



Compass

The Official Magazine of Sun City Lincoln Hills

January 2015



SCLHCA Management Team



Seven Years



Five Years

Service Award Presentations

Fifteen Years

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Change, Vote, Volunteer Board of Directors Report

John Snyder, Vice President, SCLH Board of Directors

I hope you and your loved ones had a very merry Christmas, happy holidays, and that 2015 will be the very best.

The Association will experience a significant amount of change this year. A flurry of activity on facility maintenance and improvements are many and ongoing. We have a new Executive Director, Chris O'Keefe, in place; Association committee chairs will be established in January as well as the seating of some new committee members; and four seats on the Board of Directors are up for election in February.

So this is a good time to remind each of you to **vote** in the coming Board of Directors election. It's **important**. Ballots will be mailed to you the week of January 12 (due to be received by January 19) and your completed ballot must be received by the Inspector of Elections no later than Wednesday, February 18, at 3:00 PM. To be counted, the ballot must be signed in the space provided under your return address. Casting your vote is a small thing to do but big in consequence and importance. Be sure to vote!

Since December 15, candidate information flyers and campaign letters have been available in both the Kilaga Springs Lodge and Orchard Creek Lodge lobbies. Take note below of the dates for three forums where you can learn about the candidates' backgrounds, meet them in

person, listen to their positions on issues and their responses to prepared questions. Your informed vote is important.

- Forum Session 1 was January 14, 10:00 AM, Presentation Hall (KS)
- Forum Session 2, January 16, 2:00 PM, Presentation Hall (KS)
- Forum Session 3, January 17, 6:00 PM, Presentation Hall (KS)

The Association begins 2015 in excellent shape on all fronts. Over the nine years

"So this is a good time to remind each of you to vote in the coming Board of Directors election. It's **important**. Ballots will be mailed to you the week of January 12 (due to be received by January 19) and your completed ballot must be received by the Inspector of Elections no later than Wednesday, February 18, at 3:00 PM."

I have been involved in the Association's governance I have seen significant and extraordinary accomplishments and improvements. Our fine position is a tribute to the excellence and commitment of volunteers, committee members, managers, staff, and a Board that truly makes an effort to do the right things for all members. Just ride around our Vil-

lages and see every day the many varied activities, from games to dance. It is really heartwarming to see the extraordinary charitable efforts by so many. The people of Sun City Lincoln Hills are an especially active group in the process of being truly very **special**.

My service with the Association has been a rewarding experience. I've learned and received so much more than I expected, and have met many very fine individuals. There are openings on committees so please consider volunteering. When you get involved, everybody wins! Thank you and good luck to you all.

On the cover

The employee annual year-end celebration with managers (top photo) recognizing staff with five, seven, and 15-year service awards (lower photo). Special thanks to Charlie Schuman and Jim Cormier from the Photography Club for taking photos to memorialize the event

Reminder

Directory Changes Due by January 23

Any changes to your household information that you want included in the 2015-2016 **Community Directory and Resource Guide** are due to

Administration by January 23. Please refer to the article in the December *Compass* at the bottom of pages 4 and 5 for full details.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



On December 23, staff members came together to celebrate our year-end success, say farewell to Bob Cook and recognize staff with years of service awards. Our organization has made this an annual event since its inception in 1999. The cover this month highlights the management team and employees receiving their five, seven, and 15-year service awards. Over the course of our 15 year history, (a few staff members came from Sun City Rosville and their seniority followed them) we have a team with breadth and depth

in service to the Association and years of expertise. Our employees are fortunate to work for this Association which recognizes and appreciates their expertise and service. In addition, staff are fortunate



Silvestre Cuna was also recognized for his 15 years of service to the Association

to work with team members who work together to provide our community with exceptional customer service. It is rewarding for staff to receive positive comments Please see "Connections" on page 43



Staff presents outgoing Executive Director Bob Cook with recognition and gifts

Calendar of Events

January 15-February 28

Date	Event	Page #
01/15	Book Discussion: <i>The House of Seven Gables</i>	24
01/15	Veterans Group Speaker: Retired Navy Captain	36
01/19	Genealogy: "Solving Common Family Mysteries Online"	28
01/19	Bus Trip: Chabot Space and Science Center	65*
01/20	LSV/NEV Speaker from Electrick Motorsports	30
01/20	Comedy Night at KS: Stephen B	45
01/20	Bus Trip: Speaker Series—Anderson Cooper	65*
01/20	Forum: You Make the Call—2014 College Football	104
01/22	Overnight: Sun City Sierra Winter Train	65*
01/26	Importance of Lifestyle Selecting/Preparing Local Foods	29
01/27	Performance: Joseph & the Amazing Tech. Dreamcoat	65*
01/28	Caregiver Support: Share good & bad of holiday season	22
01/28	Music Group meeting: Perform or enjoy the music	31
01/28	Forum: Translation Please: Advances in Stroke Care	37, 104
01/30	Concert: April Verch Band	46
02/02	Speaker: Antique Collection of Lithographs	22
02/02	KS at the Movies: Groundhog Day	41
02/03	SCOOP Group: Veterinarian Speaker	33
02/03	Softball Group: Organizational Meeting	34
02/03	Bus Trip: Sacramento Kings vs. Golden State Warriors	58
02/03	Forum: Media Streaming	104
02/04	Astronomy: "Tracing Space Back to You"	22
02/04	Bus Trip: Russian National Ballet Theater	52
02/05	Investors' Study Group Speaker from Prudential	29
02/05	Show—Celebrity Magician & Mentalist Jay Alexander	50
02/05	Bus Trip: Wente, Concannon & Michael David Wineries	52
02/07-08	Players Group: Readers Theater "Love is in the Air"	32
02/09	Speaker: Heath Wakelee on Bluebirds	24
02/10	Bus Trip: Feather Falls Casino	52
02/10	Needle Arts Speaker demonstrates "Stitch and Flip"	31
02/11	Speaker: "Windows 10—A First Look"	26
02/12	Overnight: Sun City Sierra Winter Train	65*
02/12	Rules for Senior Licensing and Limited Area Driving	27
02/13	Speaker: Search Engines—Bing vs. Google	26
02/13	Concert: The Look of Love, Songs of Burt Bacharach	46
02/13-14	Painting Workshop by Susan Sarback	31, 67
02/16	Cosmology—"Infant Galaxies" & "Galaxy Evolution"	22
02/16	Painters Group: Acrylics Demo	31
02/17	Forum: KVIE and Rob on the Road	104
02/18	Forum: Don't Skip a Beat	104
02/19	Book Discussion: <i>Winter of the World</i>	24
02/19	Concert: Duo Detendre—Flute & Harp Duet	46
02/20-22	Annual Fine Art Show	31, 41
02/21	Bus Trip: San Francisco Pier 39/Fisherman's Wharf	58
02/22	Speaker: Growing Vegetables Like a Farmer	27
02/24	Concert: Rio Americano High School AM Jazz Ensemble	46
02/26	Bus Trip: Crocker Art Museum	52
02/27	Music Group sponsored Open Mic Night	31, 41

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

Upcoming Association-Related Meetings: Date, Time, Place

January 15-February 28

Golf Cart Registration	Thursday, January 15, February 5 & 19, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, January 15, 9:00 AM
Elections Candidate Forum	Friday, January 16, 2:00 PM, Presentation Hall (KS)
Elections Candidate Forum	Saturday, January 17, 6:00 PM, Presentation Hall (KS)
New Resident Orientation	Tuesday, January 20, 1:00 PM
Board of Directors Meeting	Thursday, January 22, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, January 22, 10:30 AM
Board of Directors Executive Session	Thursday, January 22, 11:00 AM
ARC/Architectural Review Committee	Monday, January 26, 9:00 AM
CCOC/Clubs & Community Organizations ...	Tuesday, February 3, 9:30 AM
Compliance Committee Meeting	Wednesday, February 4, 10:30 AM
Elections Committee Meeting	Friday, February 6, 10:00 AM
Properties Committee Meeting	Tuesday, February 10, 1:00 PM
Listening Post	Wednesday, February 11, 9:00 AM
CCRC/Communications & Commun. Rel	Friday, February 13, 9:30 AM
Finance Committee Meeting	Wednesday, February 18, 9:00 AM
Board of Directors Annual Mtg./Members ...	Thursday, February 19, 9:00 AM
Board of Directors Special Meeting	Thursday, February 19, Immediately Following
Board of Directors Organizational Mtg	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

Meetings in OC Lodge unless noted otherwise.

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Board of Directors Election News

Be an Informed Voter, Even if Traveling

Elections Committee

The 2015 Election for four members of the Sun City Lincoln Hills Community Association Board of Directors is rapidly approaching. There are six candidates for the four available seats. They are: Molly Seamons, David Conner, Denny Valentine, Jim Leonhard, John Kightlinger, and Donald De Santis.

We urge you to get to know these fine candidates. Campaign materials are available on tables in both Lodges. Contact the candidates and help the ones you want to see leading our superb community. There

will be three forum sessions in which candidates will introduce themselves and respond to questions submitted by residents. Sessions are scheduled as follows (the first has already occurred):

- Wednesday, January 14, 10:00 AM
Presentation Hall (KS)
- Friday, January 16, 2:00 PM
Presentation Hall (KS)
- Saturday, January 17, 6:00 PM
Presentation Hall (KS)

Voting packages will be mailed to all homeowners to arrive at your mailbox by

January 19. Your vote must be received by the Inspector of Elections by 3:00 PM on Wednesday, February 18.

If you will be away or for other reasons cannot cast your vote, you may authorize a proxy to cast your vote for you. The proxy process will be explained in the voting package mailed to each homeowner. Proxy packages may be picked up from the Orchard Creek Lodge Membership Desk after January 19.

Please be an informed voter to ensure the continued excellent policy leadership of Sun City Lincoln Hills.

Chris O'Keefe

An interview with our new Executive Director

Doug Brown, Resident Editor

Executive Director Chris O'Keefe took up the reins of leadership in early December of 2014. Here's what Chris had to say about some of his background and vision for Lincoln Hills.



Doug: Residents know you well as our Senior Director of Facilities and Maintenance since 2002, during which time we

have enjoyed the unparalleled beauty of our landscaped common areas. Where were you before that?

Chris: I was the Operations Supervisor for Roseville's Galleria Mall, which opened in August of 2000, a position that involved managing and overseeing various aspects of planning, developing, and building the \$100 million facility.

Doug: What attracted you to Lincoln Hills?

Chris: I admired the master plan for SCLH, spread out over 3,000 acres with open-space reserves. I looked forward to developing and maintaining the landscaping with minimal environmental impact and I loved the positive, friendly attitude of residents.

Doug: In your first couple of years here at SCLH, what were some of the challenges you faced?

Chris: We had our share: working with two developers [Del Webb and Pulte], coordinating with the city of Lincoln, ad-

ressing construction and landscaping issues, and of course responding to the unexpected—like a water main rupture and non-functioning street lights!

Doug: And what prodded you to seek the Executive Director position?

Chris: I would say I know Lincoln Hills extremely well, and am proud to have played a part in helping to make SCLH a premier active adult community. Also, I admire the expertise of our *staff*—their commitment, enthusiasm, and competence. I greatly look forward to working with these excellent people. But most significantly, I truly care about Lincoln Hills and have a tremendous admiration and respect for the *residents*. I see an incredible commitment and devotion from all of you—uncountable volunteer hours of hard work that make this place truly unique.

Doug: What is your philosophy of managing the staff of SCLH?

Chris: With a staff of 16 managers, my job is to *listen* and create an atmosphere of open communication—my office door is always open. I want every staff member to have a sense of pride in their work. Sometimes I hear people say, “We can't do something because...” and I like to turn that around and ask, “What do we need to do to make it possible?”

Doug: What is your vision for the next few years?

Chris: First, I want to ensure that residents are happy, fulfilled, and getting the most out of living in SCLH. As an *active* adult community, we need to do everything we



Executive Director Chris O'Keefe

can to work together with residents to maintain—and improve—our lifestyle. And if we continue to do that, our financial well-being will also be promoted, which includes our property values. I would also like to refine our organizational structure to clarify staff roles and responsibilities. I want staff to continue to love working here with a sense of pride!

Doug: Any guiding principles that will characterize your administration?

Chris: We're a large and diverse group of residents. “One size doesn't fit all” here, so we need to be sensitive to the needs and wishes of a variety of tastes, talents, levels of activity, and age-related abilities. The sign outside my office says our mission is “to provide the highest levels of service to all on a daily basis.”

Doug: Thanks. We look forward to working with you!

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Activities News & Happenings

New Year's Resolutions for 2015

Lavina Samoy, Lifestyle Manager

Are you the type of person who likes making New Year's resolutions? Or are you someone who doesn't believe in making resolutions because they are hard to keep? The key to a successful resolution is to make easy fun ones that are reasonably achievable. Here are a few resolutions you can own plus ways to achieve them.

- **Laugh more, stress less**—Hang out with friends and watch Comedy Night! For just \$12, laugh your heart out watching seasoned comedians in the Presentation Hall (KS). Next up will be **Stephen B on January 20** (page 45) and on **March 12**, watch lady comedienne **Kat Simmons** (page 45).
- **Explore and do something different**—Attend a *Price is Right* game show taping, do the *Walk of Fame*, check out *Grauman's Theater* and experience a *Warner Bros. Studio Tour* when you

join us for our **three-night four-day trip to Hollywood in October**.

- **Dance your heart out!** Pick up a new dance. How about line dancing, jazz, clogging, hula, tap, ballet, or country couples western dance? These classes and more are taught at different skill levels from beginner to advanced. Dance classes start on page 70.
- **Expand your music selection**—Spectacular musical artists are coming your way in 2015. From pop (**The Look of Love, the Music of Burt Bacharach February 13**, page 46) to classical (**Due Detendre: Flute and Harp Duet, February 19**, page 46), fiddling (**April Verch Band, January 30**, page 46) to jazz, (**Rio Americano High School Jazz Band, February 24**, page 46) to country (**Jason Petty's Hank and my Honky Tonk Heroes, March 6**, page 46), they are live on stage.

- **Learn a new hobby**—How about quilting (page 81), Lladro painting (page 69), card making (page 69), jewelry making (page 79), or guitar (page 79)? Attend any of these classes conveniently within your community at a great value. It can't get any better than that!
- **Wave your spirit stick!**—We have tickets available to the most exciting sporting games with your favorite teams: **Sacramento Kings vs. Golden State Warriors** (page 58); 2014 World Series Champs **San Francisco Giants and Oakland A's** baseball games (page 60) and for hockey fans, root for the local Stockton Thunder Hockey (page 58).
- **Embrace technology**—Conquer your fear and start enjoying your techy gifts! Computer classes for both PC and Apple products are available (starts on page 83).

No matter what you do, may 2015 bring you great experiences and wonderful resolutions! Happy New Year!

Street Lights and Swimming Pools

Bill Attwater, Properties Committee Chair

In 2011, the Board of Directors approved a street lighting conversion project. The project replaced the existing



street lighting with LED lighting. LED stands for *light emitting diodes*, which are semiconductor devices that produce visible light when an electrical current passes through them. LED

lighting is more efficient, durable, and longer lasting than the street lighting existing in Lincoln Hills in 2011. The unanimous vote by the Board came after months of research and discussion. There were seven bidders for the project. The staff recommended and the Board of Directors agreed that the Sylvania Corporation was the bidder that had the most to offer, based on a seven-year installation warranty and other factors. So after three years, what are the results?

In short, the results are great. At the December 2014 meeting of the Finance Committee, our Executive Director, Chris O'Keefe, reported that our electrical savings for street lights since 2011 has been \$208,272 and the savings in maintenance has been \$170,040 for a total of \$378,312. The first figure represents money that would otherwise have been paid to PG&E.

To save money on providing PG&E gas to heat water for our four swimming pools, the Board of Directors voted in 2014 to install solar power facilities for the pool water. By the time you read this, the solar panels will have been installed on the roofs at both the Orchard Creek Lodge and the Kilaga Springs Lodge. The panels will not totally replace the use of natural gas but will go a long way to reduce our natural gas costs.

Aging Well

Stroke: Call 911

Shirley Schultz, Health Reporter

A golfer's stroke is about hitting a ball with a club. A pet owner's stroke is about a loving way of touching his or her pet. A carpenter's stroke is about lopping a piece of wood in two or pounding a nail with great accuracy. A clock's stroke is about a tone heralding a point in time. *The stroke referred to in this article is about a potentially life threatening and certainly a life-changing event that could happen to any of us: the cutting off of the blood supply to the brain, the control center for the entire body.*



The American Heart Association and American Stroke Association emphasize that a stroke should always be considered an emergency because minutes definitely count. **Stroke symptoms should motivate**

Please see "Stroke" on page 37

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WellFit News

Ring in the New Year with Programs and New Staff

Jeannette Mortensen, Fitness Supervisor

Do you have a new year's resolution to become more fit or to maintain your current level of fitness? Visit one of the Fitness Centers or train with one of our trainers to achieve your goals! We now have six employee personal trainers on staff that can provide top notch training.



Our new personal training pricing structure is consistent for all of our employee personal trainers. Personal training is now \$50 per hour and \$30 for the half hour. This new price is lower than the average training prices in the area.

We now offer Clinical Training, which is more in-depth and can include post-rehab work. Clinical Training, at \$60 per hour and \$40 per half hour, is only offered by two trainers, Kathryn Shambre and Marilyn Clarey. If you would like to know more about this service or would like to schedule an appointment, please contact me at 408-4825.

Another new service that we provide is

Bowenwork, performed by Natilee Riordan for \$60 per hour. Bowenwork is known for its profound, long-term healing effects. For more information and/or an appointment, please contact Carol Zortman, Wellness Supervisor at 625-4032.

Below is a quick introduction of our current personal trainers. For more information and/or an appointment, please call me at 408-4825.

Kathryn Shambre brings close to 20 years of experience providing clinical training and post-rehab work. Kathryn's expertise is rehab and you can often find her teaching one of her phenomenal SGT—Healthy Back classes.

Milly Nuñez is new to SCLH and we are so happy to have her join our team! Milly has been certified by NASM since 2011 and holds an Associate Degree in Advanced Health and Fitness Training.

Marilyn Clarey has recently joined the WellFit team as a personal trainer and instructor. Marilyn brings extensive water experience as well as post-rehab experience. She is a Certified specialist in exercise therapy.

Mark your calendars for

Thursday January 22

11:00 AM-12:00 PM

Presentation Hall (KS)

Free/registration not required.

Mark your calendars for Thursday, January 22, from 11:00 AM-12:00 PM in the P-Hall (KS). Several WellFit staff members will be introduced and speak about their background and specialties along with providing helpful insights to improving your fitness and exercise routines, weight loss and how to overcome pain and discomfort. We look forward to meeting you and answering your questions.

Lisa Smith holds a B.S. in Kinesiology and has extensive experience working with seniors.

Rob Gregory has spent over 30 years as a Health and Physical Education teacher, 18 years as a drill sergeant in the US Army and over 15 years as a personal trainer. Rob specializes in fitness for older adults.

Natilee Riordan joined our team in November and as a registered therapist through Bowenwork, has years of experience helping clients reach their personal goals.

WellFit Classes pages 91-100 • WellFit Class Grids pages 101-103

Looking Back and Ahead

Mike Creasy, Finance Committee Chair

The first monthly edition of the *Compass* each year gives us an opportunity to review some of the Finance Committee's work in the past year and talk a little about the year ahead.



Looking back, 2014 was quite a busy year and one in which we recommended to the Board several important changes and additions that will add long

"Just a quick reminder, dues for 2015 will be \$324 per quarter. Don't forget to change your scheduled payment, or your check, if that's how you pay."

term benefit, stability, and value to our community's finances. Among these were:

a revised and improved Financial and Accounting Procedures Manual; a new document retention policy; a revised reserves investment policy along with a recommendation for appointment of an independent professional investment advisor. And, of

course, providing oversight and review of the development and final workup of the Association's 2015 budget.

Also, working closely with the Properties Committee, we recommended several *Please see "Finance" on page 41*

Statement of Operations YTD — 11/30/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues) Actual	Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$7,010,177	\$7,001,283	\$8,894
Administration (Expense)	(1,788,693)	(1,785,405)	(3,288)
The Spa at Kilaga Springs	67,226	55,558	11,668
Fitness	(334,553)	(330,346)	(4,207)
Activities	(44,250)	(210,562)	166,312
Rec. Center / Maintenance	(2,211,494)	(2,369,470)	157,976
Landscape Maintenance	(2,281,201)	(2,385,019)	103,818
Food & Beverage	(36,645)	(38,023)	1,378
Capital Asset	0	0	0
Net Revenues (Expense)	\$380,567	(\$61,984)	\$442,551

12th Annual Fine Arts Show and Sale

*At Lincoln Hills - Orchard Creek Lodge
Sponsored by LH Painters Club*

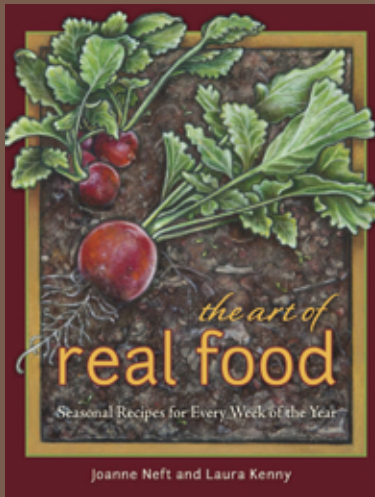


*February 20 5 pm-8 pm
February 21 9 am-6 pm
February 22 9 am-3 pm*

*Look for these future
Painters Club Events:*

*Studio Tour
May, 2015*

*Artisans in the Lodge
Fall 2015*



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Monday JANUARY 26, 2015 2:00 p.m. Kilaga Springs Lodge

2:00-3:30 p.m. Presentation Hall Author Presentation (after brief Healthy Eating Club Mtg)

3:30-4:30 p.m. Kilaga Kitchen Author Q & A, Book Signing & Book Sale, Food Tasting from recipes selected from the author's books

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Winter Reflections

What has been accomplished & what is planned

Mark Hutchinson, Architectural Review Committee Chair

With the end of the winter holiday season, it is always nice to look back on the year that is coming to a close, and evaluate what has been accomplished and what is planned for the coming year.



The year 2014 was a very active one for Lincoln Hills residents and has seen a wide variety of home improvement projects submitted for review. The Architectural Review Committee (ARC) has been amazed at the quantity and high quality of the improvement projects being undertaken. The most prevalent projects have been new painting, re-landscaping and hardscape, patio covers, and solar energy systems. Since 2007 there have been 483 solar energy systems approved,

which accounts for approximately 7% of all homes in Sun City Lincoln Hills.

During the year, the ARC also re-structured our regular meeting agenda to accommodate the Open Forum for residents to address the committee earlier in the meeting and we encourage everyone to avail themselves of this forum. This portion of the meeting is set aside specifically for residents to address the committee on any item that is not on the agenda.

In January of 2015, new revised checklists will be available that have been modified to simplify the information and incorporate feedback from residents. Additionally, now that the new Exterior Paint Color System has been in place for 15 months, we will be

evaluating all of the color palettes and painting standards, to determine if any adjustments or modifications should be made. As always, resident input and feedback will be greatly appreciated.

Architectural Review Committee members are available after the regularly scheduled ARC meetings to meet with you to discuss your upcoming 2015 projects or assist you with completing your submittal.

We are looking forward to another successful year.

Did You Know?

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The Spa at Kilaga Springs

A New Year—a New You!

Jori Richards, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa

The Spa at Kilaga Springs is welcoming the new year 2015! We encourage you to keep wellness a part of your start of a new year and the new you. Keeping up with your health has always been the key to staying youthful and energized.



So we exercise, eat well, and get plenty of sleep. But one thing the doctor doesn't usually prescribe is the spa! Kilaga Springs Spa is known to be a wellness spa. We are not only here to pamper our clients—most of all we are here to help heal. We offer a variety of healing services that will comfort and soothe the mind, body, and soul. Our services include acupressure, body wraps, Reiki massage, oncology facials, hot oil treatments, and warm detox-

ing foot soaks, each allowing your body to naturally heal itself. Healing elements are a necessity in life to help us grow mentally and physically.

Our January monthly massage special is a 90-minute hot stone massage and complimentary Infrared Sauna session. Incorporating hot stones in a massage helps to heal sore achy muscles and alleviate body pain. After the hot stones are strategically placed on your body, and your healing massage is finished, you can enjoy a detoxifying session in our Infrared Sauna. This will help with oxygen flow, circulation, and pain relief. Keeping up a good regimen with your massage and/or acupressure therapist will help with mobility, tension, emotional stress, and one thing we need most, clarity.

History shows ancient massage ther-

apy being practiced all around the world, with the first instances of massage dating back to 500 B.C. Focusing on pressure points, our ancestors used massage to help reduce stress and cure head and back pain. If we can use this natural healing method in our weekly/monthly routine, we are allowing our human healing instincts to be energized through touch and meditation.

Here at The Spa, we all extend happiness and health to you in the new year! Cheers!

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Happy New Year from Meridians and Kilaga Springs Café

Jerry McCarthy, Director of Food & Beverage

www.facebook.com/MeridiansRestaurant www.twitter.com/Meridians_SCLH



Our new Winter Menu was just released and is getting great reviews. We will continue our tradition of slow roasted prime rib every Wednesday night. We are working on menus that reflect, whenever possible, local, fresh, and sustainable fruits and vegetables that capture the winter season.

Exciting 2015 happenings. Many delightful events are already on the books for the New Year. We just held our third annual New Year's Day Brunch with over 700 reservations. The event was a complete sell-out and a few residents missed out because they waited to make reservations! To give everyone a sneak peak for 2014, we already have plans for a Murder Mystery Dinner (*Terror in a Toga*), Super Bowl Sunday, Valentine's Day, Wine Maker's Dinners, St. Patrick's Day, Mardi Gras, Easter Brunch, Crab Feed, Mother's Day Brunch, and the list goes on. In addi-

tion, we will be announcing new menus, holiday events, and other special events on a monthly basis. It's not too early to start thinking about Valentine's Day. Make your reservations now by calling 625-4040.

Visit our website. The best way to stay in touch with Meridians is by looking at our website at www.meridiansrestaurant.com. I will be announcing all of our special events for Meridians on the website. Make sure to check in to see what exciting things we have planned. Don't forget, you may also sign up to receive food and beverage eNews, where you will find more of our very successful e-coupons. Keep your eyes open for other discounts for residents only! We will also start great savings and enticing offerings via e-coupons at Kilaga Springs Café as well.

Once again, thank you for a great 2014 and we look forward to serving you in 2015. We realize that we have to earn your business each and every time you visit us. We will continue to change, improve,

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address located on page 106.

- ARC/Architectural Review Committee
- CCOC/Clubs & Community Organizations Committee
- CCRC/Communications & Community Relations Committee
- Compliance Committee

and enhance your dining experiences. Every dollar you spend with the Food & Beverage Department helps keeps your HOA fees down. The entire team from the Food & Beverage Department wish you and your family a Happy New Year!

Please see our ad on page 74.

CCRC Update

Communications and Community Relations Committee Honors Outgoing Chair

Janet Dixon-Dickens, Chair, Clubs and Community Organizations Committee



During the Communications and Community Relations Committee (CCRC) meeting in November, the team honored outgoing chair Wolf Oplesch with a cake and much well-deserved appreciation for over a decade of service with the

CCRC. He is not going very far—he will continue leading the Community Forum task force. This is the team that organizes the non-health-related Community Forums. These forums are very interesting and educational, spanning a wide variety of topics on history, genealogy, astronomy, technology, and more. In 2014, there were 33 Community Forums held in Lincoln Hills including health related forums.

The purpose of the CCRC is to assist and advise the Board on matters relating to improved communications about programs and events within the Lincoln Hills community. The Board assigns tasks and responsibilities to facilitate communications.

CCRC is always looking for new members. We want to thank Dave Kinghorn, who left the committee to work on other commitments, for his service. Terms for Janet Dixon-Dickens, the 2015 Committee Chair and Ron Carelli have been extended for two years. Terms are for two years and can be extended for two more years. Recently a former member and Chair, Michelle Hutchinson, returned to the committee. If you are interested in joining, please send an email to ccrc@sclhca.com.

A Gentle Walk into Lincoln's Past

Al Roten, Roving Reporter

I recently enjoyed a walk through downtown Lincoln, which I recommend to all Lincoln residents. Our Lincoln Area Archives Museum (LAAM) has published a booklet describing more than 20 buildings



of historical significance in our downtown. The walk follows this booklet, covering just a few blocks of downtown in an easy hour's stroll.

Most western towns had fires that destroyed all or most of their buildings in the early days of settlement. That happened in Lincoln, too. So, over time there may have been several buildings at a given location. Except for one granite block building built in Virginiatown in the 1850's and moved to Lincoln in 1886, the oldest buildings in downtown were built in the 1860's. There are many interesting stories and a few rumors of ghosts for us to explore and enjoy.

The walk begins at the LAAM, 640 Fifth Street, in the Museum on Beerman's Square. One of the first things you will see

is a beautiful mosaic history wall by Ray Gonzales, an art teacher at Lincoln High School. You will find a granite horse watering trough behind the Carnegie Library. After several other stops, you will come to the Beerman's Restaurant building which is really the International Order of Odd Fellows (IOOF) building, built in 1864. Across the street is Simple Pleasures restaurant, which was known as the New Hoppert Building in the late 1880s. The Jansen Building takes up the full block on the west side of Lincoln Boulevard between Third and Fifth Streets. As you turn the corner and walk along Lincoln Boulevard, you will pass several buildings of significance. When you see the name "EMMADA BLDG" inscribed in a sidewalk tile, you may wonder who that person was—well it really came from a combination of Emma and Ada, the wives of the partners who had the building modified in 1913.

Over the next several issues of *Compass*, I will write more of specific buildings, their past and current uses and occupants.

Cherie Weygandt, an excellent volunteer docent, guides tours on the first Saturday of each month if there are people who want to learn some interesting and entertaining facts about buildings we

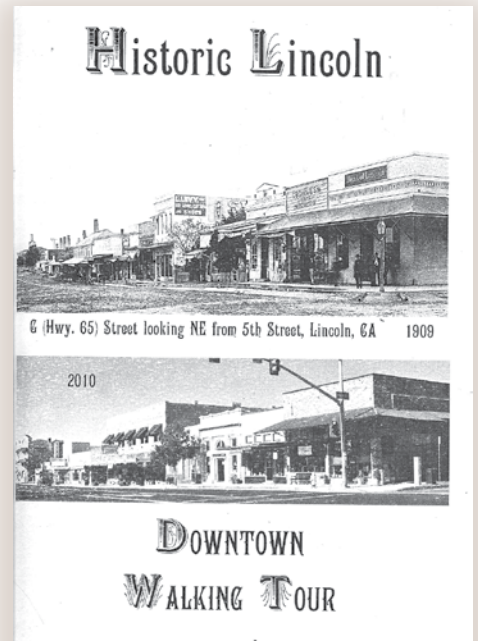
Ready for Your New Year's Resolutions?

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

Please see "Resolutions" on page 21



Our Lincoln Area Archives Museum has published a booklet describing more than 20 buildings of historical significance in our downtown

usually pass without further thought. I recommend that you give LAAM a visit or phone call at 645-3800 to schedule your own walk. Get to know our town and develop a feeling of its past.

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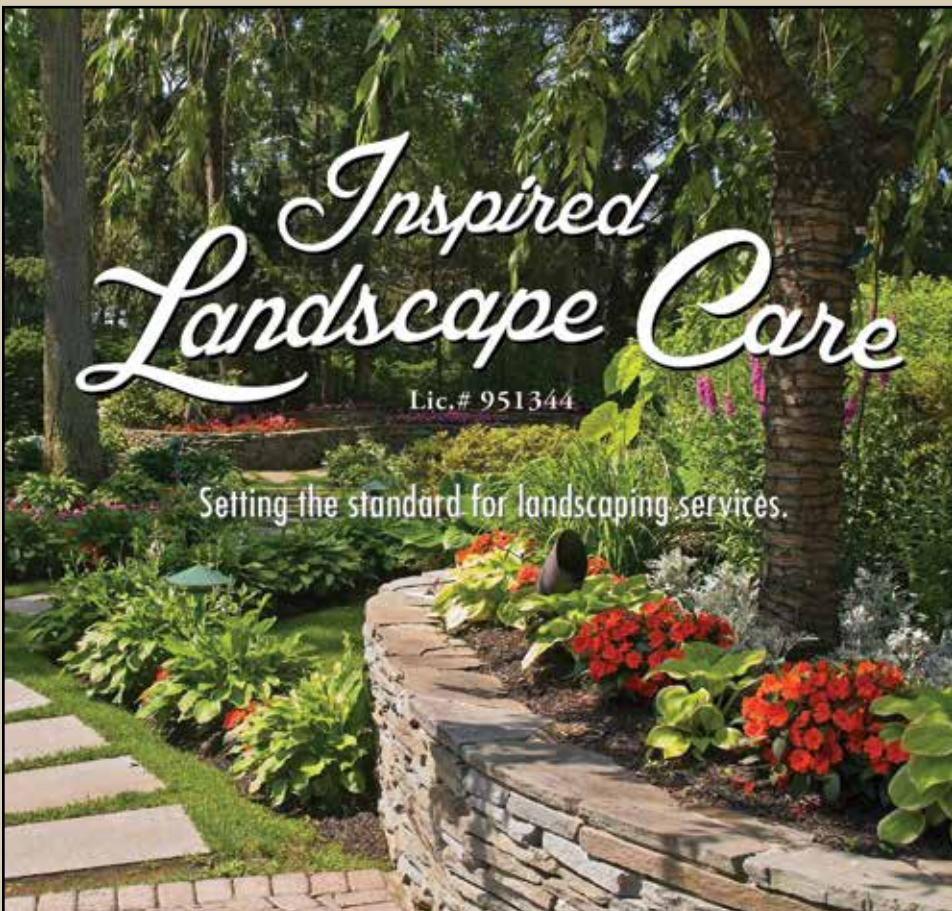
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Neighborhood Watch

Avoiding Financial Scams and Abuse

Patricia Evans

Neighborhood Watch is expanding full speed ahead! Yes, we will still be focusing on “taking a bite out of crime,” but we also will be moving into a public safety approach.

We are integrating our services to complement the Lincoln Fire and Police Department. The Fire Department spends a great deal of time on medical runs into Lincoln Hills. **About 94% of public safety calls are for this type of service.** We will keep you updated on this activity (while protecting privacy), through our email alerts system.

While the Lincoln Police are not often seen in Lincoln Hills because 90% of their calls are from the rest of Lincoln, we will be expanding our support through our

program of being “the eyes and ears of the police.” Bits of information we supply can help solve crimes!

Mark Your Calendar: The Lincoln Fire and Police Chiefs will bring you up-to-date at our **April 30 Safety Seminar** on how they deliver services and how you can assist.

So where do you come in? The success of our new focus will depend upon your vigilance! We also need to fill every Mail Box Captain and Village Coordinator position with one or two volunteers. If you can help in any way, small or large, please call a contact below.

To receive your email Neighborhood Watch Alerts the fastest way, go to the website at www.SCLHWatch.org, click on the Safety/Security tab; in the Alerts column, select Add Me To Mailing List. Please see page 31 for more information.



Neighborhood Watch welcomes three new board members, from left: Martha Yanger, Pat Sladky and Mary Cranston

Neighborhood Watch Contacts

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

Library News

Sandy Melnick, Library Volunteer

A reminder to all that our Libraries are “honor” Libraries. This means that all residents are free to take books from our



Libraries without check-out. We do ask that you return all read books in a timely manner and place them on the rolling carts. We appreciate your help but please do not shelve

the books as the volunteers have several procedures to do before the books are returned to the shelves. Thanks for your cooperation.

We always need new volunteers. If you can donate some time to help us, please contact Jerry Widdows at 408-4819. He will schedule you with a trainer on the day of your choice. We hope to see you soon.

My latest good read is *The Book Thief* by Markus Zusak. The story takes place in Germany during WWII and follows a very young German girl in a small town. She is

a foster child who talks about the people she meets and what secrets are being kept behind closed doors. This book was made into a movie and the book can be found in our hardbound fiction section.

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

Resolutions

Continued from page 14

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

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.

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Free Living Trust Seminar

Wednesday, January 28 • 10:00 AM • Oaks (OC)

Presenter: Vic DiMattia, Attorney at Law

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Club News



Alzheimer's/Dementia

Caregivers Support Group

Our group begins 2015 with a discussion meeting on January 28, at 1:00 PM in the Multipurpose Room (OC). The meeting will be facilitated by Stefani Wilson from Del Oro Caregiver Resource Center and will give us an opportunity to share the good and the bad of the recent holiday season. Were there situations that you were not prepared for, or perhaps a surprise that made your holiday special? As always we recognize the important work of caregivers.

Perhaps some friend or family member has expressed an interest in learning about Alzheimer's Disease. Guests are welcome at our meetings. Family members and friends may offer very special support to our members.

We have a fine selection of books and DVDs available to peruse at home or to share with family and friends,

We thank the Lincoln Hills Foundation for their support.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332;

Maria Stahl 409-0349



Antiques Appreciation

On January 5, we held our New Year's Biannual Show and Tell program with members bringing one or two pieces of their antique china. Many participated with interesting stories about their favorite pieces.



2015 Board: Front Row: Fran Farrell, Charlene Decker, Sandy Melnick, Bev Gabrielli, Jan Conley, Rose Marie Wildsmith. Second Row: Carolyn Kuczynski, Ann Renyer, Barbara Engquist, Jo Adair. (Missing: Pat LePage, Bill Bear, Gen Tewart)

If you missed last August's program with Steve Abbott and his Antique bottle collection, you will surely want to join us on February 2 as he once again presents a 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. Please join us to see his extensive collection, all in period framing.

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

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



Astronomy

LHAG hosted their annual Holiday party in December. More than 40 attendees enjoyed an Italian buffet and homemade desserts. Many thanks to Cindy Van Buren for organizing this event.

Monday, January 19—Chabot Space and Science Center trip. Check last month's *Compass* for more information.



Thanks to Cindy Van Buren for organizing our Holiday Party

Wednesday, February 4, 6:45 PM, P-Hall (KS). Cindy Van Buren will present "Tracing Space Back to You: How Space Exploration Impacts Your Daily Life."

Monday, February 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." February's lectures will be #19, "Infant Galaxies," and #20, "From Child to Maturity—Galaxy Evolution." Contact Morey Lewis, eunmor@pobox.com or 408-4469, for more information.

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

Contacts: Morey Lewis 408-4469, eunmor@pobox.com; Cindy Van Buren 253-7865, rvbcvb@att.net Website: www.lhag.org



Ballroom Dance

Dancing is fun. Why not "re-solve" to have more fun in your New Year? Plan to join us on Tuesday afternoons at KS. We are a great group that enjoys getting together for group lessons, open dancing, and dance themed events during the year. Every month, except December, a new dance style is taught. January features the graceful, flowing Waltz. Then, heat up your February with the sensuous Rumba. Beginning level is taught from 2:00-3:00 PM, open dancing follows from 3:00-4:00 PM. A more advanced level of the monthly dance is taught from 4:00-5:00 PM.



Karen & Gary Allington

Besides all the physical benefits of dancing, did you know that it is a medically proven fact that Ballroom dancing can make us even smarter? So, get a fun and healthy start in 2015! Dues are only \$7 per year. Lessons are included! It would be a great New Year's gift to yourself!

Contacts: Ruth Algeri 408-4752; Brigid Donaghy 543-6003



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be February 11 and March 11. 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 Thursday, January 22 at *Thai Orchid*. 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 December 3—
Winner: Ted Komaki;
Runner-up: Phil Delaney.
- Nine-Ball Singles December 9—



Winners and Runners up: Eight-Ball Singles, December 3: Phil Delaney, Ted Komaki; Nine-Ball Singles, December 9: Clyde McFadden, Ted Komaki; Eight-Ball Doubles, December 17: Joe Ferrando, Steve Brown, Clyde McFadden, Ed Ryan

Winner: Clyde McFadden;
Runner-up: Ted Komaki
• Eight-Ball Doubles December 17—
Winners: Joe Ferrando and Steve Brown;
Runners-up: Clyde McFadden and Ed Ryan.

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

Challengers Billiards

Happy New Year to all Lincoln Hills residents. Our group would like to begin the New Year by expressing to all residents how much we appreciate the wonderful facilities in which we enjoy our favorite pastime—pool. The facilities belong to all of us, so if you are a mid-level to advanced player, you are welcome to join in the fun on Fridays from 10:00 AM-12:00 PM at KS. The last Friday of the month is sign-up day for the following month.

Here are our winners:

First place—Seven of seven games: Ted Komaki, Doyle Coker; six of seven games: Gary Smith, Steve Fowler; five of seven games: Remy Giannini, Doug Porter.

Second place—Six of seven games: George Black; five of seven games: Ted Baker, Bob Wehner; four and a half of seven games: Gail Harmon. Honorable mention to Dan Oden for sinking the Eight Ball on the break in the first game.

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

Couples Billiards

Time flies when you're having fun in the Billiards Room (KS).

Week one, three teams tied with five wins: Tom Thornton/Doug Porter, Jim/Barb Conger and AJ Jhanda/Linda Scott. Ron/Sherry Weech won four games.

Week two, four teams tied with four wins: Dan Oden/Tom Thornton, Joe Perez/Rita Baikauskas, Peshu Irani/Doug Porter and Ron/Sherry Weech. Four teams also won three games: AJ Jhanda/Linda Scott, Bob Wehner/Chiquita Fratto, Rich Lujan/Lydia King and Bob Soriano played by himself.

Week three, two teams tied with five wins: Doyle Coker/Bob Soriano and Peshu Irani/Howard Skulnick were the players. Four teams tied with four wins. Dan Oden/

Tom Thornton, Joe Perez/Rita Baikauskas, Jim/Barb Conger and Ron/Sherry Weech won four games.

Week four: Tom Thornton/Doug Porter was the only team to win six games. Three teams tied with five wins: Those players were AJ Jhanda/Linda Scott, Jim/Barb Conger and Howard Skulnick/Peshu Irani.

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

Players Billiards

It's a new year and time to develop a new skill, make some new friends and have some fun! Our group plays seven games of Eight-Ball timed at 17 minutes each game. For midlevel skilled players, you will play with the same partner only once and the same opponent at most twice. We play every Thursday from 2:15-4:30 PM. Please arrive at least 15 minutes early. We have an advance sign-up binder on the fireplace. We sign up on the last Thursday of the month for the following month. Many times standby players can play. We play for honor and glory and a chance to get your name in the *Compass* monthly. Come check us out, it's free and join in the fun!

Congratulations to our recent winners:

- Seven games: Bob Soriano.
- Six of seven games: Ernie Recabaren, Ahmed Jhanda, Dan Oden, Remy Giannini, Joe Perez, Chiquita Fratto.
- Five of seven games: Dan Oden, Tom Thornton, Phil Berlenghi, Joe Perez, Peshu Irani.

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

Upstarts Billiards

Low English, high English, no English at all Sometimes we're lucky just to hit that ball.

How does Billiards sound to you? Our very own Upstarts Billiards Group is for beginners-to-average players. We play Standard Eight Ball on Thursdays, between 11:45 AM and 2:00 PM, at the Billiards Room (KS). We welcome new players. Come and join us some Thursday. See if this is something you'd enjoy!

Winners five games: Gary Averett, Sonia Bayer, Margrit Blanc, Gale Comer, Hank Corriea, Connie Hoetger, Randy

Ransdell, Ed Schneider, Ken VonDeylen, Karl Williams.

Winners four games: Stephen Baron, Richard Gsell, Jerry Hubsmith, Gary Smith, Herb Trueblood, Joan Wendell

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

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



Bird

Our next meeting will be Monday, February 9, at 1:30 PM in the P-Hall (KS). Heath Wakelee, one of our very popular speakers, will present a program on Bluebirds. If you have ever wanted to setup a Bluebird house in your backyard or just wondered about these beautiful birds, this is a meeting you will want to put on your February calendar.

We have two outings coming up. Friday, January 23, we head to the Sierra foothills east of Linden. This is a great area to see the Ferruginous Hawk, Loggerhead Shrikes and American Kestrels. On February 6 our group will walk the Ferrari Pond Trail. This outing is a wonderful way to start learning about the many birds that spend the winter in our Lincoln Hills wetlands.

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



Bocce Ball, Mad Hatters

The Mad Hatters had a Merry Christmas, with a dozen people showing up to play Bocce on the morning of our Christmas luncheon. This despite the cold, rainy weather that typified December. We had 17 people for our party at the Thunder Valley Buffet, which turned out to be a



Bocce Christmas Party

good venue for a group party.

We indirectly received some good news from the Association last month. Because we have no dues and no financial activities we will not be required to establish by-laws to manage our group. We are still required to have an annual meeting to approve steering committee members which we may call in late January or early February. The Association has a template set of by-laws which can be modified to suit specific groups and we might proceed with that if people think it appropriate.

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



Book, OC

Please join us on January 15 in the Multipurpose Room (OC) as we start the new year with the classic tale of supernatural and witchcraft, *The House of Seven Gables* by Nathaniel Hawthorne.



At our holiday luncheon is guest speaker, Jeri Ferris, author of Noah Webster & His Words with outgoing chair Penny Pearl

Schedule for remainder of 2015:

- February 19—*Winter of the World* by Ken Follett
- 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

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

Contacts: *Darlis Beale* 408-0269; *Penny Pearl* 409-0510; *Dale Nater* 543-8755

Website: <http://LHocbookgroup.blogspot.com/>



Bosom Buddies

Breast Cancer Survivors

Our December 11 Christmas Luncheon had to be cancelled due to the storm that was attacking our area. It was moved to January 8 and it was a New Year's Luncheon. We never miss an opportunity to have a party.

Our group is perfect for the ones who are in treatment or have finished treatment. How are we perfect? We Bosom Buddies ladies are very understanding and sympathetic to everyone with the disease; but we do not dwell on the disease. If a person is prescribed a new medicine, she will ask if anyone has taken it and that is as far as it goes. We are compassionate, understanding and joyful. Our programs are fun and informative. We have had radiologists, nurses and doctors come to speak and give us up-to-date information. Please come join us the second Thursday of month in the Multipurpose Room (OC) and be ready to smile.

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



Bridge, Duplicate

Over 170 club members enjoyed the food, companionship and dancing at our annual Holiday dinner in the Ballroom (OC) on December 17.

The annual club meeting is to be held at 10:00 AM in the P-Hall (KS) on Wednesday, January 21. It is important that you attend so that we have a quorum to approve the 2015 club budget. In addition, the following club officers for 2015 will be introduced: Sharon Neff President, Jim Collart Vice President, Jim McElfresh Treasurer, and Tom Rosen Secretary. Remember, too, that your \$5 annual membership fee is due in January. Our club games are played in the Kilaga Springs Lodge on Wednesdays

at 12:30 PM, on Fridays at 5:00 PM, and on Saturdays at 12:30 PM. Game fees are \$2 per person for club members and non-member Lincoln Hills residents or \$5 for invited visitors.

For additional information, visit the website or call club president Sharon Neff (below)

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners Thursday Evening First & Third

Let's play Social Bridge, just bring your partner. Reservations are recommended but not required. Call and we will enter you and your partner on the player's list, or just show up by 5:45 PM. 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. *Both partners at the table are expected to keep it moving to complete four hands in 25 minutes.*

December 4 winners—First: Rose & Joe Phelan; second: Stan Mutnick and Jack Orlove, with the night's high round of 2170; third: Carol Mayeur and Dolores Marchand; fourth: Sasha Rome and Marilyn Gold. December 18th winners—First: Edith Kesting and Erica Wolf; Second: Nancy Turrini and Lydia King; third: Olga Hayden and Ed Page; fourth: none with only eight tables. The night's high round of 1790 went to Joe & Rose Phelan.

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 start by 6:00 PM in the Sierra Room (KS), because we *must* finish by 8:30 PM. Both partners are expected to keep it moving, six minutes a hand with visiting after four hands are complete.

November 27 winners—Not the turkey. Give thanks for good cards and good friends here in Lincoln Hills. Happy Thanksgiving! December 11 winners—First: Kay &

Ben Newton, with the night's high round of 1560; second: Marge & Ken Klein; third: Bev Ansbro and Chris Jacobson; fourth: Edith Kesting and Erica Wolf.

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



Bridge, Social

Join us for Social Bridge.

We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). You do not need a partner but please make a reservation!

Remember: Everyone must arrive between 12:30 and 12:50 PM to assure a place to play.



Social Bridge players

Winners: November and December—First place: Richard Lund, Jodi Deeley, and Joe Phelan; second place: Jyoti Sitwala, Bev Dwyer and Lois Burke; third place: Dolores Marchand, Richard Lund and Ed Page; fourth place: Rose Phelan, Bob Fawcett and Peggy Schmidt.

Our Grand Slam Winners: Eleanor Amar and Carol Mayeur. Congratulations Ladies!

Reservations for January and February—Lynda Sader (858) 204-2427 or Joan

Schabillion (408) 314-1701.

Contact: Jodi Deeley, 208-4086

jodi@wavecable.com



Bunco

The Bunco Group enjoyed spending holiday cheer time together! If you happened to walk by the Card Room (OC), you would have heard the cheering and laughter going on—it made for a fun time!

At the conclusion of Bunco play, numbers were drawn for the gift exchange. There were many beautifully wrapped packages available to open so very little stealing occurred. After the gift exchange we headed to Thunder Valley for a nice buffet lunch.

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Please consider joining us and maybe you will be the next Bunco winner! Enjoy in the fun for only a \$5 play fee! Play starts promptly at 9:00 AM. Drop in when your schedule permits.

December winners: Most Buncos Sara Klesius; Most Wins Phyllis Papagiannis; Most Losses Betty Wink; Traveler Paulette Rhoads.

Next Bunco is Thursday, January 15.

Contact: Kathy Sasabuchi 209-3089,

ksasabu@wavecable.com



Ceramic Arts

Happy New Year!!! Hope you had a fabulous Holiday! Also I'm thinking Santa was good to everyone and you enjoyed all those fantastic goodies.

The new year brings new promises so check out that class you been itching to try. It's fun and very enjoyable to create that first piece. Remember that Ceramic Arts Group dues were due and payable January 1 and forms are available in the Pottery Room (OC). Please forward your info and your check to Mike Daley. Dues help with studio supplies and are a bargain at \$12!!

CAG—OC Workshops on Saturdays, 9:00 AM to 3:00 PM; Sundays 12:00 to 4:00 PM. KS Workshops on Mondays, 1:00 to 4:00 PM for Earthenware, Sundays, 1:00 to 4:00 PM for Spanish Oils.

"Open Studio" (available to all residents) OC Fridays 12:00 to 5:00 PM; KS Sundays 1:00 to 4:00 PM.

For information contact the individuals below.

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

After our successful "Winter Fantasy" concerts in mid-December, the Lincoln Hills Community Chorus is already back at work rehearsing for our spring extravaganza. "Melodies of Love" will include a marvelous selection of Great American Songbook standards: classics like "At Last" by Harry Warren, "Don't Get Around Much Anymore" by Duke Ellington, "Isn't It Romantic" by Rogers and Hart, "Skylark" by Hoagy Carmichael and Johnny Mercer, and "Embraceable You," "Love Is Here to Stay," and "They Can't Take That Away from Me" by the Gershwins.



Some spring Chorus selections

We're loving them, and so will you. Mark your calendar now for our Ballroom performances on April 26-28 and plan to 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: February 11, 6:30 PM—"Windows 10 a First Look" by Rita Wronkiewicz. Windows 8 has had a tumultuous run; Microsoft is hoping to turn this around. Microsoft expects to release the OS sometime in 2015. Windows 10 isn't just about PCs. The OS will run on everything from desktops all

the way down to smartphones, and the user interface will adjust accordingly. If you hated Windows 8's full-screen Start screen, you're in luck: the new Start menu harkens back to the good old days, sitting on the left side of the screen. If you liked Windows 8's approach, the new menu will incorporate Live Tiles and can be customized.



February 11:
"Windows 10 a First Look" by Rita Wronkiewicz

Clinic: February 13, 3:30 PM—Search Engines by Terry Rooney: Bing vs. Google, Microsoft is making inroads.



February 13:
Search Engines—Bing vs. Google by Terry Rooney

Ask the Tech: February 27, 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

By now, all eligible Apple Users should have installed the free, optional OS X Yosemite upgrade on their iMacs and MacBooks and iOS 8 on their Apple devices. Also, if you haven't already done so, the MUG suggests that, on your Macs, you choose Apple menu > System Preferences, then click App Store. A dropdown will appear allowing you to opt to automatically check for OS and App updates, and giving you a menu to select from as to which updates you want to automatically download and install. It is a good idea to select all of the options.

For the iPad & iPhone choose Settings>General>Software Update. If



Educational seminar in the Presentation Hall (KS)

there are any iOS updates to install, you will have the option to do so. Notice of App updates will automatically appear alongside the App Store icon on your home screen for easy access.

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



Country Couples

The Holiday Season is traditionally a time to express gratitude and thanks for kindnesses offered throughout the year. Country Couples made no exception when at the Holiday



At the Holiday Dance, many current and former dance class students presented

the instructors and practice instructors with a gift in appreciation for their assistance

Dance many current and former dance class students presented the instructors and practice instructors with a generous monetary gift in appreciation for their assistance. Jim & Jeanie Keener, Kathy & Rene Lopez, Irene & Ivan Hesson, Ern & Tom Hargis, Georgi & Dennis Dawson and Marsha & Larry Brigleb were surprised and delighted to be honored with such a generous token of appreciation. Congratulations to all for a job well done.

More fun and excitement is promised with several dances already planned. The first on January 18 will be an afternoon luncheon/dance in Roseville, followed by our mid-winter dance at SCLH on February 21. The newly formed Decorating Committee, headed by Sandy Manildi, should make these dances festive and memorable.

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



Cribbage

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

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



Cyclist

On December 10, the Cyclist Group had their annual Christmas dinner at Catta Verdera Country Club. We all had a great time visiting with fellow cyclists. The dinner was well presented and tasty. Several of the cycling shops that we frequent supplied drawing prizes.

Many thanks to Pat Howle, and her helpers for making our annual dinner a pleasurable experience. Music and entertainment was provided by one of our cyclist's DJs and the always popular Ukulele Group.

Our Cyclist Group Annual meeting was held on January 8 and so we now have three new officers who will serve for the next two years. Our newly elected officers

are, Fred Higgins President, Mike Connolly Vice President, and Gary Steer Treasurer. Fred and Gary are old hands at this since they both served several years ago.

Caution! Winter weather is here and the roads may be wet and icy.

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

Website: www.LHcyclist.com



Eye Contact

Low Vision Support Group

Note: General meeting start times for 2015 have been changed to 2:00 PM.

In January, our presenter was a resident of SCLH with dry macular degeneration who has been participating in stem cell trials at UCLA. We can look forward to updates as she moves through the process.

On February 12 our speaker will be Eddie Ballesteros, Ombudsman for the CA DMV. His presentation will center on rules for senior licensing and limited area driving.

General meetings are held on the second Thursday of the month in the P-Hall (KS) and feature a guest speaker or an audio-visual presentation. Our Living Skills Workshops are held on the fourth Thursday of the month in the Multimedia 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

Guest Speaker for the January 22 General Meeting (2:00-4:00 PM) at KS will be local farmer, Jim Muck—*Growing Vegetables Like a Farmer!* He grew up in the town of Wheatland and started farming on his family's land in 2001. He is the fifth generation of his family to farm this same piece of ground in Wheatland. He came back to the farm after pursuing a few careers. (Jim has a degree in business.) His farm produces 25 different organic crops on 10 acres. The produce is sold primarily at Farmers Markets as well as to a number of wholesale outlets. The farm produces crops year round through the use of season

extension techniques as well as careful crop planning.



*Jim Muck, our January Guest
Speaker; Farmers Market*

Membership (2015)—renewal and new—is available 1:00-2:00 PM before the General Meeting or by contacting Marjie Anderson, 408-7685 or conmarand@sbcglobal.net. Registration is \$15, per year per residence—checks made out to SCLH Garden Group.

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

Bonsai Group

The time and place for the 2015 meetings have been changed to the third Thursday of each month (2:00-4:00 PM) in the Terra Cotta Room (KS). For the January meeting we are going to review the different styles that we discussed last spring and then jump into a slide show of the Golden State Bonsai Show that was held the last weekend of October in Sacramento.

Our Bonsai Show will be held this year on Saturday/Sunday, May 2/3 at OC and we will plan on the same format as last year for the time being. Contact: Larry Clark, 409-5214, lkclark@surewest.net.

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



Gem and Mineral Society

Group meeting January 26, Sierra Room (KS), 1130 AM.

The Gem Cutting class will be taught

in January, March, and May. The Lost Wax Casting class will be taught in February and April.

Check out Dave Fisk's article in the December issue of *Rock and Gem Magazine*, "One Ring Many Stones."

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

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

Gem and Jewelry Open Workshop

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

The Genealogy Club general meeting on January 19 is a must for all members. You will be electing officers for 2015. The place? The P-Hall (KS), 6:30 PM. The guest speaker is Jim Baker and the topic

is "Solving the Most Common Family History Mysteries Online." This presentation discusses the best methods of handling four common family history mysteries that create major research problems.

The 2015 annual dues are due and must be paid prior to 6:30 PM on January 19 to be eligible for the prize drawings. Two fabulous prizes are *HP Stream 7" Tablets loaded with Windows 8.1 and Office 365*. The club social will follow the general meeting.

A new club website has been created and you are requested to visit this new site and see for yourself what events and general information is available. Watch for repeat information on the *Genealogy Boot Camp* class.

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

Website: lincolnhillsgenealogy.com



Golf, Ladies

Lincoln Hills Lincsters

The Lincoln Hills Lincsters held their annual club Christmas Party on Wednesday, December 10. Captain Points winner went to Phyllis Patrick who had the lowest net scores in all flights, 179 points. Golden Putter award went to Mary D'Agostini who won the putting contest five times this year with a total of 74 putts. Most Dedicated Player went to Kate Gold. Most Improved Player went to May Lyau. Steve



May Lyau, Most Improved Golfer; Phyllis Patrick, 2014 Club Champion and Captain Points Winner; the new Lincster Board

Treadway presented this award to May. Our Golfers of the month were recognized and our A, B, C and D players in each flight received awards with most pars, birdies and chip-ins. Our club champion for 2014 went to Phyllis Patrick! Our new Lincster Board was introduced for 2015, Marie Bossert, Barbara Conger, Sara Cannon, Marnie Badgley Nancy McDonald and Darylynne Giorgi. A special thank you to Carol Golbranson, past Captain, for all her contributions and service to the Lincsters!

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

Ladies XVIII

Rebecca Shoaf hosted the annual Holiday Awards luncheon adorned with vibrant poinsettias and wreaths as centerpieces.

The Birdies and Chip-ins, managed by Lewis, found a myriad winners by flight. Those with at least six were Thom, Reinhardt, Parker, McNiff, McCoy, Hur, Feldman, Dodd, Botelho, Blanchard, Biswell, Bedford, Arts and Anselmo; and with 11 or more: McCoy, Kalani and Habecker. Topping the chart with 23 apiece, were Warren and Koropp.

Reinhardt charted the Eclectic and presented the flighted winners. With net scores under 50, on the Orchard, five ladies laid claim: Devers, Hastings, Koropp, Lewis and Thom; while on the Hills, there were 13: Anselmo, Bedford, Botelho, Chauvet, Hur, Koropp, Lewis, O'Leary, Parker, Perry, G. Petersen, Robinson, and Unger. Many more were recognized.

Finally, a surprised Dell Parker earned the Most Improved Golfer, paring five strokes from her handicap. Sommerhauser was recognized for her second ace on Hole 12.

Submitted by Candice Koropp, Publicity.
Contact: Candice Koropp, 409-0607
Website: lhlxviii.com



Golf, Men's

On November 4 we held our Pinehurst tournament which was a two-man team event, the winners are as follows:

First flight: Dennis Cumiford and Doug Swanson with a net—58; second flight: Frank Merlo and Rich Yoshikawa with a

net—62; third flight: Carl Zierman and Gary Anderson with a net—64; fourth flight: David Jansen and Roger Corley with a net—61.5.

On December 2, we held our Monster tournament which was a two-man team event, the winners as follows.

First flight: Burt Swart and Don Murray with a net—64; second flight: Merser Tyson and George Wuschnig with a net—65.5; third flight: Ray Engelhardt and J. Smyrak with a net—69; fourth flight: Joe Varner and Ron Weech with a net—65.5; fifth flight: Roger Corley and David Jansen with a net—64.

**Contacts: Rodger Oswald, rodgeroswald@gmail.com; Roger Cummings, cummingspct@aol.com; Karl Williams, kwill78479@aol.com
Website: lhmgc.org**



Healthy Eating

Our guest speaker for our Monday, January 26 meeting, 2:00 PM, is noted local author Joanne Neft. Her books extol the health benefits and joy of lifestyles based on eating fresh local foods *when in season*. Guests are welcome at her 2:00 PM presentation in the P-Hall (KS) and 3:30-4:30 PM in the Social Kitchen (KS) where there will be a book signing and sampling/tasting of healthy dishes from recipes in her books. You will also be able to purchase her books at the special price of \$25 each.

Happy healthy greens prize winners, local chard plays role of centerpiece in new drama, Farmers Market treat for its customers



Start 2015 right by joining us in our discussions on ways to explore new healthy foods and better ways to prepare them, and to improve our relationship with food! Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS); January's meeting is the 26th and February's is the 23rd. *Guests are welcome.*

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



Hiking and Walking

New Year's Greetings to Walkers, Hikers, and all who read this article!! May it be a healthy and happy one for each of you!!

Walking Coordinator, Louis Bobrowsky, does a wonderful job organizing the walkers and helping to create a very friendly and outgoing group. When asked about the Walkers, he offered this "good will" perspective. "Several clubs serve as entry clubs. No experience is needed to join them and the learning curve is immediate. These include hikers/walkers, Bocce clubs and Bird Group. During the hikes, walks, and playing bocce ball or looking for birds, you meet new people, learn about other clubs and Lincoln Hills as well as local restaurants and places to shop. Join these clubs and meet your next best friend and learn more about where you live."



Walkers sharing holiday smiles at their December 10 Christmas Party; walkers on their weekly Wednesday walk at Lincoln Hills

The Hiking/Walking website has all the information you need to find out about our group!

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



Investors' Study

New start time: 2:30 PM.

Pierre Rogers from Prudential will be our speaker on Thursday, February 5, at the P-Hall (KS). Pierre spoke to our group in December and received lots of questions



Photos from our Christmas Party—our speaker from Pioneer; a table of guests



and appreciation from our members. Russ Abbott is unable to attend our February meeting so we'll have to wait until March to get his Playbook Summary.

Dues: We will begin collecting dues in February and March. Dues are \$15 per household. Make check out to SCISG.

Refreshments will be served after our meetings in the room across the hall.

Active Investors Subgroup: The Active Investors meet at 3:30 PM on the second Monday of the month in the Multimedia Room (OC). Chair: Bill Ness, 434-6564.

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



Lavender Friends

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

Dru Richie has an eye for adventure. If life offers her an opportunity, she takes it. Robin and Dru Richie became the first gay couple to marry in Placer County.

Outgoing and athletic, Dru likes a challenge. She auditioned for the Los Angeles production Andrew Lloyd Weber's *Cats*, playing the role of Calico. When the Los Angeles Lakers were looking for members for their cheerleading team, she won a place on the team after an audition that emphasized dancing, personality, style, and teamwork. "Seize the day" is a lived value.

Dru currently works as the "go-to" employee when people need help with computers.

Upcoming events are a Breakfast February 2 and a Potluck February 14. Check our website (below) for additional social opportunities.

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

Lincoln Hills



Line Dance

Welcome to our new Steering Committee members who have loads of experience. Sheridan Brown has been line dancing 22 years and is a current practice teacher. She loves Latin and popular music, and appreciates the mental and physical work that line dancing entails. Janet Burns started line dancing nine years ago. She and Helen Rains began in Level 1 and worked up to Level 3. Janet enjoys most of the different kinds of music that are used, and loves that she has found a type of exercise that is fun. Janet Hamil and Helen both began five years ago. Janet started in the Intro class and worked up to Level 2. Her favorite music is Country,



Our new Steering Committee

and she loves supporting the beginning dancers. Helen especially loves dancing to modern pop, and experiences a general sense of well-being that comes with the dance motion. All have made great friendships too!

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



LSV/NEV

With the New Year comes the challenge to rethink what activities have been successful for your group, and those that need fine-tuning.

The LSV/NEV Group presents Ryan Kugel of Electrick Motorsports as the program speaker, Tuesday, January 20, P-Hall (KS), at 10:00 AM. Prior to the program there will be a complimentary 'coffee' for members in the Social Kitchen (KS) from 9:00 to 9:45 AM.

Following Ryan's talk, the LSV Board will have a 'very important' and frank discussion with the members about any changes, adjustments, programs, day trips for the 2015 group activities. *We urge all Members to be at this meeting to share your thoughts, and let your voice be heard.*

Contact: Dan Gilliam, 209-3946



Mah Jongg, Chinese

Greetings! Now that we are early into the winter season, and are thankful for the rain we have received thus far, it may be a good time for you to come indoors and to 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 in the card room @ the 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

Did you make a New Year's resolution to try a new activity? Do you find yourself searching for a creative outlet? Well come on down to the Ceramics Room (OC) on the third Wednesday of each month! Between the hours of 1:00-5:00 PM, we work on individual projects while sharing ideas and helpful hints. Mixed Media is just that—we mix acrylic paints and add collage elements—ranging from fibers to paper to found objects and natural elements such as leaves and twigs. In addition to canvas, we work on repurposing and recycling found objects utilizing paint with a variety of textural additives. Dues are \$10 per year, however you are welcome to try three visits prior to joining.

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



Motorcycle

RoadRunners

The New Year is here and we look back on the prior year rides. We had ten scheduled rides during the year and several social activities. Some social activities even included a ride! Our tours took us to the Bay area, Gardnerville, Dutch Flat, Feather River, Chico, and many other places.

The culmination of our touring season was the Christmas Party. We had a spectacular event at Buonarroti's restaurant where 42 members and guests enjoyed an excellent meal. Many thanks to our VP Membership Patrick Chaves for planning and hosting a great party

While the RoadRunners will not have a regular meeting in January, the Road

Captains will meet to sketch out the riding agenda for 2015.

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

“Ride safe, ride with friends!”

Written by John Milbauer.

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



Music

The Ukulele Ohana (family) continues to hold their weekly jam sessions each Wednesday, 1:00-3:00 at Orchard Creek Lodge with everything from the blues, to the Beatles, to classic Hawaiian music being played and sung. Newcomers are always welcome and a good time is guaranteed. Contact Ron (409-0463) for information about the beginner's class.

The next Music Group meeting will be Wednesday, January 28, 6:30-8:00 PM in the Fine Arts Room (OC). This is a great time for music lovers to gather together. Bring your instruments and/or voices, sign up to perform, or just enjoy the music and socialize. All are welcome.

Popular “Open Mic Night” will resume on Friday, February 27 with additional information available in the February *Compass*.

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



Needle Arts

Threads of Friendship

The year started out with another dazzling meeting, and now we are looking forward to Aneline Belden, a resident of Volcano, CA coming to the P-Hall (KS) on February 10. Ms. Belden will bring her trunk show and demonstrate “Stitch and Flip”, a method of creating a Dresden Plate block which is revealed in her book, *Thoroughly Modern Dresden*. She conducts workshops and retreats throughout the year and will bring copies of her book and patterns for purchase.

The new Board of Directors has hit the floor running, setting up many happy ad-

ventures for all. The subgroups continue to enjoy their times together. I hope you have had a chance to see the wonderful items displayed in the Sewing Room window (OC). Judy Horowitz always does an outstanding job in displaying an array of articles created by various people at retreats, in the Sewing Room (OC), and at workshops.

**Contact: Carol Matthews 543-7863,
carolmf1929@gmail.com
Website: www.sclhna.com**



Neighborhood Watch

Help is on the way! Four new Workshop Sessions have been scheduled for 2015. These workshops are for new volunteers and anyone who would like to refresh their information and have questions answered. All Mail Box Captains, Village Coordinators, and prospective volunteers are invited to attend.

The first Workshop is from 6:00-8:00 PM on March 27 to accommodate those not available during the day. The other three Workshops will be from 2:00-4:00 PM on June 26, August 14, and October 23. All Workshops will be held in the Fine Arts Room (OC).

Attendees tell us that discussions with other Mail Box Captains and Village Coordinators are very helpful, in addition to learning easy ways to accomplish our objectives. Bring a friend to double your fun! Reaching out to become acquainted with more Lincoln Hills residents is rewarding.

To register for a Workshop, contact Pauline Watson (see below).

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



Painters

First, guests at Buonaratti restaurant may still view and, perhaps, purchase, “Farm Life” paintings produced by Painters Club members.

At our membership meeting, Monday, January 19, from 2:00 to 3:30 PM, which will be held at KS, we will review rules and regulations for our annual February

Fine Arts Show which will take place the 20th, 21st, and 22nd in the Ballroom (OC). We will also celebrate our new location with fun prizes.

Our February 16 meeting will feature Andrew Cook, Manager of the Sacramento Dick Blick Art Supply Store. He will tell us about various art supplies sold at the store and provide an Acrylics Demo. If you would like to pre-order art supplies, you may do so and they will be brought to the meeting.

February 13 and 14, Artist, Susan Sarback will again offer a painting workshop here. See page 67 of this *Compass* for details.

**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

We started off 2015 with a surprise project—a paper decorated TicTac container! Paper art is not just about card making, but using paper crafts in many different ways. It was a fun project and great for party favors, stocking stuffers, etc.

Our year ended with a wonderful Christmas luncheon. We enjoyed a delicious lunch, exchanged gifts, and collected donations of food and turkeys for the Salt Mine. Thank you to all the members that contributed.



Paper Arts members gathered for our annual Christmas luncheon

A special “Thank You” to Gary Sly who has been our “photographer” for our annual group picture at our holiday luncheon the past few years.

We are still collecting the fronts of Christmas cards for donation to Shriner's

Hospital, so bring them to our February meeting.

Our window theme this month is Winter—stop by the Paper Arts display case (OC) and take a look.

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

Fog is a great medium for photography—it suggests Mystery (can't see squat) and Romance (remember Casablanca). It can also be a terror (think 15 to LA) or what's going on (or not) in your head too early in the morning before enough coffee. Or it can partially shroud the construction of a field of financial dreams in this photo of Thunder Valley Casino (it was built and they came). In any event, these days of winter can offer



"Fog Prism" and "Casino" by jeffa

opportunities with your camera that can be very rewarding to explore...Photos on and around Highway 49 are now on exhibit at Simple Pleasures Restaurant on 5th Street in Lincoln, but the subject will change with a new set of images about "Animals" on the 19th.

Scribe: jeffa

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



Pickleball

Party, party—221 club members and guests donned festive holiday attire to socialize, dine and dance at our December Christmas party. Lynn Fraser created a unique slide show of 2014 club mixers, socials and tournaments for viewing and DJ West Entertainment played requested music favorites. Meridians Catering served a scrumptious dinner on beautifully decorated holiday tables. Many thanks to Lynn for orchestrating such a fun party!



Smiles all around at the 2014 Christmas party

Money earned from our club's 2014 recycling efforts has been donated locally

to Placer County Food Bank, Lincoln Hills Foundation and The Lighthouse. Additionally, we are purchasing equipment to introduce pickleball to Lincoln schoolchildren in 2015. Thanks Mona and members for continuing to make our recycling program a success. Let's continue in 2015!

New Membership Director Katie Bloom is eager to add your name to the 2015 club roster upon receiving your annual dues. Find a membership form on the club website. Don't delay!

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



Players

Currently the Players are rehearsing for not one but two very funny shows. Mark your calendars and be sure to tell your friends, family and neighbors to mark theirs too.

"Love Is In The Air... Or Is It?" consists of four stories of life and love, that will tickle your funny bone and warm your heart, and will grace the P-Hall (KS) stage on February 7 at 7:00 PM, and February 8 at 3:00 PM. As always, the Readers Theater's productions are free.

"The Ballad of Gopher Gap... or Sticky Fingers Won't Wash" will be on the Ballroom Main Stage (OC), March 4 at 7:00 PM and March 5 at 2:00 PM and 7:00 PM. This show is a side-splitting, over-the-top, campy melodrama. Come prepared



"The Ballad of Gopher Gap... or Sticky Fingers Won't Wash" on March 4 and 5

for some wacky audience participation and outlandish guest appearances. Tickets are available now at the Activities Desks.

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



Poker

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

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

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 happy RVers will kick off their 2015 season with a four-day trip to southern California January 26 at the Sands RV and Golf Resort in Desert Springs. Wagon masters Rosie & Bill Eads have reserved 15 sites for those that are able to make the trip. They won't have to travel for golf since there is a nice little nine-hole course on the premises. A dinner at an Italian restaurant near the park, Capri, will be among the group's activities.

Next trip on the schedule will be at the Durango RV Resort in Red Bluff April 16-20, just in time for the Red Bluff Round-up Weekend Rodeo.

Monthly meetings are held on second Thursdays, 4:00 PM, in the Social Kitchen (KS). They are open to all Lincoln Hills RV owners who want to join in the fun.

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



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

Bringing in the New Year! "The future belongs to those who believe in the beauty of their dreams."—Eleanor Roosevelt. What a joyful way to think of this new year! As our volunteers continue to give so gener-

ously of their time, talents and gifts to our young people, we encourage you to share your experiences with us. We send every one of our volunteers a huge round of applause for a job well done in 2014!

Be sure to mark your 2015 calendars with the following dates:

- June 9—Annual Summer Potluck, 5:30 PM, Sports Pavilion Picnic Area.
- September 10—Annual Meeting, 9:00-11:30 AM, P-Hall (KS);
- September 14—Orientation Workshop, 9:00 AM-12:30 PM, Oaks and Gables Room (OC);

If you've been thinking about volunteering with SCHOOLS, or just want to know more, please call one of our contacts. Here's to you all and to a wonderful and busy 2015!

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

We trust that each of you had a wonderful Holiday and that your New Year will be a healthy, happy one for you and your four-legged friends!

Our first meeting of the New Year will be held at Orchard Creek Lodge on February 3 at 11:00 AM. Mark your calendar for this meeting, which promises to be very informative with Dr. Ann, from the Sterling Pointe Veterinary Clinic in Lincoln, as our guest speaker. Bring your questions with you!

Our annual dues for 2015 are now due and payable. If you have any questions, suggestions, or comments, you may contact our Committee at scoop@scih-scoop.com. They can either help you on the spot, or point you in the right direction.

Happy New Year!!

Submitted by Gay Sprague.

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



Scrabble

We had a great turnout for our holiday lunch December 8 at Meridians

with game playing afterward. A good time was had by all! A picture of a few of us is included below.



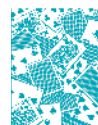
A photo from our holiday lunch

As we were experiencing our "epic" storm last month (the pineapple express), I researched some other words to describe winds. Here are a few: bayamo (Cuba), bura (Siberia), and bora (Croatia), Fon (France), bhut (India), chinook (pacific northwest) and bise (Switzerland). A few others: etesian, haboob, oe, sarsar, simrom and williwaw. All of these are playable Scrabble words!

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

Submitted by Connie Protto.

Contact: Anne McMaster 409-5408



Shanghai

Well, another year has come and gone. Did you learn a new game? If not, join us in learning how to play the card game called Shanghai. It's a fun game played with four-to-six players at a table. We play every Thursday at 12:30 PM in the Card Room (OC). We also play every second and fourth Friday nights at 5:45 PM. For more information, contact one of the names listed below.

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



Singles

Dynamic Singles

Hope you had as much fun over the Holidays as the Lincoln Hills Dynamic Singles Club!

We had a Holiday Luncheon on December 13, and then a Pre-New Year's Party on December 29.

And, since New Year's, we've had a Birthday Party, a General Meeting with Blind Gift Exchange, a Saturday Breakfast, and

Dining Out! Whew—hope *you* are having as many good times as *we*!

By the way, Ladies and Gentlemen, it's time to dispel a sub-Urban Legend! We have 80 very attractive male members!!! They dine and drink, they sing



All dressed up for the Christmas Luncheon are just some of the 80 men members of the Singles Club

and dance, they chat and chow, they play golf and bocce ball and hike! In short, the Lincoln Hills Dynamic Singles Club is a *great* place to hang out with the *guys*—and our Ladies!

Next up: Pre-Super Bowl Party on January 22 !

Join us! Questions? Call Judie Leimer
Contact: Judie Leimer 408-4308, jlleimer@icloud.com; Maralyn Fisher-Zack 408-4747, mdfzack99@aol.com



Ski

Finally, club activities are in full swing. A bunch of us got in a few days on the slopes in December, but this month should really start the season. Check your weekend emails for skiing day trips for the coming week.



Rich, Claire, Jon and Mike prepare for ski season

We hope your legs are ready! Some members made sure of that by taking the Fitness Center's Ski Conditioning Class. We

have lists of great exercises if you would like them.

We will plan a ski day combined with lunch at Rainbow Lodge at least once this month; members will be alerted.

Our next general membership meeting will be Tuesday, January 22, at 4:00 PM in the Multipurpose Room (OC). Meeting details to be provided.

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



Softball, Senior League

It seems hard to believe, but the year 2015 brings us to our 16th year of Senior Softball in Sun City Lincoln Hills. It seems like only yesterday that the Wolves and the Coyotes first began playing at McBean Park.

Our organizational meeting for the 2015 Summer Softball Season will be held on February 3 at 3:00 PM in the Gables Room (OC). Applications for play this year will be available at the meeting or online. The League is open to all residents of Sun City Lincoln Hills.

Weekly Sunday practices, held at Del Webb Field from 10:00 AM-12:00 PM, are open to all members. If you are interested in playing softball or just want to see what you can do, fill out an application and come on out to the field some Sunday. You will meet a lot of great people of all skill levels.

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



Sports Car

We finished off our year with a fabulous Christmas Party at Catta Verdera Country Club. Over 100 people attended. The room at Catta Verdera is a wonderful place to hold a party. We had a fabulous buffet dinner and dancing to the Freestyle Band. This was also our chance to say thanks to lots of people who have made our year a great success.

DiAnn Rooney, our incoming president, introduced the new board members. They include Tom Ware VP, Bud Van Cott Secretary, Mary Olsen Treasurer, Al Gillespie and Marilyn Hauptert Rolling Events, Kathy Mason and Sandy Milbauer Social



Christmas party; Happy Damsels

Events, and Ron Goleno will continue as webmaster.

Thanks to Edy Ternullo and other Board Members plus Terry Rooney and numerous other people who have contributed time and effort to lead trips and make our events so successful. It takes a lot of participation to make our club work so well.

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



Square & Round Dance

Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- Mainstream Level
 Mondays, 1:00-2:15 PM (KS)
 Monday, February 2 a New Dancers' class will start. First two sessions free.
 - Plus Level
 Mondays, 2:15-3:30 PM (KS)
 - Advanced Class Mondays,
 3:30-4:00 PM (KS)
 - A-2 DBD Level—Thursdays,
 1:00-3:00 PM (KS)
- Call Louis or Gail to join today!!
**Contacts: Louis Bobrowsky 434-5932 louisbobrowsky@yahoo.com;
 Gail Holmes 253-9048 gailholmes@sbcglobal.net**



Table Tennis

On December 7, the Table Tennis Club held their annual Christmas party/dinner at Skipolini's restaurant. Along with camaraderie, good food and spirits were enjoyed by club members and guests. A drawing was conducted and lucky winners were pleasantly pleased. Once again kudos to George Porzio and all who assisted in making this occasion special.

For those who have not done so, please provide your email or other contact information so that you may be made aware of events and those rare times when our room is not available for play.

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

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



Tap Company

Plan now to see our March musical, which is set in Meridians Restaurant and follows the misadventures of Jack and his friends as they try to find romance. Will Jack win Mary's love, even though he can't dance? Or, 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? Is Dave really the lady's man he thinks he is? You'll enjoy great dancing and singing as these questions and others are answered in "Rockin' the Hills."



Rehearsing the production number for "Rockin' the Hills"

the Hills." Let songs such as "Can't Help Falling in Love," "My Boyfriend's Back," "It's My Party," and "Only You" awaken your own romantic memories. Over 80 of your neighbors are working to bring this musical to life. And, their first priority is to make sure you have fun. These shows always sell out, so make sure you get your tickets soon.

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



Tennis

Bringing in the *New Year*... Lincoln Hills Tennis Group Board for 2015, last year's Board has decided to stay on another year. We have one new Board Member, Diane McLaughlin as Treasurer. Thank you Diane for stepping up to the plate. The Board is always open to any ideas or suggestions—don't be shy!

The 2015 Board of Directors doing what they love best.....TENNIS!

Bob Sanguinet
Tournament Director

Linda Burke
Communications

Greg Burke
President

Diane McLaughlin
Treasurer

Linda McDermott, left
Linda Mateer, Social Co-Chairs

LHTG would like to thank our sponsors for 2014: Carolan Properties, Humana, Ann & Michael Renyer, and Swanson-Schaack Physical Therapy.

LHTG has an amazing year of tennis activities planned—the first being the Valentine's Day Tournament, February 14. In January, the schedule of events for

2015 will be posted at the Pavilion and on the website. Sign up for 2015 and be included in a year of tennis action! Applications are at the tennis pavilion or <http://sclhtg.com>.

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

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



Vaudeville Troupe

The reviews are in! The "Golden Revue Vaudeville Variety Show" last week was a huge success. We had singers, dancers, comedy and a bit of magic to entertain the audience. The audience also loved the kazoo band and each audience member was given a kazoo so they could participate humming to the Saints Go Marching In and When You're Smiling.



Sandy Klein; Roxie Goddard and Don Moran

With the January show behind us we will begin the process to get ready for the next Vaudeville show in July. Auditions are open to any community resident and posters will be posted 30 days in advance of the auditions. However, you can also, at any time, call our director Yvonne to schedule an audition.

The Vaudeville Troupe would like to thank everyone for their support of our show. We would not be able to do it without you.

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



Veterans

Retired Navy Captain Rock-lun "Rocky" Deal, who served 28 years as a naval officer and commanded the super carrier USS *Constellation*, will be the featured speaker at the January 15 general membership meeting at 1:00 PM in the P-Hall (KS).

In the course of his Navy career, Deal completed eight deployments with both Atlantic and Pacific Fleets and held a succession of increasingly responsible leadership positions. He served as commanding officer of the VF-84 "Jolly Rogers," operations officer aboard the USS *Abraham Lincoln*, commanding officer of the USS *Kalamazoo* combat replenishment ship and commanding officer of the super carrier USS *Constellation*. He finished his career as chief of staff to the commander, Naval Air Forces Pacific.

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

Website: lhvets.org.



Water Volleyball

We've been going through withdrawals with the pool being closed for most of December. At least we were able to get together for our annual Christmas party, where a good time was had by all. Water volleyball is open to all Sun City residents of any skill level. Come and try it out. It's good exercise (think New Year's resolutions) and lots of fun, but not too strenuous.

Congratulations new Steering Committee members: Jim Puthuff, Gary Rogers, Joe Baquera, Mel Switzer, Marianne Crosby, Linda Scott, Phil Savio. Outgoing members: Steve Parke, Jacki Sutherland, Tom Gatti, Jerry DiGiacomo, Nancy Martinis, Gene LaFaunce. Come join us anytime at the newly renovated pool. See you in the pool! Play available (KS):

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

See our calendar link at www.lincolnsuncity.org.

Contacts: Steve Parke 716-5379, stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net
Website: www.lhwatervolleyball.com



West Coast Swing

It's time to renew your membership—or for those interested in joining our West Coast Swing Dance Club, you can contact Membership Chair Paula Stollmeyer. Membership Dues, 2015: \$15 per person, or \$25 couples, and you need to be a SCLH resident.

Upcoming Events

Dance Lessons: Second Friday of each month:

- February 6 (changed previous date of February 13 due to Valentine's Day) 5:15-6:15 PM—Intermediate/Advanced West Coast Swing
- 6:30-7:30 PM—Beginners

Free to Club Members; Guests \$4.

Must be a member of our Club, or a guest of a member of the Club.

Sunday Tea Dances (Mark your calendars):

- Sunday, March 15, 2:00-5:00 PM
Tea Dance & Pizza
Ballroom (OC)
- Sunday, September 27, 2:00-5:00 PM
Tea Dance & Ice Cream Social
Ballroom (OC)

Happy New Year and the very best to you in 2015!

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



Woodcarvers

The Lincoln Hills Woodcarvers are more than a group of talented artists, we are friends who like spending time together with those who support us and often clean up after us...

On December 10 we got together to celebrate another year together, the wonderful Holiday Season and kick off a new year with new leadership.

Dick Skelton was elected "Grand Puba" and will steer the ship with Treasurer Larry

Clark. We thank John Russell for his able leadership and send our best wishes to



Lincoln Hills Woodcarvers' Holiday Gathering

Dick and Larry.

Come join us on Wednesdays from 1:00-5:00 PM at the Sierra Room (KS).

Remember...woodcarvers don't die... they just keep chipping away!!

Contact: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Dorothe Kress of our group writes touching stories about her unique experiences in her homeland of Germany.

Already an accomplished author, Dorothe's first book, *Das Wagnis* ("The Risk") is written in German (not yet translated into English) and published in Germany. In that book, she describes her life after the creation of the Berlin Wall in 1961, and how she met her American husband Bill and immigrated to the United States.

She has just completed a second book

about her life in the United States. This sequel will be introduced at the Leipzig Book Fair and followed by a book tour this spring.

The Writers Group meets 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). All SCLH 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

Happy New Year from the Authors' Resource Group! We met in early January to plan our activities for the next few months. Our members are in different phases of writing/editing/polishing/publishing and promoting their work. What we have in common is a desire to help and support each other. While most of our members have published at least one book and are working on books two, three and more, others are just moments away from having a book in hand. One inspiring example is Tommie Moller, who has been working on *The ABC's of God* for many years. With assistance from member, Phyllis Kalbach, Tommie expects to have book in hand in the next few weeks. We are so excited for her!

Are you looking for a group of writers/authors who care about *you* reaching your



Authors' Resource Group display

goal of preparing and publishing your work? Join us! We're here to help!

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

Stroke

Continued from page 7

you to call 911. Know what the symptoms of stroke are by attending the presentation mentioned below or by referring to the health article in the October 2014 *Compass*.

You will have the opportunity to hear a very popular speaker on January 28, **Dr. John Schafer, M.D., Neurologist, presenting "Translation Please: What Advances in Stroke Care Mean to You."** (See page 104). Stroke is the third leading cause of death and the leading cause of long-term disability in the United States, according to NIH National Institute of Neurological Disorders and Stroke. While there are an estimated four million Americans living with the effects of stroke, there are millions of others whose lives are directly affected by caring for stroke survivors.

The National Stroke Association reports the following statistics:

- 10% of stroke survivors gain almost complete recovery
- 25% recover with minor impairments
- 40% require special care for moderate to severe impairments
- 10% require care in a long-term care facility

- 15% die shortly after a stroke

Stroke prevention is always the best approach by doing what you can to reduce risk factors that lead to stroke such as high blood pressure (hypertension), smoking, diabetes, high cholesterol, heart disease, obesity, and a sedentary life style.

Stroke rehabilitation has made exciting advances in recent years due to a great deal of research. Putting in to practice such concepts as intensity of therapy, task-specific training, and increased sensory stimulation have proven to aid stroke patients toward recovery. Interdisciplinary rehabilitation is now assisted by use of technology, and the trend is toward moving it increasingly out into the community.

Did You Know?

When awake, the human brain produces enough energy to power a small 25 watt light bulb.



In Memoriam

Rudy Sanderson

After growing up in Sacramento, Rudy proudly served in the U. S. Army during the Korean War. He loved playing and watching softball and met and married his wife, Kathi 12 years ago at Del Webb field. He worked in the Masonry field and volunteered for needy causes working at the local animal shelter. Rudy also enjoyed card games and his pinochle group. He left this world a better and more beautiful place. He leaves two daughters, three grandchildren, one great-grandchild and two stepchildren. A celebration of his life will be held at Kilaga Springs Lodge on January 31 at 5:30 PM.

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.

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Bulletin Board

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

AARP: Get Ready for 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. Beginning January 19, people 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 Library. Contact: Mark Burke, 878-6249.

Cloggers

Happy New Year from the Cloggers! We're gearing up for another fun-filled, activity-packed, busy-busy year, and hope you are too. We also hope you enjoyed seeing us in action in the Vaudeville Show! And just a few days ago, January 10, the Clogging Group "Aftershock" presented a great clogging class and performance in Orangevale. What an experience! Best wishes for a wonderful start to your New Year, and we'll see you at the next class, or show, whichever comes first. Contact: Anita Tyson, 543-5330.

Glaucoma Support Group

The Glaucoma Support Group will meet on February 11, at 4:00 PM in the Multimedia Room (OC). If you or a family member is living with glaucoma, please join us to discover more information about this disease. For additional information, please

You are invited to attend...

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

Tuesday January 27 • 5:00 PM Lifestyle Lift Presentation Oaks (OC)

Wednesday January 28 • 10:00 AM Living Trust Seminar Oaks (OC)

contact Bonnie Dale at 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 12-week session ends on May 5. Contact Cheryl Edwards at 505-5777 or email LincCa.GS@gmail.com to find out more.

Love College Football? Look Here!

Hello my name is Mike Dawson and with football season upon us I looked around for a group that loves college football and didn't find one so I am looking to start one. I envision an informal group that gets together to enjoy college football and the camaraderie that goes with it. My thoughts were we could meet at different sports bars like Thunder Valley's, TGIF's, BJ's and even members' homes should they want to host. If you or anyone you know loves college football contact me at 209-3683 or mikedawson1959@yahoo.com for more info

Italian Club (LHIC)

The annual Crab Feed takes place Friday, January 16, at the McBean Pavilion in Lincoln. Coming up in February—"All Things Tuscan" scheduled for February 28 at Kilaga Springs Lodge (more information to come). Thank you to those who demonstrated generosity during the 'season of giving.' Many donated non-perishable

food items to the St. Vincent DePaul Society and toys and gift cards to the "Toys for Tots" drive organized by the Lincoln Fire Department. Your kindness has made a difference in our community. Grazie! Have you purchased your official LHIC name badge yet? Orders are placed the first of each month. 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, at 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 at the Open Mic at the P-Hall (KS) on February 27 at 6:00 PM with soprano singing accompanied by violin, cello, clarinet and piano. For more information, please contact John Parks 408-0388.

LH Foundation Bingo

Lincoln Hills Foundation is presenting the first Bingo afternoon of the New Year on Wednesday, January 21, at 1:00 PM in the Orchard Creek Ballroom. Meridians is hosting a soup and half-sandwich lunch special beginning at 11:30 AM for all Bingo players.

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

Continued on page 41

THURSDAY, FEBRUARY 5



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EVENT CODE: 5305-12
GENERAL ADMISSION \$18

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

Continued from page 39

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.

Lincoln Democratic Club

The Lincoln Democratic Club invites all interested residents to attend a presentation by Bill Allayaud from the Environmental Working Group at the Thursday, January 15 meeting. Bill will speak on Genetically Modified (GMO's) food issues/initiatives as well as the Group's new Food Scores—Rate Your Plate database that is accessible for users to get information on thousands of food items. The meeting will begin at 6:45 PM at the Kilaga Springs Lodge. Questions: Martha Hanley, 310-351-5112 (mobile).

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, February 3, at 1:00 PM the Sierra Room (KS). Questions:

Contact 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.

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 (781-2323) in Roseville. 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, amoon38@sbcglobal.net.

Shalom Group

Wow, what a holiday season it was! We had our Chanukah party in the Ballroom this year. All the traditional Jewish foods and fun! It was also the introduction of our new officers. Hagai Narkis and Gerry Burstain will lead our group of almost 200 members. Vida Morrison, Ronnie Sharon,

Continued on page 43

~ Community Perks ~

KS at the Movies: Groundhog Day Monday, February 2 — Free

1:30 PM, P-Hall (KS). PG, 101 minutes. Comedy/Drama/Fantasy. Starring Bill Murray, Andie MacDowell, Chris Elliott, and Brian Doyle-Murray. Directed by Harold Ramis. Celebrate Groundhog Day at Kilaga Springs Lodge! Weatherman (Bill Murray) finds himself living the same day over and over again.



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).



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.



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Continued from page 41

Bernie Lewis, and Judie Schane will be board members. Sharon Kretmar will stay in charge of the money. Karen Ofsink and Sandy Klein will move into the position of advisors. If I left anyone out I will feature them next month! We have realized that the most popular ladies name in our organization is Judy!!! Spelled all different ways, But don't let that stop you from joining our group! More info: Call Sandy Klein 408-2020 or Judie Schane 253-9129. We would love to hear from you!

Connections

Continued from page 3

and thanks for their contributions, and we all feel fortunate to work for this great organization.

As of January 1, 2015, we have a total of 225 employees, of which 162 (72%) are part-time and 63 (28%) are full-time. Here is a breakdown of their years of service:

	<u>Part-Time</u>	<u>Full-Time</u>
Less than 12 mos.	91	7
1-5 years	49	27
6-10 years	22	13
11-15 years		13
16-18 years		3

It is our goal to keep the community as informed as possible at all times. If you have not yet registered for our weekly department updates through eNews, we encourage you to register from the resident website home page under "Living Here." Our advertising and promotions team will keep you informed of the latest opportunities, specials and announcements with a click of your computer mouse. Don't miss out!

It's the new year and time to get involved! Mark your calendar for the *It's The Lifestyle* Event March 12 in the OC Lodge to learn about opportunities to be involved with the 72 club offerings (be sure to hold onto the club insert this month for future reference), local non-profit groups, and, of course, your Association. We set off our new year with fireworks during our annual New Year's party and we intend to keep the excitement going all year. Make each day count and I look forward to seeing you in the Lodge. Happy New Year!

Shooting Group

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

in trap or skeet shooting can contact John Kightlinger at 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

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/month, 2:00-4:00 PM in the Multi-purpose Room (OC). More info/questions: Marilyn Sharp, markaysha1942@att.net.

Finance

Continued from page 10

capital asset projects including new monument signage, pickleball shade, solar heating for the four pools, and the parks' turf reduction and water conservation project. The last two are underway now and are scheduled to be finished shortly.

For 2015 we will continue to work closely with the Properties Committee and Staff, and will continue to look for ways to improve on our processes and outcomes.

On the financial side we'll report year end results next month but it's looking like a banner year already. For the month of November total revenues were \$54,259 in excess of expenses, for a \$20,195 positive variance to budget. Fitness was about even and Administration was a little behind, but the month as a whole was excellent. Year-to-date, the numbers look really good, with Activities and Recreation Center/Maintenance turning in outstanding performance. For the 11 months through November, 2014, revenue exceeded expense by \$380,567, bringing us to \$442,551 better than budget.

The Operations Fund is in good shape at \$3,430,374 and Reserves were \$6,547,832. Reserves are forecast to be 74% funded at year-end. We continue to see slow but sure improvement in our overdue monthly dues numbers. That automatic deposit for quarterly dues works well and saves a lot of headaches and expense.

Just a quick reminder, **dues for 2015 will be \$324 per quarter. Don't forget to**

change your scheduled payment, or your check, if that's how you pay.

Suggestions, questions or comments? Please reach out to us at finance.committee@sclhca.com

Pay Your Quarterly Dues Electronically

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.

A simple one-page form is all it takes. Please go to the resident website, the Membership Desk (OC), 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.



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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

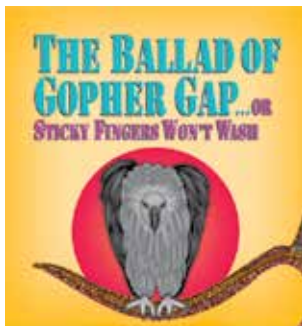
Thursday, March 5

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 each and 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: **VIP Table Seating, (includes appetizers and cash bar service), \$25; Premium Reserved Section Seating, \$19 and General Admission, \$14.** Appetizers will be served from 6:45-7:00 PM. **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! **Premium reserved section seating, \$19.** General admission, \$14.

—Comedy—

Comedy Night at KS: Stephen B

Tuesday, January 20

6:00 PM performance — 5320-11A

8:00 PM performance — 5320-11B

Stephen B is a stand-up comedian with more than 32 years of experience performing in comedy clubs, for corporate clients, and churches nationwide. He has opened for Julio Iglesias, Manhattan Transfer, Weird Al and a host of other headlining musical acts. Stephen has had supporting roles in three movies and has been seen on Comedy Central. He has performed at Spirit West Coast and on the KLOVE Cruise and is hoping to release his first book later this year. 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.**



Comedy Night at KS: Kat Simmons

Thursday, March 12

6:00 PM performance — 5312-01A

8:00 PM performance — 5312-01B

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. She won the Women's Network international talent contest in Dallas in 2009. Kat has a unique talent for combining physical comedy with real life situations that everyone can relate to. She has been favorably compared to the masters of the craft, Lucille Ball, Carol Burnett and Red Skelton. She is one of a few physical comedienne's working today. You may recognize yourself in some of her material as she honestly shares with the audience as though they were all long-time friends. She has appeared with Tim Allen, Kevin 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 discount rate, \$10.** After February 14, \$12.



Continued on page 46

—Concerts—

Fiddling, Step Dancing, and More with the April Verch Band

Friday, January 30 — 5330-11

Canada's Ottawa Valley meets old-time Appalachia with crack fiddling, electric step dancing, and sweet singing! The April Verch Band—rounded out with bassist and clawhammer banjo player Cody Walters and guitarist Hayes Griffin—is an energetic, virtuosic, tradition-celebrating outfit, not to mention one that's not soon forgotten when they depart the stage. The thrilling grand finale involves Verch fiddling and step dancing—and often executing two entirely different intricate rhythmic patterns at once. "Verch is a dynamic performer who incorporates step dancing into her show, and it always brings down the house."—*CMT Edge*. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$20.** General admission, \$17.



The Look of Love

A Valentine Tribute to the Songs of Burt Bacharach

Friday, February 13 — 5313-12

Featuring the stars from Top Shelf Classics, Dee Johnson and Bill Norwood, the evening promises to be great entertainment! Bill Norwood, with roots in gospel, jazz, and rhythm and blues and Dee Johnson, with a voice that brings back memories of such classic vocalists as Ella Fitzgerald, Sarah Vaughan, Etta James and Billie Holiday will perform a loving tribute to the songs of six-time Grammy and three-time Academy Award winner Burt Bacharach. With such memorable hits as "I'll Never Fall in Love Again," "What the World Needs Now," "I Say a Little Prayer," "Raindrops Keep Falling on My Head," among others, it's a perfect night to fall in love all over again! Make it a perfect date night by enjoying dinner at Meridians prior to the show. Restaurant reservations highly encouraged. Join us for a beautiful tribute to some of the greatest romantic songs from one of America's most popular composers in time for Valentine's Day. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$21.** General admission, \$19.



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 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. Rio has four full and separate jazz ensembles, of which AM is the highest level. 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, and AM Jazz 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. 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 re-creates such Williams' hits as "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. But this astonishing show is more than just a Hank Williams tribute... thus the title. Jason pays tribute to stars that influenced Hank and those stars that Hank influenced. Backed by an authentic four-piece band,



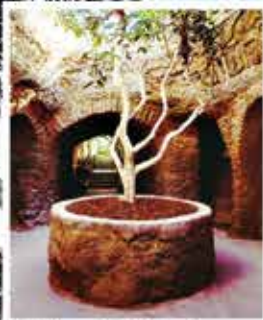
Continued on page 50

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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 discounted rate, \$16. After February 14, \$18.



—Show—

Show Change! Mind Tricks! Starring Celebrity Magician & Mentalist, Jay Alexander Thursday, February 5 — 5305-12

Due to unexpected circumstances, Alex Ramon is not able to appear on this date and will be replaced by equally talented magician and mentalist Jay Alexander. “Jay is the best magician I have ever seen”—Ron Wood, Rolling Stones. Jay Alexander’s Mind Tricks is a non-stop journey of laughter and amazement. Jay will provide magic like no other using his quick hands and mind! Find out why his fans include celebrities like David Crosby, Bono, John Cleese, and the Rolling Stones. For over 25 years, Jay has pursued his passion of creating unique live entertainment by mystifying audiences young and old. Get the triple experience of comedy, mentalism, and Human Lie Detection. Jay Alexander is the great grandson of the legendary vaudeville performer, Gentleman Ben Darwin. His most notable appearances include the Today Show, TEDx Talks, MTV, and Good Morning America. Can you lie to Jay? Don’t fool yourself—grab your tickets now. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$20.** General admission, \$18.



Continued on page 52

Important Information: Events, Trips, Classes

- **Reservations:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** No refunds unless activity is cancelled or request is received within 24 hours of purchase.
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.
- **Want to Sell?:** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.
- **RSVP Date:** If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. For **Classes:** Register by RSVP date. RSVP date is used to determine registration status. If minimum registration is met, students may register until first day of class. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
- **Weather:** Association trips & events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Show Time:** For Entertainment, doors open 30 minutes prior to showtime unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Events that include a Meal:** Ticket sales for Entertainment that includes a meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.
- **Special Accommodations:** Please inform the Monitor during registration as follows. For **Entertainment**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair bound passengers to the best of our abilities.
- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.
- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.



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Day Trips

—Casino/Racing—

Feather Falls Casino
Tuesday, February 10 — 1920-12

A gaming opportunity without worrying about the snow! We're going to Oroville, a 90-minute drive north of Lincoln for a four-hour visit. Many gaming options available with \$12 cash back and a \$3 food coupon towards lunch on your own. Leave OC at 9:00 AM, return ~ 4:00 PM. \$20. RSVP Now.



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 by 2/13.



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 by 2/14.



—Food/Wine—

Wente, Concannon and Michael David Wine Tasting
Thursday, February 5 — 1822-11

The Livermore Valley is one of California's oldest wine regions, with a history dating back to the 1760s. Robert Livermore planted the first commercial vines here in 1840. The valleys' wineries were the first to bottle the varietal labeled Chardonnay, Sauvignon Blanc, and Petite Sirah. Roughly 80% of California's Chardonnay vines can trace their genealogy



back to the Livermore Valley Wine Country. We'll visit two vineyards both established in 1883, Concannon for a winery tour, tasting and lunch and then off to Wente just down the street for a tasting in their barrel room. We'll beat the traffic out of the bay and make a final tasting stop in the Lodi wine region at a resident favorite, Michael David Winery, that offers great wine, a fruit stand and bakery. Box lunch includes a choice of sandwich: *Olive Oil Poached Tuna Salad, Smoked Pork Shoulder or Pesto Chicken with a mixed greens side salad and bottled water.* Choose at registration. All tastings and lunch included, trip size limited to 33. Leave OC 8:30 AM, return ~ 6:30 PM. \$129. RSVP Now.

—Museums—

Crocker Art Museum
Thursday, February 26 — 1760-12

Join us for a docent-led tour of the museum which includes special exhibits of Toulouse Lautrec and La Vie Moderne: Paris 1880-1910 and the Art of California Faience a famous Berkeley Pottery studio. View decorative pieces emblematic of Arts and Crafts, Art Deco and Moderne styles, as well as tiles made for Hearst Castle. Also enjoy The Nature of William S. Rice: Arts and Crafts Painter and Printmaker and Crocker's permanent collection of more than 15,000 works of art. Lunch on your own at Crocker Cafe. Limited to 40 people. Depart OC at 9:00 AM, return ~3:00 PM. \$41. RSVP Now.



—Performances—

Russian National Ballet Theater:
Chopiniana and Romeo & Juliet—
Wednesday, February 4 — 4580-11

In the great tradition of Russian ballet, this accomplished company performs two of the most romantic classical ballets. With music by Chopin and beautiful choreography, *Chopiniana*, or *Les Sylphides* as it is often known, is a "romantic reverie" and depicts ballerinas bathed in moonlight dancing around a young poet. In the same evening, enjoy a dramatic and visually stunning *Romeo and Juliet* performed to Tchaikovsky's magnificent score which elevates Shakespeare's heartbreaking tale of young star-crossed lovers. Founded in Moscow in the late 1980s, the Russian National Ballet Theatre is committed to both preserving the timeless tradition of classical Russian ballet. Orchestra seating, Harris Center for the Arts in Folsom. Leave OC at 6:15 PM, return ~ 11:00 PM. \$81. RSVP Now.



Continued on page 54

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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**Thursday, April 2 Evening — 4580-01A****Or Friday, April 3 Matinee — 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 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. Both shows \$98. RSVP by 2/4.

Evening show April 2: Leave OC 6:00 PM, ~ Return 11:00 PM.

Matinee show April 3: Leave OC 12:30 PM, ~ Return 5:30 PM.

**Additional Date!**

**The Book of Mormon—
Orpheum Theater, San Francisco
Sunday, May 31 — 4620-01C**

First two trips sold out quickly! Don't miss one of the most talked about Broadway shows in the last few years. The Book of Mormon is an edgy and outrageous satire musical which takes shots at everything from organized religion to consumerism, the state of the economy and the musical theatre genre itself. The show tells the story of two young Mormon missionaries who are sent to a small town in Uganda. They are shocked at the cultural differences, as a War Lord threatens the local villages and controls the area by fear. Both missionaries attempt to share the scriptures with the local people, although only one of them knows it well enough. Famine, poverty and disease threaten the town, and the duo must battle their own beliefs in order to succeed and make a change. They learn about themselves, the true meaning of friendship and what religion ultimately means to them. Get your tickets to the hottest show in town! *Contains adult themes and explicit language.* Middle Orchestra seating, 6:30 PM performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square *before* the 6:30 PM show. Leave OC at 12:45 PM, return 11:45 PM. \$175. RSVP Now.



**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. *Minimum of 35 required by February 3 per vendor deadline.* 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 Community Theatre, reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM.

Continued on page 58

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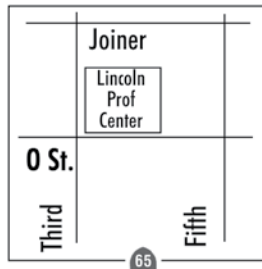
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Rain: A Tribute to the Beatles
Wednesday, March 18 — 4530-08

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 foursome delivering a note-for-note theatrical event that is the next best thing to the Beatles. Performances held at the Sacramento Community Theatre, reserved Front Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.



Once
Tuesday, April 14 — 4562-06D

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



Rodgers & Hammerstein's Cinderella
Tuesday, May 12 — 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.



—Shopping—

San Francisco—Pier 39/Fisherman's Wharf
Saturday, February 21 — 1844-12

Enjoy a special Saturday excursion to Pier 39 and Fisher-

man's Wharf. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 9:00 AM, return ~ 8:00 PM, \$36. RSVP Now.



—Sports—

Sacramento Kings vs. Golden State Warriors
Tuesday, February 3 — 6310-10

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



Stockton Thunder Hockey
Sunday, March 15 — 6270-12

Enjoy exciting minor league professional ice hockey at the Bob Hope Arena in Stockton. The Thunder are 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.



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 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 by 2/14.



• **Giants vs. Los Angeles Dodgers**
Thursday, April 23 — 6261-01A

Seats located in Club Level 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.

Continued on page 60

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

Oakland A's

Time for A's baseball! We've obtained field level seats on the first base side to see 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! Game Time 1:05 PM. Depart OC at 9:45 AM, Return ~ 6:45 PM. RSVP by 2/14.



- **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.



Rivercats Games

Watch out for game tickets to Rivercats games on sale in February *Compass*.

—Overnight & Extended Travel—

Additional date! Sun City Sierra Winter Train to Reno
Thursday, March 5 to Friday, March 6 — Sold Out

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



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- Leave OC at 10:30 AM, Thursday, return to LH Friday ~ 1:30

PM. On Thursday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. *A signed liability waiver is required for each participant.* \$206 per person double occupancy. \$228 single.

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 Sunnylands 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 safely 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
- 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

Continued on page 65



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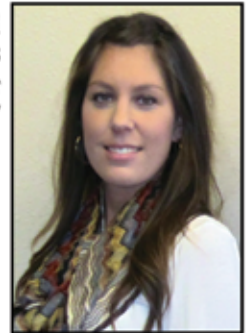


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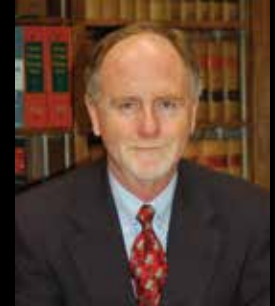


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Four days, three nights! History Excursion: Getty & Ronald Reagan Presidential Library Museums Wednesday, April 22-Saturday, April 25 — 1971-12

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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.



Sold Out Trips thru February 20

Trip • Date • Departure Time

- **Chabot Space & Science Center**
Monday, January 19 —9:30 AM
- **Speaker Series-Anderson Cooper**
Tuesday, January 20—6:45 PM
- **Sun City Sierra Winter Train**
Thursday, January 22—10:30 AM
- **Broadway Series-Joseph & the Technicolor Dreamcoat**
Tuesday, January 27—6:45 PM
- **Sun City Sierra Winter Train**
Thursday, February 12—10:30 AM

Activities Department Classes



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

Art

—Drawing—

Beginner Drawing

Thursdays, February 12-26 — 132215-01

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 2/5.



—Oils, Pastels & Acrylics—

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Wednesdays, February 4-25

9:00-11:30 AM Class — 113115-01

Or 1:30-4:00 PM Class — 113215-01

AM and PM sessions are not interchangeable. (OC). \$52 (four

Continued on page 67

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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, master-work 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 1/28.

Painting Pastels and Oils with Barry Mondays, February 2-23 — 105115-01

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. New students: Ask for supply list at registration. *About the Instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. RSVP by 1/27.



New Workshop! Painting Rivers, Lakes and Ponds Friday & Saturday February 13 & 14 — 121315-12

9:00 AM-3:00 PM (OC). \$150 (two sessions). Instructor: Susan Sarback. Explore the rhythm and beauty of water using oils and pastels! This workshop will focus on painting reflections, transparencies, and moving water in rivers, lakes, and ponds. Based on the Impressionists approach to seeing and painting light and color your paintings will gain a fresh and luminous quality. We'll be painting from photographs with an emphasis on color relationships and color harmony. You'll learn how to see and paint the Value, Temperature, and Chroma (intensity) which create the "light key" or atmosphere of the day. There will be short demonstrations and plenty of personal instruction. **Prerequisite:** Basic drawing skills suggested. Oil painters can use either a palette knife or brushes. RSVP by 2/6.



—Mixed Media—

We are trying a different format for Mixed Media beginning in January called Social Art. It will offer a different art form project within two sessions. Students will learn something new every two weeks without any drawing or painting experience necessary. Classes are perfect for all skill levels. A small fee, payable to instructor, will be charged to cover all or most of the supplies

New! Chalk Painted Decorative Picture Frame Mondays, February 2, 9 — 143115-01

1:30-4:30 PM (OC). \$26. (two sessions) Materials fee is \$8. Learn about using Chalk Paints on wood. We will decorate the small wood picture frame, using acrylic paint pens and embellishments over the chalk paint background A beeswax topcoat finish will preserve the surface. Instructor: Bonnie Armstrong. RSVP by 1/26.

Mixed Media—Monoprints and the Gelli Plate Mondays February 16, 23 — 143215 -01

1:30-4:40 PM (OC). \$26. (two sessions). First session: learn what it is and how to make an acrylic monoprint. Second session is a demonstration of the new Gelli plates for monoprints. We will also learn how to enhance these dried pulled prints with mixed media materials. Mixed Media classes are ongoing and taught by Bonnie Armstrong. RSVP by 2/9.



—Watercolor—

Beginner Watercolor Painting Thursdays, February 5-26 — 132115-01

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting techniques and developing your sense of color: looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in downtown Sacramento. Request supply list at registration. RSVP by 1/29.



—Bridge—

Bridge Plus with Laurie Thursdays, January 15- March 5 — 164115-11

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$75 (eight

Continued on page 69

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sessions). This class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This eight-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge. RSVP by now.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, February 4-25 — 206115-01

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 1/28.



Lladro Workshop

Wednesdays — Ladd3

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

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, February 3-24 — 212115-01

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 1/27.

Advanced Ceramics

Tuesdays, February 3-24 — 212215-01

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. For self-motivated students/artists with established

ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with the expertise to guide and provide critiques of students’ works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP by 1/27.



Ceramics — All Levels

Thursdays, February 5-26 — 221115-01

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 1/29.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

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

Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, February 3-24 — 317115-01

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

Continued on page 70

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 1/27.



Card Making Level 2 — Intermediate
Wednesday, February 4-25 — 317415-01

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 1/27.



Card Making Level 3 — Intermediate-Advanced
Mondays, February 2-23 — 317215-01
Or Fridays, February 6-27 — 317315-01

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 1/26 or 1/30.



Craft-do-licious—Vintage Wooden
Picture Frame and China Bird Feeder
Thursday, February 19 — 302015-01

9:00 AM-12:00 PM (KS) \$25. Supply fee \$10. Beautiful wooden clip frame designed by you. Crafters will be creating a beautiful custom wooden clip frame which they will then be painting and antiquing the finish. Each frame will be able to interchange out pictures easily. Our second craft will be gorgeous china tea set bird feeders. Each crafter will create a saucer with a cup bird feeder set on a copper or glass vase mount. Crafters are encouraged to bring their own vintage tea cup and saucer. If you have any questions, please contact camicordell@



gmail.com or 759-0403. Written tutorial will be provided for each craft. RSVP by 2/12.

—Cooking —

Cooking with Chef Roderick Naan Style Flatbread
Thursday, February 12 — 322115-01

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$18. To celebrate Chef Roderick 5 years with us he will be repeating his first cooking class with us. He will be doing a class using Naan Style Flatbread with three different spreads and a few different style pizzettas. Naan flat bread resembles pita. RSVP by 2/5.



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, February 3-24 — 332115-01

10:00-11:00 AM (KS). \$28 (four 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 1/27.



Easy-to-Intermediate Clogging
Tuesdays, February 3-24 — 332215-01

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We’ll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP by 1/27.

Intermediate Plus Clogging
Tuesdays, February 3-24 — 332315-01

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to

Continued on page 73

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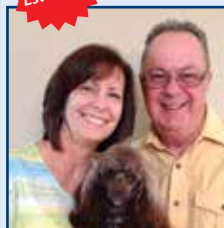
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learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP by 1/27.

—Country Western Dance—

**Country Couples Western Dance
Beginner Level One & Two**

Mondays, February 2-23 — 344215-01

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 1/26.

**Country Couples Western Dance
Beginner/Intermediate Level Three & Four**

Mondays, February 2-23 — 344415-01

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns." Dance to be taught in the Beginning /Intermediate will be "A Waltz in Time," and "Babykakes Cha Cha." RSVP by 1/26.



Country Line Dancing

Fridays, February 6-27 — 346115-01

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 1/26

—Dancing with Dolly—

Ballet/Lyrical

Thursdays, February 5-26 — 353515-01

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 1/29.



Performance Dance

Fridays, February 6-27 — 354515-01

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 1/30.



—Hula—

Hula

Thursdays, February 5-26 — 390215-01

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 1/29.



—Jazz—

Jazz Class for the Beginner

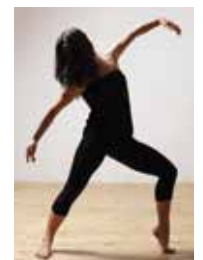
Thursdays, February 5-26 — 353015-01

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class February 12). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP by 1/29.

Jazz Technique 2

Tuesdays, February 3-24 — 353115-01

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows



Continued on page 75

Meridians

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in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance. RSVP by 1/27.

—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 9-April 27 — 360015-01**
4:00-5:00 PM (KS). \$48 (eight 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, February 2-23 — 370115-01**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 1/26.
- **Thursdays, February 5-26 — 360115-01**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 1/29.
- **Fridays, February 20-27 — 380115-01**
12:00-1:00 PM (KS). \$14 (two sessions).
Instructor: Sandy Gardetto. RSVP by 2/13.

Line Dance II — Beginner / Intermediate

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

- **Mondays, February 2-23 — 360215-01**
5:00-6:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 1/26.
- **Wednesdays, February 4-25 — 380215-01**
9:00-10:00 AM (KS). \$28 (four sessions).

Instructor: Sandy Gardetto. RSVP by 1/28.

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, February 4-25 — 380315-01**
10:00-11:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto. RSVP by 1/28.
- **Thursdays, February 5-26 — 360315-01**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 1/29.

New! Improver Line Dance Class

Thursdays, February 5-26 — 370415-01

10:00-11:00 AM (KS). \$18 (three sessions; no class February 12). 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 1/29.

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.



Continued on page 76

—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, February 3-24 — 410115-01

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 1/27.



Advanced Performance

- **Mondays, February 2-23 — 410715-01**
12:00-1:00 PM (KS). \$32 (four sessions). RSVP by 1/26.
- **Performance Classes**
Mondays, February 2-23 — 410615-01
10:00-11:00 AM KS). \$32 (four sessions). RSVP by 1/26.
- **Thursdays, February 5-26 — 410415-01**
10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 1/29.
- **Thursdays, February 5-26 — 410315-01**
12:00-1:00 PM (KS) \$32 (four sessions). RSVP by 1/29.

Technique Classes

- **Advanced Technique Class**
Mondays, February 2-23 — 410515-01
11:00 AM-12:00 PM (KS) \$32 (four sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP by 1/26.
- **Technique Classes**
Tuesdays, February 3-24 — 410215-01
10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 1/27.
Thursdays, February 5-26 — 410815-01
11:00 AM-12:00 PM (KS). \$32 (four sessions). RSVP by 1/29.

Tap for Fun with Jennifer

Thursdays, February 5-26 — 420115-01

5:45-6:45 PM (KS). \$32 (four 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 1/29.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, February 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, February 2- 23 — 494115-01

1:00-4:00 PM (KS) \$58 (four weeks) \$10 supply fee payable to instructor. Instructor: Jim Fernandez. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher and other projects. No open toe shoes or short pants. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working and teaching at Citrus Heights Stained in Roseville. RSVP by 1/26.



Continued on page 79

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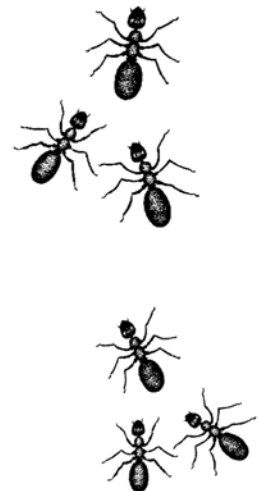
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Jewelry

Triangle Bracelet

Tuesday, February 10 — 513155-12

9:00 AM-12:00 PM (KS). \$15 (one session). Instructor: Cathie Szabo. Oh so cute. Four colors of flat triangle beads chase each other round and round to form the bracelet. Easy enough for beginners, a great way for experienced beaders to use a new bead shape. Check the sample in the OC window for a look at the bracelet in person! Be sure you get the proper materials list when you register—look for the name and code # for Triangle Bracelet as well as the photo of the bracelet. RSVP by 2/3.



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.

Lost Wax Jewelry Casting

Monday, February 2-23 — 492215-12

9:00 AM-12:00 PM (except February 16, which will meet 8:00-9:00 AM and 11:00 AM-1:00 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 millenia 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 1/26.



Music

—Guitar—

Guitar 1A—Beginner Level

Mondays, February 2-23 — 535715-01

8:00-10:00 AM (OC). \$35 (four 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 1/26.



Guitar 2A—Continuing Beginner Level

Wednesdays, February 4-25 — 535115-01

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini

Continued on page 81

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lini. Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. 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 1/28.

Guitar 2B—Guitar Intro Continuation

Wednesdays, February 4-25 — 535215-01

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 1/28.

Guitar III—Intermediate

Thursdays, February 5-26 — 535315-01

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 1/29.



Guitar IV—Advanced

Thursdays, February 5-26 — 535415-01

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 1/29.

—Voice—

Beginner Singers Vocal Boot Camp

Fridays, February 6-27 — 536115-01

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. This session is open to new students. Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing



and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP by 1/30.

Singer Vocal Boot Camp Continuation

Fridays, February 6-27 — 536215-01

10:30 AM-12:30 PM (KS). \$44 (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 1/30.

Sewing

Bernina Serger Certification

Monday, February 9 — 591115-01

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

Bernina Sewing Machine Certification

Monday, February 9 — 592115-01

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



Janome Sewing Machine Certification

Monday, February 9 — 593115-01

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 2/2.

—Quilting—

Beginning Quilting—A Sampler

Thursdays, February 5-March 5 — 596115-01

5:30-8:30 PM (OC). \$135. Instructor: Betty Kisbey: This 15-hour class will cover the fundamentals of quilting and making a quilt top. Over a period of five weeks, you will learn how to select fabrics for a quilt, use a rotary cutter, how to accurately sew $\frac{1}{4}$ " seam allowance, and practice correct pressing techniques. You will learn time-saving tips for construction of the quilt blocks. Students may make six blocks or nine blocks. One block will be done in class each week and the other blocks will be done as homework. This class is for the beginner quilter or a great review for the new quilter. RSVP by 1/29.

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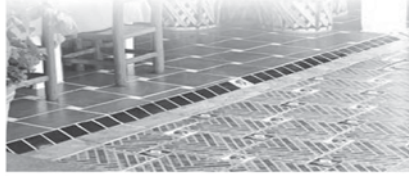
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Learning To Use a Pattern

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. RSVP by 3/10.



Personal Improvement

—Driver Training—

AARP Driver Safety Refresher Training

Saturday January 24 — Sold Out

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 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.



AARP Driver Safety Training

Two-day class

Monday & Tuesday, February 9&10 — 481015-01

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 2/2.

—Organizing—

New! How to get Organized without Resorting to Arson

Thursday January 22 & 29 — 122215-12

1:30-3:30 PM (OC). \$80. Instructor: Liz Franklin. Instructor's book, *How to Get Organized Without Resorting to Arson*, has been featured on Oprah Radio, the Dr. Laura Show, MSNBC and hundreds of others. Liz believes in saying, "Neener, neener!" to the "normal" organizing books that don't work for rebels like us! Class #1: Learn the hilarious Personality Types and why you can't get organized the way they say on TV and in most books. Find out which type you are and what Organizing Tips will work for your type. Class #2: Hands-on Organizing Techniques you can take home and use right away! Learn how to get naggers off your back, why purging isn't that important, and how to blame disorganization on your furniture. Questions? Call Liz Franklin at 783-1790. RSVP by 1/17.



Technology

—General—

Android Basic 101

Tuesday, January 20 — 255125-12

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 1/13.



Android Advanced

Wednesday, January 21 — 255225-12

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



Continued on page 87

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TUESDAY, FEBRUARY 24
BALLROOM (OC) 7:00 PM



The AM Jazz Ensemble, directed by Josh Murray, is part of a 70-student jazz program. This prestigious group has been selected as a finalist for numerous competitions in New York City and has toured around the world.



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GENERAL ADMISSION \$12

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Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City of Lincoln) at OC Lodge Thursday, January 15 and February 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.

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iPad Basic

Saturday, January 24 — 242215-12

9:00-11:00 AM (KS). Instructor: Ken Silverman. \$30. Get more out of—and into—your iPad2 or greater or iPad Mini than you ever thought possible. Learn all about iOS8 (make sure your iPad has iOS8 installed before coming to the class), like Air Play and Internet. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad—we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP by 1/10.



—Mac—

Mac OS X Yosemite Workshop

Thursday & Friday, January 15 & 16 — Sold Out

9:00-11:00 AM (OC). \$40, class material \$5 (paid to instructor). Instructors: Andy Petro and Henry Sandigo. Do you want to attend a workshop on Yosemite, the newest Mac Operating System? We will explore and review all of the items that appear on Yosemite’s desktop. We will also review some of the basic Apps like Safari, Mail, and Messages. **Prerequisite:** You must have an Apple computer with Yosemite (Version 10.10 or later) installed. There are only 10 iMac’s in the lab and space is limited, so register early. If you have any other specific questions about the class call Andy Petro at 474-1544 or Henry Sandigo at 434-7792.



Mac OS X Yosemite Tips and Tricks

Friday, February 13 — 266215-01

9:00 AM-12:00 PM (OC). \$30, class material \$5 (paid to instructor). Instructors: Andy Petro: Do you want to learn some real good tips and tricks on Yosemite, the newest Mac Operating System? Then this class is for you. We will show you tips and tricks in the Finder, System Preferences and many

other Apps. Learn many functions and features that aren’t commonly known and enhance your Yosemite experience. **Prerequisite:** You must have an Apple computer/laptop with Yosemite (Version 10.10 or later) installed on it. There are only 10 iMac’s in the lab and space is limited, so register early. If you have any other specific questions about the class call Andy Petro at: 474-1544. RSVP 2/6.

Introduction to Numbers on the Mac

Tuesday & Wednesday February 10 & 11 — 232115-12

9:00 -11:00 AM (OC) \$40. Instructor: Vicki White. Planning a party, taking a trip, have lots of things to do, want to keep track of your fitness training, your expenses? Then Numbers is for you! You can do all this easily, quickly and accurately using Numbers. If you are new to Numbers, or simply want tips to improve your skills, this is the class for you! You will develop a spreadsheet from the beginning, customizing it for your needs. You will also learn how to adapt existing templates. RSVP by 2/3.



—Social Media—

Facebook 101

Saturdays, February 21 & 28 — 272115-01

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP by 2/14.



—PC—

Beyond Excel Basics

**Mondays & Wednesdays,
January 26, 28 & February 2, 4 — 292415-12**

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. Want to do more with Excel, learn how to link spread sheets, ask questions, more formula function and lots of other practice? Then this is the class for you! The class will provide the student with additional experience using formulas, functions, formatting, graphing, and the last topic covered will be Macro building . RSVP by 1/19.



Continued on page 89



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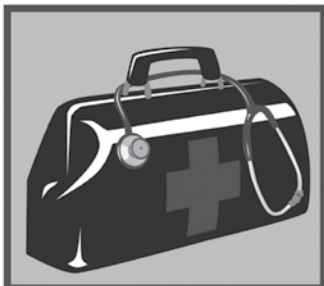
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Practical Excel**Mondays & Wednesdays,
February 16,18,23-25 — 292515-01**

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 making it easy and best of all you can use these list in mail merge application for labels, name tags, letters, etc. RSVP by 2/10.

**Tips and Tricks for Beginning PC Users****Friday, January 16 — 282115-12**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more.



These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP Now.

More Tips and Tricks for Beginning PC Users**Thursday, January 22 — 282215-12**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class.



They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP by 1/15.

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 by 2/13.

You Tube**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. 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.

**—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 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.

Continued on page 91



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Register for these classes at the Fitness Centers starting January 17 at 8:00 AM.

WellFit Orientations

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- **Tuesday, January 20 — 700100-O3**
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, January 22 — 700100-K2**
4:00-5:00 PM, Fitness Floor (KS)
- **Tuesday, February 3 — 700100-K3**
10:00-11:00 AM, Fitness Floor (KS)
- **Thursday, February 5 — 700100-OA**
11:00-12:00 PM, Fitness Floor (OC)
- **Tuesday, February 10 — 700100-OB**
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, February 12 — 700100-OC**
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, February 26 — 700100-K4**
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.

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Nordixx Pole Walking

Tuesday & Thursday, February 3 & 5 — 750000-02

10:00-11:30 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, February 2-25 — 878000-02

3:00-4:15 PM, Aerobics Room (OC). Four-week program, \$80. This class is especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels even hours after you've stopped exercising. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class.

Arthritis Class L2

Tuesdays, February 3-24 — 801000-2A

Wednesdays, February 4-25 — 801000-2B

Thursdays, February 5-26 — 801000-2C

Fridays, February 6-27 — 801000-2D

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). \$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



Continued on page 93

around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength.

Qigong (“chee-gong”) L1

Thursday, February 5-26 — 820706-02

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.

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Tai Chi L1

Tuesdays, February 3-24 — 730100-02

Saturdays, February 7-28 — 730100-2A

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); 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, February 7-28 — 730300-02

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, February 3-24 — 730400-02

2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

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January 17-June 6 — 823500-A1 (resident)

January 17-June 6 — 823500-GU (support person)

January 17 — 823500-JA (separate session support person)

February 2 — 823500-FE (separate session—support person only)



9:00 AM-12:00 PM. P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session registration opens five days prior to session date—support person only \$35 per session. Do you plan to age in place here in SCLH? Do you need help in planning how to do that successfully? This program will take you through seven topics that will facilitate your planning. Topics include: personal finances, legal matters, dealing with loss, navigating the healthcare system, transportation issues, housing options and end of life issues. If you have questions or need help enrolling please email carol.zortman@schca.com or call 625-4032. Residents Register: Fitness/Activities Desks or online. Dates available at the fitness desk. Separate session registration only available at the Fitness Desks

Self-Defense and Martial Arts

Tuesdays, February 3-24 — 815000-02

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



Money Matters

How to Build Your Own Pension in Your Investments

Tuesday, February 24 — 870000-02A

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.



Continued on page 95

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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

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 by utilizing her skills in both Bowenwork therapy and functional fitness, 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 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,
February 4- March 4 — 835210-A2

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class February 16). 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,
February 3-26 — 835211-A2

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,
February 4-March 4 — 835800-A2

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class February 16). 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!

Continued on page 96

SGT—Fit 101 L1**Mondays & Wednesdays,
February 2-25 — 835500-A2**

12:30-1:30 PM, Aerobics Room (KS). \$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,
February 3-26 — 835600-A2**

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,
February 3-26 — 835300-A2**

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,
February 2-25 — 835180-A2**

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,
February 2-25 — 835300-B2**

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,
February 2-25 — 835400-A2**

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

**New! SGT—Circuit Training L2****Mondays & Wednesdays,
February 2-11 — 835200-A2**

1:00-2:00 PM Weight Room (OC). \$70 (four sessions). Instructor: Milly Nuñez. Sign up for our new Circuit Training Class which will help you get acquainted with the new equipment at Orchard Creek Fitness Center as well as work in a fun group setting led by a certified personal trainer. You'll work with each piece of equipment in a timed format so that you can work at your desired level of intensity. You'll also be led through a group warm-up and cool-down by the instructor. This fun class will deliver a full body workout in just one hour.

SGT—Healthy Back L1**Mondays and Wednesdays
February 2-25 — 835700-A2**

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
February 2-25 — 835701-A2**

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.

—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-A2

Fitness Floor (KS). \$30 (one session). Instructors: Janine Colson Paula Ainsleigh, and Terri Alba. This session is a prerequisite for Pilates Reformer L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations/goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment.



SGT—Reformer Basics L1

Mondays & Fridays,

February 2-27 — 835120-A2

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions).

Instructors: Paula Ainsleigh

Mondays & Wednesdays,

February 2-25 — 835120-C2

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Janine Colson.

Mondays & Wednesdays,

February 2-25 — 835120-D2

2:30-3:30 PM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Terri Alba.

Mondays & Wednesdays,

February 2-25 — 835120-E2

5:00-6:00 PM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Terri Alba.

Tuesdays & Thursdays

February 3-26 — 835120-F2

10:30-11:30 PM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Terri Alba.

Tuesdays & Fridays

February 3-27 — 835120-B2

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Janine Colson. This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility.

By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT—Reformer Intermediate L2

Tuesdays & Thursdays,

February 3-26 — 835130-02

7:30-8:30 AM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Staff.

Mondays & Wednesday

February 2-25 — 835130-B2

6:00-7:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate.

SGT—Total Body Reformer L2

Mondays & Wednesdays,

February 2-25 — 835181-A2

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Janine Colson.

Tuesdays & Thursdays,

February 3-26 — 835181-B2

11:30-12:30 AM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Terri Alba. This class builds on the foundations of Reformer Basics L1. The emphasis will be on the total body workout including core strength flexibility, improved posture, balance and overall strength. A new and more challenging format as well as Pilates props will be used.

SGT—Cardio Jump and Core Reformer L2

Tuesdays & Thursdays,

February 3-26 — 835131-02

9:30-10:00 AM, Fitness Floor (KS). \$70 (eight sessions). Instructor: Terri Alba. Looking for a great cardio workout? This might be the only one you can do in the same position you sleep in! The Cardio Jump class creatively integrates Reformer and cardio exercises keeping your joints healthy while getting the benefits of a high impact workout in a low to no impact position. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body that other forms of cardio can. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises.

SGT—Special Populations Reformer L1

Mondays & Wednesdays,

February 2-25 — 835160-A2

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions).

Instructor: Terri Alba. The Reformer is an invaluable tool for

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anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations.

Punch Pass Class Descriptions

*Please see the color grids on the following pages for days and times. Purchase a Punch Pass for these classes.
Each class is \$3.50.*

20/20/20 L3: Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all of the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

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!

Low Impact Aerobics L3: Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

Low Impact Sculpt Interval L2: Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will take utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

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.

Mixed Level Indoor Cycling L2: A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

Pilates Fit L2: The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates Fit. You will feel the benefits after your first workout and keep them for a lifetime.

Piloga L2: Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

Piloga Flow L2: Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhh!

Platinum-Water in Motion L2: A shallow water, low impact aqua exercise experience. Participants enjoy a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly released music with easy to learn choreography.

Power Vinyasa L3: Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

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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 & Sculpt L2: Cardio step routines combined with toning intervals to give you a total body workout. Burn calories with low impact easy to follow step patterns.

Step It Up L3: Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

Sticks & More L2: :

This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend thirty minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

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 Bootcamp L3: This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. Enjoy the sunshine while getting a great workout!

Water Works L3: Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

Yin Yoga L1-L3: When starting your day with this early morning yoga class, you will find yourself moving from 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 January 15 - February 15, 2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L3- Marilyn *	OC	Water Works L3- Marilyn *	OC	Water Works L3- Roman	OC	OC
8:30	 L2 - Lisa *		 L2 - Lisa *		Water Works L3- Roman		
9:30		Water Works L3 - Deanne	Core n More L3- Annette	Water Works L3 - Deanne			
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	Splash Dance L2- Annette	Water Works L3 - Deanne	 L2 Annamarie *		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marie		AF Aqua L1- Annette		
12:30	*Aqua Yoga L1- Annette			*Aqua Pilates L1- Marilyn	*Aqua Pilates L1- Marilyn		
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 Annamarie	Water Works L3- Marilyn	Water Bootcamp L3 Annamarie	Water Works L3- Lisa			
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 January 15- February 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	Low Impact/Sculpt Interval L2 - Jeannette	Yoga Basics L1- Susan	Cardio Strength L3- Kim
10:00	*Zumba L3- Brandi	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	*20/20/20 L3- Marilyn	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							
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	Activities	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 instructor

** New Class

*** New class & instructor

KS WellFit Class Schedule January 15 - February 15, 2015

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR
6:15												
7:00												
7:30												
7:30	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa	SGT - Ref. The Basics L1 - Paula	Mixed Level Cycle L2 - Deanne	SGT - Ref. Intermediate L2 staff	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa	6:15am SGT - Bootcamp L2 - Robert	SGT - Ref. Intermediate L2 staff		SGT - Ref. The Basics L1 - Paula			
8:30	Low Impact/Sculpt Interval L2 - Jennette	SGT - Fit for Golf L2 Robert	Low Impact L3 - Annamarie	SGT - Ref. The Basics L1 - Janine	Power Vinyasa L3 - Deanne	Low Impact L3 - Annamarie	SGT - Ref. The Basics L1	Zumba Gold L2 - Joanne	SGT - Ref. The Basics L1 - Janinie			
9:30	Strictly Strength L3 - Roman	SGT - Ref Special Pop. L1 - Terri	SGT - Ref. Jump Board - Terri	Cardio Strength L3 - Annamarie	SGT - Ref Special Pop. L1 - Terri	Strictly Strength L2 - Lin	SGT - Ref. Jump Board - Terri	Cardio Strength L3 - Annamarie				
10:30	**20/20/20 L3 - Marilyn	SGT - Ref. The Basics L1 - Janine	SGT - The Basics L1 Terri	Cycle & Strength L2 - staff	SGT - Ref. The Basics L1 - Janine	Pilates Fit L2 - Dominie	SGT - The Basics L1 Terri	Everybody Can L2 - Lin				
11:30	SGT - Healthy Back L1 - Kathryn	SGT - Total Body Reformer L2 - Janine	SGT - Total Body Reformer L2 - Terri	SGT - Healthy Back L1 - Kathryn	SGT - Total Body Reformer Janine	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Total Body Reformer L2 - Terri	Waldan Gong - Joan				
12:30	SGT - Fit 101 L1 - Marilyn			SGT - Fit 101 L1 - Marilyn								
1:30	Yoga Basics L1 - Susan		Tai Chi L1 - Peii			1:00pm Qigong L1 - Sherry						
2:30	SGT - TRX Interval L2 - Julio	SGT - The Basics L1 Terri	Tai Chi L3 (2:45-3:45) - Peii	SGT - TRX Interval L2 - Julio	SGT - The Basics L1 Terri	Basic Conditioning L1 Kathryn						
3:30	SGT - TRX Express L1 - Julio			SGT - TRX Exp. L1 - Julio			SCLH Booking					
4:00	SGT Healthy Back L2 - Kathryn			SGT Healthy Back L2 - Kathryn		Yoga for Osteo L1 - Susan						
5:00	SGT - Bootcamp L3 - Lisa	**SGT - The Basics L1 Terri		SGT - Bootcamp L3 - Lisa	**SGT - The Basics L1 Terri							
5:30												
6:00		SGT - Ref. Intermediate L2 Terri	Hatha Yoga L2 - Susan		SGT - Ref. Intermediate L2 - Terri	Relaxing Yoga & Meditation L1 - Susan						
7:00												

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)
Small Group Training (session based)
* New Instructor
** New class
*** New class & instructor



You Make The Call—2014 College Football Replay

Tuesday, January 20 — Free

10:00 AM-12:00 PM, Ballroom (OC). Bill has been a football referee for the PAC-8, PAC-10, and PAC-12 since 1977 and was selected as the crew chief for several National Championship games. In 1999, the NFL asked Bill to leave the field and join the Instant Replay staff. He has been a replay official since, and also is an officiating scout for the NFL. Two of his candidates are rookies in the NFL this season. He still welcomes the challenge of getting the call correct, and he will share some of the on-field adventures he faces every week. He promises to educate you in the finer points of the game, and he will let you make the call in some tough play situations.



Translation Please: What Advances in Stroke Care Mean to You

Wednesday, January 28 — Free

7:00-8:30 PM, Ballroom (OC). Recent advances in stroke care have dramatically changed the prognosis and quality of life for stroke patients. But, it can be a challenge to keep up on the many aspects of stroke prevention and care, let alone understand how they can be used to your benefit. In this session, Dr. John Shafer will discuss the latest in stroke prevention, how to effectively identify a potential stroke, as well as treatment and rehabilitation options. Dr. Shafer will also touch on the latest neurological innovations currently being used at Mercy San Juan Medical Center.



What is, Where to Get It, How to Get It—Media Streaming

Tuesday, February 3 — Free

9:00-11:00 AM, P-Hall (KS). Obtaining content that is Movies—TV shows—Music—News, can come from many sources. Satellite, Cable, Internet, and Streaming devices are some of the sources. What is Streaming and how it works will be part of the Forum. The presenter, Ken



Silverman, will discuss both content, like Netflix, TV Shows, and Movies, and how to get them via streaming devices.

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/HandyHelpers... 2015 Maintenance Update

Tuesday, March 10 — Free

3:00-5:00 PM, Ballroom. (OC) Neighbors InDeed Executive Director Mary Jo Fratessa and HandyHelper 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.

Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • You Make The Call—2014 College Update Tuesday, January 20, 10:00 AM, Ballroom (OC) • Translation Please: What Advances in Stroke Care Mean/You Wednesday, January 28, 7:00 PM, Ballroom (OC) • What is, Where to Get It, How to Get It—Media Streaming Tuesday, February 3, 9:00 AM, P-Hall (KS) • 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) 	<ul style="list-style-type: none"> • NID/HandiHelpers... 2015 Maintenance Update Tuesday, March 10, 3:00 PM, Ballroom (OC) • “Oh, my aching head!” What you should know/headaches Thursday, March 19, 7:00 PM, Ballroom (OC) • Human and Sex Trafficking Tuesday, April 7, 2:00 PM, Front Ballroom (OC) • Local Snake Update Tuesday, April 21, 2:00 PM, Ballroom (OC) • DMV Senior Update Tuesday, May 5, 2:00 PM, Ballroom (OC)
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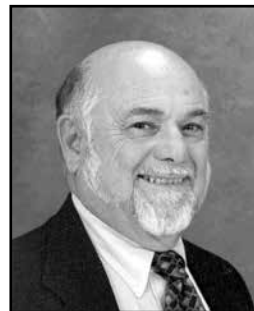
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KS Main Phone: (916) 408-4013

Website for residents:

www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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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

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Website: lincolnhillsgolfclub.com

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

bgeppert@billycaspergolf.com

Lincoln Police & Fire 645-4040

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