to know us, our activities, and enter to win fun prizes!

Now, that's celebrating love!

Connections

Continued from page 3

to lead a healthy, happy and fulfilling life. We have fantastic staff ready to help you get started with that wish you made in January. Reach out and become involved, wherever you are in your life stage, and do whatever you have a passion for: learning, doing, or serving. Our community needs your involvement, and you will grow and be energized by getting involved.

Plan to attend the March 12 *It's the Lifestyle* event in OC where club members, staff, and representatives from local non-profit organizations will be on hand to talk with you about the opportunities. I look forward to catching up and saying hello.

See you in the Lodge.



Carol Frilich provided the Hanukkah “Festival of Life” décor in the OC and KS Lodges during Chanukah December 16-23. We are thankful to the volunteers in our community who help us to be inclusive and celebrate our diversity

WE MOVED TO A NEW LOCATION!



- New & Used Sale
- Service
- Parts & Accessories
- Rentals



ELECTRICK MOTORSPORTS INC.

3730 Placer Corporation Dr.
Rocklin, CA 95765

(916) 652-2222

www.electrickmotorsports.com



**Need help for a few hours daily,
weekly, overnight or full-time care?**



We can help!

Give us a call if you or a loved one needs assistance with:

- Help after surgery
- Companionship/ Homemaking
- Physical Assistance/ Hygiene
- Dementia Care/ Alzheimer's Care
- Respite Care
- Hospice Care



In Home Care & Assistance



Gale & Venetia Davis, local owners

Call 800-764-8141 or 916-302-4243

1223 Pleasant Grove Blvd., Suite 120 • Roseville, CA 95678
Check us out at www.rah-valleyoaks.com

INITIAL VISIT ONLY \$79.95

Complete Pest Control \$60 Every Other Month
(Under 1500 sf)



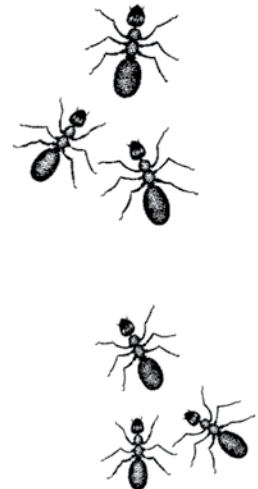
One-Time Services Available

PEST CONTROL

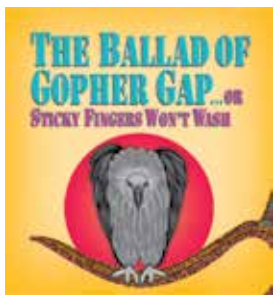


Your satisfaction is guaranteed!

Miles Noble, President



349-2044
Free Pest Estimates



The Ballad of Gopher Gap

or... Sticky Fingers Won't Wash

Doug Brown, Resident Editor

Combine the hilarious old Westerns *Blazing Saddles* and *Cat Ballou*, and what d'ya get? Try the next Players production. You won't see Lee Marvin or Madeline Kahn on our OC stage in *Gopher Gap*, but hey, our very own

Ken Reiss and Carol Murdock ain't no slouches in their roles



Clockwise from back left: Bob Murdock, Carol Murdock, Ken Reiss, Karen Hardage, David Africa, Mary Beth Quallick and Ron Hanson. Photo by Steve Greenfield

as Bunco De Sneer and Flora Fourflusher. Just the names gotta make you smile.



Can can girls, from left Linda Snyder, Linda Pooler, Ruth Algeri, Carolyn Farrar, Marilyn Railsback, Terry Schultze, and Janice Strong with Ron Hanson, Ken Reiss, and Bob Murdock.

Photo by Steve Greenfield

The Ballad of Gopher Gap brings a melodramatic, knee-slapping stage play to Lincoln Hills in early March that'll be a delightful couple of hours of laughs. Imagine the setting: A gold mine (well...so claims Bunco) called "Spenawampum" in Arizona's town of Gopher Gap promises heaps of that shiny stuff and assorted precious stones to unsuspecting tourists from the

Please see "Gopher Gap" on page 23

Rockin' the Hills

Tap Company Features Meridians Setting

Doug Brown, Resident Editor

Get ready for a historic first: "Rockin' the Hills" is a musical stage play set in our very own Meridians—and the



actors are playing current residents who have gathered in Meridians for Dance Night. There's more. The play is written by resident Steve Garavito (who co-directs the show with assistance from co-director Janet Becker, who co-produces with Celeste Martella), so you'll be witnessing the *world premiere* of the show!



Irene's boyfriend is back to scare off a wolf; Hello Baby! Dave meets Brenda to the tune of "Chantilly Lace"

When you see "Rockin' the Hills," you may think you've stepped into the set of *Glee*—Lincoln Hills style—as actors, singers, and dancers are all interwoven into various romantic subplots taking place in a string of Dance Nights spanning several months' time. Will Jack (who's suddenly single and can't dance) hit it off with Mary (who's a great dancer)? Is a Lincoln Hills softball player really a "rebel"? Will the couple who are about to split up pull it together? Co-director Janet notes how "everyone in the cast has fun in this bright, fast-moving show."

The Tap Company, with tap choreographer Alyson Meador and jazz choreographer Carol Rose, assisted by Becky Nicholson and

Please see "Rockin' the Hills" on page 23



The Eight of Diamonds—Becky Nicholson, Carol Rose, Linda Wilson, Celeste Martella, Gloria Gibbons, Donna Bonomini, Josie Scriven, Janice Strong



Don's Awnings, Inc.

(916) 773-7616

Roseville, CA Lic. #408203

Lattice Covers

- Best Quality Products & Expert Installation
- Locally Owned & Operated for Over 35 Years
- Member BBB



Retractable Awnings



- Motorized Sun Shades & Awnings
- Offering *Elitewood Ultra Lattice Series* with Lifetime Guarantee
- Drop Shade Cleaning & Maintenance
- Service & Repair All **Eclipse Retractable Awning Products**



Solid Covers & Drop Shades



More info on products—www.donsawnings.com

Helping you Buy and Sell the Del Webb Lifestyle Since 1997!

Price per Square Foot?
PRICELESS!!!



"Put my 12 years Del Webb experience, Legal Education and Internet Marketing to work for you."

Paula Nelson
Broker Associate

916-240-3736
REALTOR@PaulaNelson.net



SUN RIDGE
REAL ESTATE

Each Office Independently
Owned and Operated.

DRE No. 01156846



PROUDLY INTRODUCING The Pines, A Merrill Gardens Community

Opening
Early 2015!



The Pines, A Merrill Gardens Community, is currently scheduled to open early in 2015. It will be located in beautiful Rocklin, California.

Enjoy being near shopping, outdoor recreation areas, hospitals and high-quality medical practices.



(916) 403-0263
merrillgardens.com

500 W Ranch View Drive
Rocklin, CA 95765



Retirement Living • Assisted Living • Memory Care

WellFit News

What Can You Do If You Have Limited Mobility?

Deborah McIlvain, WellFit Manager



Exercise can be performed by just about everyone, including individuals with limited mobility. In fact, those who suffer from joint problems, weight issues, injury, or illness will find great benefit in performing regular physical activity. Exercise helps control weight, strengthens muscles, reduces the risk of disease, boosts energy, strengthens bones, lengthens life span, improves mood, and helps sleep patterns. With creativity and dedication, physical

activity can become part of anyone's life. Our WellFit Department has many offerings if you have limited mobility.

Swimming/Water Aerobics/Water Jogging

Classes offered: Arthritis Aqua, Aqua Yoga, Aqua Pilates.

Water-based exercise eases symptoms of rheumatoid arthritis, improves the use of affected joints, decreases pain from osteoarthritis, and improves mental health. Classes listed above move at a slower pace

with larger range of motion (ROM). Instructors must have specific certifications to teach these classes. Generally, participants don't need to know how to swim but must feel comfortable in the water.

Mind & Body/Disease Prevention/ Small Group Training (SGT)

Classes offered: Arthritis Foundation, Moving Well Today Diabetes, Yoga for Osteoarthritis, Yoga & Meditation, Tai Chi, Qigong, Reformer Special Populations, SGT Healthy Back.

Mind & body programs (Yoga, Tai Chi, Please see "WellFit" on page 21

WellFit Classes pages 87-100 • WellFit Class Grids pages 101-103

2014—Another Great Year; But How Long Can We Keep This Up?

Mike Creasy, Finance Committee Chair



Good question. We don't really know the answer, but we are optimistic for our future as we enter a new budget year. Administration and the various departments make forecasts of revenue and expenses for the coming year. We encourage department heads to make the forecasts realistic and, while they are somewhat conservative, they have been quite accurate. Those estimates form the basis of our monthly dues.

Remarkably, actual results have turned out to be within 2-3% of budget each year for at least the last seven years. In addition to looking carefully at the financial

impact of proposed Capital expenditures, the Finance Committee conducts a detailed monthly financial review of how each department and cost center is functioning.

Monthly dues have risen in the last five years from \$105 in 2011 to \$108 for 2015, a compound annual increase of only about 0.6%. The proportion going to Operations has been declining steadily while the proportion going to fund our Reserves has been increasing. We feel this is a good sign; we are getting better bang for the buck with each passing year while at the same time strengthening our reserves fund.

So, we'll continue to keep an eye on things on your behalf and, though nothing is certain, we believe the Association is well

positioned to deliver positive results for many years to come.

While December added \$8,086 of net income to the year's bottom line, some unanticipated, one-time expenses caused a shortfall against budget so we wound up \$53,898 shy of target for the month.

Despite that, the year-end figures are excellent. At \$156,386 better than budget, the Activities Department had a huge year—its best ever. The Spa at Kilaga Springs made a positive contribution of \$71,448 to our bottom line, also an all time high. Food & Beverage and Fitness just missed their budget targets, but Landscape and Rec. Center/Maintenance beat their numbers by \$106,346 and \$164,593 respectively. All told, we finished the year with a surplus of \$388,653. About \$333,000 of that will fund projects to be completed in the coming months.

As of December, the Operating Fund stood at \$3,479,779, while Cash and Investments in the Reserves Fund was \$6,435,197, a very satisfactory level. The above numbers are unaudited, but staff doesn't anticipate any significant change.

If you would like more detailed financial information, visit the SCLHCA website. Log on, go to Library, Financial, and select year and month. For general questions, please come to a Finance Committee meeting or contact us at finance.committee@scilhca.com. The next Finance Committee meeting will be held in OC Lodge on Wednesday February 18, at 9.00 AM.

Statement of Operations YTD — 12/31/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$7,641,003	\$7,634,130	\$6,873
Administration (Expense)	(1,991,899)	(1,948,412)	(43,487)
The Spa at Kilaga Springs	71,448	59,296	12,152
Fitness	(368,710)	(362,537)	(6,173)
Activities	(81,044)	(237,430)	156,386
Rec. Center / Maintenance	(2,410,379)	(2,574,972)	164,593
Landscape Maintenance	(2,441,830)	(2,548,176)	106,346
Food & Beverage	(29,936)	(21,899)	(8,037)
Capital Asset	0	0	0
Net Revenues (Expense)	\$388,653	\$0	\$388,653

How Do the Rules Work for You?

Cecelia Dirstine

Community Standards Manager



Do you consider rules are just restrictions made by somebody else? You may think rules are something you have to endure in order to live in Lincoln Hills. But there may be another way to look at how our Association rules can work for you.

At the top of the list is seeing how the rules are set to protect your lifestyle and property values. It's easy to think the governing documents don't really make a difference in your daily life. That's normal, until an issue comes into play: you want to install a patio wall or your neighbor's yard is in bad shape. That's when most owners

go looking for the rules that will help them get what they want.

So, where do you find the rules that apply to your circumstance? Well, it's easier than you may think. All the governing documents are given to owners on a CD mailed to owners every year. They are also posted in the Library on our website, www.suncity-lincolnhills.org/residents. And you can always contact our Community Standards Department for help.

"All the governing documents are given to owners on a CD mailed to owners every year. They are also posted in the Library on our website, www.suncity-lincolnhills.org/residents. And you can always contact our Community Standards Department for help."

When you come face-to-face with the rules, you may question who made them. It's easy to assume someone else is responsible, but in fact you're responsible for making the rules. So, how do you make the rules work for you? You can volunteer

to serve on a committee or participate in workshops and make your opinion heard. You can read notices of rule changes published in the *Compass* and take the time to respond with your feedback and suggestions.

Or you can make a choice to be a part of positive change and work to uphold and revise rules to meet the changing needs of our Community. So, join with Architectural Review Committee (ARC) and Compliance Committee volunteers and work to maintain our community's exceptional environment. You can find all contact information in the back of the *Compass*. Participation rules!

New ARC Forms are now available: Check out the new ARC Checklists and forms now in the ARC literature rack in the Business Office located next to the main desk at Orchard Creek Lodge, or find them on the resident website. The Committee requests that as of March 1 all applications be submitted using the new checklists and forms. Also, the Committee requests all applications include a color photo of your home.

Sources of Funds for the Association

Bill Attwater, Properties Committee Chair



We are sometimes asked about what proportion of our operating expenses comes from dues, and what our other sources of revenue are.

For 2015, our dues of \$108 per month will generate 54% of the funds necessary to operate our Association. The remainder will come indirectly from residents and nonresidents from several sources (see the accompanying pie chart):

- Food & Beverage sales, including: Meridians, Kilaga Springs Café, both bars, Orchard Creek Ballroom rental for wedding receptions, other catered events such as dinners or lunch for large groups,
- Kilaga Springs Spa, which generates over half a million dollars or about 4.6% of our income
- Activities, such as shows, trips, classes, and the semiannual Business Showcase (11.5% of our total funding or about \$1.6 million dollars)

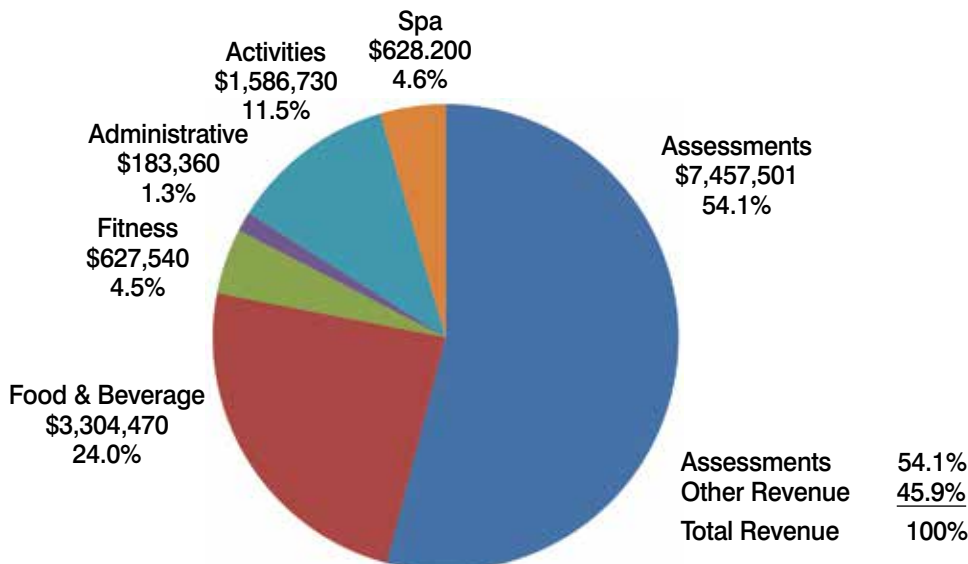
- Fitness programs and classes provide about \$628 thousand (4.5%)
- Administrative revenue (1.3% or \$180 thousand) is, in large part, generated every time there is a property trans-

fer. Last year there were 360 property transfers or about one per day.

All of these activities bring in a sufficient amount of funding to keep our dues at a low \$108 per month. In comparison, the monthly dues at Sun City Roseville are \$152 per month.

Sun City Lincoln Hills Community Association Approved Budget for Calendar Year 2015

Sources of Funds





EYE CONTACT

SCLH Low Vision Support Group

If you have 20-20 vision, good for you!

If you have low vision, join us to learn about:

★Technology Aids ★Current Research ★Practical Living Skills

**General Meetings: Second Thursday of the Month
Presentation Hall, Kilaga Springs Lodge, 2:00-3:30 PM**

**Living Skills Workshops: Fourth Thursday of the Month
Multimedia Room, Orchard Creek Lodge, 10:30 AM-12:00 PM**

Contacts: Cathy McGriff 408-0169 or Margie Campbell 408-0713

Aging Well

Hearty Matters

Shirley Schultz, Health Reporter

The term “hearty stew” brings to our senses a delicious smell, and we think of something good. This article, “Hearty Matters,” focuses instead on conditions that are common but things that we would like to avoid if we could. Dr. Stephen Peters and his team from Sutter Roseville Cardiology will present a dynamic **Community Forum, “Don’t Skip a Beat,” on February 18** (see page 104) to address how to prevent and treat some heart issues that affect the lives of many of us.

Atrial fibrillation (AF) is the most common sustained heart arrhythmia, and one estimate is that over ten percent of the population will develop it by the age of 75. AF is a malfunction in the electrical system that controls the heart beats. When the electrical stimulation causes the heart to pump ineffectively, one of the biggest dangers is clot formation, which can then cause a stroke. AF can contribute to congestive heart failure. A cardiologist

with a subspecialty in treating malfunction in the heart’s electrical system is called an electrophysiologist, and such a professional will be part of the team that delivers

“The good news is that neither atrial fibrillation nor congestive heart failure is necessarily a death sentence. Especially with modern treatments, people can live a long time with such conditions. Knowledge and understanding of one’s condition and a willingness to make healthy lifestyle changes can greatly extend one’s longevity.”

this presentation.

About five million Americans currently are living with congestive heart failure (CHF). Even though CHF can occur at all ages, the incidence increases with age to over five percent of people over age 60 being affected. This condition is responsible for 11 million physician visits each year, and more hospitalizations than all forms of cancer combined. Clearly CHF is a condition that one would want to avoid if at all

possible, or to learn how to live with it if it is already present. High blood pressure, diabetes, coronary artery disease, and heart attacks put one at higher risk of developing CHF. In addition, smoking, high intake of fat, cholesterol, and sodium, not getting enough physical exercise, and being obese are factors that increase the risk for heart failure.

The good news is that neither atrial fibrillation nor congestive heart failure is necessarily a death sentence. Especially with modern treatments, people can live a long time with such conditions. Knowledge and understanding of one’s condition and a willingness to make healthy lifestyle changes can greatly extend one’s longevity. The nurse practitioner in charge of Sutter Roseville’s Congestive Heart Failure Program will have valuable suggestions. Get your exercise today by walking to this presentation.






WOMEN ON COURSE
Golf is more than a game, it's a lifestyle

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.

SIGN UP AT LINCOLNHILLSGOLFCLUB.COM

 **GOLF LESSONS** 

GET GOLF READY

4 Lessons for \$80 | 9:30 - 11am
Tuesday, March 24th & 31st, April 7th & 14th

WOMEN ON COURSE

4 Lessons for \$80 | 9:30 - 11am
Thursday, March 26th & April 2nd, 9th, 16th

INTERMEDIATE LEVEL

4 Lessons for \$80 | 9:30 - 11am
Wednesday, March 25th & April 1st, 8th, 15th



**FORE LEAF
SHAMBLE TOURNAMENT**

SATURDAY, MARCH 14TH | 9AM
4 PLAYER SHAMBLE (BEST 2 OF 4)

\$60 PUBLIC | \$45 CARDHOLDERS | \$20 MEMBERS
INCLUDES GREEN & CART FEE, RANGE, LUNCH & PRIZES




LINCOLN HILLS
GOLF CLUB

≡ CALL ≡
916.543.9200
FOR DETAILS!

lincolnhillsgolfclub.com

The Spa at Kilaga Springs

Winter Body and Skin Care

Jori Richards, Manager, The Spa at Kilaga Springs
www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

Body Wraps

Imagine indulging in warm blankets as your body relaxes in a calm hydrating environment. Body wraps of all kinds are great treatments any time of year, but especially welcome in winter. Each treatment helps to soften and hydrate your skin, which is often lacking hydration and vital vitamins to help keep its elasticity and natural glow.



Our highly qualified therapists can help you experience the calming effect of a massage or sauna session prior to your body wrap with a sensory aromatherapy treatment to help ease your body and mind, allowing ultimate relaxation. Allowing the sensory journey to set in, your mind will go into a deep meditation, followed by a period of time when your body is allowed

to absorb the aromas and lotions that are used during your body wrap treatment. This service is ideal during the winter months and early spring.

Winter Skin Care

You may notice that, although you put lotion on your skin, the lotion absorbs quickly and your skin is left feeling dry. As we notice our cracked dry skin, we wonder how many times we can possibly apply moisturizing products. In most moisturizers, the main ingredient is mineral oil. Unfortunately, mineral oil is the worst product you can put on dry skin because it actually forms a film/layer on top of your skin instead of penetrating the skin and hydrating. The best moisturizer you can find will always have pure ingredients such as almond oil, grape seed oil, and avocado oil.

In the esthetic world, we like to say, "If you can't eat it don't put it on your skin."

Pure hydrating forms are easily absorbed just as food is absorbed in our body. Synthetic hydrating forms seem like they are enriching the skin, but more often than not they aren't helping treat deeper skin layers. Always check the ingredients in your hydrating body lotions or oils. And remember, healthy blood circulation allows your skin to constantly renew itself, generating new skin cells; your hair and nails grow faster, and your brain sends healthy signals to your heart and the rest of your body.

The Spa at Kilaga Springs promotes active healthy lifestyles. Everything that you eat or engage in daily helps at all stages of life. Eating right, daily exercise, and of course relaxing the mind and body are all forms of healing.

~Please see our ad on page 58.~

Call to book your appointment today
408-4290

Monday-Friday 9:00 AM-6:00 PM
Sat 9:00 AM-5:00 PM

Gift cards at:
www.kilagaspingspa.com



Have You Heard About Resident Rewards?

Jerry McCarthy, Director of Food & Beverage
www.facebook.com/MeridiansRestaurant www.twitter.com/Meridians_SCLH

We are starting the New Year with a bang. The Catering Department had a record month in January and now Meridians is offering Resident Rewards. Please make sure that you are reading all of your eNews articles because this is where you will find our resident-only offers. Meridians will be sending out special offers via our eNews. Our first exciting offer was buy one entrée and get the second entrée free! It was a huge success. Please make sure you are signed up for eNews so that you don't miss our money-saving offers.



Our new winter menu is getting great reviews. We will continue our tradition of slow roasted prime rib every Wednesday night. We have dancing every Tuesday and live music on Friday and Saturday evenings for your dining pleasure. We are working

on menus that reflect, whenever possible, local, fresh, and sustainable fruits and vegetables that capture the season.

Valentine's Day was a tremendous success. It was sold out early, so thank you to all guests who came and dined with us. Make sure that you make future

"Please make sure that you are reading all of your eNews articles because this is where you will find our resident-only offers." Meridians will be sending out special offers via our eNews."

reservations early so that you don't miss out. There is still time to get your spot for our **Mardi Gras Buffet** on Fat Tuesday, February 17, **Murder Mystery Dinner (Terror in a Toga)** on Saturday, February 28, and **St. Patrick's Day Dinner** Tuesday,

March 17. Make your reservations now by calling 625-4040. All of the menus and details can be found on our website www.meridiansrestaurant.com.

Meridians Website

The best way to stay in touch with Meridians is by looking at our website at www.meridiansrestaurant.com and reading your eNews. See page 14 to learn how to register for it. I will be announcing all of our special events for Meridians on the website and eNews. Make sure to check in to see some of the enticing things we have planned.

Once again, thank you for a great 2014 and we look forward to serving you in 2015. We are off to a great start and are enthusiastic about the future. Every dollar you spend with the Food & Beverage Department helps keep your HOA fees down. The entire team from the Food & Beverage Department wants to thank you for your continuing support.

~Please see our ad on page 66.~



Internet Insight

Registering for the Resident Website & eNews?

Ben Baker, Advertising & Promotions Manager

The last article I wrote was on how to make the resident website your homepage. This month I will walk you through the steps of registering for the website and SCLH eNews.

Registering for the Resident Website:

If you have a resident website account already, and need help resetting your password or changing your email address, please contact the Help Desk at help.desk@sclhca.com.

For new members of our community, or for those who have not previously registered, follow the steps listed below:

- Go to www.suncity-lincolnhills.org/residents/
- Click on the “Register” link (the yellow box) in the upper right-hand corner of the screen.
- Enter the displayed Security Code, your name, email address, your Member ID number (the number on your Membership ID card), and your phone number.

You will receive an email with a link to verify your email address. *Click that link to complete your registration (this verification may take up to 24 hours).*

Once your email address has been

confirmed, you can log in to the website.

Figure 1: see screenshot to the right.

“Living Here” eNews Registration Instructions:

With eNews, you not only get the benefit of the latest Association news and urgent updates, but you also can participate in specific news and eNews Resident Rewards for the following departments: Community Association, Lifestyle Activities, Food & Beverage, The Spa at Kilaga Springs, and WellFit. To begin registering for eNews for the first time, follow the steps listed below:

- Log into the Resident website.
- Click the “Living Here” box on the homepage (right-hand side, midway down page).
- Type in your email address and click the “Continue” button.
- Check your email’s INBOX for email verification.
- Click on the confirmation link in the email.
- Check the boxes you want to subscribe to:
 - SCLH Community Association Resident List (includes Community Forum announcements)



Figure 1



Figure 2

- Activities: *Classes, Trips & Entertainment*
- Food & Beverage: *Meridians Sports Bar & Kilaga Springs Café*
- The Spa at Kilaga Springs
- Wellness & Fitness

Figure 2: see screenshot above.

As always, if you experience any problems related to the resident website, departments, or eNews, feel free to contact the Help Desk and we will be happy to assist you.

Website or eNews Issues? Email us at: help.desk@sclhca.com

Public Safety as a Priority in Sun City Lincoln Hills

Jim Datzman

It is no secret to residents of our community that Lincoln Hills has a reputation as “a very safe place to live.” What has not been examined closely is how this reputation came about.

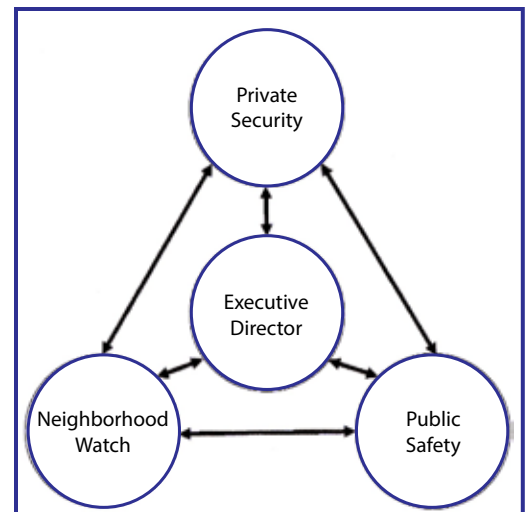


The key to success is based on the participants and their ability to communicate with each other. The process starts at the top with a commitment to public safety in creating a desirable place to reside.

The Board of Directors and our Executive Director demonstrate that commitment through their support for a private patrol service that is accompanied by one of the

best Neighborhood Watch programs anywhere. Top that off with very responsive public safety services provided by our local police and fire departments, and you have an effective model for a safe and secure environment.

The patrol security services are provided by Curator Security Agency under the supervision of Executive Director Chris O’Keefe. Their primary duties involve patrolling our community buildings and common areas, which are valued at an estimated \$150 million. The security service also patrols the residential areas at night for illegally parked vehicles, streetlight outages, and for other purposes as directed by Executive Director O’Keefe. The patrol also has the ability to communicate with our public safety



agencies for emergency purposes.

Lincoln Police Chief Rex Marks and Acting Fire Chief Michael Davis take pride in their responsiveness to the needs of seniors. Because 94% of the Fire Department calls are for medical emergencies,

Please see “Public Safety” on page 39

STEVEN POPE LANDSCAPING

CSL#656957

*Roof gutter cleaning • Yearly pruning
Installation & removal of Christmas lights*

- Irrigation
- Ponds
- Landscape design
- Sod lawns
- Moss rocks
- Outdoor lighting
- Trenching
- Renovation
- Consultations

P.O. Box 7766 • Auburn, CA 95604

(916) 730-7256

PROFESSIONAL COUNSELING SERVICES

Need support? Dealing with changes?
Let me help!

COUNSELING:

- Individuals
- Couples
- Extended Family
- Singles
- Youth

TREATMENT OF:

- Anxiety
- Stress
- Grief
- Anger
- Depression
- Addictions
- Relationship Issues
- Life's Challenges



Marvin R. Savlov
LCSW

OVER 30 YEARS EXPERIENCE!

Lincoln Professional Center, 1530 Third St., Ste 110
Lincoln, CA 95648

Psychotherapist
Lic. #3878

Day & Evening Appts • Flexible Fees • Medicare and Insurance Provider

Call (916) 390-0083 for an appointment

marvin@starstream.net

ICS Tile & Grout Services

RegROUT

Existing Tile

Renew

Grout Color

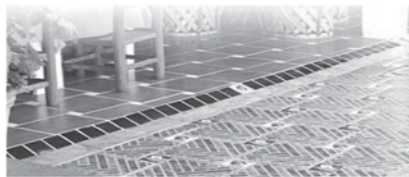
Seal

New Grout & Stone

We Install

Granite Countertops

Tile of All Types



Free Estimates
916-802-5043



Lic # 793886

Design, Contracting, and Maintenance

Offering handyman and home improvement services

And a design studio to satisfy all your decorating needs

A-R Smit & Associates

Excellent References • License #919645

(916) 997-4600

Lincoln based business
Family owned & operated



Home Repair Services

Reliable, Quality Work
Call for FREE Estimate

(916) 240-0071

- Painting
- Plumbing
- Fans
- Light Fixtures
- Fence Repair
- Sprinklers
- & More

Curt Bartley
Owner/Operator
Bartley Properties
Lic. 871437

HALLSTEAD TREE SERVICE

- Pruning
- Removals
- Stump Grinding
- Landscape Maintenance



Rich Hallstead • I.S.A. Certified Arborist
Insured ~ Free Estimate

Cont. Lic. # 803847

(916) 773-4596

DODGE ELECTRIC

Stephen Dodge

Over 35 years experience / Lincoln Hills Resident



Business **916-209-3566**

Cell **916-626-9190**

Security Lighting • Ceiling Fans • Recessed Lights
Dryer Circuits • Golf Cart Circuits • LED Lighting

Free Estimates • Cont. Lic. #964034



STRUCTURAL **FINDLEY** ORNAMENTAL

IRON WORKS

SINCE 1988

B - C51 License # 530311 License # 813868

150 Mandarin Hill Rd (off hwy 193) Newcastle, 95658

look for our Red Dragon on hwy 193 between Lincoln & Newcastle

(916) Phone: 663 - 1887

Custom Garden Art

Garden trellises
fences

Security

Doors
Gates

www.findleyironworks.com

POTTERY WORLD

20% OFF
YOUR ENTIRE PURCHASE*

*In-stock, regularly priced items only. One-time use. No minimum purchases, clearance items, & sale. Excludes special order, previous offers. Must present coupon at time of purchase. Expires 02/31/2015. Item#71011



DESIGN IT YOUR WAY



YOUR DESTINATION FOR LUXURY HOME DECOR

*Florals • Statuary • Fountains • Interior Furniture • Area Rugs • Patio Furniture • Home & Garden Accessories
Clothing • Jewelry • Candles • Fashion Accessories • Gifts • Lighting • Pottery • Textiles • More*

ROCKLIN: 4419 Granite Drive • Rocklin, CA 95677 • 916-624-8080

EL DORADO HILLS: Montano De El Dorado 1006 White Rock Road • El Dorado Hills, CA 95762 • 916-358-8788

www.potteryworld.com

2015 Community Forums Offer Excellent Variety

Top Ten Videos of 2014

Judie Panneton, Communications and Community Relations Committee



A long list of free and fascinating Community Forums has been scheduled this year in a wide range of interests including physical and mental health, crime, travel, community news, technology, and sports. We urge you to take advantage of these opportunities in 2015 to attend sessions like Technology for Better Living, The Five Most Common Foot Problems,” “Senior DMV Update,” and “Sex Trafficking Occurs Near You.” To see the complete list, go to the Lincoln Hills website at <https://suncity-lincolnhills.org/residents> and select “Community Forums” from the list. The *Compass* also has information on some of the upcoming forums (see pages 104-105 in this issue).

Residents who have not been able to attend forums in the past few years have been able to tune into recorded videos of the presentations by logging onto the

website listed above, selecting Community Forums and then choosing Community Forum videos.

Residents have recorded more than 60,000 minutes of viewing. The list at the end of the article are the top ten videos (and presenters) from 2014.

The videos have been recorded by a team of resident videographers who have

generously volunteered their time and resources. **Now, more help is needed. If you would like to join the team, please contact Jeff Hanner by email at jeffhanner8@gmail.com or by calling 769-2871.**

The Community Forums Task Force, whose members are also volunteers, organize and schedule these free Community Forums for the benefit of Lincoln Hills residents. The forums are sponsored by the Communications and Community Relations Committee (CCRC).

Top Ten Videos and Presenters from 2014

Title	Presenter
• Passwords	Ken Silverman
• Alive in the Light	Andy Petro
• Handy Helpers	Neighbors InDeed Panel
• Magic of Google	Bob Ringo
• Brain Drain: Where did I put my keys?	Howard Homler, MD
• Snake Update: Facts, Fiction, Phobias	Dave Rich, John Parks
• Traffic Situation in SCLH	City of Lincoln Mayor & Police Department
• So You Think You Know Football	Bill Richardson
• Internet Security Basics	Len Carniato
• Living With Arthritis	Paul Lambie, MD

Ready for Your New Year’s Resolutions?

Nina Mazzo, Roving Reporter

January’s name originates from the Roman God Janus who had two faces—one looks backwards into the old year and



one looks forward into the New Year. The custom of setting New Year’s resolutions began during this period in history as the Romans made resolutions with a moral flavor. The Puritans in Colonial America called January the

First Month and they took this time to commit themselves to better employing their talents and treating their neighbors with charity.

The year is now 2015 and I was curious what thoughts folks had about personal New Year’s resolutions. I am happy to say that residents gave me responses from their hearts, minds, and emotions. After all, this is not a contest, simply a time for reflection and action.

“I look at this time of year as a chance

to do something for me (explore a new activity), something for the Lincoln Hills community and something for the Lincoln community (volunteer efforts at Phoenix High School).”

—Maureen Deal

“I resolve to get down to my Marine Corps weight of 180 pounds (it also includes a waist of 34 inches) by the end of 2015 by using the classes and machinery in The Wave. This I promise myself. Amen.”

—Andy Petro

“I am determined to work hard on “pacing”—do a little, rest even more! I have for many years overdone and then crashed. With ME/CFS, that is not a good idea. So, if you see someone just sitting longer than exercising, that may be me.”

—Marjory Barlow

“Make it a point to make two people smile each day. Before we go to sleep, think of three things for which we are grateful that day. Do one random good deed each day. Respect and be patient with those around us, for one day we might face

a similar challenge or dilemma.”

—Agnes Valdez and Richard Malling

In addition to the above, other resolutions included: taking a bus trip, volunteering for one of the Association committees, and a few wanted to work on back and balance issues. As for me, I will try a new activity each month, choosing randomly from the *Compass*.

Let’s touch base on our progress this summer!

Did You Know?

What to do when you can’t hear the Speaker: Just remember our Association has ten hearing device aids that can be used in the Lodges when hearing a presentation is a problem. They work with your own ear buds! Just ask at the Activities Desk—there is also a supply to be found at the Moderator Table at Community Forum Presentations. Check them out!



Senior Care Clinic



HOUSE CALLS

Medical Care in the privacy and comfort of home or place of residence (Independent Living, Assisted Living, Memory Care or Board & Care Homes).

SeniorCareClinic.org
(916) 416-1378

We also assist in helping families find appropriate community resources such as RN/LVN services, private caregivers, home companions, wheelchair transport services, and others.

89 Lincoln Blvd., Ste 100
Lincoln, CA 95648

California's Finest Handyman

- ✓ Install Ceiling Fans, Shelves, Pet Doors, Window Treatments
- ✓ Replace Light Bulbs & Fixtures, Smoke Alarm Batteries, Furnace / AC filters
- ✓ Re-Caulk Tubs, Sinks, Toilets
- ✓ Hang Pictures
- ✓ Repair Sprinklers
- ✓ And Much More!

No Job Too Small

Patrick Holland, Contractor

License # B-813306

(916) 223-3330

e-mail: patholland402@gmail.com

website: www.workswithtools.com



Michael J. Donovan
Attorney at Law



**Wills, Trusts
& Probate**

(916) 295-9714

Over 800 Living Trusts prepared
for Lincoln Hills residents

~ Living Trust Portfolio \$700 ~

Lime Shuttle

Airport ■ Casino ■ Events ■ Others

Carlo F. Martinez

Owner/Operator

Reservation Number: **916-622-0585**

Email: **limeshuttle@wavecable.com**

License # PSC-22060



COCHRANE WAGEMANN
FUNERAL DIRECTORS FD305

Family Owned—Community Focused

916.783.7171

103 Lincoln Street, Roseville, CA
COCHRANEWAGEMANN.COM



Herb Hauke

License # 490908

Accu Air & Electrical

**Quality Heating & Air Conditioning
Service, Repair and Installation**

(916) 783-8771

www.accuairroseville.com
accuairroseville@yahoo.com

VISA Most Major Credit Cards Accepted **MasterCard**

PROFESSIONAL PAINTING

- Custom Painting
- Color Consulting
- Drywall Repair



- Floor Epoxy
- Pressure Washing
- Deck Sealing

(916) 212-2663 cell (916) 828-8439 office

SORIN MOCAN, Owner

Lic. #723597 Insured & Bonded

Free Estimates

916-778-7985

**Diane's
Helping Hand**

24 HOUR PERSONAL CARE

Medication Mgmt., Errands,
Shopping, Pet Care, Meal Prep,
Recovery Assistance, Dr Appt...

dbeninger@att.net





Historic Lincoln Sites, Part One

Al Roten, Roving Reporter

In January's *Compass*, I shared my delightful walk around historic Downtown Lincoln. I will periodically share backgrounds of the historic places as well as their current usage. This is the first of that series.

Beerman Plaza is the central gathering site for downtown Lincoln. It is the focal point for many events throughout the year. The City Christmas Tree is there,



Beerman Plaza

and monthly food truck events, summer Farmers Market, and the annual Lincoln Showcase use the bordering streets as well as the plaza.

How did the name *Beerman* come about? Charles Beerman(n) arrived in Lincoln about 1880 and in 1882 married Mary Armbruster. Soon after, he bought several lots facing F Street and opened a saddle and harness shop at the corner of 5th and F Streets. In 1925, the Beermans



Beerman Home

built a pebbled stucco home at the back of the site, where Mary Beerman lived until 1952. This building now houses the Lincoln Chamber Of Commerce. So, the entire area in front of the old City Hall (now the home of Lincoln Area Archives Museum) was Beerman land. The Beermans were dedicated civic workers. Mary Beerman was active in education and was a founding member of the Women's Club of Lincoln.

Across F Street at the corner of 5th is the Lincoln Carnegie Library. Until 1896 the entire block had been set aside as a public square, so there were no buildings in that block. In 1908, Lincoln applied for a Carnegie Grant and received \$6,000. An additional \$3,000 was raised locally. The land was purchased for \$2,500. The corner stone was laid on April 3, 1909. I hope that this lovely library, a haven of peace and knowledge, will soon reopen for our use.

Women's Club of Lincoln inhabits the charming building with the enclosed courtyard at the corner 5th and E Streets. The Women's Club actually began in 1911 as the Equal Suffrage Club with the goal of obtaining women's right to vote. By 1923, the group's name was Women's Club of Lincoln. With contributions by Carrie Gladding and ladies of Lincoln, the building was completed and dedicated on April 8, 1924. For 90 years, on the fourth Tuesday of each month, a parade of ladies of Lincoln has continued to feature interesting programs.



Carnegie Library

Join me as we explore the colorful past of Lincoln and its current colors.



Women's Club of Lincoln

Did You Know?

Love those gift cards?
Take advantage of having them re-loaded online!
Not only can you re-load but you can purchase new cards for yourself or as gifts.



Commercial Presentation (Paid Advertisement)

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

Monday, February 23 • 10:00 AM • Gables (OC)

Presenter: Vic DiMattia, Attorney at Law

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

Speaker: Vic DiMattia, Attorney at Law #129382. Twenty-seven years of 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

Mom's home. Mom's safe.
We're both happy.



Eskaton's leading home care solution

Trusted, committed and trained caregivers are ready to help with meals, transportation, exercise, shopping, medications, personal care, companionship and more.



Call 916.459.3220 today
 for a **FREE** in-home care evaluation.

916.459.3220 | LiveWellAtHome.com | care@LiveWellAtHome.com

Building Your Dreams
 ... keeping your life refreshed

**Holiday
 Special
 30% OFF**



Reface your Kitchen with New Counter Tops

- Update your kitchen
- Customize the way you want it
- Walk-in tubs—great for aches, pains & arthritis—the safest way to take a bath
- Affordable Financing



Walk-in Tubs

(916) 574-2288

www.vinyld.com • Lic# 677226



TRUVEN HEALTH ANALYTICS
**15 TOP
 HEALTH SYSTEMS**
 2014

Prognosis: Healthy, Happy Retirement

As a medicare-eligible retiree, you have the opportunity to enroll in a Medicare Advantage HMO plan that provides you access to Sutter Health.

- Nationally Recognized Doctors
- Online Access
- Personalized Care
- Prevention / Wellness

First in class care – Because isn't life always better with a partner?

Medicare Open Enrollment • October 15 – December 7

For more information, visit suttermedicalfoundation.org.



An Ounce of Prevention...

Handy Helper Community Forum coming up

Doug Brown, Resident Editor

Neighbors InDeed's popular Handy Helper Forum is back on **Tuesday, March 10 from 3:00-5:00 PM in the OC Ballroom**

to offer residents a free workshop on home maintenance. Come and learn some steps you can take as a homeowner to provide "an ounce of prevention" that will be worth well over a pound of cure for any "ailments" in and around your home.

Handy Helpers Coordinators Larry Schurr and Herman Tijsseling will be providing excellent tips on water conservation, sprinkler system efficiency, appliance replacements, energy-saving ideas, and much more.

Water-saving tips. Are your sprinkler/dripper settings properly set for maximum

water savings in what may turn out to be critical drought conditions once again this year? In the spring, summer, and fall months, a huge proportion of our water usage goes into irrigation. What are you doing to cut consumption?



Heating and AC systems. When should you consider replacing a furnace or AC unit? Some residents have been making unnecessary replacements in recent years in response to over-zealous salespersons who may not have your best interests at heart. These units should last about 20 years with regular inspections.

Please, please look on your shelves for DVD movies that need to be returned to the Library. We started with over 100 movies last year and are down to only a handful. Also remember to return audio books on CDs. Everyone wants to enjoy these items, so please return them in a timely manner.

Donations are always appreciated, but we ask that you donate books published in 2007 or later.

A Different Sun by Elaine Neil Orr is a fascinating book. Set in the mid-1800s,



Consider installing an updated, water-wise, "easy to program" irrigation timer

Energy-saving measures. Are you minimizing your use of electrical and gas energy? Have you switched to CFL or LED light bulbs yet?

Mark your calendar for the March 10 forum! (More details on page 104.) Meanwhile, call Neighbors InDeed at 223-2763 if you'd like a Handy Helper come to your home to perform one or two of many possible minor home maintenance tasks.

it follows the story of a missionary sent to Africa. The novel explores the land she and her husband went to, and looks at missionary work from a different angle, one you won't forget.

 Contacts: Sandy Melnick (408-1035) for donations, Jerry Widdows (408-4819) for volunteers, Cleon Johnson (408-5648) for investment materials, and Nina Mazzo (408-7620) for the Community Living Room (OC).

Library News

Sandy Melnick, Library Volunteer

Did you know that we have a binder in the Kilaga Springs Library that lists the

New York Times Best Seller List? If you are looking for a new author to try, look at the back of this binder for a list of best selling authors by category. The binder is on the back of the sofa near

the fireplace. We hope you can use this information.

WellFit

Continued from page 9

Qigong, Reformer) work on greater flexibility, coordination and balance, enhanced core strength, lengthening muscles, stress management, and relaxation. Arthritis classes are designed to improve ROM. Moving Well Today Diabetes educates on how to live with this disease. Completion of this program offers drop-in classes for maintenance. SGT Healthy Back is limited to six participants while working with a Personal Trainer for more individualized attention.

Chair Workouts

Classes offered: *Chair with flair,*
Chair yoga, Basic Chair.

For some, sitting is the only comfortable position for performing activity. Various exercises can be performed while sitting: leg lifts, chair boxing, lifting weights, or using resistance bands. These classes allow participants to gain strength and balance and to work out in a safe environment.

Personal Training/Equipment

If classes are not your thing, working with one of our qualified personal trainers is another option that allows you

to exercise in a safe environment with a personalized program. Information on trainers is provided in the Fitness Centers and on the website.

We also provide various equipment: *Nu Step* helps with range of motion—easy to get on and off; *SciFit* is an upper body machine for cardio and shoulder work. Kaiser stretch pieces, recumbent bikes, lifted stretch tables (easy access), bands, tubing, and exercise balls are always available. Register for an orientation with a PT to show you more about and how these tools will support you.

BOWENWORK

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 to heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised health.



*"Helps your body
to heal itself"*



*"It's safe
and gentle"*



Neighborhood Watch

Calling All Dog Walkers (and All Other Walkers)

Patricia Evans

The National Association of Town Watch has instigated a Dog Walker Watch program to observe and report suspicious activity. In Lincoln Hills we want to invite



everyone who walks the streets or the trails, plus runners, hikers, bicyclists, and birders, to serve as “the extra eyes and ears of the police.”

Who would better recognize unusual activity in the neighborhood than those who regularly walk there and know the other usual participants (as well as their dogs)? We are the experts in our own neighborhoods!

As a community of seniors, we appear very vulnerable to the “bad guys”—a presumably affluent community with an accumulation of inherited jewelry and valuables. It is up to us to be alert to any possible incursions!

The Lincoln Police say they welcome any and all reports, regardless of whether any crime has been contemplated or



Residents walking their dogs can also observe and report and suspicious activity to the Lincoln Police



committed. Especially helpful: license numbers and vehicle descriptions; descriptions of people; the direction a car takes when leaving. If you carry a cell phone, for your personal safety, snap a photo or two. Or, tuck a little notebook in your pocket when you walk. But, under no circumstances should you interact with a suspect! Call the police at 911! They will appreciate your information.

For your calendar: Our Spring Safety Seminar will be on April 30, from 1:00-3:00 PM in the Ballroom at Orchard Creek Lodge, and will feature presentations by the Lincoln Police.

Please turn to page 33 for highlights from the recent seminar on “Protecting Our Seniors.”

Neighborhood Watch Contacts

- Ron Wood, 434-0378
ron2029@att.net
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

Gopher Gap

Continued from page 7

“East” (like maybe Kansas City and St. Louis). Will De Sneer, Miss Fourflusher, and “stupid, but useful” accomplice Slats successfully dupe the likes of mountain man Rocky Romantic, hummingbird-loving Verlinda Springblossom, and the hard-drivin’ no-nonsense newspaper reporter Minerva? Or will you discover that—well—sticky fingers, after all, just won’t wash?

The Players’ production features the directorial debut of our own newcomer resident Julie Africa, whose years of experience directing children’s theater has turned the cast into a bunch of frolickin’ kids. “I like the campy theme,” says Julie, “that combines slapstick and witty dialogue to make for a great old-fashioned, fun melodrama.”

And, we might add, there’s music and dancing: a Dolly Schumacher James-directed troupe of “Gay 90s can-can girls” (ooh la la!); a “Cat Ballou-like” ballad-singing, accordion-accompanied trio that musically punctuates the story line; and a couple of other musical treats.

The curtain for *Gopher Gap* rises at 7:00 PM Wednesday, March 4, plus a 2:00 PM matinee and 7:00 PM show on Thursday, March 5. So step right up and purchase your tickets! (See page 47.)

Rockin’ the Hills

Continued from page 7

Melanie Greenwood, will dazzle audiences in a variety of dances and troupes with names like the “Eight of Diamonds,” “Sassy Red Hats,” and “Back Porch Cloggers.” Playwright Steve notes that the play “showcases our fabulous dancers in this toe-tapping, fun, light-hearted performance.”

And the songs will bring back your own high-school memories. Remember “Whatever Lola Wants”? In the play, Isobel Hersch’s Lola will reveal exactly what she wants! Will “fools will rush in” when Jim Jones croons “Can’t Help Falling in Love”? When Jerry Mandolfo’s character Dave sings “Chantilly Lace,” does his girl really “know what he likes”?

Get your tickets soon for this event March 26, 27, and 28! (See page 47 for details.)



Linda loves Tommy, her softball playing boyfriend

Family Owned and Operated for 25 Years

ROSEVILLE, CA
Est. 1975

AUTOS PICK-UPS VANS FOREIGN & DOMESTIC



3 FRAME RACKS WITH MEASURING SYSTEM
3 EXCLUSIVE DOWN-DRAFT SPRAY BOOTHS

FREE ESTIMATES INSURANCE WORK
Free Shuttle for Sun City Residents

783-5552
FAX: (916) 783-5576
50 DARLING WAY AT RIVERSIDE, 1/2 MILE NORTH OF I-80

Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City of Lincoln) at OC Lodge Thursday, February 19 and March 5 & 19 at 9:00 AM

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office next to the Activities Desk (OC). Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday.

Tell your spare tire to hit the road!

Lose unwanted fat and look amazing—IN ONE DAY!



SmartLipo is a minimally invasive, laser-assisted procedure that permanently removes fat from troublesome areas like the neck, arms, chest, abdomen/flanks and thighs in one treatment. All procedures are performed by surgeon Jack Friedlander, M.D. and his professional staff in our JCAHO Certified operating room. You will receive outstanding personalized, compassionate care and you WILL be thrilled with your results!

- Permanently Melts Fat Away and Leaves Skin Firmer and Tighter
- Local Anesthesia
- Minimal Recovery Time
- Immediate Results



Jack Friedlander, M.D.

Call (916) 781-2500
to schedule your **FREE** consultation today!

www.norcallaserliposculpture.com



Club News



Alzheimer's/Dementia

Caregivers Support Group

"Alzheimer's Disease and Other Forms of Dementia: The Importance of Early Diagnosis and Management." is the title for the Caregiver's Support Group presentation Wednesday, February 25 at 1:00 PM in the Multipurpose Room (OC) by Kimberly Lanni, Ph.D. As a Clinical Neuropsychologist, Dr. Lanni uses neurological testing to assist in evaluating cognitive disorders and dementia syndromes and develops treatment recommendations.

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

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

For additional information or assistance contact:

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



Amateur Radio

Are you interested in becoming an amateur radio operator. If you are, come join us on Monday at 6:30 PM at the South Gate entrance to Lincoln Hills. We operate on 441.225 Pl. 167.9. We look forward to your visit.

Contacts: Jim Darby 408-8599;
Claire Schloenvogt 253-9155



Antiques Appreciation

In February, Steve Abbott returned and gave another great program covering his Antique collection of Lithographs, with examples from the Gold Rush, especially the Sacramento area, and some of the earliest pictures of Northern California, done on stone, and hand colored. Along with his extensive collection, we were privileged to hear the wonderful sto-

ries and history about many of the pieces.

Our March program will be presented by one of our long-standing members. She will share her collection of Asian miniatures with examples of vases, bronze, enamel, wood and porcelain items. This will be the first half of our program; members may join in on the second half with their favorite Asian antique, one item per member.

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, welcome!

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



Astronomy

On January 19, many members of the Astronomy Group along with other LH residents enjoyed a very interesting bus trip to the Chabot Space and Science Center. The exhibits were all very well done—clear and many were interactive. Wednesday, March 4 at 6:45 PM, P-Hall (KS): The presentation topic for this meeting will be announced via email, flyers and posters in the Lodges in February.



Chabot Universe Exhibit; Chabot Solar Exhibit

Monday, March 16: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our

Universe." March's lectures will be #21, "Giant Black Holes—Construction and Carnage," and #22, "The Galaxy Web—a Relic of Primordial Sound." Contact Morey Lewis (see below) 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

Is it time to heat up your life? Why not try Ballroom Dancing?

Each month our group learns a different dance style. In February, we will learn the exciting and sensual American Rumba. March will feature the smooth, gliding Fox Trot. Plan to meet our congenial group at KS on Tuesdays. Beginning lessons are from 2:00-3:00 PM. An hour of open dancing to a wide selection of music follows.



Jeanne Cervantes and Wood McCann

Between 4:00-5:00 PM, a more advanced lesson is offered. Our group lessons are low stress and casual, presented by instructors who are experienced and congenial. Annual membership is \$7 per person and the lessons are always free! Want to skip the lessons? Then, join us for the weekly open dancing between 3:00-4:00 PM. Many fun dance-themed events are planned for the year. So, plan on being a member of our group. You could be "hot" all year long.

Contacts: Ruth 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 March 11 and April 8. 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 Monday February 23 at Olive Garden and Thursday, March 26 at Meridians. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 434-0749, joanlogue@sbcglobal.net



Billiards

The Shooters

- Eight-Ball Singles 1:00-4:00 PM First Wednesday
 - Nine-Ball Singles 1:00-4:00 PM Second Tuesday
 - Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
All games at KS.
- Tournament winners—
- Eight-Ball Singles January 7—
Winner: Phil Delaney;
Runner-up: Joe Perez.



Eight-Ball Singles January 7: Phil Delaney (left) Joe Perez;



Nine-Ball Singles January 13: From left—Phil Delaney, Ed Ryan, Hal Berman;



Eight-Ball Doubles January 21: From left—Bob Maske, Scotty Story

- Nine-Ball Singles January 13—
Winner: Phil Delaney;
Runners-up: Ed Ryan and Hal Berman
 - Eight-Ball Doubles January 21—
Winners: Bob Maske and Scotty Story;
Runners-up: Bob Wehner and Bob Doney, Joe Ferrando and Ed Ryan.
- Contacts: Jim Immel 434-2918**

Challengers Billiards

Almost two months into the New Year and Valentine's Day just behind us, we are looking forward to some awesome pool playing. We are a group of mid-level to advanced players; the high quality of play and competition is fun to watch.

We play Friday mornings from 10:00 AM to 12:00 PM at the Billiards Room (KS). The last Friday of the month is sign-up for the following month. New players are always welcome.

Congratulations to our recent winners.

First place—Six of seven games: Peshu Irani, George Black, Dan Oden, Bill Kim; five-and-a-half of seven games: Lyle Moore.

Second place—Five-and-a-half of seven games: Ted Komaki; five of seven games: Doyle Coker, Bob Wehner, Ted Baker, Joe Perez, Tom Thornton.

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

Couples Billiards

Every Wednesday in the Billiards Room (KS) we meet from 4:00-6:30 PM to play regular Eight Ball. We play either six or seven games, depending on how many couples participate. If there are 12 couples, we play six games. If there are 13 or 14, we play seven games with one to two couples sitting out a round. It's necessary to sign up in advance as there are almost always at least 12 players. Come early to practice and to make it easier for Jim Conger to set up the games.

On our first week, Dan Oden/Tom Thornton won all six games. Ron/Sherry Weech won five games.

On week two, we had a tie of five games won. Those players were Dan Oden/Tom Thornton and Ron/Sherry Weech. Four teams won four games. Those players were: Bob Wehner/Chiquita Fratto, Doug Porter/Remy Gianni, AJ Jhanda/Linda Scott,

and Doyle Coker/Bob Soriano.

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

Players Billiards

For mid-level skilled players, we meet every Thursday from 2:15-4:30 PM in the Billiards Room (KS). We play seven games of Eight Ball with each game timed at 17 minutes. We play with the same partner once and the same opponent usually only twice. Advance sign-up is encouraged in the binder on the fireplace and stand-by players frequently getting to play. Please arrive at least 15 minutes before we start to get your player number. Come join us and have some challenging fun!

Congratulations to our recent winners:

- Seven games: Ahmed (AJ) Jhanda
- Six of seven games: Tom Thornton, Remy Giannini, Bob Soriano, Dennis Dreilling, Howard Skulnick
- Five of seven games: Hugh Duberley, Del Torres, Phil Berlenghi, Linda Scott, Bob Bienkowski, Bob Wehner, Doyle Coker

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

Upstarts Billiards

*"Rolling balls from hither to yon
We could play from dawn to dawn."*

Thought about Billiards lately? SCLH has an Upstarts Billiards Group for beginners-to-average players who play Standard Eight Ball every Thursday, from 11:45 AM to 2:00 PM, Billiards Room (KS). We have room for more players, if you'd like to give it a try. Could be you're our next Champion!

Winners six games—Joan Wendell (what a star!); five games—Gale Comer, Bill Evans, Randy Ransdell, Bianca Reckling, Herb Trueblood, Jennie Wright.

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

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



Bird

For our March 9 meeting, Ruth Baylis is planning a fun and informative program about bird identification. Her collection of videos should be interesting

to both our long time members and new members. See you, March 9 at 1:30 PM in the P-Hall (KS).



A few birds we see during our trip to Davis: White-tailed Kite, Northern Shoveler, and Northern Pintail

The Bird Group started off this year with a great outing to Stone Lakes Wildlife Refuge and Staten Island. So this month we look forward to our February 20 field trip to Davis Wastewater Treatment Plant and wetlands. Here the group often sees the Northern Shoveler, Northern Pintail and White-tailed Kite. On Friday March 6 we walk the trails of the Bobelaine Audubon Sanctuary. This Preserve is on the Feather River and home to a variety of birds that live in its open grasslands and woodlands.

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

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

If you've been wondering what Bocce is all about you will have a chance to ask us at the "It's The Lifestyle" event on March 12. Most Lincoln Hills clubs and organized groups will have a table in the Ballroom (OC). The lifestyle event gives Lincoln Hills newcomers a chance to meet the people behind the different organized groups in Lincoln Hills, get an idea of what their activities are like, and even join a group, or at least get on an email list or two. Even if you've been here awhile and thought you knew about Bocce, this is a

good chance to get connected again. Stop by our table and talk to Ralph and Paul if you are interested in Bocce. We Play Bocce every Thursday at 10:00 AM during the winter months.

Contacts: Paul Mac Garvey, 543-2067, PMac1411@aol.com; Bob Vincent, 543-0543



Book, OC

Please join us Thursday, February 19, 1:00 PM, Multipurpose Room (OC) to explore *Winter of the World* by Ken Follett, the second in his exciting "World" trilogy. Told through the lives of recurring characters in Germany, Russia, England, and the USA, it covers 1930's/40's—the rise of Hitler, Stalin, and Mussolini—democracy vs. fascism vs. communism!

Schedule, remainder of 2015:

- March 19—*The Sandcastle Girls* by Chris Bohjalian
- April 16—*The Invention of Wings* by Sue Monk
- 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 was not able to have their December Christmas Luncheon because of the torrential storm that was coming that day. We ladies do not let anything stop us for another day to celebrate our lives. We just added another holiday to it. We had a Christmas/New Year's Party.

It was twice as much fun because more ladies were able to attend. Food was great along with the beverages and dessert served. We had wonderful entertainment from "The Hills Brothers" who are residents and a group who performs here in Lincoln Hills. Call them for your next party. As you see by the picture below, it was a great celebration.



Val Singer, Patty McCuen and Peggy Ryan

If you are in treatment, just finished treatment or are a survivor, come join our fun. We want to see your smiling face among us. Call the ladies listed below for more information. We are here for you.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

On Wednesday, April 29, our club will host the next exchange with the Sun City Roseville Club. The bridge match will follow a mid-morning buffet brunch. Additional details will follow as they become available.

Attention competitive bridge players: mark your calendars for the Chico Sectional Tournament which will be held on March 27-29. Complete details are on the ACBL website (www.acbl.org).

Our three weekly club games are all played in the Kilaga Springs Lodge. Wednesday games are played in the Multipurpose Room at 12:30 PM. Players with fewer than 200 Masterpoints may choose to play the "199er" section. Friday games start at 5:00 PM and Saturday games, which include a "299er" section, start at 12:30 PM. Plan to arrive early to all games. Beginning this month, half-hour lessons will again be given at 11:45 AM before Wednesday's games. Please check the club website for weekly lesson topics.

Contact: Sharon Neff 543-8897
Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Thursday Evening First & Third

Let's play Partners Bridge; just bring your own partner. Reservations are recommended but not required. Call and we will enter you and your partner on the player's list, or just show up by 5:45 PM, and you get to play if we have an even number of pairs up to 28. We get seated at 5:50 PM and start by 6:00 PM in the Sierra Room (KS), and we *must* finish by 8:30 PM. *Remember, six minutes per hand!!!*

January 1 winners—Everyone looking forward to a happy new year of high point hands on Thursday night in the Sierra Room of Lincoln Hills. January 15 winners—First: Gerry & Warren Sonnenburg, also with the night's high round of 1390 shared with the second place finishers Janet Pinnell and Linda Theodore also with a 1390; Third: Lynda Sader and Jodi Deeley; Fourth: Joanna & Alan Haselwood.

Contact: Kay or Ben Newton
408-1819

Thursday Evening Second & Fourth

Want to play Partners Bridge? Give us a call, and we will put you and your partner on the play list, or just show up by 5:45 PM and you get to play if we have an even number of pairs up to 28. We get seated at 5:50 PM, make announcements, and must start by 6:00 PM in the Sierra Room (KS), because we *must* finish by 8:30 PM. December 25 winners—Everyone that didn't overspend on Christmas or Hanukkah. Hope everyone had a great Lincoln Hills holiday regardless of common bridge player withdrawal symptoms. January 8 winners—First: Bev & Allan Blaine, with their second bridge trifecta in three months, highest overall score, high round for the night of 2700, and a grand slam; Second: Johann & Paul Kiesel; Third: Dolores Marchand and Carol Mayeur; Fourth: Rose & Joe Phelan.

Contacts: 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.

December and January Winners—First place: Lois Burke, twice!, Flo Hunt, Helen Helm and Laverne Craig. Second place: Ralph Madsen, Joe Phelan, Flo Hunt, Jim Busey and Phil Sanderson. Third place: Kurt Wolff, Lynda Sader, Nancy Griffen, Richard Lund and Ralph Madsen. Fourth place: Judy Granulin, Gail Ramsden, twice, Carol Mayeur and Joyce Lund.

Our Grand Slam Winners: Joe Phelan & Helen Helm Congratulations!

Reservations for January & February: Lynda Sader, (858) 204-2427, Lyndaglee01@yahoo.com or Joan Schabilion at (408) 314-1701, Ljschab@aol.com.

Reservations for March & April: Chet Winton, 408-8708, cnwinton@sbcglobal.net, or Helen Helm, 408-0428, h89elen@att.net.

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



Bunco

In January, the Bunco Group welcomed three new players—Cinda Hyman, Shelley Coate and Joyce Henderson! As luck would have it, Shelley with five Buncos won most Buncos.

Bunco is a non-membership club with a \$5 'pay to play' cost and held in the Card Room (OC) at 9:00 AM the third Thursday of the month. Please consider joining us, maybe you will be the next Bunco winner! Play starts promptly at 9:00 AM. Drop in when your schedule permits.

Please consider joining us for a morning of laughter, fun and friendship!

January winners: Most Buncos Shelley Coate; Most Wins Betty Wink; Most Losses Chris Gomes; Traveler Anne Johnson.

Next Bunco is Thursday, February 19.
Contact: Kathy Sasabuchi 209-3089,
ksasabu@wavecable.com



Ceramic Arts

Happy February! We are off and running toward another great year! Hope all the sweethearts are happy. Be sure to check out the artwork in the windows of each Lodge as we have some great artists!

As a reminder, the Ceramic Arts Group annual dues were due and payable January 1. Dues help with the cost of studio supplies and small equipment. Please make checks payable to Ceramic Arts Group and send to Mike Daley, Membership Chair.

CAG workshop hours are: Pottery—OC on Saturdays, 9:00 AM-3:00 PM and Sundays, 12:00-4:00 PM. Earthenware—KS on Mondays, 1:00-4:00 PM. Spanish Oil—KS on Sundays, 1:00-4:00 PM.

Open Studio is available to all residents at OC on Fridays, 12:00 to 5:00 PM; KS Sundays, 1:00-4:00 PM. Come and join us soon!

For more information contact:

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



Chorus

Don't Get Around

Much Anymore?

Even so, you won't want to miss this Duke Ellington classic and other Great American Songbook standards at our upcoming Lincoln Hills Community Chorus concert. It's full of My Favorite Things—and yours—by some of our greatest songwriters, like Hoagy Carmichael, George Gershwin, Johnny Mercer, Richard Rogers, and Harry Warren.

We're calling our spring concert "Melo-



Chorus conductor Bill Sveglini and accompanist Paul Melkonian at rehearsal

dies of Love.” Isn't It Romantic?

You Can't Help Falling in Love with this timeless music. See page 47 for information on our April 26-28 Ballroom performances and join us then!

Contacts: **Bill Sveglini 899-8383, sveglini@gmail.com; Sid Frame 408-1453, sflincoln4fun@starstream.net**
Website: **www.lincolnhillschorus.org**



Computer

Main Meeting: April 16, 2:30 PM—“Care Innovations™” consults with hospitals, senior living facilities, doctors, insurance carriers, family caregivers and more. Their solutions are backed by their extensive knowledge of patient monitoring devices and the collected data of thousands of people.



Frank Napolen, Jr. will present state-of-the-art telehealth innovations on April 16

Care Innovations has teamed with Intel and GE to develop sensors you wear to predict falls and prevent them! Falls are a major problem worldwide in adults over 65. Many people with CHF find themselves back in the hospital weeks after being discharged. Care Innovations monitoring via a tablet and WiFi can keep you at home and adjust your medications. Come and see how technology can keep you home and well! Frank Napolen, Jr.—presenter, OC Ballroom. Walk-In-Workshop: April 21, 1:00-3:00 PM in the *Computer Lab* at OC.

Ask the Tech: April 24, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

Contact: **Claudia McEnerey, president@sclhcc.org**
Website: **www.sclhcc.org**



Mac User

Support and Education. These are what the Mac Users Group (All Things Apple) is all about. We concentrate on helping and teaching Apple

Users to make the most of their Macs and iOS Devices. MUG members may phone our Hotline for answers to most Apple-related problems. If we can't fix them by phone, one of our expert volunteers will make a house call for a nominal fee.

Please join us via the membership form under the “join” tab on our web page.

By the way, it is time for members to renew their annual memberships. If you have not already done so, please send your check for \$15 payable to LHMUG to Gerry Esker. Or you may pay at the next club meeting.

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



Country Couples

What better way is there to exercise the mind and body while staying socially interactive than dancing? Many residents of Lincoln Hills have discovered these benefits with the Country Couples Dance Group. Judging by the full capacity dance lessons and the huge turnout at our first dance of 2015, more than 100 people are eager to learn country dance patterns and have a fun time implementing their skills on the dance floor.



Table decorations at our Winter Wonderland Dance

Our Winter Wonderland Dance was held on January 18 at the Sun City Roseville Ballroom. Representing the winter theme, vases of silver sprigs and ribbons, with silver and blue candies and curls of ribbons decorated the tables. The guests enjoyed a lunch of soup, cold meats, cheeses, rolls, salads, and sweets.

Our next extravaganza will be a Mardi Gras themed afternoon dance on February 21 at KS. Grab your masks and beads and get ready to party.

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 253-9222; Ken Von Deylen 599-6530**



Cyclist

Many of us, before moving to Lincoln Hills, had never ridden in a group before. To ride in or to lead a group, you must ride predictably. When leading a group you must ride with a steady tempo. You have the ability to speed them up, slow them down or cause them to crash. Group riding means that you must be aware of the riders both in front and behind you. Never overlap your wheel with the person ahead. Use hand or verbal signals to alert the riders behind. Signal your turns and call out dangers such as glass and obstructions. Always be aware of vehicles coming up behind the group and call out “car back” so riders can safely move to the right. When approaching a hill, never slow down. Keep your speed steady so as not to cause the riders behind to run into the person ahead of them. You should always be aware of what is going on ahead of you. Don't become mesmerized by staring at the wheel ahead of you.

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



Eye Contact

Low Vision Support Group

On March 12 we will take part in the SCLH “It's the Lifestyle” event giving us an opportunity to meet residents and give

out valuable information on eye diseases common to seniors. Stop by our table at the Ballroom (OC) and see us.

At our 2:00 PM general meeting that same day two of our local residents will describe their participation in research studies.

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 Multi-Media Room (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**



Garden

Check out our *new* website! www.lhgardengroup.org

With spring right around the corner it's not too early to start planning a kitchen garden. Rose Loveall, owner of Morningsun Herb Farm in Vacaville, will share her ideas and skills on culinary herbs at this meeting. "Herbs in a Mediterranean Garden" will be the topic for the Thursday, February 26 General Meeting, 2:00-4:00 PM, (KS). The farm specializes in herb plants, specialty perennials, and seasonal vegetables. A trained horticulturist, Ms. Loveall has a 22-year experience growing and nurturing culinary and medicinal herbs. Herbs will be for sale. (Please bring small bills.) Website: www.morningsunherbfarm.com/ssp/home.



Herb—
Agastache
grape nectar

Brown Bag Sales are available at this general meeting. Proceeds will be used for local civic projects.

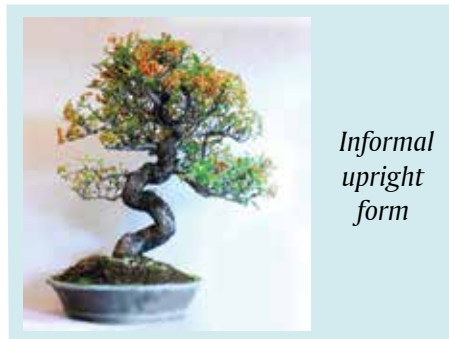
Tickets for Home Depot door prizes will be given to registered member for 2015 by 2:00 PM. Membership sign-up available

at 1:00 PM. Please make checks to SCLH Garden Group.

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

Bonsai Group

The *Bonsai Group* meets the third Thursday of each month, (February 19). Note: A change of place and time: Terra Cotta Room (KS), 2:00-4:00 PM. This month will feature "Review of Bonsai Styles and Pruning Junipers/Conifers Workshop." We now



Informal
upright
form

have a Bonsai library of books, magazines, and tools to check out for monthly use.

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



Gem and Mineral Society

No group meeting in February.

The Gem Cutting class will be taught in March, and May. The Lost Wax Casting class will be taught in April.

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

**Contact: Dave Fisk 434-0747,
dave.fisk@yahoo.com (also for lab
info & reservations)
Website: [http://sites.google.com/
site/lincolnhillssuncitygems/home](http://sites.google.com/site/lincolnhillssuncitygems/home)**

Gem and Jewelry Open Workshop

The Gem and Jewelry Workshop is open most Mondays from 8:00 AM to 12:00 PM. The shop has equipment to do lapidary (stone cutting and polishing), lost wax casting (gold or silver), metal enameling, and

metal jewelry fabrication. This equipment is for use by residents, with assistance from a shop master or lab monitor.

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

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

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

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

Maintenance fee \$5 per two-hour session. Shop Master: Dave Fisk.

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



Genealogy

Members are in for a rare surprise at the February 16 general meeting of the SCLH Genealogy Club. The place: P-Hall (KS) at 6:30 PM. *The featured speakers will be your Genealogy Club members! Each one will share their experience in Genealogy research and their findings!*

Following the general meeting, a prize drawing will be held and the winner will receive a four TB WD External Hard Drive. Plus... immediately following the meeting, members are invited to attend a social gathering across the hall.

Please check out the club's new website... lots of information, including a membership application form. If you have not sent in your annual dues of only \$20, please do so now.

The web page provides information on the next Genealogy Boot Camp that was so popular last year. Stay informed! Check out your club website on a regular basis.

**Contacts: Maureen Sausen 543-8594;
Arlene Rond 408-3641;
Website: lincolnhillsgenealogy.com**



Golf, Ladies

Lincoln Hills Lincsters

Pleasant dry days started the 2015 golf season. The first Birdie of the year was made by Linda Salmon; Chip-Ins were made by Nancy McDonald, Charlotte Raifaisen, Claren Bolton, Lois Gilbert, Suzanne Lundberg, Phyllis Patrick, Shirley Varner, and Barbara Wobser. Closest to the Pin was won by Phyllis Patrick at 15 feet four inches and Elfie Jenkins at 13 feet seven-and-a-half inches.

Members are looking forward to the Bring a Friend Tournament, chaired by Phyllis Patrick and Kristy Love; this event will be held on May 13, and will be played on The Hills Course. The Club Championship, September 15 and 16, will be chaired by Kathy Linder, and the Breast Cancer Tournament on October 28 will be chaired by Joyce Bauer and Pat Dangerfield.

"Golf can best be defined as an endless series of tragedies obscured by the occasional miracle." Author unknown.

Contact: Pat Shafer 408-7174
Website: www.lincsters.com

Ladies XVIII

The New Year brought some pretty cold weather. But the Ladies 18 Hole Golfers took to the links just the same. Officially, we said 'Goodbye' to our outgoing Board of Directors and 'Hello' to our 2015 Officers: Sylvia Feldman, Captain; Shari Lloyd, Co-Captain; Barbara Korenthal, Secretary and Rosemary Heckman, Treasurer. These Officers along with the other 14 committee chairs met for breakfast to greet each other and to say a very big *thank you* to outgoing officers Donna McDonald, Captain, and Lissi Bedford, Co-Captain.

Hey you! Now's the time to join us. We play every Thursday and have loads of special tournaments. First up is our 'Spring Fling' May 17. You don't want to miss that, so contact Donna Sosko, Membership Chair at 434-5427. Whether you're a 14 or a 40 handicap, you will be welcomed with open arms!

Contact: Candice Koropp, 409-0607
Website: lhlgxviii.com



Golf, Men's

Another year has started for the Lincoln Hills Men's Golf Club and we have a new Board of Directors: President Roger Oswald; Tournament Director Gene Andrews; Membership Roger Cummings; Treasurer Phil Steinbock; Secretary Bob Emge; Communication John Engelmann; Social Jim Page; Rules Jack Dinkard; Handicap Dave Jansen; Sponsors Tuck Halsey; CVS Karl Williams.

Sign up for the Lincoln Hills Men's Golf Club in the Golf shop for \$93, that includes NCGA dues for the year and play in our monthly tournaments.

Central Valley Seniors (CVS) sign-ups are also available in the Golf Shop for \$60 to play in 11 tournaments.

Winners from the January 2015 Winter Sloshfest Tournament are: Flight #1 Les Hamilton; #2 George Wuschig; #3 Herb Ingraham; #4 Bill Zeek; #5 James Chan.

Contacts: Rodger Oswald,
rodgeroswald@gmail.com; Roger
Cummings, cummingspct@aol.com;
Karl Williams, kwil78479@aol.com
Website: lhmgc.org



Healthy Eating

Here's hoping 2015 will see more neighbors moving toward a new lifestyle that devotes more time and serious thought to healthy food selection and its preparation, and to improving one's relationship with food. You are welcome to join us in our search for healthier foods and for better methods of preparing them. Our January guest speaker, Joanne Neft, a widely known author, spoke about the joys and healthful benefits that come from a healthy relationship with our food... real food, not junk food.

Join us as we remake decades-old recipes into healthier ones so we will never have to give up these precious old favorites—and so we can pass them along to others.

Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS), so February's meeting is the 23rd and March's is also the 23rd. Guests are welcome.



Coffee roasting tour; walnut groves near Wheatland; mystery vegetable

Contact: Don Rickgauer 253-3984,
Schl13HealthyEating@gmail.com



Hiking and Walking

Drought!—a topic that has negative meaning. But, for the Hiking and Walking Group, the drought and lack of rain has had positive implications. There have been considerably fewer hikes and walks cancelled than in past years. The Hiking Group has had some delightful hikes recently: Pleasant Grove Trail with lunch afterwards at La Provence, the



Hikers posing for a group photo while on the Caperton Canal hike; Hikers heading out to the Caperton Canal on the LH Elderberry trail, Walkers also use this trail for their walks!

Fabulous Forties (a walk among beautifully decorated homes in Sacramento — at Christmas time), Caperton Canal, and Olmstead. The Walking Group has enjoyed the wonderful Lincoln Hills trails without worrying about rain!

Time to start planning! Two hiking getaways are now scheduled—Cambria on April 20 to 24 and Graeagle/Lakes Basin on August 31 to September 3. All hikers are welcome to attend, but new hikers are strongly recommended to attend at least three hikes prior to going on a getaway. See the hiking website under “Special Events” for more information.

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



Investors' Study

Our March speaker is one of our membership enjoyed last year. Candice Tse of Goldman Sachs will be back with us on the first Thursday of the month, March 5. You don't want to miss a follow-up to her presentation on emerging markets from last year. A lot has been going on around the world over the last year and Candice will no doubt have enlightening insights and a willingness to answer questions.

Dues: We will collect dues at our March meeting. Please bring a check in the amount of \$15 made out to SCISG. We will accept only checks prior to the meeting and cash afterwards to avoid a crowding at the sign-up desk. Refreshments: Join us after the meeting for refreshments and an opportunity to get acquainted with other members and if her travel schedule permits with our speaker.

Active Investor Subgroup continues to meet at 3:30 PM on the second Monday of the month in the Multimedia Room (OC). **Contact: John Noon 645-5600 thenoons@att.net**



Lavender Friends

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

Sandra Rector can trace her family tree back to 1746 ancestors living in the colony

of Pennsylvania and the Cherokee Indian tribe. Her family includes French Creole settlers, freed slaves, and Scotch Irish immigrants. Sandy played semi-professional softball in LA, and later enjoyed coaching Little League.

Sandy worked at the Diablo Canyon nuclear power plant, giving her insight into a world few see. She also taught history and Spanish to fourth through eighth graders at a private Christian school, and loves the “ah ha” moment when a student grasps the point of a lesson. “Think twice and speak once” is her motto.

The Christmas /Dinner Dance was a great success with over 100 attending.

Upcoming events include March 2 Breakfast, March 9 PFLAG, and March 15 Game Night. Check our website for additional social opportunities.

Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; John 408-2576, Website: www.lavenderfriends.com



Line Dance

Carol Rotramel wears many hats in the Line Dancing world here in Lincoln Hills. She is a dancer who began taking classes in 2002 in Lincoln Hills, but she is also a practice and substitute teacher as well as a liaison between the Line Dance Group and our three teachers. A lot of her work is done behind the scenes at home as she sends out step sheets and video links on her computer as well as notices and reminders from both the teachers and the Line Dance Group. She is a vital link in the communication flow that is so important to us all. Thank you, Carol!



Carol Rotramel behind the scenes!

Don't forget to have your friends who might be interested in line dancing stop by our booth at the annual club and community expo, “It's the Lifestyle!” held in and

around the Ballroom on Thursday March 12, from 10:00 AM-1:00 PM.

Contacts: Sheridan Brown 408-5674, shrdnbrwn@yahoo.com; Carol Rotramel 408-1733, caroled1974@gmail.com



LSV/NEV

Tuesday, February 17 at the P-Hall (KS), 10:00 AM, will be the next membership meeting for the LSV/NEV Group. Julie Domenick of Allstate Insurance is the featured speaker. Julie will focus on the special insurance policies available for LSV/NEV owners, and any new developments within the insurance industry that are of interest. All residents of Lincoln Hills are welcome.

If you are new residents of Lincoln Hills, and considering the purchase of a golf cart versus a LSV/NEV, you will find our meetings informative. We can give you some pointers on the features and benefits of a NEV. Please join us on February 17 and give us the opportunity to meet you.

Contact: Dan Gilliam, 209-3946



Mah Jongg, Chinese

Greetings! Now that we are into the winter season, and some cooler weather has arrived, it may be a good time for you to come indoors and learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you. Even if you already know how to play this game, please join us.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us on Mondays at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is to be decided at the table where you play. We hope to see you there.

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

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



Mah Jongg, National

We have a wonderful group that plays Mah Jongg every Tuesday at

12:30 PM in the Card Room (OC). We would enjoy your company. If you don't know how to play, please contact Fran at 434-7061; she teaches in her home at no cost, she just loves the game. Look forward to seeing you in the winter months.

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



Mixed Media Collage Arts

We use a combination of art media in our work and by layering the media, the piece takes on a dimensional appearance. Experiment with materials and the viewer becomes interested because the effect captures their attention but the test is to not make the work too bulky or heavy looking. Although our work need not be dimensional, it is great fun to use found objects (crumpled aluminum foil) or a handmade tool (paper towel insert).

Each month we share tips and tricks that worked and share laughter over those ideas that simply flopped—but in Mixed Media Collage Arts—there are no mistakes—just happy accidents. Check us out. All experience levels welcome. We meet on the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). **Contact: Frima Stewart 253-7659, frimastewart@gmail.com; Nina Mazzo 408-7620, ninamazzo@me.com**



Motorcycle

RoadRunners

Club Road Captains have planned the ride agenda. Rides scheduled the second Saturday of the month will begin in March. We have a fairly ambitious plan for interesting rides each month through November. There are a couple of extended overnights scheduled during warmer months. Those rides, along with social events we have during the year, fill an active calendar.

Two of our originating members have decided to give up their iron horse. Dale & Loretta Brinsley, mainstays to the club since its origination in 2005, are no longer going to participate in club rides. Dale was our original President as well as 2014 President. Loretta served as photo historian by documenting in photos and short

movies our many rides and social events. Thank you Dale and Loretta for your many contributions to the RoadRunners!

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

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



Needle Arts

Threads of Friendship

Just in time for your Easter outfit!! Pamela Day is coming to our March 10 meeting at P-Hall (KS) at 1:00 PM to share her passion for handbags. She is fresh from The Crocker Art Museum's Holiday Artisan Market at the Scottish Rite Temple in November, where she displayed her craft. She will bring her trunk show filled with her unique handbags and samples of Renaissance clothing with a focus on what women wore and why.

Her handbags have finishes with flair. Her presentation will uncover the secrets of handbag handles, and the importance they play in the design of your handbag.

Ms. Day does custom period correct clothing for Renaissance and Victorian eras and has taught several classes at the Renaissance Symposium. Her art may be viewed online at www.Poozles.com. Pamela's wearable fiber art, "Poozles," may be seen at galleries and festivals in greater Sacramento.

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



Neighborhood Watch

"It can happen to anyone," said Laura Conrad of the District Attorney's Victim Services at the recent "Protecting our Seniors" seminar. Our generation is vulnerable because they feel embarrassed if they are a victim and tend to not tell anyone. If you suspect someone is being victimized by fraud or undue influence please make a confidential call to Laura at 1-888-889-7011.

Karen Bone, of the Placer Adult Protective Services, explained that "elder abuse" can be financial, physical, or psychological. The most common abuse is from family or caregivers, followed by having medications

stolen, domestic violence, mortgage fraud, and drugs and alcohol. A call to Karen at 1-888-886-5401 is always confidential.

Donuts, anyone? Come by our table on March 12 at *It's the Lifestyle* from 10:00 AM-1:00 PM in the Ballroom (OC) to learn about enriching your life through volunteering with Neighborhood Watch. Two donuts to everyone who signs up!

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



Painters

January 19, the Painters Club held our first membership meeting in our new venue, the P-Hall (KS). In celebration, canvases and other art supplies were auctioned off to the highest bidder. We now meet the third Monday of each month, from 2:00 to 3:30 PM. Interested guests are welcome.

We are excited to be planning our annual Fine Art Show which will be held February 20, 21, and 22 in the Ballroom (OC). We invite residents and their friends and families to visit and perhaps purchase a piece of art that strikes their fancy. Or, maybe find a piece that would make the perfect gift for someone.

Our February 16 membership meeting will feature a watercolor demonstration presented by artist, Margot Vance.

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

This month we enjoyed sharing ideas and designs with our annual Card Swap project. Each member brought a card of their own creation and seven card kits for members to make. We leave with eight new cards and new ideas!

During our January meeting, we approved the revised club bylaws in the new required format. Dues are also being collected so be sure to get those paid to Reg Fabian.

Watch for Paper Arts display at the “It’s The Lifestyle” event March 12. It is always fun to see the talent of our members displayed as well as learn about other groups and clubs.

Members donated 16 pounds of Christmas card fronts to Shriner’s Burn Center to be “recrafted” and sold in the hospital’s gift shop.

This month’s window theme is of course Valentine’s Day. Check out the lovely cards displayed at Orchard Creek Lodge.

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



Pedro

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

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

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



Photography

This article may be a day late and a dollar short for Valentine’s Day, but isn’t that all too often the way? To soothe the savage beast of beratement you may have received for your oversight, consider a make-up meal at Simple Pleasures where photos of creatures with all the romantic impulses but none of the symbolic gestures humans are accountable for—the four-legged animals exhibit which begins on the 19th...

On March 11, 9:00 AM, P-Hall (KS), the first semi-annual Show and Tell of this year will happen when some folks can establish bragging rights for photos taken with the latest and greatest cameras and lenses, and greater accolades and bragging rights are affirmed for photographers managing to capture wondrous



Bedazzled Cube and Pit Stop by jeffa



images with their old and decrepit equipment...

Come visit us—especially if you’ve gotten a new camera—at the Club and Expo, “It’s the Lifestyle” on March 12 at OC.

Writer: jeffa

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



Pickleball

What better way to start 2015 than by celebrating our most senior and still very active club members? We had nine of our 80+ year old club players



Above, playing strong in their 70s;

Celebrating our 80+ year-old club members

gather at the courts for cake and pickleball on January 22. The next day our 70s players were celebrated. The following day we had our 60s players and finished with our youngsters, the 50s players. Pickleball, truly a game for *all* ages.

Tidbits... Cal’s beginner clinics are now offered at 11:30 AM each Wednesday. Andrea’s next club shirt order will be placed March 1. Don’t delay! Contact her at amad53@sbcglobal.net. Our Super Senior Tournament will be March 25 with Club Championships scheduled for May. It’s not too late to pay 2015 club membership dues of \$15/person, guaranteeing a year of camaraderie and fun.

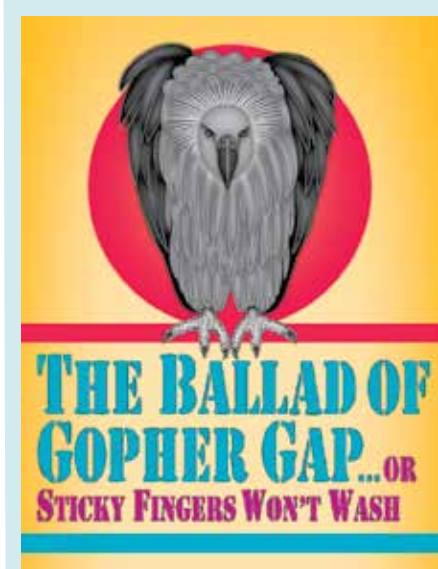
Our next general membership meeting is March 9 at 10:00 AM in the P-Hall (KS).

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



Players

Preparations for “The Ballad of Gopher Gap... or Sticky Fingers Won’t Wash,” directed by Julia Africa, are charging full steam ahead. The play features a cast of talented actors playing very funny and downright outrageous characters. Come prepared for over-the-top and campy melodrama, guest appearances, musical numbers, and audience participation. The show will be held on March 4 at 7:00 PM and March 5



March 4 at 7:00 PM and March 5 at 2:00 PM and 7:00 PM on the OC Ballroom's Main Stage

at 2:00 PM and 7:00 PM on the Orchard Creek Ballroom's Main Stage.

In addition to Premium Seating and General Seating, we're offering *something exciting and new!!!* The Players are thrilled to be introducing VIP Table Seating for Gopher Gap's *evening* performances only. VIP Table Seating includes appetizers served 6:45-7:00 PM, and cash bar service, \$25; Premium Seating, \$19; General Seating, \$14. *The matinée show will not include appetizers.* For the matinée show, both VIP Table Seating and Premium Seating will be \$19, General Seating, \$14.

See the cover and the articles on pages 7 and 47 for more information.

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



Poker

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

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

The Quarterly Hold 'em tournaments are open to all residents, first come, first served, as they usually fill up quickly with a 48-player cap. Our 2015 tournaments will occur April 11, July 11 and October 10.

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

Contacts: Donna Tewart 759-1553;
Lynne Barsky 253-3730



RV

The Club Expo, "It's the Lifestyle," is coming up on March 12 and the RV Group is going to make its presence known.

Dave & Julie Africa and Dean & Betty Schumacher will be the representatives to greet people at the booth. It's a good time for RV owners to find out what the group

offers. Hours will be 10:00 AM-1:00 PM.

Members have returned from the first rally of the new year, and reports were that they had a fun time. They were at the Sands RV and Golf Resort in Desert Springs for four days, January 26-30. Wagon masters were Bill & Rosie Eads.

The Durango RV Resort in Red Bluff will be the next trip for the RVers on April 16-20.

Group meetings are on the second Thursday of each month in the Social Kitchen (KS), 4:00 PM. All SCLH RV owners are invited to attend.

Contact: Rosie Eads 408-0129

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

Dr. Seuss so wisely wrote: "You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose!" And with our "brains" we have been give a wonderful opportunity to steer our kids, no matter what their ages, in any direction they choose!

As the school year moves into spring, there are many projects that will need the help of our volunteers. You can be part of this most important of all volunteer jobs—educating our children and supporting our wonderful schools. Our volunteers are folks just like you, who want to share their gifts. Join the fun!

Stop by our table at the Clubs and Community Expo, "It's the Lifestyle," on Thursday, March 12. We'll be there to answer your questions. Or you can call one of our contacts anytime.

Written by Sandy Barry.

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



SCOOP

Sun City Organization of Pooches

Our first meeting of the year was February 2 at OC and our guest speaker was Dr. Ann from Sterling Pointe. She spoke to us about elder dogs and many of our members in attendance had questions for

her, and her suggestions and answers were very helpful.

It is time to pay our annual dues—\$12 per household, yearly. If you haven't already done so, please make arrangements to pay as soon as possible.

Other events planned for the rest of the year include: *April* Potluck at the Sports Pavilion; *May* Pooches on the Patio—breakfast at Meridians; *July*—Ice Cream Social at the Sports Pavilion; *September* Pooches on the Patio Breakfast at Meridians; *October* Costume Party at the Sports Pavilion; *December* Christmas Luncheon at the Solarium.

Questions-suggestions-comments? Please let your leaders know—your input is important and always welcome!

Submitted by Gay Sprague.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



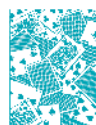
Scrabble

The start of a new year is a good time to try new things. Maybe you have been thinking of joining the Scrabble Club! I have heard from some that they feel their game isn't up to par and they are intimidated to play. We have all levels and skills of players who are very willing to help you enjoy getting back into the game. When I first joined a year-and-a-half ago I almost didn't come back (!) but I love the game so much that I kept at it. My game has improved immeasurably thanks to the help and friendship of other players. The only way to get better is to play with better players!

So, come join your friends and neighbors on Mondays at 1:00 PM in the Card Room (OC) for some fun. Let's Scrabble!!

Submitted by Connie Protto.

Contact: Anne McMaster 409-5408



Shanghai

We put the following together: Four to six active seniors, three decks of cards, one score sheet, one pencil, one table, one chair, and out comes the game of Shanghai. We invite you to join us. We play every Thursday at 12:30 PM in the Card Room (OC). We also play on the second and fourth Friday nights at 5:45 PM. Want to learn the

game, contact one of the names below.

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



Singles

Dynamic Singles

We've survived the Holidays and the Super Bowl; thus ends the "eating season!" We'll move to normal fun as opposed to hyper-fun. Join us!

We can start out with dinner on February 19 at Fats in Roseville. Call Darline, 434-6472, for reservations.

For our monthly Social meeting, February 26, we will play poker and board games. On March 1 we celebrate the March birthdays at 4:30 PM at the Sports Bar where we'll buy you a drink and sing to you if it's your birthday month.

March 5 we meet for cocktails at a local bar. After the Business Meeting on March 12, we will "Name That Tune." March 14 is the second Saturday Breakfast in the Sports Bar. Wait, didn't I just say that the "eating season" ended?

Look for the Dynamic Singles Flyer in the information rack in OC or pay \$15 and receive weekly E-Blasts!

**Contact: Judie Leimer 408-4308,
j.leimer@icloud.com; Maralyn Fisher-Zack 408-4747, mdfzack99@aol.com**



Ski

Despite the low snowfall in January, many club members enjoyed skiing on groomed runs, especially at Northstar and Sugar Bowl. The December snows and man-made snow have made for very good spring conditions.

If you are looking for powder days, mogul runs or tree skiing, then you may wait for some more storms. However, if you like long cruising runs with fun people, don't wait any longer! We are having six-to-ten people carpooling to local resorts two to three days a week.

After a rainy January day on the slopes, we made the day a winner with a fun lunch at Rainbow Lodge. We will plan on more of these après-ski outings this season.

Our next general membership meeting will be Thursday, February 19, at 4:00 PM in the Multipurpose Room (OC). Meeting details to be provided.



Drying Out at Historic Rainbow Lodge; lunch at Sugar Bowl before Final Runs

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



Softball, Senior League

As we emerge from the haze and fog of another NORCAL winter, we prepare to greet the opportunity ahead. Surely with the time we have taken to prepare ourselves, this season will be our finest effort ever. The new Board is in place, the committees are reviewing the rules, and maintenance is preparing one of the finest fields in Northern California.

We have Sunday practices to help that dream come true, and soon we will have clinics to sharpen our skills and workout sessions to prepare our bodies.

LHSSL 2015 Application forms are available on line and at DWF. Registration closes February 17. We are anticipating an 11 team Summer League with 30 games scheduled. League play will begin in March and Fan Appreciation Day is scheduled for Saturday, April 18.

Checkout LHSSL.org for all your softball questions, and come join us for the camaraderie that comes from team sports.

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

Coyotes

As we enter our 15th season of senior softball, the Coyotes plan on fielding 60's,

65's, 70's and 75's age group teams for competition in Northern California Senior Softball Association tournaments. Teams will be playing as far away as Medford, OR and St George, UT. Tryouts are required and you must be a member of LHSSL to participate. Tryouts this year will be held at Del Webb Field on Saturday, February 21 at 9:30 AM, makeup date is February 28. If you want to play in a highly competitive atmosphere, plan on making the tryouts.

Further information listing team coaches and managers as well as planned tournaments for each individual team are listed on the LHSSL.org website under the Travel Teams tab. Check it out.

**Contact: Henry Mutz (530) 520-2170,
henrymutz@gmail.com
Website: LHSSL.org**



Sports Car

Our planning starts fresh at the beginning of each year. We have new Club Officers and Committee Chairs and have started organizing at our first January meeting. We took care of the routine business and got right into proposing our parties (Socials) and rolling events (Tours). Members became inspired and energetic for the trips they wanted to lead. Planning and leading trips reflect a lot of the leader's ingenuity. The enthusiasm and



Do What?; Spiffy

spontaneous volunteering for leading club activities was fun and invigorating.

We have two Socials and seven Tours on our calendar in the next six months. The Socials need a lot of volunteers due to the complexity of the events and the tours need a leader and one or two co-leaders to keep the car groupings at 10 or less. Day trips will be starting soon so don't hold back on joining. Membership is \$20 per household per year.

Contact: DiAnn Rooney 543-9474,

dvrooney@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
Dance
Club
members



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

The year is two months old. We are looking forward to another great year of competitive but social play. There are beginners, intermediate and advanced players. Many intermediate players are moving into advanced play. Recently we started a trial program that has two tables dedicated to challenge play—either singles or doubles. Our president, George Porzio, and table tennis board are attempting to incorporate ideas generated from the questionnaire many players completed earlier this year. In addition, Tim Frank has volunteered to take charge of competitive ladder play. As a reminder, please provide your email or other contact information. Occasionally the facility is closed to play and contact information is used to advise of those dates.

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. Equipment is provided and there is no fee. Please join us.

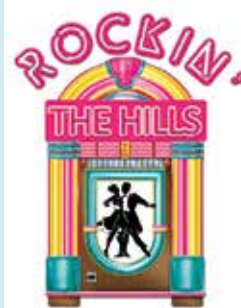
Contact: Ed Rocknich 434-1958,
rocknich@yahoo.com



Tap Company

Just over a month to go! Our musical, "Rockin' the Hills," will be in the Ballroom on March 26, 27 & 28, and tickets are selling briskly. Don't miss out!

The Tap Company works all year to bring you an evening of great entertainment. Get your tickets now and discover whether Jack, Tommy and Johnny find romance. You'll get the answers to other questions, as well. Does Jack ever learn to dance? Will Irene's boyfriend get back in time to stop that wolf's advances? Is Roger as sleazy as he seems? Can Amy forgive Johnny for leaving with Judy at her party? Come and get the answers to these questions while rocking to music like "Can't Help Falling in Love," "My Boyfriend's Back," "It's My Party," and "Only You." Remember, "It's Now or Never." Don't delay. Sign up for this fun show and lots of toe-tapping entertainment.



The Back
Porch
Cloggers
strut their
stuff; an
8:00 AM
line to buy
tickets



See the articles on pages 7 and 47 for more information.

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



Tennis

The Valentine's Day Tournament, held February 14, is complete—details to follow in next month's *Compass*.



Details next month
about the Valentine's
Day Tournament

Last year the LHTG added a new Tournament—the St. Patrick's Day Tournament held March 17. We had such a good turnout, and the players seemed to enjoy

the scrumptious spread, that we are keeping it! Mark the date and wear your green. It will be a Mixed Doubles fun event, mix and switch. You do not need a partner to play. The flyer with all the details will be posted soon on the website and bulletin board.

Following are the first half of the year tournaments taking place in 2015:

- Valentine's Day MXD—February 14
- St. Patrick's Day MXD—March 17
- Women's Doubles Championship—April 16
- Men's Doubles Championship—May 15

Reminder to all: The tennis courts are to be used only for tennis playing.

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



Vaudeville Troupe

With the New Year and the January show behind us we can take a break before starting on the July show. Auditions for the July show are scheduled the first part of May. It's a long way off but it will be here before we know it so get your ideas together and look for announcements in the *Compass*.

If you have a talent, or not, we can sign you up for an audition for the July show. A lot of times acts require extra people on



Ross & Pat Pelton

stage. It's like being an extra in a movie. You are not required to sing or dance, you are part of the background in the act.

Our cast party was a lot of fun. Ross Pelton brought his state of the art karaoke system for all of us to enjoy, and enjoy we did as you can see in the picture below.

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



Veterans

Lincoln Hills resident Joseph C. Baginski, a professional pilot, corporate trainer, psychotherapist and author, will be the featured speaker at the February 19 general membership meeting at 1:00 PM in the P-Hall (KS). A veteran of the Vietnam War, Baginski served with distinction as a helicopter pilot. Returning to the People's Republic of Vietnam after 43 years, the author experienced a near total, catastrophic collapse of his psychological defense mechanisms through flashbacks.

In his book, *Vietnam Redemption... Full Circle*, he takes the reader into his experiences of war and introduces Vietnamese characters who reveal their own injured souls and the personal experiences that caused them. He walks the reader through the process that led to his own recovery from Post-Traumatic Stress Disorder (PTSD).

Contact: Jack Everett 409-0650, jack.everett@att.net
Website: lhvets.org



Water Volleyball

The re-plastering is complete and ready for play. New players are welcome to join us for fun, friendship, and exercise. The water is heated, a nice reprieve from winter weather.

Water volleyball is open to all residents, any skill level. It's good exercise but not too strenuous for aging joints and muscles. Try it up to three times without joining. No experience required.

Now available five days a week! Everyone can play at least four days a week; rated players up to seven times a week. Best days for new players: Monday/Wednesday at 5:20 PM/Saturday at 8:50 PM. See you in the pool at KS!

Monday: Open Play (all levels) 5:20 PM; Competitive Play (rated players) 6:45 PM; Tuesday: Open Play (all levels) 6:20 PM; Wednesday: Open play 5:20 PM; Competitive Play (rated players) 6:45 PM; Thursday: Competitive Play (rated players) 6:20 PM; Saturday: Open Play (all levels) 8:50 AM.

Contacts: Jim Puthuff 768-3936, jputhuff@softcom.net
Website: www.lhwatervolleyball.com



West Coast Swing

March Events:

- Dance Lessons—
Friday, March 13 (*second Friday of each month*)
Location: Fine Arts Room (OC)
5:15-6:15 PM Intermediate/Advanced West Coast Swing
6:30-7:30 PM Beginners
Club members: Free Guests: \$4
- Sunday Tea Dance (Mark your calendars)
Sunday, March 15
West Coast Swing Tea Dance & Pizza (Pizza, Green Salad, Ice Tea, Coffee) & Mini West Coast Swing Dance Lesson
2:00-2:30 PM, Ballroom (OC)
Dance & Dinner: 2:30-5:00 PM
Cost: Members \$5;
Non-Members and Guests: \$10
DJ: Dottie of Dottie's Just Dancin'
Music Mix: West Coast Swing, Ballroom, Latin, Country & Night Club Two Step
Advanced sales only: respond by March 10
For ticket information, contact Dottie (below)
- March 28 General Membership Meeting
11:00 AM-1:00 PM, Multipurpose Room (OC)
Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net; Bruce Mayo 408-4248, bruce mayo@sbcglobal.net; Bob Roman 543-6618, BobRoman@starstream.net; Paula Stollmeyer 434-7352, pstollmeyer@sbcglobal.net



Woodcarvers

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

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

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

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

Contact: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Short stories, personal essays, poetry, fiction, humor and Op Ed pieces—these are just some of the genres or types of writing which members

of the Writers Group bring to the table each month. Some of our writing evokes laughter while other pieces provoke sadness. Our topics are as diverse as each one of us. That's what makes the group so worthwhile and interesting. Why not join us?

If "to write more" is on your list of activities to accomplish this year, please join us on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Bring 12-14 copies of your work to share (maximum 1,500 words). You don't have to be an expert to join. All SCLH authors, writers or those striving to be writers are welcome.

Contacts: Bev Brannon
bevbrn49@aol.com; Jim Fulcomer
jfulcomer@mac.com;
Linda Lucchetti linnluu@aol.com

Authors' Resource Group

The Authors Resource Group met at Linda's house in January to share progress

of our manuscripts and books and to discuss our goals for 2015. We were excited to hear that member Tommie Moller (who turned 91 in January) has "given birth" to her first book, *The ABCs of God*, proving that it's never too late to meet the goals of our lives. And Tommie isn't done yet. Her second book, *Packy the Packrat* is also ready for formatting and then publishing.

There will not be a February meeting because ARG President, Linda Bello-Ruiz, is in Mexico. Judie Panneton will host the Mach 5 meeting at her house starting at 10:00 AM. Topic: "Public Speaking Tips to Help You Become a Better Communicator."

Join us! We're here to help and encourage you on your road to copy-editing, formatting and publishing your book!

Contacts: Leo Craton 543-9012,
cratonl@att.net; Linda Bello-Ruiz
(707) 331-3684 (cell), Imbelloruiz@gmail.com

Public Safety

Continued from page 14

the majority of them in Lincoln Hills, the Fire Department takes pride in their responses to potentially life-threatening incidents. The Police Department is able to claim that Lincoln is rated 59th among the top 100 safest cities in the nation. The rate for violent crimes in Lincoln is

17% of normal for communities this size.

Of utmost importance to public safety is recognition that the Lincoln Hills Neighborhood Watch program is one of the largest and best organized volunteer organizations in the state. Volunteers are designated by Village and by mailbox stations. They also assist in the dissemination of public safety information. The

organization also conducts community workshops and sends electronic safety bulletins to homeowners.

The community safety level we enjoy can be attributed to the excellent communications that exist among the organizations described in this article. We are grateful for their service.

In Memoriam

Janet Marie Browne

Jan was born and raised in New York State. The family moved to San Jose, California where she attended High School. She had three children in a previous marriage. In 1955, Jan contracted polio and used a wheelchair for the rest of her life. After her divorce she went to college and spent the next 30 years advocating for the disabled. She also served on the Metropolitan Transportation Commission in the Bay

Area and served on Transportation Committees in Napa and Lincoln, California. Jan married Joe Browne in 1975 and added two stepdaughters to her family. She loved traveling and being with friends and family. She is survived by her husband, children, ten grandchildren, and three great-grandchildren.

Bruce W. Jamieson

A Minnesota native, Bruce got his degrees from Bemidji State teachers College

in Minnesota and Humboldt State University in California. He was a WWII Veteran, in the U.S. Navy Submarine Service. Bruce's career was in Education serving as a Teacher, Principal, Administrator, and as Assistant Superintendent of Finance in Livermore and Fremont School Districts. He and his wife, Burna, of 63 years had four children. Bruce is dearly missed by his wife, children, ten grandchildren and two great-grandsons.

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.

GARY'S REFINISHING

- Complete Refinishing for all Fine Woods
- Specializing in Furniture, Cabinets, Doors, Antiques
- Free In-Home Estimates, Pick up & Delivery

(916) 759-8950



Downsizing and Moving Coordination

We specialize in helping the ever-growing older adult population (and their families) with the physical and emotional aspects of moving to a new home—including pre-planning, relocation/real estate coordination, estate dispersal, move management and setting up a new home.



Connie James

Please call us for our complimentary one hour in-home consultation today. We will help you and your loved ones with the logistics of planning a move with as little or as much help as needed.

916 838-7922

connie@movingforseniors.com

Granite Bay, CA 95746

SMOOTH TRANSITIONSSM
of SACRAMENTO_{CA}



MOVING FOR SENIORS



SMOOTH TRANSITIONS OF SACRAMENTO[®], LLC

Experts in Move Planning, Downsizing, Relocation and Home Dispersal.

www.movingforseniorssac.com

www.movingforseniors.com

PANAMA CANAL \$1899* FROM INSIDE CABIN * DO PP

16-DAY
San Diego to
Ft. Lauderdale

Includes
SACRAMENTO
AIRFARE!

Cabo~PuertoVallarta
~Guatemala~CostaRica
~PanamaCanal~Columbia

NOV 20 2015

ADD \$850* for OUTSIDE CABIN!
ADD \$2100* for BALCONY SUITE!
Fares subject to availability
Some restrictions may apply
*Plus Taxes & Fees

CLUB CRUISE TRAVEL

"GOOD OLD-FASHIONED SERVICE - THE WAY IT USED TO BE"

916 - 789 - 4100

851 Sterling Parkway, Lincoln

(Near Firestone Tires - Across from Raley's) CST#2033380-40

Every Tile Roof Needs To Be Serviced!



- Your Tile Roof Specialists
- Service and Maintenance
- Emergency Repairs
- 25 Years of Experience
- Customer Satisfaction Guaranteed
- Free Detailed Inspections & Estimates

(916) 595-4660

www.calroxroofing.com

Family owned and operated

CSLB #987296

CAL-ROX
ROOFING, INC.

Welcome Home Care

Help Is On The Way



We provide quality in-home care to residents of the Sacramento area. All services we provide range from \$14 -18/hr.

916.778.7150

welcomhomecareca.com

Estate Planning & Elder Law

Settling an estate and administering a trust can be overwhelming during an already difficult time.

Rely on us to expertly navigate you through the process of complex legal, tax and family issues — while honoring the last wishes of your loved one.

Call Lynn today for all of your trust administration needs.



Lynn Dean, Attorney at Law
30 years serving Sacramento
and Placer Counties
Member, National Academy of
Elder Law Attorneys

LAD LAW OFFICE OF
LYNN A. DEAN
Estate Planning & Elder Law

916.786.7515

1410 Rocky Ridge Dr., Ste 340

Roseville, CA 95661

www.LynnDeanLaw.com



Compassionate listeners. Experienced advisors.

Bulletin Board

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

AARP: 2015 Tax Season

Get Ready for the 2015 Tax Season! AARP Tax-Aide volunteers are ready to assist you! This joint IRS and AARP Foundation administered program is staffed by volunteers from Lincoln who are trained in preparing income tax returns. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board. This service will be available by appointment only this year at Lincoln City Hall, second floor, 6th and "F" Streets. You can make appointments by calling 878-6249. The Intake/Interview Sheet is required of all clients; it may be downloaded or completed online from www.irs.gov by entering Form 13614-c in the search box and pressing enter, then clicking on the form. The form is available in City Hall lobby, in the rack under the agenda cabinet in Orchard Creek Lodge lobby, and in Kilaga Springs Lodge library. Contact: Mark Burke, 878-6249.

Cloggers

If you're having difficulty keeping your New Year's resolutions (you know: get organized, eat healthier, exercise more, etc.) we can help! Join us in clogging several times a week, and our energetic dance style will certainly take care of resolution number three. As for eating—well, at least we don't serve chocolate in class. Look for the Cloggers in upcoming stage productions—you'll recognize clogging by its distinctive sound and flashy steps. For even more fun and exercise, plan to attend the next Northern California Cloggers Association workshop, "March Madness," sponsored by the Diablo Mountain Cloggers, from 11:00 AM-7:00 PM on March 14 in Danville, CA. Contact: Anita Tyson, 543-5330.

Glaucoma Support Group

The Glaucoma Support Group will meet

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.

Monday, February 23	• 1:00 PM	Nautilus Society	Oaks (OC)
Monday, February 23	• 10:00 AM	Living Trust Seminar	Gables (OC)
Thursday, February 26	• 10:00 AM	Preparing is Caring Seminar	Heights (OC)

on March 11, at 4:00 PM in the Multimedia Room (OC). If you or a family member are living with glaucoma, please join us to discover more information about this disease. More info: Bonnie Dale, Bjdale@aol.com or 543-2133.

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life. A new group starts Tuesday, February 17, for 12 weeks. You can start at any time. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church in Lincoln—across East Joiner from Lincoln Hills. The session ends on May 5. More info: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

Italian Club (LHIC)

"All Things Tuscan" is scheduled for Saturday, February 28, 1:00-4:00 PM in the Placer Room (KS). Whether you are of Tuscan descent or not, you will enjoy learning about Tuscan history, art, points of interest, culture and food. Space is limited; make your reservations no later than February 19. Contact: Irene Pardini, 209-3319. Save the date. On March 22, 5:00-9:00 PM, there will be a Black and White (casual) Murder Mystery Ball at Catta Verdera in Lincoln. (More info to come.) Purchase your official LHIC name badge. Orders are placed the first of each month. Cost is \$6.50 each. Go to the club's website at www.lhitalianclub.org for more info. Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: www.lhitalianclub.org or

Virginia Halstenrud, membership chair, 543-3293.

LH Chamber Music Group

Musicians with a love of classical, operatic and instrumental music have formed a new group and are looking to expand its membership and further possibilities. Watch our initial effort and see if you would like to pursue our same interests. We will be performing two numbers (Ave Maria by Caccini and Youkali) at the Open Mic at the P-Hall (KS) February 27 at 6:00 PM with soprano singing accompanied by, cello, clarinet and piano. We are especially interested in adding a violinist, flautist and baritone. More info: Scott Jackson, 408 2938.

LH Foundation: Bingo

LH Foundation Bingo and Lunch Special Wednesday, February 25. Reserve the date for fun and fellowship in the Ballroom (OC) for a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. Enjoy a great Meridians soup and half-sandwich special lunch before the fun begins. Cash and door prizes will be given away. Doors open at 12:30 PM. The fun starts at 1:00 PM. Get seven or more of your friends and neighbors together at one table by calling Ed Sullivan at 408-1480. Visit our website at lincolnhillsfoundation.org for a special bingo promotion.

LH Parkinson's Disease Support Group

The LH Parkinson's Disease Support Group meets every third Tuesday at 10:00 AM in the Lincoln Raley's Conference Center. Newcomers are welcome. More info: Sharon, 408-4869. Today's session began with the introduction of our new group facilitator, Brenda Kathy, who has an extensive background in caregiver resources and qualifications. Brenda re-

Continued on page 43



Shelley Weisman

Selling Sun City homes since 1999

The market is getting stronger and prices are up! Call me for your free market evaluation today.

LYON
REAL ESTATE

916.595.0130

sweisman@golyon.com
BuyLincolnHills.com

DRE #00892873

kilaga springs
cafe

COME GRAB A BITE TO EAT BEFORE YOUR NEXT CLASS!

CALL TO ORDER: 916.408.1682

Placer Dermatology



**MEDICAL * SURGICAL * COSMETIC
DERMATOLOGY FOR YOUR ENTIRE FAMILY**

“Survival rates for certain skin cancers can be 99% IF diagnosed early”...

Make it a priority to schedule yourself or a loved one for a skin check today!



ARTUR HENKE, MD
American Board of Dermatology Certified

(916)784-3376

**9285 Sierra College Blvd
Roseville, CA 95661**

www.placerdermatology.com

Continued from page 41

lieves Sharon of the extra duty of acting facilitator. Following Brenda's introduction, each attendee was asked to give a brief progress report on their status in dealing with Parkinson's as the afflicted individual or as the principal caregiver. Some very interesting stories to say the least! Brenda thanked the members for bringing her up-to-date, ending the session by stressing the need for staying physically active and the importance of caregiver respite time.

LH Retired Law Enforcement Officers Group

Join the LH Retired Law Enforcement Officer's Group for another LEO Breakfast on Friday, February 27, in the Sports

Bar at Meridians. Coffee on the table at 8:45 AM. Breakfast buffet includes eggs, bacon, sausage, potatoes, pancakes, coffee & orange juice. As always, retired and active LEO's, and spouses and friends of LEOs are welcome. Cost is \$8 and includes tax and tip. Reserve your place at the table by emailing Jim Pola at polabears@wavecable.com and please mark your calendar! Our guest speaker will be Sacramento County Sheriff Scott Jones. Sheriff Jones will talk about a wide variety of law enforcement issues, including his YouTube comments to President Obama, as well as the impact of the murder of Deputy Danny Oliver on the Sacramento Sheriff's Office.

LH Travel Group 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 P-Hall (KS). Presentations on selected travel destinations are shown by Professional Travel Managers. Everyone is welcome. We have been offering trips that go all over the world since 2000. Committee members are all residents of Lincoln Hills. We are *not* travel agents. Committee Member Contacts: Teena Fowler, 543-3349, sfowler@starstream.net; Linda Frazier, 434-8266, fraz1774@sbcglobal.net; Sheron Watkins, 434-9504, sheron55@att.net; Louise Kuret, 408-0554, lkuret@sbcglobal.net; Judy Peck, 543-0990, Judyvolk@outlook.com.

Continued on page 43

~ Community Perks ~

12th Annual Fine Arts Show

Friday, February 20
thru Sunday, February 22

Friday 5:00-8:00 PM, Saturday 9:00 AM-6:00 PM, Sunday 9:00 AM-3:00 PM. Ballroom (OC).



Music Group Sponsored "Open Mic Night"

Friday, February 27 — Free

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



KS at the Movies: Saving Mr. Banks

Monday, March 2 — Free

1:30 PM, P-Hall (KS). PG, 101 minutes. Comedy/Drama/Biography. Starring Emma Thompson, Tom Hanks, and Paul Giamatti. Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.



It's the Lifestyle!

Thursday, March 12 — Free

10:00 AM to 1:00 PM Free. Formerly the Club Expo, come visit with members from our 72 Clubs, local nonprofit organizations, and the Association's volunteer programs to explore what they offer and learn how you can become involved. OC Lodge.



Free Microchip Pet Clinic

Wednesday, March 18 — Free

11:00 AM-3:00 PM, Back Parking Lot near OC Fitness Center. Several times each year, residents

report a lost pet. Several times each year, residents find a stray pet and are looking for the pet's home. In either case, having your pet microchipped gives you a much greater chance of having your pet returned to you. Lincoln Hill's resident, Marlene Stoner, is providing a grant to fund the free SPCA microchipping to the first 150 pets sponsored by Neighborhood Watch Lost Pet Alert Program. The fee will be \$15 thereafter. To reserve space, contact Pearl Chang, Lost Pet Alert Coordinator, at 408-7102.



Fashion Show—Model Call

April 20 Submission
Deadline — Free

Calling all ladies interested in modeling and having fun! We need 20 models of all ages to walk the runway for our Spring Fashion Show May 27. Models will be required to visit the fashion store within two weeks prior to the show and be available for rehearsal the day before the show. Please pick up and complete the information sheet, requiring dress size and contact information, available at the Activities Desks or online. Submission deadline is April 20 to Deborah Meyer, Entertainment Coordinator, Activities Department (KS).



Add Value to Your Home With
CROWN MOULDING

Installed by

Roy West

Home Improvements!

Call For a FREE Estimate

(530) 368-2715

OR

(530) 367-3414

also

- DOOR and TRIM UPGRADES
- MANTLES and CUSTOM WOODWORK

CA License #594004

www.roywest.biz

Denzler Family Dentistry

New Patients Welcome

- General & Cosmetic Dentistry
- Preventive & Hygiene Care
- Implant Dentistry
- Crowns & Bridges
- Porcelain Veneers
- Root Canal Therapy
- Dentures & Partial
- Emergency Care
- Friendly & Caring Atmosphere



Paul Denzler, DDS

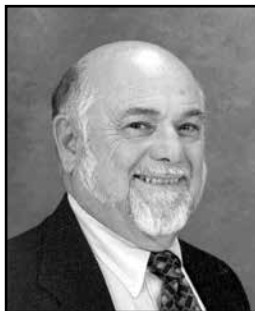
General & Esthetic Dentistry

Insurance, Credit Cards, Payment Plans Acceptable
 Digital X-Rays, Private Computerized Treatment Rooms,
 Senior Discounts

(916) 645-2131

www.mylincolndentist.com

588 First Street (Corner of First & F Street)



**Income Tax
 Preparation
 &
 Retirement
 Planning**

**PREPARE FOR A FINANCIALLY
 SECURE RETIREMENT**

- Certified Financial Planner with a Masters in Economics
- Enrolled Agent — Licensed to Practice before the IRS
- Free E-filing & Home Visits

CALL FOR A FREE ANALYSIS AND CONSULTATION

AL KOTTMAN, EA, CFP®
(916) 543-8151

Lincoln Hills Resident • www.ajkottman.com



**3 rooms & Hall for
 \$75.00 + FREE**

Whole House Deodorizer
 Free estimates

Weekend Appointments Available
 Powerful Truck Mounted

916-580-5182

Additional Services:
 Tile Cleaning
 Upholstery Cleaning
 Yard Maintenance

Owner Operated Joe Avelar Licensed & insured

Let my Dad take care of your Carpet!



Continued from page 43

Lincoln Democratic Club

The Lincoln Democratic Club will meet February 19 at 6:45 PM in the Placer Room (KS). Professor Floyd Feeny, of the UC Davis Law School, will be the featured speaker, addressing Citizens United and Election Law. His analysis of recent Supreme Court decisions should make for an interesting evening. All interested residents are welcome to attend. 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. Fun luncheons are in June and December. Our next meeting will be Tuesday, March 3 at 1:00 PM, Sierra Room (KS). Questions: Marilyn Sharp, 434-6898.

Movie Lovers Group

My wife Nancy and I are interested in forming a group interested in movies. We moved a few months ago from Sun City Shadow Hills (Palm Desert area), and enjoyed such a group. Focus was on quality movies rather than "special effects blockbusters," covering films from major studios, independent films and occasionally foreign films. Concept there was that members would see independently or in groups the movie(s) chosen for the month, then the group would meet for eats and discussion monthly. One group member would volunteer in advance to lead a review and discussion of the movie. Having such a group was also helpful, through dialogue, to get quality movies and events showing at local theaters, stimulating occasional visits to theaters from actors, directors etc. If you are interested in participating in such a group please let me know, cliffroe@ix.netcom.com or 408-205-8765.

Neighbors & Friends Bocce Fun

I am going to host Neighbors & Friends Bocce for 2015. Some may know me from previous bocce fun we had. After being

unable to organize bocce fun in 2013, I am excited to get back at it. Players of all skill levels are welcome. The first activity will be a Mini-League. Play on Friday nights at 6:30 PM. Play four out of five nights to participate. Sign-up by March 8; first night of play March 20. Contact Brenda Spencer for details: brenda@spencerbrenda.com. I prefer email, but phone is 705-1070. Note: If you do not know how to play, no worries! I will teach you!

Open Play Games

Interested in playing card, tile and board games? New opportunities are now available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH 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 cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Residents interested in trap or skeet shooting can contact: John Kightlinger at 408-3928 johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

Spiritual Discussion Group

Are you interested in engaging in spiritual discussion? Do you seek wisdom from many spiritual paths? Join us for open and honest sharing of ideas. We meet every second Sunday of the month from 2:00-4:00 PM in the Multipurpose Room (OC). More info: Marilyn Sharp, markaysha1942@att.net.

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.

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:

Carolyn J. Riolo

Certified Public Accountant
(916) 771-4134

1227 Pleasant Grove Blvd., Suite 100, Roseville CA 95678



ROBERTSON | ADAMS

Trust & Estate Attorneys

Formerly Adams & Hayes Law

Come Meet Us & See What's New

Bring in this ad for a **FREE 30 Minute Consultation**

Offer expires June 30, 2015



Juliette T. Robertson
Principal Attorney

Michelle A. Martin
Senior Associate
Attorney

**Therese A. Adams &
Marilyn Y. Clark, Of Counsel**



570 Fifth Street
Lincoln, CA 95648

Tel: 916.434.2550 - Fax: 916.434.2551

www.robertsonadamslaw.com

Together, we'll keep your car running newer longer!



NO INTEREST IF PAID IN FULL WITHIN 6 MONTHS

\$299 minimum purchase required. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within 6 months or if you made a late payment.

+MINIMUM MONTHLY PAYMENT REQUIRED.
Applicable to purchases made January 1 through December 31, 2014. APR: 22.8%. Minimum Finance Charge \$1.00. CFNA reserves the right to change APR, fee and other terms unilaterally.



ANY OIL CHANGE & FILTER

Standard, High Mileage or Full Synthetic. We'll install new oil filter, refill up to 5 qts. Kendall GT-1 motor oil of your choice, lubricate chassis (if applicable).

\$10 OFF

Most vehicles. Savings off regular price.

EXPIRES MARCH 31, 2015



MAINTENANCE SERVICES

Spark Plug Replacement, Fuel System Cleaning, Coolant System Fluid Service, Standard Wheel Alignment, Transmission Fluid Service, Brake Fluid Exchange. Most vehicles. See store for each service description. Service at 50% off will be the lesser value of the two.

\$50% OFF

Buy 1st service at in-store regular price and Get 2nd Service at 50% Off
EXPIRES MARCH 31, 2015

See participating store for complete service description and details. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value Offer void where prohibited.

FREE ALIGNMENT CHECK

with the purchase of 2 or more tires

EXPIRES MARCH 31, 2015

FREE BRAKE INSPECTION

We'll check your vehicle's brake pads and/or shoes, calipers, rotors or drums, wheel cylinders, hardware, hoses, parking brake cables, fluid condition, wheel bearings and grease seals. Most vehicles.

EXPIRES MARCH 31, 2015



FIND A STORE NEAR YOU.

1-800-562-2838 | DriveAFirestone.com

Lincoln • 951 Sterling Pkwy. • (916) 409-0911

MON.-FRI. 7:00 A.M.-7:00 P.M. SAT. 7:00 A.M.-6:00 P.M. SUN. 9:00 A.M.-5:00 P.M.

Shop supply charges in the amount of 6% of labor charges will be added to invoices greater than \$35. These charges will not exceed \$25 and represent costs and profits. Shop supply charges not applicable in CA or NY. Non-mandated disposal or recycling charges, if any are disclosed above, may also represent costs and profits. *If you do not achieve guaranteed mileage on your properly maintained tires, your Firestone retailer will replace your tires on a pro-rated basis. Actual tread life may vary. All warranties apply only to original owner on originally installed vehicle. See retailer for details, restrictions and copy of each limited warranty.



MAINTENANCE • REPAIRS • TIRES



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

Entertainment

—Club Performance—

LH Players Brings You the Melodrama: The Ballad of Gopher Gap... or Sticky Fingers Won't Wash

Wednesday, March 4

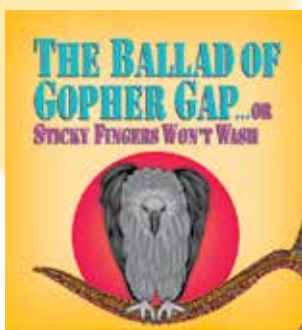
7:00 PM performance — 5304-01A

Thursday, March 5

2:00 PM performance — 5304-01B

7:00 PM performance — 5304-01C

"The Ballad of Gopher Gap... or Sticky Fingers Won't Wash," directed by Julie Africa, will fill the Ballroom stage with side-splitting, over-the-top and campy melodrama. In addition to directing the show, Julie has been busy searching the Lincoln Hills talent pool for people whose gifts may fall into the category of farcical. Come prepared for wacky audience participation and outlandish guest appearances. The cast, the crew and a variety of entertainers with surprising talents are currently fine tuning every aspect of the show so they can bring you the best Lincoln Hills has to offer. Ballroom (OC). 7:00 PM Evening show offers three ticket pricing and seating options: **VIP Table Seating (includes: small appetizer sampler plate of Chicken Quesadilla and Chili & Cheese Potato Croquettes plus a cash bar service) \$25; Premium Reserved Section Seating, \$19 and General Admission, \$14.** Appetizers will be served from 6:45-7:00 PM. *Please advise upon registration if you have any dietary restrictions.* **2:00 PM Matinee performance will not offer appetizers and cash bar for VIP tables. VIP tables and Premium Reserved Section, \$19; General Seating, \$14.**



The Lincoln Hills Tap Company presents: "Rockin' the Hills"

Thursday, March 26

7:00 PM Show — 5326-01A

Friday, March 27

7:00 PM Show — 5326-01B

Saturday, March 28

2:00 PM Show — 5326-01C

7:00 PM Show — 5326-01D

The Tap Company once again brings you upbeat, fun entertainment. This year's presentation is set in our own Meridians Restaurant on Tuesday dance night and follows the misadventures of Jack and his friends as they try to find and hold onto romance. Will Jack be able to win Mary's love, even though he can't dance? Will she be swayed by man-about-town, Roger? What about Johnny



and Amy? Will their love survive Johnny's disappearance with Judy at Amy's birthday party? Plus, is Dave as much of a lady's man as he thinks he is? These questions and others will be answered in "Rockin' the Hills." With fabulous dancing and singing, let songs such as "Can't Help Falling in Love," "He's A Rebel," "My Boyfriend's Back," and more, bring back romantic memories. Don't miss this wonderful musical starring over 80 of your friends and neighbors. Get your tickets soon before they sell out! Ballroom (OC). **Premium reserved section seating, \$19. General admission, \$14.**

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, \$18. General admission, \$13.**



—Comedy—

Comedy Night at KS: Kat Simmons Thursday, March 12

6:00 PM performance — 5312-01A

8:00 PM performance — 5312-01B

Favorably compared to the masters of the craft, Lucille Ball, Carol Burnett and Red Skelton, Kat Simmons is a 27-year veteran of the international comedy club circuit. You may have seen her at The Improvs, Catch a Rising Star, the Comedy Channel, Fox's Comedy Tonight, or on Candid Camera. She is currently a regular cast member of the national comedy hit, Boomerang Baby Boomer Comedy Bash and has won the 2009 Women's Network international talent contest. Kat has a unique talent for combining physical comedy with real life situations that everyone can relate to. She is one of a few physical comedienne's working today. She has appeared with Tim Allen, Kevin



Continued on page 48

Nealon, Kenny Rogers, and Rob Schneider. 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.**

Jack Gallagher: "Can't Pretend That Growing Older Never Hurts"
Thursday, April 23 — 5323-02

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). **Premium Reserved Section seating, \$17.** General admission discounted rate, \$13. After March 14, \$15.



—Concerts—

Individual Tickets Now on Sale!

Classical Chamber Series

Thursday, February 19

Duo Detendre: Flute & Harp Duet— 5319-12A

Friday, April 17—Camellia City Flute Choir — 5319-12B

Tuesday, June 16—The Chamber String Quartet — 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). Popular Flutist Francesca Anderson returns with Harpist Dr. Jacquelyn Venter on February 19. Their program will consist of masterpieces by Godard, Bach, Mozart, Bizet, Ravel, Debussy, Bolling and more. April 17 offers a performance by the nationally recognized Camellia City Flute Choir, conducted by Mr. Martin Melicharek. The choir is an ensemble comprised of nearly 20 flutists that, together, form an ensemble acoustically similar in range and feel to that of a string quartet.



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. **Reserved Seating, \$13** for each show. All shows 7:00 PM, P-Hall (KS).



Rio Americano High School AM Jazz Ensemble

Tuesday, February 24 — 5324-12

The multi-awarded AM Jazz Ensemble, directed by Josh Murray, is part of a 70-student jazz program at Rio Americano High School, a local public school in Sacramento. This prestigious group has been selected as a finalist for the Essentially Ellington Competition, in New York City run by Wynton Marsalis and Jazz at the Lincoln Center eight times. The ensemble won the Monterey Jazz Festival's High School competition seven out of 12 times. The group has toured and performed in Japan, China, Australia, Argentina, Spain and Italy. They have performed at the inaugurations of Sacramento Mayor Kevin Johnson and Governor Arnold Schwarzenegger. Enjoy a superb evening and support our youth in their journey to musical excellence. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$14.** General admission, \$12.



Jason Petty's "Hank & My Honky Tonk Heroes"

Friday, March 6 — 5306-01

Jason brings to life Hank Williams and his music like no other. With hits like "I'm So Lonesome I Could Cry," "Your Cheatin' Heart," "Hey Good Lookin'," "Kaw-Liga," "Cold Cold Heart," "Lovesick Blues," "You Win Again" and many more, Jason's nostalgic tribute is a must see. But this astonishing show is more than just a Hank Williams tribute. Jason pays tribute to stars that influenced Hank and those stars that Hank influenced including Jimmie Rodgers, Roy Acuff, Ernest Tubb and more. Backed by an authentic four-piece band, "Hank and My Honky Tonk Heroes" will make you smile, make you cry, and make you clap your hands and stomp your feet with excitement. Come see why critics and fans are raving about his show. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$24.** General admission, \$21.



Continued on page 52



Lighthouse Window Cleaning
SERVING LINCOLN HILLS SINCE 2006

916-612-5706
www.lighthousewindowcleaning.net

WINDOW CLEANING • GUTTER CLEANING • SCREEN REPAIR

Proudly owned and operated by John Shanahan.
Prices for each model available on website.



MICALLEF ELECTRIC
916-872-7463
License # 940951

Rope Lighting w/Outlet & Switch - LED High Efficiency Lights
Wall Mounted Flat Screen TV w/ Recessed Cables & Outlet
Ceiling Fans - Can Lights - Exterior Outlets - Spa Hookup
I Specialize in Electrical for Patio Covers & Sunrooms



CS PC


Cremation Society of Placer County, FD2199

Tel 916.550.4338

5701 Lonetree Blvd.
Suite 209
Rocklin, CA 95765
www.csopc.com

Pat's Medical Insurance Counseling

- 65+ Policy Information
- Medicare & Supplemental Claims Mgt.
- Free Phone Consultation ...
I Do Not Sell Insurance
- Assist with Billing Issues
- Patient Advocate
- Senior Recourses




patstoby@aol.com • Since 1977
www.patsmedicalinsurancecounseling.com (916) 408-0411

Pat Johnson

EAGLE PLUMBING
and roofer

24 Hour Emergency Service
For Your Total Plumbing Needs



Tim Martin
Owner



Lic. #870411
(916) 645-2500
(916) 645-2540 Fax



STATE FARM®
Coverage You Need From a Name You Know.
Providing Insurance and Financial Services

Christine Taylor
State Farm Agent

6671 Blue Oaks Blvd, Ste 3B, Rocklin, CA 95765
Christine.Taylor.g12t@statefarm.com www.ChristineTaylor.com

916-408-1408 

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

Auto Home Life Health Financial Services

Private Fiduciary for your Trust & Estate Administration



It's never easy when it comes to family. We can help bring peace of mind.

AKEL FIDUCIARY INC.



Receive a free Legacy Planner when you sign up for our informative Newsletter on our website — or call us.

www.AkelFiduciary.com
916 686.7804
Complimentary consultations

Your legacy in our hands



ANNE WIENS
REALTOR® | BROKER ASSOCIATE

916.847.6006
YourAgentAnne@yahoo.com
CA BRE Broker License #01425096



- Seniors Real Estate Specialist
- Coldwell Banker International President's Elite Award
- Life Masters Club Member
- e-PRO® Certified



www.ActiveAdultPlacer.com

92% of residents and families would recommend Eskaton



At Eskaton, we listen. We want to know how we're doing, so we ask. According to our 2014 Satisfaction Survey — carried out, calculated and validated by a third party — more than nine out of ten residents and families would recommend Eskaton. The reasons are many. We provide high quality service. Our focus is on wellness of mind, body and spirit. And we feature unique Signature Programs like Smart Sensor technology for an enhanced level of care, Kids Connection for intergenerational experiences, along with powerful life enrichment like Thrill of a Lifetime, music and pet therapies.

Experience the Eskaton difference. Call, click or come by today.

ESKATON
Transforming the Aging Experience

Eskaton Lodge Granite Bay

Independent Living with Services and Assisted Living
8550 Barton Road, Granite Bay, CA

916-970-8318

License # 315001421

Eskaton Village Carmichael

Continuing Care Community (CCRC): Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing
3939 Walnut Avenue Carmichael, CA 95608

916-827-1480

License # 340313383 | COA # 202

Eskaton Village Roseville

Multi-Level Community: Independent Living with Services, Assisted Living and Memory Care
1650 Eskaton Loop, Roseville, CA

916-432-5450

License # 315002052

eskaton.org



A premier nonprofit provider of aging services in Northern California for over 45 years

Trustworthy Solutions for your paint problems . . .



- Proudly serving Lincoln for 14 years
- Interior - Exterior
- Cabinet painting
- Free estimates and expert color consultation
- Meticulous preparation and workmanship

Bonded and Insured • Lic. #776060

 **the Paint Solution**
 (916) 435-2990 

Wallbeds
"More"



YES!
 A wallbed that's made of real wood ... attractive, movable furniture.

- Available in a variety of woods, stains and styles
- Largest selection of wallbeds/murphybeds in the greater Sacramento area
- The modern Murphy bed



Also see the amazing desk/bed!

Showroom located at 4415 Granite Drive, Rocklin, CA 95677

Showroom hours:
 Mon-Sat 10am-3pm

Call (916)

753-4966

www.wallbedsnmore.com

FREE Senior Placement & In-Home Care Referral Service

We Help With:

- In-Home Care Services
- Assisted Living Communities
- Residential Care Homes
- Memory Care • Respite Care
- Hospice Care
- Independent Living
- Rapid Response 24/7
- Veteran's Aid & Attendance Pension
- Rehabilitation Care Centers
- Personally Guided Tours
- Follow up to assure you're happy
- Support - From start to finish, we are here

Kelly Stimbart
 916.990.1317
 Senior Care Coordinator
kelly@aseniorconnection.com

Cassie Sakahara
 916.390.5345
 Senior Care Coordinator
cassie@aseniorconnection.com



www.aseniorconnection.com



 **CAPITAL CITY SOLAR**



\$0 MONEY DOWN

Now you can pay less for solar electricity than you're paying the utility company!

Extensive List of Satisfied Customers in Sun City Lincoln Hills



"Last year, our December PG&E electric bill was \$124.79 & this year it was \$11.63. A monthly comparative savings, to us, of \$113.16 or 90.7%, with solar." Dan & Carol Larsen, Sun City Lincoln Hills

SUNPOWER
 ELITE DEALER

(916) **782-3333**

CCL# 817001

www.capitalcitysolar.com

A St. Patrick's Day Celebration with Irish Band Celtic Heart Monday, March 16 — 5316-01

Celebrate St. Patrick's Day with the popular Irish folk band Celtic Heart. They will share their blend of traditional and contemporary Irish and American music for the first time at Sun City Lincoln Hills. The four-piece ensemble, known for their four-part harmonies, fiery instrumentals, and traditional Irish Ballads will make everyone feel Irish for an evening! The band will play standards such as "Danny Boy," "When Irish Eyes are Smiling," and "Too-Ra-Loo-Ra-Loo-Ra" with an Irving Berlin medley, storytelling and a hefty dose of humor. Celtic Heart could well be called the very heart of Ireland and the soul of America. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$20.** General admission, \$18.



Easter Parade Concert: A Celebration of Irving Berlin's Academy Award-Winning Songs Wednesday, April 1 — 5301-02

Presented by the producers who created "The World of Webber," Easter Parade will have you humming along with this delightful show that celebrates the award-winning songs from the classic film. A treat for all ages, celebrate your favorite songs presented Cabaret style, including "Steppin' Out with My Baby," "Shakin' The Blues Away," "A Couple of Swells," "It Only Happens When I Dance with You," and of course "Easter Parade." The talented cast of Musical Theater veterans includes: Robert Dornaus, Tielle Baker, Shelby Deans-Flegel, Tom Deans-Flegel, and Christopher Pieri with special guest dancers, Brandon Freeman and Rachel Furst. A perfect way to celebrate the holiday with the whole family! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$23.** General admission discounted rate, \$17. After March 14, \$19.



—Fashion Event—

Fashion Show—Model Call April 20 Submission Deadline

Calling all ladies interested in modeling and having fun! We need 20 models of all ages and sizes to walk the runway for our Spring Fashion Show on May 27. Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activi-



Continued on page 54

Important Information: Events, Trips, Classes

- **Reservations:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. *All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.*
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.
- **Want to Sell?:** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **RSVP Date:** If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. For **Classes:** Register by RSVP date. RSVP date is used to determine registration status. If minimum registration is met, students may register until first day of class. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
- **Weather:** Association trips & events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Show Time:** For Entertainment, doors open 30 minutes prior to showtime unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **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.
- **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.



**You Have EARNED
Financial Security &
Independence!**
**Live Your Retirement
Dreams Today!**

**Aging in Place—Living Out Your Years In The Comfort
& Security Of Your Own Home, With Grace & Dignity!**



Beth Miller-Bornemann

**YOUR LOCAL REVERSE
MORTGAGE SPECIALIST**

I live Locally & Work Locally!

The New Reverse Mortgage

- No Monthly Payments Required to be paid*
 - Proceeds are NON-TAXABLE
 - You hold title to your home—not the bank
 - Heirs inherit your home—not the bank, not the government
 - No debt to your estate or your heirs—ever!
 - Never repay more than your home's value
- *Taxes & insurance paid by owner, must be primary residence & normal upkeep required

Higher Loan Amounts Now Available • Pay Off Your Current Mortgage

**Increase Your Monthly Cash Flow • Set Up A Line of Credit
Receive Monthly Income**



Beth@YourReverse.com

Office **925-969-0380**

Cell **925-381-8264**



Licensed by the Dept. of Business Oversight
under CRMLA

3478 Buskirk Ave #1000 • Pleasant Hill, CA 94523

CA BRE #950759/01215943 NMLS #294774/831612/1850

JOINER PARKWAY SELF STORAGE

**Rent a Unit from us and
receive a \$20.00 Reward!***

- Free Move-in Truck**
- Moving Supplies



*We Treasure
Our Customers!*



*Must present this ad & may not be combined with other offers. **Some restrictions may apply.

**JOINER PARKWAY
SELF STORAGE**
645-2737
108 Joiner Parkway, Lincoln

MNM PAINTING

916.765.7132

NO Rain early spring specials

on all models

Alpine \$1699

Tahoe \$1899

Meadowgate \$3199

Only if booked now thru April 15th



See each house of the day on our facebook



A+

Lincoln owned/operated
CA Lic. #912348

GRUPP & ASSOCIATES REAL ESTATE & LENDING

**SUN CITY LINCOLN HILLS
RESIDENT REALTORS SINCE 2003**

Always Serving Your Best Interest!



**Jean Grupp,
Broker**

**Bob Grupp,
Realtor**

— Office —
(916) 408-4098

— Cell —
(916) 996-4718

**Thirty-five years of Real Estate Experience
LISTINGS & SALES ~ HOME LOANS**

CALL TODAY FOR —

- A Complimentary Analysis of your Home's Current Value
- Competitive Interest Rates for Home Purchase/Refinance

DRE# 00599844 / 01291341 ~ NMLS# 289623

ties Desks or online. Information sheets require dress size and contact information. Submission deadline is April 20 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).

—Grandkids Event—

Spring Egg Hunt
Saturday, April 4 — 5304-02

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. Creative balloon makers will twist and turn colorful balloons into crowns, flowers, airplanes, bunnies and



more! Plus, there will be a special visit from the Easter Bunny! Fun egg hunt prizes and activities await your grandchildren during the event. Don't forget your cameras for picture-perfect photo opportunities! Bags for egg hunting will be provided. Sign up your grandchildren, *toddler to ten years only please*. Please make sure you indicate the ages of your grandchildren during registration at the desk and online. Hunt will be divided by age groups: **Toddlers**—one to four-years-old; **children**—five to seven-years-old; **children**—eight to ten-years-old. Toddlers' hunt begins sharply at 10:30 AM. Wristbands are required to participate in the festivities. Wristband for online buyers will be available for pick up starting at 10:00 AM on Saturday, April 4. **General Admission discounted rate, \$8 per child**. After March 14, \$10. Limited space. Event may be cancelled due to rain.

Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Jackson Rancheria
Thursday, March 19 — 1951-01

By popular demand we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Spend four hours at the recently remodeled and expanded casino. Enjoy a nice early spring drive in the Amador foothills! Leave OC 9:00 AM, return ~ 5:00 PM. \$22. RSVP Now.



Off to the Races
Thursday, April 9 — 1845-01

Take a "Spring Break" and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79. RSVP Now.



—Festivals—

Scottish Games & Festival
Sunday, April 26 — 1822-02

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 compe-



tition 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.) RSVP by 3/13.

—Food/Wine—

Ironstone Winery
Thursday, April 16 — 1810-02

Tour Ironstone Winery in Murphys, built in the style of a 19th century gold stamp mill, with antiques and gold mining artifacts on display throughout the grounds. Explore the wine

Continued on page 56

Victoria Mosur, D.D.S.



Victoria Mosur, DDS

- General & Cosmetic Dentistry
- Crowns & Bridges
- Partial and Complete Denture
- Root Canal Therapy
- Implants (also repairs)
- Laser Treatment
- Preventative Care
- Tooth Whitening
- Emergency Care

New Patients Welcome

We offer a friendly, safe, and caring environment. Please come in and meet our dental team and make our practice your dental home.

Visit our website to view additional information and what our patients have to say.

(916) 645-3373

www.victoriamosurdds.com

496 East Ave, Lincoln, CA

Thinking of Selling ?



Sharon Worman

916-408-1555

Still serving the
Real Estate
needs of
"Lincoln Hills"
with

www.sharonworman.com

Email: sharonworman@ast.com

Coldwell Banker
Sun Ridge

BRE #00905744

Almost 30 years of
local Real Estate
experience



BUNDLE UP, CALIFORNIA



I can help you save time and money.

The weather is warm, and it's time to bundle up. Save big when you bundle protection for your car with life insurance or a personal umbrella policy. Ask me about other ways to bundle and save. Why wait? Call today.



Julie Domenick
916-434-5250

741 Sterling Parkway, Suite 500
Lincoln
juliedomenick@allstate.com
CA Insurance Agent #: 0712097



Allstate.
You're in good hands.

Auto Home Life Retirement

Subject to terms, conditions and availability. Savings vary. Allstate Insurance Co., Allstate Indemnity Co., Life insurance and annuities from Allstate Life Insurance Co., Northbrook, IL, Lincoln Benefit Life Insurance Co., Lincoln, NE, American Heritage Life Insurance Co., Jacksonville, FL. © 2011 Allstate Insurance Co.

97845

production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of *spectacular* flower-filled, manicured gardens on a natural lake. See the Alhambra Music Room with the artfully restored Theatre Pipe Organ, plus the Heritage Museum and Jewelry Shoppe which features a magnificent 44-pound Crystalline Gold Leaf Specimen—the largest in the world! Our day will start with tasting and canapés in the culinary center to follow with lunch, tour and free time. *Menu: Roasted Chicken Breast with Garlic Rosemary Sauce, Herb-Roasted Yukon Gold Potatoes & Seasonal Fresh Vegetables, Mixed Baby Greens Salad, Bread & Butter, Chef's Choice for dessert, coffee and tea. (Vegetarian option upon request at registration.)* Leave OC at 8:30 AM, return ~ 6:30 PM. \$90 RSVP by 3/13.



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

Due to popular request, we are returning to Sierra Nevada 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. RSVP by 3/13.



—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. RSVP by 3/13.

—Performances—

Buddy—The Buddy Holly Story
Tuesday, March 10 — 4580-12

This musical tells the true story of Buddy's meteoric rise to fame from that moment in 1957 when “That'll be the day” hit the airwaves until his tragic death less than two years later on “The day the music died.” The show features over 20 of Buddy Holly's greatest hits. The incredible legacy of the bespectacled young man, whose musical career spanned an all-too-brief period during the golden days of rock & roll, continues to live on in *Buddy*. Mid-orchestra seating, Harris Center for the Arts in Folsom. Leave OC at 12:30 PM, return ~ 5:30 PM. \$91. RSVP Now.



Trinity Irish Dancers
Friday, March 13 — 4550-12

For more than three decades, the Trinity Academy of Irish Dance has been at the cutting edge of progressive Irish dance. Trinity dazzles audiences with hard-driving percussive power, lightning-fast agility, aerial grace, and the awe-inspiring precision of its dancers. It also offers something more profoundly significant—the transcendence of craft to a truly elevating art form, a dance legacy that is rooted in tradition yet forward looking and ever evolving. The Trinity Irish Dancers have won an unprecedented number of world titles for the United States at the annual World Championships of Irish Dance, where their performances go unmatched. It has also been the subject of several celebrated PBS documentaries and specials. Mid-orchestra seating, Harris Center for the Arts in Folsom. Leave OC at 1:30 PM, return ~ 6:30 PM. \$69. RSVP Now.



Million Dollar Quartet
Friday, April 3 — 4580-01B

This hit musical is inspired by the true story of the famed recording session that brought together rock 'n roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians were gathered together in



Continued on page 60




Wine – Food – Live Soft Music
Gorgeous Views
 15 minutes from Granite Bay, Roseville, Rocklin area

Blending Party ~ Make Your Own Wine Blend!
 Saturday, February 21, 2015 ~ 6:00pm

CALL NOW FOR RESERVATIONS

Always Open: Wednesday - Sunday 11am-5pm
 Extended hours every Friday & Saturday with events until 9:30pm

916.543.0323 www.wisevillawinery.com




Wise Villa is located at 4200 Wise Road
 4 miles east of Lincoln Blvd.
 @ Garden Bar & Wise Rd.

Keep Your Trees and Shrubs Fit and Trim!

A - Affordability: our pricing will always be competitive

C - Competence: our Certified Arborists and Tree Workers are well trained

O - Organization: we are organized in our operations for prompt and timely service

R - Reliability: we return our phone calls and will be on time

N - Neatness: your property will always be left cleaner than when we arrive

- Tree & Shrub Pruning
- Tree & Shrub Removal
- Stump Grinding
- Cabling and Bracing
- Planting all sizes of Trees & Shrubs
- Fertilization
- Insect & Disease Diagnosis & Treatment
- ISA Certified Arborists
- ISA Western Chapter Certified Tree Workers

Fully Licensed & Insured
 Contractor Lic. #953007

916-787-8733 (TREE)



ACORN
 ARBORICULTURAL SERVICES INC.

www.787tree.com • www.acornarbicultural.com



LIFE ENHANCING DENTAL CARE

Eat Better, Feel Better, Smile More!

NO INSURANCE? NO PROBLEM!

Introducing our in-house membership **SAVINGS** plan that is **BETTER** than insurance!

How is our Quality Dental Plan better?

- ✓ NO waiting periods
- ✓ NO annual maximums
- ✓ NO surprises = NO denials
- ✓ NO deductibles

Affordable, high-quality dentistry can now be yours for an annual membership fee of \$299, which includes TWO regular cleanings, x-rays and fluoride treatments (valued at more than \$500) as well as 15% off all dental procedures!

Call **408-CARE (2273)** for more information
 1510 Del Webb Blvd. Suite B106, Lincoln, CA 95648

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



SPECIALS FOR
FEBRUARY



Look Good!

FEEL BETTER. LIVE LONGER.

CHAMPAGNE AND ROSE CALMING FACIAL

A natural plant based cleanse, with a gentle exfoliate to restore balance and glow. A hydration mask is incorporated with this wonderful facial to hydrate tired skin due to cold weather and environmental exposure. Enjoy a complimentary hot oil treatment for the hands and feet with the sweet smells of rose and champagne..

ONLY \$85 (Reg. \$90)



CHAMPAGNE AND ROSE HYDRATING MASSAGE

Experience a soothing 60 minute massage, followed by a warm, relaxing hydrating body wrap.

ONLY \$99 (Reg. \$152)



Indulge in a Champagne and Rose foot or hand scrub **ONLY \$5**

916.408.4290 | KILAGASPRINGSSPA.COM
OPEN TO THE PUBLIC 1187 SUN CITY BOULEVARD, LINCOLN





GOLD PROPERTIES OF LINCOLN



Lincoln Hills Property Management Specialists
Also serving Lincoln, Rocklin & Roseville



Full Residential
Property Management
Over 40 Years
Experience

(916) 408-4444

www.goldpropertiesoflincoln.com

Three generations - serving the Greater Sacramento area since 1977



**Time to think ahead!
Make sure your furnace is
in tip top shape when you need it!**

We are a family business that has earned the trust of the local community by providing quality and ethical service to our customers for 37 years. Call us today for your family's home comfort needs.

**CALL NOW
916.409.0768**

• SALES • SERVICE • INSTALLATION



PECK
HEATING & AIR
CONDITIONING

Lic #566294

916-409-0768

www.PeckHeatingAndAir.com | 4221 Duluth Ave., Rocklin, CA

Inspired Landscape Care

Lic. # 951344

Setting the standard for landscaping services.

- Custom-designed landscape packages
- Irrigation system updates & replacements
- Water management programs
- Seasonal maintenance programs
- Landscape lighting
- Fertilizations
- Pest & disease management
- Planting
- Tree & shrub pruning
- Green Gardener Qualified



capitalarborists.com
(916) 412-1077

Certified arborists & landscape professionals

Memphis for what would be one of the greatest jam sessions of all time. Million Dollar Quartet brings that legendary night to life with an irresistible tale of broken promises, secrets, betrayal and celebrations featuring timeless hits. Don't miss your chance to be a fly on the wall of fame. Mid-Orchestra seating, Harris Center for the Arts in Folsom. \$98. Matinee show: Leave OC 12:30 PM, ~ Return 5:30 PM. RSVP Now.

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. RSVP by 3/13.

Phantom of the Opera— Orpheum Theater, San Francisco

Thursday, August 20 — 4562-12

Cameron Mackintosh's spectacular new production of Andrew Lloyd



Webber's phenomenal musical success, The Phantom of the Opera, is coming to San Francisco as part of a brand new North American production. This Phantom features brilliant new scenic design, costumes, choreography and staging. The production boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score will be performed by a cast and orchestra of 52, making this Phantom one of the largest productions now on tour. Front-to-middle Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM matinee show. Leave OC at 10:45 AM, return 9:45 PM. \$138. RSVP Now.

Broadway Sacramento 2014-2015

The new Broadway Sacramento season offers several shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region with glitz, glamour, excitement, anticipation, polish and professionalism of Broadway. All performances held at the Sacramento Com-

munity Theatre, reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM.

Rain: A Tribute to the Beatles Wednesday, March 18 — 4530-08

A live multimedia spectacular that takes you on a musical journey through the life and times of the



world's most celebrated band. Going further than before, this expanded "Rain" adds even more hits that you know and love from the vast anthology of Beatles classics hits. This stunning concert event takes you back in time with the legendary four-some delivering a note-for-note theatrical event that is the next best thing to the Beatles. Performances held at the Sacramento Community Theatre, reserved Front Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.

Once

Tuesday, April 14 — Sold Out!

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. RSVP Now.

—Sports—

Stockton Thunder Hockey Sunday, March 15 — 6270-12

Enjoy exciting minor league professional ice hockey at the



Bob Hope Arena in Stockton. The Thunder is the affiliate of the NHL New York Islanders and will be facing off against the Idaho Steelheads, affiliate of the Dallas Stars. Our group package includes a hot dog & soda voucher and a souvenir ball cap with lower bowl seating! You haven't experienced hockey 'til you've seen it in person! Leave OC at 2:00 PM, return ~ 9:00 PM. \$75. RSVP Now.

Continued on page 62



See Ahead.

All seniors should have regular, comprehensive eye exams to detect signs of serious vision problems and prevent further deterioration of sight.

With regular eye exams, Dr. Adkins can detect problems early and prescribe proper treatments to delay or prevent vision loss.

Call us today to schedule a comprehensive eye exam.



**2295 Fieldstone Dr., Suite 130
Lincoln, CA 95648
916-408-0039**

CITADEL DENTAL

GENERAL DENTISTRY

Cosmetic Restorations • Veneers • Invisalign • Implants

NEW PATIENT OFFER

Exam • X-rays • Cleaning

\$49

Limited to one per person.
Not combined with other offers.



F. Gogani, DDS

(916) 408-8585

941 Sterling Parkway
Suite 100
Lincoln, CA 95648

www.CitadelDental.com



32 Day South America Andes & Cape Horn



Sailing December 04, 2015 from Los Angeles, California to Rio de Janeiro, Brazil

Interior	Ocean View	Balcony
fares from \$3,449	fares from \$3,699	fares from \$4,899

These special Club Cruise Prices Include:

2 Night Post Hotel Stay in Rio de Janeiro
(4 Star Hotel accommodations)

**Don't miss the boat!
Call us to book your passage today!**



Government Taxes & Port Expenses are \$673.55 additional. Additional Visitor's Visa fees are required for Brazil and Chile.

Fares are per person, non-air, cruise-only, based on double occupancy and apply to the first two passengers in a stateroom. These fares do not apply to singles or third/forth-birth passengers. This offer is capacity controlled and may not be combinable with any other public, group or past passenger discount, including onboard credits. Offer is not transferable and is available to residence of the 50 United States, Canada, Puerto Rico, Mexico and the District of Columbia who are 21 years of age or older and receive this offer. Fares quoted in U.S. dollars. Please refer to princess.com for terms, conditions, and definitions that apply to all bookings. ©2015 Princess Cruises. Ships of Bermudan and British Registry.

CLUB CRUISE & Travel 916-789-4100

Located at 851 Sterling Parkway, Lincoln CA



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. RSVP Now.



knows what Giants players you may spot on injury rehab? We have four River Cats games to enjoy at beautiful Raley

Field in West Sacramento. Senate Box seating, section TBA. 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

Additional River Cats game to be announced.

—Overnight & Extended Travel—

Five days, four nights! Palm Springs Tuesday, March 24 to Saturday, March 28 — 1972-11

We are heading back to Palm Springs, this time to see the Palm Springs USO Show featuring a Bob Hope impersonator and



an Andrews Sisters tribute at the Palm Springs Air Museum. Surprise celebrity guests who performed with Bob Hope on his Vietnam USO tours will also be appearing. Our five-day, four-night adventure starts with lunch at Harris Ranch before spending the night in Santa Clarita. Then off for a visit to Palm Springs staying in the heart of downtown at Palm Mountain Resort. In addition to the USO Show, enjoy a panoramic view of the valley via the Palm Springs Tramway, boxed lunch on top of Mount Jacinto, visit to "Camp David of the West" or the Sunnyslands Center & Gardens at Annenberg Estate and free admission to Palms Springs Art Museum plus free time for exploration. On our way home, we will spend the night in Fresno and watch "South Pacific" at the very popular dinner theater "Roger Rocka's." Our tour's last leg will bring you to the famous Forestiere Underground Gardens before heading to the Hilmar Cheese Factory for a tour and lunch. Katrina will bring you home in time for dinner! Trip Package includes:

- Lunch at Harris Ranch
- One-night stay at La Quinta Inn, Santa Clarita with an included continental plus breakfast
- Palm Springs Aerial Tramway and boxed lunch from Peaks Restaurant on top of Mount San Jacinto
- Two-night stay at Palm Mountain Resort in downtown Palm Springs
- Welcome dinner at LuLu Bistro in downtown Palm Springs
- Daily breakfast at Ruby's Diner across from hotel

Continued on page 65

Oakland A's

Time for A's baseball! We've obtained field level seats on the first base side to see two resident favorites, the New York Yankees and the San Francisco Giants! Both day games will provide you ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Yankees game is weekend *after* Memorial Day. Game Time 1:05 PM. Depart OC at 9:45 AM, Return ~ 6:45 PM. RSVP Now.



- **Oakland A's vs. New York Yankees • \$82**
Sunday, May 31 — 6320-01A
Seats located Field Level Section 105.
- **Oakland A's vs. San Francisco Giants • \$92**
Sunday, September 27 — 6320-01B
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-coming future stars! Who



KATHY SAATY

Hairstyling for Men and Women

SENIOR DISCOUNTS

Tuesday - Saturday

- Perms \$60 (includes trim)
- Color Touch-ups \$60 (includes trim)
- Highlights (call for a quote)
- Haircuts \$10 discount off reg. price

Rocklin resident—20 yrs
 Stylist—50 yrs
 Colorist
 Perm Specialist
 Haircuts
 Shampoos & Sets
 Free Consultations

New Location!

ENVY SALON

6827 Lonetree Blvd. #101B
Rocklin, CA 95765

916-599-6014 • kmsaaty@gmail.com

Reverse Mortgages

Call a Local Lincoln Resident for your REVERSE MORTGAGE!



Bill Brown
Loan Officer



(530) 412-0382

BB@PlacerMortgageGroup.com

Placer Mortgage Group
2520 Douglas Blvd, Suite 100
Roseville, CA 95661

www.PlacerMortgageGroup.com

Also your Lincoln source for *VA *FHA *Purchase *Refinance

Corp BRE: 01421288 NMLS: 572121 Orig BRE: 01119982 NMLS: 340944

Streamline Your Morning Mirror Time



Pam H. Cooper
Permanent Makeup Consultant

Permanent Make Up does just that!
Take advantage of \$100 price reduction!
Custom Facials, Waxing, Galvanic and
Microdermabrasion treatments available.

FACE
works™

916-223-2870

www.faceworks.us

GIFT CERTIFICATES ARE ALWAYS AVAILABLE

L&D HANDYMAN SERVICES LENNY 916.622.7544

- ✓ FENCING, PAINTING
- ✓ GUTTER CLEANING
- ✓ PRESSURE WASHING
- ✓ YARD WORK
- ✓ HOUSEHOLD REPAIRS



Business License: Jobs
no more than \$500

AND MUCH MORE!!!

CLEANED WHERE THEY HANG

SIERRA HOME & COMMERCIAL SERVICES

We Safely Clean Any Fabric
Window Treatment In Any Configuration,
Right Where It Hangs

Remove That
Smoke • Nicotine • Mildew
We Will Remove & Rehang For Remodels

We Clean All Fabric Window Treatments

Including: Drapes, Laminettes, Duettes, Silhouettes, Swags, Jabobs,
Balloons, Verticals, Valances, Fragile Fabrics, Upholstery, and Fine Leather Furniture

www.sierrahservices.com

We Are A Certified Hunter/Douglas Cleaning Service & Repair Company

Call For Your Free In-Home Estimate Today

(530) 637-4517 Licensed - Insured (916) 956-6774

Eyewear Repairs
While-U-Wait

2015 Has Arrived & Prices are UP!

UP at the Grocery Store...
UP at the Mall...
UP at the Big Box Stores...
UP for almost EVERYTHING!



Sherri & Sam

We're still pricing the BEST
@ BELOW 2009 prices!
QUALITY remains the SAME!

AAA
Optical Outlet

421 A Street, Ste. 500 Lincoln

916-434-9665

THIS CLEAN HOUSE

by ANDREA

(916)792-0595

Andrea@thiscleanhousebyandrea.net

License & Bonded



Residential & Commercial

Hard Water Spots

Screens & Blinds • Mirrors & Gutters

Adam & Nicole Perry

Family Owned & Operated

Insured & Bonded

(916) 765-5623



JNT BUILDING & REMODELING
DONE RIGHT.

Additions • Home Remodeling & Repair • Outdoor Living



FREE
Installation
of Interior
Wood Design
Cabinets!*

Interior
WOOD DESIGN

Call for a free estimate
916-878-6792

BBB "A" RATING

jntbuild.com

*Bathroom remodels, kitchen remodels, or additions only. Some exclusions apply. Exp 7/15/13. LIC #926956



Family Owned and Operated Since 1982



Your Dreams — Our Passion

- Kitchens, Fireplaces Niches and More
- Complete Showroom
- Bathrooms



Made in the USA

Interior
WOOD DESIGN

Master Cabinet Builders

www.InteriorWoodDesign.com
334 Sacramento Street • Auburn • 530.888.7707
Lic. #540107

INSPIRED
tree care!

CAPITALARBORISTS.COM
(916) 412-1077




• TREE & SHRUB CARE
 • SEASONAL PROGRAMS
 • PLANTING

• IRRIGATION UPDATES & REPLACEMENTS
 • WATER MANAGEMENT PROGRAMS

• FERTILIZATIONS
 • PEST & DISEASE MANAGEMENT
 • CUSTOM-DESIGNED LANDSCAPING

Lic.# 951344

- Visit to Sunnylands Center & Gardens at the Annenberg Estate in Rancho Mirage with lunch
- Preferred seating for the Palm Springs USO Show at The Palm Springs Airport Museum
- Palm Springs VillageFest street faire and free admission to Palm Springs Art museum across from the hotel
- Stop at Murray Family Farm Stand for lunch on own at Cal-Okie Kitchen on way to Fresno
- One-night stay at Comfort Inn, Fresno with included hot breakfast
- "South Pacific" presented at Roger Rocka's Dinner Theater in Fresno with dinner
- Exciting tour of Forestiere Underground Gardens—a hand-built network of underground rooms, courtyards and passageways reminiscent of the ancient catacombs with unique underground fruit trees, vines and shrubs, some over 90 years old
- Behind the scenes driving tour and lunch at Hilmar Cheese Factory
- All gratuities included for 10 meals, luggage services, and bus driver. There will be rest stops, a documentary movie on Bob Hope and games on trip!

Leave OC at 8:00 AM, Tuesday, March 24, return Saturday, March 28 ~ 6:00 PM. \$894 per person double occupancy. \$1,161 single. Detailed trip itinerary, menus and trip insurance providers list from the US State Department available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* RSVP Now. Must meet minimum of 38 by Tuesday, February 24 10:00 AM or trip will be canceled.

Four days, three nights! History Excursion: Getty & Ronald Reagan Presidential Library Museums Wednesday, April 22-Saturday, April 25 — 1971-12

First trip was a sellout and the group had a great time and learned a lot! Join Katrina, your Trip Coordinator, on a tour of the Getty Villa and the J. Paul Getty Museum along with a visit to the Reagan Presidential Library. Discover the Ronald Reagan Presidential Library and Museum that sits on 100 acres overlooking the Pacific Ocean, includes a docent led tour and a BBQ buffet lunch under the actual Air Force One that flew seven US Presidents! Enjoy free time to tour the plane and other exhibits, including President Johnson's Marine One Helicopter. See a piece of the Berlin Wall, and an exact replica of Reagan's Oval Office. Regardless of your political affiliation, you'll enjoy the historical and educational aspects of this museum. The Getty



Villa in Malibu has over 1200 works in 23 galleries with antiquities dating from 6,500 B.C. to 400 A.D. along with beautiful roman style gardens. The Getty Center in Los Angeles has breathtaking views along with exhibits of masterpiece paintings and drawings from the Middle Ages to the Impressionist period, sculptures, antiques, rare books, manuscripts and a 134,000 square foot central garden. Stay at the Best Western Plus Carriage Inn in Sherman Oaks. Included meals: three breakfasts, three lunches and two dinners. Leave OC at 8:00 AM, April 22 return April 25 ~ 5:30 PM. \$585 per person double occupancy. \$787 Single. Detailed trip itinerary, menus and trip insurance providers list from the US State Department available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* RSVP Now. Must meet minimum of 38 by Tuesday, March 3, 10:00 AM or trip will be canceled.

Gaming & Golfing! Win-River Casino Overnight Wednesday, May 6-Thursday, May 7 — 1970-02

By popular request we've scheduled an overnight trip to the 100% smoke-free Win-River Resort & Casino located between Anderson and Redding. Play your favorite games of chance, slot machines, bingo, blackjack, three-card poker, roulette and poker. Enjoy no-cover Comedy Night at the Casino Sports Bar! For the golfers, we're offering an option at the resorts nine-hole executive course River Tasalmi (formerly known as River Bend) on Thursday morning. \$10 gaming credit per person plus May Rewards Club Promotions. Leave OC at 12:00 PM, May 6 return May 7 ~ 4:00 PM. *A signed liability waiver is required for each participant.* \$138 per person double occupancy. \$200 Single. RSVP by 3/13.



Golf option \$16 per person including cart — 1970-02A

Sold Out Trips thru March 20

Trip • Date • Departure Time

- **San Francisco Shopping—Pier 39**
Saturday, February 21—9:00 AM
- **Newsies—Orpheum Theater San Francisco**
Wednesday, February 25—10:45 AM
- **Crocker Art Gallery**
Thursday, February 26—9:00 AM
- **Speaker Series—Anderson Cooper**
Tuesday, March 3—6:45 PM
- **Sun City Sierra Winter Train**
Thursday, March 5—10:30 AM

Continued on page 67

Meridians

TERROR IN A TOGA

FRIENDS, ROMANS, COUNTRYMEN, LEND ME YOUR EARS AND YOUR WIT

A MURDER MYSTERY DINNER

Murder Mystery dinners at Meridians are very interactive. We give each guest a role to play as a character for the evening. Someone in the crowd is the murderer and the guests need to figure it out.

Toga Highly Encouraged

Saturday, February 28

Doors Open: 5:30pm

\$70 (inclusive of tax and service charge)

Reservations and Prepayment Requested

916.625.4040

965 Orchard Creek Lane, Lincoln CA 95648

Meridians
Celebrate
ST. PATRICK'S DAY

Monday, March 17
Lunch or Dinner

Join us for a
Wonderful Meal of
Corned Beef & Cabbage

www.MeridiansRestaurant.com

Reservations highly recommended, call 916.625.4040

DRINK SPECIALS ALL DAY LONG!



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

Art

—Drawing—

Beginner Drawing

Thursdays, March 12-26 — 132215-02

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. Request supply list at registration. RSVP by 3/5.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, March 4-25

9:00-11:30 AM Class — 113115-02
Or 1:30-4:00 PM Class — 113215-02

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or 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. Call Marilyn at 409-0397 with any questions, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 2/25.



Painting Pastels and Oils with Barry

Mondays, March 2-30 — 105115-02

9:00-11:30 AM (OC). \$65 (five sessions). Instructor: Barry

Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. New students: Ask for supply list at registration. *About the Instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. RSVP by 2/23.



—Mixed Media—

Social Art—Artful Dolls

Mondays, March 2&9 — 143115-02

1:30-4:30 PM (OC). \$26 (two sessions). Materials fee is \$6, covers basic class materials. Instructor: Bonnie Armstrong. These two-dimensional flat dolls have molded clay faces, and imaginative bodies of chipboard, corks, buttons, ribbon, and beads. We will also make vintage French "Pantin" (Jumping-Jack puppet) dolls on chipboard. Class is perfect for all skill levels. No drawing or painting skills necessary. RSVP by 2/23.

Mixed Media—Surface Relief Painting

Mondays March 16, 23 & 30 — 143215-02

1:30-4:40 PM (OC). \$39 (three sessions). Instructor: Bonnie Armstrong. This month's theme is surface relief painting. Learn techniques for building hard line relief construction from cardboard, foam, and metals for a dynamic effect in your artwork. Mixed Media classes are ongoing and open to all—learn how to combine various wet and dry tools, art supplies, and materials into works of art. RSVP by 3/9.



—Watercolor—

Beginner Watercolor Painting

Thursdays, March 5-26 — 132115-02

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 missing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by



Continued on page 69

RIVER CRUISE \$3598* PP DO
 FROM "D" Window Cabin

9-DAY
 Amsterdam
 Round-Trip

Includes
 San Francisco
AIRFARE!

MAY 4 2015
 ADD \$500* for BALCONY!

"TULIP TIME CRUISE" Fares subject to availability
 Some restrictions may apply
 ~Holland & Belgium~ *Plus Taxes & Fees

CLUB CRUISE TRAVEL
 "GOOD OLD-FASHIONED SERVICE - THE WAY IT USED TO BE"

916 - 789 - 4100
 851 Sterling Parkway, Lincoln
 (Near Firestone Tires - Across from Raley's) CST#2033380-40

HOME IMPROVEMENT
 by **KEVIN PAGAN**

"One call for ALL your home improvement needs"
 (916) 792-7556

- Local Home Improvement Contractor Since 1991
- Check out our work on Facebook as KMP Construction
- Honesty, Integrity, Dependability
- Estimates and advice are always FREE

Specializing in Senior Living Communities

ROM 1:16 email: kmprsvl@gmail.com CSLB License # 633763

Drywall Repairs — Big or Small



*Artisan
 Drywall*

Ron Brugh
 SCLH Resident

916-955-2166

License No. 457727
 email: artisan.dwl@gmail.com

Double Diamond Photography



- Special Events
- Aerial Photography
- Action
- Portraits
- Product

COMMERCIAL PHOTOGRAPHY

Phone: 530-510-5204
 Email: drs@doublediamondphotography.biz
More than 80 years of experience in the film industry

Comp-Solve Computers
 916-435-4293
 In Home Computer Service




Lincoln Hills Special
\$79 for a 1 hour call
 Outside Lincoln Hills \$89

- Upgrades
- Repairs
- Wireless
- Tune-Up's
- Email
- Virus
- DSL

Ask Me About
 New Windows 7
 Computers!

Your Certified Computer Tech is **Steve**
 Thank You Lincoln Hills!

Customer Testimonials - www.Comp-Solve.com
 Mailing address- 6518 Lonetree Blvd. #190, Rocklin, CA 95765



A PET'S WORLD

PET SITTING IN YOUR HOME

Serving Placer County
 Licensed • Insured

Dale McCoy
 (916) 622-PETS (7387)

P.O. Box 1577 • Loomis, CA 95650
www.a-pets-world.com



JOHN J. PEREZ
 Broker Associate — Resident Realtor
 REALTOR® BRE# 00763471

- 10 Year Resident
- 35 Years Real Estate Experience

916.759.1637 Direct Line
 jjpj56@sbcglobal.net



FREE Current Market Analysis
www.kw.com

\$1 BREWED COFFEE
 Everyday.
 All The Time.

CALL TO ORDER:
916.408.1682



Stay Connected with
Free Wi-Fi Access
 for all customers.

the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in downtown Sacramento. Request supply list at registration. RSVP by 2/26.

—Bridge—

Bridge—Play of the Hand with Laurie Thursdays, March 26- May 14 — 164115-02

10:00 AM-12:00 PM (KS). \$75 (eight sessions). Instructor: Laurie Vath. Now that you've learned the fundamentals of bidding, it's time to address the fundamentals of card play. Course includes planning the play, developing tricks through promotion and length, managing entries and much more. Classes will include lecture, exercises and as much play as time permits. RSVP by 3/19.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, March 4-25 — 206115-02

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. A beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP by 2/25.



Lladro Workshop

Wednesdays — Ladd3

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

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, March 3-31 — 212115-02

1:00-4:00 PM (OC). \$67 (five 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. RSVP by 2/24.

Advanced Ceramics

Tuesdays, March 3-31 — 212215-02

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP by 2/24.

Ceramics — All Levels

Thursdays, March 5-26 — 221115-02

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. New students: Ask for supply list when you register. RSVP by 2/26.



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.

Continued on page 70

Crafts

—Card Making—

Card Making Level Two—Intermediate

Tuesdays, March 3-24 — 317415-02

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. RSVP by 2/24.



Intro to Card Making—Beginners

Wednesday, March 4-25 — 317115-02

9:00-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign up early to reserve your space. All supplies will be provided. RSVP by 2/25.



Card Making Level Three—Intermediate-Advanced

Mondays, March 2-23 — 317215-02
Or Fridays, March 6-27 — 317315-02

9:00 AM-12:00 PM (KS). \$38 (four sessions) Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or have instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided. RSVP by 2/23 or 2/27.



Dance

—Clogging—

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

Beginning Clogging

Tuesdays, March 3-31 — 332115-02

10:00-11:00 AM (KS). \$35 (five sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. **Brand new beginners** welcome. Come dance and learn beginning clogging. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended. RSVP by 2/24.



Easy-to-Intermediate Clogging

Tuesdays, March 3-31 — 332215-02

11:00 AM-12:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP by 2/24.

Intermediate Plus Clogging

Tuesdays, March 3-31 — 332315-02

12:00-1:00 PM (KS). \$35 (five sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP by 2/24.

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, March 2-23 — 344215-02

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners. RSVP by 2/23.

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, March 2-23 — 344415-02

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's



Continued on page 73

Rebark Time, Inc.

Get Ready for Fall and Winter

October through February are the months your plants need you most. We offer a twice a year weed abatement program with a 6 month guarantee. Also an annual professional pruning and fertilization. We can help educate you on all your plants, trees, shrubs and ground covers.

Rebark Time also offers:



- Tree planting
- Tree and shrub fertilization
- Pruning
- Tree removal
- Thinning and pruning
- Young tree training &
- Fruit tree maintenance

If you have a low to no maintenance yard, why pay for a weekly or monthly service? Have **Rebark Time** come in once or twice a year and do all the pruning, weeding, and fertilizing for you.

Ask us about our winter specials on bark installation.



Rebark Time, Inc.

Ph. (916)410-0776

Ph. (916)764-7650

Fax (916)408-2407

<http://www.rebarktime.com>



Shari McGrail

916-396-9216

www.SunCityShari.com



CalBRE# 01436301

- Resident Since 2004
- Top Producing Realtor Every Year Since 2005

- Experience
- Competence
- Integrity
- Follow-Through



22,000-Plus Satisfied Customers!
Hundreds of Customers in Lincoln Hills!



The Best Sunrooms and Patio Rooms!

- Solid or Glass Roofs
- CONSERVAGLASS™ - Keeps the Heat Out and the Warmth In.

Durawood™ Patio Covers

- Looks like wood, but is maintenance free!
- Will not dry-rot, warp, suffer termite damage or require painting.
- Available in lattice or solid styles.
- More affordable than wood.



Your Full Service HOME PRODUCTS COMPANY

- Bathroom Remodels
- Kitchens
- Landscaping
- Windows & Doors
- Room Additions

Sunrooms & Patio Covers
www.Petkus Brothers.com

BEST VALUE...BEST PRICE...GUARANTEED EVERYDAY

4760 Rocklin Road, Rocklin, CA 95677 • 916-415-9966

Showroom Hours: Mondays-Fridays, 8-5 / Saturdays 11-3 / Closed Sundays

Don't trust your system to a handyman!

Brown's Quality Electric

Residential • Commercial

- Attic Fans
- New Circuits Added
- Phone and TV
- Smoke Detectors
- Appliance Hookup
- Security, Track, & Recessed Lighting
- Ceiling Fans
- Hot Tubs/Spas

Call Today!

(916) 600-2024

10% OFF Any Service
With coupon.
Not valid with any other offer.

Lic. #824668



Ace Appliance Repair

Repair & Installation Services

(916)409-2424

*** SUN CITY LINCOLN HILLS DISCOUNT ***
\$35 SERVICE CALL (REGULAR \$60)

Refrigerators • Dishwashers
Microwaves • Washers • Dryers
Garbage Disposals • Ovens • Cooktops

A LOCAL, FAMILY OWNED COMPANY
FAST, FRIENDLY, RELIABLE SERVICE

Lic. #A46835
2242 Thomsen Way
Lincoln, CA 95648

Handy Man Service

Robert Boyer 39 Years Experience
Licensed, Bonded, & Insured
Calif. Lic #306162

PO Box 1165
Lincoln CA 95648

(916) 955-4909

Over 31 years in business!

SunDance Interiors

CONT. LIC. #677243

Custom Draperies & Upholstery
Slipcovers • Shutters
Blinds • Bedspreads

Workroom & Showroom **781-2424**

400 Washington Blvd., Ste. C • Roseville
www.sundanceinteriors.com

Come worship with us

St. James Episcopal Church

The Reverend Bill Rontani
Sunday Services 8:00 am and 10:00 am

5th and L Street
Downtown Lincoln
916-645-1739

www.stjameslincoln.org

You Call We Screen™

Any Need...Any Place...Any Screen

- Custom Windows & Door Screens
- Sunscreens, Phantom Retractable Doors
- Guarda Security Doors, Pet Screens
- Screened-in Patios
- Mobile Screenology Network

530-878-0784

FREE ESTIMATES Lic. #779998

PC & Mac Resources

Terry Rooney
Lincoln Hills Resident
Microsoft Business Partner

- Mac and Windows computer installations and upgrades
- Assistance with iPads & iPhones, Android tablets & phones
- Wireless (Wi-Fi) networking, plus file & printer sharing
- Computer tuneups, removal of spyware, viruses, malware

Phone: 916-543-9474
Email: tarooney@gmail.com
2425 Swainson Lane, Lincoln, CA 95648

APEX AIRPORT TRANSPORTATION

Sacramento, Oakland & San Francisco Int'l Airports
SF Cruiseports on the Embarcadero, Piers 27/35

Since 2006

Jim Plotkin
Derek Darienzo **(916) 344-3690**

Email: ATCOVAN@SBCGLOBAL.NET
WWW.APEXTRANSPORTATION.VPWEB.COM
CA PUC License TCP25881P

time to add a few more steps and turns.” Dances to be taught in the Beginning /Intermediate will be “A Waltz in Time,” and “Nightclub Two Step.” RSVP by 2/23.

Country Line Dancing

Fridays, March 6-27 — 346115-02

3:00-4:00 PM (KS). \$20 (four 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. RSVP by 2/27.

—Dancing with Dolly—

Ballet/Lyrical

Thursdays, March 5-26 — 353515-02

5:00-6:30 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. “We were all born to move to music. It’s in our souls and bodies.” Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the “dancer within” as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP by 2/26.



Performance Dance

Fridays, March 6-27 — 354515-02

2:00-3:30 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. Auditions will be held during the first two weeks in January for interested students. Class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher’s approval only. RSVP by 2/27.



—Hula—

Hula

Thursdays, March 5-26 — 390215-02

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. RSVP by 2/26.

—Jazz—

Jazz will be on hiatus for the month of March.

—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.



Intro to Line Dance

- **Mondays, March 2-April 27 — 360015-01**

4:00-5:00 PM (KS). \$54 (nine sessions).

Instructor: Audrey Fish. RSVP by 2/23.

- **Thursdays, March 5-April 30 — 370015-01**

9:00-10:00 AM (KS). \$54 (nine sessions).

Instructor: Yvonne Krause-Schenck. RSVP by 2/26.

Line Dance I Beginner

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

- **Mondays, March 2-30 — 370115-02**

9:00-10:00 AM (KS). \$30 (five sessions).

Instructor: Yvonne Krause-Schenck. RSVP by 2/23.

- **Thursdays, March 5-26 — 360115-02**

2:30-3:30 PM (KS). \$24 (four sessions).

Instructor: Audrey Fish. RSVP by 2/26.

- **Fridays, March 6-27 — 380115-02**

12:00-1:00 PM (KS). \$28 (four sessions).

Instructor: Sandy Gardetto. RSVP by 2/27.

Line Dance II — Beginner / Intermediate

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

Continued on page 75



Gail Cirata
(916) 206-3503
 Gail@GailCirata.com
Resident ~ Broker
 License #00481659

- Over 35 years Brokering your Real Estate needs
- Thirteen years living and selling in Sun City Lincoln Hills
- Experienced in Short Sales, Foreclosures and Exchanges



"When You Want The Very Best"

www.homesinlincolnhills.com

Each office independently owned & operated.



SELLING A VEHICLE?

We...

- Pay top dollar and almost always beat Carmax's bid.
- Take care of all paper work, bank payoffs, DMV, etc.
- Can come to you, at your convenience.
- All years, makes, models, and miles considered!

OUTLET4CARS.COM



Jan & Montie have been residents of SCLH for 10 years. Montie has been in the Auto Industry for over 40 years.

Call Montie
916-417-7468 cell



Trucks
 Motorcycles
 Boats
 RVs
 Trailers
 etc.



Trucks
 Motorcycles
 Boats
 RVs
 Trailers
 etc.

All Star
Powder Coating

"If it's metal we can coat it!"

916-956-2555



Trucks
 Motorcycles
 Boats
 RVs
 Trailers
 etc.

Trucks
 Motorcycles
 Boats
 RVs
 Trailers
 etc.



COMEDY NIGHT
 AT KILAGA SPRINGS
 WITH KAT SIMMONS



THURSDAY, MARCH 12

6 PM PERFORMANCE — 5312-01A

8 PM PERFORMANCE — 5312-01B

**IF LAUGHTER IS THE BEST MEDICINE,
 THEN I AM YOUR REMEDY.**

P-HALL (KS). RESERVED SEATING \$12

TICKETS AVAILABLE AT ACTIVITIES DESK (OC/KS) AND ONLINE.
WWW.SUNCITY-LINCOLNHILLS.ORG/RESIDENTS "LIFESTYLE ONLINE"

- **Mondays, March 2-30 — 360215-02**
5:00-6:00 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish. RSVP by 2/23.
- **Wednesdays, March 4-25 — 380215-02**
9:00-10:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto. RSVP by 2/25.

Line Dance III — Intermediate

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

- **Wednesdays, March 4-25 — 380315-02**
10:00-11:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto. RSVP by 2/25.
- **Thursdays, March 5-26 — 360315-02**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 2/26.

Improver Line Dance Class

Thursdays, March 5-26 — 370415-02

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. 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 beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level. Knowledge of line dance terminology is a requirement. RSVP by 2/26.

Line Dance Instructors

- **Audrey Fish**

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

- **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.

- **Yvonne Krause**

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

teach and finds joy in seeing her students’ progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap—

Tap Classes with Alyson

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



Beginning Tap

Tuesdays, March 3-24 — 410115-02

9:00-10:00 AM (KS). \$32 (four sessions).

This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP by 2/24.



Advanced Performance

- **Mondays, March 2-23 — 410715-02**

12:00-1:00 PM (KS). \$32 (four sessions). RSVP by 2/23.

- **Performance Classes**

Mondays, March 2-23 — 410615-02

10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 2/23.

- **Thursdays, March 5-26 — 410415-02**

10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 2/26.

- **Thursdays, March 5-26 — 410315-02**

12:00-1:00 PM (KS) \$32 (four sessions). RSVP by 2/26.

Technique Classes

- **Technique Class**

Mondays, March 2-23 — 410515-02

11:00 AM-12:00 PM (KS) \$32 (four sessions). RSVP by 2/23.

- **Technique Classes**

Tuesdays, March 3-24 — 410215-02

10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 2/24.

Thursdays, March 5-26 — 410815-02

11:00 AM-12:00 PM (KS). \$32 (four sessions). RSVP by 2/26.

Continued on page 76

Tap for Fun with Jennifer

Thursdays, March 5-19 — 420115-02

5:45-6:45 PM (KS). \$24 (three sessions). Instructor: Jennifer Moore. New instructor and schedule but the same fun for all. Tap for Fun offers an opportunity for the student to review 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 also has appeared in many professional shows, including ones with Royal Caribbean Cruise Lines and Steve Silver's "Beach Blanket Babylon." She was also blessed with the opportunity to create and perform her own show at Dillon's Cabaret Theater in New York. RSVP by 2/26.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, March 2 — GLASS

4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. Workshop is held once a month; for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Monday, March 2-30 — 494115-02

1:00-4:00 PM (KS). \$58 (four weeks; no class March 23) \$10 supply fee payable to instructor. Instructor: Jim Fernandez. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher candle holders and other projects. No open toe shoes or short pants. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working and teaching at Citrus Heights Stained in Roseville. RSVP by 2/23.



Jewelry

Porcupine Necklace

Tuesdays, March 17 & 31 — 513215-01

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$25 (two sessions). A porcupine that's not prickly? You bet. The center of this necklace has loops of beads that mimic a porcupine. You can choose the type of "quills" you'd like—big or small drop beads for a bolder look, or choose small bugle beads or small dagger beads that give a lighter look. It's a fun necklace and so different you're bound to get compliments when you wear it. Check the samples in OC for the look you like best. Depending upon the beads that you choose, your supplies could run between \$20-\$35+. Note: the classes are two weeks apart to give you sufficient time to complete the base of the necklace before we start the fun of adding the porcupine loops. Be sure you get the proper materials list when you register—look for the name and code # for the Porcupine Necklace, as well as the photo of the necklace. RSVP by 3/10.



Lapidary

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the *Intro to Gem Cutting*, *Lost Wax Casting* or *Jewelry Fabrication* classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.



Intro to Gem Cutting

Mondays, March 2-23 — 492115-01

9:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil. \$30 (four sessions). Supply fee \$15 payable to instructor. Class limited to six students for optimum learning. This "hands-on" class provides instruction on safety and operation of lapidary equipment, and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. There are four class sessions per course. Dave Fisk, 434-0747. RSVP by 2/23.

Continued on page 79

CARPET CLEANING THREE ROOMS & HALL

\$74.95 up to 400 sq. ft.
includes free pretreatment!

"I have been utilizing the services of Gold Coast Carpet & Upholstery Cleaning for many years. I can always depend on a thorough and professional cleaning service."

Curtis B.
Lincoln Hills Resident

Additional Services

- Teflon Protectant
- Upholstery Cleaning
- Pet Odor/Stain Removal
- Carpet Repairs
- Carpet Stretching
- Tile & Grout Cleaning
- Window Cleaning
- Solar Panel Cleaning

GOLD COAST CARPET & UPHOLSTERY

OWNER OPERATOR * LINCOLN RESIDENT * IICRC CERTIFIED

916-508-2521

DEPENDABILITY * INTEGRITY * EXCELLENCE

www.GCcarpet.com

TRUST YOUR ACHING FEET TO THE CARING HANDS OF DR. KELLER, DPM

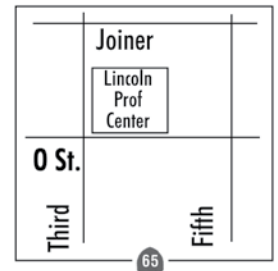


Dr. Brian P. Keller, DPM

ON SITE X-RAY & DIAGNOSTIC ULTRASOUND

- Ingrown Nails
 - Heel Pain
 - Bunion Surgery
 - Custom Arch Support
 - Corns & Calluses
 - Sports Injuries
 - Diabetic Foot Care
- Plantar Fasciitis
 - Hammertoes
 - Flat Feet
 - Diabetic Shoes
 - Fungus Nail Treatment
 - Nail Care

Minutes from Sun City
Lincoln Hills



916-434-6410

LINCOLN PODIATRY CENTER
1530 Third St., #208 • Lincoln

Make Our Backyard Your Backyard!

- Largest Selection in Northern CA
- Factory-Trained Representatives
- We Guarantee What We Sell
- Special Orders Are Welcome!
- We Service & Deliver Ourselves
- 4 Convenient Area Locations



*Patio Sets
& Accessories*

*Outdoor
Kitchens*



*Portable Weber
Gas Grills*



Portable Spas

ROSEVILLE
1529 Eureka Rd.
773-4800

GOLD RIVER
Hazel & Hwy 50
353-5100

VISA
OPEN
7 DAYS
A WEEK

**California
BACKYARD**

www.CaliforniaBackyard.com

ARDEN
2901 Arden Way
488-5100

NATOMAS
4720 Natomas Blvd.
515-4800



FAMILY OWNED AND OPERATED

ROCKLIN OVERHEAD Door & Gate

10% SENIOR DISCOUNT

RESIDENTIAL AND COMMERCIAL – GARAGE DOORS, GATES & OPENERS
Service, Repair, Replacement, Welding & Fencing
 FREE ESTIMATES • EMERGENCY SERVICE 24/7

(916) 740-4948

Serving: Rocklin, Roseville, Lincoln, Granite Bay, Sacramento & more
www.RocklinOverheadDoorAndGate.com CL#851651

Knock on Wood
 Distinctive Designs in Cabinetry

Kitchens ~ Vanities ~ Baths
 Offices ~ Media Centers
 Wall Beds ~ Libraries

Bruce R. Wallace
916.622.0294
knockswood@gmail.com



CSLB: 970076

Buying or Selling?
Call your Sun City Specialists!

Lenora Harrison & Team **916-765-4188**

CA BRE#01229917

COLDWELL BANKER
 SUN RIDGE REAL ESTATE

Visit our website@WeSellSunCity.com
Coldwell Banker Sunridge Real Estate
 Each office independently owned and operated



The Genuine. The Original.

OVERHEAD DOOR

Overhead Door Company of Sacramento, Inc.
 "The Largest Selection of Garage Doors in Northern California Since 1953"

Sales * Installation * Service

Residential * Commercial * Garage Doors * Operators
 Free Estimates * Installed & Serviced by Professionals

www.overheaddoorofsacramento.com

916-421-3747
 6756 Franklin Blvd., Sacramento, CA 95823

CSLB#355325

Service — Repair — Installations

Good Value Heating and Air Conditioning **Good Value Approved**

Glenn Julian (916) 532-7252

"Just an old-fashioned, honest job at a fair price — that's good value."

\$30 off any repair **Free service call & estimate for any repair** **Tune-up for \$44.95 — save \$20**

www.GoodValueHeatandAir.com




COLDWELL BANKER
 SUN RIDGE REAL ESTATE

Over 28 years experience
 Call for a free quote.

Donna Judah
 Member Master's Club
 RESIDENT REALTOR®
Direct (916) 412-9190
djudah@sbcglobal.net

1500 Del Webb Blvd., Suite 101
 Lincoln, CA 95648
 Fax (916) 543-5223
www.lincolinactiveadult.com

Each office is Independently Owned and Operated.



NEW LEGACY LANDSCAPING

20% OFF Landscaping Packet

Concrete (All Types) • Pavers • Koi Ponds
 Waterfalls • Fences & Gates
 Sprinkler System - installation & repair
 Sod • Plants • Patio Covers • Gazebos
 Drainage System • Tree Pruning
 Hillside Cleanup • Retaining Walls
 New Bark or Rocks • Gardening Service (monthly & weekly)

Call Mr. Andy Le for a FREE Estimate!
916-213-9003 cell
916-363-1948 office

Lic. # 988769
 Bonded & Insured



Please tell our advertisers that you saw their ad in the *Compass*



Lost Wax Jewelry Casting**Mondays, April 6-27 — 492215-02**

9:00 AM-12:00 PM (KS). Instructor: Dave Fisk. \$75 class fee, plus \$20 materials fee payable to instructor at first class (four sessions). Learn the basic techniques of this millennia old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Six student maximum. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP by 3/30.

**Music****—Guitar—****Guitar 1A—Beginner Level****Mondays, March 2-30 — 535715-02**

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. Although students register on a month-to-month basis, Guitar 1A will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383. RSVP by 2/23.

**Guitar 2A—Continuing Beginner Level****Wednesdays, March 4-25 — 535115-02**

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Although students register on a month-to-month basis, Guitar 2A will be offered as an eight-week session with a new 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. RSVP by 2/25.

Guitar 2B—Guitar Intro Continuation**Wednesdays, March 4-25 — 535215-02**

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP by 2/25.

Guitar III—Intermediate**Thursdays, March 5-26 — 535315-02**

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP by 2/26.

**Guitar IV—Advanced****Thursdays, March 5-26 — 535415-02**

10:00 AM-12:00 PM (OC). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP by 2/26.

—Voice—**Singer Vocal Boot Camp Continuation****Fraturdays, March 6-27 — 536215-02**

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP by 2/27.

**Personal Improvement****—Driver Training—****AARP Driver Safety Refresher Training****Saturday, March 14 — 481115-02**

9:00 AM-1:30 PM (OC). Instructor: Paul Jessen. AARP members \$20, non-members \$25. Fee includes a \$5 Association administrative fee. AARP Driver Safety Refresher Training, is geared

Continued on page 81



Is a Personal Trainer the right thing for you?



Sign up for a fitness assessment to get you started!

FITNESS ASSESSMENT FOR PERSONAL TRAINING SERVICES:

\$30 for 1 hour, and will cover the following and more:

- Lifestyle (sleep, daily activities)
- Physical (pain, health issues)
- Movement ability (balance, gait)
- Mental & Emotional (mental state, motivation)

Upon completion of assessment you will be prepared for your first training session.

BENEFITS OF WORKING WITH A PERSONAL TRAINER:

- Help you get the most of your workout
- Learn how to use equipment properly
- Increase your strength, flexibility and bone density
- Increase range of motion and your mood



For more information contact
Jeannette Mortensen
Fitness Supervisor
916.408.4825

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. RSVP by 3/7.



AARP Driver Safety Training

Two-day class

Monday & Tuesday, April 27&28 — 481015-02

9:00 AM-1:30 PM (OC). Instructor: Tom McMahon. Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10/Association administrative fee. 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. As with the full course, 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. RSVP by 4/20.



Sewing

Bernina Serger Certification

Monday, March 9 — 591115-02

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

Bernina Sewing Machine Certification

Monday, March 9 — 592115-02

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



Janome Sewing Machine Certification

Monday, March 9 — 593115-02

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit

with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP by 3/2.

—Quilting—

Learning To Use a Pattern

Tuesdays, March 17- April 7 — 596215-01

4:00-6:00 PM (OC) \$72. Instructor: Betty Kisbey. This eight-hour beginner class is for learning to follow a quilt pattern, select fabrics, for the pattern, and to cut the fabric using a pattern. A simple beginning pattern will provided to help learn the process of following a pattern to make a quilt top. At the end of the class, you should have completed or nearly completed the quilt top. Quilt size is approximately 35”x35”. Class fee includes pattern. Be sure to get the proper supply list when you register. RSVP by 3/10.

Intro to Appliqué Quilting

Saturday, March 28- April 11 — 596315-02

9:00-11:30 AM (OC). \$54. Instructor: Betty Kisbey. In this class you will learn basic techniques for hand appliqué. Included will be an introduction to the various tools, fabrics, materials, and sewing techniques need to begin working with appliqué designs. Techniques covered will be how to appliqué curves, points, stems, leaves, bluebells and flowers. Topics include using freezer paper, starch methods back basting, and needle turn. An original pattern will be provided. Be sure to get the proper supply list when you register. RSVP by 3/21.

Technology

—General—

Getting Most Out of Gmail

Friday, February 20 — 285315-01

1:00-3:30 PM (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. RSVP Now.



YouTube

Wednesday, February 25 — 286315-01

1:00-3:30 PM (OC) \$18. Instructor: Bob Ringo. Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full length movies.



Continued on page 83

TERRAZAS LANDSCAPE

Family Owned Since 1998

Top ten (10) reasons to call Isaac at 916-247-2748 for your maintenance needs:

1. Lawns mowed weekly!
2. Lawns edged weekly!
3. Lawns fertilized every eight (8) weeks!
4. Lawn sprinklers every eight (8) weeks!
5. Shrubs pruned as needed!



6. Shrubs fertilized twice a year!
7. Drip system checked!
8. Sprinkler timer programmed as needed throughout the year!
9. Weeds eradicated on a weekly basis!
10. Patios and walkways blown off weekly!

Licensed & Insured • Contractor's License # 877722

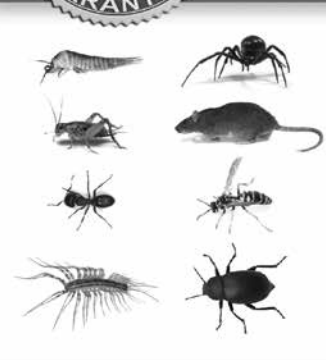


PRO ACTIVE PEST CONTROL

- Family Owned & Operated
- Complete Pest Control
- Guaranteed Expert Service
- Complete Home Protection



Start up Service only **\$49**
(under 1500 sq ft)



Call For a Free Quote
916-380-0402

www.beproactivepestcontrol.com

Vision to Last a Lifetime -

Complete Eye Care at Wilmarth Eye and Laser



The Latest in Technology -

Dr. Wilmarth is the first in the Pacific Northwest to implant the **Vision ICL** for the correction of nearsightedness from -3.00 to -20.00. This is a great choice for those who do not qualify for LASIK due to thin corneas, high correction, or dry eyes.

The Crystalens is unique. This procedure replaces the natural lens in the eye with a new accommodating lens that allows patients to see near, far and everywhere in between. Cataract patients and those wearing reading glasses, bifocals, or trifocals are enjoying this amazing new technology.

Advanced CustomVue Wave-Front LASIK

acknowledges that your vision is unique.



Dr. Wilmarth is a board-certified eye surgeon and the medical director of the Horizon Vision Center in Roseville.

The **VISX Star S4** is equipped with **WaveScan** technology and **Iris Registration** to insure accuracy. Your treatment is tailored to your individual needs. Custom LASIK can help individuals achieve their best possible vision, typically 20/20 or better.

Cataract Surgery

Dr. Wilmarth has performed over 3500 cataract procedures at his Surgery Center over the past 20 years. He is on the forefront in lens replacement technology.

Complimentary Consultations

Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

Financing Options Available

Stephen S. Wilmarth, M.D. - Vision Correction Specialist
1830 Sierra Gardens Dr. • Suite 100 • Roseville

www.wilmartheye.com
916-782-2111

YouTube is no longer about kids saying and doing crazy things—you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site. RSVP by 2/18.

Super Searching with Google Search Monday, March 16 — 288215-02

1:00-3:30 PM (OC). \$18 Instructor: Bob Ringo. In the fall of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching. RSVP by 3/9.



Android Basic 101 Monday, March 16 — 255115-02

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" account. RSVP by 3/9.



Android Advanced Friday, March 20 — 255215-02

5:00-8:00 PM (OC). \$40. Instructor: Len Carniato. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond just making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think



again! A cost effective Android Phone or Tablet might meet all your needs. **Prerequisite:** Ready to go beyond the basics. RSVP 3/13.

RoboForm Friday, March 20 — 28651502

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. RoboForm is a password management and form filling program that automates password entering and form filling. Your RoboForm Master Password is the only password you must remember. When you first login to a website, RoboForm saves your login information. Once RoboForm has remembered your login information, when you revisit a website RoboForm logs you in automatically. RoboForm securely stores your personal information like names, addresses, and credit card information in order to fill web forms automatically. One \$9.95/year license allows you to use RoboForm on all of your Windows, Mac, and Linux computers and iOS, Android, and Windows mobile devices. RSVP by 3/13.



Cloud Storage Made Easy Friday, March 27 — 283215-02

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$18. **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 OneDrive and Google Drive. RSVP by 3/20.



—Mac—

iPhone Basics—How to Use it Friday, March 20 — 262815-02

9:00-12:00 AM (OC). \$40, class material \$5 (paid to instructor). Instructor: Andy Petro. Do you want to learn the basics of your **iPhone**? Then this class is for you. Instructor will show you how to use your iPhone effectively and get the most out of it. Learn many techniques and settings that enable you to use your iPhone efficiently. Become aware of Apps that will make your iPhone more productive and keep you informed while you are out and about. **Prerequisite:** You must have an **iPhone 4S** or newer and you must be on **iOS 8.1.2** or higher. **Bring your iPhone to class.** If you have any other specific questions about the class, call Andy Petro at 474-1544. RSVP by 3/13.



Continued on page 84

—Social Media—

Facebook 101**Saturdays, February 21 & 28 — 272115-01****Or Saturdays, March 21 & 28 — 272215-02**

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP Now or by 3/14.



—PC—

Practical Excel**Mondays & Wednesdays,****February 16-25 — Cancelled**

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class will focus on using Excel capabilities to organize lists. We all have lists, from our address book to our club duties and lists of stuff we keep. This feature of Excel makes it easy and best of all, you can use these lists in mail merge application for labels, name tags, letters, etc.

**MS Word Phase One****Mondays & Wednesdays,****March 9-18 — 292115-02**

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. If you feel “not quite up to speed” using Word then this is the class for you. This class will move at the students’ pace. Not only will it provide you with some of the basic features of Microsoft Word, but now it’s time to learn the “good stuff.” The class will provide the student with tips and techniques to make your work easier, more powerful and in the end more fun. As always, Instructor will provide tips and shortcuts to do some task that previously seemed daunting. RSVP by 3/2.

MS Word Phase Two**Mondays & Wednesdays,****April 13-22 — 292215-02**

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class focuses on integrating text and graphics. This class will explore the advanced features of words, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels tables. Angela will provide tips and shortcuts to do some tasks that previ-

ously seemed daunting. **Prerequisite:** Lots of practice with Microsoft Word, Word Phase One or Word Basics. RSVP by 4/6.

Windows 8.1 Training and Tips**Tuesday, Wednesday, Thursday****March 3, 4 & 5 — 295115-02**

9:30-11:30 AM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a touch-screen-friendly operating system with access to thousands of useful and fun applications. While having the same desktop features as Windows 7, it introduces “Start Screen” features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 and navigate between tablet-like processes and desktop functionality. Rita will help you transition from your older operating system to Win 8.1. You will learn how to use the most commonly used apps and download more from the store. *Bring your 8.1 (with latest upgrade) laptop if you have one.* Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP by 2/24.

**Organizing Your Windows Information Files & Folders****Tuesday, March 24 — 283115-02**

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$18.

Prerequisite: Basic computer skills. The average PC user collects many types of information—music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can’t find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun! RSVP by 3/17.



—Genealogy—

Getting Started with Family Tree Maker 2014**Monday, February 23 — 285115-01**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. Using today’s computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. After Bob Ringo’s presentation, you should be able to sit down and

*Continued on page 87*

Lots of smiles
Picnics
Ice Cream Socials

loving God... loving each other

Please join us... Communion & our Coffee Social 1st Sunday of each month.

Pastor Joe & Barbara Riley
(916) 253-7341
www.valleyviewchurch.us

Valley View Church
Lincoln Hills

Sundays 9:30 AM
Kilaga Springs

Jim & Phyllis Miller
Music & Prayer Directors

Share the Journey With Us

- Award-winning Assisted Living care team
- Named "Dementia Program of Distinction" by the Alzheimer's Foundation of America
- Warm, Intimate Community Setting
- Diabetes Wellness Program
- Short Term and Respite Stays

Call 916.303.2011 or visit us today and join us for lunch.

Casa de Santa Fe
MBK SENIOR LIVING

3201 Santa Fe Way, Rocklin, CA 95765
www.MBKSeniorLiving.com License #315002144

Our Family Means Business

We Have Been Serving Lincoln Hills Since 1999
Integrity - Exceptional Service - Outstanding Results
Together We Serve You Better

kw | **KELLER WILLIAMS REALTY**

www.CarolanProperties.com
CA BRE # 01272617

Megan Carolan
916.420.4576
Realtor
CA BRE # 01937273

Penny Carolan
916.871.3860
Broker Associate
Broker, Top Selling Agent 2012 & 2013
CA BRE # 01053722

Courtney Carolan Arnold
916.258.2188
Property Manager
CA BRE # 01471287

Carolanne Arnold

www.CarolanPropertiesRentals.com
CA BRE # 01468489

Full Service On-Site Property Management

945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

GUCHI
INTERIOR DESIGN

Creating Beautiful Homes
...ONE ROOM AT A TIME



Luxury Kitchen & Bath Design & Remodeling

- HARDWOOD • TILE • CARPET • CUSTOM WINDOW COVERINGS
- CUSTOM CABINETS • FIREPLACE DESIGN & REMODELING • AREA RUGS
- FAUX PAINTING & FINISHES • PATIO DESIGN & REMODELING

Call us for a
Complimentary Design Consultation
on your next Kitchen & Bath Remodel & Design Project

GUCHI
INTERIOR DESIGN

10050 FAIRWAY DRIVE, SUITE 100
ROSEVILLE, CA 95678 • (916) 786-9668
WWW.GUCHIINTERIORDESIGN.COM
MONDAY - FRIDAY 10-5, SATURDAY 11-5
CONTRACTORS LICENSE NO. 938832

Use Your Guest Bedroom For More Than Just Your Guests!

Over 1500 SCLH Installations



Minimum inconvenience, 1 Day Installation

See how easy it is to raise & lower and listen to what your SCLH neighbors have to say at: www.easywallbed.com

- Only 16" deep when closed
- Folds down in just seconds to a comfortable bed with a REAL mattress
- More comfortable, easier to use and takes up less space than any sofa bed, futon or blow-up air mattress

Visit our Showroom or CALL for a **FREE** In-house Consultation! **(916) 258-7564**

\$250 OFF
Your next organizational project
(\$1000 minimum)

THE CLOSET DOCTOR
The Cure For The Common Space

CA 575092 **Flocchini Circle • #200 • Lincoln, CA**



BILL MARTINHO
Certified Arborist
WE1673A
Qualified Applicator
License #96182

Owner/Operator on site

- Pruning • Removals • Stump Grinding
- Lot Clearing • Weed Control • Arborist Reports
- Cabling • Deep Root Feeding • Turf Fertilization
- Insect Control • Fruit Tree Spray

Golden State Tree Care Inc.
PROFESSIONAL TREE CARE • 25 YEARS' EXPERIENCE

Lic. #936958 *Free Consultation*

It's time to ...



Deep Root Fertilize Your Trees & Shrubs

If you haven't sprayed Pre-emergent for weed control in your Landscaped Beds & Flower Beds, there is still time this month

916-652-9090

get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree. RSVP by 2/16.

Getting More Out of Ancestry.com

Tuesday, February 24 — 287215-01

1:00-3:00 PM (OC). \$18. Instructor: Bob Ringo. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these millions of genealogists simply type

in a name and possibly a location and after clicking through dozens of search results walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. This class is PC oriented. RSVP by 2/17.



WellFit Classes

WellFit

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

Register for these classes at the Fitness Centers starting February 17 at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

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

- **Thursday, February 26 — 700100-K4**
4:00-5:00 PM, Fitness Floor (KS)
- **Tuesday, March 3 — 700100-KA**
10:00-11:00 AM, Fitness Floor (KS)
- **Thursday, March 5 — 700100-O1**
11:00-12:00 PM, Fitness Floor (OC)
- **Thursday, March 12 — 700100-O2**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, March 18 — 700100-O3**
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, March 26 — 700100-KB**
4:00-5:00 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.

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

Monday & Tuesday, March 2 & 3 — 750000-03

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, March 2-25 — 878000-03

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

Continued on page 89

Specialize in comfort, style, stability and fit
 Friendly, knowledgeable and courteous staff

**NARROW
 & WIDE
 WIDTHS**

**MON-SAT
 10:30-5:30**

**SHOES
 FOR ALL OCCASIONS**

del Sole
 Shoe Store

*Dress-Athletic-Comfort
 Casual-Work-Walking
 Arch Supports, Foot Care
 Products and Accessories*

(916) 543-0479

825 Twelve Bridges Dr. #60 • Lincoln, CA 95648



*Who Says Moving Has
 to Be Stressful?*

COMPASSIONATE RELOCATIONS
 A Full Service Moving Company

Local • Interstate • Senior Relocation

- Packing/Unpacking
- Shipping
- Sorting/Organizing
- Removal of Refuse
- Storage Arrangements
- Downsizing
- Estate Clearing
- Boxes and Supplies



**NATIONAL
 VAN LINES, INC.**

Agent of National Van Lines, Inc. for Interstate Moving
 U.S. DOT No. 76628 • CAL. P.U.C. 190789

916.966.8745

www.goCRInc.com

RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a strategy to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



Melanie A. Bergevin

Financial Advisor

1500 Del Webb Blvd., Suite 104
 Lincoln, CA 95648
 (916) 408-4722

www.edwardjones.com
 Member SIPC

Edward Jones
 MAKING SENSE OF INVESTING



**Quality Handyman
 Home Repair**

916-741-7916

www.stylerevamp.com



Malcolm & Lori Nicolson

malcolm@stylerevamp.com

lori@stylerevamp.com

Style Revamp is driven to providing quality handyman home repairs serving the Rocklin and Lincoln area. We are enthusiastic DIYers with a unique style derived from our combined vision of space. A home always needs help from Mother Nature and Father Time. If it is broken, worn, or just needs to be replaced, we are your source for quality and dependable work.

- DIY Assistance ~
- Home Repair Specialists
- Free Quotes ~ Estimates
- Senior 15% Discount
- \$45 hourly rate

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, March 3-31 — 801000-3A

Wednesdays, March 4-25 — 801000-3B

Thursdays, March 5-26 — 801000-3C

Fridays, March 6-27 — 801000-3D

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesday \$44 (five sessions); Wednesday, Thursday, and Friday \$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, March 3-31 — 730100-03

Saturdays, March 7-28 — 730100-3A

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); \$44 (five sessions) Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together.

Tai Chi Intermediate L2

Saturdays, March 7-28 — 730300-03

10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai

chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels.



Tai Chi Advanced L3

Tuesdays, March 3-31 — 730400-03

2:45-3:45 PM, Aerobics Room (KS). \$44 (five 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, March 5-26 — 820706-03

1:00-2:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Sherry Remez. *Activate your inner resources for profound wellness, emotional balance and energized longevity.* Learn to manage and release pain, stress and suffering as you increase energy, prevent and cure disease, strengthen immune response—and have fun doing it! Ongoing classes provide gentle, easy methods proven to increase life energy (chi/"chee"). Become proficient in employing energetic wellness tools, including: Compassion, Guided Meditation, Gentle movement, Gratitude, Letting-Go, Word Power, and Humor. Methodology is approved by Kaiser Permanente, the Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medicine and Disease Prevention, and the Veterans Administration. Join Sherry, a 29-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level.

Personal Growth

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

The Sudoku Series

Tuesday, March 24 — 870000-N

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



Continued on page 91

Wills, Trusts & Estate Planning
GIBSON & GIBSON
 A Law Corporation

Guy R. Gibson has over 34 years experience and is a certified specialist in probate, estate planning and trust law by the State Bar of California since 1992

- Estate Planning
- Trust Administration
- Wills/Trusts
- Probate
- Elder Law
- Powers of Attorney
- Health Care Directives
- Tax Planning
- Conservatorships
- Guardianships



(916) 782-4402
 100 Estates Drive, Roseville, CA 95678

www.GibsonandGibsonEstatePlanning.com



Dr. Carol Trussell
 Dr. Tracy Volkman
 Doctors of Audiology

Raley's Shopping Ctr.
 900 Sterling Pkwy Ste 30
 Lincoln CA 94648
 (916) 434-1110

- Audiology Services
- Hearing Devices

I LOVE WHAT I HEAR
 Whispers and children's voices



www.WhisperHearing.com



Nick Brooks Keneta Sanchez



SUN RIDGE REAL ESTATE

Each Office Independently Owned and Operated.
 Lic. #01441035

"Your Neighborhood Real Estate Office"
(916) 543-5222

1500 Del Webb Blvd., Suite 101 · Sun City Lincoln Hills

Property Management Services Available (916) 408-4444



Jim Berry 832-8017 Gall Cirata 206-3503 Andra Cowles 295-9360 Michelle Cowles 295-8532 Pamela Everett 426-8088 Don Gerring 747-5050 JoAnn Gillis 316-0815 Maria Herrera 782-7266



Gail Hubbard 919-5727 Donna Judah 412-9190 Tish Leo 257-3410 Jill Mallory 201-3855 Paula Nelson 240-3736 Wendy Olsen 276-4194 Tara Plinder 600-2836 Peggy Poole 765-3434 Ann Renyer 408-7008 Michael Renyer 343-6044



Bill & Jan Rexrode 408-3997 Loree Risi 716-0854 Lisa Snapp 770-9200 Gay Sprague 316-6845 Holly Stryker 960-3949 Margaret & Karl Thompson 508-0152 Doreen Traxel 698-0801 Tangi Walker 316-1112 Tony Williams 521-3400 Sharon Worman 408-1555

Visit our Website at www.CBSunRidge.com for all current listings.

“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.

Pro Tennis Lessons

Sundays, April 12-May 17

Beginner 8:00-8:50 AM — 790700-02

Intermediate 9:00-9:50 AM — 790600-02

Advanced 10:00-10:50 AM — 790500-02

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.



Coming Soon!

Tennis Clinics, Workshops, and trainings

Eldon Wilson—USTA Certified Tennis Teaching Professional

Living Through Transitions

“Navigating the Healthcare System”

Saturday, March 7 — 823500-MA

(this is a class for the support person only)

9:00 AM-12:00 PM. P-Hall (KS). The Living Through Transitions program began January 17 and goes through June 6. Separate



session registration for the March 7 session only – “Navigating the Healthcare System” opens five days prior to the session date and is for the support person only, \$35 per session. If you have questions or need help enrolling, please email carol.zortman@schca.com or call 625-4032. Separate session registration only available at the Fitness Desks.

Self-Defense and Martial Arts

Tuesdays, March 3-31 — 815000-03

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



—Nutrition—

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

Seasonal Soups—Cooking Demo

Monday, March 16 — 860000-3A

2:00-4:00 PM, Social Kitchen (KS). \$25. Instructor: Renee Charleston, Registered Dietitian.

With spring right around the corner why not think about using fresh spring vegetables and herbs in easy, quick and healthy soups? We will be demonstrating the preparation, and sampling a variety of soup options. Learn about the benefits of nutritious and delicious comfort food. Register: Fitness or Activities Desks or online.



Healthy Desserts—Cooking Demo

Monday, April 27 — 860000-4D

2:00-4:00 PM, Social Kitchen (KS). \$25. Instructor: Renee Charleston, Registered Dietitian. We all love desserts. Learn how to make desserts less sinful but still delicious and satisfying. We will be demonstrating the preparation, and sampling, of a variety of dessert options. Register: Fitness or Activities Desks or online.

New! Arthritis & Inflammation Diet

Tuesday, March 17 — 860000-3B

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Is arthritis and chronic pain a problem for you? The Arthritis Foundation has recently introduced a new program called “Putting Pain in its Place”—How to get Osteoarthritis Pain under control. This two-hour program deals with pain from arthritis and the role of inflammation in arthritis and other chronic diseases. A special focus will be on nutritional recommendations for reducing inflammation. Register: Fitness or Activities Desks or online.

Why is Nutrition Information So Confusing?

Tuesday March 24 — 860000-3C

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. How do you make decisions about what to eat with so much conflicting information available? Let’s discuss the issues around research, nutrition advice, who to trust, advertising, and how to make good decisions. Join this two-hour participatory class with Renee Charleston, Registered Dietitian, to discuss these issues. Register: Fitness/Activities Desks or online.

Whole Grains

Tuesday, April 7 — 860000-4A

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Increasing the use of whole grains is a major recommendation for heart dis-

Continued on page 93

Andes Custom Upholstery

Since 1977

For Lincoln Hills Residents Only:

40% OFF ALL FABRICS

Great Prices on Fabrics
& Labor

Call Jay
645-8697

New Foam Inserts

Free Estimates

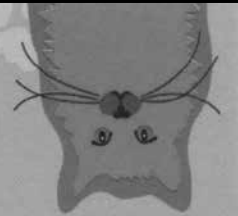
Many Lincoln Hills Referrals

Joan's Pet Sitting

Bonded & Insured

Daily visits to your home

SCLH resident



916-505-5000

joanspurling961@gmail.com

Serving Sun City Lincoln Hills

References available upon request

Your Old Photos Restored!



I live in Lincoln Hills and will gladly do free estimates in your home.



Patrick J Osborne
Visionary Design
916-408-4152
email chilemon@starstream.net

SOUTH PACIFIC \$5899* PP DO
FROM INSIDE CABIN

45-DAY
San Diego
Round-Trip

Includes
SACRAMENTO
AIRFARE!

OCT 2 2015

ADD \$900* for OUTSIDE CABIN!
ADD \$5100* for BALCONY SUITE!

Hawaii~Kiribati~American Samoa
~Western Samoa~Fiji~Cook Islands
~French Polynesia~and more!

Fares subject to availability
Some restrictions may apply
*Plus Taxes & Fees

CLUB CRUISE TRAVEL

"GOOD OLD-FASHIONED SERVICE - THE WAY IT USED TO BE"

916 - 789 - 4100

851 Sterling Parkway, Lincoln
(Near Firestone Tires - Across from Raley's) CST#2033380-40

Senior Care Giver Services



- Hourly and live-in shifts available
- 15 years experience
- Licensed and Bonded
- References available upon request

Call (916) 295-9649

Satwinder Grewal ~ sgrewal@kw.com

WAYNE'S FIX-ALL SERVICE

- Ceiling Fans
 - Recessed Lighting
 - Tile Work
 - Electrical Outlets
 - Remodeling
 - Interior / Exterior Painting
 - Circulating Water Pumps
 - Phone / Cable Jacks
 - Shelving
 - Drywall & Texture
 - Carpentry
- (916) 773-5352
- General Contractor
Lic. # 749040
Insured and Bonded
- Old fashioned handyman
specializing in your needs
- Established 1996



Need A Ride?

Quality Service & Experience • Affordable Rates

Airports ~ Hotels ~ Tours ~ Private Events

Family Owned & Operated in Lincoln • TCP#32601-A

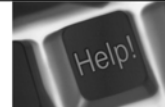
916-343-5726

dddshuttleservice.com • dddshuttle@gmail.com

Affordable Computer Help

PC Help IN YOUR HOME

- Remove Viruses
- Fix Spyware
- Wireless Setup
- Customized Training
- Memory Upgrades
- All your Computer Help Needs
- 15% Senior Discount
- DSL setup
- Speed up your PC
- Friendly Personal Service, E-mail Help
- New PC Setup & Transfer Files



Your Fulltime Computer Specialist

Jerry Shores 663-4500

PO Box 981, Lincoln, CA 95648. Reg No. 85117

ease, diabetes and cancer prevention. We will define what “whole” grains are and how to prepare them in tasty dishes. Register: Fitness/Activities Desks or online. RSVP by 2/18.



Healthy Proteins

Tuesday, April 21 — 860000-4B

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



Fruits and Vegetables

Tuesday, April 28 — 860000-4C

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. We all need to increase our intake of fruits and vegetables to prevent and manage chronic diseases. Let's look at ideas to incorporate more fruits and veggies in your diet in fun, nutritious ways. Register: Fitness/Activities Desks or online.



Money Matters

How to Build Your Own Pension in Your Investments

Tuesday, February 24 — 870000-2A

10:30-11:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Many people do not have pensions, instead just Social Security. As a result they need to take money from a portfolio to satisfy the shortfall between income and expenses. How does one accomplish this in the most diversified and risk adjusted path? Come to this class to find out some very efficient ways to withdraw funds from your portfolio to provide for you and your family.



Let's Talk About Advance Health Care Directives

Tuesday, March 17— 863100-02

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



Getting Your Stuff Together: Organizing Your Estate

Monday and Tuesday, March 9 & 10 — 863000-02

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 known and your wishes carried out. It's important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



Natural Healing

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 call Carol Zortman at 625-4032.

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

Continued on page 95

Trusted, Comfortable & Affordable Dental Care

Little or No Out-of-Pocket Costs for Insured Patients!

Professionally Trained, Caring & Courteous Staff • Emergencies Welcome

The Latest Instruments & Techniques • Drill-Less Dentistry

 Nobel Biocare Dental Implants: Eat, Chew & Smile Naturally Again!

Heat-Sterilized Handpieces & Instruments • Sealants & Fluoride to Prevent Decay

Conscious Sedation Available • Complete Orthodontic Care With Our Specialists

twitter



Personalized
Dental Care

Roseville • Lincoln

www.LincolnDentists.com

Tim Herman, D.D.S.
Flaviane Petersen, D.D.S.
Chris Cooper, D.D.S.
Abdon Manaloto, D.D.S.

Orthodontist
Thais Booms, D.D.S., M.S.

Periodontist
Brad Townsend, D.D.S., M.S.

copyright © 2012 d/brand



945 Orchard Creek Ln., Ste. 200, Sun City • Lincoln • (916) 408-5557

AWARD-WINNING
JAZZ BAND



RIO AMERICANO HIGH SCHOOL

AM JAZZ ENSEMBLE

TUESDAY, FEBRUARY 24
BALLROOM (OC) 7:00 PM



EVENT CODE: 5324-12
GENERAL ADMISSION \$12

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

“Ask me about the AARP® Auto & Home Insurance Program from The Hartford.”

Now available in your area!

This auto and home insurance is designed exclusively for AARP members—
and is now available through you local Hartford independent agent!

Call Today for you FREE, no-obligation quote:

916-960-1418

Diane Balestrin Pillado
VALLEY OAKS INSURANCE AGENCY

1508 EUREKA ROAD SUITE 190
ROSEVILLE, CA 95661
1-916-960-1418
dianepillado@valleyoaks.com
www.valleyoaks.com
CA License#0724045



The AARP Automobile & Homeowners Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford CT 06155. CA license number 5152. In Washington, the Auto Program is underwritten by Trumbull Insurance Company. The Home Program is underwritten by Hartford Underwriters Insurance Company. AARP does not employ or endorse agents or brokers. AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. Applicants are individually underwritten and some may not qualify. Specific features, credits, and discounts may vary and may not be available in all states in accordance with state filings and applicable law. You have the option of purchasing a policy directly from The Hartford. Your price, however, could vary, and you will not have the advice, counsel or services of your independent agent.

07995 2nd Rev

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,
March 9-April 1 — 835210-A3**

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

**Tuesday & Thursdays,
March 3-26 — 835211-A3**

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,
March 9-April 1 — 835800-A3**

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

SGT—Fit 101 L1

**Tuesdays & Thursdays,
March 3-26 — 835500-A3**

12:30-1:30 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 work on the TRX, weights, exercise bands, walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals.



SGT—"Fun"ctional Fitness L3

**Tuesdays & Thursdays,
March 3-26 — 835600-A3**

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, 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,
March 3-26 — 835300-A3**

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—Fit for Golf L2

**Mondays & Wednesdays,
March 2-25 — 835180-A3**

8:30-9:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury such as the back, elbow and knee? Different pieces of equipment will be used to condition you like the pros!



SGT—Morning Burst Bootcamp L2

**Mondays & Wednesdays,
March 2-25 — 835300-B3**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Rise and shine to enjoy a challenging, but fun SGT. A total body approach will be used to develop and strengthen your body from head to toe. Various pieces of equipment will be used including TRX, Bosu and more!

SGT—Bootcamp L3

**Mondays & Wednesdays,
March 2-25 — 835400-A3**

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



Continued on page 97



MELTON FINANCIAL GROUP

Call Us Today 916.772.2477

For more information about attending one of our
Dinner Workshops and how to schedule a
'No Cost' Financial Analysis & Second Opinion

As an Independent Financial Planning Firm, with
 over 50 years of combined experience,
 the Financial Advisors of

Melton Financial Group Wealth Advisory
 specialize in providing guidance and advice to help
 navigate today's financial landscape.

*Let us share some visionary ideas with you to help
 ensure your retirement is everything you envisioned.*



Securities and Advisory Services offered through Cetera Advisors LLC.
 Member FINRA and SIPC. A Registered Investment Advisor.
 MFG and Cetera Advisors are separate and unrelated companies.



GRIFF'S JOHNNY ON THE SPOT! CARPET CLEANING TILE & GROUT CLEANING



LINCOLN HILLS RESIDENT
IICRC Certified • Licensed • Insured

**Three rooms of
 carpet cleaning for only \$69**

FREE ESTIMATES 916-290-2550

Biggest truck-mounted unit for hot water extraction
 High efficiency & faster drying



DYNAMIC PAINTING, Inc.

Commercial • Residential • Industrial



Licensed & Insured CLN #740008

Why Choose DYNAMIC PAINTING, Inc?

- Over 1200 Jobs Completed in 10 Years
 in Sun City Lincoln Hills & Roseville
- 15 Years of Good Standing with State
 of California Contractor's Board
- Exterior Painting
- Custom Interior Painting
- Expert Color Consulting
- Fence and Garage Floor Painting
- Small Jobs Okay
- Call for your "Free" Quote Today

(916) 532-2406

www.dynamicpaintinginc.net

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

March 9-April 1 — 835700-A3

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. 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

March 9-April 1 — 835701-A3

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

SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays,

March 9-April 1 — 835710-A3

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

—Pilates Reformer Section—

Prerequisite: All Pilates Reformer classes require a prerequisite of one introductory class.

You can register for SGT—Introductory Reformer Session L1 online or at the Fitness Centers.

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

SGT—Introductory Reformer Session L1

Continuous Dates — 835110-A3

Fitness Floor (KS). \$30 (one session). This session is a prerequisite for Pilates Reformer L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations/goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may



request a trainer or one will be appointed to you. The trainers will call you to set up appointment.

SGT—Reformer Basics L1

Mondays & Fridays,

March 2-27 — 835120-A3

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Paula Ainsleigh.

Mondays & Wednesdays,

March 3-25 — 835120-C3

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Carol Zortman.

Mondays & Wednesdays,

March 2-25 — 835120-E3

5:00-6:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba.

Tuesdays & Thursdays

March 3-26 — 835120-F3

10:30-11:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba.

This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT—Reformer Intermediate L2

Mondays & Wednesdays,

March 2-25 — 835130-A3

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

Tuesdays & Thursdays,

March 3-26 — 835130-B3

11:30-12:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba

Tuesdays & Fridays

March 3-27 — 835130-C3

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Deborah McIlvain.

This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate.

SGT—Pre-Reformer Basic

Coming in April

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

Continued on page 98

and improve lung and heart health for these special populations. 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 a new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

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 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 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 intervals of cycling mixed with strength intervals 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.

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. Lola welcomes residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

Piloga Flow L2: Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhhh!

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.

Continued on page 100

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: A dance party in the pool! An aquatic exercise class with a “dance flair” that is designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

Step It Up L3: Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. 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 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.



OC Aqua WellFit Class Schedule February 15 - March 15, 2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L3- <i>Marilyn</i>	OC	Water Works L3- <i>Marilyn</i>	OC	Water Works L3- <i>*Jeannette</i>	OC	OC
8:30	**Aqua Fit L2- <i>Lisa</i>		**Aqua Fit L2- <i>Lisa</i>		Water Works L3- <i>*Jeannette</i>		
9:30		Water Works L3 - <i>Deanne</i>	Core n More L3- <i>Annette</i>	Water Works L3 - <i>Deanne</i>			
10:30	***H2O Bootcamp L3- <i>Annamarie</i>	Water Works L3 - <i>Deanne</i>	Splash Dance L2- <i>Annette</i>	Water Works L3 - <i>Deanne</i>	***Aqua Fit L2- <i>Marie</i>		
11:30	AF Aqua L1- <i>Annette</i>		AF Aqua L1- <i>Marie</i>		AF Aqua L1- <i>Annette</i>		
12:30	*Aqua Yoga L1- <i>Annette</i>		*Aqua Pilates L1- <i>Marilyn</i>		*Aqua Pilates L1- <i>Marilyn</i>		
2:00							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Water Bootcamp L3 <i>Annamarie</i>	Water Works L3- <i>Marilyn</i>	H2O Bootcamp L3 <i>Annamarie</i>	Water Works L3- <i>Lisa</i>			
6:00							

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)

Group Exercise (punch card) \$3.50

* New instructor

** New Class

*** New class & instructor

OC WellFit Class Schedule February 15- March 15, 2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Cardio Strength L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3 - Andi	Core & Strength L2- Julia	**20/20/20 L3-Marilyn	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	Zumba L3- Brandi	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	**Low Impact/Sculpt Interval L2 - Jeannette	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 Meditaton and Yoga - Iram	Arthritis L1/2 -Lin	Hatha Yoga L1 -Kirsti	Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Terri	Chair Yoga L1 - Ashley	Chair with Flair L1- Kathryn		Basic Chair L1-Lola		
2:00	SGT- Balance & Fall Prevention L1- Kathryn		SGT- Balance & Fall Prevention L1- Kathryn		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							
5:00	Zumba L3 - Andi		Zumba Gold L2 - Joanie	Activities			
6:00	Yoga for Osteo L1- Susan	Self Defense - Paul					
7:00							
8:00							

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)
 * Small Group Training (session based)
 * New Class
 ** New Time



Our PBS Station, KVIE and Rob on the Road Tuesday, February 17 — Free

2:00-3:30 PM, Ballroom (OC). KVIE's president and general manager David Lowe and Rob Stewart of "Rob on the Road" and "America's Heartland" will provide the inside scoop on upcoming programming, share stories as PBS insiders, and answer everything you've wanted to know about KVIE and the world of public television. Have a story idea for Rob? He's going to love to hear it!



Don't Skip a Beat Wednesday, February 18 — Free

7:00-8:30 PM, Ballroom (OC). Heart failure and atrial fibrillation have emerged as being among the most common cardiac disorders afflicting our society. These conditions often occur together, and their combination can be lethal. The relationship between the two conditions has a lot to do with the presence of common risk factors such as age, hypertension, diabetes, and obesity, as well as heart disease. Through the use of evidence based medicine, nutritional education and rehabilitation, this presentation given by Sutter Roseville Heart Health Clinic, will teach you how to successfully live a longer more fulfilled life with heart failure and atrial fibrillation.



NID/Handy Helpers... 2015 Maintenance Update Tuesday, March 10 — Free

3:00-5:00 PM, Ballroom (OC). Neighbors InDeed Executive Director Mary Jo Fratessa and Handy Helper coordinators Larry Schurr and Herman Tijsseling will bring you another information-packed forum. Come get some excellent tips on what *you* can do to maintain your home, including advice about smoke alarms, CO detectors, heating and air conditioning systems, irrigation systems and timers, garage door maintenance, other plumbing and electrical issues, and more! You'll also learn about how to reduce your



energy consumption with light bulb replacements, thermostat programming, and replacing energy-consuming appliances with newer energy-efficient items. Also, usual 10-year replacements will be addressed.

Staying in the Light Tuesday, March 31 — Free

2:00-4:00 PM, Ballroom (OC). Andy Petro remembers what it's like to be dead. In his second book, *Alive in the Light* he describes how he felt after dying and going into the Light—eternity. He remembers how his new senses worked being in a place without time. He recalls a space where he immediately knew everything and where hierarchy, judgment, and separation did not exist. His memories of the Light are filled with joy and laughter. Come to the Community Forum to share some of Andy's memories of the being alive in eternity. Perhaps you also have memories of the Light you would like to share with Andy?



Sex Trafficking Occurs Near You Tuesday, April 7 — Free

2:00 PM, Ballroom (OC). Sex-trafficking is a buzz word in the media. Why should you care? Isn't sex-trafficking an awful thing in Thailand and India? Isn't it a horrible reality happening to poor foreign girls? Yes, it is, but it also involves young girls in California and within the Sacramento and Placer County borders, which makes it **right in your backyard**. SCLH resident, Linda Bello-Ruiz knows firsthand about the underage sex trade. She established the first safe-haven for young prostitutes in San Jose, Costa Rica. And now, she's working with a safe-haven in Auburn, California. Be aware. Be inspired. Be part of the solution?



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 the 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.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Our PBS Station, KVIE and Rob on the Road Tuesday, February 17, 2:00 PM, Ballroom (OC) • Don't Skip a Beat Wednesday, February 18, 7:00 PM, Ballroom (OC) • NID/Handy Helpers... 2015 Maintenance Update Tuesday, March 10, 3:00 PM, Ballroom (OC) • "Oh My Aching Head" What You Should Know About Headaches Thursday, March 19, 7:00 PM, Ballroom (OC) • Staying in the Light... Andy Petro Tuesday, March 31, 2:00 PM, Ballroom (OC) • Sex Trafficking Occurs Near You Tuesday, April 7, 2:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • What Will They Think of Next? Technology for Better Living Thursday, April 16, 2:30 PM, Ballroom (OC) • Local Snake Update Tuesday, April 21, 2:00 PM, Ballroom (OC) • Dental Solutions for Medical Problems from A to ZZZZZZ Wednesday, April 29, 7:00 PM, Ballroom (OC) • History & Art of Gladding McBean Thursday, April 30, 10:00 AM, P-Hall (KS) • DMV Senior Update Tuesday, May 5, 2:00 PM, Ballroom (OC) • Lake Tahoe: Stories, Facts, and Fun Thursday, June 11, 10:00 AM, Ballroom (OC)
---	---



KIP ELECTRIC
"LINCOLN'S HOMETOWN ELECTRICIAN"

- Recessed Lighting
- Spas/Hot Tubs
- Ceiling Fans
- Golf Cart Plugs
- Patio/Landscape Lighting
- Phone/CATV Lines
- New Circuits
- Freezer Plugs
- and much more

***FREE ESTIMATES**
***Fully Insured**
*Member Lincoln Chamber of Commerce

434-8262
Lic. # 848044

Serving Lincoln Hills since 2004




Judy Payne, RN Pam Murphy

Care Coordination and Resource Referrals

- In-Home Care, Assisted Living
- Memory Care, Independent Living
- Veteran's Aid and Attendance Allowance

Phone: 916-209-8471
Cell: 916-798-7347
Judy@JudithPayne.com
SCLH resident

Senior Care Consulting
FREE Phone Consultation and Guidance

House Cleaning

Weekly
Bi-Monthly
Monthly

Rich Haley
Diane Haley
(916) 543-7015

References Available • Since 1985 • Lincoln Hills Residents



Don Gerring
Lincoln Hills Resident Agent
30+ Yrs R.E. Experience
(916) 747-5050

In 2015, Let Don Help You List & Sell Your Home!

Lic#00631339 dgerring@starstream.net Each office independently owned & operated



B Z Plumbing Co.
INCORPORATED
At Your Service

Superior service and quality workmanship at a fair price for all your plumbing needs

Repair or replace existing fixtures • Video camera pipe inspection • Install new fixtures • Sewer & drain cleaning

916-645-1600
www.bzplumbing.com
CONTRACTORS LICENSE # 577219

ALL WORK GUARANTEED. Locally owned and operated since 1990



DURAN LANDSCAPING
INSTALLATION & DESIGN

- Waterfall Specialist
- Sprinkler Systems
- Drainage Systems
- Lawns & Sod
- Rototilling & Soil Prep
- Decorative Concrete
- Putting Greens & Artificial Sod
- Drip Systems
- Dry Creeks
- Planting & Bark
- Low Maintenance Gardens

QUALITY GUARANTEED
FREE ESTIMATES
Ask for Victor Duran **(916)660-1835**
www.duranlandscape.com

Lic. # 669316

Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

•Administration•

Executive Director

Chris O'Keefe 625-4060 chris.okeefe@schca.com

Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

jeannine.balcombe@schca.com

Accounting

Director of Finance

Bruce Baldwin 625-4013 bruce.baldwin@schca.com

Advertising & Promotions

Advertising & Promotions Manager

Ben Baker 625-4057 ben.baker@schca.com

Community Standards

Community Standards Manager

Cece Dirstine 625-4006 cecelia.dirstine@schca.com

Facilities & Maintenance

Facilities & Maintenance Manager

Cesar Orozco 645-4500 cesar.orozco@schca.com

Membership

Membership Clerk

Bertha Mendez 625-4000 bertha.mendez@schca.com

Room Booking

Room Booking Coordinator

Shelvie Smith 625-4021 shelvie.smith@schca.com

•Lifestyle•

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

Activities

Lifestyle Manager

Lavina Samoy 625-4073 lavina.samoy@schca.com

Lifestyle Assistant Manager

Lily Ross 408-4609 lily.ross@schca.com

Lifestyle Class Coordinator

Betty Maxie 408-7859 betty.maxie@schca.com

Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 deborah.meyer@schca.com

Lifestyle Trip Coordinator Katrina Ferland

625-4002 katrina.ferland@schca.com

Clubs

Administrative & Club Support

Christy Goodlove 625-4003

christy.goodlove@schca.com

Compass

Editor - Jeannine Balcombe

625-4020 jeannine.balcombe@schca.com

Compass Advertising Coordinator

Judy Olson 625-4014 judy.olson@schca.com

Compass Bulletin Board

Shelvie Smith 625-4021 shelvie.smith@schca.com

Club Article Editor

Wendy Slater 786-5955 wslater@surewest.net

Fitness/Wellness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

WellFit Manager

Deborah McIlvain 625-4031 deborah.mcilvain@schca.com

WellFit Assistant Manager

Christine Epperson 258-8289

christine.epperson@schca.com

•Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 jerry.mccarthy@schca.com

Catering

Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@schca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Jori Richards jori.richards@schca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday* 8:30 AM-8:00 PM

Sunday* 8:30 AM-4:30 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday* 8:30 AM-7:30 PM

Sunday* 8:30 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (first only) 8:00 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

*Winter hours effective until March 8, 2015

General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

bgeppert@billycaspergolf.com

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

Board of Directors

Ken Silverman, President

Ken.Silverman@schca.com

John Snyder, Vice President

John.Snyder@schca.com

Gay Mackintosh, Secretary

Gay.Mackintosh@schca.com

Jim Leonhard, Treasurer

Jim.Leonhard@schca.com

Martin Rubin, Director

Marty.Rubin@schca.com

Denny Valentine, Director

Denny.Valentine@schca.com

Marcia VanWagner, Director

Marcia.VanWagner@schca.com

Committee Chairs

Architectural Review Committee

arc@schca.com

Clubs & Community Organizations Committee

ccoc@schca.com

Communications & Community

Relations Committee

crc@schca.com

Compliance Committee

compliance.committee@schca.com

Elections Committee

elections.committee@schca.com

Finance Committee

finance.committee@schca.com

Properties Committee

properties.committee@schca.com

Please thank your advertisers and tell them you saw their ad in the *Compass*.

Advertisers listed in this issue are shown here by category followed by the page number (bolded) location of the ad.

ACCOUNTING/TAX

AJ Kottman, **44**
 Riolo, Roberts and Freddi, **46**

APPLIANCE REPAIR

Ace Appliance Repair, **72**

AUTOMOBILE SALES/SERVICE

Firestone, **46**
 J & J Body Shop, **24**
 Outlet4Cars, **74**

BEAUTY

Face Works, **63**

CARPET CLEANING

Gold Coast Carpet & Uph., **77**
 Joe's Carpet Cleaning, **44**
 Johnny on the Spot, **96**

CHURCHES

St. James Episcopal Church, **72**
 Valley View Church, **85**

COMPUTER SERVICES

Affordable Computer Help, **92**
 Compsolve Computers, **68**
 PC & Mac Resources, **72**

DAY SPA

The Spa at Kilaga Springs, **13, 58**

DENTAL

Citadel Dental, **61**
 Denzler Family Dentistry, **44**
 Life Enhancing Dental Care, **57**
 Personalized Dental Care, **94**
 Victoria Mosur, DDS, **55**

ELECTRICAL SERVICES

Brown's Quality Electric, **72**
 Dodge Electric, **15**
 KIP Electric, **105**
 Micallef Electric, **49**

EYE CARE

AAA Optical Outlet, **63**
 Jeffery Adkins, MD, **61**
 Wilmarth Eye/Laser Clinic, **82**

FINANCIAL/INVESTMENT

Akel Fiduciary Inc., **49**
 Edward Jones, **88**
 Melton Financial, **96**
 Placer Mortgage Group, **63**
 The Reverse Mortgage Group, **53**

FOOT CARE

Lincoln Podiatry Center, **77**

GOLF CARS—SALES/SERVICE

Electrick Motorsports Inc., **6**

GOLF CLUB

Lincoln Hills Golf Club, **12**

HAIR CARE

Kathy Saaty, **63**

HANDYMAN SERVICES

A-R Smit & Associates, **15**
 Bartley Home Repair, **15**
 CA's Finest Handyman, **18**
 L&D Handyman, **63**
 Robert Boyer, **72**
 Style Revamp, **88**
 Wayne's Fix-all Service, **92**

HEALTHCARE

NorCal Laser Liposculpture, **24**
 Placer Dermatology, **42**
 Sutter Roseville Med. Center, **20**

HEALTHCARE REFERRAL SVCS.

A Senior Connection, **51**
 Senior Care Consulting, **105**

HEARING

Whisper Hearing Center, **90**

HEATING/AIR CONDITIONING

Accu Air & Electrical, **18**
 Good Value Heating & Air, **78**
 Peck Heating & Air, **59**

HOME CARE SERVICES

Age Advantage Senior Care, **4**
 Live Well at Home, **20**
 Right At Home, **6**
 Senior Care Clinic House Calls, **18**
 Senior Care Giver Services, **92**
 Welcome Home Care, **40**

HOME FURNISHINGS

Andes Custom Upholstery, **92**
 California Backyard, **77**
 Gary's Refinishing, **40**
 Pottery World, **16**

HOME IMPROVEMENTS

Artisan Drywall, **68**
 Cal-Rox Roofing, Inc. **40**
 Capital City Solar, **51**
 Carpet Discounters, **4**
 Don's Awnings, **8**
 Findley Iron Works, **15**
 ICS Tile & Grout Services, **15**
 JNT Building & Remodeling, **64**
 Interior Wood Design, **64**
 Knock on Wood, **78**
 Kevin Pagan, **68**
 Overhead Door Co., **78**
 Petkus Brothers, **71**
 Rocklin Overhead Door & Gate, **78**
 Roy West, **44**
 Screenmobile, **72**
 The Closet Doctor, **86**
 VDI, **20**
 Wallbeds & More, **51**

HOME SERVICES

Diane's Helping Hand, **18**

HOUSE CLEANING

Rich & Diane Haley House Cleaning, **105**
 This Clean House, **63**

INSURANCE/INSURANCE SVCS.

Allstate Insurance, **55**
 Pat's Med. Ins. Counseling, **49**
 State Farm Insurance, **49**
 Valley Oaks Insurance Agency, **94**

INT. DESIGN, WINDOW COVERS

Guchi Interior Design, **86**
 SunDance Interiors, **72**

LANDSCAPING

Capital Arborists, **59**
 Duran Landscaping, **105**
 Geo Paradise Landscape, **4**
 New Legacy Landscaping, **78**
 Rebarb Time, Inc., **71**
 Steven Pope Landscaping, **15**
 Terrazas Landscape, **82**

LEGAL

Gibson & Gibson, Inc., **90**
 Law Office Lynn Dean, **40**
 Michael Donovan, **18**
 Robertson/Adams, **46**

MORTUARY SERVICES

Cochrane Wagemann, **18**
 Cremation Society of Placer County, **49**

MOVING SERVICES

CR Moving Services, **88**
 Smooth Transitions, **40**

PAINTING CONTRACTORS

All Star Powder Coating, **74**
 Dynamic Painting, **96**
 MNM Painting & Drywall, **53**
 Sorin's Painting, **18**
 The Paint Solution, **51**

PEST CONTROL

Pro Active Pest Control, **82**
 The Noble Way Pest Control, **6**

PETS

A Pet's World, **68**
 Joan's Pet Sitting, **92**

PHOTOS

Double Diamond Photography, **68**
 Visionary Design, **92**

PLUMBING

BZ Plumbing Co. Inc., **105**
 Eagle Plumbing, **49**
 Ronald T. Curtis Plumbing, **4**

PROPERTY MANAGEMENT

Gold Properties of Lincoln, **59**

PSYCHOTHERAPY/PSYCHOLOGIST

Marvin Savlov, Psychotherapist, **15**

REAL ESTATE

Coldwell Banker/Sun Ridge, **90**
 - Andra & Michelle Cowles, **4**
 - Anne Wiens, **49**
 - Don Gerring, **105**
 - Donna Judah, **78**
 - Gail Cirata, **74**
 - Holly Stryker, **4**
 - Lenora Harrison, **78**
 - Paula Nelson, **8**
 - Sharon Worman, **55**
 Grupp & Assocs. Real Estate, **53**
 HomeSmart Realty - Shari McGrail, **71**
 Keller Williams
 - Carolan Properties, **85**
 - John Perez, **68**
 Lyon Real Estate - Shelley Weisman, **42**

RESTAURANTS

Meridians, **13, 42, 66, 68**

SENIOR LIVING

Casa de Santa Fe, **85**
 Eskaton, **50**
 The Pines, **8**

SHOES

del Sole Shoes, **88**

SHUTTLE SERVICES

Apex Airport Transportation, **72**
 Diamond Van Shuttle, **92**
 Lime Shuttle, **18**

SPRINKLER REPAIR

Gary's Sprinkler Repair Service, **4**

STORAGE

Joiner Parkway Self Storage, **53**

TRAVEL

Club Cruise, **40, 61, 68, 92**

TREE SERVICE

Acorn Arboricultural Svcs. Inc, **57**
 Capital Arborists, **64**
 Golden State Tree Care, **86**
 Hallstead Tree Service, **15**

VACATION RENTALS

Maui & Tahoe Condos, **4**

WINDOW CLEANING

All Pro, **63**
 Lighthouse Window Cleaning, **49**

WINDOW TREATMENT CLEANING

Sierra Home & Comm. Svcs., **63**

WINERY

Wise Villa Winery, **57**

Compass — A monthly magazine established August 1999 **Editor:** Jeannine Balcombe 625-4020

Associate Editor/Club Article Editor: Wendy Slater wslater@surrewest.net **Resident Editor:** Doug Brown **Advertising:** Judy Olson 625-4014

Resident Writers: Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Nina Mazzo, Al Roten, Shirley Schultz

Layout/Design: Aspen TypoGraphix **Printing:** Fruitridge Printing

Submitted articles may be edited and republished in any format. All articles submitted become the property of Sun City Lincoln Hills Community Association. The Association reserves the right to make an Editor's response or to comment on submitted articles. Copyright © 2014 by Sun City Lincoln Hills. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system without express permission in writing from the publisher. The Association provides this publication for informational purposes only. Sun City

Lincoln Hills does not guarantee, endorse or promote any of the products or services advertised herein and assumes no responsibility or liability for the statements made in this publication.

Compass

February 2015





Jason Petty's

"HANK & MY HONKY TONK HEROES"

FRIDAY, MARCH 6
BALLROOM (OC) 7 PM

EVENT CODE: 5306-01
RESERVED SECTION SEATING: \$24
GENERAL ADMISSION \$21

• COME SEE WHAT CRITICS AND FANS ARE RAVING ABOUT! •

"Jason Petty does a remarkably good job of rendering Williams' famous melodies with the silky warble and sob that recreate their touching simplicity."
- The New York Times

A nostalgic tribute to Hank Williams and the stars that influenced his music including Jimmie Rodgers, Roy Acuff, The Carter Family and more! Enjoy hits like "I'm So Lonesome I Could Cry", "Your Cheatin' Heart" and others.



**TICKETS AVAILABLE AT THE ACTIVITIES DESK (OC/KS) OR ONLINE,
WWW.SUNCITY-LINCOLNHILLS.ORG/RESIDENTS "LIFESTYLE ONLINE"**