



Compass

The Official Magazine of Sun City Lincoln Hills

September 2015



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On the cover

National Night Out celebrated in the Amphitheater along with 80 neighborhood and 115 Village parties. See pages 20 and 21 for more photos

Board of Directors Report Challenges and Rewards

Gay Mackintosh, Secretary, SCLH Board of Directors



This is my last *Compass* article as a Board member. President Ken Silverman, Treasurer Marcia VanWagner, and I as Secretary will all term out in February, completing our second consecutive two-year terms. Vice-President Jim Leonard and Director Denny Valentine are serving until 2017. Directors Molly Seamons and Don De Santis, new to the Board this year, will complete their first terms in 2017. So there will be three open slots with no incumbents running this time.

Candidates for those three Board positions have until October 14 to declare. Any homeowner in good standing is eligible to run for a two-year term beginning next February. The Elections Committee provides assistance and support to all candidates. Current Board members are happy to talk with prospective candidates about the challenges and rewards of being a Director.

My challenges: I had never campaigned for office before and found the prospect daunting. But many friends stepped forward to advise and assist, along with the Elections Committee and past Board members. A new experience that turned out to be rather fun!

Once elected in 2012, I had much more to learn. A Board member's primary duty is serving as fiduciary of our multi-million dollar mutual benefit corporation. So we must all get up to speed quickly on Association finances. We get many requests and

sometimes complaints from residents but must always see the big picture, making decisions that benefit the whole community. Directors must also take care in communications with residents; the Board speaks as a whole through the President. In Executive Session, we must deal with challenging legal matters, contracts, and personnel issues.

My rewards: Some challenges are also rewards. I've enjoyed learning from committee members, staff, and fellow residents. It's been exciting to share decision-making with my colleagues on the Board, who boast a wide variety of expertise. We don't always agree but we respect and learn from one another.

It's especially rewarding to me to have a hand in major Board accomplishments that help shape the future of our community. We appointed a Strategic Advisory Committee in 2012 and adopted a five-year plan with built-in updating procedures to maximize usage of our assets. After a nation-wide search, we hired Chris O'Keefe as Executive Director when Bob Cook retired in 2014. And we marshaled community-wide support for our Association's largest ever project, solar power for Orchard Creek Lodge and Fitness Center.

New challenges and rewarding projects are already on the horizon for 2016. Time for you to consider running for the Board?

Your Input is Requested for 2016 Strategic Advisory Plan

The Board of Directors is planning to update the 2012 Strategic Advisory plan, and asks for your input regarding areas to include for consideration, evaluation and justification. To refresh your memory about the 2012 Strategic Advisory Committee (SAC) 2012 Final Report, log into the resident website, click the Library tab at the home page, select the Strategic Advisory Committee folder, click end page, then select the last report entitled: SAC 2012 FINAL REPORT.

With your input, the BOD will establish a 2016 SAC and a list of tasks and activities to accomplish. As a resident, you have your particular insight into how we can work together to continue to improve this Community.

Please share with your Board of Directors your perspective of the issues that concern you in this community. Please respond by Monday, September 21 via email to: Marcia.VanWagner@sclhca.com.



Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Lifestyle communications continue to offer new means to promote and remind you of the many activities, events, and classes available to you. Our electronic *eNews* bulletins play a major role in informing you and they often have links that take you to details and videos that may help you make your decision to participate. To be sure you are registered for all of the *eNews* categories, go to the homepage of our resident website and scroll down the right side to find the “Living Here” logo. Click the logo and complete the information. Many of the *eNews* bulletins offer special coupons to those registered. Don’t miss out, sign up now.

The *Compass* magazine is your monthly hand-held link to Association information. Keep it handy throughout the month and refer to it for everything. On the inside facing back page of the *Compass* you will find every department listed with contact

names, telephone and email addresses, along with hours of operation. In addition, all members of the Board of Directors and Committee chairs are listed along with an email in order to send communications. You will also find telephone numbers for our Curator Security, Golf, Police & Fire, Neighbors InDeed, Neighborhood Watch, and Pulte Homes Customer Care.

The inside front and facing pages of the *Compass* will direct you to the contents of the magazine including: Association meetings, Bulletin Board, Calendar of Events, Club Information, and WellFit exercise grids. For quick access, the tops of the pages are colored to help direct your eye to specific topics. **Blue** is Association News, **Light Purple** is Community Profiles, **Gold** is Club News, **Orange** is Bulletin Board and Community Perks, **Pink** is Entertainment, **Light Blue** is Day and Extended Travel; **Purple** is Activities Classes; **Green** is WellFit Classes; **Brown** is

Please see “Connections” on page 5

Calendar of Events

August 15-September 30

Date	Event	Page #
09/15	NEV Group: Speaker Lincoln Fire Chief	30
09/15	Players Group: Auditions for “Readers Theater”	32
09/17	Book Discussion: <i>The Boys in the Boat</i>	24
09/17	Players Group: Auditions for “Readers Theater”	32
09/17	SCOOP: Pooches on the Patio Breakfast	32
09/17	Veterans: Survivors of Sinking USS Benevolence	34
09/18	Summer Concert Series: Fleetwood Mask	42
09/21	Astronomy: “Light Elements Made in Big Bang”	23
09/21	Astronomy: “The Concordance Model”	23
09/21	Genealogy: “Uncovering War of 1812 Ancestors”	27
09/21	Painters Club: Speaker Pen/Ink Drawing	31
09/22	Overnight: Eldorado Reno	59*
09/23	Music Group: Play Music and Socialize	30
09/24	Garden: Speaker “Tranquill Gardens”	27
09/27	Lunar Eclipse Party	17, 23, 39
09/27	West Coast Swing: Annual Tea and Ice Cream Social	35
09/28	Healthy Eating: Food Poisoning in the Home	28
09/29	Bus Trip: Speaker Series—Michael Pollan	59*
09/30	Forum: How to Manage Nerve Pain	17, 100
10/01	Investors’ Study: Speaker Voya Investment Mgt.	28
10/01	Bus Trip: Giants vs. L.A. Dodgers	59*
10/03	Day Trip: Walk to End Alzheimer’s	48
10/04	Bus Trip: California Capital Airshow	57
10/05	Antiques Appreciation: Teddy Bears	23
10/05	KS at the Movies: Young Frankenstein	39
10/06	SCOOP: Speaker “Tips & Tricks for Dogs”	32
10/06	Bus Trip: Jackson Rancheria	52
10/07	Astronomy: “The New Horizons Mission to Pluto”	23
10/08	Bosom Buddies: Speaker Oncology Surgeon	24
10/08	Eye Contact: Transportation in Lincoln	27
10/09	Concert: Carolyn Martin Country Swing Trio	42
10/11	Bus Trip: Fleetweek	59*
10/12	Show: Edgar Allan Poe with Duffy Hudson	48
10/13	Annual Wearable Arts Fashion Show	30, 39
10/14	Computer: “How to Maximize Your eBook Experience”	26
10/15	Book Discussion: <i>Sycamore Row</i>	24
10/15	Home, Health & Business Showcase	39
10/15	Bus Trip: QuiltFest	52
10/16	Music Group sponsored Open Mic Night	30, 39
10/16	Dinner Show: Oktoberfest	48
10/17	KS Classic Movies on Saturday: Arsenic and Old Lace	39
10/19	Document Destruction	39
10/24-25	Readers Theater: “A Halloween Comedy Special”	39
10/27	Tap Company Show Auditions/Dialogue & Singing	34
10/27	Bus Trip: Ferry to San Francisco—Union Square	57
10/28	Bus Trip: Apple Hill	52
10/28	Forum: Windows 10: Last Windows Upgrade You Need	100
10/29	Hiking: Speaker Amazon Kayaking Adventure	28
10/29	Concert: Silent Movie w/Roseville Comm. Concert Band	44

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

Upcoming Association-Related Meetings: Date, Time, Place

August 15-September 30

Golf Cart Registration	Thursday, September 17, October 1 & 15, 9:00 AM, OC Lodge
Second Budget Meeting	Tuesday, September 15, 9:00 AM
Joint Properties/Finance Workshop/	
Capitals & Reserves	Tuesday, September 15, 11:00 AM
Finance Committee/Budget Roll-Up	Tuesday, September 22, 9:00 AM
Board of Directors Meeting	Thursday, September 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, September 24, 10:30 AM
Board of Directors Executive Session	Thursday, September 24, 11:00 AM
ARC/Architectural Review Committee	Monday, September 28, 9:00 AM
New Resident Orientation	Tuesday, September 29, 1:00 PM
Elections Committee Meeting	Friday, October 2, 10:00 AM
CCOC/Clubs & Community Organizations ...	Tuesday, October 6, 9:30 AM
Compliance Committee Meeting	Wednesday, October 7, 10:30 AM
ARC/Architectural Review Committee	Monday, October 12, 9:00 AM
CCRC/Communications & Commun. Rel. ...	Monday, October 12, 11:30 AM
Properties Committee Meeting	Tuesday, October 13, 1:00 PM
Listening Post	Wednesday, October 14, 9:00 AM
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

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 the September issue of the *Compass*. I hope all is well in your lives... The solar project is moving along nicely, and by the



time you read this the panels will have been installed on the Fitness side of the parking lot, and we anticipate flipping the switch around the first week of October...

Ticket sales for the Hot August Nights concert on September 4 exceeded 1,700, and I would like to remind you that our last outdoor concert of the year is on September 18, featuring a Fleetwood Mac tribute band. If you have not attended one of our concerts, I would highly recommend that you give it a try,

the atmosphere is terrific, and you are sure to have a great time... Our WellFit Manager Deborah McIlvain has just opened a new Pilates Reformer Studio at the Orchard Creek Fitness Center, and she has received great feedback from residents... One of the challenges that associations such as ours face from time to time is coming up with classes and event ideas. If you have any ideas on what you would like to see in terms of new offerings, please feel free to speak to our terrific team in the Lifestyle Department... One of my goals when I became the Executive Director in December was to improve the relationship between our Association and the city of Lincoln, and I am happy to report that we have made great strides. One of the positive benefits of the improvement in

this relationship is the fact that the city staff has been very helpful in making sure that the permitting and inspection process for our solar project has run smoothly. I want to thank our new City Manager Matt Brower, Jennifer Hanson at Public Works, and our own Peter Gilbert for assisting in the improved communications... The WellFit team gave a presentation to the Finance Committee last month on the Fitness operation that was well received, and we are looking at having Deborah put on a resident workshop at Kilaga Springs Lodge in October (day and time to be determined)... Lastly, please join us for the Listening Post at the Orchard Creek Lodge in October. We will feature a staff member from one of our departments, and we will be there to answer any questions you may have regarding our community. I look forward to seeing you there.

The Time is Now

Elections Committee

The filing period is open. If you are thinking about running for the Board of Directors, now is the time to file for candidacy. There are three seats that need to be filled, and we must have four or more candidates to have an election.



We encourage you to seek an application and submit it during the filing period.

Just in case you missed the Candidate Information Session on September 9, you are in luck. The Candidate Information Session was videotaped and is available on the resident website. The Candidate Information Packets are available at the front desks (OC/KS). They provide additional information about the election. The candidate filing period begins

"If you are thinking about running for the Board of Directors, now is the time to file for candidacy. There are three seats that need to be filled, and we must have four or more candidates to have an election... The candidate filing period begins September 14 and closes October 14 at 4:00 PM."



September 14 and closes October 14 at 4:00 PM.

The candidates who are running for a seat on the Board of Directors will be announced shortly after the filing period closes. The campaigning can then begin. Statements from each candidate will appear in the November issue of the *Compass*.

If you have not yet filed, now is the time to use your talents in assisting this community to remain well cared for and vibrant.

Connections

Continued from page 3

Community Forums; and Burgundy is our Association Contacts, Hours, and Advertising Directory.

The *Community Directory and Resource Guide* is also helpful to have close by. It has the Association's rules and regulations, maps of the community, and telephone numbers and addresses of your friends and neighbors.

The Lifestyle Department (Activities, Advertising & Communications, and WellFit) has completed its 2016 budget presentation to the Finance Committee and awaits review and approval by the Board of Directors at their September 24 meeting. Planning for the future is always a great process and staff is excited about the opportunities in the coming year. In the meantime, we are actively engaged in programming for the remaining 3.5 months of 2015 and look forward to your joining us in this active lifestyle. See you in the Lodge.

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Activities News & Happenings

Time Flies When You Are Having Fun!

Lavina Samoy, Lifestyle Manager



I can't believe how time flies. The last quarter of the year is almost here; the last Summer Series concert is slated in three days; the 2016 budget is in the approval process; and planning for the **New Year's Eve Ball** is well on its way with this year's theme: **Under the Sea** (page 42). We've had a successful year so far and we are finishing the year strong with events, trips, and classes that you won't want to miss.

This Friday, **September 18**, watch **The Ultimate Tribute to Fleetwood Mac with Fleetwood Mask** at the Amphitheater. Endorsed by Mick Fleetwood himself, the band provides a fitting end to a wonderful concert season with songs like "Landslide," "Gypsy," and more (page 42). A reminder to concert goers who set up their chairs early in the morning, please park your car in designated parking spots only. Do not block the loading/unloading area in front of the Fitness Center and be courteous to all residents, especially pedestrians. Practice safety at all times.

Tickets to our annual **Oktoberfest on October 16** and **Silent Movie with the Roseville Community Concert Band on October 29** (page 44) are going fast. Exceptional concerts ahead include **Blame Sally on November 6**, an original all female group from San Francisco specializing in folk pop Americana (page 44). Fans of **John Denver's** music will be pleased with **Jim Curry's Tribute on November 23** (pages 47-48). **Garrat Wilkin and the Parrotheads** bring happy vibes to the Ballroom on **November 13** as they pay tribute to **Jimmy Buffet** (page 47). Dancing space will be available in the back of the room for more fun!

Two new extended trips are on sale this month. **Solvang**, a perfect destination for holiday shopping and fun during **Julefest** is scheduled on **December 6-8** (page 59). Our **Two Night Roundtrip Winter**

Train to Reno is scheduled on **January 27-29 and on February 3-5** (page 59). This trip always sells out so plan ahead! Reminder, we load the bus 15 minutes prior to departure from the Orchard Creek lobby. First time joining our Trips? Ask for Trips FAQ from the Activities Desk or read them online.

You can still register for our **Ray Ashton's Movie class presenting four of Judy Garland's fan favorites!** Class starts **September 16** (page 75). Join award winning quilter Betty Kisbey in her new class, **Flower Garden Quilt Block** that starts **October 12**. Class runs for six months (page 78).

Register now before time runs out!

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address on page 102.

- **ARC/Architectural Review Committee**
- **Compliance Committee**
- **Properties Committee**

Top Ten Reasons to Go on a Lincoln Hills Bus Trip

Katrina Ferland, Lifestyle Trip Coordinator

I miss David Letterman and his Top Ten Lists, so I'm going to provide you with my Top Ten reasons to enjoy a bus trip with your fellow residents at Sun City Lincoln Hills.

10. Have fun and relax!!
9. Good value and pricing.
8. Special group perks and VIP access.
7. No charge to be added to the waitlist (you never know if some one will need to sell or if we are able to add another bus).
6. Many trips include meals with special reserved seating areas for our group.
5. On overnights, all the check-in and check out at hotel is handled for you, no standing in line.
4. Priority tickets and seating to plays and events.
3. Don't worry about paying tolls and parking for the Bay Area (and driving in that traffic!).
2. See new and different places.
1. Meet new people!

Someone once mentioned to me that they weren't "old enough" to go on bus trips yet. We have all ages of residents and their guests on trips that enjoy a good time. My goal is to make trips worry-free, just follow the itinerary and show up at times indicated. No worries on who will be the designated driver, so you can enjoy that glass of wine with lunch, and it's ok to leave your car/cart in the parking lot behind OC Fitness Center when on Association-sponsored bus trips as security keeps an eye on them for us. I hope to see you on a trip soon!

If you have any questions about accessibility or activity level for any trip, please call or email Katrina at 625-4002 or katrina.ferland@sclhca.com.





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WellFit News

Did You Know?

Deborah McIlvain, WellFit Manager

I'm finding that a lot of residents don't know what we have to offer in the Fitness Centers, what we are all about, and how we run our department.

I would like to clarify a few things by starting off with our **vision**. Our vision is to provide a multidimensional approach to wellness that inspires and engages our residents to achieve a better quality of life. We want the resident to feel this is just an extension of their home. A place where they can feel better, stay active, continue learning and be on a cruise ship all at the same time!

We offer a variety of **wellness programs** such as Cardiac Pulmonary, Diabetes, Bowenwork, nutritional workshops, and lectures to educate. Did you know that we offer 135 classes a week? Our group exercise program offers a wide variety of classes for all levels ranging from high intensity to low-impact, yoga, or aquatics. When deciding on what classes

to put on the schedule we consider several factors; we review SCLH demographics, suggestions/comments, study monthly averages and usage, and attend and teach classes so we can hear from you.

“Did you know that we offer 135 classes a week? Our group exercise program offers a wide variety of classes for all levels ranging from high intensity to low-impact, yoga, or aquatics.”

Did you know that SCLH **fitness staff** has over 15 years of experience working in the area? We recruit the best presenters and instructors in the industry. Staff stays connected and we work with local health organizations such as Sutter, Kaiser, and Mercy to recruit specialists in fields such as cardiopulmonary disease. We also work with local health clubs in the area.

Besides classes, between our Kilaga Springs and Orchard Creek locations we offer 56 pieces of strength **equipment** and 70 pieces of cardio equipment. OC averages about 550 visits a day (in the summer we get up to 900 visits a day) and 275 at KS.

SCLH fitness programming is very diversified for a reason. The average age of residents using the Fitness Centers is 70. Those older often have physical limitations while younger residents expect the latest offerings. Our challenge is to keep everyone actively engaged and satisfied. The WellFit staff is committed to providing exceptional services for the changing needs of all residents.

Don't forget to sign up for our annual Breast Cancer 5K run-walk this month. See our ad on page 56.

The more you know, the more you realize how much you don't know. The less you know the more you think you know.

—David T. Freeman

WellFit Classes pages 83-95 • WellFit Class Grids pages 96-99



Presentation Format Changes

Mike Creasy, Finance Committee Chair

Finance and accounting are, by their very nature, somewhat dry subjects. So, it's unlikely we'll ever be able to compete with the

tee meetings the entertainment venue of the month, no matter how hard we try. Looking at screens filled with line after line of tiny numbers causes most people to take a nap!

Amphitheater or make Finance Commit-

If you've been to a FC meeting lately

you may have noticed a slightly different presentation format. We worked with staff to make some changes in the monthly Financial Summary page for clarity but, more importantly, the monthly operational financial results are now presented by the Department Managers themselves.

Rather than a dry review of pages full

“If you've been to a Finance Committee meeting lately, you may have noticed a slightly different presentation format... the monthly operational financial results are now presented by the Department Managers themselves.”

of numbers, Department Managers are developing truly dynamic presentations of their operations that allow them to take ownership of their results, share their plans and challenges, while keeping the

Please see “Finance” on page 19

Statement of Operations YTD—July 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$4,469,515	\$4,454,269	\$15,246	\$7,640,861
Administration (Expense)	(1,191,608)	(1,224,377)	32,769	(2,047,930)
The Spa at Kilaga Springs	(4,765)	41,315	(46,080)	67,070
Fitness	(206,451)	(239,770)	33,319	(410,250)
Activities	5,429	(103,810)	109,239	(173,450)
Rec. Center / Maintenance	(1,397,080)	(1,466,295)	69,215	(2,569,070)
Landscape Maintenance	(1,435,684)	(1,545,500)	109,816	(2,566,920)
Food & Beverage	(98,997)	(57,155)	(41,842)	(13,110)
Capital Asset	0	0	0	0
Net Revenues (Expense)	\$140,359	(\$141,323)	\$281,682	(\$72,799)

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Governing Documents? Yawn!

David Stone, Compliance Committee Chair

While not as exciting as a Tom Clancy novel, as romantic as a Danielle Steel epic, or as haunting as a Stephen King work, our Governing Documents are still a useful read.



The SCLH Governing Documents are comprised of the CC&Rs, By-Laws, Rules and Regulations, Design Guidelines, Open Space Conservation Easement, and occasional Board Resolutions. In addition to various laws applicable to mutual benefit associations, our Governing Documents set forth those rules that we have all agreed to abide by when we purchased our homes. You may recall the extra set of documents that were presented to you during escrow that you signed indicating

you read and agreed to their provisions. It would be naïve to believe that each of us carefully read each and every document, but nevertheless, by signing we bound ourselves to follow their terms for the benefit of all. After all, that is the point in buying into a community such as ours—we have all agreed together to maintain the integrity, value, peace, and enjoyment of Lincoln Hills for both our individual and our mutual interests.

It is those rules that the Compliance Committee is charged with enforcing. Without enforcement, the rules we all agreed to live by would be mere words on paper that could be easily ignored to the detriment of our beautiful community. We often hear residents who are given notice of a violation say, “I didn’t know of

that rule,” or “Why can’t I do this?” The best answer we can give is to look at the applicable provisions of the Governing Documents, which can be accessed at Orchard Creek Lodge or on the SCLH website.

While it is true that the documents are dense and often full of legal jargon, a perusal of the tables of contents or search feature on the website can get you to a subject of interest. Or you could ask Executive Director Chris O’Keefe or Community Standards Manager Cecelia Dirstine to point you in the right direction. It is far better to research your project and get the right answers **before** you expend time, energy, and money on a matter that may bring you into noncompliance.

For those of you contemplating any changes to your property, start with the Governing Documents. If nothing else, reading them may save you taking a sleeping pill. Yawn!

Be on the Lookout—the *Journal* is Coming!

Michelle Hutchinson, Communications and Community Relations Chair

The SCLH *Journal*—the first issue of our governance news journal that will be mailed to all residents of our community—will be on its way in late October. Check your mailboxes for this first distribution!



Ever wonder how our committees function, or what the process is for requesting a Capital Expense? What about how a special Board of Directors task force operates to aid our community? If so, then this publication is for you!

of committee actions, and the processes our committees must follow within the guidelines of our CC&Rs. Our goal with the *Journal* is to provide meaningful information to residents as it relates to our Association CC&Rs, Guidelines and Principles, and to offer clarification of issues that come before committees and our Board—thus the reason for governance.

This issue will also include a “tear off and return” coupon to be entered into a drawing for something special. So, **be on the lookout—the *Journal* is coming!**

How many of you have often wished you had more information about a project or a decision that affects our Association, but don’t always receive Association news through the website or eNews? Or maybe you don’t have a computer? Perhaps you intend to read through the *Compass* but don’t always get to it because you are just so busy!

This is a great opportunity for SCLH residents to have a better understanding of decision-making issues, the “whys”

Did You Know?

Improper disposal of prescription drugs is harmful to our environment. Western Placer Waste Management Authority advises to not put them in the trash or flush them. They accept them at their facility located at the 3195 Athens Ave, Lincoln 95648. They are accepted seven days a week from 8:00 AM-5:00 PM. You may bring them in the containers they came in or you can dump them into a Ziploc bag and mix them and deliver them that way.



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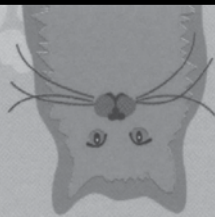
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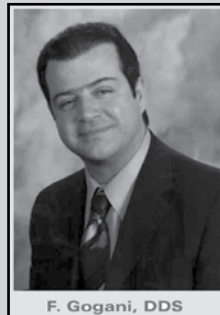
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reduction in facial wrinkles, which led to a sought after cosmetic technique.

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~Please see our ad on page 65.~

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Meridians Fall Menu

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Jerry McCarthy, Director of Food & Beverage,

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The new fall menu will be coming out at the end of September. The fresh seasonal items are highlighted to represent the best of the local meat, seafood, and produce that can be purchased. There will be items for all tastes and all budgets. Some of your favorites return as the season changes.



Monday Night Football in the Sports Bar is going full tilt. We have drink specials all game long. Come in and watch the games with your friends. Please go to www.meridiansrestaurant.com for all the special event details and menus.

New York Deli Night is offering a wide variety of NY deli items on Wednesday, October 7. We are becoming well known

for our “floaters” matzo ball soup, potato knish, latkes, and so much more. Of course no NY deli buffet would be complete without New York black coat pastrami, corned beef, slow roasted brisket, assorted salads, chopped liver, specialty breads, and all the fixings.

Let's get Crackin'! Meridians' sixth annual Crab Feed night is coming up on Tuesday, October 27. Circle the date on your calendars and make your reservations before we sell out. The entire team is looking forward to this community-wide event. We will be preparing all you can eat salad, pasta, bread, and fresh Dungeness crab for \$39 (plus tax & service charge). We purchased over one ton of fresh crab for last year's event. We request reservations and prepayment. Meridians will take care

of all the necessities. We will provide great service, great food, crab crackers, bibs, warm butter, and everything else you will need for a fun evening. Just for fun, come with your own creative crab hat. Prizes will be given to the most original and creative crab hat/costume worn at this exciting event. Last year we had wild hats & crazy costumes, table decorations, and lots of fun! We will be awarding prizes for best crab hat, best table decoration, and best table. Roll up your sleeves and prepare to have fun and don't miss out!

It is not too early to start thinking about the holiday season. Call Meghan Louder in the Catering Department at 625-4043 to reserve your room and finalize all the details of your festive holiday event. We offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work.

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We Live With a Legacy Beautiful Countryside

Al Roten, Roving Reporter

As we roam about our county of Placer, we witness the incredible and unique biodiversity from the flatlands of Lincoln to the high Sierra bordering Lake Tahoe.

In the early 1990's many environmentally conscious people were raising concerns over the preservation of recreational, historic, and agricultural lands as urbanization was spreading beyond the Sacramento core. Since 1973, California has required that county and city general plans contain an open space element. In 1994, the Placer County Board of Supervisors updated the County's General Plan containing a Land Use Diagram with preservation goals.

This action spawned measures in the November 2000 general election: to approve an advisory measure endorsing the Placer Legacy Open Space and Agricultural Conservation Program, and funding to acquire land and easements. The advisory measure passed. Placer Legacy set priorities for preservation of agricultural, historic, and recreational land.

Placer Legacy is alive and well with donations of properties, easements, and money. The most visible evidence of progress is Hidden Falls Regional Park

where many of the 30 miles of planned trails have been finished. Property owners contribute by setting aside, bargain sale, or donating land dedicated to agriculture, preservation, or recreation.

You can contribute to this fine legacy by joining or supporting a private trust dedicated to preservation. For example, Placer Land Trust (PLT), a local private nonprofit organization incorporated in 1991, has protected 8,000 acres of land and trail easements in Placer County. The Trust recently completed a \$750,000 fund-raising program to build



Male Dogface Butterfly

an additional 20 miles of trails across 3,000 acres of protected pristine land from Coon Creek north to the Bear River, connecting trails at Hidden Falls, bringing the total to 50 miles of public access trails. Both volunteer and contract labor will be utilized to meet this goal. More information is available by visiting the



Hidden Falls

PLT website: www.placerlandtrust.com

In the Shutamul Bear River Preserve on the Bear River, a PLT property open only on special occasions, is a concentration of California's official insect (first to designate a State Insect), the rare California Dogface butterfly. Their endemic host plant is the false indigo, which supports the life cycle of this insect. The adult prefers feeding only on deep blue or purple flowers. The butterfly is named after the profile image of a light-colored poodle on the top of the forewings of the male.

We are most fortunate to share this legacy!



Left—False Indigo in Flower

Shutamul Bear River Preserve





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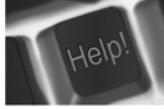
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Little Grey Cells and Lunar Gazing

Nina Mazzo, Roving Reporter

But I have your attention with that title, eh? Okay, now that I do, this month this roving reporter is exploring ways to boost brainpower. We have a



WellFit program for physical improvement, but today I am looking for mental stimulation. Studies show the need to challenge and feed our “little grey cells” — as Agatha Christie’s detective Hercule Poirot might say.

So I embarked on a mission to discover brain boosters offered in our community. I roamed the hallways of Kilaga Springs and Orchard Creek Lodges, peeked in on groups and clubs, stopped by the computer labs, checked out the upcoming list of speakers, forums, outings, and classes. While my nifty smart phone kept track of steps walked, I devoted two hours each day for a week to see how many ways I could test and stretch my “little grey cells”

within our community.

Coffee and the *Sacramento Bee’s* daily crossword *start* the day so I added a crossword application to my smart phone and now can *end* the day with red wine and a crossword puzzle.

With almost 80 groups and clubs, there are lots of chances to work the brain. Computer clubs offer a variety of speakers, hands on assistance with your devices, ideas for brain-building apps, and several classes on all platforms. Investors have a study group. Writers encourage creative expression. Scrabblers are always on the lookout for triple-word scores. Community Forums stimulate your brain cells on a wide variety of topics. On and on it goes.

And what about lunar gazing? Lucky for us, there will be a lunar eclipse on Sunday, September 27. The LH Astronomy Group invites you to view this eclipse along with other night sky phenomena. They will have telescopes and binoculars set up in the

terrace area off the OC Ballroom to watch stages of the eclipse while Astronomy Group members educate you on what you are seeing. You can also check the *Sky and Telescope* magazine and website for details. The eclipse will begin after sunset and the telescopes will be ready for viewing at 7:30 PM.

Okay, your turn to embark on ways to foster those “little grey cells.”

Hear Ye! Hear Ye!

Do you, a neighbor or friend have an interesting, fun, unique, or simply charming tradition during the fall and winter seasons? For example, one neighborhood has a pumpkin-rolling contest at the end of October. Perhaps you use the turkey breast as a sleigh or have a contest for the craziest holiday sweater? Get the drift?

Contact Nina Mazzo at ninamazzo@me.com or 408-7620. Nina will report her findings in the November *Compass*. Deadline for submission is October 15.



Ageing Well

“P” is for Pain

Shirley Schultz, Health Reporter

Put pain prevention properly into practice. Admittedly, that is a feeble attempt to create a meaningful tongue twister. The big “P” is pain. The U.S. Pain Foundation classifies pain into three different types: somatic, visceral, and neuropathic. Each of the types can be acute or chronic, and they can all be felt at the same time or singly at different times.



Somatic pain results from activation of pain receptors in musculoskeletal tissues or the body surface. Post surgical incision pain is an example. **Visceral pain** results from damaged or injured internal organs such as the kidney or gallbladder. It is the vaguest type of pain to experience

or describe. **Neuropathic pain** or nerve-mediated pain results from injury to or malfunction of the peripheral nerves or spinal cord and is usually the most long lasting and difficult to treat. The pain that follows a bout of shingles, sometimes long after the rash is gone, is a form of neuropathic pain called post-herpetic neuralgia.

The **September 30 Community Forum will focus on the treatment of neuropathic pain, “How to Manage Nerve Pain”** (see page 100). Surely, you will want to attend to learn how to manage this condition which can have such an impact on one’s quality of life.

Hot off the press in an online article in *Health After 50* published by *Scientific American* is a discussion of research that found that psychological interventions often provide more relief from chronic pain than prescription drugs or surgery. Through what is called “cognitive therapy,”

people learn to change their thoughts and thereby improve their lives. This is frequently combined with behavioral therapy, or cognitive-behavioral therapy (CBT). The use of CBT for chronic pain management is an example of an evolving paradigm shift in medicine toward a more integrative approach through the practice of what is known as **Functional Medicine**.

Functional Medicine focuses on the whole person to develop a therapeutic relationship between the patient and the practitioner. The unique expression of the health of each individual becomes the central focus, not just a focus on an isolated set of symptoms. Especially true for pain management, what works for one does not necessarily work for another. Each of us must take on a more active role in our own “self care” as we move into this new era of preventive and personalized medicine.

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Our Very Own “Biggest Loser”?

Marilyn Buckhorn’s a winner!

Doug Brown, Resident Editor

It’s a big no-no in polite conversation to refer to others with the “f-” word — the *three*-letter word, that is. And better steer clear of words like ample, large, pleasingly plump, and a mention of “plus” sizes might be walking on eggshells.

If you are or have ever been overweight, you’re quick to self-stigmatize, even if others don’t come right out and make some disparaging remark to you. You see others who look fit, who are smashing in their skin-tight spandex, and you think, “Oh, no, please don’t look at *me!*”

Those thoughts were heavy (pun intended) on the mind of Lincoln Hills resident Marilyn Buckhorn a scant ten months ago. Overweight (by over 100 pounds), diabetic, out of shape, and a two-time cancer survivor, Marilyn went to the Fitness Center one day and thought, “I’m numb. I can’t admit that my weight and health are spiraling out of control. I’m in denial.”

How did Marilyn start on the road to better health and weight loss? Were there obstacles? Fears? “Oh, yes! The greatest obstacle was *myself*,” she confessed. “Would this be yet another exercise in losing weight only to regain it? Was I willing to take a long hard look at myself and do whatever it takes to *change?*”

Fast-forward to September 2015, after months of discipline, hard work, healthy

nutrition, taking control of her health issues, and wow! The “new” Marilyn is the picture of more than the proverbial “shadow of her former self,” but more importantly, an incredibly positive spirit!

How did you do it, Marilyn? “Nutrition is a big issue. I’m aware of my ‘trigger’ foods and I’m cooking!” And a huge factor is *exercise*, and for this Marilyn gives high praise to WellFit staff for nutrition classes, Bowenwork sessions, water walk-

“Marilyn would humbly offer the following advice to others: ‘Appreciate yourself, your achievements, and shortcomings. Set goals and put one foot in front of the other. Leave all the excuses behind and move forward to a healthier happier you!’”

ing classes, water Pilates, and Pilates Reformers, among others. “The staff—their encouragement, support, and personal attention—have been incredible! Also, friends and family have been an inspiration. I couldn’t have done it on my own!”

Marilyn would humbly offer the following advice to others: “Appreciate yourself, your achievements, and shortcomings. Set goals and put one foot in front of the other. Leave all the excuses behind and move forward to a healthier happier you!”

Time for you to shed inhibitions, set

meaningful data each month without unnecessary clutter.

For July 2015, the financial report shows department operations finishing the month at \$27,067 favorable to budget, with Activities having had an outstanding month. For the seven months Year-to-Date, operations produced a net surplus of Revenue over Expense of \$140,359 which, against a budget forecast of -\$141,323, left us \$281,626 to the good.

The Operating Fund balance at month end was \$1,857,572 and is lower than in previous months due to payments being made for the OC Solar Project. Expect



Marilyn Buckhorn using the Pilates Reformer

goals? Follow Marilyn’s *winning* example? The WellFit staff will give you plenty of support in your own journey back to health!

Did You Know?

Have a question for the WellFit Manager? Did you know there is a Suggestion/comment Box on the table near the pool/dressing area at the OC Fitness Center and on the front desk at Kilaga Springs Lodge— we answer back—usually by the end of each week? Questions are routed to team members for replies and any maintenance issues are forwarded to the maintenance department for action! Just be sure to give your phone number and/or email address! We want to hear from you!



Finance

Continued from page 9

Finance Committee and the Board fully informed of our financial position. Staff and the Department Heads have worked hard on this and presentations are getting better each month. The same detailed spreadsheets will always be available on the website in the Library for those interested.

Also, a Task Force will be working on how to further improve presentation of monthly financial results with the goal of developing a standard format that will provide interesting, accurate, clear and

this to shrink further as the project is completed. Our Reserve Fund is healthy at \$7,122,851 and the account is forecast to be 78% funded by year-end.

By mid-September, 2016 operations budgets will have been carefully crafted and reviewed by staff and proposed to the Finance Committee. The final 2016 Budget will be completed at a “budget roll-up” meeting at OC on September 22, with presentation for final approval at the Board meeting September 24. For an advance look at our 2016 budget and dues, these would be the meetings to attend.



Neighborhood Watch

“The More the Merrier!”

National Night Out Parties More Popular Than Ever

Patricia Evans

“Everyone had a really good time!” “We discovered that we have very interesting neighbors.” “People stayed much longer than we thought they would.” These were some of the common comments from hosts of the National Night Out parties on August 4. The surrounding photos show participants enjoying 12 different National Night Out parties.

The Meridians’ Neighborhood Night Out party found over 1,000 happy people enjoying an ideal summer evening with live music, “state fair” type food, and savoring the companionship of their neighbors. Groups were given an area to set up a pop up tent and their Village and Mail Station

banners. “Let’s go again next year,” was a typical enthusiastic comment. See photos from Villages 4 and 18 on this page and the photos on the cover.

Meanwhile, in the neighborhoods of Lincoln Hills, a record number of party enthusiasts were rockin’ and rollin’. The two largest groups pictured are 35AB and 41BC. The smallest party shown is from Village 16, Mail Station 7. The size did not matter. Party goers from the neighborhoods and the Meridians went home saying, “There could hardly be a more delightful way to renew our acquaintance with our neighbors.” They are now continuing their conversations at the mail box, waving to neighbors as they drive by. And a friendly neighborhood is a safer neighborhood!

Policemen, firemen, and city dignitaries visited as many parties as possible. What a privilege to become

acquainted with these public servants and visit with them up close and personal!
Please turn to page 30 for more special information about this year’s party photos.



Amphitheater Village 18



Amphitheater Village 4



Village 9



Village 26C MS 1, 12, 14



Villages 35A & 35B



Village 24B/E MB 6 & 7



Village 21 MB 6, 7, 8





Village 42B



Village 24 B/E MB5

"Your neighbors are your most important security."



Sizzling Success for National Night Out

Pauline Watson, National Night Out Coordinator

One of the greatest assets of Lincoln Hills is Neighborhood Watch. And one of the most important programs within Neighborhood Watch is National Night Out (NNO), which is traditionally celebrated on the first Tuesday in August.

Since I accepted the position of National Night Out Coordinator in 2009, the number of Lincoln Hills neighborhood

private events has steadily grown as well as the number of combined Villages and Mail Station parties. This year, 80 NNO neighborhood parties combining 115 Villages and Mail Stations gathered to celebrate. This year's newest contribution was Meridians joining Neighborhood Watch in promoting NNO by having a *Neighborhood Night Out* "block" party in the Amphitheater, which enabled those whose Villages were not participating in National Night Out to join the festivities.

National Night Out (NNO) is gaining popularity nationwide and everyone wants to be involved. The benefits of celebrating NNO are immense. It provides a chance to get to know each other and build on relationships and partnerships that create a safer community. Neighbor helping neighbor!

Most important is the continuing relationship and participation of the Lincoln Police Department and City Officials in our events. Those hosting events were presented with a City of Lincoln Certificate of Appreciation thanking them for bringing the spirit, energy, and determination that helps make our neighborhoods safer throughout the year. We live in an aging community and maintaining current information is crucial in providing family emergency contact information, occasionally a life-saving opportunity.



Village 20



Village 10 MB 3 & 4

Congratulations to Lincoln Hills for increasing our success in all of these important goals!



Village 41BC MS 1 thru 10



Village 30 BC MB 4-5



Village 16C MB 7



Village 14 MS 1 & 2





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Club News



Alzheimer's/Dementia

Caregivers Support Group

If you are caring for a loved one with memory issues, we hope you will attend our next Caregiver's Support Group, discussion meeting, on Wednesday, September 23 at 1:00 PM in the Multipurpose Room (OC). These discussion sessions give participants an opportunity to discuss challenges and ways of dealing with them, ways of coping, sharing tips and available resources. Participants benefit from suggestions offered by the other caregivers who are present.

The support group has gathered a wonderful collection of reading materials that members may borrow to read at home and to share with others who may wish to learn about the Alzheimer's/Dementia syndrome.

The group expresses appreciation for the support it receives from the Lincoln Hills Foundation.

By Jean Ebenholtz.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332;

Maria Stahl 409-0349 or AI 408-3155



Antiques Appreciation

In September, one of our new members brought her collection of vintage dolls, including a Pinocchio, Patsy, Shirley Temple, and Ginny doll. Members also shared some of their vintage and antique dolls. Much information and wonderful stories were shared.

Our Monday, October 5 program brings John Port who has written hundreds of articles on Teddy Bears for many international publications, his most famous being the "Bear Sleuth" for the *Teddy Bear Review* magazine. Many of John's bears have been pictured in books worldwide. He also co-published the *Teddy Today* magazine, from 1997-2004. John enjoys sharing knowledge about his collection of antique and vintage Teddy Bears, Steiff Bears, etc. and we look forward to his presentation.

We meet monthly on the first Monday at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables (OC). If you

collect or just appreciate antiques, we'd love to have you join us!

Contacts: Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415;

Appraisals 408-4004



Astronomy

Monday, September 21. 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 September lectures will be #25, "Light Elements—Made in the Big Bang," and #26, "Putting it Together—The Concordance Model."

The Telescope Interest Group (TIG) will meet on Thursday, Sept 24 at 6:45 PM in the Fine Arts Room (OC).

On Wednesday, October 7, Don Wilson will present "The New Horizons Mission to Pluto" in the P-Hall (KS) at 6:45 PM. The "What's New" topic will be an update on the Dawn mission to Ceres.

All residents are invited to watch a total eclipse of the moon at our Lunar Eclipse Party on Sunday, September 27 behind OC Lodge starting at 7:30 PM. The total eclipse occurs at 7:45 PM. We will continue to watch the eclipse until it ends around 10:00 PM.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com; Cindy Van Buren

253-7865, rvbcvb@att.net

Website: www.lhag.org



Ballroom Dance

Are you wishing that you could dance at one of life's special celebrations? Well, put on those dancing shoes. Now is the time to learn or brush up. In September, we will be learning the lively East Coast Swing. Then, in October we will slow things down a bit and focus on the smooth Fox Trot. We meet at KS on Tuesdays from 2:00 to 5:00 PM. Beginner group lessons are 2:00 to 3:00 PM, followed by one hour of open dancing. From 4:00 to 5:00 PM an intermediate group lesson is presented. On the last Tuesday in September, two special lessons will be presented. The first hour will focus on Waltz technique. An introduction to Salsa will be presented in the last hour. All lessons are included in your \$7 per year dues. We have



Celeste Martella and Jim LaNier

lots of exciting dance events throughout the year. Please join us and share in the fun.

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 the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be October 14 and November 11. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Casa Ramos on Tuesday, September 29. 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

Players Phil Berlenghi and Dan Oden each won seven out of seven games on August 20. Ziggy Brien had five and a



From left, Players Phil Berlenghi, Dan Oden and Ziggy Brien; Challengers, from left, Bill Kim, Ted Baker, George Black, Dave Hathaway

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

half wins out of seven games.

At the August 7 Challengers Tournament, Bill, Ted and George each won six out of seven games. Dave Hathaway won six and a half out of seven games for first place.

Contact: Tony Felice, afelice@wavecable.com



Bird

The Bird Group meetings continue to be on the second Monday of the month in the P-Hall (KS) at 1:30 PM. Join us on October 12 to hear about the latest bird sightings and much more.

We have two outings coming up. September 25 we drive to the Lincoln Wastewater Treatment Plant on Fiddymont Road. To join us for this field trip, be at the southwest corner of the Orchard Creek Fitness Center parking lot at 8:00 AM.



The Black-necked Stilt, the Lesser Yellowlegs, and the Northern Harrier are three species that we see during our field trip to the Lincoln Wastewater Treatment Plant

Saturday, October 3, we have our fall walk at Ferrari Pond. This is always a fun morning since so many of our members enjoy checking out the birds that are arriving for the fall/winter. I am always surprised at the number of birds we spot on this walk.

Contact: Kathi Ridley 253-7086,

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

You can't find a parking space at Orchard Creek Lodge and you can't find a parking space at the Sports Plaza. At least the OC situation is temporary. We've all

heard rumors, or started rumors, about what's going on with parking at the Sports Plaza. With one remote possibility none of them have seen the light of day. In any case there isn't going to be a short-term solution. One easy thing you can do if you come to the Sports Plaza to play Bocce is not park at the Sports Plaza. You can park across Del Webb Blvd. on Sun Park Lane. Sun Park is the street directly across Del Webb from the Bocce Courts. It is actually closer to the Bocce Courts than the softball lot. Just be careful crossing Del Webb, don't park too close to the intersection, and watch out for golf carts.

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



Book, OC

The Great Depression, Adolph Hitler's Germany, the 1936 Olympic Games and an underdog rowing team from the University of Washington are the material for our September reading. Come join us on *Thursday, September 17 from 1:00-2:30 PM in the Multipurpose Room (OC)* to discuss *The Boys in the Boat* by Daniel James Brown.

Newcomers are always welcome.

Remainder of 2015:

- October 15—*Sycamore Row* by John Grisham
- 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

Bosom Buddies had a wonderful Officer's Luncheon at Pottery World in Rocklin August 13. See photos below.

We will be having oncology surgeon, Dr. Kim, who specializes in breast cancer from Sutter Hospital speaking to our club October 8. If you wish to join us, please call Cindy Redhair and let her know because space will be limited. If you would like to have lunch at 11:30 AM with us before the meeting in Meridians, please call Marilyn Poole for reservations. The meeting will be in the Multipurpose Room (OC) at 1:00 PM.



Officers are Val Singer, President, Patty McCuen, Secretary and Peggy Ryan, Vice President; Patty and Jan Warren share thoughts before lunch; Cindy Redhair made the luncheon arrangements and made our favors with her daughter Laurie

If you are a survivor, in treatment or have been recently diagnosed, please join us at one of our meetings.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

It's time to mark your calendars for the club's annual dinner party on December 16. Also, those who make the annual pilgrimage to the Monterey Clambake Tournament (January 4-10, 2016) will want to make early hotel reservations at the Hyatt Regency.

Next month the Gold Country Sectional will be held October 23-25 in Nevada City. Complete tournament information is available at www.acbl.org/tournaments_page/.

Our games are played at Kilaga Springs Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Free bridge lessons precede the Wednesday game at 11:45 AM. Game fees are \$2 for SCLH residents and \$5 for their non-resident guests. Residents may play three times before joining the club (\$5). On game days, players are requested to arrive early and to wear their name badges in order to help new players get acquainted with others.

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 (14 tables). We must be seated by 5:50 PM, and we must finish by 8:30 PM.

July 23 winners—First: Lorraine/Bob Minke; second: Dee Williams/Dolores Marchand; third: Kay/Ben Newton; fourth: Bob/Hilla Fawcett with high round of 2900.

August 6 winners—First: Kay/Ben Newton; second: Gay Gladden/Reta Blanchard with the high round of 1600; third: Bev/Allan Blaine tied with Kelly/Neal O'Boyle.

August 13 winners—First: Rose/Joe Phelan with a bridge trifecta, high round of 2810, grand slam, and the night's high total; second: Chet Winton/Ralph Madsen; third: Harry Collings/Stam Mutnick; fourth: Nora Charles/ Bruce Fink.

August 20 winners—First: Lynda Sader/Rosanna Jensen; second: Gerry/Warren Sonnenburg; third: Joanna/Alan Haselwood with the high round of 1640; fourth: Betty/Stam Kisbey.

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: July & August: First place: Nancy

Murdick, Dee Williams, Joyce Lund, and Alan Haselwood, twice! **Second:** John Woodbury, Linda Scott, Chet Winton, Carol Mayeur, and Pat Fraas. **Third:** Dan Cronin, Jim Busey, Joe Phelan,



Save the Date: Social Bridge Club Annual Dinner, Friday, October 23, 4:30 PM, KS

Mo Scarpitti and Nancy Griffin. **Fourth:** Warren Sonnenburg, Byron Hansen, Carol Mayeur & Mo Scarpitti (tied), Lois Burke and Harry Collings.

Reservations for September and October: Jim Busey at 408-0671, or Ralph Madsen at 408-7670, ralphjane2@gmail.com.

Contact: Jodi Deeley, 208-4086

jodi@wavecable.com



Bunco

In August, the Bunco Group welcomed three new players Mary Sweigert, Dana Ralls and Nancy Pecoraro. If you happened by the Card Room (OC) you would have heard the cheering and laughter as dice flew off the tables. We were missing a few of the regular players including myself (Kathy), I hope to see everyone back in September!

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

August winners: Most Buncos Paulette Rhoads; Most Wins Nancy Pecoraro; Most Losses Sandy Pavlovich; Traveler Marsha Pimentel.

Next Bunco is Thursday, September 17.

Contact: Kathy Sasabuchi 209-3089,

ksasabu@icloud.com



Ceramic Arts

Learning about all of the aspects of clay and creating art pieces has come to our very own Sherri Melchner. California State Fair has awarded Sherri on the pieces shown below. Our Ceramic Arts classes and teachers have been pivotal in Sherri's success. She has been able to use her creative talents in producing award-winning art.

Come join us in your quest of finding your creative art. It's fun! CAG "Workshops" are held at OC on Saturdays, 9:00 AM to 3:00 PM and Sundays 12:00 to 4:00 PM. KS "Workshops" are Mondays, 1:00 to 4:00 PM for Earthenware and Sundays, 1:00 to 4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC on Fridays only 12:00 to 5:00 PM and KS Sundays



Sherri Melchner's art pieces for the California State Fair

only, 1:00 to 4:00 PM. Please check bulletin boards for changes or closures.

Contacts: OC Pottery Chair: Janet Roberts

543-6015; Membership Chair: 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

Lincoln Hills Community Chorus



Chorus

On September 1 we received and began rehearsing the marvelous music for our mostly Christmas concert on December 13-15. Sectional and full rehearsals will continue most Tuesday afternoons until concert time.

The Lincoln Hills Community Chorus is governed by its Steering Committee, comprising our four section leaders and a secretary, treasurer, and librarian. Sid Frame served the last four years as bass section leader and the last three as Steering Committee Chair. The Chorus has benefited enormously from his collegial leadership.



Joanne Schumacher and Sid Frame

The Chorus launches its new season under a new Steering Committee Chair—Joanne Schumacher. Joanne has led the sopranos for three years and will continue doing so while keeping us all on track. We're lucky to have another outstanding leader!

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



Computer

Main Meeting: October 14, 6:30 PM—"How to Maximize Your eBook Experience" by Grant Lee. Is Nook better than Kindle or is there a better eReader? Grant will bring you up-to-date on that issue but more importantly show how to cut the leash to any eReader by



Grant Lee will present "How to Maximize Your eBook Experience" on October 14

using your tablet. He will show how you might buy a book from Amazon but read it on your tablet and how to remove the DRM from an ebook so you can transfer it to any device of your choosing! Grant searched for one program that suited his needs so he now can read any eBook with just one program. He also will discuss managing your library.

Walk-In-Workshop: October 20, 1:00-3:00 PM in the Computer Lab (OC).

Ask the Tech: October 23, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

Ask the Tech: September 25, 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

A mostly unpublicized service provided by the MUG is our Tutoring Program. The club is blessed with a number of extremely knowledgeable Apple members who are qualified to instruct other members in the ins and outs of virtually all of the Apple Devices, Computers and Applications. Some of these experts specialize, while others range over a wider number of topics.

Go to: lhmg.org and click on the "help"



Mac User Group

tab. There you will find a spreadsheet matching tutor and subject. The set fee is \$25/hour, and you make your own arrangements. You will undoubtedly

recognize most of the names, since they are the same people who give the seminars and labs that are so well attended at Kilaga Springs Lodge and the Multimedia Room (OC).

This is yet another of the perks and opportunities included in your annual MUG \$15/household membership.

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



Country Couples

A capacity crowd of over 80 dancers filled the Sierra Pines Clubhouse in Roseville the afternoon of August 23 for a Hawaiian themed dance hosted by Jim & Jeanie Keener. In order to make room for all of the dancers, it was necessary to remove the tables from the



A beautiful Maui beach; a rainbow after a tropical shower

floor, therefore giving the decorating committee a pass on creating table centerpieces. The dancers themselves were decoration enough, with many wearing flowered Hawaiian shirts and dresses, leis,

and flower hair decorations.

The attendees brought finger-foods, appetizers, and desserts to help maintain their stamina while they danced to a variety of country tunes. It was so pleasant to combine Country with the flavor of the Islands.

Our next "Hoedown," which should be a sellout, will be held at KS September 18, 5:00 to 9:00 PM, providing us with yet another opportunity to display our talents with couples dancing and line dancing.

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



Cribbage

Come join the fun at Orchard Creek Lodge on Tuesdays 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

Have you been using our Lincoln Hills Cyclists event calendar? The calendar is a very good tool for you to use if you are looking for a ride to go on or to see if anyone has planned a ride for an off day such as during the weekend. If you are a member, your name is listed on our club roster, which can be accessed from the home page of our website, lhyclist.com. Using the roster button at the bottom of the home page, see how your name is listed, then go to clubsched.com/lhccalendar/index.php and enter your name as shown on the roster. Enter the password, which is "password." Once on the calendar you will see most of our rides listed and can decide on a ride that suits you. Many of the rides are now listed on the event calendar. You can also register for a ride.

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



Eye Contact

Low Vision Support Group

Living Skills Workshop: Thursday, September 24, 10:30 AM, Multimedia Room (OC). It's a short meeting covering challenges of eating out—reading menus, locating food on plates, utensils and drinks placement. Then, we set off for a nearby lunch by 11:30 AM.

General Meeting: Thursday, October 8, 2:00 PM, P-Hall (KS). "Wheels Go 'Round"—Jeannie Gandler of Transit Ambassadors will provide information on Lincoln Dial-a-Ride, Health Express, connections to Auburn, light rail, local buses in Roseville and AMTRAK trains and buses going into Sacramento and the Bay Area.

General meetings are held at 2:00 PM the second Thursday of the month in 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

According to "the experts" a significant El Nino current is developing in the Pacific and our winter should be wetter than normal. Thus your frustration of having nowhere to fish should be relieved a bit. Of course the fish have to reappear at your local fishing hole.

August's speaker was a gent from SARSAS who gave us the low-down on Salmon restoration in our local watershed. A project to save the Salmon was completed in Lincoln, you should check it out—Auburn Ravine off of Ferrari.



Angus catches a 16" Brown at Fuller; Is this one yours?; Salmon are in—sign up now!

No experience at fishing? I'm sure we can find someone to teach you what you need to know. Let us know if you need help, we will put you in contact with an expert.

Our club meets the second Monday of the month, 7:00 PM, P-Hall (KS). President Jerry, jmessier@starstream.net, or to join, email

Henry hsandigo@icloud.com
Contact: Henry Sandigo 415-716-0666



Garden

Discover paradise in your own backyard! A landscape design should reflect you within it to unify your home and garden. Soleil Tranquilli of "Tranquill Gardens" will be the guest speaker at the September 24 General Meeting, KS, 2:00-4:00 PM. Helping people "Back into the Garden" is her joy and passion. She is dedicated to promoting sustainable landscaping practices. Soleil will encourage you to consider alternatives to the water intensive traditional grass lawn and expand wildlife habitat into your own sanctuary.



Soleil Tranquilli;
Bonsai Pruning Class



Reminder: Members seated by 2:00 PM will get a door prize ticket for plants donated by Home Depot. There will be "brought-by-members" plants, books, and garden items available before the meeting... donations going to Lincoln Civic projects.

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

Bonsai Group

Bonsai News: Thursday, September 17, 2:00-4:00 PM, Terra Cotta room (KS). This will be an open workshop to examine and prune. New members are always welcome.
Contact: Larry Clark 409-5214, lkclark@surewest.net



Genealogy

The Lincoln Hills Genealogy Club will convene for their General Meeting on September 21 at 6:30 PM in the P-Hall (KS). The guest speaker is Kathryn Marshall and the topic is "Uncovering Your War of 1812 Ancestors." Kathryn Marshall holds a PhD in Psychology from the University of California at Berkeley. The prize drawing is a Digital Camera, and you must be present to win! The usual social gathering will follow the general meeting.

Mark your calendar for an upcoming event of importance to Genealogy Club Members! The November 16 General Meeting will feature a two-hour presentation by Susan Goss Johnston. The topic is an "Introduction to American Military Records" and the start time for this general meeting has been changed to 6:00 PM. This is a very special meeting and you are encouraged to attend.

Check the Genealogy Club website for information on the Monday night classes.

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



Golf, Ladies

Ladies XVIII

Who will be the Club Champion in 2015? It will be a woman who has played at least 10 rounds of golf with the women's club this year and who shoots the lowest score in a two day, 36-hole event, one day on each course. There will also be competition for low gross in each flight and low net in each flight, giving every golfer a chance to be a winner. All players celebrate with an awards dinner!

Past Lincoln Hills

Ladies XVIII Golf Club Champions
2015 ???; 2014 Rosie Warren; 2013 Rosie Warren; 2012 Rosie Warren; 2011 Elaine Kalani; 2010 Lani Dodd; 2009 Sybille Carlson; 2008 Sybille Carlson; 2007 Nadine Buchmiller; 2006 Laurie Emerson; 2005 Elaine Kalani; 2004 Elaine Kalani; 2003 Elaine Kalani;



Rosie Warren,
Club Champion

2002 Norma Milligan; 2001 Jackie Mazzone; 2000 Claudia De Hart.

Interested in being a champion in 2016? Join now. Membership chair is Donna Sosko 434-5427.

Contact: Susan Petersen
suncitysusanpetersen@gmail.com
Website: lhlxviii.com

Lincoln Hills Lincsters

On August 3, the Go Away Lincsters enjoyed playing Plumas Lake Golf and Country Club. The weather was good, the course was lovely, and friendship was

plentiful. There was also some excitement. Upon approaching the hidden and well protected green on the last par 3, hole 16, the foursome of Alyce Stanwood, Marie Bossert, Barbara Gorden and Mary D'Agostini saw a ball, not only on the green, but resting no more than an inch from the cup. Who had such a perfect shot? Get the camera. Since Mary had a good tee shot, the group told her that it was her ball. With much cheering and high-fiving, they approached the ball; then they heard laughing coming from the foursome ahead of them. They looked at the ball; it not only wasn't Mary's ball, but belonged to none of them! Gotcha! Beware! There is a trickster among us.



Almost a Hole-in-One

Since Mary had a good tee shot, the group told her that it was her ball. With much cheering and high-fiving, they approached the ball; then they heard laughing coming from the foursome ahead of them. They looked at the ball; it not only wasn't Mary's ball, but belonged to none of them! Gotcha! Beware! There is a trickster among us.

Contact: Susan Pharis; firefly7554@aol.com



Golf, Men's

The club is having a great year and everyone who participated enjoyed the tournaments and events. Membership is an ongoing activity and we would like to invite any new residents to join.

Upcoming Events:

- Member/Member, Member/Guest, Memorial September 14/15
- Tournament of Champions October 20
- Monster Tourney November 17

Please visit our website: www.lhmgc.org

Contacts: Rodger Oswald,
rodgeroswald@gmail.com



Healthy Eating

Our August Guest Speaker was Gordon Paulsen, owner of nearby Willow Creek Ranch. Gordon spoke on the challenges of growing the healthy fruits and vegetables we all look forward to selecting at our Wednesday Farmers Market. Even four straight years of drought conditions have not caused shortages of fresh items for us to choose from.



Farmers Market Scenes

The Healthy Eating Club is seeking candidates to assume leadership of the club effective January 1, 2016. The positions to be filled are Chair (President), Secretary and Treasurer.

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 P-Hall (KS), so September's meeting is the 28th and our program will be "How to avoid being one of the millions that become sickened each year by food poisoning in the home." Guests are welcome to attend.

Contact: Don R. Rickgauer 253-3984,
Schl3HealthyEating@gmail.com



Hiking and Walking

Looking ahead, our annual meeting is scheduled for Thursday, October 29 from 3:30 to 5:00 PM in KS. A fascinating program will be presented by Kurt Doel-



Happy hikers pose for group photo on Canyon View hike; at the top of Ellis Peak, elevation 8740 feet; Wilma Cortinovis, Gay Mackintosh, and Ed Murach at Beautiful Island

ling—his amazing 10-day kayaking adventure in the Amazon jungles of Ecuador. All LH residents are welcome to attend.

Hot weather hasn't deterred hikers from enjoying the great outdoors. Some recent outings include Burton Creek State Park, a lovely forested area near Tahoe City—Island Lake in Desolation Wilderness with several peaceful lakes surrounded by stunning granite mountains—Canyon View Trail, a short wonderful trail in Auburn—Ellis Peak hike with magnificent vistas of Lake Tahoe and surrounding mountains—and the Stagecoach Trail with great views of the North and Middle Forks of the American River.

The Walking Group now meets at 8:00 AM—join them for their delightful walks on Lincoln Hills trails.

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



Investors' Study

Speaker: On Thursday, October 1, we welcome Randal Barton of Voya Investment Management Co. Mr.



Our consultant, Russ Abbott, was the speaker for August meeting

Barton has over 16 years of experience in regard to financial and investment strategies. Given the current and continuing financial climate, I'm sure he will be a welcome guest to address those areas our members are interested in.

Christmas/Holiday Party. We will celebrate our annual party on Thursday, December 3. Please mark your calendar for a pleasant evening from 5:00-9:00 PM and look forward to good food, good friends, and a good time. Details to follow by email and *Compass*.

The Investor Study Group meets the first Thursday of each month in P-Hall (KS) at 2:30 PM. Refreshments are served afterwards and provide some time to meet the speaker and visit with each other. John Noon, 645-5600

The Active Investors subgroup meets the second Monday of each month at 3:00 PM in the Multimedia Room (OC). Contact: 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.

The summer activities are coming to an end. Upcoming events include a Dinner/Movie on September 22 and Bowling on September 30.

Reservations are being taken for the "Fall Celebration" Dinner/Dance on October 2. Tickets are \$45 and include a dinner buffet with music provided by Jammin Jo. Contact Terry for information. Reservations are due by September 15. Check <http://www.lavenderfriends.com/> for details and additional social opportunities.

Information on Sierra College Pride Days on November 3, 4, and 5 will be posted in the near future.

Contacts: Jacquie Hilton 543-9349,
jacquiehilton@starstream.net;
John 408-2576, Sheila 408-2802
Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Almost 80 line dancers converged upon the OC Ballroom last month for their semi-annual dance party and meeting. After the business portion of the day was completed, 36 dances were performed by all levels of dancers, from



Ken Drake, 97 years young!; Dancers at the August 16 party



Intro to Level 3. Our three instructors were there to lead the dances, as well as other volunteers. The afternoon began with a warm-up dance called Jo's Mixer, and concluded with Taylor Swift's Shake It Off. About half of the participants were donned in their official LHL D tee-shirts, which made for a colorful palette on the dance floor. Several split floor numbers, sometimes using the stage, allowed two levels to be dancing at the same time. A fun time was had by all!

We also celebrated Ken Drake's upcoming 97th birthday by singing Happy Birthday and having Ken and Audrey Fish lead Texas Waltz. Way to go, Ken!

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 and 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 to be decided at the table where you play.

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



"Mah Jongg, an ancient game from China that you play using tiles, gained popularity in the United States in the 1920s. This game of intelligence requires concentration. Mah Jongg is a difficult game to learn and master, but once you do, your ability to excel in the game is limitless." This quote sums up the fun and excitement of the game.

We want you to join us every Tuesday in the Card Room (OC) from 12:30-4:00 PM. If you don't know how to play, please contact Fran Rivera at 434-7061. She always has room for one more in the free classes she conducts in her home. Within a couple of months you will be ready to show off your skills.

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



Mixed Media Collage Arts

Our club recently held our second annual meeting. The Steering Committee is Frima Stewart, Nina Mazzo and Patricia Branham. We meet on the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). Generally, our meetings begin with a show and tell as well as discussing new products and techniques, followed by a member or guest demonstration with the remainder of the time working on individual projects. Mixed Media Collage is a creative, innovative, fun art form and we often use repurposed items, sometimes in unique ways. We rarely see a paper bag,



Steering committee Patricia Branham, Frima Stewart and Nina Mazzo

decorative napkin, corrugated cardboard, wine corks, and old pages from a book or newspaper without picturing it in one of our art projects!

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



Motorcycle RoadRunners

Our recently elected Road Captain Dale Cummings led the RoadRunners' August tour on a scenic cruise through the Sierras to Nevada City. After a brief tour and visit to their Farmers Market, we continued the picturesque ride along more of the back roads toward Colfax, where we enjoyed a leisurely lunch. Eleven riders participated in the ride.



Road Runners enjoying a Bocce Ball Tournament

The month of August is when we stage our annual BBQ and Bocce Ball tournament. We had great participation and the overall Champs turned out to be our President Doug Sterne and his lovely wife Patti. Congratulations to our new Champions!

RoadRunners meet the fourth Thursday of the month, 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

On Wednesday, September 23, the Sun City Lincoln Hills (SCLH) Music Group will hold a monthly music meeting from 6:30 to 8:30 PM to play music and socialize in the Fine Arts Room (OC). SCLH residents and their guests are welcome.

The next SCLH Friday Night Open Mic is scheduled for Friday, October 16 from 6:00 to 8:30 PM (P-Hall, KS). Performance sign-ups begin at 5:30 PM. Begun in 2010 as a forum to showcase SCLH Music Group



Open Mic founders Mike & Carol Percy and Gary Sloan, along with bassist Laurie Steele, make up the Big Bad Mama band

performers, the bi-monthly Open Mic routinely attracts more than 15 acts and an audience of 80 to 100.

The event is open to SCLH performing musicians, their guests and audience members. No karaoke is permitted.

The SCLH 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, jjrigali@yahoo.com

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



Needle Arts

Threads of Friendship

What a treat it was to see all the beautiful projects Jennifer Rapacki had to show us at the September meeting. The tech world has invaded the old time arts for sure. Who would have imagined computers playing such a huge role? Her trunk show certainly demonstrated how modern technology can be woven in today. Her workshops are listed on her website jenniferrapacki.com.

Coming up on October 13, at the OC Ballroom, you are in for another great adventure when the Wearable Arts Group, led by Carol Soesbe, steps on stage to entertain with you with their latest creations. They will strut across the stage and down the aisles to let you see how creative they have been over the past year. It is sure to be a hit with all. They take the most amazing materials and design incredible garments. You will see pictures next *Compass* for sure. In September we have Electric Quilts. You will be shown how to use your computer for quilting. What an age we live in.

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



Neighborhood Watch

"The 2015 National Night Out had a record number of party-goers enjoying becoming better acquainted with their neighbors," said Coordinator Pauline Watson.

We send a special appreciation to six of the hosts with party photos on the Neighborhood Watch double page in this issue showing National Night Out festivities: Barb & Harvey Moss (Village 24AB, Mail Stations 4, 5, 6) and Paula Payne, (Village 4), have hosted parties for 10 years; Elaine Small, (Village 18), nine years; and Sandy Allen, (Village 42B), eight years.

First-time hosts Mary & Doug Brown, Village 14, Mail Stations 2 and 3, held a "first ever" party for that area. "We are no longer strangers," Doug commented. Ted & Cathy Klakoff, Village 24BE, Mail Station 5, were also first time hosts for a party at the Ulmer residence.

Please send your party photos not published in the *Compass* to frpawatson@sbcglobal.net for posting on our website.

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



NEV

Tuesday, September 15 is the date of our membership meeting after a quiet August month. Be at the P-Hall (KS) at 10:00 AM to hear the Lincoln Fire Chief,

Norm Kent, present vital advice on fire safety in the home, and our surroundings. We will have a Q & A period following his talk.

Our August 29 BBQ was a big success; excellent food and happy Bingo winners following the BBQ.

All residents are invited to attend our meetings. Hear the advantages of owning a NEV. It's economical, literally maintenance free, fun to drive, and with low cost car insurance. It's a winner!!!

Contact: Dan Gilliam, President 209-3946

Painters

September 6 was the date for a community favorite, "Artisans in the Lodge," presenting arts and crafts for sale by community artists. The event, as always, was well-attended and offered a lot of variety.

Join us for the upcoming Painters Club meeting on September 21 in Kilaga Springs Lodge at 2:00 PM! We will hear one of our talented members, Rudy Franke, who draws exquisitely detailed pen/ink drawings. I'd love to see how he achieves his beauties.

Remember that the club also has a great library of DVDs to check out—covering a number of media, and it keeps growing! We've added DVDs by well-known artist Don Salhi. They are a great source of information of how to paint in oils, especially plein air. Thanks to Margot Comer for passing those to the club library.

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

Thank you to Gail Blask, our project leader for this month. We enjoyed the projects and look forward to her moving into SCLH. And thank you to Char, Phyllis, Mina and Beth for helping Dottie with last month's project. We're still getting used to our new meeting set-up so the help is greatly appreciated.

Next month, our project leader is Claudia Santos, a representative with Stampin'

Up. We enjoy having a variety of project leaders to bring new ideas and techniques. And speaking of new techniques, Shirley Rainman offered a new class last month using photographs and custom made stamps. It offered lots of new ideas.

Can you believe it is September already? Our seasonal display window at OC features Back to School and Fall themes. And if you're thinking about Christmas cards, check with Mina about her card buffet coming up in November.

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

Pedro

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

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

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

Photography

We're excitedly looking forward to our October 21 speaker at P-Hall (KS), the renowned H. Dipslock Nincompooper. A large entity in very small circles, "Dipsy" will be explaining the merits of pinhole cameras in space exploration. While some wags have made sly references to "pinhead" and "dipsy doodle" photography, the artist remains undeterred. This presentation is being sponsored by a grant from the avant-garde Photographic Flat Earth Society of Light along with the deranged humor of a stand-in Program Chair. A Q&A session will follow the presentation, though it's likely the responses from the speaker will be as convoluted and befuddling as the program. A free oxygen bar session is offered to all still conscious attendees following the presentation.

In November, we'll have a photographic fantasy arrangement of the song, "Raindrops Keep Falling on my Head."

Scribe: jeffa.

Contact: Brad Senn (530) 409-2499,

bradleysenn@sbcglobal.net

Website: SCLHphoto.com



Pickleball

Rein Lemberg orchestrated two separate competitions in August. Our Rookie Invitational attracted 64 newer players while 105 picklers competed in our Second Annual Presidents Cup. Congrats to Rein and crew for these successful events enjoyed by scores of club players. We're 465 members and still growing!



A free club shirt to 450th member Marilyn Miller; Debbie & Gerry Gates, Crissy & Jack Beadle (sitting), Daniel & Ellen Segur in "rat rod"; Rookie Invitational Medal winners Valerie McElroy, Shelley Truesdale, Alice Huntington & Connie Stephens

Camaraderie, decades-ago dance music, tasty food and drink made for an enjoyable "Hot August Night" party for 180 picklers and guests celebrating our club's eighth anniversary. Craig Fraser's "rat rod" provided the perfect photo opp as partygoers arrived. A huge "thanks" to Social Director extraordinaire Lynn Fraser, her helpers and photographers, Armando and Andrea.

Richard Norman's clinics for competitive 3.5 players continue on first and third Mondays in September/October, 6:30-8:00 PM. Sign-up at courts, 9:00 AM on clinic day.

Our next meeting is October 7, 2:00 PM

in the Ceramics Room (OC) and open to all club members.

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

Website: www.lhpickleball.com



Players

Auditions, Auditions, Auditions for LH Players "Readers Theater" will be held on Tuesday, September 15 and Thursday, September 17 from 6:00 to 8:30 PM in the Fine Arts Room. *No memorization needed!*

Readers Theater performances, which are always *free*, will be held in P-Hall on October 24 at 7:00 PM and October 25 at 3:00 PM. Contact Jeannine Newcum at jeannine.newcum@yahoo.com for more information.

Auditions for the "The Christmas Gift" have now been completed and rehearsals are underway, bringing together a cast of very talented actors, singers and dancers.

Four evening performances and one matinee will be performed on the main stage in the Ballroom (OC). Mark your calendar (November 19, 20 and 21) for this not to be missed heartwarming Christmas story.

Not an actor, prefer to work behind the scenes? Call Dolly James at 408-0136 or email her at dancrdolly@yahoo.com.

For more information about LH Players, upcoming events and productions please contact President Barbara Greenfield.

Contact: Barbara Greenfield
408-5017, barbieg1@sbcglobal.net

Website: www.lincolnhillplayers.com



Poker

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

With the year winding down, the RV Group is gearing up for its final trip of 2015 with a pair of rallies in Southern California. The schedule calls for a trip to Flying Flags RV Resort in Buellton October 7-11 and then the RVers will move on to Newport Dunes RV Park in Newport October 11-17.

Bill & Lynda Fagan and Doug & Marilee Swanson will be the wagon masters for the Buellton rally and sharing the duties for the Newport rally will be Betty & Dean Schumacher, Julie & David Africa and Rosie & Bill Eads.

In Buellton there will be a Harvest Weekend, golf and a catered breakfast in Solvang among the activities. At Newport will be a potluck dinner, beach party and a trip to Catalina Island and other water activities.

The RV Group meets monthly on the second Thursday, 4:00 PM, in the Social Kitchen (KS).

Contact: Rosie Eads 408-0129

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."—another wise statement from Dr. Seuss for all of us and the students with whom we share our skills. It was good to see each other at our Annual Meeting on September 10, and to meet the amazing principals of our schools and our Superintendent of Schools, Scott Leaman, who brought us up-to-date on our schools. New volunteers were introduced and current volunteers shared their special experiences. Our new volunteer Orientation Workshop was held on September 14, proving that everyone was eager to begin this adventure—helping students to be "all that they can be." As our schools have begun, we are all looking forward to a year filled with opportunities, and

remember—it is never too late to volunteer! We place people all year long.

Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com; Sandy Barry 209-3247, penneylane1944@yahoo.com; Cindy Moore cindysmoore@me.com



SCOOP

Sun City Organization of Pooches

Our next SCOOP general meeting at Orchard Creek will be our last of this year on *October 6 at 11:00 AM*. Our speaker will be Kathy Cangelo, who specializes in small dog rescue and in dog behavior. The theme will be "Tips & Tricks for Dogs." Please feel free to bring a guest!

Our next social will be on September 17 on the Terrace Patio (OC)—*Pooches on the Patio Breakfast*. Please bring your well-behaved dogs on leashes. \$8 (for humans) for the buffet. Please mail your check in time to reach Deirdre Ryan no later than September 4!

October 28—Sports Pavilion—Coffee/pastries/donuts—and since it will almost be Halloween, feel free to dress and bring your dogs in costume (optional). We will be celebrating our dogs' birthdays!

Holiday Luncheon: December 2, Solarium (OC), more information to follow, and please mark your calendars now!

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Are you faced with a rack having no vowels except a "y" or two? Oy! But don't cry!! Here are some words that use only "y's" as vowels: wynd (an alleyway), wych (a type of European elm), sylph (a slender girl or young woman who moves gracefully), syph (syphilis), and why. Also a few other interesting "y" words that include other vowels as well: pyknic (a person with a rotund or stocky build), fyke (a fishing net), tyisyn (monetary unit of Kyrgyzstan), inby (into a house or room) and skyey (sky-like). I am not making these up—they are in the Scrabble dictionary!!

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

Some clubs in LH meet once a month. Not us! We have two meetings a month; a Business Meeting with a simple activity, and one that is strictly social. Our Socials are often parties that celebrate holidays or other events. We have a cash bar at all meetings. Monthly, we have Dining Out, Cocktail Time, Second Saturday Breakfast, and a Birthday Party. Each week is Bocce Ball and Golf.

Next month is our annual Costume Halloween Bash with a buffet dinner and a band. Start working on your costume, and plan big! There will be plenty of competition for those prizes!

There is plenty to do in the Singles Club. If you don't belong, you're missing out! Details for all these activities are on the Dynamic Singles Flyer and the Resident Website. Contact names and numbers are there, too. We can keep you busy and you will make new friends.

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

Ski

It's that time of year to pay club dues for the 2015-16 season.

Members will receive dues payment instructions via email. For non-members who would like to be part of our upcoming activities, please contact club leadership using the contact information below.

This season's club activities will include the September 17 pre-season potluck party, general membership meetings with skiing-related topics in October, November, January, February and March, a three-day skiing adventure in Kirkwood in January, our annual week-long getaway trip, this year in Breckenridge, Colorado the week of February 27 to March 5, 2016, and our post-season potluck party in April, 2016.

As always, we will coordinate weekly ride-sharing day trips to the local ski resorts as soon as conditions permit.

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



Softball, Senior League

Fall Ball sign-ups are underway. The fall season will run from October 5 to November 23. If you want to play, be sure to register with Karl Wenzler (kwenzler@sbcglobal.net) immediately. Games will be played on Monday and Wednesday with a couple of Friday games. More details are available at LHSSL.org. Hope you had an opportunity to come out and watch the Summer League playoffs.

Elections for 2016 LHSSL Board positions are on the horizon. The Board is responsible for managing our softball program and a great opportunity to help keep our league vibrant. If you would like to run for a position on the Board please contact Vince DelPozzo (408-0403) or any other current Board member.

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

Coyotes

In mid-August, the Coyote 60s, 65s, 70s, and 75s traveled to the Big League Field of Dreams in Manteca to participate in the Northern California Senior Softball Association (NCSA) Hall of Fame Tournament. In spite of their strong efforts no Coyote team was able to finish any better than third in their brackets. The highlight of the tournament was the induction of John Moran (Coyote 65s) into the NCSA Hall of Fame, joining Bob Hunter, Bob Fernandez and Ed Sorenson who were previously inducted. John was recognized for his contributions to senior softball in the Northern California region and joins 36 fellow softball lovers inducted since 2008. This year is NCSA's 25th anniversary.

Coyote teams are looking forward to tournaments in Medford and St. George to finish the year.

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



Sports Car

Our High Sierras provide us an endless pleasure of wonderful vistas, great roads for sports cars and relaxing restaurants and hotels. The Grandonas,

Turners and Mussers planned a Sierra Backroads tour that was touring for two days through the mountains north east of us. It sounds simple but they included interesting visits that made the camaraderie of our club more rewarding. One of the special places visited was a Frank Lloyd Wright designed wigwam that ended up, some years later, costing the builder eight-and-a-half million bucks to build. Only 24



Carved Dragon is the namesake for the Dragon Room where we dined

at the Frank Lloyd Wright designed Nakoma Resort in Clio; picture taking at Nakoma Resort, Clio, CA; at Frank Lloyd Wright designed resort we visited

cars could make the tour because facility limitations dictated the size of the group. The total mileage for this tour was only 198 miles. People outside our area travel two and three times that far just to get to the beautiful Sierras. Buy a sports car and come join our club!

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

Whif Whaf Anyone????!! Believe it or not, that's one of the many names that was originally given to the game we now know as ping-pong. In England, sometime towards the end of the 19th century, some upper-middle-class Victorians decided to turn their dining room tables into small versions of the traditional lawn tennis playing field that they used in the daytime. They were very creative in using a line of books set up as a net and using lids from cigar boxes as their first rackets! A painting of one of the first games shows the Victorian ladies playing in big hoop skirts and the gentleman in suits and waistcoats—similar to the dress code for our SCLH Table Tennis Group!!

So get out your hoop skirts and waistcoats and come join us. The SCLH Table Tennis Group plays Sundays 12:30-4:30 PM, Tuesdays 6:00-9:00 PM and Fridays 8:00-11:00 AM

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



Tap Company

With the start of new classes, comes new Class Reps. They are: Marsha Jacobs for Monday—10:00 AM class, Susie Buke for Tuesday—10:00 AM class, Muriel Menig for Thursday—10:00 AM class, and Danielle Pon for the Thursday—11:00 AM class. If you have any questions regarding classes and Saturday practice times, please see your Class Rep.

Summer may be coming to an end, but our tappers are just heating up in preparation for next year's Tap Company

Show (March 31, April 1 and 2, 2016). The script has been completed and auditions for dialogue and singing parts will be held from 6:00 to 8:30 PM on October 27 in the Terra Cotta Room (KS) and October 30 in the Fine Arts Room (OC). "Hot Vegas Nights" is sure to be a big hit and you won't want to miss performing with your favorite Vegas Legends. Script and music may be obtained from Celeste Martella, see contact info below.

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



Tennis

Oktoberfest MXD Fun Tournament – Saturday, October 25 is one of our most popular tournaments of the year! It is a mix and switch, which means you do not have to sign up with a partner.



Oktoberfest

The food is amazing, served up by our Social Committee, and once again, Swanson Schaak Physical Therapy is sponsoring the event with free t-shirts. Last year's design was spectacular.



Oktoberfest t-shirt

LHTG would like to give special thanks to groups that have sponsored our events: Men's Doubles Tournament sponsored by Jay Cheek, Lyon Real Estate, MXD Championship Tournament sponsored by Michael & Ann Renyer, Coldwell Banker, Carolan Properties Group sponsored Sun City Lincoln Hills Intramural Team Tennis.

Social Events:

- Fall Dinner/Dance held at Meridians—November 13
- Women's Holiday Luncheon—December 4
- Men's Holiday Luncheon—December 4

Check out what's going on at our website: <http://sclhtg.com>

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



Vaudeville Troupe

Are you curious as to how vaudeville, a theatrical genre of variety entertainment, came to be? It was especially popular in the United States and Canada from the early 1880's until the early 1930's. A typical vaudeville performance is made up of a series of separate, unrelated acts grouped together on a common bill. Types of acts have included popular and classical musicians, singers,



A promotional poster for the Sandow Trocadero Vaudevilles (1894), showing dancers, clowns, trapeze artists and costumed dogs

dancers, comedians, trained animals, magicians, female and male impersonators, acrobats, jugglers, and minstrels. A vaudeville performer is often called a "vaudevillian."

Vaudeville developed from many sources including the concert saloon, minstrelsy, freak shows, dime museums, and literary American Burlesque. Called "the heart of American show business," vaudeville was one of the most popular types of entertainment in North America for several decades.

Vaudeville continues to thrive in Sun City! Wanted: new and different acts. Contact Yvonne (below) for more information.

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



Veterans

Retired Chief Petty Officers Peter Sears and David Holly, Sr., survivors of the sinking of USS Benevolence (AH-13) will be the featured speakers at the September 17 general membership meeting

at 1:00 PM in the P-Hall (KS).

At the start of the Korean War, the *Benevolence*, a hospital ship commissioned near the end of World War II, was reactivated, and on August 25, 1950, while returning from sea trials, she collided with the freighter *SS Mary Luckenbach* in heavy fog off the Golden Gate. The freighter rammed the hospital ship, sinking her in just 15 minutes, and taking 23 crew members with her to a watery grave. Five hundred and five crew members were rescued.

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on September 18, POW/MIA Recognition Day, and October 12, Columbus Day.

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



Water Volleyball

Tired of the triple digits? Then come join us in the pool to cool off! Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week. Try it out three times for free. Annual membership is a nominal fee. Come join us and we hope to see you in the pool.

Play available (KS):

Open Play (all levels): Saturdays 8:50 AM; Mondays & Wednesdays 5:20 PM; Tuesdays 6:20 PM.

Advanced Play (rated players only): Mondays, Wednesdays at 6:45 PM, Thursdays 6:20 PM.

Interested? You may contact Jim Puthuff.

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

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



West Coast Swing

There is still time to attend the West Coast Swing Dance Club's Annual Tea and Ice Cream Social! Sunday, September 27, Ballroom (OC), 2:00-5:00 PM. Music:

West Coast Swing and Ballroom Mix. Club members *free*, and guests \$5. Advanced Ticket Sales: RSVP by September 20—extended.

West Coast Swing Dance Instruction: Second Friday of each month, October 9.

Location: Fine Arts Room (OC). 5:30-6:30 PM Intermediate/Advanced West Coast Swing, Beginners: 6:45-7:30 PM.

Club Members Free, and Guests \$4.
Contacts: Dottie Macken 543-6005, jstdottie@sbcglobal.net; Bob Roman 543-6618, BobRoman@starstream.net
Membership: Paula Stollmeyer 434-7352, pstollmeyer@sbcglobal.net



Woodcarvers

John had only completed a few carvings prior to joining the Woodcarvers Group but then started carving seriously. "I've always enjoyed working with wood but, I'd scaled back my woodworking tools and projects. That's why the woodcarving I do with the group fills the need."



John
& Pat
LePage

John has few simple Dos and Don'ts for new carvers: "Don't try to use dull tools; Do use a wood carvers glove to protect your

hands from cuts, and *Do* get your spouse involved in your projects. My wife Pat's an accomplished painter, and she encouraged me to carve and join the group. She's also helped me paint a few of my projects."

Stop by and see what we're chipping away at any Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS).

Contact: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Mike Hensley, one of the newest members of the group,

had a successful career as a construction engineer. He's always been interested in science, especially the possibility of interplanetary and time travel. His favorite genre, both to read and write about, is science fiction.

"I'd never written anything outside the dry engineering type reports I've done all my working life," Mike said. "With the encouragement of a couple friends, I set out to write some science fiction. Joining the Writers Group has helped me receive feedback and support."

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room at (OC). Bring 14-16 copies of your work to share (maximum 1,500 words). All SCLH writers or those striving to be writers are welcome. Join us!

Contacts: Bev Brannon

bevbrn49@aol.com; Jim Fulcomer

jjfulcomer@mac.com;

Linda Lucchetti linluu@aol.com



Mike Hensley

Did You Know?

Our Association budget is being finalized this month. Come out to the final budget meeting on Tuesday, September. The final budget will be reviewed on September 22 with recommendation for BOD approval

September 24. Learn for yourself how this process works and how dues are set. Let your thoughts be known. You will find it informative!



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Medicare has neither reviewed nor endorsed this information.



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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.

Bowling Group

Lincoln Hills Tuesday AM Bowling League at Strikes Unlimited has some openings for our fall-winter season beginning September 8 (it's not too late). We are a senior mixed league and bowl Tuesdays at 9:30 AM. Our bowlers range from novices to high rollers. No matter your skill level you'll find a spot in our league. If you're looking for regular physical activity and new friends, contact Linda Zierman 408-2397 or lzierman@sbcglobal.net or Randy Dvorak at 408-7741 or srdvorak@sbcglobal.net.

Cloggers

It's almost autumn! Time to become a Clogger if you aren't one already. Time to dance away all those summer calories. Time to work on balance and a strong heart. Time to clog to great music with great people. And right around the corner (September 26) is the Tommyknockers' Clogging Jamboree in Grass Valley! For pure ex-

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.

- **Friday, September 25** • **10:00 AM** Preparing is Caring Heights (OC)
- **Tuesday, September 29** • **10:30 AM** Financial Security Heights (OC)
- **Tuesday, September 29** • **6:00 PM** Facial Rejuvenation in 2015 Heights (OC)
- **Wednesday, September 30** • **10:00 AM** Living Trust Seminar Oaks (OC)
- **Friday, October 2** • **10:00 AM** Medicare Seminar Oaks & Gables (OC)
- **Monday, October 5** • **10:30 AM** Financial Security Oaks (OC)
- **Thursday, October 8** • **9:00 AM** 2016 Medicare & Insurance Overvw Heights (OC)
- **Monday, October 19** • **10:00 AM** Nautilus Society Oaks (OC)

citement and rhythm and energy, you do not want to miss this. More info: ncca-inc.com. As always, we invite you to join us as we clog our way to health and happiness. Contact: Anita Tyson, 543-5330.

Glaucoma Support Group

Do you or a loved one have Glaucoma? Do you have questions about Glaucoma? If so, please attend the Glaucoma Support Group. We will meet on October 14, at 4:00 PM in the Multimedia Room (OC). More info: Bonnie Dale at 543-2133 or Bjdale@aol.com.

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group starts on September 15 through December 8. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church. Contact Cheryl Edwards at 505-5777 or LincCa.GS@gmail.com.

Lincoln Caregiver Support Group

The Lincoln Caregiver Support Group will be meeting on September 17 at the Twelve Bridges Lincoln Library. We meet from 9:00-11:00 AM. Please use the employee's entrance on the back side of the building. We are full of encouragement and support for those

who are caring for others. More info: Brenda, 253-7537.

Lincoln Democratic Club

The Lincoln Democratic Club will enjoy their annual BBQ Friday, September 18 from 4:30-7:30 PM. The event will be held at the Sports Pavilion and will feature a catered dinner from the Double Barrel Smokehouse of Lincoln. Door prizes from Lincoln businesses will highlight the evening. Reservations are \$25 per person. Check the website for details at www.democraticclublincolnca.org/next-meeting.html. Next month's meeting will be October 15 at 6:45 PM at KS and will feature a speaker ussing Income Inequality and legislative efforts to address the issue. Questions: Martha Hanley, 310-351-5112.

LH Foundation Bingo

The LH Foundation presents Bingo on Wednesday, September 16 at 1:00 PM in the Orchard Creek Ballroom, preceded by a Meridians special buffet lunch in the Secret Garden starting at 11:30 AM. Have a bingo party with friends and neighbors... reserve and decorate a table. Call Ed Sullivan at 408-1480 for info and visit lincolnhillsfoundation.org for an extra promotion.

LH Foundation Important Issues

Also, a free informative presentation on issues important to Lincoln Hills residents will be on Saturday, September 19 at 10:00 AM in P-Hall (KS). Topics include charitable giving, using a private fiduciary, and longevity planning.

Continued on page 39

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Continued from page 37

LH Italian Club (LHIC)

The LH Italian Club (LHIC) presents *Ben and Charlie, a Spaghetti Western* at the P-Hall (KS) on October 4 at 1:00 PM. Film was produced by Deno Paoli, member of the LHIC and SCLH

resident. He was a Hollywood film producer/director in the 1970s-1980s. He is pleased to present his movie and answer questions on how this movie was made. If you or your spouse/significant other is of Italian descent and live in SCLH, you can join our club. See our website www.lhitalianclub.org for

membership forms or call Virginia Halstenrud, Membership Chair, 543-3293.

LH Parkinson's Disease

The LH Parkinson's Disease Support Group will be meeting at the conference room inside Raley's. We meet

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. 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.



Lunar Eclipse

Sunday, September 27 — Free

The LH Astronomy Group invites you to join us for an eclipse party! Telescopes and binoculars will be setup to view this unique event. There will also be an opportunity to see the planet Saturn as well as other night sky objects. The eclipse will begin after sunset; telescopes will be ready for viewing at 7:30 PM. We will continue to watch the eclipse until it ends, around 10:00 PM.



KS at the Movies: Young Frankenstein

Monday, October 5 — Free

1:30 PM, P-Hall (KS). Rated PG, 106 minutes. Comedy. Starring Gene Wilder, Peter Boyle, Marty Feldman and Madeline Kahn. Dr. Frankenstein's grandson, after years of living down the family reputation, inherits granddad's castle and repeats the experiments. Directed by Mel Brooks.



Annual Wearable Arts Fashion Show

Tuesday, October 13 — Free

1:00 PM, OC Ballroom. All residents of Lincoln Hills and their guests are welcome. Bring your friends and neighbors to come see what the Wearable Arts Group has been creating this year!



Home, Health & Business Showcase

Thursday, October 15 — Free

Learn about the latest products and services for your home, health, garden, auto and personal/



financial matters. Meet your *Compass* advertisers and other local businesses that will showcase their products. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the *Compass* and many of our Association and Group activities. Additional info: Judy Olson, 625-4014.

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!



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!



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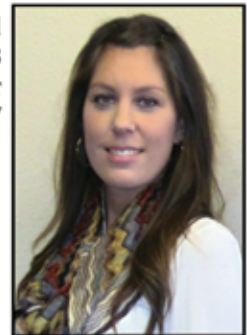


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Continued from page 39
from 10:00-11:30 AM on September 15. We will be having a general discussion about the information we have learned in the last three months. Also, discussion about the upcoming Parkinson's Conference in October in Sacramento. Come join us! More info: Brenda, 253-7537.

LH Republican Club

The Sixth Annual Lincoln Hills Republican Club BBQ will be Thursday, September 24, from 3:30-6:30 PM at the LH Sports Pavilion. BBQ Cost: \$15 per person or two for \$25. Deadline for sign-up: September 16. Food served will be Tri Tip, Brats, Turkey Burgers and salads. Invited speakers: Congressman Tom McClintock, Tom Del Becarro (Republican Senate Candidate), Gabriel Hydrick (candidate for State Assembly). More info: www.republicanclubscslh.org. Bring a friend and your appetite! Prepay, make check payable to: Lincoln Hills Republican Club; call 408-5195 for mailing address. Club dues, 2015-2016, \$15 per person.

LH Travel Group www.lh-travelgroup.com

We meet the third Thursday of the month, 7:00 PM, in the P-Hall (KS). Everyone is welcome. Premier representative Kris Adams is our speaker September 17. See our website for details about the trips being offered and those in the planning stage. Our committee members are all Lincoln

Hills residents. 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 SCLH residents are welcome. Tables are first-come, first-served.

Prostate Cancer Guys!!

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

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM.

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

Shalom Group

We are SCLH residents who enjoy getting together for friendship and the appreciation of Jewish traditions and celebrations. Other than living here in Lincoln Hills there are no restrictions on joining. Check us out. Last month we had the best picnic ever! 96 turned out for this event. The heat didn't scare us a bit. Our next event is all about "Shmears and Shmoozing." More info on this bagel happening: Vida Morrison 984-1043 or Hagai Narkis 543-3240.

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 (916) 434-6341 or trifilo@sbcglobal.net.

Library News

Sandy Melnick, Library Volunteer

If you are a reader of the classics, did you know that we have a section of these books in back of the sofa at Kilaga Springs Library? In this same area, we also have books of True Crime and children's books. Also on the top of the sofa is giveaway material from various agencies, i.e., Seniors First, Neighbors InDeed, etc. We also offer a bestseller list in the binder on the left. It is fun to look at all the nooks and crannies in our

Library—you might see something that really sparks your interest.

Please remember that we ask you to look at the copyright date before donating any books. We are asking for books copyrighted 2007 or later. It really helps the library staff if you would look for these dates. Thanks again to everyone for all your donations. We get a big volume of books coming in and being taken out and I am sure residents appreciate your sharing.

My latest read is *Secret Daughter* by

Shilpi Somaya Gowda, a story of a couple who adopt a baby from India and bring her to the San Francisco Peninsula. Meanwhile, her biological mother is always wondering what her daughter's life is like. I liked this story because it is very revealing about life in India and their customs.

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

Save The Date!
Under the Sea New Year's Eve Ball
 Thursday, December 31 • Tickets on Sale Starting October 17

Sea for yourself how much fun you will have ringing in 2016 at the *Lincoln Hills New Year's Eve Celebration!* Make a splash and treasure every minute with your friends as we usher in the New Year!

Have a whale of a time with our spectacular fireworks; while enjoying bubbles from the champagne toast! Don't wait too long to jump in! **Tickets sell out quickly!**



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.



—Concerts—

**Summer Amphitheater Concert Series:
 Fleetwood Mask:**

The Ultimate Tribute to Fleetwood Mac
Friday, September 18 — 5015-4H

Fleetwood Mask band, formed out of a mutual love and respect for *Fleetwood Mac's* music and story, comes from the Bay Area with decades of professional music and theatrical experience combined. Mick Fleetwood, founder of *Fleetwood Mac* gives the band his personal endorsement because of the passion and style found in their live performances. The group authentically recreates the *Fleetwood Mac* concert experience, covering music that spans from the mid 60's to the band's latest releases, as well as Stevie Nicks' solo smash hits. Fans go wild when they hear "Landslide," "Say You Love Me," "Songbird," "Gypsy" and more. Get ready to be blown away, asking for more, as we wrap up our summer series. Doors 6:30 PM; show 7:30 PM. General admission, \$18. See the Summer Amphitheater Concert Series Guidelines on page 44.



The Carolyn Martin Country Swing Trio
Friday, October 9 — 5309-08

Carolyn Martin, a 2011 inductee into the Texas Western Swing Hall of Fame, will bring her unique sound to the Ballroom (OC). You may remember Carolyn when she played guitar and sang back-up for Jason Petty's Hank Williams tribute. Western Swing has been described as "Big Band jazz, with fiddle and steel instead of trumpets and saxes." Carolyn Martin's music draws inspiration not only from the legendary swing groups of the past, but also from the



Continued on page 44

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big band era, Broadway musicals, and from the best of today's composers. From European concert halls to intimate venues at home in Nashville, fans have come to know Carolyn as a vocalist with a unique sense of musical style, a charismatic stage presence and a voice that exudes passion and experience—the soulful elegance that is the very essence of music. Vince Gill says, “Carolyn Martin is a great swing singer.” 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$19.** General admission, \$17.

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 movies, whose era lasted from film's beginning to the late 1920's, were shown in theaters with live musical accompaniment. We are recreating this experience with the Roseville Community Concert Band performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under 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.”



Continued on page 47

Summer Amphitheater Concert Series Guidelines

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

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

Admittance: Doors open at 6:30 PM.

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

Concert Changes: If there are any changes, notifications will be sent out via eNews.

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

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

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

Not Allowed: High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, E-cigarettes, pets.

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

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

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

Show Cancellation: **All sales are final.** In the case of unexpected “Acts of God,” “Force Majeure,” local authority-related, or any other unforeseen situations that prevent the event from safely being held, **no refunds or exchanges will be issued.**

Ticket Pricing: Located in individual articles in Entertainment section. No child pricing.

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—Rosalie Howarth, KFOG Radio. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$24.** General admission, \$20.

Single Tickets Now on Sale!

Baroque Masters

Thursday, November 12 — 5315-07B

Sacramento Opera Chorus

Tuesday, December 8 — 5315-07C

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 including the Berkeley and Boston Early Music Festivals. They will present a program of works by Baroque masters such as Telemann and Bach. On December 8, will be **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.**



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,

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.

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.



dinner, the Just Imagine Dancers will entertain you with their elegant costumes and traditional waltz numbers. Feast on a sumptuous buffet of traditional German foods. A complete menu is available at the Activities Desks. Enjoy a no-host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. **Reserved table seating \$40.**



—Show—

Edgar Allan Poe with Duffy Hudson Monday, October 12 — 5312-08

Broadway and film veteran Duffy Hudson brings his talent and fascination for Edgar Allan Poe to life in this unique one-man play. "The Shadow of the Raven" begins as Edgar Allan Poe rises from the scene of his mysterious death and continues as he pieces together the events of his life. Using a combination of biographical information and the dramatic interpretation of Poe's literature, "Annabel Lee," "The Raven" and "The Tell Tale Heart," Hudson provides a unique, in-depth theatrical experience of the life and works of one of America's best-known and enigmatic personalities. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved seating \$12.**



—Dinner Show—

Oktoberfest Celebration

Friday, October 16 — 5316-08

Come polka with us! Our Oktoberfest tradition continues with Oktoberfest music from the Karl Leberz Band, Just Imagine Dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, and dancing. Enjoy traditional German tunes during dinner and audience dancing later in the evening. After

Day Trips & Extended Travel



Katrina Ferland
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Day Trips

Sun City Lincoln Hills Community Joins the Sacramento Walk to End Alzheimer's

Saturday, October 3 — 1924-08

Support the Walk to End Alzheimer's disease. A bus, donated by Amador Stage Lines, will take walkers to downtown Sacramento to participate in this annual event. Our goal is to raise at least \$5,000. You can participate in several ways: Join us on the walk and pledge to raise at least \$100; sponsor your friend and neighbor by making a donation to their pledge and walk; go online to: <http://act.alz.org/> and select our team, Sun City Lincoln Hills Community Association to make your donation. Leave the Lodge at



8:00 AM for the ceremony at 9:15 AM and walk that begins at 10:00 AM. Choose between a one or three-mile walk, depending on your ability. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association, a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law. Walk is a rain or shine event. In the case of severe weather, we will cancel. We will have lunch together on our way home at the Spaghetti Factory in downtown Sacramento. Register now for the free bus ride, pledge information, and pay for your lunch at Spaghetti Factory, \$20 (includes lunch, tax & tip, and bus driver gratuity.) We hope you will join us in support of someone with Alzheimer's or dementia; someone who has lost a loved one to the disease; someone who is currently supporting or caring for someone with Alzheimer's; or anyone who supports the cause and vision of a world without Alzheimer's. Leave OC 8:00 AM, return ~ 3:00 PM. \$20.

Continued on page 52

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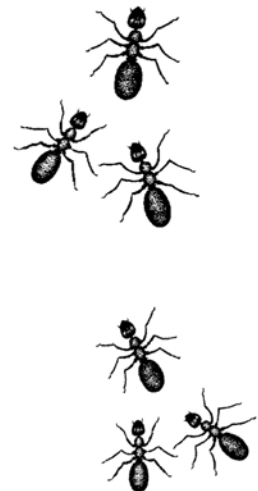


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—Casino/Races—

Jackson Rancheria**Tuesday, October 6 — 1951-08**

By popular request we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits or \$25 table game coupon. Spend four hours at the recently remodeled and expanded casino. Enjoy a nice fall drive in the Amador foothills! Casino promotions subject to change. Leave OC at 9:00 AM, return ~ 5:00 PM. \$23.

**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 from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.



—Festivals—

QuiltFest**Thursday, October 15 — 1730-07**

Open to all residents! Join the Needle Arts Group for a trip down to The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. Enjoy a full day from opening to closing! For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:15 AM,



return ~ 9:00 PM. Rest stop scheduled both directions of trip. \$63 (includes admission).

Hula Festival—Pleasanton**Saturday, November 7 — 1752-09**

la 'Oe E Ka La Hula Festival & Competition is the oldest hula festival held outside of the state of Hawai'i.

The festival and competition celebrates Hawaiian culture and traditions through solo and group hula competitions, arts and crafts, and food, which is vital to sharing the traditions, values and art of hula with the world. The festival is held at the Alameda County Fairgrounds in Pleasanton with competitions throughout the day in several buildings along with arts, crafts & specialty food vendors! Admission included, lunch on your own. Leave OC at 8:45 AM, return ~ 6:30 PM. \$60.



—Food/Wine—

Apple Hill**Wednesday, October 28 — 1824-08**

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, a produce and goodies store, and Halloween surprises! The Pie House Restaurant will reserve an area for our group at 11:00 AM to enjoy lunch, a *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill with stops at Larsen's Apple Barn and Boa Vista Orchards. The fall colors and countryside scenery will make this a day to remember. We even get a snack of an Apple Fritter and bottle of water, for the ride home. Leave OC 8:30 AM, return ~ 5:30 PM. \$62.

Tuesday, October 13 — Sold Out

—Performances—

Early Deadline!**Riverdance 20th Anniversary World Tour****Golden Gate Theater-San Francisco****Wednesday, November 4 — 4580-08**

The international Irish dance phenomenon is back by popular demand in *Riverdance—The 20th Anniversary World Tour*. Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater.

*Continued on page 55*

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Dinner on your own at Union Square after the 2:00 PM matinee show. Leave OC at 10:45 AM, return 9:45 PM. \$104. *Must meet minimum of 40 by September 18 at 12:00 PM or trip will be cancelled.*

Early Deadline! If/Then
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 all 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 deeply moving portrait of the lives we lead, as well as the lives we might have led. For more info about the show: www.ifthenthemusical.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. *Must meet minimum of 40 by October 8 at 12:00 PM or trip will be cancelled.*



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 to Love & Murder!* 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 heirs 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.



Two Dates! Beach Blanket Babylon Holiday Edition

Wednesday, December 9 — 1773-09
Or 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>.



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 to 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

Continued on page 57



5K FUN RUN/WALK FOR BREAST CANCER



WEDNESDAY
OCTOBER 21
2015

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.



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.



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.



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 pregame 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—

Early Deadline! California Capital Airshow

Sunday, October 4 — 1930-07

Don’t miss your chance to see two of North America’s Elite Military Jet Demonstration Teams in one place! See the USAF Thunderbirds in their signature formation flying and the Royal Canadian Air Force Snowbirds in thrilling and graceful action! The California Capital Airshow is celebrating their 10th anniversary as Sacramento’s premier airshow held at Mather Field in Rancho Cordova. They’ve brought back the large chalet tent with an included buffet and soft beverages this year that includes seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIPs entrance and up front bus drop off and parking along with private restrooms for chalet guests only. Docents and airshow staff will be available for assistance and questions. Enjoy aircraft displays and speak to pilots, crewmembers and see crazy aerobatics. Skip the traffic and parking hassles and join us for this spectacular airshow. Buffet menu available at Activities Desks or online. Leave OC at 8:30 AM, return ~ 5:30 PM. \$112. *Must meet minimum of 40 by September 18 at 12:00 PM or trip will be cancelled.*



Ferry to San Francisco—Union Square

Tuesday, October 27 — 1842-08

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building with Katrina, your Trip Coordinator. Enjoy Farmer’s Market Day at the Ferry Building and two hours of shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping/time on your own. Receive a 10% discount card for Macy’s. For more information on Ferry Building see www.ferrybuildingmarketplace.com/. Leave OC at 7:45 AM, return ~ 8:15 PM. \$48.



Continued on page 59



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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 featuring 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.



your Trip Coordinator, for a fun trip that is sure to get you in the mood for the holidays! Trip Includes:

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

Two Nights and Two Dates to Choose From! "Sun City Sierra Winter Train Roundtrip Reno" Wednesday, January 27 to Friday, January 29 — 1972-09 Or Wednesday, February 3 to Friday, February 5 — 1771-09

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:



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- Motor coach transportation to and 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.

—Overnight & Extended Travel—

Solvang—Julefest! Sunday, December 6-Tuesday, December 8 — 1970-09

It's no secret that Solvang is one of the most Christmassy 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 their shortest but begin to grow longer again. Join Katrina,



Sold Out Trips thru October 20

Trip • Date • Departure Time

- Eldorado Reno Overnight
Tuesday, September 22—11:30 AM
- Speaker Series-Michael Pollan
Tuesday, September 29—6:45 PM
- Giants vs. Los Angeles Dodgers
Thursday, October 1—9:00 AM
- Fleetweek
Sunday, October 11—10:00 AM

Continued on page 62



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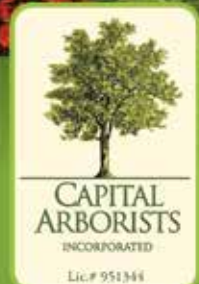
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Art

—Drawing—

Beginner Drawing

Thursdays, October 1-29 — 132215-09

10:00 AM-12:00 PM (OC). \$65 (five 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, October 7-28

9:00-11:30 AM Class — 113115-09

Or 1:30-4:00 PM Class — 113215-09

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 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, October 5-26 — 105115-09

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry

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



—Watercolor—

Beginning Watercolor Painting

Thursdays, October 1-29 — 132115-09

1:00-4:00 PM (OC). \$75 (five 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, October 7-28 — 206115-09

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



Lladro Workshop

Wednesdays — Ladd3

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

Continued on page 64

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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, October 6-27 — 212115-09

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, October 6-27 — 212215-09

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, October 1-29 — 221115-09

1:00-4:00 PM (OC). \$67 (five 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 Beginning/Intermediate Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for drop-in students but there will be a locker for all “work in progress.” Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

Crafts

—Card Making—

Intro to Card Making—Beginners

Wednesdays, October 7-28 — 317115-09

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren’t sure how to get started? Then this class is for you! This class will teach you all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited; sign up early to reserve your space. All supplies will be provided.



Card Making Level 2—Intermediate

Tuesdays, October 6-27 — 317215-09

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor’s approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



Card Making Level 3 — Intermediate-Advanced

Mondays, October 5-26 — 317415-09

Or Fridays, October 9-30 — 317315-09

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or has instructor’s approval. This class is for the more experienced card maker, and will continue to

Continued on page 66

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Dance

—Clogging—

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Beginning Clogging

Tuesdays, October 6-27 — 332115-09

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. I look forward to meeting you all. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, October 6-27 — 332215-09

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

Intermediate Plus Clogging

Tuesdays, October 6-27 — 332315-09

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

—Country Western Dance—

Country Couples Western Dance Beginner Level One & Two

Mondays, October 5-26 — 344215-09

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim &

Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners.

Country Couples Western Dance Beginner/Intermediate Level Three & Four Mondays, October 5-26 — 344415-09

8:00-9:00 PM (KS). \$20 (four 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: "Joes Diner and River City Cha Cha."



Country Line Dancing

Fridays, October 2-30 — 346115-09

3:00-4:00 PM (KS). \$20 (four sessions, No class October 23). 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, October 1-29 — 353515-09

5:00-6:30 PM (OC Fitness). \$60 (five 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, October 2-30 — 354515-09

2:15-4:15 PM (OC Fitness). \$70 (five sessions). Instructor: Dolly Schumacher James. **Prerequisite:** By audition or teacher's approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater in preparation for the Fall Musical and Holiday Shows.



Continued on page 69



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—Hula—

Hula

Thursdays, October 1-29 — 390215-09

1:15-2:15 PM (KS). \$40 (five 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, October 8-29 — 353015-09

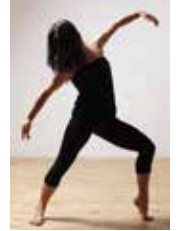
11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper

execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

Jazz Technique 2

Tuesdays, October 6-27 — 353115-09

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.

Continued on page 70



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Intro to Line Dance

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



Intro to Line Dance

- **Mondays, 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, October 5-26 — 370115-09**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, October 1-29 — 360115-09**
2:30-3:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Fridays, October 2 -30 — 380115-09**
12:00-1:00 PM (KS). \$35 (five sessions).
Instructor: Sandy Gardetto

Line Dance II — Beginner / Intermediate

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

- **Mondays, October 5-26 — 360215-09**
5:00-6:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Wednesdays, October 7-28 — 380215-09**
9:00-10:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.

Line Dance III — Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns

but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, October 7-28 — 380315-09**
10:00-11:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.
- **Thursdays, October 1-29 — 360315-09**
3:30-4:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, October 1-29 — 370415-09

10:00-11:00 AM (KS). \$30 (five 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—

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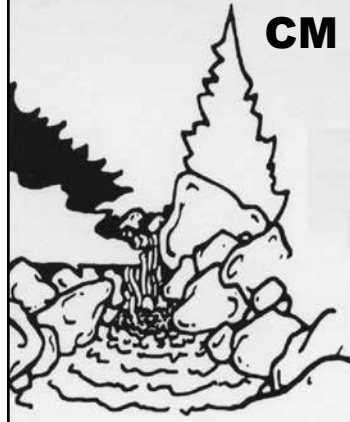
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tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She 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, October 1-29 — 410115-09

11:00 AM-12:00 PM (KS). \$40 (five 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.

Performance Classes

Mondays, October 5-26 — 410715-09

11:00 AM – 12:00 PM (KS). \$32 (four sessions).

Mondays, October 5-26 — 410615-09

12:00 AM-1:00 PM (KS). \$32 (four sessions).

Thursdays, October 1-29 — 410315-09

12:00-1:00 PM (KS) \$40 (five sessions).

Technique Classes

Mondays, October 5-26 — 410515-09

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

Tuesdays, October 6-27 — 410215-09

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

Thursdays, October 1-29 — 410815-09

10:00-11:00 AM. (KS) \$40 (five sessions).

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, October 5 — 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, October 5-26 — 494115-09

1:00-4:00 PM (KS). \$58 (four sessions). 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—

Art Deco Bracelet

Tuesday, October 13 — 513215-08

9:00 AM-12:00 PM (KS). \$15. Instructor: Cathie Szabo. The 30's Art Deco style translates into an eye-catching bracelet. Two-hole rulla beads team up with elongated crystals to form a stylish pattern. So simple and sophisticated, yet simple to make—maybe a potential gift idea? The bracelet is so easy and fast to make; students should finish the bracelet in class. Beginners will find this bracelet a great introduction to beading; experienced beaders will have a new way to use a different type of bead. Check out samples in the OC display window. Be sure you get the proper materials list when you register—look for the name and code # for Art Deco Bracelet as well as the photo of the necklace.



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.



Continued on page 75

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Pendant

October 12&19 — 542115-09

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

Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future.

Choosing an Investment Partner

Tuesday, September 22 — 870000-1S

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. What do you do if your spouse who was handling the family finances is no longer with us or able to do so? What if you are by yourself and you no longer want this responsibility? Who do you choose to take over and what qualifications should they have? Come learn how to choose an Investment Partner, we will analyze options such as friends, family, or an outside third person. Register: Fitness/Activities Desk or online.

How Much Should You Make on Your Investments

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 world's forecasts for rates of return and what might be best for you and your investments. Register: Fitness/Activities Desk or online.



Movie

Movies with Ray Ashton: "Judy Garland"

Wednesdays, September 16-October 7 — 521415-08

1:00-4:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. She was the greatest movie musical star! Judy Garland captured our hearts and gave us many of film's finest musical moments. Nearly 46 years after her passing she still dominates any discussion of movie musicals. Over four weeks we will take a look at her life and watch four of Judy's classic films: "The Wizard of Oz" (1939), "Meet Me in St. Louis" (1944), "A Star is Born" (1954), and the fourth to be chosen by the students. Join us as we take a wonderful musical journey.



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, October 5-26 — 535715-09

8:00-10:00 AM (OC). \$35 (four 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, October 7-28 — 535115-09

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, October 7-28 — 535215-09

10:15 AM-12:15 PM (KS). \$48 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students.

Continued on page 77



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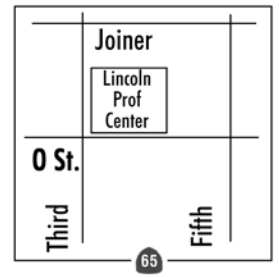


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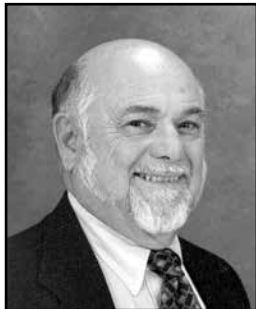
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Prerequisite: Completion of Guitar 2A or Instructor's approval. Class expands on lessons of Guitar 2A.

Guitar 3—Intermediate

Thursdays, October 1-29 — 535315-09

8:00-10:00 AM (OC). \$60 (five sessions).

Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Pre-**

requisite: 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, October 1-29 — 535415-09

10:00 AM-12:00 PM (OC). \$60 (five 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, October 2-30 — 536215-09

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

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

The Sudoku Series

Tuesday, September 22 — 870000-10

Tuesday, October 27 — 870000-0C

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. Register: Fitness/Activities Desk or online.



New! Brain Gain Part I

Mondays, October 5-26 — 877000-01

1:00-3:00 PM, Fine Arts (OC). \$40. Instructor: Dr. Alice Jacobs.

Based on the latest research on the importance of keeping the brain active as we age. The course provides memory enhancement techniques and interactive activities that exercise both hemispheres of the brain. Meet new friends, learn about a brain wellness lifestyle and enhance your memory while doing engaging and fun exercises. Repeaters welcome.

Coming Soon! Brain Gain Part II

Mondays, November 2-23

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

Coming Soon! Conscious Aging

Fridays, October 30-November 20

1:00-3:00 PM. \$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.

Living Through Transitions Social Hour

October 26 — Free

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.

Sewing

—Certification—

Bernina Serger Certification

Monday, October 12 — 591115-09

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

Continued on page 78

Bernina Sewing Machine Certification

Monday, October 12 — 592115-09

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, October 12 — 593115-09

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

—Quilting—

Block of the Month Class

This is a six-month hand appliqué class to make 12 flower quilt blocks. This original pattern is designed by Betty Kisbey. Each month a pattern will be provided for two of the 12 flower blocks in the quilt. At the last session of class in March, written instructions will be given for putting the quilt together along with instructions for borders and alternate blocks. If there is enough interest, a finishing class may be offered for an additional fee.



Flower Garden© Block of the Month Class.

Mondays (see below) — 594115-08

October 12, November 9, December 14, January 11, February 8, March 14, 10:00-11:00 AM (OC). \$60 (six sessions) Supply fee \$6, payable to instructor. Instructor: Betty Kisbey. **Prerequisite:** Students must have knowledge and be familiar with hand appliqué techniques. This is a once-a-month hand appliqué class that will run for six months to make 12 flower quilt blocks. The pattern provided to students is an original design by the instructor. Each month, new patterns will be given to the participants. A demonstration on how to make the blocks as well as proper use of tools and techniques will be shown at the start of each session. Students are expected to sew the patterns outside class time and bring the completed block the following month and show to instructor. After the demonstration, students will have the opportunity to consult with instructor and ask questions regarding their block. The class will only cover the 12 flower blocks in the quilt. At the last session of the class in March, written instructions on putting the quilt together along with borders and alternate blocks will be given to each student. If there is enough interest, a separate finishing class may be offered. Other Quilt Block classes maybe offered in the future. **Note:** *The patterns may be made by machine appliqué; however, no instruction will be given on machine appliqué. Lesson will not include sewing during class time. Students must bring their own fabric and supplies to class.*

Technology

—General—

Getting Most Out of Gmail

Monday, September 21 — 285315-08

9:30 AM-12:00 PM (OC). \$18. Instructor: Bob Ringo. Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device—desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. Prerequisites: Should have an individual Google or Gmail account set up before coming to class.



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—

Cloud Storage and Your Genealogy Data

Friday, September 25 — 284115-08

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$18. Using the

Continued on page 81



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“Cloud” for storing and backing up your genealogy data is a must these days for the modern genealogist. “Cloud” storage is off-site storage using the Internet. There are many safe, free, and easy-to-use Cloud storage sites such as Google Drive, OneDrive, Dropbox, and Evernote. If your computer dies and you accidentally delete or lose a genealogy file, you can easily restore the lost data from your cloud storage. If you have more than one computer, cloud storage is a good way to sync your genealogy data between all of your computers.



Getting Started with Roots Magic

Wednesday, October 28 — 286415-09

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

Organizing Your Windows Information Files & Folders

Wednesday, September 23 — 283115-08

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. **Prerequisite:** Basic computer skills. The average PC user collects many types of information—music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun!



Tips and Tricks for Beginning PC Users

Monday, September 28 — 282115-08

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar,

downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. Please bring a flash drive.

More Tips and Tricks for Beginning PC Users

Tuesday, September 29 — 282215-08

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

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.



—Smart Phones and Tablets—

Introduction to SmartPhones

Monday, October 26 — 256215-08

1:00-4:00, (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. If you just bought an Android SmartPhone from Verizon, AT&T, T-Mobile, 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. **Pre-**

Continued on page 83

"Carolyn Martin is a great swing singer." - Vince Gill



Carolyn Martin Country Swing Trio

Friday, October 9 • Ballroom (OC) • Concert at 7:00 PM



A 2011 inductee into the Texas Western Swing Hall of Fame, Carolyn will bring her unique sound to the Ballroom at OC. Her music is inspired not only from the legendary swing groups of the past, but the Big Band era and Broadway musicals.



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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.



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 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, September 19 & 26 — 272115-08

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.



WellFit Classes

WellFit

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

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

WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to

take our free Orientation and learn how the Fitness Centers work, and how to use a select number of pieces of equipment safely and properly! Orientations are designed to educate you on all the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Thursday, September 24 — 700100-O3**
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, October 7 — 700100-OA**
2:00-3:00 PM, Fitness Floor (OC)

Continued on page 85

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- **Thursday, October 22 — 700100-OB**
10:00-11:00 AM, Fitness Floor (OC)
- **Tuesday, September 29 — 700100-KB**
2:00-3:00 PM, Fitness Floor (KS)
- **Thursday, October 8 — 700100-K1**
4:00-5:00 PM, Fitness Floor (KS)
- **Wednesday, October 28 — 700100-K2**
3:00-4:00 PM, Fitness Floor (KS)

**Category headlines are
now listed in alphabetical order**

Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 66. 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, October 7-28 — 801000-OB
Fridays, October 9-30 — 801000-OD

Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). \$35. 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. Lin Hunter is a certified Arthritis Foundation instructor with many years of experience.



Arthritis Class L2

Tuesdays, October 6-27 — 801000-OA
Thursdays, October 1-29 — 801000-OC

Tuesdays & Thursdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 Tuesday (four sessions) \$43.75 Thursday (five 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. Lin Hunter is a certi-

fied Arthritis Foundation instructor with many years of experience.

Cardiac Pulmonary Exercise Program (CPEP 1)

Monday, October 5-26 — 880000-10

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. Register: Front Desks or online.

Diabetes Exercise Program (DEP 1)

Wednesday, October 7-28 — 878000-09

3:00-4:15 PM, Aerobics Room (OC). \$40 (four sessions). Instructor: Annamarie Estevez. This class is especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels even hours after you've stopped exercising. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class. Register: Front Desks or online.



New! Do Those Hand Sanitizers Really Work? Protecting Yourself during the Flu Season

Tuesday, September 29 — 850000-01

9:00-11:00 AM, Fine Arts (OC). \$28. Instructor: Victoria Florentine RRT, Respiratory Care Practitioner. This class is open to anyone who wishes to stay well during the flu season. Older adults, people with chronic illnesses, and those with compromised



Continued on page 87

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immune systems are especially vulnerable to colds, the flu, and pneumonia. Learn about why there is a flu “season,” the definition of a “flu virus,” why older adults are more vulnerable than younger adults, how to tell the difference between the “common cold” and the flu, the most important steps you can take to prevent colds and the flu, the truth about flu and pneumonia vaccines, and steps to take if you should get sick. Learn the facts from an expert in cardiopulmonary care! There will be a question and answer session at the end of the 75-minute presentation. *This class is the first in a series of monthly classes on cardiopulmonary health and wellness.* Register: Fitness front desks or online.

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 bracelet. \$10 of registration goes to Placer County Endowment 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. Training is available with registration. 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 Endowment 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, October 6-27 — 790401-10

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 learn from your lessons in a fun and energizing environment! Taught by an equally fun and energizing National USTPA Pro. Register: Fitness Desks or online.

New! Beginner Clinic

Thursday, October 1 — 790400-14

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 de-

velop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end. Register: Fitness Desk or online

Service Clinic

Saturday, October 10

2.5-3.0 players 11:00 AM-12:00 PM — 790400-15

3.5-4.0 players 12:00-1:00 PM — 790400-A5

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. Register: Fitness Desks or online.



Double Strategy

Saturday, October 24

2.5-3.0 players 11:00 AM-12:00 PM — 790400-16

3.5-4.0 players 12:00-1:00 PM — 790400-A6

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

Pro Tennis Lessons

Sundays, October 4-November 8

Beginner 8:00-8:50 AM — 790700-06

Intermediate 9:00-9:50 AM — 790600-06

Advanced 10:00-10:50 AM — 790500-06

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



Nordixx Pole Walking

Thursday & Friday, September 24 & 25 — 750000-09

Monday & Wednesday, October 19 & 21 — 750000-10

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



Continued on page 88

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falling. Walking poles are available for each class at no charge with option to purchase at final session. Register: Fitness Desks or online.

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, October 1-29 — 820706-10

1:00-2:00 PM, Aerobics Room (KS). \$43.75 (five sessions). Instructor: Sherry Remez. If you're ready to relax mind and body and learn scientifically verified techniques and ancient secrets for enjoying life to the fullest, this is the class for you. You are invited to Healing with Chi (“chee”/energy) the ongoing class with-a-smile, where you gain mindfulness, increase life energy, release stress and pain for greater longevity with the feeling of well-being. Enjoy being guided by 30-year holistic healing practitioner, Sherry Remez. Sessions are based on her book *Energy Healing—Your Heart, Mind & Hands*. Appropriate for any age or fitness level.

Self-Defense and Martial Arts

Tuesdays, October 6-27 — 815000-10

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



Tai Chi L1

Tuesdays, October 6-27 — 730100-10

Saturdays, October 3-31 — 730100-OA

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC), \$35 Tuesdays (four sessions); \$43.75 Saturdays (five sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Men-

tally, 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, October 3-31 — 730300-10

10:00-11:00 AM, Aerobics Room (OC). \$43.75 (five sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels.



Tai Chi Advanced L3

Tuesdays, October 6-27 — 730400-10

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

Money Matters

This section is moving to Activities Classes in the future, see page 75.

Choosing an Investment Partner

Tuesday, September 22 — See Activities Classes page 75

How Much Should You Make on Investment?

Tuesday, October 27 — See Activities Classes page 75

—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, October 13-November 17 — 860000-A2

1:00-2:30 PM, Multipurpose Room (OC). \$99 (five sessions).

Continued on page 90

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. Register: Activities/Fitness Desks or online.

Pilates Reformer

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

Pilates Reformer Membership Packages

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

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

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in 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.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-10

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.

Pre-Reformer for Special Population—Personal Training

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

Personal Improvement

This section is moving to Personal Improvement in Activities Classes in the future. See page 77.

The Sudoku Series

Tuesday, September 22 — See Activities Classes page 77

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,

September 30-October 26 — 835210-10

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, September 29-October 22 — 835211-10

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,

September 30-October 26 — 835800-10

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, October 6-29 — 835500-10

1:00-2:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays, September 22-October 15 — 835600-10

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). In-

structor: 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,

September 29-October 22 — 835300-10

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions).

Instructor: Mike Yamamoto. For a limited time only, try this bootcamp class for half off! 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 Bootcamp L2

Mondays & Wednesdays,

September 30-October 26 — 835300-BA

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions).

Instructor: Milly Nuñez. Rise and shine to enjoy a challenging and fun SGT. A total body approach will be used to develop and build balance, coordination, and strength in your entire body. You'll use your own body weight and various pieces of equipment including TRX, Bosu, and more!



SGT— Morning TRX Bootcamp L2

Fridays, October 2-23 — 835200-10

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,

September 28-October 21 — 835400-10

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 re-

Continued on page 92

sults. 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, October 5-28 — 835700-10

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT—Healthy Back L2/L3

**Mondays and Wednesdays,
October 5-28 — 835701-10**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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, October 5-28 — 835710-10

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

WellFit Services

Services available to assist you in furthering your health and wellness.

Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. It's a new concept in natural healthcare that gets results. Bowen addresses core issues, not just symptoms. Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica and knee problems. In essence, the practitioner helps your body heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised



health. Certified Bowen Therapist Natilee Riordan has always been passionate about people and about fitness, however it wasn't until an injury became a roadblock in her own pursuit of wellness that she realized she wanted to help people free themselves of pain and restore quality to their lives. Her goal is to assist others in reaching their fitness and overall wellness goals. "The reason I exercise is for the quality of life I enjoy."— Kenneth Cooper. For more information about Bowenwork or for an appointment, please contact Natilee Riordan at Bowenwork@schca.com 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 Centers.

Punch Pass Class Descriptions

Please see the colored grids on the following pages for days and times. Purchase a Punch Pass for these classes. 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.

• **Arthritis Foundation Aqua Class L1:** This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between good music, friendly people and laughter, you can't miss with this class!

• **Arthritis Foundation Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!

• **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:** 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!

Continued on page 94

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

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

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

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

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

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

• **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 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:** 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 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 –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.



Pilates Reformer Class Schedule October 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	OC	OC	OC	OC	OC	OC	OC
	Ref Intermediate L2 - Kirsti		Athletic Reformer L1 - Marilyn		Ref Intermediate L2 - Kirsti		
8:30	Athletic Reformer L1 - Sarah	Ref Intermediate L2 Janine		Ref Basics L1 - Gretchen	Ref Basics L1 - Sarah		
9:30	Ref Basics L1 - 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						
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

OC Aqua Wellfit Class Schedule October 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	H20 Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 -Deanne	H20 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							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Outside H20 Bootcamp L3 Annamarie	Water Works L2/3- Annamarie	Outside H20 Bootcamp L3 Annamarie	Aqua Pilates L3 Marilyn			

KS WellFit Class Schedule , October 1-31, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
6:15		6:15am SGT - Bootcamp L2 - Mike		6:15am SGT - Bootcamp L2 - Mike			
7:00	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TRX Bootcamp L2 - Kathryn		
7:30						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 - Joanie		
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	NEW! Classical Mat Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Cycle & Strength L2 - Gretchen	20/20/20 - Domine	Everybody Can L2 - Lin	Yoga L2 - Suson	
11:30	SGT - Healthy Back L1 - Kathryn		SGT - Healthy Back L1 - Kathryn		Waidan 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			
1:30	Yoga Basics L1 - Suson	Tai Chi L1 - Peif		1:00pm QiGong L1 - Sherry			
2:30	SGT - TRX Interval L2 - Julia		SGT - TRX Interval L2 - Julia	Relaxing Yoga & Meditation L1 - Suson			
3:30	SGT-TRX Express L1 - Julia	(2:45-3:45) Tai Chi L3 - Peif	SGT-TRX Exp. L1 - Julia		SCLH Booking		
4:00		Yoga for Osteo L1 - Suson		Yoga for Osteo L1 - Suson			
5:00	SGT - Bootcamp L3 - Mike		SGT - Bootcamp L3 - Mike				
5:30		SGT - TRX Exp. L2 - Julia		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.							



How to Manage Nerve Pain
Wednesday, September 30 — Free

7:00-8:30 PM, Ballroom (OC). Many people experience different types of pain, both emotional and physical. One type of physical pain may be caused by “nerve pain” and can present significant challenges to one’s quality of life. This presentation will focus on treating pain stemming from damaged nerves, and specifically damage to nerves that occur in post herpetic neuralgia (PHN). Herpes Zoster, also known as shingles, can lead to post herpetic neuralgia in 9-14% of patients. Fifty percent of post herpetic neuralgia cases occur in patients over 60 years old. It is a very painful condition that can last months to years after skin lesions heal. Join us for an informative and interesting discussion with Dr. Samir Sheth, MD, Director of Neuromodulation at UC Davis Health System.



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



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"> • How to Manage Nerve Pain Wednesday, September 30, 7:00 PM, Ballroom (OC) • Windows 10: The Last Window Upgrade You Will Ever Need! Wednesday, October 28, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Chinese Builders of Gold Mountain Thursday, November 5, 7:00 PM, Ballroom (OC) • Keeping Your Joy during the Holidays Wednesday, November 11, 7:00 PM, Ballroom (OC)
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