



Compass

The Official Magazine of Sun City Lincoln Hills

October 2015

Lincoln's Birds of Prey... page 13

One Pumpkin Spice Latte... page 2

**The Finance Committee Dues
Determination Process... page 9**

Club Insert Inside

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On the cover

This Bald Eagle was seen near
Ferrari Pond

Photo by Truman Holtzclaw

Board of Directors Report One Pumpkin Spice Latte

Marcia VanWagner, Treasurer, SCLH Board of Directors



At the September 24 meeting, the Board of Directors approved the 2016 Budget with an increase in dues—less than **one Starbucks' Pumpkin Spice Latte a month**.

September is budget month for the Community Association. The Properties and Finance Committees meet with staff to clarify needs, evaluate mandates, and propose a budget for the Board's approval. Fourteen committee members, eight staff, and seven directors attended the meetings, along with about ten interested residents. The Association's 2016 Budget is \$9,034,956, an increase of about 3%, a \$3/month increase, meaning the Association dues will be \$111/month/household.

Why a \$3 increase? There are four important reasons. Let's look at the Operating Budget first. Beginning January 1, the State of California mandates that the minimum wage rises to \$10/hour and that all part-time employees receive sick pay.

Second, the effects of our drought affect the cost of food, a major budget item in the Food & Beverage Department budget. How much more are you paying for eggs, produce, and protein? The drought also impacts the cost of water. Over the year, the Association has reduced the water usage by 40%, yet the cost for this lower amount of water rises by 16% for 2016.

Have you seen this increase in your water bills?

Third, for the first time in many years, Capital Asset Acquisitions are a line item in the budget. In the recent past, Capital Acquisitions have been funded from Revenues in excess of Expenses. This year, Revenues in excess of Expenses from 2014 and estimated from 2015 have been returned to the budget to directly reduce the dues. While the operating costs for 2016 have increased 3%, the Operations Budget has only increased 2%. This accounts for \$2 of your monthly dues increase.

Fourth, the required contribution to the Reserve Fund has increased by 5%, or \$1 per month increase. This brings the net budget cost to owners to \$111 per month.

The Board often receives questions from residents about the financial benefits of "outside" bookings. These outside bookings actually account for a significant percentage of our overall revenues for 2016. If we rely solely on your dues to support the *entire* Operating, Reserve, and Capital Acquisition budgets, your dues would be \$166 each month! That would *not* be one latte a month, but rather about one Pumpkin Spice Latte *every day!*



Elderberry Bridge. From OC, go right on Del Webb, left on Stoneridge, left on Hidden Hills. At the Open Space, park at the second trail on the right. Trails are posted. You'll be walking on the Elderberry Trail. It's approximately a five-to-eight minute stroll to the bridge

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

To date, our Sun City Lincoln Hills Team raised \$5,264 for the Alzheimer's Association during the October 3 Walk To End Alzheimer's event. Thank you to all who contributed to our Team effort to raise awareness of this disease and money for research to find a cure.

OC Ballroom parking structure. In the event of rain, we have scheduled the following Monday, November 23 as the rain date. There will be a few speeches followed by light refreshments for all. Please



join us in celebrating this important project.

If you have yet to register for the eNews, please do if you want to receive up-to-the-minute news, reminders, and special offers from your As-

sociation. Go to the home page on our resident website and click on *Living Here* located on the right side mid-way down. You can unsubscribe to any or all department eNews at any time. We appreciate your continued feedback and promise

Please see "Connections" on page 5



Participants in the Sun City Lincoln Hills team on the Walk to End Alzheimer's

Mark your calendars for Wednesday, November 18 for our official ribbon cutting signifying the completion of the Association's electric and thermal solar projects. Join your Board of Directors, City officials, and members from the SUNworks team at 10:00 AM outside and in front of the

Calendar of Events

October 15-November 31

Date	Event	Page #
10/15	Book Discussion: <i>Sycamore Row</i> 23	
10/16	Music Group sponsored Friday Night Open Mic 29, 39	
10/17	KS Classic Movies on Saturday: Arsenic and Old Lace 39	
10/19	Astronomy: "Physics at Ultrahigh Temperatures" 22	
10/19	Astronomy: "Back to a Microsecond/Particle Cascade" 22	
10/19	Genealogy: "Conducting a Personal Family Survey" 26	
10/19	Painters Club: Marilyn Rose—Demo of a Portrait 30	
10/19	Document Destruction 39	
10/20	NEV: "Seniors First"—improving lives of Placer Co. Srs. 30	
10/20	Billiards Group offering Billiards Lessons on Tuesdays 39	
10/20	Performance: Speaker Series—Dr. Michio Kaku 59*	
10/21	Tour: Carolands Mansion 59*	
10/22	Telescope Interest Group: Locating planets, stars, more 22	
10/22	Eye Contact Group: Effective Labeling Techniques 26	
10/22	Garden Group: Small Changes to Garner Big Results 26	
10/22	Singles: SpookTacular Halloween Blast 32	
10/22	Tap Company Auditions for "Hot August Night" 33	
10/24-25	Readers Theater: "A Halloween Comedy Special" 31, 39	
10/26	Healthy Eating Speaker: Owner/Chef of Green Boheme 27	
10/27	Tour: Ferry to San Francisco—Union Square 59*	
10/28	Alzheim./Dementia: "Caregiving & Difficult Behaviors" 22	
10/28	Music Group: Play Music and Socialize 29	
10/28	Forum: The Last Windows Upgrade You Will Ever Need 96	
10/29	Hiking: "Kurt Doelling's Amazon Kayaking Adventure" 27	
10/29	Concert: Silent Movie with Rsvl. Community Concert Band 43	
11/02	Antiques Appreciation: "Victorian Housewife Lifestyle" 22	
11/02	KS at the Movies: Cinderella 39	
11/04	Astronomy Speaker: "Infrared Astronomy" 22	
11/05	Investors' Study: Ryan Scott of Vanguard Investments 28	
11/05	Forum: Chinese Builders of Gold Mountain 96	
11/06	Concert: Blame Sally Folk/Pop Americana 43	
11/07	Neighborhood Watch Annual Mtg. Breakfast Potluck 21	
11/09	Wildlife Heritage Foundation Managing Open Spaces 23, 39	
11/10	Needle Arts: Yearly display of all Needle Arts subgroups 29	
11/10	Performance: "Elf" The Musical 52	
11/11	Computer Club: "Photo Apps and Features" 25	
11/11	Community Veterans Day Ceremony 34, 39	
11/11	Forum: Keeping Your Joy During the Holidays 96	
11/12	Concert: Baroque Masters 43	
11/12	Day Trip: Red Hawk Casino 47	
11/13	Computer Clinic: "Photo Apps and Features" continued 25	
11/13	Concert: Garrat Wilkin and the Parrotheads 44	
11/14	Tour: San Francisco Saturday 57	
11/15	Tour: San Francisco 49ers Levi's Stadium 57	
11/18	Performance: If/Then at the Orpheum, San Francisco 48	
11/19	Book Discussion: <i>Maisie Dobbs</i> (any book in series) 23	
11/19	Day Trip: Off to the Races 47	
11/19-21	Players Group: "The Christmas Gift" 31, 43	
11/23	Concert: Jim Curry's John Denver Tribute 44	
11/27	Computer Ask the Tech: Q&A for all technical questions 25	

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

Upcoming Association-Related Meetings: Date, Time, Place

October 15- November 31

Golf Cart Registration.....	Thursday, October 15, November 5 & 19 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, October 15, 9:00 AM
Board of Directors Meeting.....	Thursday, October 22, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, October 22, 10:30 AM
Board of Directors Executive Session.....	Thursday, October 22, 11:00 AM
ARC/Architectural Review Committee.....	Monday, October 26, 9:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, November 3, 9:30 AM
Compliance Committee Meeting.....	Wednesday, November 4, 10:30 AM
Elections Committee Meeting.....	Friday, November 6, 10:00 AM
ARC/Architectural Review Committee.....	Monday, November 9, 9:00 AM
CCRC/Communications & Commun. Rel. ...	Monday, November 9, 11:30 AM
Properties Committee Meeting.....	Tuesday, November 10, 1:00 PM
Listening Post.....	Wednesday, November 11, 9:00 AM
New Resident Orientation.....	Tuesday, November 17, 1:00 PM
Finance Committee Meeting.....	Wednesday, November 18, 9:00 AM
Board of Directors Meeting.....	Thursday, November 19, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, November 19, 10:30 AM
Board of Directors Executive Session.....	Thursday, November 19, 11:00 AM
ARC/Architectural Review Committee.....	Monday, November 23, 9:00 AM

Meetings in OC Lodge unless noted otherwise.



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From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

Welcome to fall in Lincoln. Hopefully it brings a change in the weather, and rain comes back to our area ... I had a chance to browse one of the earliest editions of the *Compass*, and it was interesting to note that several of the people involved in our magazine back then are still active participants in the community. Out of that group, I'd like to recognize Dee Hynes (see page 17), who is one of those folks who help make Lincoln Hills special. If you have ever had the chance to interact with Dee, you understand what I'm talking about ... The solar project proceeds



on schedule, and we anticipate throwing the switch in mid-November ... Every year it seems we read articles in the paper (usually relating to State projects) that a spokesperson says the project will save taxpayers millions of dollars. Of course there are usually never any updates, unless it's about a DMV computer system that ends up \$300 million over budget, and doesn't work. I am happy to report that we do provide updates on certain projects, one of those being the LED streetlight project we started in 2011. By the end of the year, this project will have saved us in excess of \$500,000. It is a project we can all be proud of ... I'd like to thank the department managers and directors for their work in preparing

the 2016 operating budget. This budget was particularly challenging due to new State mandates on part-time sick leave and minimum wage increases. The results from the budget process speak positively to their diligence. Our Director of Finance, Bruce Baldwin, did yeoman work assisting the various departments, and I would like to acknowledge his efforts here. I would also like to personally thank Mike Creasy and his team on the Finance Committee. These volunteers give their time and expertise selflessly, and the community is the better for it ... I would also like to thank Marcia VanWagner, who is the Board liaison to the Finance Committee, and provided wonderful insights and guidance as well ... As I wrap up here, I want to wish everyone a happy fall season, and I hope to see you as I make my way around our beautiful community.

The Candidates Have Come Forward

Elections Committee

On October 14, the application window was closed for declaring candidacy for membership on our Board of Directors in the 2016 election. The panel of candidates will be posted immediately and various communications will tell us who will begin campaigning for your vote in January 2016.

By November 6, each candidate will submit a Ballot Statement of no more than 220 words. In accordance with the law governing Homeowners' Associations, all members of the Association are also entitled to submit Issues Statements regarding life here in Sun City Lincoln Hills. The forms for such submittal are available at the Membership Desk in both Lodges. These statements, too, are limited to 220 words and must be submit-



ted to the Membership Desk before 4:00 PM on November 6.

In December, tables will be placed in both Lodges where Candidate's Campaign Materials will be displayed. Issues Statements will also be displayed on these tables. Now is the time to get to know the Candidates and determine whom you want to vote for to represent you on the new Board. Board membership will be determined by counting the ballots on February 18, 2016. You will have the opportunities to support your Candidates by hosting coffee gatherings, fund raisers, sign placement, or flyer distribution prior to that time. Become an informed and involved voter to keep Sun City Lincoln Hills the outstanding community we call home. Vote!

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

Connections

Continued from page 3

the news will be valuable and timely. It has proven to be an effective means of communication and supplement to our monthly *Compass* magazine.

I receive regular requests from residents asking me to publish notices imploring you to do the following:

- Come to a full stop at all stop signs.
- Wait for pedestrians to safely cross the street before proceeding forward.
- Keep your dogs on a leash at all times.
- Pick up your dog's poop every time.
- Don't wear perfumes, colognes and body scents when attending events, bus trips or while working out in the Fitness Centers.

Seems pretty elementary, I know. In this case I am the messenger on behalf of your fellow community members.

Enjoy the autumn weather. I look forward to seeing you in the Lodge.

resident website. Questions? Please email the committee chair, address on page 98.

- ARC/Architectural Review Committee
- CCRC/Clubs & Community Organizations Committee
- Compliance Committee
- Properties Committee



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Activities News & Happenings

Trick or Treat!

Lavina Samoy, Lifestyle Manager

Mid-October ushers in chilly nights, wonderful autumn colors, and “trick or treaters.” We have lots of tricks up our sleeves and treats for you this month and the rest of the year!



The Orchard Creek Lodge stage and Kilaga Springs Presentation Hall are bustling with spectacular shows not to be missed! For Halloween, enjoy the **Roseville Community Concert Band on October 29** for our **Second Annual Silent Movie** showing with the 1920 horror film version of *Dr. Jekyll & Mr. Hyde* (page 43). **Blame Sally**, an excellent all female Folk/Pop Americana band from the Bay Area brings their unique brand of music on **November 6** (page 43). **Garratt Wilkin and the Parrotheads** will have you swaying on **November 13** (page 44) and **Jim Curry** will bring images of the rocky mountain as he salutes the **Music of John Denver on November 23** (page 44). An intimate experience awaits you in the Presentation Hall with the award-winning duo **Alasdair Fraser and Natalie Haas** as they bring you on an infectious Scottish/Celtic musical journey on **December 3** (page 44).

Here comes the biggest treat of all! Tickets to the grandest, most fun, and best priced **New Year’s Eve party** go

on sale **November 17**. With the theme, “**Under the Sea**,” Orchard Creek Lodge is transformed to a magical undersea fortress with dancing to a DJ and live Cuban/Latin music, casino gaming, food, drinks and fireworks. This is the party everyone is waiting for, so get ready to dive in to the fun and spectacle before tickets run out (pages 42 and 100)!

Trips to exceptional Broadway shows in San Francisco and Sacramento are here. Make your experience driving and parking free with great seats to the following shows in San Francisco: **If/Then** starring Tony winner Idina Menzel on **November 18** (page 48), and **Jersey Boys** on **February 10** (page 52), both at the Orpheum Theater plus **A Gentleman’s Guide to Love & Murder** at Golden Gate Theater on **December 2** (page 48). Bring your grandchildren to Broadway Sacramento on **November 10** for **Elf the Musical** and **The Little Mermaid** on **February 2** (page 52). More trips to award-winning shows are listed on pages 48, 52 and 57.

Don’t stress over space or cleaning your house for a party! Kilaga Springs Lodge is the perfect place to hold your Potluck parties for family and friends this season. Rental for resident parties is as low as \$15 per hour. December spaces are going fast. Contact Shelvie Smith at Shelvie.Smith@schca.com to reserve your room today!

Enjoy fall in Lincoln Hills!

WellFit News

Happy Fall!

Deborah McIlvain, WellFit Manager



Just because you missed the start to the fall season does not mean you have to wait till after the holidays to begin your fitness journey. Start with the **5K Fun Run/Walk for Breast Cancer** Wednesday, October 21. The race starts at 8:30 AM at Kilaga Springs parking lot. Come early to enjoy the live jazz band and light refreshments. Sign up at Orchard Creek or Kilaga Springs Fitness Centers—there still is time!

If walking is not your thing, take the time to get your **Personal Assessment** done with one of our qualified trainers. This is a great place to get started; the trainer will go over your goals, health issues, and get you on a safe path to your physical improvement. The cost is \$30... sign up at the Fitness Centers.

The Lincoln Hills WellFit Department has a lot to offer, and if you have questions, our WellFit staff is always available to help.

What’s new:

- New flooring at Orchard Creek Fitness
- New WellFit Studio is up and running at OC. This space is dedicated to Bowen work and the Pilates Reformer program.
- Outdoor pools will be closing soon for the season

WellFit Classes pages 81-92
WellFit Class Grids pages 93-95

Training Needs of Residents

Ron Carelli, Communications & Community Relations Committee member

The Communications and Community Relations Committee (CCRC) recently set up a number of task forces to focus on the communications needs of our community. One of these task forces is a Training Task Force that I am coordinating.



Our committee is also evaluating the audio/visual systems used in the Orchard Creek Ballroom and Kilaga Springs Presentation Hall, and working with representatives from standing committees and clubs to gather information on current

and future communication needs of the community.

I am asking for your input on overall resident training. An example of such an identified need: we are developing training videos to help inform and support residents who want help accessing information on our website.

Some additional ideas received thus far include: a training manual for moderators on how to conduct our popular Community Forum series; simple instructions on how to use microphones; a standardized template for PowerPoint presentations; and instructions on how to conduct a formal meeting using Robert’s Rules of Order.

Please respond to me by November 15 with any ideas, needs, or issues you have

Did You Know?

The Fitness Centers go through approximately 3,500 gym wipes a month at Orchard Creek and 2,100 at Kilaga Springs.



experienced or which have been suggested to you. We will add these to the ideas we have received from others within our community in order to develop a priority list for creating the training materials.

Thanks for your input. I look forward to hearing from you on further training needs so that we can plan how to address them. Ron Carelli: ron.carelli@gmail.com or ccrc@schca.com or 543-9129.



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Getting to Yes The Finance Committee Dues Determination Process

Harriet Kaufman, Finance Committee Vice Chair

One of the most important responsibilities the Finance Committee faces each August through September is its assistance in developing next year's budget and eventual homeowner dues calculation. The process is long and often complicated, involving a number of meetings with staff and other committees.

While the Finance Committee makes a recommendation of next year's dues, it doesn't make the final decision. The committee has input into staff and committee planning through a series of meetings, the first of which was held with the Properties Committee who made several proposals for new projects and improvements to existing property, which were requested by staff, residents, committees, and groups. Discussions led to the acceptance of some projects, tabling and rejection of others. Later, toward the end of the budgeting process, there was a second meeting of the two committees. Since the Orchard Creek solar project was not financed through usual budget processes and has no expenses associated with the 2016 budget, it was not part of the discussions.

Next, the Finance Committee met on two separate occasions with various staff members in order to review their budgets related to their 2016 goals and expecta-

tions. Staff budgets were constrained due to changes in employment law, namely, the rise in hourly minimum wage and new government regulations regarding 24 hours sick leave for part-time employees. Additionally, workers' compensation insurance costs are likely to rise. Moreover, increased costs for water have affected the Maintenance budget and the cost of food products for the Food & Beverage Department.

Finance met with staff twice more to hone budgets. The last of these meetings was the budget rollup. Committee members were encouraged to ask questions to ensure that residents' dues will be the

fairest they can be. The dues are calculated based on expenses offset by estimated outside revenues such as the HP event, concerts, catering, etc. Note that while electrical power costs will be lower at Orchard Creek Lodge due to the solar installation, the power savings will be utilized to return the monies taken from investment accounts to pay for this project.

Once all the various budgets have become the most streamlined they can possibly be, Finance presents its findings to the Board of Directors. The Board may take the Finance Committee's suggested 2016 dues rate or it can choose to have more meetings with various stakeholders before making its final decision on dues for the coming year.

Statement of Operations YTD—August 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$5,107,577	\$5,088,308	\$19,269	7,640,861
Administration (Expense)	(1,353,624)	(1,393,169)	39,545	(2,047,930)
The Spa at Kilaga Springs	(14,065)	45,385	(59,450)	67,070
Fitness	(232,504)	(275,500)	42,996	(410,250)
Activities	13,099	(115,455)	128,554	(173,450)
Rec. Center / Maintenance	(1,642,922)	(1,692,365)	49,443	(2,569,070)
Landscape Maintenance	(1,651,237)	(1,759,260)	108,023	(2,566,920)
Food & Beverage	(113,050)	(60,730)	(52,320)	(13,110)
Capital Asset	0	0	0	0
Net Revenues (Expense)	\$113,274	(\$162,786)	\$276,060	(\$72,799)

El Niño

Cautionary tips from Neighbors InDeed

Doug Brown, Resident Editor



We've heard a lot about El Niño in recent months—the fascinating phenomenon in which warmer than normal ocean temperatures in the tropical Pacific Ocean can bring us “unusual” winter weather patterns. We're all of course hoping *unusual* translates into lots of rain, but beware! Nothing about El Niño suggests absolute predictability.

So, for the time being, Neighbors In-

Deed urges caution and prudence. Until we actually *see* rain falling in significant amounts, maintain your summer *water-wise* irrigation timer settings. And stay tuned for city of Lincoln and Placer County directives on what's permitted and/or advisable.

If it looks like we indeed are experiencing a nice wet winter, then modify your settings to your usual *low settings* for the winter, or even turn your systems *off*. Just because it's raining doesn't mean we'll suddenly see full reservoirs with water aplenty for everyone. It'll take several years of wet winters to recover from four years of drought, so water remains a precious resource!

Perplexed about how to reset your irrigation timers? Call Neighbors InDeed at 223-2763 for a Handy Helper to come to your house and help you with that. The more recent timers have additional features that give you some options that the older timers didn't have. For example, the new Rainbird models allow you to make a customized setting for each station. So let's say your trees and shrubs need a different schedule from your lawns—presto! Your timer can do it all.

On another note, have you thought about “giving back” by *volunteering* for Neighbors InDeed? If you're handy around the house, it doesn't take much time to be *Please see “Neighbors InDeed” on page 11*



Integrated Design Solutions

Mark Hutchinson, Architectural Review Committee Chair

"I don't divide architecture, landscape, and gardening: to me they are all one." —Luis Barragan

During the past few months, the ARC has received a significant number of re-landscaping applications.

These have focused on landscaping and hardscape changes that reduce or eliminate natural turf and also replace existing plants with drought and frost tolerant plants.

As these applications are reviewed, the ARC's most important consideration is to determine if the proposal creates an integrated and unified design that is consistent with the character of the home and the community.

An Integrated Design Solution accomplishes the following:

- Incorporates elements and materials consistent with the home's architectural character.
- Is in scale with the size of the home, lot and adjacent properties.
- Exhibits a sensitive use of hardscape, walls, lighting and planting materials.
- Carefully incorporates the existing plants that are to remain in the new design.
- Selects plant and tree species for their location in the landscape, water usage, height, texture, color, and

eventual size at maturity.

- Incorporates seasonal color.
- Meets the minimum setback and coverage requirements.

Open Positions

There are currently three positions open on the ARC. If you are interested in exciting work and the opportunity to assist fellow residents with their landscaping improvements, please submit your application by dropping it in the ARC drop box in Orchard Creek Lodge.

Assistance with Applications

Members of the ARC are available to meet with you at the end of our regularly scheduled meetings, to assist you by answering questions and clarifying your specific submittal requirements. Questions may also be submitted by email to arc@sclhca.com.

The Spa at Kilaga Springs

Fall Is in the Air

And so is the Oxygen Facial!

Kris Holland, Manager, The Spa at Kilaga Springs

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

Have you ever wondered how beneficial and important one simple element—oxygen—can be to anti-aging and repair, as well as nutritive to



the face and neck? It is one of the single most important components for healthy, functional, and youthful looking skin. Now that fall is upon us with weather changing, the skin starts to

change too. Our indoor heated air is dryer, which provides less moisture to our skin. And, without proper care of our natural protective barrier, called the "acid mantle" (a balance of acid and sweat secreted from our own glands), the skin can quickly start to feel and look dry and dull. It can also be more susceptible to bacteria and other harmful elements that can lead to sometimes lasting skin damage and aging.

With amazing advancements from our new addition in skin care, award-winning Image Professional Skin Products, the Spa at Kilaga Springs now offers an

oxygenation facial, The O₂ Lift! Without the use of other very expensive and time consuming treatments, this facial deeply cleanses, gently exfoliates, smoothes, and lifts, giving you that "breath of fresh skin" that you may be looking for.

"With amazing advancements from our new addition in skin care, award-winning Image Professional Skin Products, the Spa at Kilaga Springs now offers an oxygenation facial, The O₂ Lift! Without the use of other very expensive and time consuming treatments, this facial deeply cleanses, gently exfoliates, smoothes, and lifts, giving you that 'breath of fresh skin' that you may be looking for."

While this treatment is advanced and highly sophisticated, it is luxurious, simple, and relaxing at the same time. The process starts with a soothing cleanse that is rich

with natural botanicals of coconut and jojoba. The cleanse is followed by a gentle but extremely effective gel exfoliation, with pineapple and papaya extracts, that starts to liquefy as it is massaged into the skin. You will feel the dead skin cells lifting off of your skin during this step. Then, the magic begins! An enriched and stabilized oxygen mask is applied that will have an "effervescing" effect that will infuse your skin with the oxygen it needs, followed by an anti-aging serum packed full of plant-derived stem cells and peptides that will stimulate circulation and leave your skin polished and incredibly refreshed!

There is no better time to start your fall beautifying process at our beautiful Spa at Kilaga Springs than this month of October and to purchase our O₂ Lift facial for a "Fall Special" of 15% off of the normal \$125 price. Call now to book your appointment at 408-4290. See you at the Spa!

~Please see our ad on page 4.~

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Don't be late making your reservations at Meridians for a wonderful feast for family and friends on **Thanksgiving Day**, November 26 from 12:00 to 4:00 PM. Reservations are limited and we don't want you to miss out. Adults are \$31 and kids, 7-12, are \$12.50 (plus tax & service charge). Everyone under six years of age or over 90 years old is *free*! Come and enjoy the slow roasted free range turkey, stuffing, seasonal vegetables, soup station, and so much more. Always leave room for one of our wonderful desserts. All non-alcoholic beverages are included at no additional charge. The entire Thanksgiving Feast menu is available at the hostess stand or at www.meridiansrestaurant.com.

It's not too late to finalize your plans for the **holiday season**. Call Sales Manager

Meghan Louder at 625-4043 to reserve your room and arrange all the details of your successful holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work! Also, please contact Kristy Woodin at 625-4040 for your group holiday parties (for under 20 guests) being held in Meridians.

The **comment cards** that are offered with each meal have been a tremendous help to the entire staff and management. Be sure to use the comment cards to recognize one of our all-star staff and/or one of your favorite dishes. Help us celebrate the success and work on opportunities for improvement. Based on your feedback on the comment cards, we have been continuing to focus on putting your wishes into

reality. We have been working tirelessly to improve each dish that we serve and improve the quality of the service for each dining experience. We realize that consistency is the key to our ongoing success.

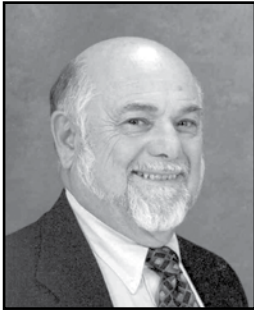
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Neighbors InDeed

Continued from page 9
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Cover Story
Lincoln's Birds of Prey

Al Roten, Roving Reporter

Within the bird watching world, birds of prey are known as raptors. Birds of this category have keen vision, powerful talons, and strong curved beaks. We are very fortunate to have a wide variety of raptors in and around Lincoln.

All of the beautiful birds pictured with this article are raptors. The photos were taken here in Lincoln by Phil Robertson, Truman Holtzclaw, and Larry White.

Raptors eat other birds, insects, small mammals, lizards, snakes, and fish. A characteristic of all raptors is that they can see small things from far away. They can swoop in and pick up and kill their prey with their strong talons and take it away swiftly. Their sharp curved beaks are used for tearing the food to eat. Larger raptors such as eagles, hawks, and owls have even been known to pick up small household pets.

Most raptors are diurnal—active during the day and sleeping at night. However, owls are nocturnal—active at night. We sometimes hear owls hoot in the night from a perch on our roof. I have admired the hawks and eagles as they effortlessly soar, riding the thermals. Such strength and freedom is awesome.

There is a varied and large number of raptors in our area. The Bird Group participates in the National Audubon Society's annual Christmas Bird Count. In last winter's count, the Lincoln area had the highest number of Red-tailed Hawks in the country. Many raptors are migratory. Some come from Alaska to this area; the Rough-legged Hawk winters here then returns to the tundra of Canada. Swainson's Hawks are here in the summer, but in fall, fly to South America.

A major threat to raptors is poisoning of rats, mice, and voles. The usual poison is a blood thinner that causes internal bleeding and death. If other animals such as raptors eat the poisoned critters, they too will be poisoned. As many as 75% of raptors have some poison in their systems. We must use humane traps for pests to help preserve nature's balance. Due to many threats, only about 20% of young birds will make it through their first year.

The Bird Group holds monthly meetings and frequent outings. The guest speaker at their December meeting will be Ed Pandolfino, recognized as the prime authority on birds in the Sacramento area. Contact Kathi Ridley, Chair of the Lincoln Hills Bird Group, for information.



Burrowing Owl



Ferruginous Hawk



Osprey



Red-Shouldered Hawk



Rough-legged Hawk



Harrier and coyote



Red-tailed Hawk



Kestrel; below, Cooper's Hawk



Turkey Vulture



Swainson's Hawk

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Meet Paula Horsley

Landscape “techie” extraordinaire!

Doug Brown, Resident Editor

Every Lincoln Hills resident proudly views our community landscaping as strikingly attractive with stunning arrays of flowers, shrubs, trees, and manicured lawns. What our untrained eyes don't see is the technological wizardry responsible for generating the beauty.

Meet Paula Horsley, Landscape Supervisor, the brains—and personality—behind it all. When the *Compass* caught up with Paula, she excitedly embarked on a fascinating demonstration of how computerization was a major player in keeping our common space green and colorful. Well, how else would *you* manage over 2100 irrigation stations to provide *optimal* watering for hundreds of acres?

And optimal doesn't mean simply “timed,” but regulated by weather, rain, and soil moisture content. A few clicks of her mouse and Paula's screen displayed data from SCLH's weather station: .02 inches of rainfall in overnight sprinkles—not enough to cause automated adjustments in watering schedules.

Paula noted with irony, “However, all that incredible technology doesn't give us ‘X-ray’ vision to pinpoint the exact spot where an underground supply line has sprung a leak!”

Paula, who with her husband, has been a Lincoln Hills resident since 2001, brought with her 18 years of facilities management experience with Hewlett-Packard in Silicon Valley, and it shows! But her day's work is spent less behind an array of computers, monitors, and digital sensors than interfacing with a slew of supervisees, where

she puts her vibrant personality and friendly approach to maximum benefit!

Can you imagine overseeing mowers, planters, hedge trimmers, tree pruners, irrigation techs, weed abatement personnel, annual sheep grazing, and, yes, even the worker who faithfully services 86 mutt-mitt stations and trash cans?

Those red trucks and carts that you see on our streets belong to Valley Crest, sub-contracted by SCLH to carry out routine landscaping services. The mowing crew alone takes four-and-a-half days to make the rounds; the detail/pruning team covers our entire community in a four-week schedule; flowerbeds are replanted three times a year; and the arborist inspects all of our trees twice a year.

Water-wise practices have been in place for several years now, but especially this year. Among recent landscaping Master Plan items have been the remodeling of two Village parks to save water, Leavell and Stonehouse. “Already we have saved thousands of gallons of water on those two parks alone,” Paula noted.

The next time you stroll or drive through this beautiful community, tip your hat to Paula for her excellent work!

Landscape Services Aptitude Test

1. How many flowers are planted every year in SCLH?
2. How many irrigation “stations” do we have?
3. How many acres of landscaped shrub beds does SCLH have on site?
4. How many acres of turf grass do we have on site?
5. How many tons of grass clippings, leaves, and debris are recycled annually?
6. How many trees are located on SCLH property?
7. How many acres of fire-break are provided annually to residents (beyond the knee walls of homes on Open Space)?
8. How many workers are under



Captions: Clockwise from above—Paula at the irrigation station, working with a landscape employee, checking ground samples, one of the crew mowing the baseball field

9. How many sheep, on average, graze annually in our Open Spaces?
10. How many tons of fertilizer are applied annually to feed our shrub beds and turf grass?

Answers on page 35.



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Orienteering

Elderberries or Acorns, Anyone?

Two more not-to-be-missed Lincoln Hills Trails

Dee Hynes, *Roving Reporter*

Well, you might not find elderberries on Elderberry Trail, even if most of us who use it are *elders*. But yes, acorns a-plenty on Canyon Oak Trail...



Two of our most popular trails are in a world of their own. They're in a petite canyon, an environment unlike any other section of our community.

As the trails dip below homes, they are surrounded by an oak wildwood. Rocks that dot the forest floor appear to be frosted with aged cheese in mottled teal and gray patterns.

The nature trails may be modified to offer short, level options. The extended options include steeper grade changes.

The trails include cement paths, decomposed granite trails, sidewalks and a neighborhood park.

Why walk the canyon trails?

- An endangered species lives here, come read about it!
- View hulking granite boulders seemingly dropped by a giant playing Tiddlywinks.
- Stout twin bridges connect the trails within the canyon.
- Canyon benches invite restful mediation.
- Two interpretive signs—take your mind for a walk, too!

Sixteen year residents, Carole & Wayne Reid, and best friend Toby, say they "absolutely love the beautiful trails. The trails are very well maintained and they love meeting new people and their dogs on the trail every day



Directions: From OC, right on Del Webb, left on Stoneridge, left on Hidden Hills and park at the open space. Begin either trail on the right, trail names are posted.

See your Community Directory and Resource Guide Street Name Index and map, foldout map 1.



Bob Ewertson, Mike Gardner and Kathy Spencer greet the morning along the

decomposed composed granite path of the Canyon Oak Trail



Left, Milton & Gail Greene, and one-year-old Louie, stroll past a prodigious granite giant along Elderberry Trail. They have often pondered the provenance of the impressive boulder. Milton likes to think it erupted from deep beneath soil. Right, Crescent Circle Park adjoins Canyon Oak Trail along Woodacre Lane. Twin picnic tables provide an ideal rest stop for the loop of approximately 45 minutes. (Elderberry Trail loop is approximately 30 minutes.)



Library News

Sandy Melnick, *Library Volunteer*

We are happy that so many people are using our Libraries. It is rewarding that we have a vast amount of books being taken out and returned. Sometimes people want all the books written by one author and we, once again, ask you not to take all the books off our shelves. There are other residents who also like the same author and they are very disappointed when we have no books to offer them. Please take only books that can be read within two-to-three weeks and when you are finished, return them in a timely manner.

Along that same theme, we are still missing many DVD movies that have never been returned. Please, please, look on your shelves and return these movies.

One of our more popular authors is Kristin Hannah. Her latest book is *The Nightingale* set in France during WWII. This is a departure for her fans—but is a great book all about the French Resistance and the story of two sisters. One sister is bold and the other a shy person who wants to remain in the background and how they cope with the havoc around them. (Have you noticed all the stories about WWII lately?) You can find this book in the hardbound section.

Please see "Library News" on page 41

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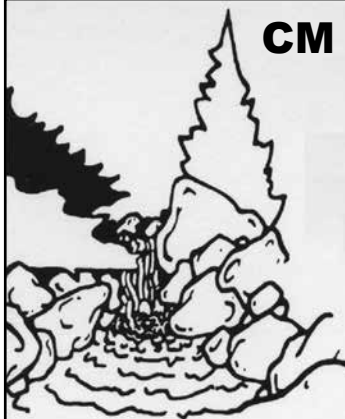
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Revitalizing Through Leadership

Dan & Cheryl Karleskint share pivotal moments

Nina Mazzo, Roving Reporter

Twelve-year Lincoln Hills residents Dan & Cheryl Karleskint recently shared with me their thoughts about how a chance meeting, conversation, or attending a club/group meeting can be pivotal occasions in our lives.

Dan Karleskint thought computers were quite interesting in 1966 and discovered he had an aptitude in this area. His professional work included designing launch software at Lockheed and software and hardware at Control Data Corporation, as well as helping to start Systems Engineering Company until it was sold to employees.

After Dan and Cheryl moved to Lincoln Hills, Dan continued to work part time as a consultant CFO in the Bay Area until 2008. In 2005, Dan noticed an article in the *Compass* looking for volunteers to help setup our Association website. What a great fit for his interests and skills! When this task was complete, he joined the Communications and Community Relations Committee (CCRC) as a technology consultant.

Then one day he met a Lincoln city councilman who mentioned the city was looking for individuals like Dan who had CFO and technology skills for their Finan-

cial Advisory Committee. From there his involvement with the city has grown to include work on the Fiscal Sustainability Committee and currently on the Planning Commission. As Dan noted, city finances are very different from corporate and he has thrived on the challenge to become proficient in this area.

Cheryl Karleskint's name is familiar to those who have benefitted from Bosom Buddies. Cheryl had retired from work as a business assistant to the Dean of Business at Evergreen College in San Jose. In 2002 she was diagnosed with breast cancer. Then in 2003 she noticed a Bosom Buddies announcement in the *Compass*, attended a meeting, and she smiled as she recalled the group of people with a positive and supportive message—not one of doom and gloom but of hope and knowledge!

She is passionate about raising funds for research and during her time as President of Bosom Buddies, she was instrumental in establishing a liaison between Bosom Buddies and the Placer Breast Cancer Endowment. The goal was to raise 1.5 million dollars to fund a chair at UC Davis dedicated to breast cancer research. The goal has recently been met! Cheryl is an example of an individual who



Dan & Cheryl Karleskint

experienced a life change in the proverbial blink of an eye, yet moved forward with a renewed purpose.

Join residents in the *Pink Warrior 5K Fun Run/Walk* to benefit breast cancer research Wednesday, October 21, at 8:30 AM. The race will start and end at Kilaga Springs parking lot. Registration fee of \$25 includes T-shirt and goodie bag. Ten dollars from each registration will go to benefit the Placer County Breast Cancer Endowment. Five kilometers is just over three miles, not much farther than when you walk your dog, go sightseeing, or go on a shopping trip. This is not a competitive race. All levels are welcome. Register at the Fitness Desks or online using code: 820919-BR. See the flyer on page 80 in this *Compass*.



Neighborhood Watch

Come One, Come All!

Celebrate 15-Year Volunteers and New Directors

Patricia Evans

New directors for 2016 are waiting in the wings! An election will be held at the Neighborhood Watch Annual Meeting breakfast potluck on Saturday, November 7, at 10:00 AM at Kilaga Springs Lodge. Every Lincoln Hills resident is automatically a member of Neighborhood Watch, so grab your spouse and/or your friends and enjoy breakfast with other friendly neighbors! No reservations are needed.

The candidates for director are: Larry

Wilson, Karen Allen, Ed Zychowski, Steve Slatter, Fred Harris, and Mike Epling. The last three have moved here within the past year, bringing talents fresh from the business world. Come meet and greet these candidates! Directors guide the business decisions of Neighborhood Watch and assist the Village Coordinators. They also step up if there is a temporary Mail Box Captain or Village Coordinator vacancy.

Another highlight of the meeting will honor 11 volunteers who have served 15 years. Please see "Neighborhood Watch" on page 35



Volunteers with 15 years of service will be honored at the November 7 Annual Meeting. (clockwise from left): Margy Austin, Angela Blas, Marie Bossert, Dale Peterson, Sandy Nelson, Bill Martin, Barbara Engquist, Carolyn SanFilippo, Linda Acero, Laurie Martin, Linda Grant, (not shown Terry Kardys)



Club News



Alzheimer's/Dementia

Caregivers Support Group

On Wednesday, October 28 at 1:00 PM in the Multipurpose Room (OC), Dr. Barbara Gillogly, will present "Caregiving and Difficult Behaviors." How one can manage issues associated with bathing, dressing, agitation, wandering, suspiciousness and more. Dr. Gillogly has a Ph.D. in Human Development with an emphasis on aging. Combined with her 30 years of teaching and counseling experience, she brings a wealth of knowledge and experience to her presentation.

Our support group meetings alternate monthly between special presentations as above, and discussion meetings led by a facilitator from Del Oro Caregiver Resource Center. Supported by funding from the Lincoln Hills Foundation, the group has a fine lending library of appropriate books and DVDs available for reading at home and sharing with family and friends.

By Jean Ebenholtz.

Contacts: Judy Payne 434-7864; Cathy VanVelzen 409-9332; Maria Stahl 409-0349; AI 408-3155



Antiques Appreciation

In October we had the joy of listening to John Port share his knowledge about antique and vintage Teddy Bears, Steiff Bears, etc. International author of hundreds of articles on Teddy Bears for many publications including the "Bear Sleuth" for the *Teddy Bear Review* magazine, he also co-published the *Teddy Today* magazine, from 1997-2004. Many of John's bears have been pictured in books worldwide so it was fun to see his collection.

Our November 2 meeting program will be presented by one of our long-standing members. She brings a charming program telling us about the "Lifestyle of a Victorian Housewife" from the 1880's. As we are taken through a time gone by, we will be enlightened with information on how to run a Victorian household.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. All

are welcome!

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



Astronomy

Monday, October 19: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." The October lectures will be #27, "Physics at Ultrahigh Temperatures," and #28, "Back to a Microsecond—The Particle Cascade." The Telescope Interest Group (TIG) will meet on Thursday, October 22 at 6:45 PM in the Fine Arts Room (OC). Ron Olson will give a presentation on locating planets, stars, and deep sky objects that can be seen from Lincoln Hills by members using their own telescopes.

On Wednesday, November 4, John Combes will present "Infrared Astronomy" in the P-Hall (KS) at 6:45 PM. Celestial objects such as gas and dust clouds, protostars and exoplanets are easily detected using the infrared part of the spectrum. The Earth's atmosphere limits detecting infrared light which requires high altitude and space telescopes to carry out the task.

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



Ballroom Dance

Don't let life pass you by, discover the joy of dancing! Join our group for weekly dancing, and more! Each month we "spotlight" one particular style of dance. In October, we will focus on the smooth and graceful Fox Trot. In November we will heat things up with the Cha Cha. We meet on Tuesdays at Kilaga Springs Lodge. Are you a beginning dancer? Beginning group lessons are from 2:00 to 3:00 PM. There is no pressure, just friendly, patient, experienced instructors to help you learn. Stay, and enjoy open dancing and socializing from 3:00 to 4:00 PM. Need a little extra help? That's available during the open dance hour. A more advanced lesson is presented from 4:00 to 5:00 PM. Dues are only \$7 per year. That includes lessons



Olivia
& Larry
Eckert

and the open dance hour! Our group has lots of fun events throughout the year. Life is good, dancing makes it so much better.

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



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be November 11 and December 9. 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 at China Villa on Monday, October 26. 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

September 8, Nine-Ball winners—First place Georg Pini; second place Bob Mose.

Free Billiards Workshop to all Sun City Lincoln Hills residents: The Billiards Group would like to offer a free weekly Billiards lesson at KS. We will have a person there on Tuesdays from 9:00-10:00 AM starting October 20 and every Tuesday thereafter. This is for new and returning players (men and women). You do not need anything to start other than a desire to play. Just show up and see what we have to offer, remember—it's free.

Contact Dan Oden 408-2687.

Contact: Tony Felice, afelice@wavecable.com



Bird

We are happy to announce that the Wildlife Heritage Foundation is scheduled to speak at our November 9 meeting. The biologists will talk about the role of the Foundation in managing the Open Spaces here in Lincoln Hills. So, join us on the second Monday of November at 1:30 PM in the P-Hall (KS) for this interesting presentation.



The September Potluck... delicious food, a fun drawing and a chance to meet our newest members!

With the lovely fall weather our upcoming trips will be a great opportunity to enjoy the many birds of the Central Valley. October 24, a Saturday, we head to the Cosumnes River Preserve. This is an area of mixed riparian woodlands, wetlands, and grasslands. Then November 6, we travel to the Vic Fazio Wildlife Area near Davis. During our drive through this large wetlands we often see over 40 species of birds.

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



Bocce Ball, Mad Hatters

"The time has come, the walrus said, to talk of many things." Beginning early next year two of our steering committee members will have served four years on the steering committee (we don't

have officers per se). That is the maximum time that club officers are allowed to serve under current Association rules. "Termed out" is the expression. Termed out officers can still do club business, they just can't run things. What this will mean for the Mad Hatters is that other people will have to step up and assume leadership roles. One thing we need to do is start sharing the duty of picking up the key on Thursday mornings. Currently Paul is writing both the *Compass* and *Sun Senior News* articles. He would like to find someone willing to do one of those.

Beginning *Thursday, November 5*, the Mad Hatters will switch to their *winter starting time of 10:00 AM*.

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



Book, OC

Please join us on Thursday, October 15 from 1:00 to 2:30 PM in the Multipurpose Room (OC) as we discuss *Sycamore Row* by John Grisham, a sequel to his first novel, *A Time To Kill*. In this novel, attorney, Jake Brigance, still reeling from the consequences of his dealings with the KKK, is called upon to file and enforce a new will for a Mr. Seth Hubbard which will disinherit his children completely. Newcomers are *always* welcome.

Remainder of 2015:

- November 19—*Maisie Dobbs* (any book in the series) by Jacqueline Winspear
- December 17—Holiday Luncheon

Contacts: Darlis Beale 408-0269;
Penny Pearl 409-0510; Dale Nater 543-8755
Website: <http://LHocbookgroup.blogspot.com/>;
Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

Our September General Meeting touched on a subject that is very difficult for many of us. Hospice. Our guest speaker Jeanette Salinas, Social Work Supervisor and in charge of the Bereavement Program for Kaiser Hospice spoke to us about Hospice, how a person is placed with hospice and the procedure for care. If you are with Kaiser and have any questions about Hospice, give her a call.

Our program director, Cindy, gives great



Officers,
from left:
Corrine
Ehlers and
Jeanette
Salinas

thought to the programs she prepares and presents. Cindy has always given us programs that have affected at least one member and this is what makes her so great. We are all at different stages of our lives. As we travel these stages, some programs seem inappropriate; but there is always someone who will benefit. Cindy is working on some amazing programs and I know that all of you will be very pleased.

If you have questions about Bosom Buddies, please call.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

Please vote to elect new members to the club's Board of Directors. The upcoming Gold Country Sectional Tournament will be held in Nevada City from October 23-25. Full tournament information is available at www.acbl.org/tournaments.

Our club games are played in the Kilaga Springs Lodge. On Wednesday, the game starts at 12:30 PM and includes a 199er section. A lesson at 11:45 AM precedes the Wednesday game and topics are available on the club website. On Friday, the game starts at 5:00 PM and on Saturday, the game begins at 12:30 PM. The Saturday game also includes a 299er section. Game fees are \$2 for club members and non-member SCLH residents (first three visits), or \$5 for invited visitors. For a bridge partner call Barbara Dorf (434-8234), Squeak Conner (645-9085), or Lynne White (253-9882). For a partner in one of the limited games call Nancy Rice (543-5275).

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if

we have even pairs up to 28. We must be seated by 5:50 PM, and we must finish by 8:30 PM. Keep the rounds to 30 minutes please.

August 27 winners—First: Carol Mayeur/Dolores Marchand; second: Stan Mutnick/Harry Collings; third: Kay/Ben Newton with the night's high round of 2490 and a grand slam.

September 3 winners—First: Kelly/Neal O'Boyle; second: Rose/Joe Phelan; third: Dede Martin/Dianne Conforti with the night's high round of 2020; fourth: Pat Mullins/Barbara Bryan.

September 10 winners—First: Johann/Paul Kiesel; second: Lydia King/Nancy Turini; third: Judy Olson/Ann Leitze. Lynda Sader/Don Cronin had the night's high round of 1510.

September 17 winners—First: Bruce Fink/Stan Mutnick; second: Janet Pinnell/Linda Theodore with the night's high round of 3650; third: Rose/Joe Phelan; fourth: Pam/Bill Anthony.

Contacts: First/Third Thursday:

Kay/Ben Newton 408-1819

Second/Fourth Thursday: Dolores Marchand 408-0147/ Carol Mayeur 408-4022



Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you rotate. You are welcome to drop in but we can't assure you a place to play; however, if you arrive between 12:30 to 12:45 PM and have made a reservation, you will be seated to play.

Winners: August and September—First Place: Viren Sitwala, Joe Phelan, twice! and Carol Mayeur. Second: John Woodbury,

Nancy Griffin, Jodi Deeley, and Ralph Madsen. Third: Carol Mayeur, Linda Scott, twice! and Pat Mullins. Fourth: Ann Lietze, Ralph Madsen,

Jim Busey, and Viren Sitwala.

Congratulations to Grand Slam Winners Nancy Griffin and Ralph Madsen, for bidding and making seven No Trump!

Reservations—

October: Jim Busey, 408-0671 or Ralph Madsen, 408-7670, ralphjane2@gmail.com.

November/December: Jodi Deeley (below) or Joanna Haselwood, 209-3392, ajhaselwood@yahoo.com.

Contact: Jodi Deeley, 208-4086

Jodi2@wavecable.com



Bunco

In September, the Bunco Group welcomed one new player Carolyn Hughes. The group played with a couple of ghosts, but a good time was had by all! One can always count on laughter and fun with this group.

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

Congrats to the September Winners: Most Buncos Karen Harlander; Most Wins Lynda Fagan; Most Losses Sharlene Christianson; Traveler Claudette Rhoads-Kinman.

Please Note: Next Bunco is Thursday, October 15 not at OC (due to the Home, Health and Business Show). Contact Kathy for details.

Contact: Kathy Sasabuchi 209-3089,

ksasabu@icloud.com



Ceramic Arts

Harvest days are here. Leaves are turning, nights are cooler and days are shorter. Don't forget to get out your Spooky Pumpkins and Witches we have made! This time of the year is a great time to take a ceramics class. Making Christmas gifts for friends and family is really rewarding and fun. Check out the classes on page 60 of this month's *Compass*.

Save the dates—

- Thursday, October 29 Annual Dinner Meeting, at Turkey Creek 5:30 PM, Tri-Tip Steak and Chicken Marsala \$25—Yum!

- Saturday, November 14—Holiday Arts and Crafts Fair. Great gifts! One day only this year! McBean Park, 9:00 AM-3:00 PM.

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM, and Sundays, 1:00-4:00 PM.

KS workshops are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils.

"Open Studio" is available to all residents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Again, check studio windows for holiday times/closure.

Contacts: OC Pottery: Janet Roberts

543-6015; Membership: Mike Daley 474-0910.

KS Earthenware: Marty Berntsen 408-2110;

KS Spanish Oils: Margot Bruestle 434-9575

Website: www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts



Chorus

Since early September, the Lincoln Hills Community Chorus has been rehearsing for "Holiday Harmonies," our mostly Christmas concert on December 13-15.

We'll treat you to a delightful selection of old carols, contemporary seasonal music, spirituals, and classical masterpieces, plus a Hanukkah tribute. Our finale, Handel's Hallelujah Chorus, has brought audiences to their feet for nearly three centuries and will do the same for you.

Helping us master this great music are the computerized MIDI files created and posted on our Chorus website by Paul Fennema and Dick Mayeur.



Dick Mayeur and Paul Fennema

They let us listen to our separate parts as we practice at home and in our weekly sectional rehearsals. With more hard work there and in our full weekly rehearsals, we'll have it all ready for you by concert time.

This Lincoln Hills holiday tradition always fills the Ballroom, so see page 43 for



information on tickets and get yours soon!

Contacts: **Bill Sveglini** 899-8383,
sveglini@gmail.com; **Joanne Schumacher**
 209-3366, joanne@stratapoint.com
Website: www.lincolnhillschorus.org



Computer

Main Meeting November 11, 6:30 PM—"Photo Apps and Features" by Jim Wronkiewicz: In the Windows world now there are at least three major free programs to handle your photo organizing and editing needs.



Jim Wronkiewicz will present "Photo Apps and Features" on November 11

Google recently introduced "Google Photos" which will eventually replace Picasa, (and which has a good track record for ease of use and flexibility).

The newcomers are Yahoo's Flickr which allows you to upload all the photos from your computer and phones automatically, and you get one TB of cloud storage for free.

The other newcomer is "Photos" from Microsoft which is designed to work with Windows 10, this is the start of their next generation of editing.

Clinic: November 13, 3:30 PM—A continuation of Main Meeting with lots of Q & A.

Ask the Tech: November 27, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

Contact: **Karl Schoenstein**,
president@sclhcc.org
Website: www.sclhcc.org



Mac User

Well, you shoulda been there! Three hundred MUG Members and their guests gathered in the Orchard Creek Ballroom for dinner on Tuesday, September 8. The theme was Italian, and Nina Mazzo, Bonnie Esker and their team did a wonderful job of decorating and setting



Some of the 300 diners; Nina Mazzo & Bonnie Esker, Chairs; Beautifully decorated Italian Tables



the Italian ambiance. Antonio Pietro (Andy Pietro) was our Master of Ceremonies, and with the wonderful assistance from Vic Albertazzi and his accordion, led us in singing some Italian songs, in English of course. Our HOA Catering Department set a very tasty Italian buffet in the Secret Garden that left all of the attendees totally satisfied. In what has become an integral part of most MUG functions, there were some very desirable drawing prizes. They included an Apple TV, several iPad Mini Tablets, a very upscale Epson Printer, and the grand prize, a MacBook Pro.

Shown above column are some of the excellent photos taken at the event.

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



Country Couples

Country Couples ushered in fall with an authentic Western Hoedown, Lincoln Style. Our mid-September dance held at Kilaga Springs Lodge was an evening affair with a wonderful potluck dinner of appetizers, main dishes, and desserts provided by club members. Our favorite DJ, Jim Keener, played familiar tunes for us to really stomp our boots to.

A real Western atmosphere was created by the interesting decorations that

filled the room. There were hay bales, saddles, bridles and a stuffed pony and stick horses, along with horse blankets and feed sacks, and wooden cactus. The tables were dressed with blue clothes covered with red bandanas and burlap squares with the focal point being a Ball jar holding daisies in the center of the table.



Hoedown Decorations; Table Centerpiece

The dancers not only took the opportunity to fraternize with each other, but also generously donated canned goods to be donated to the Lincoln Salt Mine.

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



Cribbage

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

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

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



Cyclist

I know it is still warm, but cooler weather is coming. Now is a good time to plan your clothing for the cooler weather. Here are some tips for cold weather cycling.

Don't overdress. Wear layers with a good base layer that will wick moisture. Cotton does not have good wicking capac-

ity. As one of your layers, consider using a turtleneck to protect your neck. Wear a light windbreaker that can easily be folded and put into a pocket.

Take care of your extremities. Use leg and arm warmers. Put on two pair of thin cycling socks. Wear long fingered or split fingered gloves with liners. Don't forget your head. You lose a lot of body heat through your head. Skull caps, balaclavas or helmet covers work well. Protect your ears with ear bands, ear bags or helmet caps with ear flaps.

Watch out for those slippery spots.

Contacts: Steve Valeriot 408-5506,

jillsteval@gmail.com

Website: www.LHcyclist.com



Eye Contact

Low Vision Support Group

Living Skills Workshop: Thursday, October 22, 10:30 AM, Multimedia Room (OC). "Labels, Labels, Labels" Patricia Locke, Executive Director of Third Sector Resources, will be sharing labeling techniques to more easily identify items in your kitchen, in the medicine cabinet and in your closet.

Wise Villa Winery Tour: Saturday, October 24, 2:00 PM. Call Cathy at 408-0169 for details.

General Meeting: Thursday, November 12, 2:00 PM, P-Hall (KS). Topic to be announced.

Annual Eye Contact Christmas Luncheon: December 4 at the Solarium (OC). Details to follow.

General meetings are held at 2:00 PM the second Thursday of the month in the P-Hall (KS). Living Skills Workshops are held on the fourth Thursday of the month at 10:30 AM 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 loved ones with low vision.

Contacts: Cathy McGriff 408-0169

Fishing

A wonderful time was had by all 120 children at the Fishing Derby held at Ride to Walk. Sponsored by Kiwanis Club of Lincoln and supported by the Lincoln Police Activities League, Ride to Walk and Lincoln Hills Fishing Group



There are fish, look at this!; Now gently swing outward and snap!; Ya see, you tie it like this...

LHFG. The purpose of this event was to provide an annual community service effort that presents an opportunity for the youth of Lincoln to experience a fun outdoor adventure. The children enjoyed the experience of fishing together in a safe environment, as they learned the catch-and-release fishing concept.

I really enjoyed the day too, not only because of the kids but I got to know my fishing club friends a bit more.

We do get involved, why don't you?

Our club meets the second Monday of the month, 7:00 PM, P-Hall (KS).

President—Jerry jmessier@starstream.net. To join email Henry hsandigo@icloud.com.

Contact: Henry Sandigo 415-716-0666



Garden

The October 22 General Meeting, KS, 2:00-4:00 PM will be the last of the year. Holiday Brunch tickets (December 4, 10:00 AM-12:00 PM, \$20) will go on sale before this meeting. Contact: Judie Leimer 408-4308. Presenter Gisele Schoniger says, "My goal is to inspire some small changes that will garner big rewards to your garden soil, your abundance of crops and beautiful landscapes, and for your overall health." She will share her wealth



Presenter Gisele Schoniger

of gardening wisdom as an educator to the industry and consumers all across the West. At the core of great gardens is how we care for our soil; what we feed our gardens and how we can maximize our efforts in the garden by using organic practices. Her workshops are upbeat, educational and entertaining.

Reminder: Members seated by 2:00 PM will get a door prize ticket for plants donated by Home Depot.

Contact: Lorraine Immel 434-2918,

limmel@ssctv.net; Virgil Dahl 408-3748,

hasbeenvd41@att.net

www.lhgardengroup.org

Bonsai Group

Bonsai Meetings—Third Thursday, KS, 2:00-4:00 PM.

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



Genealogy

'Tis the season for witches and goblins as the summer months give way to fall as the leaves turn to flame! What better time for *Marian Kile* to be the guest speaker at our general meeting on October 19 in the P-Hall (KS) at 6:30 PM. Marian's topic is "Conducting a Personal Family Survey in 2015." She will describe a strategy and show you a tool to help you

obtain lots of information from friends and relatives of your ancestors.

The door prize drawing for members is a Brothers Wireless All-in-One Printer.

Note: The November 16 general meeting will be a special opportunity for club members to hear an outstanding speaker, *Susan Goss Johnston*. She will present a two hour workshop "Introduction to American Military Records." In order to get the full benefit of this speaker we are starting the meeting at 6:00 PM, P-Hall (KS).

Contacts: *Maureen Sausen 543-8594;*

Arlene Rond 408-3641;

Website: *lincolnhillsgenealogy.com*



Golf, Ladies

Ladies XVIII

Every two years the top American professional women golfers battle the best European golfers for the Solheim Cup and bragging rights. Locally, our 18 whole golf group will play Sun City Roseville in our very own version of team competition

called the Sunheim Cup. Play is at Timbercreek and Lincoln Hills. Camaraderie, golf and lunch, with or without bragging rights are important.

Edda Ashe is organizing the event for our team. We hope to be holding the Solheim Cup again. As we often do, we finish play

with a nice meal, some new friends, and a few laughs. Generally an interesting rules discussion pops up too.

This is a good time to play golf and join the 18-hole Ladies XVIII Club for the upcoming year so you can help our team defeat the ladies a few miles away.

Contact: *Donna Sosko 434-5527*

Website: *lhlgxviii.com*

Lincoln Hills Lincsters

The Lincoln Hills Lincsters' club champion for 2015 is Linda Salmon. The championship tournament was held on September 15 and 16; the ladies played the back nine holes of the Orchard Course



*Linda Salmon, Lincster
2015 Club Champion*

on Tuesday, and the back nine holes of the Hills on Wednesday. The tournament was followed by a luncheon in the Secret Garden of the Orchard Creek Lodge. Flight A winners were Phyllis Patrick (first), Sara Cannon (second) and Nancy McDonald (third). Flight B first place winner was Pat Dangerfield; Cindy Atkinson took second, and Pat Ward took third. Flight C was won by Mary D'Agostini; Charlotte Raifaisen was second, and Marcia Bush was third. Flight D winner was Jane Steffes; Carole Cain was second, and Patty Alderete was third.

Golfers for the month of August were Linda Coolidge of Flight D and Merrilee Davidson of Flight B. Welcome to new member Eva Del Torre.

Contact: *Susan Pharis; firefly7554@aol.com*



Golf, Men's

Upcoming Tournaments:

- October 20 Tournament Of Champions
 - November 17 The Monster
 - December 8 The Pinehurst
- Sign Up Early And Save!

We are gearing up for 2016 with early registration for new and returning members beginning in October.

New members signing up early may enter the remaining 2015 tournaments, giving you 14 months of membership.

All early sign-ups includes NCGA Membership for the year. Applications are available in the Golf Shop.

Contacts: *Rodger Oswald,
rodgeroswald@gmail.com*



Healthy Eating

Our September general meeting featured a 20-minute video presentation by Michael Pollan, noted author and one of the nation's leading healthy eating advocates. This presentation led us into a discussion



Farmers' Market Scenes

on the how to avoid becoming one of the nearly 48,000,000 Americans that come down with food poisoning each year, causing tens of thousands of hospitalizations and over 3,000 deaths—most of which are preventable.

Club members enjoyed recent outings to the Rum Thai Bistro in Lincoln and the China Villa Restaurant in Rocklin.

Join us as we learn about the importance and the joy of healthy eating. Monthly meetings are the fourth Monday at 2:00 PM in the P-Hall (KS). October's meeting is the 26th and our Guest Speaker is the Owner/Chef of Green Boheme Restaurant in Roseville, revealing how she makes those incredibly satisfying raw vegan dishes she is known widely for. Guests welcome.

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



Hiking and Walking

"Kurt Doelling's Amazon Kayaking Adventure"—this fascinating program will be held on Thursday, October 29, at 3:30 PM in the P-Hall (KS). All Lincoln Hills residents are welcome to attend. This event is the Hiking and Walking Group's annual meeting at which the group will vote for the new officers for 2015 to 2017.



Panoramic view of Lake Tahoe from Ellis Peak; Hikers ready to begin the Stagecoach Trail in Auburn; Hikers looking up at the Foresthill Bridge from the Stagecoach Trail

Words of thanks and praise to Phil and Stephanie Huntingdale, hike leaders, for their outstanding work in planning and organizing the Graeagle Getaway of August 31 to September 3. The hiking offered spectacular scenery — the meals at the resort were great — the accommodations were wonderful — and everyone had a memorable time!!

Safety is always of prime importance, and in September two hikes were cancelled — one due to high temperatures and the other due to forest fire smoke.

The Walking Group now starts their walks at 8:00 AM. Join them for their enjoyable walks each Wednesday.

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



Investors' Study

Two dates to remember: November 5 and December 3. We have a speaker on November 5 and our Christmas/Holi-

day Party on December 3.

On November 5 our speaker is Ryan Scott of Vanguard

Investments. Ryan has 16 years experience in the investment management industry; holds the Chartered Financial Analyst certification as well as degrees from Boston College and Penn State. He is a member of a group responsible for capital markets research and asset allocations used in Vanguard's fund solutions. Join us at 2:30 PM in P-Hall (KS) on November 5.

Christmas/Holiday Party on December 3. *Mark Your Calendar.* This year promises to be another entertaining evening at Turkey Creek Golf Club with prizes and some surprises. The details for the event will be forthcoming very soon. John Noon 645-5600

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

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



Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual, Transgender Community and those in friendship in Sun City Lincoln Hills.

Upcoming club events include Movie and Dinner on October 27, and a Breakfast on November 2. The RV group and book club will notify participants of their schedules. Information on the December Christmas Dance will be posted in the future. Check <http://www.lavenderfriends.com/> for details and additional social opportunities.

Community events include Sacramento Women's Chorus "CHOOctoberfest: A Cabaret-style concert (www.sacramento-womenschorus.com) on October 17.

Sierra College Pride Days on November 3, 4, and 5 (8:00 AM to 9:00 PM.) Program details will be posted on the website. Greater Placer PFLAG meets on November 9 from 7:00 to 9:00 PM at Sutter Auburn

Faith Hospital, 11815 Education Street in Auburn.

Contacts: Sheila 408-2802, John 408-2576

Website: www.lavenderfriends.com



Line Dance

Summer is now over, dancers are back from their vacations, and Line Dancing is in full swing! Classes are going strong, and there are several opportunities to use the skills developed at SCLH out in the "real world."



"We put our dancing shoes on!"

A Line Dance Workshop and Dance featuring the riotous John Robinson will be held on December 12 at the Fair Oaks Clubhouse. For information and registration, contact Norm Gifford at nlgifford@yahoo.com.

Don't forget also to mark your calendars for the LHLD Holiday Party and Dance on December 7 in Kilaga Springs Lodge. Our group teeshirts continue to be available on-line at <http://suncitylincolnhills.shopgraphx.com>.

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



Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM; arrival time is five-to-ten minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is decided at the table where you play.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, we

will welcome your attendance.

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

Contacts: Bruce Castle 846-1500;

Marsha Ross 253-9551



Mah Jongg, National



We welcome all players to National Mah Jongg every Tuesday at 12:30 PM in the Card Room (OC). Everyone has been arriving early to get the best seat so don't be left out. Fran Rivera, our resident teacher, has free classes in full swing at her home. If you are interested in learning the game, please call Fran at 434-7061. We soon will be choosing new officers for the club, so if you are interested in shaping how the club operates, please volunteer for one of the positions. The current officers will be complete their terms at the end of the year.

Carol Vasconcellos, 209-3457;

Judy Rosenthal 408-857-1353;

Fran Rivera, 434-7061



Mixed Media Collage Arts

What happens when a mixed media artist uses a pumpkin as their canvas? Challenge yourself and use recycled, repurposed items; add color with markers or acrylic paints and then let your imagination and box of "stuff" take over! How about a Mr. Pumpkin Head (using old Mr. Potato Head parts), cheesecloth is great for a ghost, washi tapes or the blue painters



Mixed Media artwork on display

tape create sections, buttons are great to create a face, wine corks for ears, old jewelry bits and glitter add some glam; string and dried natural elements for hair on and on it goes. Our group meets the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). All levels of experience are welcome and chuckles fill the air as we work on a variety of projects.

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



Motorcycle

RoadRunners

Our annual dinner ride took us to Winters and the famous Buckhorn Steak House. Seven riders and spouses (some in autos) participated in an enjoyable time. The tour was led by our President Doug Sterne.

Fall has set in and our riding days are numbered, but we still have a Plymouth/wine country tour and an Icicle ride to go. The season will conclude with our annual Christmas Party the first of December.

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

"Ride Safe—Ride With Friends."

Contact: Patrick Chaves 408-1223,

patmcspeed@gmail.com



Music

The Sun City Lincoln Hills (SCLH) Music Group will hold its monthly meeting to play music and socialize on Wednesday, October 28, from 6:30 to 8:00 PM (Fine Arts Room, OC). SCLH residents and guests are welcome. Bring an instrument if you wish to join the evening's jam session.

The next Friday Night Open Mic is October 16 from 6:00 to 8:00 PM (P-Hall, KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH performing musicians, their accompanists and guests. No karaoke or backtracking is permitted. SCLH residents and guests who wish to listen to the performers are also welcome.

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

Contacts: Carol Percy 543-1365,

crpercy444@gmail.com,

Julie Rigali, 408-4579, jrigali@yahoo.com

Website: www.suncity-lincolnhills.org/residents, Association Clubs, Music



Needle Arts

Threads of Friendship

Wasn't the fashion show a hoot? It takes a lot of work by many to come up with all the garments they had to show. The Wearable Arts subgroup is always interesting and entertaining. Our hats are off to Carol Soesbe and the creative members of the group.



Winners of Fat Quarters game, from left, Jean Starks, Frances Young, Betsy McMullen; Sylvia Feldman with her newest creation; The ladies at Zephyr Cove Retreat 2015

If you are looking for still more variety in life, now is the time to come to the next general meeting! On November 10, 1:00 PM at the P-Hall (KS) we will have the yearly display of all the subgroups within Needle Arts. It is always a hit as everyone has their favorite on display at some time during the meeting. Darlene Caudillo, our vice president has planned a fun event for us featuring all the groups. I am sure we will be seeing a wide variety of projects from Beading, Rug Making, Cross-stitch, Hardanger, Knitting/Crocheting, Applique

and Machine Embroidery.

Contact: Carol Matthews 543-7863,

carolfm1929@gmail.com

Website: www.sclhna.com



Neighborhood Watch

"My wife and I have been Neighborhood Watch Mail Box Captains and it is filled with rich experiences." said Ron Wood, Executive Director. "Seeing a neighborhood blossom into friends who know and assist each other is a special pleasure."

How does this happen? "We look after each other," Captains say is a top priority. Neighbors reach out to help in every day challenges, small or large. Social functions of choice increase camaraderie. And a friendly neighborhood is a safer neighborhood!

The Captain also contacts each neighbor twice a year to bring emergency information up-to-date. A relative might have moved, a telephone number changed, or a new pet added to the household. When an emergency occurs, the Captain has the information to contact the designated relative. Sometimes we reach a relative before the resident reaches the hospital!

Back-up emergency information is available through your Village Coordinator or the contacts below.

Contacts: Ron Wood 434-0378,

ron2029wood@att.net; Pauline Watson

543-8436, fpawatson@sbcglobal.net

Website: www.SCLHWatch.org



NEV

On Tuesday, October 20 at 10:00 AM in the P-Hall (KS); the NEV Club will present "Seniors First," a non-profit organization dedicated to improving the lives of Placer County Seniors. All seniors residing in Placer County are eligible to receive their services of Senior Meals, Transportation, Friendly Visitors, and Assisted Living Placement. It's a wealth of information you should know about.

It's time to mark your calendar for the upcoming holiday season! The NEV Club will hold their Christmas Dinner Party, on Tuesday, December 8 at 6:00 PM in the Orchard Creek Ballroom. Be sure to get your

personal invitation that will be distributed at the October membership meeting. It's a festive social event you'll want to attend, together with your NEV friends.

Contact: Dan Gilliam, President 209-3946



Painters

Don't miss our next Painters Club meeting on October 19 at 2:00 PM in the P-Hall (KS). Our own Marilyn Rose, a talented oil painter and teacher in Lincoln Hills, will do a demo of a portrait. Her landscapes, portraits, and still life paintings are an inspiration to her students to keep studying! In September we saw how another of our members, Rudi Franke, does his delicate and beautiful pen and ink drawings. Our "show and tell" session before our speaker has members sharing a favorite painting, which is always interesting and inspiring to see what others are creating.

Last month the annual "Artisans in the Lodge" was held at Orchard Creek Lodge. There was a wide selection of arts and crafts, all created by our community residents. If you were there you saw some of our members—here's a photo of one with her original paintings, giclees and cards!



Joyce Bisbee at her table for "Artisans in the Lodge"

Contacts: Joyce Bisbee, 672-7252,

joybis@aol.com; Jack Cook, 408-7305,

lj4cook@aol.com; Jim Brunk (plein air),

434-6317, brunk@starstream.net

Website: www.lhpainters.org



Paper Arts

We enjoyed Show and Tell creations at our last meeting, thanks to Mina and Maureen. It's always fun to share new ideas. We also encourage members to share their creations by bringing a card for our window display at OC. Check out this month's theme of Halloween—very spooky!



Paper Arts members meeting in Terra Cotta Room (KS)

Our club is gearing up for the holidays with plans for a toy drive, food drive and a special Christmas luncheon. Last year we filled a truck with donations so we are having two different drives. In November, we will be bringing toys and gifts for children and teens to support the Sleep Train Toys for Foster Children drive. We'll also be making decorations for our Christmas luncheon for our monthly project. We will focus on a food drive for the Salt Mine at our Christmas luncheon.

We're getting used to our new meeting room at KS—see you there.

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 noon. We hope to see you there.

Contacts: Denise Jones 543-3317,

djonesea@att.net; Doris DeRoss

253-7164, dorisdeross@gmail.com



Pickleball

Have you started pickleball but aren't yet a club member? Complete a membership form from the club website, pay 2016 dues (\$15) now and you're paid up through 2016. What a bargain!

One hundred and twenty seven picklers competed in eight brackets over three days during a recent tournament sponsored by Wells Fargo Advisors. Players were provided a daily lunch, snacks, shirts



Walter and Tammy of Wells Fargo Advisors congratulate medalists from tournament's 1.0-1.5 bracket: Gold—Vivian Lim and Jaye Tinloy, Silver—Kathy Meske and Lynne Powers and Bronze—Donna Salcido and Judie Panneton

and raffle prizes. Photos of all 24 medal-winning teams are on the club website. Thanks, WFA!

With fall's arrival, ladder play now starts at 1:00 PM each weekday. Any member can join a ladder, have fun and play with others at a similar skill level. Find a ladder sign-up form on the club website.

New time for Cal's Beginner Clinics... 11:30 AM each Wednesday.

Our November 12 General Membership meeting at 10:00 AM in the P- Hall (KS) will include elections for three open Board positions. Come vote!

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

Website: www.lhpickleball.com



Players

The Players are proud to present an October Halloween "Spooktacular" and a memorable November Christmas

musical to bring you into the holiday spirit.

Our Free Holiday Gift to you, is our Readers Theater "Not So Scary" fun-filled Halloween Show, held in the P-Hall (KS) on October 24 at 7:00 PM and October 25 at 3:00 PM.

Also, mark your calendar for "The Christmas Gift" (November 19, 20 and 21), a not-to-be missed heartwarming Christmas story that will put a smile on your face and perhaps bring a tear to your eye.

Four evening performances and one matinee for "The Christmas Gift" will be performed on the Main Stage in the Orchard Creek Ballroom. Tickets are now available at the Activities Desks.

The Players Board for 2015-2016: President, Kevin Smith; Vice President, Ron Hanson; Secretary, Norah Prouhet; Treasurer, Sarah Lambrose; Past President, Barbara Greenfield.

Contact: Kevin Smith 408-1818,

kbsmith17@yahoo.com

Website: www.lincolnhillsplayers.com



Poker

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

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays—same times.

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

Contacts: Paul Marcorelle 925-658-2404;

Lynne Barsky 253-3730



RV

As you are reading this article in the October *Compass*, the RV Club will be enjoying Newport Dunes RV Resort in southern California. The group of 18 rigs spent the earlier part of October at Flying Flags RV Resort in Buellton, CA, checking into Newport Dunes on October 11.

In Buellton, the members enjoyed visiting the quaint Danish Village of Solvang; wine tasting; and golf. At

Newport Dunes the group had beach cookouts and bonfires at Newport and Balboa and toured Newport harbor on deluxe pontoon boats.

There are nine trips planned for 2016, ranging from the Palm Springs area to the Central Coast beaches and wine country; to Lake Tahoe, Graeagle, Yosemite, and Bodega Bay. The club meets on the second Thursday of each month at Kilaga Springs Lodge.

Contact: David Africa 708-0009

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

Our 12th "Annual Meeting" was held September 10. We welcomed a bumper-crop of new volunteers. Our awesome principals introduced themselves, providing a healthy "competition" for volunteer opportunities in their schools. This past year S.C.H.O.O.L.S. volunteers spent 10,000 hours in classes with over 2000 student contacts. District Superintendent Scott Leaman brought us up-to-date on plans for the year and for the future of the district. His leadership and support is greatly appreciated. We remind all of our volunteers to keep their TB tests up-to-date—they are good for four years, so mark your calendars. Our new volunteers attended a workshop and lunch on September 14. At lunch we had a rousing and informative table discussion about students and many upbeat ideas were shared. Welcome to you all! Remember, we accept new volunteers all year. You Do make a difference! Have a great year!

Contacts: Sandy Frame 408-1453,

ssframe1963@gmail.com; Sandy Barry 209-3247, penneylane1944@yahoo.com;

Cindy Moore cindymoore@me.com



SCOOP

Sun City Organization of Pooches

We are starting to plan for the upcoming year's speakers and activities. If you know of someone who would like to speak to our group, email us and we will contact them and put them on the calendar.

We need a few people to join the SCOOP Board. Our secretary, Laura Wermuth, needs to step down because she has served for four years. Thank you, Laura, for your time and service to SCOOP! Help us continue SCOOP by volunteering to serve on our board.

On October 28 at 2:00 PM we will be celebrating Halloween with a social at the Sports Pavilion. We will serve light refreshments. Bring your dog with or without a costume.

Plan to join us for our Holiday Luncheon in the Solarium on Wednesday, December 2. The menu and other information will be sent out to members.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

A couple months ago at a Monday Scrabble session the opening play on the board was "azine." The next player could have scored a triple word if holding "mag" on the rack for a score of 60 points. Or add an "s" for three additional points. This got me thinking of the importance of prefixes and suffixes to the game of Scrabble. Plus I needed an idea for this article!!

Imagine your opponent playing "fix" when you hold "transes" on your rack!! Here are a few words using "be" as a prefix: (be)think (be)blood, (be)people, (be)kiss, and (be)diaper). With "out": (out)jinx, (out)kill, (out)vie, (out)pity and (out)smell. A few others: (be)dunce, (de)air, (de)people, (dis)bud, jib(ingly), (over)fat, (semi)hobo and tub(bable). Fascinating!

Come join your friends and neighbors for a few friendly games of Scrabble. We meet Mondays at 1:00 PM in the Card Room (OC). Let's Scrabble!!

Submitted by: Connie Protto.

Contact: Anne McMaster 409-5408

Singles

Dynamic Singles

If you're single, we'll keep you occupied! Each month our meetings are on the second and fourth Thursdays. Weekly is Bocce Ball on Wednesday and Golf on Friday. On those other Thursdays are Cocktail Time and Dining Out. The first



Singles Bocce Ball Tournament Winners

Sunday of the month, we celebrate Birthdays and the Hiking Group will resume soon. Times and contacts for all of these Activities are on the Dynamic Singles Flyer in the OC lobby and on the Resident Website. Don't sit home, get involved! Come with a friend! Try us once! We have a new members' table waiting for you!

A big event this month is the Spook-Tacular Halloween Blast on October 22 at OC. Great food, good Band and imaginative scary, funny and cute costumes. Prizes will be awarded for the best. Tickets for members are \$30 and \$35 for non-members that are guests of members. Call Jim Raber at 408-7598.

Contact: Judie Leimer 408-4308,

j.leimer@icloud.com



Ski

The annual pre-season potluck party, held in September and hosted by Ric Havens and Vicki Bohan, was great fun as always. A large number of members were happy to pay their \$5 annual membership dues in anticipation of a snowy season! If you were not one of them, contact us if you need instructions on how to pay your dues.

General membership meeting programs are being finalized for October 22 and November 17. Details should have been provided to members by the time you read this.



First Ski Club Event of the Season

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



Softball, Senior League

The 2015 LHSSL Summer League concluded September 2 with a thrilling two game playoff. The League Champions, Rebarb Time, fell to Wells Fargo Advisors and then to underdog Atherton Wealth Advisors to set up the championship game. Atherton Wealth Advisors prevailed in the first game, 29-20, to force an "if" game. Wells Fargo Advisors were able to outlast Atherton Wealth Advisors in the second game, 29-15, to claim the 2015 Championship Trophy.



2015 LSSSL Champions

The Fall League is in full swing and Sunday "open practice" will continue through November.

Contact: George Sylvia 295-1957,

geocath7@yahoo.com

Website: LHSSL.org

Coyotes

The Coyote 60s, 65s, 70s, and 75s traveled to Medford, OR the weekend of 12 September. All teams played well with the 60s and 75s finishing second in their brackets. The Huntsman Senior Games (October 5-16) will be the final tournaments for the 2015 Coyote teams.

The Coyotes are planning on fielding a team for the Thursday Winter Sierra League (November-March). It's an opportunity to keep your skills sharper as we wait for the 2016 season to begin. If you are interested in playing please contact Hal Kastner (Hkck@sbcglobal.net) for additional information.

Coyote Program nominations for Chair and Treasurer are now open.



Coyote 75s Medford 2015

These are two-year terms of office. Volunteers are members of the Coyote Board which establishes the policies and procedures for the Coyote Program. Interested volunteers should contact Bec Cannistraci.
Contact: Bec Cannistraci 408-4679
beccannistraci@sbcglobal.net
Website: LHSSL.org



Sports Car

Our most recent adventure was a three-night tour into Oregon that was about 1024 miles traveled. Our first interesting visit was in Albany, Oregon at the Historic Carousel. The entire operation pivots on W. H. Dentzel Carousels dating back to 1909. William H. Dentzel built carousels that were all over the United States. Today this facility is manned by volunteer labor and reflects the same craftsmanship used in the beginning. Beautiful animals are being carved and finished for positions on a rebuilt original Dentzel carousel. The next day was touring Crater Lake on our southbound trek. We did enter the National Park but we saw very little. We bumped into an impressive snow storm that whited out the Lake and left visibility of about 50 yards. Driving was slick as



*Carousel
1909; Crater
Lake Snow*



grease and we departed at 20 MPH. Even the adversity didn't cover up the beauty of the day and mountain.

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



Square & Round Dance

Sun City Squares

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

- Mainstream Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level with Round Dancing between tips
Mondays, 2:15-3:30 PM (KS)
Scott & Erin Byars, caller and cuer
- Advanced Class Mondays,
3:30-4:00 PM (KS)
- A-2 DBD Level—Thursdays,
1:00-3:00 PM (KS)

Call Louis or Gail to join today!!

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



Table Tennis

Recently the experts at ESPN rated all sports by different categories and guess what? Table Tennis came in number two in hand/eye coordination (only behind baseball/softball and ahead of tennis, racquetball, and auto racing!). Also, table tennis is now known to be a "brain sport" as it activates different parts of the brain simultaneously and stimulates overall awareness while its fast pace helps sharpen alertness and decision-making! That's all pretty amazing and great, great news for those of us who play doubles three times a week at KS. We just knew we were having fun!

We play Sunday afternoons 12:00 to 4:30 PM, Tuesday evenings 6:00 to 9:00 PM, and Fridays 8:00 to 11:00 AM.

Also every Friday morning we have an automated ball machine and assistance from Bob Gritner. Appointments are for a 15-minute period and you can sign up starting at 8:00 AM. Questions?



Some of our regulars in a hot game of doubles

Contact: Ginger Nickerson 253-3322,
gingerlee22@gmail.com



Tap Company

It is officially fall and we are all looking forward to some cooler weather and more time inside tapping. The "Boogie Ride Dance" is scheduled to be videotaped on Sunday, November 1 at Alyson Meador's Folsom studio. Practice sessions are being held at 8:15 AM each Saturday in the Fine Arts Room (OC).

Auditions for The Tap Company Show, "Hot Vegas Nights" are set for October 22, 5:30–8:30 PM in the P-Hall (KS), and October 27, 5:30–8:30 PM in the Terra Cotta Room (KS). These auditions are for singing and performing parts only. No audition is necessary for dance groups, as we are very familiar with the wonderful talent in each of the groups and look forward to their performances. A copy of the script can be obtained by contacting Celeste Martella—see information below. Show dates for "Hot Vegas Nights" is March 31, April 1 and 2, 2016.

Contact: Celeste Martella 253-7272,
celeste7272@att.net; Jennifer Lauchner
543-2858, jenniferlauchner@yahoo.com



Tennis

We have moved the ever popular LHTG Fall Dinner Dance to the Orchard Creek Ballroom! It promises to be a night to remember with Music provided by SJ's DJ, a gourmet feast and lots of dancing and socializing. Flyer with details will be sent out soon and posted on the bulletin board and website. See the poster on the following page and mark the date—Tuesday, November 10.

Fall Dinner Dance



Last year's attendees kidding around, from left, Jimmie Walker, Sally Sanguinet and Joe Favela

In September both our Men's and Women's 7.0 55+ USTA Teams made it to the Sectionals. It is a great accomplishment and a good example of the way people keep active in our community. The Oktoberfest MXD Tournament and luncheon is taking place on October 24. Results of both happenings will be in next month's *Compass*.

Events coming up:

- Men's & Women's Singles Tournament—November 6 and 7
- Women's Holiday Luncheon at Buonaratti Ristorante—December 3
- Men's Holiday Luncheon at Old Town Pizza—December 3

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



Vaudeville Troupe

Vaudeville is always looking for new acts to participate in our Golden Revue Variety Show. This is a true variety show with an abundance of varied acts.

In our last show we had a beautiful Hawaiian dancer by the name of Jaye Tinloy. Jaye is a newcomer to our troupe and she also led a group of ladies in a fun Hawaiian dance called, "The Hukelau." Another newcomer was Debbie Hamon who gave us her rendition of a Connie Frances song, "Stupid Cupid." A past performer, Karen Sorensen was welcomed back as part of



Karen Sorensen;
Debbie Hamon;
Jaye Tinloy

our July show. So you see, you can be a Newbie or a seasoned vet of the show. If you have a dance or singing group, a singing dog or an animal act or an idea for a comedy act, let us know.

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



Veterans

Disabled veteran Mike Chinnock, who you may have seen around Lincoln Hills assisted by his white Standard Poodle, together with Vicki Curtis, founder of the Rocklin Dog Park, will be the featured presenters at the October 15 meeting at 1:00 PM in the P-Hall (KS).

Vicki established a working partnership between the 4 Paws 2 Freedom dog training non-profit, the Sierra College Veterans Center and the Rocklin Residents Unite For Fido (RRUFF) Healing Heroes Program. She will demonstrate a method whereby a service dog is trained to assist a disabled person.



Vicki Curtis and Mike Chinnock enjoy a moment with their dogs Abby and Cappy

The Veterans Group will once again present its

annual community Veterans Day ceremony at 11:00 AM on November 11 in the Ballroom (OC). The group encourages everyone to make a special effort to fly the American flag on Veterans Day.

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



Videography

The new Lincoln Hills Videography Group is up and running. Learn tips and techniques for creating quality videos you can share with your friends, family, neighbors, or post to public websites. You don't have to be an expert, just own a "video device" (or not). Lighter, more affordable high quality video cameras are not just found in camcorders but are also incorporated into phones, tablets and other mobile devices like the GoPro. Shots like those from drones were previously only possible with heavy professional equipment.

Putting a "viewer friendly" video together can be easily accomplished using today's free or affordable video editing software. Join us for our next meeting when we discuss "The Basics of Videography." We meet at 9:00 AM on the third Tuesday of each month in the Multipurpose Room (OC). Our next meeting is October 20.

Contact: Jeff Hanner 769-2871, jhanner8@gmail.com



Water Volleyball

Aren't the cooler temperatures nice? Looking for a new sport? Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week. Try it out three times for free. Annual membership is only \$15. Come join us and we hope to see you in the pool.

Play available (KS):

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

Thursdays 6:20 PM. Interested? You may contact Jim Puthuff.

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

Website: www.lhwatvolleyball.com, www.suncity-lincolnhills.org

West Coast Swing

November Event:

- West Coast Swing Dance Instruction: Second Friday of each Month—November 13, Fine Arts Room (OC)—5:30-6:30 PM—Intermediate/Advanced West Coast Swing
- 6:45-7:30 PM—Beginners Club Members—Free and Guests—\$4.

Our Annual Tea Dance and Ice Cream Social held on Sunday, September 27, was a great success—an afternoon of visiting with friends, dancing to some great dance music provided by Dottie of Dottie's Just Dancin'—while enjoying some cake and ice cream... now I ask you, what could be better than that? A good time was had by all of who attended—thank you for your continued support.

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



Woodcarvers

It's that time of the year when all the chips are down for Santa... when the Lincoln Hills Woodcarvers turn their attention to all sorts of Christmas ornaments and gifts for friends.

This shared interest group meets every Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS).

Dedicated to advancing all forms of woodcarving, the Lincoln Hills Woodcarvers also focus on developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice, a large support library, and loaner tools are also available for members.



Woodcarvers Focus: Santa's Helpers

Visitors are always welcome. Stop by, look around and chat a bit. Remember, Woodcarvers never die... they just keep chipping away!

Contact: Dick Skelton 626-0895
Website: www.SCLHWoodcarvers.blogspot.com



Writers

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."

—Henry David Thoreau

It's that time. Autumn is in the air, temperatures are cooling, colorful leaves are falling and Halloween is just around the corner. Stop by our window display at Orchard Creek Lodge in October. Members have composed prose and poetry in honor of the stunning season.

We meet on the second, fourth and fifth

Mondays of each month at 6:30 PM in the Ceramics Room (OC). Come by to observe or bring 12-14 copies of your work to share (maximum 1,500 words). You don't have to be an expert to join. All SCLH writers or those striving to become writers are welcome.

Contacts: Bev Brannon bevrn49@aol.com; Jim Fulcomer jfulcomer@mac.com;

Linda Lucchetti linnluu@aol.com

Answers to Landscape Services Aptitude Test

Test is on page 15

1. 3200 flats
2. 102 computerized irrigation controllers and seven clocks
3. 116 acres
4. 30 acres
5. 360 tons of green waste
6. 9000 trees
7. 77 acres
8. 22 workers
9. 3000 sheep
10. 20 tons of fertilizer

Neighborhood Watch

Continued from page 21

years. Yes, they have been serving their neighbors since 2000 to increase safety and security through promoting a friendly, alert neighborhood who "look after each other." These attributes also keep our property values up, as seniors favor safe communities!

This year, our 11 honorees are all Mail Box Captains. They are the "grass roots" of our organization. Stay tuned to see if we add Village Coordinators and Directors soon.

Did You Know?

Looking for gift ideas as the Holidays approach? Did you know that our Fitness Center (OC) has

Please turn to the Club News on page 30 to read about the good qualities and benefits which Mail Box Captains find attractive about this volunteer assignment!

Neighborhood Watch Contacts

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

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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 Foundation Tax-Aide

Feel Good—Volunteer! AARP Foundation Tax-Aide is looking for volunteers as counselors, schedulers, and/or greeters to help taxpayers complete their 2015 income tax returns in Lincoln during the 2016 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 1 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2016 tax season, please email lincmb1@aol.com with your name, address, phone number, and position(s) you are interested in. Mark Burke, 878-6249.

Cloggers

If you attended the Tommyknockers' Clogging Jamboree in Grass Valley on September 26 we know you were knocked over by the energy of that event. But don't worry—if you missed it, there's always another one. Next is October 17, the "Late Harvest Stomp" in Santa Rosa. Or, put the "Clogging Classic and Workshops" in Sacramento into your January 2016 calendar. You can also see clogging online at ncca-inc.com. But for the best, most lively, foot-stomping experience of all, come and join us as we clog right here in Lincoln Hills every Tuesday! Contact: Anita Tyson, 543-5330.

Glaucoma Support Group

Do you or a family member live with Glaucoma? Do you have questions about ways to best manage your disease? Please plan to attend the Glaucoma Support Group on November 11 at 4:00 PM in the Multimedia Room (OC). We just may be able to help you find the answers to your questions. More info: Bonnie Dale, Bjdale@aol.com or 543-2133.

You are invited to attend...

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

- Monday, October 19 • 10:00 AM Nautilus Society Oaks (OC)
- Monday, October 26 • 10:30 AM ScholarShare Seminar Oaks (OC)
- Monday, November 9 • 10:00 AM Nautilus Society Oaks (OC)

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. A new group started on September 15 and runs through December 8. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church. Contact: Cheryl Edwards 505-5777 or LincCa.GS@gmail.com.

Lincoln Caregiver Support Group

The Lincoln Caregiver Support Group will be meeting on Thursday, October 15. We meet at the Twelve Bridges Lincoln Library from 9:00-11:00 AM. Anyone caring for someone else with an illness is welcome to attend. Please enter through the back door employee's entrance. More info: Brenda Cathey, 253-7537.

Lincoln Democratic Club

The Lincoln Democratic Club will meet Thursday, October 15 at 6:45 PM at the Kilaga Springs Lodge. The topic of discussion will be Income Inequality. Luke Reidenbach, an analyst from the California Budget and Policy Center, will present a program based on their recent report entitled "California's Sinking Center: How the Economic Recovery Is Leaving California's Midwage Earners Behind." The Budget Center does independent analysis of fiscal and policy issues with the goal of improving the economic and social well-being of low and middle income Californians. All interested residents are welcome to attend. Questions: see the club website at www.democraticclublincolnca.org/next-meeting.html or email lincIndems@gmail.com.

meeting.html or email lincIndems@gmail.com.

Lincoln Multiple Sclerosis Group

The next Lincoln Multiple Sclerosis Meeting will be held, Tuesday, November 3 at 1:00 PM in the Sierra Room (KS). All interested are welcome to attend. Questions: Marilyn Sharp, 434-6898.

LH Foundation Bingo

Reserve the date of Wednesday, October 21 for fun and fellowship in the Ballroom of Orchard Creek Lodge, for a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. Cash and door prizes will be given away. Doors open at 12:30 PM. The fun starts at 1:00 PM. Get seven or more of your friends and neighbors together at one table by calling Ed Sullivan at 408-1480. Visit our website at lincolnhillsfoundation.org for a special bingo promotion.

LH Italian Club (LHIC)

You won't want to miss the Turkey Bingo Event on November 8 from 5:00-9:00 PM at the Sun City Roseville Timber's Ballroom. Enjoy a turkey dinner with all the fixings! Feeling lucky? Play Bingo after dinner and win a bingo prize or one of the great drawing prizes. Check our website www.lhitalianclub.org for more information. We will be collecting food items for St. Vincent DePaul at this event to help those who cannot afford a Thanksgiving Dinner. Please bring bags of canned goods. See our website for membership forms or call Virginia Halstenrud, Membership Chair, at 543-3293.

LH Parkinson's Disease Support Group

October 20 at 10:00 AM is the date for the next Lincoln Parkinson's Support Group. We meet at the Raley's Store

Continued on page 39

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Continued from page 37

Conference Room on Lincoln Blvd. This month we will have Diane Houlton from Aging Plan-it speaking. Diane Houlton is a gerontologist, Aging Life Care Specialist® and co-founder of Aging Plan-it. She is a

wealth of information, be sure to come to hear her speak. More info: Brenda, 253-7537.

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
Continued on page 41

~ Community Perks ~

Lincoln Hills Certified Farmers Market and Vendor Fair Every Wednesday

Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on the weather and availability of crops, the Farmers Market will be offered until November 18. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



Music Group Sponsored "Open Mic Night" Friday, October 16 — Free

6:00 to 8:30 PM (P-Hall, KS). Performance sign-ups begin at 5:30 PM. Open to SCLH musicians and their guests. Singers must be accompanied by a musician. No karaoke or back-tracking. Non-performing audience members are welcome.



KS Classic Movies on Saturday: Arsenic and Old Lace Saturday, October 17 — Free

1:30 PM, P-Hall (KS). Not Rated, 118 minutes. Comedy/Crime. Starring Cary Grant, Priscilla Lane, Raymond Massey, and Peter Lorre. A drama critic learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family. Directed by Frank Capra.



Document Destruction Monday, October 19

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



Billiards Lessons on Tuesdays Starting Tuesday, October 20 — Free

Starting October 20, the Billiard Group is offering a free weekly Billiards lesson at Kilaga Springs



Lodge. A person from the Billiard Group will be there on Tuesdays from 9:00-10:00 AM. This is for new and returning players, (men and women). You do not need anything to start other than a desire to play. Just show up and see what we have to offer, remember It's free. Contact Dan Oden 408-2687.

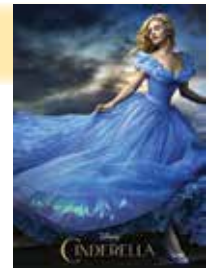
Lincoln Hills Players Readers Theater Production, "A Halloween Comedy Special" Saturday, October 24, and Sunday, October 25 — Free

Saturday 7:00 PM; Sunday 3:00 PM. *Munsters—The Munster Masquerade*, and *Bewitched—We're in for a Bad Spell*, will have you smiling and amused at the antidotes of our favorite characters from the TV series of the 1960's. Come join the fun!



KS at the Movies: Cinderella Monday, November 2 — Free

1:30 PM, P-Hall (KS). Rated PG, 105 minutes—Drama/Family/Fantasy. Starring Cate Blanchett, Lily James, Richard Madden, and Helena Bonham Carter. Directed by Kenneth Branagh. When her father unexpectedly passes away, young Ella finds herself at the mercy of her cruel stepmother and her daughters. Never one to give up hope, Ella's fortunes begin to change after meeting a dashing stranger.



Wildlife Heritage Foundation Monday, November 9 — Free

1:30 PM, P-Hall (KS). Biologists from Wildlife Heritage Foundation will be speaking at the Bird Group meeting on November 9 about the role of the Foundation in managing the Open Spaces here at Lincoln Hills. All residents are invited to attend.



Community Veterans Day Ceremony Wednesday, November 11 — Free

Music will begin at 10:30 AM followed by the formal ceremony at 11:00 AM. Residents and guests are invited to attend a community Veterans Day ceremony, honoring all who have served in America's armed forces. Orchard Creek Ballroom.





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Continued from page 39

is welcome. We have been offering trips that go all over the world since 2000. Committee members are all residents of Lincoln Hills. We are *not* travel agents. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

Open Play Games

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

Semper Fi Association

The Semper Fi Association will be meeting Monday, October 5 at 9:00 AM at the Legends Restaurant at Woodcreek Golf Course, 5800 Woodcreek Oaks Blvd.

in Roseville. Come early to purchase breakfast before the meeting. More info: Bob McCollum, 408-0621 or theinv1855@gmail.com. Marines and Navy Corpsmen especially invited. Hope to see you there.

Shooting Group

Our purpose is to make friends among 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. For shooting schedule hours and trap or skeet shooting, please 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.

Library News

Continued from page 17

Remember that if you can't find a particular book in the paperback section look in the hardbound area. It just might be there!

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).

Did You Know?

Our Association has saved more than \$500,000 in expenses since we completed the LED lighting project. It was an outstanding decision to convert to LED lighting! And the good news continues: our savings for trash removal since the installation of the trash compactor in 2012 = \$100,000!



In Memoriam

Edith Russo

Most of Edith's 80 years were spent in Michigan, but her last years were here in Sun City Lincoln Hills and in Alta Manor. A happy woman, with many friends, she always had a twinkle in her eye and a smile on her face! Edith leaves her daughter, Elaine Sanovich, and husband of Lincoln Hills, as well as four grandchildren and two great-grandchildren.

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.

Reminder for Residents

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

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

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

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



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Sea how much fun you will have ringing in 2016 at the Lincoln Hills New Year's Eve Ball! Submerge yourself in the celebration by selecting your favorite party room and entrées from a delicious three-course menu specially prepared by Chef Roderick. Enjoy free-flowing champagne to toast the New Year and witness spectacular fireworks to buoy the evening.

DJ Tom is back in the Ballroom to play your favorite dance music while Cuban group, *Tito Y Su Son de Cuba*, will heat up Meridians with music from the islands that will have you dancing until high tide.

Bob around the Lodge and try your luck at the tables to win fun prizes—and join the excitement of a treasure hunt that won't leave you clueless.

Tailored **Dinner Package** options start at \$95 per person. Purchase the Dinner Package prior to November 14 and get a chance to win two 2016 Summer Amphitheater Series Packages. For those who wish to

have dinner elsewhere, join the celebration from 9:00 PM-12:30 AM with our **Entertainment Only** option for \$54. Open seating in designated areas for Entertainment Only ticket patrons are available throughout the Lodge.

- Doors open 7:00 PM
- Dinner served 7:30-8:00 PM
- Dancing and Entertainment 9:00 PM-12:30 AM
- Champagne Toast and Fireworks Display at Midnight

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

No refunds or exchanges. Tickets required for entry. Wristbands issued at entry. Table locations and complete menus with pricing and dinner selections available at the Activities Desks and Lifestyle Online.



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

Entertainment

—Club Performance—

LH Players Present “The Christmas Gift”

Thursday, November 19; 7:00 PM — 5319-09A

Friday, November 20; 7:00 PM — 5319-09B

Saturday, November 21; 1:00 PM Matinee — 5319-09C

Saturday, November 21; 7:00 PM — 5319-09D

Do you believe in angels? This year’s musical production written and directed by Dolly Schumacher James celebrates the wonder of the Christmas season and the angels we believe in. A blend of traditional, rock and roll, and contemporary music will delight audiences of all ages. “The Christmas Gift” is a story about acceptance, family traditions, and the faith which sustains us through life and its challenges. Santa brings his magic as a toy shop comes to life, and Clarence, a guardian angel, creates a miracle with a heartfelt Christmas gift. Celebrate the season as the Lincoln Hills Players present their gift to our community, with another standing room only production. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General Admission tickets, \$14.



SCLH Community Chorus Presents Holiday Harmonies

Sunday, December 13; 2:00 PM Matinee — 5313-10A

Monday, December 14; 7:00 PM — 5313-10B

Tuesday, December 15; 7:00 PM — 5313-10C

As part of your early holiday planning you will want to buy tickets to the holiday concert given by the **Lincoln Hills Community Chorus**. This year’s concert will include “Hallelujah Chorus,” “Nutcracker Jingles,” “Feliz Navidad” and “Ha Shalom” along with many old favorites and some new holiday melodies. These harmonies will definitely give a spirited start to your holiday enjoyment! The chorus is excited about performing for you, our neighbors and friends, once again! All concerts will be held in the Orchard Creek Ballroom (OC). **Premium Reserved Section Seating, \$18.** General Admission tickets, \$13.



—Concerts—

Silent Movie with the Roseville Community Concert Band

Thursday, October 29 — 5329-08

Welcome to our second annual Silent Movie Night featuring the 1920 horror film version of “Dr. Jekyll and Mr. Hyde” (just in time for Halloween) starring John Barrymore! Silent mov-

ies, whose era lasted from film’s beginning to the late 1920’s, were shown in theaters with live musical accompaniment. We are recreating this experience with the Roseville Community Concert Band performing the musical score live. A fun night



for the classic film fan as well as families (not recommended for kids under the age of seven). Cookies, popcorn and drinks will be available for purchase in the Pre-function Area at the start and at intermission. Enjoy a “Movie Dinner Special” at Meridians prior to the show. Movie patrons will receive a 20% discount, day of the show only (ticket required). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$11.** General admission, \$8.

Blame Sally Folk/Pop Americana Concert

Friday, November 6 — 5306-09

Blame Sally creates an eclectic and undeniably original brand of folk pop that plays on the “indie edges of Americana.” Emotionally charged, highly melodic and irresistibly compelling, this powerhouse quartet is made of four unique voices and musical backgrounds. All four women are exceptional songwriters, instrumentalists and vocalists. *Blame Sally* has forged a cohesive sound through their beautiful intricate harmonies, and melodic rhythms that is instantly recognizable and compelling. With their decade plus of live performances and recordings, they have established a legacy of song combining country, folk, rock, Celtic and strains of classical music, which has “brought originality together with a roots sensibility and pop accessibility.” This local folk-rock quartet with an attitude, combines acoustic textures with Americana harmonies and an independent spirit. “They are accomplished musicians on their own, and when they get together, the sum is even greater than its parts—they are their own entity.” —Rosalie Howarth, KFOG Radio. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24.** General admission, \$20.



Fall Classical Series

Baroque Masters

Thursday, November 12 — 5315-07B

We are pleased once again to present some of the finest classical musicians in the Sacramento area at the P-Hall, (KS). November 12 offers a performance by the **Baroque Masters**, a group consisting of harpsichordist Faythe Vollrath, cellist Tim Stanley, violinist Naomi Rogers-Hefley, and flutist Cathie Apple. They have performed at various venues includ-



Continued on page 44

Yellow highlighted events are shown on the Calendar of Events list on page 3.

ing the Berkeley and Boston Early Music Festivals. They will present a program of works by Baroque masters such as Telemann and Bach. Save \$1 off \$4 or more at KS Café on show night. Show 7:00 PM, P-Hall (KS). **Reserved seating, \$15.** See the final concert on this page on December 8 featuring the Sacramento Opera Chorus.

Garrat Wilkin and the Parrotheads in Concert A Celebration of Jimmy Buffet's Music Friday, November 13 — 5313-09

We're bringing in the sunshine in the Ballroom this fall! Join Garrat Wilkin and the Parrotheads as they pay homage to the sunny music of Jimmy Buffet. Considered the #1 Jimmy Buffet Tribute band in the nation, Garrat and his zany group have headlined fairs and festivals throughout the country from Oregon, to Utah and Nashville and as far away as Alaska and Hawaii as well as the Eastern seaboard. The concert will have you singing to tropical lyrical themes and swaying to a "gulf and western" sounds that beckon the relaxing vision of island fun. Limited dance floor will be set up in the back of the room for those who can't help but dance to such Buffet hits as "Margaritaville" and "Changes in Latitudes, Changes in Attitudes." For more fun, come in your tropical outfits to soak up the vibe. Doors open 6:30 PM; Concert 7:00 PM. No-host bar available in the Pre-function Area. **Premium Reserved Section Seating \$18, General Admission \$16.**



Jim Curry's John Denver Tribute Concert Monday, November 23 — 5323-09

The music of the late John Denver is like an old friend, outlasting trends and standing the test of time. Join acclaimed performer Jim Curry for this tribute to the music of one of the most beloved singer/songwriters ever to grace the stage. Tribute artist Jim Curry, whose voice was heard in the CBS-TV movie *Take Me Home: The John Denver Story*, has performed Denver's music in sold out shows throughout the country and has emerged as today's top performer of Denver's vast legacy of multi-platinum hits. Jim's uncanny ability to mirror John's voice and clean-cut look takes you back to the time when "Rocky Mountain High," "Sunshine," "Calypso," and "Annie's Song" topped the charts, and his popular music had the heartfelt message of caring for the earth and caring for each other. "As John Denver's former drummer and percussionist, working with Jim Curry has kept alive for me how it was playing with John. Jim has stayed true to John's music and vision. It is a pleasure working with Jim & Anne Curry." Richie Gajate Garcia, John Denver's Percussionist. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21. General admission, \$19.**



Alasdair Fraser and Natalie Haas Thursday, December 3 — 5303-10

Award-winning duo Alasdair Fraser and Natalie Haas will again unleash their dazzling teamwork, driving dancing rhythms and shared passion for taking the infectious melodies and grooves of Scottish/Celtic music on an exciting new journey. Fraser, long regarded as Scotland's premier fiddle ambassador, and the sizzling-talented young California cellist Haas continue to delight audiences with live performances throughout the US, Canada and Europe. "The musical chemistry between Scottish fiddle legend Alasdair Fraser and young cello ace Natalie Haas is a rare, delightful thing." —Daniel Gewertz, *Boston Herald*. Don't miss this intimate experience! Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved Seating, \$22.**



Fall Classical Series Sacramento Opera Chorus Tuesday, December 8 — 5315-07C

As a fitting end to our Fall Classical Series, we bring you **The Sacramento Opera Christmas Carolers**, the official Chorus of the Sacramento Philharmonic. They recently had the honor of being the chorus for Andrea Bocelli during his June concert at Sleep Train Arena. This talented group of opera singers will present a program that ranges from sacred to funny and everything in between, including holiday favorites like "White Christmas" and "Silent Night." Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS). **Reserved seating, \$15.**



—Grandkids Event—

Grandkids Santa Adventure Saturday, December 19 — 5319-10

Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at "Santa Adventure." Your grandchildren will be greeted by Santa's Elves and enjoy interactive activity stations offering treats, glitter tattoos, and lots of fun! Start the morning off by taking photos of the grandkids with Santa. We will be showing the cartoon, "Rudolph the Red-Nose Reindeer" at 11:30 AM. Limited space available so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present); all children need to be pre-registered and wristbands will be provided during registration and are required for participation.* Lunch will not be provided as part of this ticketed event. Kilaga Springs Lodge. 10:00 AM. Doors open at 9:45 AM; activities and games 10:00 AM to 12:00 PM. Toddler to 12 years old. **General admission, \$13.**



Continued on page 47

Know how the tax rules change for Senior Taxpayers



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

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

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

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Day Trips

—Casino/Races—

Red Hawk Casino

Thursday, November 12 — 1770-09

Enjoy a nice fall ride to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our guests a \$10 gaming credit and a \$5 food credit. Be sure to bring your personal identification to receive your Rewards Card and you could qualify for additional gaming credits in their 55+ club. Leave OC at 8:45 AM, return ~ 4:15 PM. \$29.



Off to the Races

Thursday, November 19 — 1845-09

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



—Festivals—

The Great Dickens Christmas Fair

Saturday, December 5 — 1752-10

The Great Dickens Christmas Fair at the San Francisco Cow Palace is a one-of-a-kind holiday adventure into Victorian London—an elaborate party with hundreds of costumed players performing and interacting with patrons in over 120,000 square feet of theatrically-lit music halls, pubs, dance floors, and Christmas shops. It's a twilight evening in Charles Dickens' London Town—a city of winding lanes filled with colorful characters from both literature and history. Enticing aromas of roasted chestnuts and hearty foods fill the air. Cries of street vendors hawking their wares ring out above the bustling crowd. Dozens of lamplit shops are filled to overflowing with Christmas gifts. The Dickens Christmas Fair is a treasured Bay Area tradition since 1970 and a splendid way to celebrate the holidays. Enjoy food and drink on your own at various food stalls inside the venue. Depart OC 9:30 AM, return ~ 8:00 PM. \$58 (includes admission).



Continued on page 48

Important Information: Entertainment, Trips, Classes

• **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

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

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

• **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.

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

• **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

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

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

• **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

• **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

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

• **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.

Victorian Christmas**Sunday, December 20 — 1857-10**

The enticing aromas of roasted chestnuts and hearty holiday foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled to overflowing with authentic Christmas treasures. Now in its 38th year, enjoy our annual visit to the historic and picturesque downtown Nevada City, a quaint, Gold Rush town nestled in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. It's the one and only Victorian Christmas—full of new shows, sights, sounds and attractions and a perfect way to get your holiday spirits up! Depart OC 12:30 PM, return ~ 7:30 PM. \$28.

**—Performances—****Wicked at Orpheum Theater—San Francisco****Wednesday, March 23, 2016 — 1999-10**

Wicked is the untold story of the witches of Oz. Long before Dorothy drops in, two other girls meet in the land of Oz. One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. **Wicked** tells the story of their remarkable odyssey, how these two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good Witch. 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 show. Depart 10:45 AM, return ~ 9:45 PM. \$150.

**If/Then at the Orpheum Theater—San Francisco****Wednesday, November 18 — 4551-08**

Tony Award-winner and Broadway superstar Idina Menzel (“**Wicked**,” “**Rent**,” “**Frozen**,” “**Glee**”) is reprising her critically-acclaimed performance in **If/Then** on national tour. **If/Then** is a contemporary Broadway musical about living in New York today—and the possibilities of tomorrow. With unforgettable songs and a deeply moving story, this original new musical simultaneously follows one woman's two possible life paths, painting a portrait of the lives we lead, as well as the lives we might have led. For more show info: www.ifthenmusical.com/about. Orchestra/Loge seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM matinee show. Leave OC at 10:45 AM, return 9:45 PM. \$138.

**A Gentleman's Guide to Love & Murder****Golden Gate Theater—San Francisco****Wednesday, December 2 — 4620-09**

Getting away with murder can be so much fun... and there's

no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award® for Best Musical—**A Gentleman's Guide to Love & Murder!** *Gentleman's Guide* tells the story of Monty Navarro, who has received the news that he is descended from a noble family and could become the next Earl of Highhurst. There are only eight issues standing in his way: the other heirs (all played by a single actor) who precede him in line for the title. What does Monty choose to do? Eliminate them, of course. All the while, Monty has to juggle his mistress (she's after more than just love), his fiancée (she's his cousin but who's keeping track?), and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance... and be done in time for tea. Kindly get your tickets now for the new musical that will have you *dying* with laughter! Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM matinee show. Leave OC at 10:45 AM, return 9:45 PM. \$138.

**Beach Blanket Babylon Holiday Edition****Wednesday December 16 — 1791-09**

It's not too early to plan your holiday theater trips! Come see the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. We have the whole center balcony section reserved for our group with open seating, including limited front cabaret floor seating. *Please advise if you require accessible seating upon purchase. There are stairs to where the balcony seating is located and no elevators.* Both trips depart 11:45 AM, show exclusive to adult audience, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. \$100. *Reservations highly recommended for dinner, restaurant list is available at time of registration. For more info on show, check <https://beachblanketbabylon.com>. **December 9 (1773-09)— Sold out.**

**Early Vendor Deadline!****Odysseo—The Equestrian Spectacular by Cavalia****Saturday, January 9, 2016 — 1761-10**

This new production, held at a Big Top Tent at AT&T Park in San Francisco, is a celebration of the beauty and harmony of the meeting of two worlds: those of horse and human. As friends, partners and inseparable performers, they will lead you on a

*Continued on page 52*



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Jersey Boys at Orpheum Theater—San Francisco Wednesday, February 10, 2016 — 1930-10

How did four blue-collar kids become one of the greatest successes in pop music history? Find out at the runaway smash-hit, "Jersey Boys." Winner of the Best Musical Award on Broadway, in London and Australia, this blockbuster phenomenon takes you up the charts, across the country and behind the music of Frankie Valli and the Four Seasons. Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame with songs "Sherry," "Big Girls Don't Cry," and many more. Don't miss the international sensation that's a Broadway triumph and continues to break records in cities across America bringing countless audiences to their feet. We'll be enjoying a matinee show in orchestra seating. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 10:45 AM, return ~ 9:45 PM. \$138.



Sacramento Philharmonic Cirque de la Symphonie Sacramento Community Center Theater Saturday, February 27, 2016 — 1786-10

Cirque de la Symphonie brings the magic of cirque to the music hall. Each gravity-defying feat is choreographed to live music performed by the Sacramento Philharmonic Orchestra. The aerial acrobatics will leave you breathless as the acrobats literally "drop" into the hall! Artists include aerial flyers, acrobats, contortionists, dancers, jugglers, balancers, and strongmen. All these and more performing to music above and around the orchestra, dazzling the eyes and ears! Reserved seats located in mid-orchestra section. Leave OC at 6:45 PM, return 11:15 PM \$62.



Broadway Sacramento 2015-2016

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions

of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance of the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$93 each, except Book of Mormon \$127.



Now Open to Grandchildren, eight years old & up! "Elf" The Musical

Tuesday, November 10 — 4561-06A

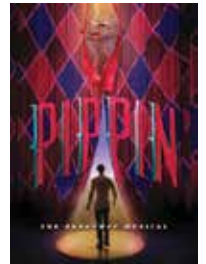
Elf is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic is sure to make everyone embrace their inner Elf. \$93.



Pippin

Tuesday, December 29 — 4531-06B

Pippin is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of Wicked, Pippin will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards® including Best Musical Revival. Hailed as "an eye-popping, jaw-dropping extravaganza," it's unlike anything Broadway has ever seen! Come experience Pippin, one young man's journey to be extraordinary. This captivating new production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Pippin is noted for many Broadway standards including "Corner of the Sky," "Magic To Do," "Glory," "No Time at All," "Morning Glow," and "Love Song." Join us for a magical, unforgettable new Pippin. \$93.



Now Open to Grandchildren, eight years old & up! The Little Mermaid

Tuesday, February 2, 2016 — 4561-06C

Disney storytelling at its best! Music by the team from Disney's Beauty and the Beast, including "Part of Your World" and "Under the Sea." Unsatisfied with her life at sea, young mermaid Ariel longs to experience the human world above. The classic love story captivates audiences of all ages. \$93.



Continued on page 57

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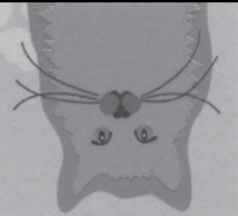
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Book of Mormon — Both dates sold out!**Newsies****Tuesday, April 12, 2016 — 4561-06E**

They delivered the papers, until they made the headlines... Direct from Broadway comes *Newsies*, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards® for Best Score and Best Choreography, *Newsies* has audiences and critics alike calling it "A musical worth singing about!" (*New York Times*). Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you just don't want to miss. Based on true events, *Newsies* tells the captivating story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. It's a rousing tale about fighting for what's right... and staying true to who you are. \$93.

**Motown the Musical****Tuesday, May 24, 2016 — Sold Out****—Sports—****Two Games for the Price of One!****Sacramento Kings vs.****San Antonio Spurs and Dallas Mavericks!****Monday, November 9 vs. San Antonio****& Monday, November 30 vs. Dallas — 1800-09**

See your Sacramento Kings led by Rudy Gay, DeMarcus Cousins and new members Rajon Rondo and Seth Curry as the team competes at Sleep Train Arena for the last season as the new arena gets finished downtown! Enjoy two games for the price of one! See the San Antonio Spurs with Tony Parker and All-Star Tim Duncan and the Dallas Mavericks with All-Star Dirk Nowitzki. Arrive at arena in time to enjoy pre-game activities and purchase from the various food vendors, if desired. Seats located in Lower Level Corner Section 118. Both games Leave OC at 5:30 PM, return ~ 11:00 PM. \$138.

**—Tours/Leisure—****San Francisco Saturday****Saturday, November 14 — 1844-09**

Enjoy a special Saturday Fall excursion to San Francisco. Meet friends, shop, have a nice meal, grab a cable car or cab and explore! These day trips are yours to do as you wish. Our stop on this trip will be Union Square. Leave OC at 9:00 AM, return ~ 8:00 PM, \$37.

**San Francisco 49ers Levi's Stadium Tour****Sunday, November 15 — 1949-09**

As the host venue of Super Bowl 50, Levi's® Stadium is fea-

turing an exclusive limited time Super Bowl 50 tour. Learn about the history of the Super Bowl and the San Francisco 49ers five Super Bowl victories as well as explore the Super Bowl 50 exhibit at the 49ers Museum. We'll enjoy a VIP Private Group Tour and be split into small groups for a personalized experience. Stadium tour feature visits to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be stops with photo opportunities. Visit also includes a field level tour to see the players' and cheerleaders' locker rooms. Peruse the 13,000 square foot flagship team store for souvenirs. Enjoy a gourmet boxed lunch at Michael Mina's Tailgate located in Levi's Stadium with your choice of *Roasted Turkey Sandwich, Italian Grinder, Roast Beef Sandwich or Grilled Vegetable Sandwich with side dishes, signature cookie and a drink*. Bar drinks on own. Complete menu at Activities Desk. There will be a dinner/stretch stop during the return trip (on your own). Leave OC at 8:00 AM, return ~ 8:45 PM. \$143. This trip is on a 49ers Bye-Week so enjoy a relaxing Sunday tour.

**San Francisco Holiday Shopping****Saturday, December 12 — 1823-10****Or Tuesday, December 15 — 1841-10**

Enjoy a lovely holiday trip to the city by the bay and don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:15 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Departure from SF will be 6:00 PM to allow you more dining and shopping time and less traffic on the way home. Leave OC at 8:30 AM, return ~ 8:30 PM. \$37.

**—Overnight & Extended Travel—****Solvang — Julefest!****Sunday, December 6-Tuesday, December 8 — 1970-09**

It's no secret that Solvang is one of the most Christmasy towns in America. The southern central California city of Solvang (Danish for "sunny field") was settled by Danish Americans in the early 1900s and to this day continues to celebrate its Scandinavian roots. Often referred to as the Danish capital of America, Solvang observes Julefest every year to mark the Christmas season. The word *Jule* is associated with Christmas, dating back to the Norse times, referring to the yearly winter solstice—the turning point when the daylight hours are at

Continued on page 59

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their shortest but begin to grow longer again. Join Katrina, your Trip Coordinator, for a fun trip that is sure to get you in the mood for the holidays! Trip Includes:

- Two Lunches at Harris Ranch Restaurant
- Two-Night Stay at King Frederik Inn downtown Solvang
- Welcome Dinner
- Free day in Solvang for shopping, museums, wine tasting & more!
- Complimentary shuttle to Chumash Casino

Leave OC at 8:00 AM December 6, return ~ 6:15 PM, December 8. \$350 per person double occupancy. \$465 single.



Sun City Sierra 2016 Winter Train Roundtrip to Reno
Wednesday, January 27 to Friday, January 29 — 1972-09

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. Due to the predictions of a very wet winter, we've opted to go round-trip on the train and spend two-nights in Reno. Trip package includes:

- Motor coach transportation to & from Roseville train station



- Casino shuttle to and from Reno train station
 - Baggage portage from Reno train station arrival platform to hotel and back
 - Reserved rail car for our group on train
 - Non-smoking room at Eldorado Hotel & Casino
 - One dinner buffet & gratuity at Eldorado Hotel & Casino
 - Reserved seat ticket to Eldorado's Showroom "Footloose"
 - One breakfast/brunch buffet (gratuity not included)
 - \$10 additional food credit
 - Gratuities for bell service and bus driver
- Leave OC at 10:30 AM, Wednesday, return Friday, ~ 1:30 PM. *On Wednesday, 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.* \$285 per person double occupancy. \$347 single. February 3-5 (1771-09)—Sold out.

Sold Out Trips thru November 20

Trip • Date • Departure Time

- **Speaker Series—Dr. Michio Kaku**
 Tuesday, October 20 —6:45 PM
- **Carolands**
 Wednesday, October 21—8:15 AM
- **Ferry to San Francisco—Union Square**
 Tuesday, October 27 —7:45 AM

Activities Department Classes



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

Art

—Drawing—

Beginner Drawing

Thursdays, November 5-19 — 132215-10

10:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on



landscape and figures. Supply list available at the Activities Desks and online.

—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, November 4-18

9:00-11:30 AM Class — 113115-10

Or 1:30-4:00 PM Class — 113215-10

AM and PM sessions are not interchangeable. (OC). \$39 (three sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 25 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



Painting Pastels and Oils with Barry
Mondays, November 2-30 — 105115-10

9:00-11:30 AM (OC). \$65 (five sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks and online. Or on instructor's website. www.pastelpainter.com.



—Watercolor—

Beginning Watercolor Painting
Thursdays, November 5-19 — 132115-10

1:00-4:00 PM (OC). \$45 (three sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.



Ceramics

—Lladro—

Spanish Oil Painting
Wednesdays, November 4-18 — 206115-10

1:00-4:00 PM (KS). \$30 (three sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. A beginning & continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.



Lladro Workshop
Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bar-

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

—Pottery—

Beginning/Intermediate Ceramics
Tuesdays, November 3-24 — 212115-10

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



Advanced Ceramics
Tuesdays, November 3-24 — 212215-10

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. This class is for the Self-motivated students/artists with established ceramic skills. Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstrations, assignments, group discussion and constructive critique.



Ceramics — All Levels
Thursdays, November 5-19 — 221115-10

1:00-4:00 PM (OC). \$42 (three sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1
Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM or 1:00-4:00 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 or

Continued on page 62

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Crafts

—Card Making—

Intro to Card Making—Beginners

Wednesdays, November 4-18 — 317115-10

9:00 AM-12:00 PM (KS). \$29 (three sessions). Instructor: Dottie Macken.

Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited; sign up early to reserve your space. All supplies will be provided.



Card Making Level 2—Intermediate

Tuesdays, November 3-17 — 317215-10

9:00 AM-12:00 PM (KS). \$29 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. Class is not for beginners. Class size limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level 3 — Intermediate-Advanced

Mondays, November 2-16 — 317415-10

Or Fridays, November 6-20 — 317315-10

9:00 AM-12:00 PM (KS). \$29 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or has 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 and much more. Class size is limited,



sign-up early to reserve your space in the class. All supplies and equipment will be provided.

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, November 3-17 — 332115-10

10:00-11:00 AM (KS). \$21 (three sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. Bring friends and your enthusiasm. I look forward to meeting you. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic, easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, November 3-17 — 332215-10

11:00 AM-12:00 PM (KS). \$21 (three sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps featured from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate.

Intermediate Plus Clogging

Tuesdays, November 3-17 — 332315-10

12:00-1:00 PM (KS). \$21 (three sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events.

—Country Western Dance—

Country Couples Western Dance Beginner Level One & Two

Mondays, November 2-16 — 344215-10

7:00-8:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners.



Continued on page 64

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Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, November 2-16 — 344415-10

8:00-9:00 PM (KS). \$15 (three sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dances to be taught this month will be a review of class taught this year.

Country Line Dancing

Fridays, November 6-20 — 346115-10

3:00-4:00 PM (KS). \$15 (three sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—

Lyrical Jazz/Ballet

Thursdays, November 5-19 — 353515-10

5:00-6:30 PM (OC Fitness). \$36 (three sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!



Longer Class Time!

Performance Dance—Intermediate to Advanced Level

Fridays, November 6-20 — 354515-10

2:15-4:15 PM (OC Fitness). \$42 (three sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater in preparation for the Fall Musical and Holiday Shows.



—Hula—

Hula

Thursdays, November 5-19 — 390215-10

1:15-2:15 PM (KS). \$24 (three sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for

dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.

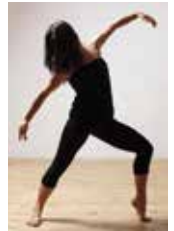


—Jazz—

Jazz Class for the Beginner

Thursdays, November 5-19 — 353015-10

11:00 AM-12:00 PM (KS). \$24 (three sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.



Jazz Technique 2

Tuesdays, November 3-24 — 353115-10

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.

—Line Dance—

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

Sandy Gardetto's Line Dance Classes are on hiatus in November and will return in January.

Intro to Line Dance

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



Continued on page 66

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Intro to Line Dance

- **Mondays, November 2-30 — 360015-09**
4:00-5:00 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Thursdays, November 5-19 — 370015-09**
9:00-10:00 AM (KS). \$18 (three sessions).
Instructor: Yvonne Krause-Schenck.

Line Dance I Beginner

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

- **Mondays, November 2-30 — 370115-10**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, November 5-19 — 360115-10**
2:30-3:30 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish.

Line Dance II — Beginner / Intermediate

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

- **Mondays, November 2-30 — 360215-10**
5:00-6:00 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.

Line Dance III — Intermediate

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

- **Thursdays, November 5-19 — 360315-10**
3:30-4:30 PM (KS). \$18 (three sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, November 5-19 — 370415-10
10:00-11:00 AM (KS). \$18 (three sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and

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

Line Dance Instructors

- **Audrey Fish**

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



- **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



- **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90’s. She loves to teach and finds joy in seeing her students’ progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



—Tap—

Tap Classes with Alyson

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



Beginning Tap

Thursdays, November 5-19 — 410115-10

11:00 AM-12:00 PM (KS). \$24 (three sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.



Continued on page 70

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Performance Classes

Mondays, November 2-30 — 410715-10

11:00 AM-12:00 PM (KS). \$32 (four sessions, no class November 23).

Mondays, November 2-30 — 410615-10

12:00 -1:00 PM KS). \$32 (four sessions, no class November 23).

Thursdays, November 5-19 — 410315-10

12:00-1:00 PM (KS) \$24 (three sessions).

Technique Classes

Mondays, November 2-30 — 410515-10

10:00-11:00 AM (KS). \$32 (four sessions, no class November 23).

Tuesdays, November 3-17 — 410215-10

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

Thursdays, November 5-19 — 410815-10

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

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, November 2 — GLASS

4:30-6:30 PM, Sierra Room (KS). \$15. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Mondays, November 2-30 — 494115-10

1:00-4:00 PM (KS). \$58 (four sessions, no class November 23). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher, candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has been working with stained glass for 25 years including 14 years working and teaching at Citrus Heights Stained Glass in Roseville.



Jewelry

—Beading—

Chain Fancies Necklace

Tuesday, November 10 — 513415-09

9:00 AM-12:00 PM (KS). \$15. Instructor: Cathie Szabo. Want

to incorporate a bit of chain into your jewelry but don't like the heavy look and feel of most chain? Then this design is for you. Delicate strands of chain form half the necklace and accent the beaded half of the necklace. Class is easy enough for beginners and gives experienced beaders a new way to incorporate chain into their creations. Students should be able to complete the project in class. Check out the sample in the OC display window. Be sure you get the proper materials list when you register—look for the name and code # for Chain Fancies Necklace as well as the photo of the necklace.



—Silverware Jewelry—

Spoon Jewelry

Discover the art of spoon jewelry! Create beautiful pieces of jewelry made from a spoon or fork. Spoon Jewelry has been around for many years and was a cultural thing in the 60's and 70's. Learn to identify the manufacturer, style and period, maker's mark, metal used, and some very interesting facts about silverware. Learn to use tools to cut, file, and polish. All supplies will be provided on the first session including silverware for making one ring or Pendant (plated), books and tools needed. For the second part of the workshop, students will supply their own spoon, perhaps something that has been handed down from mom or grandma or something you cherish and want to give to a loved one. Please bring a few silverware pieces and we will discuss them in class. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.



Earrings

Mondays, November 9 & 16 — 542115-10

9:00 AM-12:00 PM (KS). \$52 (two sessions).

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Tuesday, October 27 — 870000-0A

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Ever wonder how much you should expect to make on your investments? Savings Accounts and CD's used to pay more, but what about now. Stocks, Bonds, Annuities; what is a good estimate for the future? Come learn what the investment worlds forecast for rates of return and what might be best for you and your investments.



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Tuesday, December 1 — 871000-1N

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. We all love the word "Guaranteed" when it comes to life, let alone

Continued on page 73



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Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval. Instructor moves the students to the next level based on skills evaluation. Beginning Level (1A) class will be offered in January.

Guitar 1B—Continuing Beginner Level Mondays, November 2-30 — 535715-10

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. New students will be accepted for the January Class. **Prerequisite:** Completion of Guitar 1A (offered each January), or instructor approval: Bill, 899-8383. 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. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed.



Guitar 2A—Continuing Beginner Level Wednesdays, November 4-25 — 535115-10

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1B or Instructor's approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

Guitar 2B—Continuing Beginner Level Wednesdays, November 4-25 — 535215-10

10:15 AM-12:15 PM (KS). \$48 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2A or Instructor's approval. Class expands on lessons of Guitar 2A.

Guitar 3—Intermediate Thursdays, November 5-19 — 535315-10

8:00-10:00 AM (OC). \$36 (three sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor's approval. Studies include reading music in the second, fifth, and seventh positions, learning moveable chords and chord patterns, strumming and advanced finger-picking and use of guitar pick.



Guitar 4—Advanced

Thursdays, November 5-19 — 535415-10

10:00 AM-12:00 PM (OC). \$36 (three sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets.

—Voice—

Singer Vocal Boot Camp Continuation Fridays, November 6-27 — 536215-10

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.



Personal Improvement

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Living Through Transitions Social Hour October 26 — Free

Light refreshments and early registration

12:00-2:00 PM. Gables Breakout Room (OC). Your future in Sun City Lincoln Hills is about being prepared for the changes in your life, health, and environment that occur as you grow older. Get your keys to unlock the six secrets to meeting the predictable challenges ahead. The Six Keys support your planning: personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options and driving and end of life choices. Join prior session Alumni for a better look into these key issues.



The Sudoku Series

Tuesday, October 27 — 870000-0C

Tuesday, December 1 — 870000-11

9:00-10:30 AM P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned. The instructor will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass.



New! Brain Gain Part II

Mondays, November 2-23 — 877000-11

1:00-3:00 PM, Fine Arts (OC). \$40. Instructor: Dr. Alice Jacobs. Provides a continuation of interactive brain exercises that are

Continued on page 77



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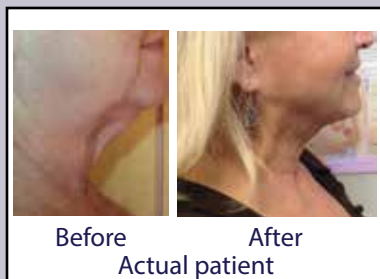
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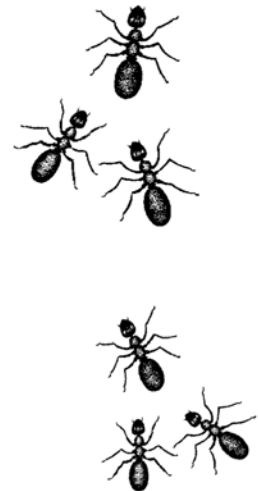
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done individually and in small groups. Preserve your memory, prevent dementia and join the fun while giving your brain a good “neurobic” workout. Learn about current scientific information about memory, changes with age and tips and techniques for improving memory. Completion of Brain Gain I is recommended, but not mandatory. Repeaters welcome.

New! Conscious Aging

Fridays, October 30-November 20 — 877100-11

1:00-3:00 PM. Multimedia (OC) \$40 + \$10 material fee due to instructor at the beginning of class. Instructor: Dr. Alice Jacobs. Using a workbook developed by the nonprofit Institute of Noetic Sciences, exploring the third phase of life as an opportunity for spiritual, emotional and psychological growth. Each session, participants engage in interactive discussions and exercises that explore the self-limiting beliefs about aging, stereotypes, fears, worries and anxieties about growing older. Workbook provided to each participant.

Sewing

—Certification—

Bernina Serger Certification

Monday, November 9 — 591115-10

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

Bernina Sewing Machine Certification

Monday, November 9 — 592115-10

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



Janome Sewing Machine Certification

Monday, November 9 — 593115-10

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

Technology

—General—

Google Chrome

Monday, October 26 — 288215-09

9:30 AM-12:00 PM (OC). \$18. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing



protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.

Google Maps

Wednesday, November 4 — 283415-09

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

—Genealogy—

Getting Started with Roots Magic

Wednesday, October 28 — 286415-09

9:30 AM-12:00 PM (OC). \$18. Instructor: Bob Ringo. Roots-Magic is a genealogy database program. The main function of RootsMagic is to provide you with a place to enter information about your family history. While RootsMagic is an easy program for beginners to learn to use, it is one of the most powerful genealogy programs on the market. In this class you will create a sample database with a few individuals in your family to get you up and running using RootsMagic. At the end of the session you will be able to add individuals, parents, spouses, and children to your personal database.

—PC—

PC Fundamentals

Tuesday, October 27 — 286515-09

9:30 AM-12:00 PM (OC). \$18. Instructor: Bob Ringo. New to your computer! This class is for absolute beginners like you. In this class you will learn the very basics of computer operation, including turning the computer on and off, using the mouse and keyboard, and using basic computer terminology. Come to this class even if you have never used a computer before. You will experience a gentle hands-on approach to getting to know your computer. The goal of the class is to develop a life-long friendship between you and your computer.



Continued on page 78

—SmartPhones and Tablets—

Introduction to SmartPhones

Monday, October 26 — 256215-08

Monday, November 16 — 256215-10

1:00-4:00 PM, October 26: 9:00 AM-12:00 PM

November 16 (OC). \$40. Instructor: Len Carniato.

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



Android Intermediate

Tuesday, October 27 — 255315-08

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato.

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

Android Advanced

Wednesday, October 28 — 255215-08

9:00 AM-12:00 PM. (OC). \$40. Instructor: Len Carniato.

Prerequisite: Ready to go beyond the basics. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective Android Phone or Tablet might meet all your needs.

iPad Camera/Photos Workshop

Tuesday, October 27 — 264115-09

9:00 AM-12:00 PM (OC). \$30. Supply fee: \$5 payable to instructor.

Instructor: Andy Petro. **Prerequisite:** You must have an iPad Air or newer or an iPad Mini 2 or newer and you must be on iOS 8.4 or higher. Bring your iPad to the Workshop. Are you using the camera on your iPad? Do you want to

use the Photos app to improve your photograph editing and sharing processes on your iPad's camera? Then this workshop is for you. Learn how to integrate many great camera and photo apps into your photo taking and editing experience on your iPad. If you have any other specific questions about the class call Andy Petro at: 474-1544.

iPhone Camera Workshop

Wednesday, November 11 — 262115-10

9:00 AM- 12:00 PM (OC). \$30, Supply fee \$5 payable to instructor.

Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS 9.0 or higher. Bring your iPhone to the Workshop. Are you using the camera on your iPhone? Do you want to learn how to use your camera better? And improve your photo editing and sharing capabilities on your iPhone camera? Then this workshop is for you. I will also show you how to integrate camera and photo apps into your photo taking and editing experience. If you have any other specific questions about the class call Andy Petro at: 916-474-1544.



iPad Basic

Saturday, November 21 — 264215-08

9:00 AM-12:00 PM (KS). \$30. Supply fee: \$5 payable to instructor.

Instructor: Ken Silverman. Get more out of—and into—your iPad2 or greater iPad or Mini than you ever thought possible.

Learn all about the latest iOS9, like Air Play and Internet. How to get your photos off your device and saved. 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.



—Social Media—

Facebook 101

Saturday, October 17 & 24 — 272115-09

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens.

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



Continued on page 81

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WEDNESDAY
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The race will start and end at Kilaga Springs parking lot. Come join us for a Fun 5k run to benefit Breast Cancer. \$25 fee - includes T-shirt and goodie bag. \$10 from each sign-up will go to benefit the Placer County Breast Cancer Endowment.

A 5K is just over three miles, it's not that much further than when you walk your dog, go sightseeing or go on a shopping trip. This is not a competitive race and all levels are welcome. Training is available, see Couch to 5K training in the Compass.



WellFit

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

Register for these classes online or at the Fitness Centers starting October 17 at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

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- **Thursday, October 22 — 700100-OB**
10:00-11:00 AM, Fitness Floor (OC)
- **Friday, November 6 — 700100-O3**
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, November 12 — 700100-O4**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, November 24 — 700100-O5**
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, October 28 — 700100-K2**
3:00-4:00 PM, Fitness Floor (KS)
- **Wednesday, November 18 — 700100-KC**
3:00-4:00 PM, Fitness Floor (KS)

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 62. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

Disease Prevention & Management Session-Based Classes

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

Arthritis Class L1

Wednesdays, November 4-25 — 801100-11

Fridays, November 6-20 — 801100-1N

Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). \$35 Wednesday (four sessions) \$26.25 Friday (three sessions). Instructor: Linda Hunter. This class is designed for those with chronic symptoms of Osteoarthritis, Rheumatoid arthritis, and Fibromyalgia. This session involves chair exercises using a gentle range of motion from head to toe. We use slower moves to increase flexibility, endurance, and mobility. We work on strengthening muscles gently with light or no weights and improving balance. Come join your friends for the fun, socialization and increased feeling of well being. The class will conclude with a guided relaxation. Linda Hunter is a certified



Arthritis Foundation instructor with many years of experience.

Arthritis Class L2

Tuesdays, November 3-24 — 801200-11

Thursdays, November 5-19 — 801200-1N

Tuesdays & Thursdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 Tuesday (four sessions) \$26.25 Thursday (three sessions). Instructor: Linda Hunter. This class progresses from Arthritis L1 class. We continue to increase the intensity to include a combination of standing and marching exercise as well as chair exercise. This class will boost your stamina and strengthen muscles around the joints. We use a variety of weights, bars, balls, gliders, and sticks for added variety of exercise. We work on balance and functionality to help us prepare for our daily tasks and lessen our chance of injury. Come join the fun and socialize with your friends. All classes will conclude with a guided relaxation. Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.

Cardiac Pulmonary Exercise Program (CPEP 1)

Monday, November 2-23 — 880000-11

3:00-4:15 PM, Aerobics Room (OC). \$40 (four sessions). Instructor: Annamarie Estevez. This class is designed for those with Cardiac Pulmonary Disease including post-rehab as well as those with a diagnosis of Cardiac Pulmonary Issues. Exercise is one of the best activities for Cardiac Pulmonary Disease, it can assist in reduction of body weight and the reduction of blood pressure. It reduces LDL cholesterol (bad cholesterol) and increases HDL (good cholesterol). This class is designed as a circuit type cardio and strength class. Each class will include an exercise portions as well as an education portion. Topics will range from exercise safety to nutrition.

Diabetes Exercise Program (DEP 1)

Wednesday, November 4-25 — 878000-11

3:00-4:15 PM, Aerobics Room (OC). \$40 (four sessions). Instructor: Annamarie Estevez. This class is especially designed for those with diabetes. 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 diabe-



Continued on page 83

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Events

Activities happening around Sun City Lincoln Hills designed to keep you in touch with the larger community outside our Fitness Centers.

Breast Cancer 5k Fun Run

Wednesday, October 21 — 820919-BR

Wednesday, October 21 — 820919-GG (Guest)

8:30 AM, KS Fitness Center. (\$25) includes t-shirt and goody bag. \$10 of registration goes to Placer County Breast Cancer Foundation additional donation opportunities are available. Come join us for a fun 5k run to benefit Breast Cancer. A 5k is just over three miles. This is not a competitive race and all levels are welcome. Register at Fitness Desks only.



Opportunity to win a Quilt!

We will have a drawing for an opportunity to win a Quilt that was donated by our Community Service Group. All proceeds go to Placer County Breast Cancer Foundation Fund. Tickets may be purchased at OC and KS Fitness Centers.

Lessons

Programs that provide learning the mental, physical and emotional side of outdoor activities.

Group Clinic

Tuesdays, November 3-24 — 790401-11

7:30-8:30 AM, Court #11. \$35 (four sessions). Instructor: Eldon Wilson. Come join the drills and skills class to practice what you've learned from your lessons in a fun/energizing environment! Taught by an equally fun/energizing National USTPA Pro.

Beginner Clinic

Thursday, November 5 — 790400-N1

11:30-12:30 PM, Court #11. \$15 (one session). Instructor: Eldon Wilson. *Beginner:* Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end.



Service Clinic

Saturday, November 14

2.5-3.0 players 11:00 AM-12:00 PM — 790403-11

3.5-4.0 players 12:00-1:00 PM — 790403-N1

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss

and how important the toss is.

Nordixx Pole Walking

Wednesday & Thursday, November 18 & 19 — 750000-11

9:00-10:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



Martial Arts & Mindful Movement

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

Healing with Chi ("chee-gong") L1

Thursday, November 5-19 — 820706-11

1:00-2:00 PM, Aerobics Room (KS). \$26.25 (three sessions). Instructor: Sherry Remez. You are invited to join this on-going class in which you will experience and acquire simple, self-empowering techniques and tools to relieve stress, alter un-beneficial mind-sets, release physical and emotional pain, disease and discomfort, and find greater harmony in your life. Innovative methods include guided meditation, breath awareness and gentle movement. Acknowledged by Harvard Medical School, Stanford School of Medicine, Mayo Clinic, the V A and Kaiser Permanente. Sherry Remez, is a Wellness Life-style Facilitator, Integrative Energy Medicine Practitioner, Inspirational author and speaker, Certified QiGong ("chee-gong") Instructor with over 30 years' experience motivating wellness through conscious re-awakening.

Self-Defense and Martial Arts

Tuesdays, November 3-24 — 815000-11

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills needed for varying levels of confrontation, mental skills like



Continued on page 85

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focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.

Tai Chi L1

Tuesdays, November 3-17 — 730100-11

Saturdays, November 7-21 — 730100-1N

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC), \$26.25 Tuesdays (three sessions); \$26.25 Saturdays (three sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together.

Tai Chi Intermediate L2

Saturdays, November 7-21 — 730300-11

10:00-11:00 AM, Aerobics Room (OC). \$26.25 (three sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels.



Tai Chi Advanced L3

Tuesdays, November 3-17 — 730400-11

2:45-3:45 PM, Aerobics Room (KS). \$26.25 (three 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.

Money Matters

This section has moved to Activities Classes. See page 70.

Nutrition

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

Re-Start—Your Health in Just Five Weeks

Tuesday, November 17-December 15 — 860000-11

1:00-2:30 PM, Multipurpose Room (OC). \$129 (five sessions). Instructor: Audrey Gould RD, NTP. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use *real food* to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processing the toxin sugar.

Pilates Reformer

Prerequisite: All Pilates Reformer classes require completion of the Introductory Reformer Session L1.

Move Better, Feel Better, Live Better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using the Pilates principles to transform the way you move. We teach Pilates to improve your strength and balance training using the Pilates Principles to make your workouts effective, efficient and safe. We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers, who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on the fourth week of the month on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package** \$80 per month
- **Eight-class membership package** \$135 per month
- **Add-on classes for member** \$17 per class
- **Drop in classes for non-member** \$25 per class
- **Introductory session** \$30 for both member & non-member

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in Reformer Membership, speak with staff at OC or KS Fitness Desks. These packages are not available online. A temporary month-long suspension of membership is available for those enrolled in the eight-class package.

Continued on page 87

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Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-11

Fitness Floor (KS). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.



SGT— Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT— Reformer Basics +

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT — Reformer Intermediate L2

This class builds on Reformer Basics L1, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basics L1 if appropriate.

SGT — Athletic Reformer L2

Are you looking for an opportunity to strengthen and stretch in between rounds of golf, tennis or softball? This is your class. You will use the reformer to strengthen the core as well as stretch common tight areas that occur from these types of activities.

Private Reformer Training

Personal Training

\$50 one session (one-hour long). The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations. Personal Training and Buddy Training available. To be referred to appropriate class, please contact Carol Zortman at 625-4032.

Personal Improvement

This section has moved to Personal Improvement in Activities Classes see page 73.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and 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,

October 28-November 23 — 835210-11

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

Tuesday & Thursdays, October 27-November 19 — 835211-11

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

SGT—TRX Interval Training L3

Mondays & Wednesdays,

October 28-November 23 — 835800-11

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!



SGT—Fit 101 L1

Tuesdays & Thursdays, November 3-December 1 — 835500-11

1:00-2:00 PM, Fitness floor (OC). \$135 (eight sessions; no class November 26). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great



Continued on page 89

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opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.

SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays,

October 20-November 12 — 835600-11

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In 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,

October 27-November 19 — 835300-11

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Whether you are a bootcamp veteran or new to SGT come and see what working out in a small group can do for you. A variety of equipment will be used to challenge and change you.



SGT— Morning Burst Group Training L2

Mondays & Wednesdays,

October 28-November 23 — 835300-BN

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!



SGT— Morning TRX Bootcamp L2

Fridays, October 30-November 20 — 835200-11

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

SGT— Bootcamp L3

Mondays & Wednesdays,

October 26-November 18 — 835400-11

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

SGT— Healthy Back L1

Mondays and Wednesdays, November 2-30 — 835700-11

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 11/25). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.



SGT—Healthy Back L2/L3

Mondays and Wednesdays,

November 2-30 — 835701-11

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class 11/25). Instructor: Kathryn Shambre. This class will progress from the exercises and principles taught in Healthy Back L1. We will focus on core strength, posture and balance. This class will challenge you by progressing from corrective flexibility and advancing to circuit training workouts that challenge every part of your body. We will use steps, stability balls, hand weights, tubing and TRX straps for workouts. Please bring water and a towel.

SGT—Balance & Fall Prevention L1/L2

Mondays & Wednesdays, November 2-30 — 835710-11

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class 11/25). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

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



Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50 half hour session \$30.
 - **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person
 - **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
- For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

Punch Pass Class Descriptions

Please see the colored grids on the following pages for days and times. Classes 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. 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 the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.
- **Aqua Pilates L1:** The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels

and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

- **Aqua Yoga L1:** Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax.
- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **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!
- **Athletic Stretch L1-L2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **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 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.

- **Classical Mat Pilates L2:** Classical Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

- **Core-N-More L3:** Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

- **Core-N-Strength L2:** A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

- **Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

- **Diabetes Exercise Program (DEP2) L1:** Diabetes Exercise Program 2 is a class designed especially for those with diabetes who have completed either the Diabetes Exercise Program 1 or another education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no "fancy dance" moves. Light hand weights, and other strength training "toys" will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

- **Hatha Yoga L2:** Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.

- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

- **iRest—Meditation for Yoga:** This class is a guided meditation. It's a process that is designed to help people

relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

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

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

- **Low Impact Sculpt L1:** If you are looking for a total body workout with L1 low impact cardio look no further! Enjoy 20 minutes of low impact cardio followed by strength, balance, and flexibility work to sculpt your body.

- **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!

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

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

- **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

Continued on page 92

together, because each practice is your own, honoring your practice and your body.

- **Relaxing Yoga and Meditation L1:** This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation followed by a brief meditation, rounds out the experience.

- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

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

- **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 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 L1:** Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kun 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

- **Water Works L2-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 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.

- **Yoga Strength L2:** This is not your ordinary yoga class. This class combines your traditional yoga poses with the strengthening power of weights. Whether you are a hard core yogi or a group fitness junkie, this class has something you will enjoy! Increase your flexibility, balance, and strength in one amazing class.

- **Yoga Stretch L1:** This class incorporates Mind/Body awareness to achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNctional lifestyle.

- **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 November 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Jeannette		Water Works L2/3- Jeannette		Water Works L2/3- Annamarie		
8:30					Aqua Fitness L3 -Kirsti		
9:30		Water Works L2/3 -Deanne	Core n More L3 Annette	Water Works L2/3 -Deanne	Core n More L3-Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 -Deanne	H2O Bootcamp L3- Annamarie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marilyn		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Annette		Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Outside H2O Bootcamp L3 Annamarie	Water Works L2/3- Annamarie	Outside H2O Bootcamp L3 Annamarie	Aqua Pilates L1 Marilyn			

Pilates Reformer Class Schedule November 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Ref Intermediate L2 - Kirsti				Ref Intermediate L2 - Kirsti		
8:30	Ref Basics L1 - Sarah	Ref Intermediate L2 Janine	Ref Basics + L1- L2 Marilyn	Ref Basics L1 - Marilyn	Ref Basics L1 - Sarah		
9:30	Ref Intermediate L2 - Sarah	Ref Basics L1 - Janine	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Ref Intermediate L2 - Sarah	Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie		Ref Basics L1 - Valerie	Ref Basics + L1- L2 Julie			
11:30	Basics + L1-L2 - Valerie	Ref Basics + L1-L2 - Julie			Ref Basics + L1- L2 Valerie		
12:30	Bowenworks Sessions - Contact Natilee for Appt. 625-4034						
5:00				Ref Basics L1 + L1-L2 - Lori			
5:30	Ref Basics L1 + L1-L2 - Marilyn	Ref Basics L1 + L1- L2 - Lori					
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC WellFit Class Schedule November 1-30, 2015

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Athletic Stretch L1-3 - 7:15-8:00am Marilyn	Low Impact L3- Jeri	Cardio Strength L3- Kim
9:00	Zumba L3 - Annamarie	Zumba L3- Summer	Core & Strength L2- Julia	Yin Yoga L1-3 - Marilyn	Yoga Basics L1-Susan	Zumba L3- Carrie
10:00	Yoga Strength L3- Jeri	Sticks & More L2- Lin	Yoga Flow L2- Ashley	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	
11:00	Piloga L2 - Lola	Piloga L2 -Lola	Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1 Julie	Arthritis L1/2 -Lin	Yoga Stretch L1- Julie	Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Julie	Chair with Flair L1- Julie	SGT- Fit 101 (1:00-2:00) L1- Marilyn	Basic Chair L1-Julie		Yoga Flow L2- Ashley
2:00	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Balance & Fall Prevention L1- Kathryn	Activities	SCLH Booking	
3:00	3:00-4:15pm Diabetes 1 - Annamarie	3:00-4:15pm Diabetes 1- Annamarie	Diabetes (DEP 2) L1 Annamarie	Activities		
4:00						
5:00	Zumba L3 - Summer	Zumba Gold L2 - Joanie	Activities			
6:00	Yoga for Osteo L1- Susan					
7:00		6:00-7:30 Self Defense - Paul				
		Group Exercise Classes (punch pass) \$3.50				
				Wellness Classes (session based)		
				Small Group Training (session based)		

All classes are subject to change without notice.
All classes are 55 minutes, unless otherwise noted.

KS WellFit Class Schedule November 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS	KS	KS	KS	KS	KS	KS
7:00	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	6:15am SGT - Bootcamp L2 - Mike	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	6:15am SGT - Bootcamp L2 - Mike	7:15-8:15am SGT - TRX Bootcamp L2 - Kathryn		
7:30		Mixed Level Cycle L2 - Deanne		Mixed Level Cycle L2 - Deanne		8:00am Hi NRG Cycle L3 - Paige	
8:00							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3 - Deanne	Low Impact L3 - Annamarie	Zumba Gold L2 - Joanle		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Lin	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Lin	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Jeri	
10:30	Classical Mat Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Cycle & Strength L2 - Gretchen	NEW! Body TRIM L3 - Jeannette STARTS OCTOBER 15TH	Everybody Can L2 - Lin	Yoga L2 - Susan	
11:30	SGT - Healthy Back L1 - Kathryn		SGT - Healthy Back L1 - Kathryn		Waldan Gong - Joan		
12:30	SGT Healthy Back L2 - Kathryn	12:00pm SGT - Functional Fit L2 - Deanne	SGT Healthy Back L2 - Kathryn	12:00pm SGT - Functional Fit L2 - Deanne			
1:00				1:00pm Qi Gong L1 - Sherry			
1:30	Yoga Basics L1 - Susan	Tai Chi L1 - Peil		2:00pm Relaxing Yoga & Meditation L1 - Susan			
2:00							
2:30	SGT - TRX Interval L2 - Julia		SGT - TRX Interval L2 - Julia				
3:30	SGT - TRX Express L1 - Julia	(2:45-3:45) Tai Chi L3 - Peil	SGT - TRX Exp. L1 - Julia		SCLH Booking		
4:00		Yoga for Osteo L1 - Susan		Yoga for Osteo L1 - Susan			
5:00							
5:30	SGT - Bootcamp L3 - Mike	SGT - TRX Exp. L2 - Julia	SGT - Bootcamp L3 - Mike	SGT - TRX Exp. L2 - Julia			
6:00							
7:00							
Group Exercise Classes (punch pass) \$3.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							



Windows 10: The Last Windows Upgrade You Will Ever Need!
Wednesday, October 28 — Free

7:00 PM Ballroom (OC). Microsoft recently released *Windows 10*, a major upgrade for computers, tablets and phones. Terry Rooney will show you how easy it is to migrate to *Windows 10* and why it is a smart decision. The biggest changes are a new web browser called Edge, to replace Internet Explorer. A new digital assistant named Cortana will answer your questions, either spoken by you or typed. The beloved Start Menu is back, and new programs include Mail, Calendar, Maps, Store, Photo and Groove Music. Virtually all programs and computers which work with Windows 7 and 8 will be able to use *Windows 10*.



Chinese Builders of Gold Mountain
Thursday, November 5 — Free

2:00 PM, Ballroom (OC). Gold Mountain is the name the Chinese gave California during the Gold Rush days. The film traces the path of Chinese immigrants who came to California

in the 1850s. In the Sierra Nevada, viewers will see the tunnels the Chinese blasted through solid granite to help build the transcontinental railroad through the mountains. The documentary shows how Chinese built the levees in the San Francisco Bay Delta that reclaimed thousands of acres for agriculture. Chinese were also involved in the creation of California's wine industry, and the film takes viewers inside the wine caves built at Schramsberg Vineyards in Calistoga.



Keeping Your Joy During the Holidays
Wednesday, November 11 — Free

7:00 PM, Ballroom (OC). Many people would say that the holidays are the worst time of the year. Family gatherings, social events, shopping, traveling, finances—the holidays are a mixed bag for most of us. Join the discussion: “Keeping Your Joy during the Holidays” to learn that you aren’t alone if you already feel apprehensive and exhausted before the season even begins! We’ll cover practical tips about things you can do to find some holiday spirits this year. Our presenter, Dr. Sheri Pruitt is a licensed clinical psychologist. She is the Director of Behavioral Science Integration for Kaiser Permanente and is expert in health behavior change and behavioral medicine.



Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> • Windows 10: The Last Window Upgrade You Will Ever Need! Wednesday, October 28, 7:00 PM, Ballroom (OC) • Chinese Builders of Gold Mountain Thursday, November 5, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Keeping Your Joy During the Holidays Wednesday, November 11, 7:00 PM, Ballroom (OC) • Watch for more Community Forums in upcoming issues of the <i>Compass</i>

Share the Joy! SCLHCA Gift Cards

Purchase Sun City Lincoln Hills Community Association gift cards online at <https://suncity.localgiftcards.com/> or from any department. Cards can be for any amount and are for universal use throughout the Association including Activities, Fitness, Meridians, Kilaga Springs Café and The Spa at Kilaga Springs.

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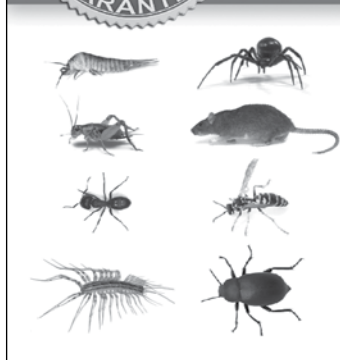


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October 2015



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dinner selections available at the Activities Desk.*

***LIMITED ENTERTAINMENT OPTION**

Dancing, Gaming, Entertainment 9pm -12:30am \$54

***Purchase Tickets by November 14 and enter a chance to win a
2016 Summer Amphitheater Concert Series Package for two.***

****Not included in the drawing.***

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

SUN CITY
LINCOLN HILLS
Activities