

# C MPASS

The Official Magazine of Sun City Lincoln Hills

September 2016

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Chef, Ian Elieff... page 19**

**Walk to End  
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**Community Social and Breast  
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**Home, Health and Business  
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### On the cover

Rob Stewart from KVIE's *Rob on the Road*, shown interviewing 87 year young SCLH pickleball player Don Robinson. Watch the full interview along with other Pickleball members on your PBS station October 21 at 7:30 PM

## Board of Directors Report

### Board Service

Jim Leonhard, President, SCLH Board of Directors



As of September 12, candidates for the February 2017 Board of Directors' election had 30 days to declare themselves. Being ineligible for re-election, I thought it might be helpful to those contemplating candidacy to provide insight on the two questions most often asked of me:

What's it like being on the Board?

Why would anyone want to be on the Board?

*First, a disclaimer: The opinions, feelings, and perspectives contained in this article are the author's alone. Others who have served on the Board would undoubtedly have different views.*

Being on the Board is simply what the individual member wants it to be. I'm reminded of a story from the middle ages. Coming across workers carrying bricks, a gentleman asks one of them, "What are you doing?" The man tiredly replies, "I'm carrying bricks." The gentleman accosts a second worker with the same question. He smiles broadly and enthusiastically responds, "I'm building a cathedral!"

So, some Board members may feel like they are carrying "bricks" and others like they are building "cathedrals." Some days it is fun and exciting as we see important progress made by our community (like the solar project) thanks to dedicated staff and volunteers. Other days it's uncomfortable as we serve as judge and jury on matters affecting individuals (such as disciplining an errant resident) or all Association members (like approving a dues increase).

Additionally, being on the Board means keeping silent about confidential matters

and taking one's fiduciary responsibility seriously. Successful Board members work hard and are well prepared, attend many Committee and other meetings, listen carefully to all points of view (without taking criticism personally), remain neutral and avoid having "an agenda," and they express their opinions clearly and succinctly. Above all, they join together as a team to debate, disagree and ultimately reach consensus with their fellow Board members.

Board membership carries with it a sense of giving back to this wonderful community of people. It is satisfying and rewarding knowing that I've contributed in some way to preserving and improving our Association for all residents. There is also a great deal of pleasure taken in encouraging and observing the continued leadership growth of our Executive Director and the passionate dedication of his staff.

Of course, there are those mercifully few negative people who feel they must criticize virtually everything and everyone, sometimes abusively. That's their choice. For me, it's fundamentally about doing the right thing at the time for the community as a whole, without worrying about whether it is popular or not, but knowing I've done the best I can. And perhaps most importantly, keeping it all in perspective relative to the bigger picture of my life.

That's enough for now. I hope this discourse will encourage some new candidates to step forward and "throw their hat in the ring."

## Behind the Scenes

Doug Brown, Resident Editor

In the coming months, the COMPASS staff will periodically offer in-depth glimpses of some of the talent, skills, and organization that underlie the "surface" of our lifestyle here in Lincoln Hills. What

takes place "behind the scenes" to bring to fruition an array of amenities that we enjoy here? Some of those efforts are literally behind the scenes—in offices and staff conversations, doing research, making dozens of telephone calls, searching the Please see "Behind the Scenes" on page 8

# Calendar of Events

September 15-October 31

Date	Event	Page #
09/15	Book Discussion: <i>All the Light We Cannot See</i> <b>28</b>	
09/15	Veterans: Speaker—Aging with Dignity & Grace <b>38</b>	
09/16	Summer Concert Series: Country Royalty <b>48</b>	
09/17	KS Classic Movies on Saturday: Moonstruck <b>42</b>	
09/17	Festival: Benecia Fine Arts Fair <b>66*</b>	
09/18	Sports: SF Giants vs. St. Louis Cardinals <b>66*</b>	
09/19	Astronomy: Introduction to Black Holes <b>27</b>	
09/19	Astronomy: Violent Death of Massive Stars <b>27</b>	
09/19	Genealogy: "So Many Ways to Say 'I Do'" <b>32</b>	
09/19	Painters: David Peterson Watercolorist <b>35</b>	
09/20	Videography: "Learning Curves" <b>39</b>	
09/21	Forum: Down Low Down There: Urology Issues <b>25, 104</b>	
09/22	Eye Contact: Part 3 Home Office & Written Commun." <b>31</b>	
09/22	Casino: Colusa Casino <b>52</b>	
09/22-23	Readers Theater: Auditions for "39 Steps" <b>36</b>	
09/23	Summer Concert Series: Frankie Valli Tribute <b>48</b>	
09/24	Tour: Floating Homes Tour <b>66*</b>	
09/28	Music: Play and Sing <b>34</b>	
09/29	KS Comedy Night with Kat Simmons <b>47</b>	
10/01	Festival: California Capital Airshow <b>56</b>	
10/02	Sports: SF Giants vs. L.A. Dodgers <b>66*</b>	
10/03	Antiques: Salt Cellars <b>27</b>	
10/03	KS at the Movies: Alfred Hitchcock's Rebecca <b>42</b>	
10/03	Food & Wine: Apple Hill <b>56</b>	
10/04	Eye Contact: Vision Rehabilitation Services <b>31</b>	
10/04	Scoop: "Everything—Need to Know About Dog's Heart" <b>36</b>	
10/04	Show: Duffy Hudson presents Henry Houdini <b>52</b>	
10/05	Astronomy: "New Large Telescopes" <b>27</b>	
10/06	Investor's: Speaker, Wellington Management <b>33</b>	
10/06	Food & Wine: Apple Hill <b>56</b>	
10/07	Breast Cancer Benefit/Assoc. Social <b>7, 15, 20, 28, 42</b>	
10/08	Lincoln CreekFest <b>42</b>	
10/08	Grandkids Event: Pumpkin Splash <b>51</b>	
10/08	Festival: Great Italian Festival—Silver Legacy <b>56</b>	
10/09	Festival: Fleet Week Hornblower Luncheon Cruise <b>56</b>	
10/10	Bird: "Birds of the California Coast" <b>28</b>	
10/11	NeedleArts: Wearable Art Fashion Show <b>34, 42</b>	
10/12	Computer PC: "OneNote and Evernote" <b>30</b>	
10/12	Museum: Berkeley Art Museum/Pacific Film Archive <b>58</b>	
10/12	Forum: Have a Landscape Question? Ask Experts! <b>104</b>	
10/13	Hiking: Speaker, Climb to the top of Mt. Kilimanjaro <b>33</b>	
10/13	Festival: QuiltFest <b>56</b>	
10/13	Forum: Meet the Candidates for Lincoln City Council <b>104</b>	
10/14	Computer PC: Amazon is the Everything Store <b>30</b>	
10/14	Dinner Show: Oktoberfest Celebration <b>51</b>	
10/14	Tour: Beale Air Force Base <b>66*</b>	
10/15	KS Classic Movies on Saturday: Hitchcock's Psycho <b>42</b>	
10/15	Tour: U.C.Davis Arboretum & Raptor Center <b>65</b>	
10/16	Artisans in the OC Lodge <b>35, 43</b>	
10/17	Genealogy: Probate Records <b>32</b>	
10/17	Document Destruction <b>43</b>	
10/17	Forum: Smart Voters—Non-Partisan Facts <b>104</b>	
10/18	Home, Health and Business Showcase <b>43, 108</b>	
10/18	Concert: The Angelica Duo <b>48</b>	
10/19	Tour: Ferry to San Francisco—Union Square <b>65</b>	
10/20	Book Discussion: Dead Wake: Last Crossing Lusitania <b>28</b>	
10/21	Tour: Scrapbook and Stamp Expo <b>65</b>	
10/21	Tour: Beale Air Force Base <b>66*</b>	
10/26	Alzheimer's Dementia/Speaker Stephanie Wilson <b>27</b>	
10/26	Forum: The Eyes Have It! <b>104</b>	
10/28	Music: Open Mic Night <b>34, 43</b>	
10/28	Scoop: Halloween Parade <b>37</b>	
10/28	Concert: Silent Movie Night w/Rsvl. Comm. Band <b>51</b>	
10/29-30	Readers Theater: "39 Steps" <b>36, 43</b>	

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

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

This month's COMPASS cover features Rob Stewart, from KVIE's Public Television "Rob on The Road." Rob was here at the invitation of Pickleball Club members Andrea & Armando Mayorga. The day of the interview it was one hot morning! It was impressive to watch players enjoying their sport and their camaraderie, in spite of the heat. Rob enjoyed his visit immensely, playing with and interviewing several members. Watch the full interview on your PBS station October 21 at 7:30 PM. The show is called "Lake Natoma indoor/outdoor sporting activities."

Please join our Sun City Lincoln Hills



team on the bus to the California State Capitol in Sacramento, for the world's largest event to fight Alzheimer's Saturday, October 1.

Use Activity Code #1924-08 and plan to join us from 8:00 AM-3:00 PM for the walk and lunch (\$20). If you can't join us for the walk but would like to contribute to our Sun City Lincoln Hills team goal to raise \$5,000, please go to our direct link at: <http://bit.ly/TheWalk2EndAlz> to donate. Please contact me for more information. Thank you for your support!



In Kilaga Springs Library news, Cleon Johnson, who has been managing the investment material resources since 2005, is going to step down and we hope

to be able to fill his volunteer position soon. As he leaves this position, we have several investment subscriptions up for renewal in 2017 and ask for your feedback. Cleon is again tallying readership Please see "Connections" on page 15

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

September 15-October 31

Golf Cart Registration.....	Thursday, September 15, October 6 & 20, 9:00 AM, OC Lodge
<b>Properties &amp; Finance Committee</b>	
Budget Roll-Up.....	Thursday, September 15, 9:00 AM
Finance Committee Meeting.....	Thursday, September 15, 9:15 AM
CCOC Open Workshop.....	Tuesday, September 20, 10:00 AM
Board of Directors Special Meeting.....	Thursday, September 22, 3:30 PM
Board of Directors Executive Session.....	Thursday, September 22, 4:00 PM
Board of Directors Meeting.....	Thursday, September 22, 6:30 PM
ARC/Architectural Review Committee.....	Monday, September 26, 9:00 AM
CCOC Open Workshop.....	Tuesday, September 27, 9:30 AM
Listening Post.....	Tuesday, September 27, 11:00 AM
Compliance Committee Meeting.....	Wednesday, October 5, 10:30 AM
Properties Committee Meeting.....	Thursday, October 6, 9:00 AM
Elections Committee Meeting.....	Friday, October 7, 10:00 AM
ARC/Architectural Review Committee.....	Monday, October 10, 9:00 AM
Finance Committee Meeting.....	Thursday, October 20, 9:00 AM
ARC/Architectural Review Committee.....	Monday, October 24, 9:00 AM
Listening Post.....	Tuesday, October 25, 11:00 AM
Board of Directors Meeting.....	Thursday, October 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, October 27, 10:30 AM
Board of Directors Executive Session.....	Thursday, October 27, 11:00 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

September is here, and the year is winding down. As we head into the last three and a half months of the year,



here are a couple of random thoughts ... Yard care has become a big issue in Lincoln Hills, and we have received a fair amount of feedback regarding the maintenance (or lack thereof) of homes in our community. Mark Hutchinson and Mary Lou Taverna are the chairs of the **ARC and Compliance Committees**, respectively, and they are working to put a proposal in place to

address issues of timeliness and efficiency. As soon as the plan is ready to present, we will schedule an open workshop to review the proposal with the Board and our residents. The goal is to improve the current process in a way that is effective, timely, respectful to our residents, and doesn't present an undue burden on our resident volunteers. We are fortunate to have two very capable individuals in Mark and Mary Lou to oversee this project ... I'd like to recognize the work of **Stacey Diemer**, who is the manager of the **Spa at Kilaga Springs**. Since Tina Ginnetti left in October of 2014, we have had difficulty

finding an appropriate leader for the Spa. Stacey took over in March of this year, and I am incredibly proud of the effort she has put into turning things around, not only in improving customer service, but also in getting the staff on board with changes and creating a more positive atmosphere for everyone concerned. It has not been easy, but we are beginning to see improvement, and from May through July, the Spa posted revenue in excess of \$50,000 for each of those months, which is the first time the Spa has reached that level since Tina left. Our thanks to Stacey, and to all of you, now is a great time to book your fall massages, manicures, pedicures, facials, and more ... Enjoy the rest of your September.

## To Become an Association Director, the Time is Now

Elections Committee



The Board of Directors candidate filing period is open from September 12 to October 12, at 4:00 PM.

This year there are four seats to be filled. We must have five or more candidates in order to hold an election. We encourage you to get an application at the Orchard Creek Lodge Membership Desk, complete it, and submit it. This year's Candidate Information session was held on September 7. It was video recorded and is available for viewing on the Association website at [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents).

The names of candidates who file will be announced immediately after the filing period closes. Then, campaigning can begin. Statements submitted by each candidate will appear in the December issue of the *COMPASS*.

If you have not filed, please do it soon, for now is the time to offer use of your skills in assisting our community to remain well cared for and vibrant.

## Employee of the Month Award

Our August "Employee of the Month" Award is Annamarie Estevez who joined our WellFit Department in January 2015. Here are just a few words shared by our staff:

*"Annamarie saved a resident in the pool while she was teaching a Water Fitness Class." "She even took it to the next level and went to the hospital that evening to check on the resident." Annamarie repeatedly takes the residents interests to heart!" "She is notorious for going above and beyond!"*

Please stop by the KS WellFit Center to congratulate Annamarie. We are privileged to have her lifeguard rescue



Annamarie Estevez, Instructor, WellFit Department, right, with Nancy Gabriele, HR/Payroll Manager

techniques on hand. Thank you Annamarie, for your outstanding dedication to Sun City Lincoln Hills.

## Did You Know?

Have a question or comment for Department Managers? There is a Suggestion/Comment Box on the table near the pool / dressing area at the OC Fitness area, at the OC Activities Desk, at the host station in Meridians and at the front desks at KS Fitness, Activities and the Café. 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!





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## Activities News & Happenings

### Goodbye Summer... Hello Gorgeous Fall

Lavina Samoy, Lifestyle Manager

Saying goodbye to summer for some can mean the end of fun times. Not here in Lincoln Hills! Our fall and winter calendars are teeming with exciting activities. But before we bid adieu to summer, join us for our last summer fling when **Let's Hang On! A Frankie Valli**



**Tribute Show** goes on stage **September 23** (page 48). With excellent vocal harmony and smooth choreography, this is the perfect concert to close the series. If you picked up your *COMPASS* on the 15th, you still have time to purchase tickets to **Jason Petty and Carolyn Martin: Country Royalty on September 16** featuring the music of two country legends, *Hank Williams and Patsy Cline* with their five-piece band (page 48).

Looking ahead, Deborah Meyer, our Entertainment Coordinator, is busy booking great acts and preparing for two dinner parties to wow you all. **October 14** ushers **Oktoberfest** (page 51). This year, attendees will receive a *commemorative beer stein* and enjoy the Alpentanzer Schuhplatter band and dancers for a great price! This year's **New Year's Eve Party** will be another spectacular evening, serving elegance, glitter, fun, and excitement! *Hint... cirque surprises!* Tickets go on sale October 17.

Concerts are moving indoors this fall with the **Roseville Community Concert Band** providing live musical score to **Buster Keaton's 1926 Classic Comedy, "The General"** (page 51). The high energy band **Dirty Cello** plays their unique spin on blues and bluegrass on **November 4** (page 51). And finally, comedy and magic are fused together in the return engagement of **Ryan Kane on November 10** (page 47).

A free big screen outdoor movie is scheduled in the Amphitheater on **Novem-**

**ber 7** with Tom Cruise's **Mission Impossible: Rogue Nation** (page 43).

For trips, explore the **Berkeley Art Museum and Pacific Film Archive on October 12** (page 58) and the newly renovated **San Francisco Museum of Modern Art (SFMOMA) on November 29** (page 58). Get a glimpse of the highly touted Golden One Arena in Sacramento and watch **Cirque du Soleil—Toruk on November 30** (page 63). Enjoy an overnight trip to **El Dorado Hotel & Casino** in Reno to see the entertaining musical **"The Producers" on November 9-10** (page 66). Dates are set for our annual trek through the Sierras...**Sierra Winter Holiday roundtrip two-night train experience on December 5-7** (page 66). With a short vendor deadline of November 21, sign up now for **2017 Sacramento Philharmonic Pops and Classical concerts** (page 58)!

Summer might be gone, but fall is looking pretty exciting!

## Is it a Moving Sale, Estate Sale, Downsizing Sale, or Garage Sale?

Mary Lou Taverna, Compliance Committee Chair

**W**hatever label accompanies the type of sale is not as important as the fact that all of the sales held here in SCLH must be in compliance with the CC&Rs and Design Guidelines.



Signs can be very helpful. They point us to a destination, show us where desired merchandise is located and provide thousands of other practical uses. They come in all types, designs, and sizes, and with many different words or messages.

We have all seen signs in some communities that may be too large or too ugly, or there are too many and they can mar the beauty of a landscape, street, or an entire neighborhood or community. Our governing documents seek to maintain

the physical beauty and property values of our community and that is why all signs must be in compliance with the CC&Rs and Design Guidelines.

The city of Lincoln restricts garage/

"The best way to help customers find your sale is to advertise in local papers, utilize social media, and spread the word on websites."

estate sales to two per year per residence. The SCLH Community Association follows the city policy by limiting garage/estate sales to two per calendar year per residence, with a maximum duration for each sale of two consecutive days.

Each owner or representative of the Owner is responsible for the placement

and removal of their signs. In any case, the Owner is ultimately responsible for making sure his/her agents comply with the governing documents and may be subject to penalties for failing to do so. The CC&Rs Section 8.09 (e) and Design Guidelines 60.7 (c) provide confirmation of the requirements and need for compliance.

A significant number of garage sale signs have been spotted recently on Lincoln Hills and city of Lincoln properties—on poles, sidewalks, lawns, and private vehicles, to name a few. These signs are not allowed and are often removed by authorities or concerned residents who are aware of the rules. The best way to help customers find your sale is to advertise in local papers, utilize social media, and spread the word on websites.

The Garage and Estate Sale Guidelines, a one-page document, provides a complete description of what is required in order to have a sale and be in compliance. This information is available in the resource area in Orchard Creek Lodge.

## WellFit News

## What's Going on in Fitness?

Deborah McIlvain, Director of WellFit and The Spa at Kilaga Springs

**Staying on the Cutting Edge.** Earlier this summer Jeannette Mortensen, Jonathan Leung and I travelled to Los Angeles to the annual IDEA World Fitness and Nutrition Expo. More than 14,000 personal trainers, group exercise instructors, club owners and managers and fitness enthusiasts were in attendance representing over 60 countries. We enjoyed reviewing new products, fitness equipment, trends, and apparel from more than 300 companies. In Jeannette's words, "It was nice to get refreshed and rejuvenated and see that at SCLH we are on the cutting edge of our industry!"



**New Equipment.** Kilaga Springs Fitness Center will be getting new weight equipment this year and I'm looking into two brands called Precor and Freemotion to replace our Life Fitness selectorized equipment. If you're interested, pictures of both

lines will be on display at KS and I'm open to hearing your suggestions! When picking out new equipment I attend conventions and also visit local health clubs, enabling me to try out equipment and hear from others what they like and dislike. I also take into consideration our demographics, focusing on equipment that needs to be easy to adjust as well as functional. Will people with canes or walkers be able to use it? Are they functionally safe for specific muscle groups? Keep in mind, manufacturers develop equipment for the general public not just for someone who is 55 and older. Some of the comments I get are "I would like the signs to be bigger, the font is too small" and "Equipment doesn't work well for small framed people." With all our equipment, no single machine is right for everyone but with our many choices here, you're sure to find what's right for you.

**Retail.** If you have stopped to shop at our Fitness Centers you have probably noticed some of our recent changes. Cindy Davis, our newest WellFit team member worked with Ryan Nichols-Roy in the graphics department to create a brand

new look and logo with the newly named "Lifestyle Retail." It is our goal to continually feature fresh inventory to keep you coming back. Our newest apparel line for women, Jess & Jane, is featured in many boutiques across the U.S.

### Reminder: SCLH Community Social & Breast Cancer Benefit Friday, October 7 (see page 20)

3:30-7:30 PM. OC Fitness Center Parking Lot. Enjoy complimentary food and drink while listening to the sounds of the Lincoln Highway Band. If you wish to participate in the benefit, your \$20 ticket includes Zumba, chair exercise class, basketball free throw session, donation to Breast Cancer, special gift and more. Drawing prizes on display at OC Fitness Center include a beautiful Quilt, custom Harvest Wreath and Polar Fitness Watch (\$219 value). For planning purposes and to ensure a quality event, registration for Social is required by Sunday, October 2. **If you miss the timeline, you will be able to participate but no food/beverage will be available.** Residents may register at any of the OC/ KS Desks, or Online. Let's show that "Our SCLH Community Cares"!

Well Fit Classes: pages 89-103 • Class Grids: pages 101-103

## Behind the Scenes

Continued from page 2

Internet, and attending professional conferences. All this to maintain or improve the excellence of services that keep us all mentally stimulated, physically fit, well informed, and nutritionally delighted.

### Behind the Scenes

## Betty Maxie, Lifestyle Class Coordinator

Mastermind Extraordinaire!

Doug Brown, Resident Editor

Ever wonder what goes on *behind the scenes* to create the "finished products" that we see in ten pages of 70 to 90 class announcements in every month's *Compass*? In myriad educational opportunities of unparalleled variety that embody the "active" in an active adult community?

Enter Betty Maxie, for five years our Lifestyle Class Coordinator, masterminding

In the first of this series, we'll take a look at Betty Maxie, Lifestyle Class Coordinator, who so aptly systematizes the dozens of classes offered in Lincoln Hills. Many have never met Betty in person, but her handiwork is present in every class.

the complex process of class scheduling, predicting the success of new classes, communicating room set-ups and equipment, and keeping hundreds of students happy! And oh yes, all this in a half-time job!

How are new classes started? "Often by residents' requests," responded Betty, "in which case an instructor needs to be found—not always an easy task—then interviewed to determine qualifications and suitability for our community. Sometimes by looking at other active adult communities, we find popular offerings that suggest new possibilities."

What does Betty look for in a prospective instructor? "Teachers need to



Betty reviews the 2017 calendar with Card Making Instructor Dottie Macken

show they have clearly framed student outcomes—what is the resident going to 'walk away with' from the class? And they need to present an outline of topics to be covered, techniques they will use, and desired class size, number of sessions, materials needed, classroom setup, and financial wishes."

These instructor qualifications apply to *all* classes, from *Art* to *Dance* to *Music* to *Technology*, and many subjects in between!

Please see "Betty Maxie" on page 15





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Right in your backyard is a ticket to better health and wellness. Taking time out of our busy lives of travel, grandkids, meetings, clubs, work, and much more is a must to keep us all living our best lives. Setting aside some time to have a massage, facial, or a nail treatment are all ways to better your health. Did you know that devoting this time to yourself does the following?

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3. Coming into the spa boosts your

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**Are You Getting Your Money's Worth?**

Robert Copp, Finance Committee

The Finance Committee has had some well-attended meetings this year, partly due to the development of the Capital Enhancement Fund or CEF. Even on a relatively straightforward agenda, we get 20-30 people in attendance including several members of the Board of Directors. With over 11,000 people living in Lincoln Hills, the attendance at our meetings is still only a small percentage of all members. If you don't attend the Finance Committee meetings, how do you know if you are getting your money's worth from your dues?



It is easy to be happy with our financial condition. The Association is very well managed, and our staff, led by Executive Director Chris O'Keefe, is top notch. I am impressed with how department heads take full responsibility for their areas. Their presentations at our meetings are informative and they provide insight into where they've achieved savings or where costs have increased. If they have problems, they bring solutions to address them. Year-to-date, as of July, our net expenditures are below budget by \$74,319 and will be close to budget by year's end. Our Reserves are strong at \$7,643,183 or funded at 92.4%.

With the strong staff and financial

numbers, maybe you are happy with our current financial condition. However, if you have concerns about how your dues are spent, attend a Finance Committee meeting. Watch the department heads make their presentations and hear the questions raised by the Committee and the audience. You will learn a lot from each meeting you attend. If you still have questions, raise them in the open forum or talk to any Committee member after the meeting. If we don't know the answer, we will get one for you.

If the Association's financial processes are just too confusing, don't give up yet. I volunteered to serve on the Finance Committee in part because I wanted to learn more about how this Association operates. I have learned a lot this year, and I find I learn something new at every meeting. If you are concerned your question has already been answered or is somehow not appropriate, you can send an email to the Finance Committee ([finance.committee@schca.com](mailto:finance.committee@schca.com)) and it will be routed to the appropriate person for response.

Ask your questions, attend the meetings, and let us know if you are getting your money's worth. Your involvement is critical to our success.

**Statement of Operations YTD—July 2016**

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenue)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$4,541,531	\$4,540,631	\$900	\$7,787,494
Administration (Expense)	(1,093,636)	(1,013,075)	(80,561)	(1,699,540)
The Spa at Kilaga Springs	(19,752)	30,905	(50,657)	47,290
Fitness	(244,475)	(290,485)	46,010	(481,430)
Activities	(234,858)	(310,321)	75,463	(540,030)
Rec. Center / Maintenance	(1,401,783)	(1,432,020)	30,237	(2,507,150)
Landscape Maintenance	(1,487,512)	(1,598,379)	110,867	(2,675,444)
Food & Beverage	(118,275)	(60,335)	(57,940)	(65,510)
Capital Asset	17,500	17,500	-	30,000
<b>Net Revenues (Expense)</b>	<b>(\$41,260)</b>	<b>(\$115,579)</b>	<b>\$74,319</b>	<b>(\$104,320)</b>

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## Fall Seasonal Menu and Special Events Enjoy Executive Chef Ian's Creativity

Jerry McCarthy, Director of Food & Beverage

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

The new fall menu will be coming out before you know it. Fresh seasonal items are highlighted to represent the best of our local meat, seafood, and produce.

This new menu will highlight the culinary creativity of our new **Executive Chef Ian Elieff**, who has been part of our culinary team for the past 10 years. We are all very excited with the passion, creativity, and attention to detail that he brings to us. There will be items for all tastes and budgets. Some of your favorites return as the season changes. Keep your eyes open for the exciting new fall menu starting October 5!

**Monday Night Football** in the Sports Bar is going full tilt. We have drink specials all game long. Come watch the games with your friends. Check [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) for special event details and menus.

**New York Deli Night** is offering a wide variety of NY deli items on Thursday, October 13. We are becoming well known for our "floaters"—matzo ball soup, potato knish, latkes, and 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 for \$19.50 (plus tax & service charge). We request reservations and prepayment for this event.

**Let's get Crackin'!** Meridians' Seventh Annual Crab Feed Night is coming up in early November. We will be announcing the date soon. The entire team is looking forward to this community-wide event. We'll

be preparing all-you-can-eat salad, pasta, bread, and fresh Dungeness crab for \$42 (plus tax & service charge). We purchased over one ton of fresh crab for last year's event. Meridians will take care of all the necessities. We will provide great service, delicious food, crab crackers, bibs, warm butter, and everything you need for a fun evening. We will welcome your crab hats and costumes! Last year we had wild hats, crazy costumes, and creative table decorations! Prizes will be given to the most original and creative crab hat/costume, best table decoration, and best table. We request reservations and prepayment.

It is not too early to start thinking about the holiday season. Call our **Catering Department** at 625-4043 to reserve and finalize 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.

~Please see our ad on page 10.~

## Connections

*Continued from page 3*

usage to determine the value of our subscriptions. Please initial the tag currently attached to the first page of each resource as you use them in the Library. This survey will continue through the balance of 2016. Thank you for your cooperation. The investment materials currently subscribed

to are: The Value Line Stock Service, *Naveliers Blue Chip Growth Stock* newsletter, *Bob Brinkers Marketimer* newsletter, *Brinkers Fixed Income Advisor* newsletter, *Lehman Income Securities* newsletter, *Vanguard Independent Mutual Fund Advisor* newsletter, and *Morningstar Mutual Fund Investor* booklet. If you see Cleon please give him your thanks for his volunteer work these past years.

If you have not yet registered for the Community Social October 7, I hope you will. Please see pages 8 and 20 for details. I look forward to seeing you there, at our remaining two Summer Concerts or in the Lodge. Cooler days and nights are ahead, enjoy the first day of Autumn September, 22!

## Betty Maxie

*Continued from page 8*

Are you overwhelmed? Not Betty, who is, by necessity, the ultimate systematizer. Her calm, cool, collected demeanor is perfect for handling multiple layers of effort underlying our remarkable set of offerings.

Amid all her systems organization, Betty makes time to observe classes herself! "I like to see, firsthand, students and teachers in action, how teachers present their material and stimulate interaction," Betty acknowledged, "and this helps me to evaluate the success of a class."

Betty's knack for handling complex procedures was nurtured in her first career

as a test engineer for Hughes Aircraft—now there's a job that won't tolerate blips in the system!

But make no mistake, behind Betty's exactitude is a heart of gold. For 15 years she worked as a child advocate for Court Appointed Child Advocates (CASA), giving abused and neglected children opportunities to thrive in safe and loving homes. As Betty shared her experiences with CASA, you knew how the kids she worked with captured her heart!

Are you enjoying classes in Lincoln Hills? Tip your hat to Betty, our warm-hearted behind the scenes mastermind!

## Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; a committee with openings is shown below. Details and contact information can be found on the resident website under HOME on the menu bar. Your interest and participation is paramount to the successful governance of your Association. Committee applications at Activities Desks, or from the Association Resident Form folder in the Document Library on the resident website. Questions? Please email the committee chair, address on page 106.

- ARC/Architectural Review Committee

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



## Introducing our Executive Chef, Ian Elieff

Jeannine Balcombe,  
Senior Director of Lifestyle and Communications

Emerging from “behind the scenes” of our Meridians kitchen is Executive Chef Ian Elieff. Perhaps you met Ian at one of the many cooking classes or special events he supervised or assisted with over the past 10 years. Ian worked his way through the food service business, starting out 20 years ago as a dishwasher/bus boy. He has been our sous chef for the past seven years and chef three years prior. During his tenure, Ian has had the unusual experience of working with four different chefs and two directors. This



experience helped to prepare him for the top job in Meridians, which includes creating menus and new dishes for a variety of palates as well as administrative duties managing and scheduling up to 30 employees, developing relationships with over 15 vendors, and handling a constant inventory of food and supplies.

Ian compliments the Food & Beverage team stating there is ongoing communication and support that helps to achieve success in all the various roles in providing quality meals with outstanding service. Ian takes pride in remaining calm, flexible, and being willing to learn. He is an amicable guy, and looks forward to leading his team and creating a positive environment for employees and guests. No doubt you will see Ian on the floor interacting with guests to obtain firsthand feedback. One of Ian's goals is to “make our guests happy and proud of Meridians restaurant and Orchard Creek Lodge.”

As Ian talked menu items for a bit, I mentioned that many of our residents are participating in the Healthy Start program offered through WellFit, and are looking for meals with protein alternatives,



*In his office with a view of the prep and line cook area*

fresh vegetables, and less sugar and flour in their menus. He was pleased to share his ideas (turns out, Ian was the creator of my favorite lunch entrée, the grilled salmon dish!) and he shared that his mom is a vegan, stating that he often tries out new recipes with her. He understands our community seeks quality, variety, and value.

Being promoted to Executive Chef comes after an extensive search by F&B Director Jerry McCarthy. Jerry states that during Ian's tenure preparing dishes for Meridians, resident events, and over 400 weddings, he has demonstrated excellence, consistency, and leadership. Jerry went on to say “we are fortunate to promote staff who have made a commitment to our community and who have demonstrated exceptional skill and leadership.” Congratulations Ian!



*Ian checks refrigerator inventory*

## The Accidental Collector

Nina Mazzo, Roving Reporter

Collectors will often tell you they discovered one special or unique object that led them to start a collection. I have enjoyed meeting residents who have unusual or even quirky collections.

Sally started her collection of buttons in the fall of 1974 when her son started football at Northgate High School in Walnut Creek and the coach provided the moms with their sons' pictures and player number on a button. She wore this button with great pride! However, how does one button become a collection? Sally and her husband were cleaning out their house prior to moving and discovered several political buttons, as her husband had been a member of the San Francisco Young Republicans. “So begins my collecting,” Sally said.

She enthusiastically embarks on her quest and decides to add to the political category with Nixon, Ford, Carter, Reagan, Bush, and Clinton and along the way

she discovered buttons for JFK and even Rockefeller. Sally has setup her buttons on corkboards with a variety of themes. Sporting events are a favorite and as I looked closer, noticed buttons from a variety of teams along with Super Bowl and Rose Bowl buttons.

Moving on, I see she has buttons for grocery stores, games, toys, restaurants, travel, and more. As my eye catches one after another, I smile as I remember eating that candy or watching that TV show—a timeline in buttons.

Sally is very friendly with a winning smile and she has truly enjoyed meeting a variety of folks during travels or simply while out and about in town. We talked

*Please see “Collector” on page 39*



*Sally shows off her button collection*

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*For planning purposes and to ensure a quality event, registration is required by Sunday, October 2. Residents may register at any of the OC/KS Desks, or Online.*

▶ *Code: 820919-CS Social Only - free music, food and beverage (limited to 700 residents only)*

▶ *Code: 820919-AS - \$20, Registration includes the Community Social and Fundraiser with proceeds benefiting the Placer County Breast Cancer Foundation, participation in all activities and special gift. If you miss the timeline, you will be able to participate but no food/beverage will be available. Wristbands for each registrant will be provided at the door. In the event of rain, event will move to the OC Ballroom. Thank you for your cooperation.*

## There is Something Fishy in Lincoln Hills

*Al Roten, Roving Reporter*



Within Lincoln Hills there are about ten ponds which are wet year around. Only one of those, Angler's Cove, permits fishing. Following are Association Rules & Regulations:

"Angler's Cove is a catch & release fish pond. The pond is regulated by the Army Corps of Engineers and the Department of Fish & Wildlife. All anglers over the age of 16 must have a valid California fishing license. Guests must be accompanied by a resident or have a valid Guest Pass. Children under the age of 16 are permitted to fish without a license and must be accompanied by a resident or adult guest with a valid pass. No boats of any kind including toy boats are allowed in Angler's Cove."

For an efficient catch and release process, it is by far best if barbless hooks are used, as removing barbed hooks is harmful to the fish.

Our fishermen have brisk competition from natural predators, as shown by the Pelican catching a catfish, as well as the American Bittern and River Otter with fishy meals. Our various herons and egrets also enjoy a meal of fresh fish.

One problem is the presence of koi in Mallard Pond. It is apparent that someone grew tired of keeping fish at home and dumped them in the pond. The introduction of non-native species upsets nature's balance and may introduce disease or parasites to native species.

As you can see by viewing accompanying photos by Phil Robertson, Larry White, and Truman Holtzclaw, there are many species of fish in our ponds. Possibly the most valuable fish, the Mosquito Fish, is also the smallest; they eat a lot of mosquito larvae, keeping the adult population down.

Phil Robertson used an underwater camera to capture scenes of what is going on underneath Angler's Cove's waters. To view a brief clip of this action, scan the enclosed QR code with your smartphone, or go to URL <https://youtu.be/KW2re5ex5Yw>.



One photo here is of a bird with a fish hook and length of line in its gape. An angler probably left a baited hook with a bit of line lying on the ground. Please keep Angler's Cove clean.

Enjoy our Open Space amenities, there is much going on but please follow the prescribed rules for our feathered, furred, and finned friends.



*Bluegill*



*Largemouth Bass*



*Largemouth Black Bass*



*Pelican & Catfish*



*Pied-billed Grebe with a fish hook and line in its gape*



*Annika catches a fish!*



*American Bittern with Catfish*



*River Otter with Catfish*



*Crayfish*



*Redear Sunfish*



*Green Sunfish*



*Mosquito Fish*



*Koi in Mallard Pond*



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## Lincoln Hills Foundation Fund Drive How are your donations used?

Marcia VanWagner, Lincoln Hills Foundation President

*"Our ideas are limited only by our resources."*

The Lincoln Hills Foundation's Direct Mail Campaign gets underway in October. **Why should you contribute?**

The Foundation's mission is to "...enhance the quality of life for the senior residents of the community of Lincoln." Since 2002, the Foundation has been doing just that, granting organizations that provide services to seniors almost \$350,000! Have you read a large print book at the Twelve Bridges Library? Taken a subsidized CPR

class? Attended a free Saturday lecture? Do you know someone who is a caregiver for a family member? Perhaps that caregiver attends the Alzheimer's Caregivers Support Group or participates in a respite care program funded by the Foundation. Are you a Bosom Buddy? Have you attended a Bereavement Group support meeting? Are you a member of Neighborhood Watch? These are SCLH supported programs of the Lincoln Hills Foundation, among others. This is where your money goes.

The Foundation also supports many programs in the community of Lincoln as well. Seniors First, The Vine Life Ministry, and the Lincoln Police Department are all grant recipients because they provide programs for all seniors in the community. This is how your money is used.

Coming soon is the Foundation's **new transportation program: "Let's Go to the Movies."** Read about this new program in the box to the right.

Every dollar you donate goes

### Let's Go to the Movies

"Let's Go to the Movies" is a new door-to-door transportation service being introduced by the Lincoln Hills Foundation. The program is designed for residents who might like to attend the free movies at the Presentation Hall (KS) on the first Monday of each month, **but have no transportation to get them there.** Free rides will be offered door-to-door by screened residents driving their own vehicles. For more information and to register for a ride, call Jean Ebenholtz at 434-6852. Jean will visit with you and explain the program.



directly to the Grant Fund and is used to fund these programs and services. Lincoln Hills Foundation's operating expenses are covered by fundraising activities like Bingo.

When you receive your Direct Mail invitation in October, you'll know why you'll want to contribute. The Foundation has big plans. Our ideas are limited only by our resources. Be part of us!



Members of the Lincoln Hills Foundation

## Why I Love My iPhone! Talking with Andy Petro

Nina Mazzo, Roving Reporter

Talking technology this month with Andy Petro. Andy smiles as he tells me that next to his wife Doris, he loves his iPhone. He notes it has become such a part of his daily life that if he leaves home without it, he feels undressed! Why? Andy points out that as the name implies, it is a phone and he



now takes and receives over 75% of calls on his iPhone as opposed to his land line.

Andy has been involved with computer technology since the early 1960's. His first Apple product was an Apple II+ and he has had Apples in his household ever since. He always has to have the latest device available—hmm, I also share that desire!

With over 1.5 million apps available, it was not easy for Andy to share just a few

favorites yet these are ones he feels benefit most people:

1. A quality, easy-to-use camera. He no longer needs to remember to bring a camera and the photos are excellent, and he even has the ability to quickly and easily edit the photos and then send them off via email or text

2. There are apps that allow him to find his wife and family whether it is while out shopping or traveling, which helps with communication as well as comfort.

3. Texting. This is now the primary mode of communication with his children and grandchildren—their response is often quicker than email.

4. Health and wellness apps. Andy showed me the four Kaiser apps he regularly uses: one for medications, one for health and wellness, one for fitness tracking, and one for his personal Kaiser account.

The LH Apple Users Group (LHAUG)

provides meetings, seminars, tutors, and a tech support help line. Check out their website at [www.lhaug.org](http://www.lhaug.org). Andy is one of the members of the support team and provides tutoring to members. He also teaches Association classes about the iPhone and iPad, and has given many presentations on related topics. Check the COMPASS each month for schedules.

In April, I interviewed another smartphone enthusiast, Len Carniato, who teaches introductory classes on the Android smartphone. Both Len and Andy noted that mobile technology—especially the smartphone—has become a way to enhance our day-to-day routines and communication.



Andy Petro

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## Neighborhood Watch

### Helping Find a Lost Pet

#### Our Microchip Reader

Patricia Evans

“My dog (cat) never leaves my yard,” is the frequent lament we hear from owners of lost pets. A pet can maneuver a quarter-back sneak and be gone in a flash! This lost member of the family causes great anguish.



Neighborhood Watch can help. If you find a lost dog or cat, we now have a microchip reader, purchased through a grant from the Lincoln Hills Foundation, to identify the owner. One of the team members of the Lost Pet Program, shown in the accompanying photo, will come to your home to see if the animal has a chip, and contact the information databank to learn the owner's name and address.

If your pet is missing, contact one of the Lost Pet Program team members with

a description and, if available, a photo. Pauline Watson, Neighborhood Watch secretary, will send

out email alerts to our 650 volunteers for distribution to the community. Time is of the essence in finding a lost pet! “Pauline is the heart of the program,” said Mary Shelton.

Neighborhood Watch encourages all dog and cat owners to have a microchip inserted by their veterinarian. “The procedure is quick and not painful,” according to Shelton. Your identification information will be stored in a central databank. It is important to update your information if you move.



Lost Pet Program team members (from left) Mary Shelton, coordinator, Diane Kemper holding dog Bentley James, Judy & Lance Presnall

More than 38 pets have been reunited with their owners since the Neighborhood Watch Lost Pet Program started three years ago, including a parakeet and a tortoise.

Please turn to page 35 for special Neighborhood Watch information.

**Neighborhood Watch Contacts:** Larry Wilson, 408-0667, lgwlincoln@gmail.com; Pauline Watson, 543-8436, frpawatson@sbcglobal.net. NW Website: www.SCLHWatch.org.

## The Road to Aging Well

### Down Low, Down There...

Prostate, ED, and Other Urological Issues

Shirley Schultz, Health Reporter

What is the difference between “prostate” and “prostrate”? It’s just one tiny letter “r” but the *prostate* is a gland found in male mammals, whereas *prostrate* means to lie face down. The two are not to be confused!



The normal prostate gland is about the size of a walnut with a hole through the middle of it. The urethra, carrying urine from the bladder and sometimes ejaculate with semen, passes through this hole in the prostate as it exits the body. This explains why, when the prostate enlarges, it may block the flow of urine, causing symptoms such as hesitancy in starting urination, frequency of urination, dribbling, and possibly penile erectile dysfunction and other symptoms.

As the prostate gland enlarges, the hole in the middle gets smaller.

According to the *2016 Scientific American Prostate Disorders White Paper*, the average man’s prostate has doubled in size by age 70. This enlargement is called Benign Prostate Hypertrophy (BPH), unless there is an infection or cancer present. A man over age 40 should have a discussion with his physician about screening for prostate cancer, because prostate cancer is the second most frequent cancer in men. There is significant debate amongst the medical community about the use and reliability of the PSA (prostate-specific antigen) blood test in screening for prostate cancer. The American Cancer Society emphasizes providing the patient with accurate information so that he can make his own informed decision. Beyond PSA testing, a digital rectal exam (DRE) may be a part of screening. Some men lightheartedly refer to it as the “finger wave,” but should not avoid having this important screening exam.

Erectile dysfunction (ED) or impotence is a complex urological issue, and is not necessarily best treated with Viagra. There are five main factors that contribute to ED:

- Endocrine or hormonal problems such as diabetes or low testosterone.
- Nervous system disorders such as Parkinson’s, Alzheimer’s, or stroke.
- Medications such as beta-blockers like Coreg or Lopressor, and many others.
- Cardiovascular conditions such as high blood pressure and clogged vessels.
- Lifestyle and emotional disorders such as depression, anxiety, and substance abuse, including alcohol.

*Mayo Clinic* and *Healthline* both have good online information on this topic.

Learn about the symptoms, diagnosis, and treatment of prostate and ED conditions by attending the **September 21 presentation: “Down Low—Down There: Urology Issues”** (see page 104).

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## Club News



### Alzheimer's/Dementia Caregivers Support

The Group will return to its in-the-round format for the October 26 meeting, with Stefani Wilson of Del Oro Caregiver's Support moderating the discussion. This past month we heard Rich Martinez speak about the care plan he devised, a presentation received very appreciatively by the audience.

The Sacramento Walk to End Alzheimer's is Saturday, October 1. Last year, Team Sun City Lincoln Hills generated over \$5,000 in donations, and we'd like to generate at least that much again this year. Your \$20 gets transportation to and from the Walk plus a lunch at the Spaghetti Factory on the way back. We had a great



*Steering Committee Members Al Roten, Cathy Van Velzen, Maria Stahl, Judy Payne, and Jeff Andersen receive a grant from Jean Ebenholtz, VP of the Lincoln Hills Foundation*

time last year. Your donation to our SCLH team can best be made directly online, but anyone on our team pictured above can take your check. There are nearly 250 families connected with our group who have been touched by Alzheimer's.

**Contacts:** Judy Payne, 434-7864; Maria Stahl, 409-0349; Cathy VanVelzen, 409-9332; Al Roten, 408-3155



### Amateur Radio

The Amateur Radio Group (LHARG) are amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents with an amateur radio license. The group conducts a weekly network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz. The LHARG also meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility. On September 17, the LHARG will support

the Placer County Amateur Radio Club's Swap Meet and Fund-raiser held annually at McBean Park in Lincoln. Requested support includes traffic control and ticket sales for drawing prizes. The Grand Prize this year is a Yaesu FTM-3200DR System Fusion Radio, a 65 watt mobile unit with digital FM features. Also, two First Place Prizes are BaoFeng UV-5R Dual-Band Two Way Radios. The gate opens at 7:30 AM, closes at 12:00 PM. Multiple vendors will display their merchandise.

**Contacts:** Jim Darby 408-8599;

Clare Schloenvogt 253-9155

**Website:** [www.lharg.us](http://www.lharg.us)



### Antiques Appreciation

The Labor Day, September 5 program was presented by a few of our club members with their antique and vintage collections of Vanity items, from Celluloid "French Ivory" dresser sets to beautiful Wavecrest Boxes. Members joined in by bringing one of their favorite antique or vintage Vanity items.

For the month of October, two of our long-standing members will share their collections featuring beautiful antique Salt Cellars made from cut glass, sterling and porcelain, as well as a charming collection of vintage novelty Salt and Pepper shakers. We look forward to an entertaining program!

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

**Contacts:** Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415



### Astronomy

Monday, September 19, the Cosmology Interest Group (CIG) will continue the DVD series "Black Holes Explained," by U.C. Berkeley professor Alex Filippenko, Ph.D. This month's lecture will be Lecture 1 "Introduction to Black Holes" (Technical portion) and Lecture 2 "The Violent Death of Massive Stars" in the Fine Arts Room (OC) at 6:45 PM.

On Thursday, September 22, Astronomy Group members and guests are welcome to join the Telescope Interest Group (TIG)

for a Star Party observing the dark night sky at Blue Canyon.

On Wednesday, October 5 at our monthly general meeting at 6:45 PM, Ron Olson will present "New Large Telescopes" in the P-Hall (KS). Ron's presentation will describe the next generation of large space and ground based telescope, and their observing objectives.

**Contacts:** Morey Lewis 408-4469,

[eunmor@pobox.com](mailto:eunmor@pobox.com); Cindy Van Buren

253-7865, [rvbcbv@att.net](mailto:rvbcbv@att.net)

**Website:** [www.lhag.org](http://www.lhag.org)



### Ballroom Dance

Are you wishing that you could dance at one of life's special celebrations or a seasonal party? 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 "go Latin" and heat things up with the Cha Cha.

We meet at KS on Tuesdays from 2:00 to 5:00 PM. Beginner group lessons are from 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. All lessons are included in your \$7 annual dues. We have lots of exciting dance events throughout the year. Our next event will be the Fall Dessert Social, Sunday, September 18, from 2:00 to 5:00 PM, in OC Ballroom. Please plan on joining us and sharing in the fun.



*We enjoyed the Root Beer Floats at our recent Hot August Nights dance; Chris & John Geist enjoying our Hot August Nights dance*

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

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



**Bereavement**

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue’s home. The next support meetings will be October 12 and November 9. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Siinos on Monday, September 26. Meet in front of Orchard Creek Lodge at 11:15 AM to carpool to the restaurant or meet us there about 11:40 AM. For more information or to put a Memoriam in the COMPASS, contact Joan.

**Contact: Joan Logue, joanlogue@sbcglobal.net**



**Billiards**

Women’s Billiard Tournaments will be every Tuesday, 12:45 to 3:00 PM. The Billiards Group is offering *free* lessons at KS for all residents on Tuesdays



*Five/six—George Thomas, four/six—Bob Berreman, Don Sams—three/six, Bob Frederick, Jane Murphy; Six/seven, Lisa pabst, five/seven, Remy Giannini, Ed Schneider, Joe Perez, Bob Wehner; First—Phil Delany, second—Tom Thornton*

from 9:00 to 10:00 AM. This is for new and returning players (men and women). You do not need anything to start other than the desire to play, just show up and see what we have to offer. Remember it’s *free*. Contact Dan Oden 408-2687.

**Contact: Tony Felice 955-0501,  
afelice@wavecable.com**



**Bird**

Our next meeting will be on Monday, October 10, in the P-Hall (KS) at 1:30 PM. Willie Hall, Vice President of the Sierra Foothills Audubon Society, will speak about “Birds of the California Coast.” This is a timely topic for those of us who are planning an October trip to the coast.

The field trip on September 23 is to the Lincoln Wastewater Treatment Plant. We look forward to seeing the early fall migratory birds that enjoy this area. To join us, be at the southwest corner of the OC Fitness Center parking lot at 8:00 AM

On Friday, October 7, we meet at Angler’s Cove and walk from Ferrari Pond to the Salt Ponds. The variety of birds in these ponds is always surprising! Hope to see you there.

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



**Bocce Ball, Mad Hatters**

Blue lines, red lines, and white lines; what do they all mean? The truth is we don’t know for sure. The blue line on our Bocce Courts is what is usually considered a foul line (pointing foul line technically). The Palino and the Bocce Balls have to be thrown from behind the blue line. How far should the foul line be from the end of the court? Some rules say four feet and others say six feet. That’s not where they wound up after the recent maintenance. They were at three feet? It’s not clear why they didn’t wind up back where they were before. The red line is called a spocking or hitting foul line. It is not relevant to our style of play. Our group allows the ladies to throw from the red line. The White Line? Well, we’ll cross that line when we come to it.

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



**Book, OC**

*“To read without reflecting is like eating without digesting.”*

—Edmund Burke, Irish statesman

This month’s selection, *All the Light We Cannot See*, by Anthony Doerr, is a Pulitzer Prize winning novel published in 2014. An instant bestseller, the novel is a beautifully written story of a blind French girl and a German boy whose paths cross in Nazi-occupied Paris while both are surviving the perils and devastation of World War II.

We meet on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC) for discussions. Newcomers are always welcome. Stop by.

Schedule, remainder of 2016:

- October 20, *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson
- November 17, *Wish You Well*, by David Baldacci
- December 15, 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**

Treating the mind and body is important when dealing with cancer. No one knows this better than September speaker Patti Brown. Patti, founder of Wellness Within—a non-profit foundation in Roseville—spoke about programs and therapies her center offers cancer patients, survivors and families.

October is “Breast Cancer Awareness Month,” a busy one for Bosom Buddies. This year, there is a special event: SCLH’s “Breast Cancer Benefit and Association



*Members show their centerpieces crafted by Cindy Redhair and Kay Brady*

Social," October 7, 3:30-7:30 PM, OC Fitness parking lot. Planned activities: a basketball throw, Zumba and a challenge to set a Guinness world record for the largest chair exercise class in a community. And, of course, food, drinks and music! Our members will be there and, we hope to see many residents come for the festivities to support finding a breast cancer cure.

BB welcomes breast cancer survivors and those still undergoing treatment. We meet the second Thursday of each month, 1:00 PM, OC.

**Contacts: Marianne Smith 408-1818;**

**Val Singer 645-8553**

**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



### Bridge, Duplicate

Our Summer Swiss Teams tournament took place on Saturday, August 6. The team format was that used for the winter event. Twenty-two four-person teams were formed to compete with each other for Master Points. The team of Laurie Vath, Vince Marek, Ann Ulrich, and Sharon Duley won the day and the top award.

Duplicate games are played in KS 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). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085) or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

**Contact: Sharon Neff 543-8897**

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



### Bridge, Partners

Call for sign-up, or just show up with partner, Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50 PM, including standbys, and we must finish by 8:30 PM. With noise levels increasing between rounds, please keep the talking on a quiet level.

Winners: July 28—First: Dolores Marchand/Carol Mayeur; second: John Butler/

Chet Winton; third: Sue Cirerol/Dee Williams; fourth: Lynda Sader/Nancy Griffin. Warren Sonnenburg/Larry Mowrer had high round of 1680.

August 4—First: Rose/Joe Phelan with high round of 1220; second: Stan Mutnick/Bruce Fink; third: Joanna/Alan Haselwood; fourth: Larry Mowrer/Warren Sonnenburg.

August 11—First: Kay/Ben Newton with high round of 2180; second: Marlene Harner/Basil Molony; third: Beverlee/Allan Blaine; fourth: Nancy Turrini/Lydia King.

August 18—First: New residents Pat/Frank Kamienski; second: Kelly/Neal O'Boyle; third: Marlene Harner/Basil Molony; fourth: Johann/Paul Kiesel. Rose/Joe Phelan had high round of 1550.

**Contacts: First & Third Thursdays: Kay & Ben Newton 408-1819; Second & Fourth Thursdays: Dolores Marchand 408-0147; Carol Mayeur 408-4022**



### Bridge, Social

July/August Winners—First Place: Kurt Wolff, Joe Phelan (twice), Phil Sanderson. Second: Bob Belknap, Dee Williams, Harry Collings, Kurt Wolff. Third: Judy Ganulin, Alan Haselwood, Marian Reeder, Harry Collings. Fourth: Alan Haselwood, Linda Scott, Dolores Marchand and Richard Lund (tied), and Bob Calmes. Grand Slams: 7 NT—Bob Belknap and Kurt Wolff; 7 Hearts—Kurt Wolff and Joe Phelan; 7 Spades—Dick Lund and Jyoti Sitwala!

Join us Fridays for singles' rotation bridge. Arrive 12:30 PM. For September/October reservations, contact Ralph Madson, 408-7670, [ralphjane2@gmail.com](mailto:ralphjane2@gmail.com).

The "Free" Continuous Bridge Class will start over again this fall. This Intermediate/Refresher

class meets on Wednesdays, 10:00 AM to 12:00 PM in the Card Room (OC). Teachers are: Alan Haselwood and John

Woodbury. Check COMPASS Activities Classes, when listed, for details.



**Contact: Jodi Deeley 208-4086, [jodideeley2@gmail.com](mailto:jodideeley2@gmail.com)**



### Bunco

In August, the Card Room (OC) was hopping with laughter and dice flying all over. The Bunco Group thought five buncos were a lot, but this month it was six. Way to go Marion! The Traveler bear was making the rounds all over the room, I got three two's in the last few seconds followed by a bunco. What a way to end the game!

Bunco is a non-membership club with a \$5 'pay to play' cost; held in the Card Room (OC) at 9:00 AM the third Thursday of the month. SCLH gift cards are awarded after play for some lucky winners. Please consider joining us for a morning of laughter, fun and friendship!

August Winners: Most Buncos—Marion Glidewell; Most Wins—Lee Branco; Most Losses—Sandy Pavlovich; Traveler—Kathy Sasabuchi.

Next Bunco is Thursday, September 15.

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



### Ceramic Arts

Did you know that any SCLH resident can visit the studio on Friday afternoons to get their hands "dirty"? No worries if you do not know anything about clay—our members will be there to help. So bring your creativity, clothes that can get dirty and have some fun! Look for the CAG display in the lobby in September and make sure to stop by the studio windows in October. We will have a "heavy" display for you to enjoy!

CAG workshops at OC Saturdays 9:00 AM to 3:00 PM, Sundays 12:00 to 4:00 PM. KS workshops Monday 1:00 to 4:00 PM Earthenware, Sundays 1:00 to 4:00 PM Spanish Oils. Open studio available to all residents: OC Fridays 1:00 to 5:00 PM; KS Sundays 12:00 to 4:00 PM. Please check bulletin boards and studio windows for changes or closures.

**Contacts: Janet Roberts 543-6015;**

**OC Pottery Mike Daley 474-0910;**

**KS Earthenware Marty Berntsen 408-2110;**

**KS Spanish Oils Margot Bruestle 434-9575**

**Website: [www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts](http://www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts)**



**Chorus**

Your Community Chorus has just begun rehearsing for our mostly Christmas concert on December 11-13, featuring traditional carols like “The First Noel” and “All Through the Night,” selections from Handel’s “Messiah,” choral adaptations of works by Beethoven, Strauss, and Tchaikovsky, and more contemporary favorites like “Have Yourself a Merry Little Christmas.”



*Chorus conductor Bill Sveglini in rehearsal*

It’s not too late for newcomers to join us if you act quickly. You can visit with us for three weeks to see how you like it with no obligation. You’ll get plenty of help from computerized music files for home practice, sectional and full rehearsals Tuesday afternoons, and whatever individual assistance you need.

Sopranos, altos, tenors, and basses are all welcome, although we especially need more of the latter. Call bass section leader John Griffin at 209-3958.

For more information, check our website and contact our membership chair, Suzanne Rosevold, as indicated below.

**Contacts:** *Suzanne Rosevold 587-3035, Bill Sveglini 899-8383, svdglini@gmail.com*  
**Website:** *www.lincolnhillschorus.org*  
**Email:** *lhchorus@yahoo.com*

**Computer**



**Apple Users Group—LHAUG**

Big news for Apple Mac Users: macOS Sierra is coming. Apple announced an update and new name for its Mac operating system. Mac OS X is no more: Apple has revealed that the operating system for the Mac is now known as macOS to keep it in line with its other OS names (tvOS, iOS, watchOS 3). This year’s update, 10.12, is called macOS Sierra, and it’s rolling out officially in autumn 2016. Among the anticipated changes are the ability to

unlock Mac with your Apple Watch, utilize Apple Pay on Mac, query Siri on Mac, and a complete Messages redesign. Although the Beta version is now available, we suggest



*Bill Smith teaching a seminar*

that our members leave it alone until the LHAUG Braintrust has had the opportunity to run it through its paces and make certain it is ready for download by our users. Please wait until we give it the okay.

**Contact:** *Vicki White, vickiawhite@me.com*  
**Website:** *lhaug.org*



**PC**

**Main Meeting—October 12, 6:30 PM—**“OneNote and Evernote” have the same objective: To help you get organized by keeping all of your thoughts, documents, pictures, notes, and the like organized and in one place. Both OneNote and Evernote have similar features such as a Web Clipper, Optical Character Recognition, and synching of all of your notes to all of your devices. Presentation by Bob Ringo.

**Clinic—October 14, 3:30 PM.** In 2005, Amazon announced the creation of Amazon Prime, a membership offering free two-day shipping within the contigu-



*Bob Ringo will present “OneNote and Evernote” on October 12; Terry Rooney will present “Amazon is the Everything Store!” On October 14*



ous United States on all eligible purchases for a flat annual fee of \$79 (now \$99). Terry Rooney’s presentation will cover everything this incredible company offers, Amazon is the Everything Store! Both meetings at P-Hall (KS).

**Ask the Tech:** October 28, 10:00 AM. Informal Q & A session for any and all technical questions. Multipurpose Room (OC). **Contact:** *Karl Schoenstein, sclhcc@gmail.com*  
**Website:** *www.sclhcc.org*



**Country Couples**

September means that summer is winding down and cooler fall weather is around the corner. Fall offers a bit of time to rest up before the hectic holiday season arrives. Santa will visit in just over three months—*Oh my!*

Our club took a field trip to Sun City Roseville in late August for a combined Ballroom and Country Dance. A Mexican Fiesta buffet lunch was served. Our DJ, Jim Keener, alternated tunes for both groups to dance to and the watching was as much fun as the dancing.

On September 9 we met again for another evening of dancing. The club held a Hoedown at KS. Dinner was a potluck feast. Our DJ was Ed Lawson.

Coming up on Saturday, October 29 will be our Halloween Dance from 5:00-9:00 PM at the Sun City Roseville Ballroom. Start planning your costumes now.

**Contacts:** *Marsha Brigleb 434-5460, Laura Wermuth 253-7092*



**Cyclists**

Here are a few pointers about positioning yourself on your bike. **Arms—**Bend elbows and align them with your body.

**Head—**Avoid putting your head down. Move your head from side to side.

**Hands—**Keep fingers loose to avoid arm and shoulder tension.

**Handlebars—**Width should equal shoulder width.

**Brake Levers—**Position up or down the handlebar for comfort.

**Stem Height—**Normally about one inch below the saddle.

**Reach—**When seated with the elbows slightly bent and hands on the brake

hoods, the front hub should be hidden by the handlebars.

**Saddle Height**—Knees slightly bent at bottom of pedal stroke.

**Saddle Tilt**—Saddle should be level.

**Fore/Aft Saddle Position**—With the crankarms horizontal, drop a plumb line from the front of forward kneecap. Line should touch end of crankarm.

**Crankarm Length**—Various lengths available. 156mm for inseams less than 29 inches and 175mm if more than 34 inches.

**Contact: Steve Valeriote 408-5506, lhyclist.com**  
**Website: www.LHyclist.com**



**Eye Contact**

**Low Vision Support**

Eye Contact holds two monthly meetings; a Living Skills meeting and a General Meeting featuring a speaker of interest.

**Living Skills Meeting, Multimedia Room (OC), Thursday, September 22, 10:30 AM-12:00 PM.** The third and last of a series on arranging spaces in our homes to accommodate vision loss—“Adaptations: Part 3, Home Office and Written Communications.”

**General Meeting, Fine Arts Room (OC), Tuesday, October 4, 2:00-3:30 PM.** Low Vision Specialist, Caitlin Walsh, O.D., a member of the staff at the Society for the Blind in Sacramento also teaches at the School of Optometry, University of California Berkeley. Dr. Walsh will discuss vision rehabilitation services and how clients are assessed to ensure they receive magnification equipment and glasses appropriate for their individual situations.

Eye Contact 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.

**Contact: Cathy McGriff 408-0169, cathy.mcgriff@yahoo.com**



**Fishing**

*Fishing is fun, catching is even better*  
—anonymous

Many of you have been fishing in wondrous locations; Alaska, California, Idaho, Montana, Oregon, Wyoming, and Oceans beyond, that's great! Have you called a member and asked him/her to go too? Well you should, that's what clubs are meant

to be, a sharing of fishing, making new friends and spreading new found wisdom.

Tell us about your adventure at a meeting, five minutes is all ya need.

We recently awarded two students from Lincoln High School scholarship money for their outstanding work. Each student got a certificate and a check for \$250. We wish them success.



*Fishing is peaceful; On the Big Hole?; Do you need to hold me?*

The club gets together on the second Monday, 7:00 PM, P-Hall (KS), to discuss the latest hot spots, equipment or changes in the fishing world which might interest our members.

If you wish to join our outstanding group, contact Jim at jmalcolm2@aol.com or Henry at hsandigo@icloud.com.

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



**Garden**

Wildlife Heritage Foundation speakers Gaylene Tupen, Kelly Velasco, and Lia Hoover bring a wealth of experience and expertise to the General Meeting Thursday, September 22, KS, 2:00-4:00 PM. “Wildlife and Habitats at Sun City Lincoln Hills Preserve” will be the topic of the presentation.

WHF is dedicated to preserving California's rich heritage of open spaces, agricultural land, and diverse wildlife. With that dedication, the directors and staff welcome land-conservation projects of all sizes that aim to protect wildlife and their habitats. The long term vision for the future of these natural places is to pass on an appreciation of the outdoors to the



*Wildlife Heritage Foundation; Bonsai Tour— Vern Luke, Larry Clark, Paul Lewis, Bud Soto; Lincoln Hills Bonsai Tour*

youth of California. For this reason, WHF provides educational opportunities for hundreds of students every year to experience and appreciate the abundance of plants and animals living on our protected open space preserves.

Master Gardener Q&As and Brown Bag Sales will be available before the meeting.

**Contacts: Lorraine Immel 434-2918, limmel@ssctv.net; Larry Clark 409-5214 lkclark@surewest.net**

**Website: www.lhgardengroup.org**



### Genealogy

On September 19, Barbara Leak will present "So Many Ways to Say 'I Do.'" She will tell us about different forms and locations for marriage records, including some in out-of-the-way places. Barbara has over 25 years experience as a genealogy researcher and has presented at National, State and local workshops. See our website noted below for more information.



Barbara Leak presents "So Many Ways to Say 'I Do'" on September 19

On October 17 Glenda Lloyd will be presenting Probate Records, how to find them and what they offer for your research. The Genealogy Club has two special interest groups, a very active DNA group that meets monthly and a fledgling Irish Group. You must be a member of the Genealogy Club to attend special interest groups. Members should sign in a few minutes early for the general meeting in order to get a drawing ticket for the door prize which in September will be a Sony Digital Camera.

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



### Golf, Ladies Ladies XVIII

The 18-holers welcomed eight new members this year for a total of 138. The new additions include Ranny Eckstrom, Nancy Gadsby, Suzanne Hutchinson, Julie Knapp, Meredith Nelson, Susan O'Laughlin, Fran Swart and Jody Watson. To join, go to our website: [lhlxviii.com](http://lhlxviii.com) and click on the membership tab for a draw-down menu. We take new members at any time, and Valerie McElroy, New Member Liaison, can get you started.

Congrats to our NetChix for August, Jody Watson. Making quite a splash, with a record setting round, netting 65, she is the freshest face to join our club, beginning in May.

Looking at the final three months, the next major tournament is the Club Championship, to be played in late September, followed by an awards luncheon. Sign-ups are being taken now. Moreover, there are just 12 playdays left for the year; and there are only two more special events.

*Candice Koropp, Publicity.*  
**Contact: Donna Sosko 434-5527**  
**Website: [lhlxviii.com](http://lhlxviii.com)**

### Lincsters

A hole-in-one is pretty exciting, but what are the odds? According to several sources, the odds of an amateur making an ace is 12,500 to one. Therefore, congratulations go to Jeannine Wuschnig. She made a hole-in-one on July 25 while playing the par three, hole #16, on the Hills Course with the Monday Mamas. Way to go, Jeannine!



Jeannine Wuschnig makes a Hole-in-One

The Flight A first place winners during the past month were Phyllis Patrick, Linda Salmon, Ranny Eckstrom, Eva Del Torre, Kate Gold, Sara Cannon, Brenda D'Andre and Sue Pharis. Flight B first place winners were Margie Jewett, Marie Bossert, Katherine Burkhead, Pat Ward and Jeannine Wuschnig. In Flight C, the winners were Joyce Bauer, Linda Coolidge, Fran Rivera, Carmen Farrington and Julie Storer. Flight D winners were Judy Josse, Carole Cain, Mary Magnum and Patty Alderete.

Congratulations to Judy Josse who was the July Golfer of the Month.

**Contact: Pat Shafer, [gdskd70@aol.com](mailto:gdskd70@aol.com)**  
**Website: [lincsters.com](http://lincsters.com)**



### Golf, Men's

In the annual Member/Guest Memorial Tournament, September 26-27, several of our sponsors will be playing with Board members to recognize our former players. There are putting contests, a horse race elimination contest, golf, of course, and awards dinner of players, sponsors and spouses. This popular event is always fun!

There were 144 players in the recent four-man scramble tournament. Winners: Flight One Gross score: Dennis Cumiford, John Michel, Bill Rapp, Jack Drinkard. Net score Brian Stowe, Ron Cook, Steve Mumma, Richard Long. Flight Two Gross score: Rick Lamb, Jerry Woodard, Jerry Sommerhauser, Rich Miller. Net score: Stan Perry, Joe McLeod, John Preuss, Dennis Meddles. Flight Three Gross score: Pete Saco, Roger Val, Steve Thornton, Bruce Lyau. Net score: Roger Cummings, Virgil Dahl, Gage Johnson, Tom Traxel. Flight Four Gross score: Al Martig, Simon Palaroan, Robert Russi, Roger Corley. Net score: John Milbauer, Ken Miller, Dave Evans, Roy Craig. Congratulations all!

**Contacts: Rodger Oswald, [rodgeroswald@gmail.com](mailto:rodgeroswald@gmail.com); Roger Cummings, [cummingspct@sbcglobal.net](mailto:cummingspct@sbcglobal.net)**  
**Website: [www.lhmgc.org](http://www.lhmgc.org)**



### Healthy Eating

Our local Farmers Markets provide a true bounty of fresh, healthy fruits and vegetables second to none anywhere in the US. We are indeed blessed by this. The drought hasn't had any significant effect on local production this year, contrary to earlier concerns.

At the August club meeting, members were treated to samples of several local fresh fruits and melons. The meeting agenda included presentations on healthier breakfasts, the importance of cooking



August produce; awash in tomatoes; Farmers Market scene





from scratch on a regular basis to avoid the sugar, salt and chemicals in prepared foods, a presentation to help improve our food shopping skills, helpful tips in the kitchen, and another on how to read the new and improved FDA Nutrition Labels we'll begin seeing soon on all our foods.

Our club meets every fourth Monday of the month at 2:00 PM in P-Hall (KS) and enjoys a sampling of healthy foods after each meeting, guests welcome.

**Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com**



### Hiking & Walking

Mark your calendars for our Annual Meeting, P-Hall (KS), October 13, 3:30-5:00 PM. Club member April Cederburg will be our featured speaker sharing



*Mount Kilimanjaro; Hikers  
Going For The Top*

her climb with her sister to the top of Mount Kilimanjaro, Tanzania, Africa in 2015. This meeting is open to all. If you have interest in outdoor activities, travel, or are nature lovers, you will not want to miss this interesting program. April will also share some of her safari travel that was done after the climb.

The Glacier Loop/BBQ in Truckee had 30 participants. On September 8, the group did a Frog Lake Overlook Dinner Hike. We hope you had a chance to participate in these two unique events. The dinner hike was a first for us.

Continue to enjoy the Walking Group on Wednesday mornings, meeting at 7:30 AM. As the mornings get cooler with the fall, the time will change to 8:00 AM.

**Contact: Hiking—Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net;**  
**Walking—Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com**  
**Website: www.lincolnhillshikers.org**



### Investors' Study

Our October 6 meeting at P-Hall (KS) at 2:30 PM, features Benjamin Keating, CFA. Ben is a Vice President and Portfolio Advisor with Wellington Management Company. He is responsible for articulating the firm's investment strategies to clients and prospects. His focus spans domestic and international equities as well as fixed income. Ben has his MBA from Boston University.

Russ Abbott, our consultant, will keep us up-to-date with his monthly Playbook. All residents are welcome. Stay for refreshments afterwards.

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

**Contact: John Noon 645-5600**



### Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT Community and those in friendship in Sun City Lincoln Hills.

Activities include a Movie/Happy Hour on September 20 and a Breakfast on October 5. The Happy Hour at the Pool from 5:00 to 7:00 PM will continue on

Thursdays, and Dog Walkers and Friends gather on Saturdays at 8:00 AM. A potluck is scheduled at KS on Saturday, September 17 from 5:30-8:30 PM with Linda Chavez from Stand Up Placer as guest speaker. A Wise Villa Winery Tour Tasting and Food is scheduled for September 24.

Community Activities: Greater Placer PFLAG meets on the second Monday of the month from 7:00 to 9:00 PM at First Congregational Church of Auburn/United Church of Christ, 710 Auburn Ravine Road, Auburn, CA.

**Contacts: Sheila 408-2802; Carol 295-0610; Gina 209-3925**

**Website: www.lavenderfriends.com**



### Line Dance

Join the fun with your Lincoln Hills line dance friends and try other venues beyond the weekly Lincoln Hills classes and ballroom parties. The upcoming line dance workshops are a great chance to polish your skills and learn new dances.



*The August Line Dance Group  
dance party in the Ballroom*

"OktoberWest, Line Dance Workshop" hosted by local line dance enthusiast, Norm Gifford, will be held 12:30 to 5:00 PM, Saturday, October 8, at the Rusch Park Community Center in Citrus Heights. The workshop will feature six instructors who teach Beginner, Improver and Intermediate level dances.

"Fall Line Dance Workshop" with choreographer Ira Weisburd will be held at the Veteran's Memorial Hall, Royer Park, 110 Park Drive in Roseville, 7:00 to 10:00 PM, Friday, October 14. Many of Ira's dances have become classics for example—Mojo Mambo, Cumbia Semana, Seduced, Shuffle Boogie Soul, and Caballero.

Check with class instructors Audrey,

Sandy and Yvonne for registration details.

**Contact: Sheridan Brown 408-5674,**  
[shrdnbrwn@yahoo.com](mailto:shrdnbrwn@yahoo.com)



### Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 5-10 minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM (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 1920’s. 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 12:00 to 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, so give it a try! Within a couple of months you will be ready to show off your new skills.

**Contacts: Patti Kingston, 587-3056;**  
**Elsa Paszek, 253-9709; Fran Rivera, 434-7061**

### Mixed Media Collage Arts

Have an old piece of art that you are not happy with or maybe it was an exercise and now just sits gathering dust? Repurpose it by cutting it up and adding it to a new mixed media piece. Have other leftovers? Place a piece of plastic wrap over wet paint and when you lift it off you have

an interesting transfer. Have old buttons, keys, broken jewelry? Use them as embellishments. Members of our group work on individual projects and are at all levels of experience. Laughter fills the room as we share ideas. We meet the third Wednesday of each month in the Ceramics Room (OC) from 1:00-5:00 PM.

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



### Motorcycle

#### RoadRunners

On September 10, Road Captain Don Heyde led a group of enthusiastic riders over Ebbetts Pass in the High Sierras. With down hill grades of up to 24 percent on the eastern side of the mountains it made for quite an exciting/scenic ride!



*Dinner at the Monte Vista Inn;  
Riders taking a break at the Omega  
Overlook on Highway 20*

Two events worth noting in October: On October 1 will be the RoadRunners annual Bocce Ball tournament and Barbecue. October 8 will be a ride through the beautiful Pope Valley led by Road Captain Dan Harlander.

If you like motorcycle touring and have a roadworthy motorcycle or trike, check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multimedia Room (OC). The next

meeting will be on September 22. Guests are always welcome.

“Ride Safe—Ride With Friends.”

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



### Music

Calling all musicians! SCLH residents and guests welcome. We play and sing next on Wednesday, September 28, 6:30 to 8:30 PM, (OC, Fine Arts). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs next on Friday, October 28, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians, guests and audience. No karaoke is permitted.

The SCLH Ukulele Jam meets Wednesdays, 1:00 to 3:00 PM, (OC Lodge). It is open to SCLH residents. Contact Ron Peck (409-0463) for information.

*By Jay Stryker.*

**Contacts: Jay Stryker [jaycstryk@yahoo.com](mailto:jaycstryk@yahoo.com);**  
**Steve Beede, [sjbeede@att.net](mailto:sjbeede@att.net)**  
**Website: [LincolnHillsMusicGroup.org](http://LincolnHillsMusicGroup.org)**



### Needle Arts

#### Threads of Friendship

Mark your calendar for October 11. The Wearable Art group will have its spectacular annual Fashion Show in the OC Ballroom at 1:00 PM. This year’s theme is “Masquerade”—just in time for Halloween! This is a juried event, each entry being judged on technique, theme, and creativity. Look for wearable items from the “costume challenge,” the “30-minute jacket challenge,” the “burlap challenge,” and the “ugly purple fabric challenge.” Paint, beads, buttons, lace and whatever are used to create jackets, dresses, hats, handbags and more. Be ready for new twists and turns in this year’s fashion show. The Fashion Show is open to the public and free to all.

September is here and it’s time to start your winter wardrobe and holiday gifts. Need ideas and help? Needle Arts have a dozen small groups. Visit our website [www.sclhna.com](http://www.sclhna.com) for a complete listing of groups and contacts.

Contact: **Marsha Ross 253-9551**,  
**marshaross1123@gmail.com**  
 Website: **www.sclhna.com**



## Neighborhood Watch

What if there is no answer when you knock on the door to pick up your friend at an appointed time? Has your friend fallen or had a heart attack or stroke and cannot answer the door? Don't panic! Neighborhood Watch can help.

In some mail stations neighbors have agreed to exchange emergency contact information. Some may have a key at a neighbor's house.

In other mail stations, only the Mail Box Captain and the Village Coordinator have emergency contact information. If you live in one of these areas, it is important for all residents to know the name and address of both.

Neighbors sometimes notice when others come and go, so an inquiry may solve the problem. Another clue is whether or not their car is in the garage. Have newspapers accumulated in the driveway?

As a last resort, contact the Lincoln Police at 645-4040.

Contacts: **Larry Wilson 408-0667**,  
**lgwlincoln@gmail.com**; **Pauline Watson**  
**543-8436**, **frpawatson@sbcglobal.net**;  
 Website: **www.SCLHWatch.org**

## Painters

David Peterson, a Sacramento watercolorist, will speak at our September meeting. He is active in many local associations and galleries. His work has been accepted into many state-wide juried shows and won many awards. The meeting is September 19 at 2:00 PM in P-Hall in KS.

I hope you have seen one of our current shows, we continue to change out the work in the Waffle Corner Restaurant each month, so it is always fresh and new. Enjoy breakfast out and an art show at the same time! The show in the downtown Lincoln Umpqua Bank (571 5th St.) was up until September 13. The show in the OC Lobby was well received and we appreciate the Association providing the opportunity!

Watch for the Artisans in the OC Lodge on October 16, with lots of original art work available to start your Christmas gift list!

Contact: **Joyce Bisbee 672-7252**,  
 Website: **http://lhpainters.org/index.html**



## Paper Arts

Pat DeChristofaro led our August project, creating holiday tissue box covers. Thank you to Pat and her helpers: Paulette Rhoads, Claudette Kinman, Gail Blask and Dottie Olsen.



*"Nothing to sneeze at," describes our August project, a decorative tissue box cover*

This month, don't forget to visit our window display in the hallway (OC) with the theme, "our favorite cards."

The Stamp and Scrapbook Expo (rubber stamping) is coming October 21-22 to the Sacramento Convention Center. Hop on the bus with us. Members of our group will head to the show the first day. We'll spend five hours there having fun shopping at vendor tables, seeing exhibits and attending workshops. (For more details and bus availability, check this *COMPASS*, page 65.)

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). New members are always welcome. Come for the paper crafting and enjoy the camaraderie.

Contacts: **Shirley Rainman 253-9534**;  
**Pat DeChristofaro 408-1360**



## 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 happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday 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**, **dorisdoross@gmail.com**



## Photography

As part of a new feature at the Orchard Creek Lodge, our club presented a black and white display of framed photographs from 14 of our members. The artists were Bob Baikauskas, John Campbell, Rhonda Campbell, Jim Cormier, Bob Dale, Carole Haskell, Stephanie Huntingdale, Mike Johnson, Kate McCarthy, Pat Monda, Ron Parker, Dale Petersen, Steve Stewart and Vicki White. You should note that most of the art is for sale and a number of pieces sold. The area in front of the information desk was originally converted to an artistic display for the Feats of Clay display earlier this year. It became so popular that it was decided to continue displaying art from various groups within



*Photo Club Exhibit at Orchard Creek Lodge; Nukolil Beach Kauai by Bob Dale; SF Beatles by Rhonda Campbell*

Lincoln Hills as well as displays with a seasonal theme. So be sure to check this area for more great art from local artists.

**Contact: Brad Senn, (530) 409-2499,  
LHPPhotoClub\_President@mail.com  
Website: www.lhphotoclub.com**



### Pickleball

Pickleball will be featured during an upcoming segment of “Rob on the Road,” a popular travel series seen on KVIE, the Sacramento PBS station.

“We had a ball,” said host Rob Stewart.

The show will air on October 21 at 7:30 PM.

Rob learned how to play and soon picked up on the Pickleball Club’s philosophy that often what happens off the court can be more important than what happens on the court.



Players gather around Rob Stewart after filming; Sherry Mosby, Robin Haney and Andrea Mayorga helped Rob learn pickleball



“It’s a sport for the people sitting there watching and having fun with their friends,” he said. “I’ve seen the loneliness the older years can bring. When you can bring a smile and get seniors out of the house with activities—that’s great. Pickleball is a wonderful way to do that.”

Residents can learn Pickleball Wednesdays at 1:00 PM during a free introduction. Paddles provided; no reservations needed.

**Contact: Mike Gardner 834-6549,  
pickleballmike1@gmail.com  
Website: www.lhpickleball.com**



### Players

Tickets are now on sale for “Happy Holidays—A Tribute To Movie Musicals” in the Ballroom (OC) on November 17, 18 and 19. The show will be directed by Julie Africa, with an original script and memorable Christmas music. It’s a show you won’t want to miss! Get your tickets now for best seats.

Auditions for the next Readers Theater show, “39 Steps,” will be September 22 in the Lincoln Room (KS) and September 23 in the Multipurpose Room (OC), at 6:00 PM. The show is a comedy/mystery about a man who accidentally finds himself involved in a murder and goes on the run to find evidence to clear himself. This free show will be presented October 29 and 30 in the PH (KS).

New members are welcome at our monthly meetings, the second Monday of each month at 4:00 PM in the P-Hall (KS).  
**Contact: Kevin Smith 408-1818,  
kbsmith17@yahoo.com  
Website: www.lincolnhillplayers.com**



### Poker

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

For Texas Hold’em players, there is separate table available same days and times.

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

**Contacts: Paul Marcorelle (925) 658-2405  
Lynne Barsky 253-3730**

### RV



Lakes and trees and beaches, oh my! Lunches and trips and brunches, oh my! Yes, that’s the life of the RVer. Long trips, short trips, we love to get on the road and see the countryside. Vice-Presidents Renee Honnoll and Vicki White have put together trips in 2017 to RV resorts next

to beaches, redwoods, vineyards, foothills, and high mountain lakes. And possibly a trip to the Albuquerque balloon festival. When the rally pulls into a destination you will most likely hear things like, “back up more, a little more, no, too far”; “I can’t see you, move left”; “are we level yet?”, and, “did you remember to bring the tonic?”

Come join the fun, we meet the second Thursday of each month at 4:00 PM in KS. The business meeting is followed by a potluck. Great time to meet new friends and exchange travel stories.

**Contact: David Africa 708-0009, lhrvg.com  
Website: www.lhrvg.com**



### S.C.H.O.O.L.S.

Thank you to all the guests and volunteers who attended our Annual Meeting on September 8. Superintendent of Western Placer Unified School District, Scott Leaman, had a very enlightening presentation about our local schools and student achievement. He also answered many questions from the audience. Principals shared the important role volunteers play in the classroom resulting in a unique, intergenerational relationship with students that has a positive effect on achievement.

Just because school has started, it is never too late to become a volunteer. As Dr. Seuss wrote, “You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.” Why not give tutoring a try this year? A teaching background is not necessary, just the desire to share your talents, skills, knowledge with students from kindergarten through high school.

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

### SCOOP



Last regular SCOOP meeting of 2016—Tuesday, October 4, 11:00 AM, Fine Arts Room (OC). Dr. Lori Siemens, heart specialist, will present “Everything You Need to Know About Your Dog’s Heart.”

Thursday, September 22, 12:00 PM: potluck—Sports Pavilion. Bring a dish to share. Dogs on leash welcome.

Halloween Parade—Friday, October 28, 3:00 PM. Dogs with or without costume welcome, dog owners can dress up too if desired. Simple refreshments.

We will vote to see if members want to have the Christmas Luncheon at our October meeting. Christmas is busy and attendance last year was low.

We are starting a “Dogsitting Swap Group.” Members welcome to submit their dog’s information to Pam Abad (pamabad@att.net) who will add you to her list of dog owners who wish to participate. Only participants will receive the list. Give: name of owner, phone, email, dog’s age, name, breed. SCOOP is not involved.

**Contact:** [scoop@sclh-scoop.com](mailto:scoop@sclh-scoop.com)

**Website:** [www.sclh-scoop.com](http://www.sclh-scoop.com)

## Scrabble

Start the fall season by trying out some of the game groups at Lincoln Hills.

The Scrabble Group meets every Monday at 1:00 PM in the Card Room (OC). Players usually play two to four games in an afternoon. No reservations are needed. If you arrive late, you can join a game in progress or when one is finished.

There are resources available like dictionaries and word lists. Some players prefer to play the old-fashioned way and not use these resources (except for challenges). There are usually two to four tables playing each week. Newcomers are always welcome!

**Contact:** Anne McMaster 409-5408, [wiltonanne@yahoo.com](mailto:wiltonanne@yahoo.com)

## Singles

### Dynamic Singles

Our September 8 General Meeting featured Speaker, Richard Fuller. His topic was *Native Americans in Native America*. Our own member traveled the USA for stories and pictures. Great Job! Our August 25 Social *Team Olympics* was a fun night for all!

**Upcoming events:** September 15, Dining Out at Cheesecake Factory; September 22 at 9:00 AM, Bocce Ball Tournament; followed at 6:00 PM by our Social Dinner/Dance and Awards; October 2, Birthday Celebration in Sports Bar (OC); October

6, Cocktail Time at Casa Ramos; October 8, Saturday Breakfast/Sports Bar; October 13 General Meeting—Games of Chance.

**Weekly Activities:** Tuesdays—Let’s Dance at Meridians (OC); Wednesdays—Bocce Ball at Sports Park; Fridays—Golf at various courses.

Join in the fun for \$15 a year! Pick up the Dynamic Singles Flyer at OC for contact person, times for each event. Get ready to meet some great people!

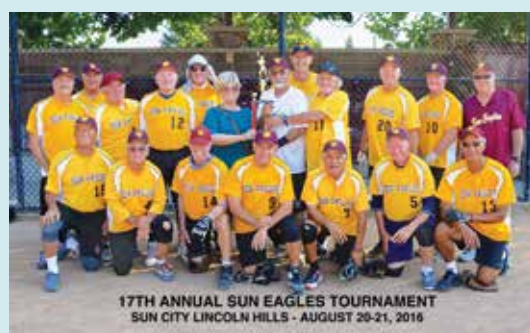
**Contacts:** Kathy Shaddox 209-3307



## Softball

The 2016 Summer League ended with Coldwell Banker Sun Ridge atop the National League with a 22-8 record. Atherton Wealth Advisors were one game back. In the American League, Wells Fargo Advisors romped to a 22-8 record, outpacing Future Ford of Lincoln by seven games. The League Championship was underway at press time.

LHSSL sponsored the 17th Annual Sun



Sun Eagle Tournament Champs

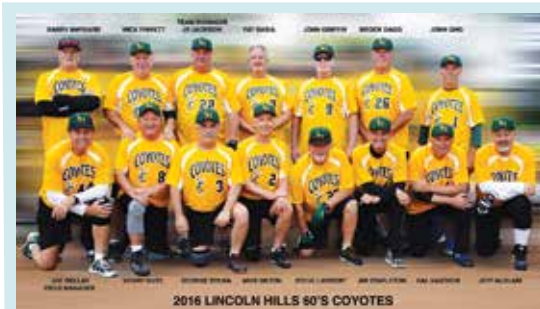
Eagles Tournament over August 20-21. The Sun Eagles, Coyote 75s, Sacramento Buds, Crankees, California Oaks and Royals competed over the two-day event. The Sun Eagles went undefeated to capture the crown. Solid pitching by Lyle Moore and Tony Machado held the opponents in check while Rich Conigliaro, Larry Schlosser, Ron Rodda, and John Habein provided hitting to push the Sun Eagles to the championship.

The Fall League will start October 5 and run until November 23 playing Monday, Wednesday and some Fridays at 9:00 AM, 10:30 AM and 12:00 PM.

**Contact:** George Sylvia 295-1957, [lh.geo2softball@gmail.com](mailto:lh.geo2softball@gmail.com),  
**Website:** [LHSSL.org](http://LHSSL.org)

## Coyotes

The Coyote 60’s won the Western National Tournament held in Sacramento August 5-7. Advancing from the loser’s bracket they defeated the Oregon Bulldogs in two straight games to capture the AAA 60s age group title.



Coyote 60s

All four Coyote teams competed in the Hall of Fame Tournament in Manteca, August 11-12. The Coyote 70s, with great pitching, defense and offense defeated the Coyotes 65s, 17-6, State Roofing, 22-10, and the Solano Senior Enforcers 23-10. The next day they clinched the tournament, beating State Roofing again 14-7, with the Coyote 65s securing fourth place. The Coyotes 75s came away with second place, losing a close game to the tournament winners, Triple Play. The Coyote 60s swept their six opponents in very close games. The winning and second place teams received team trophies and individual watches for their performance

**Contact:** Bec Cannistraci, [beccannistraci@sbcglobal.net](mailto:beccannistraci@sbcglobal.net)  
**Website:** [LHSSL.org](http://LHSSL.org)



## Sports Car

In early August, 19 cars ventured into Amador County for a two-day adventure. We started with a scenic ride through the foothills followed by a private wine tasting with lunch at Terra d’ Oro. As the sun set, we travelled back in time with a visit to Ron Scofield’s Cowboy Campfire BBQ. We enjoyed a Chuck-Wagon Style dinner with entertainment provided by the Riverbend Folk Band.

Sunday, we visited the Black Chasm Cavern where we ventured down into the cavern to see a uniquely beautiful display of geology and saw rare helictite crystals. After we lunched at the historic Volcano



*Nineteen cars at Terra d' Oro; Steve & Ann Beede Strike A Deal; It's Important To Have A Clean Car*

Union Hotel.

On our Third Thursday Ride, ten cars travelled along Highway 49 through Cool and Georgetown and ended up at lunch at the Purple Place in El Dorado Hills.

We are up to 214 Households and are continuing to grow. Check out our website, [lhsportscars.com](http://lhsportscars.com), for more info.

**Contact:** Tom Breckon 434-6989,

**Tom.Breckon@sbcglobal.net**

**Website:** [Lhsportscars.com](http://Lhsportscars.com)

### Tap Company

We're looking forward to summer fading into fall and cooler weather coming our way. Many of our tappers are participating in November's Holiday Show, but are also looking forward to learning our tap numbers for our own show coming up April 2017. Our class schedule remains the same for September, but changes in October in preparation for Performance Classes starting at that time. Our Director, Ellie Hoekenga, is busy final-

izing the script so everything will be ready for us to get started.

Performance Class rosters have been announced and tappers have been notified which class they will be in. Everyone is excited about getting started in October. Check the Activities Class section in *COMPASS* for exact times and class numbers. Anyone interested in participating in our Spring Tap Show should get in touch with Natalie Grossner, [natalie\\_g@msn.com](mailto:natalie_g@msn.com), or Jennifer Lauchner, [jenniferlauchner@yahoo.com](mailto:jenniferlauchner@yahoo.com). Enjoy what's left of summer and we'll see you on the dance floor.

**Contacts:** Celeste Martella 253-7272, [celeste7272@att.net](mailto:celeste7272@att.net); Jennifer Lauchner 543-2858, [jenniferlauchner@yahoo.com](mailto:jenniferlauchner@yahoo.com)



### Tennis

Cooler weather has arrived and with it LHTG Fall Tournaments!! LITT (Lincoln Intramural Tennis Team) began September 13 through October 25. Thursday, September 29, will feature the Mixed Doubles Tournament sponsored by Mr. Pickle's. October 29, Schaack Physical Therapy Oktoberfest will be played. Flyers have been sent to LHTG members and information is on the website.

In November, the parties begin, culminating a busy year of lots of tennis—tournaments, drop-in, LITT, USTA, SATA and in-house groups of players.

November 10—the annual LHTG dinner/dance will be held at Beerman's. On December 8, ladies and men's Christmas luncheons will be held. More information forthcoming.

For LHTG to continue to function, we need officers for 2017. We have Social and Finance Directors; still need President, Communications and Tournament Directors. Do not be bashful—step forward and volunteer. The positions are well

documented. You will be rewarded by the memberships' appreciation.

**Contacts:** BJ White, [bjwhiteca1@gmail.com](mailto:bjwhiteca1@gmail.com);

Bob White, [bobwhiteca@gmail.com](mailto:bobwhiteca@gmail.com)

**Website:** [sclhtg.com](http://sclhtg.com)



### Vaudeville Troupe

Vaudeville is gearing up for their first Troupe Potluck. The event is scheduled for the first Saturday in November on the 5th from 5:00-9:00 PM at KS. Our DJs are the ever popular Jim & Linda Baughman. This is sure to be a fun night with good food, karaoke and dancing. More information will be forthcoming.

The Steering Committee's term is up at the end of the year. If desired, the current committee members may serve a second term. If any Troupe members would like to serve on the committee, please contact Yvonne.

The Vaudeville Troupe meetings for the rest of the year are as follows: Wednesday, September 28, Wednesday, October 26 and Wednesday, December 28. All are in the P-Hall (KS) at 6:00 PM.

**Contact:** Yvonne Krause-Schenk 408-2040, [ykrause@yahoo.com](mailto:ykrause@yahoo.com)



### Veterans

Helen Justice, a certified geriatric care manager trained to assist elders and their families with the process of aging with dignity and grace, will be the featured speaker at the September 15 general membership meeting at 1:00 PM in the P-Hall (KS). Justice applies her knowledge and experience to ensure that elders obtain quality care and transitional preparation for their future.

A wartime veteran herself, she retired from the Air Force in 1992. She is considered a leader in the elder care industry. She uses that knowledge to secure all types of benefits available from state, federal and local programs to aid seniors, veterans, widows and their families.

As a VA accredited claims agent, she can assist anyone with the preparation, prosecution and presentation of a claim to the VA. She is also authorized to litigate claims on behalf of veterans who have been wrongfully denied a benefit.

Contact: Bob Ringo 543-5310,  
bobringo@starstream.net



## Videography

Our personal history is usually not documented well. Sometimes it is in written form, but capturing your stories on video in your own voice and image is invaluable to your existing or future generations. As we all have experienced, when a relative has passed away it's too late to ask them questions about their life. So, why not take a positive step now and make a video about you. Make an outline of your life, sit in a comfortable chair with a video camera pointed towards you, add a little light for better quality and just have a great conversation with those you love.

Join us September 20 at 9:00 AM for "Learning Curves" with Kate McCarthy. We meet monthly at this time on the third Tuesday of each month, in the Multi-purpose Room (OC). For more information contact Jeff Hanner.

Contact: Jeff Hanner 769-2871,  
jeffhanner8@gmail.com



Group Water Volleyball approximately 2007, KS pool; My My! Michael Renyer in a bikini top. Feli's having fun. SCLH parade 2007?; Manny Pick in his Speedo with Feli. SCLH parade 2007?

Red Ball Liaison, 253-3322.

Contact: Jim Puthuff, 768-3936

Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)



## Woodcarvers

What do club members carve? That is like asking what food do people eat. Club members carve items that may be a request by a spouse or friend, possibly a gift for a golfer or fisherman, maybe something for a collection, or something that is of interest to the carver. Recently, carvers of our club have made or are working on a trawler ship, a rabbit, a walking stick, little people for a garden railroad, several different birds, a shark, Santa pins, a carousel horse model, a mouse, a nautical decoration, various caricatures, relief images on boxes, and a frog.

Woodcarvers Club has a very large library of magazines and books as well as some DVDs that may help or inspire the current project or the next one.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room (KS).  
Contact: Dick Skelton, 626-0895



## Writers

Hot August is finally behind, but the SCLH Writers Group continues to sizzle.

We have been creating many new exciting and entertaining works! We really

would like you to come share your poems and stories. We've been treated to fictional exploits, and to down to earth realism. How about poems of humor and poems with a mysterious twist. You certainly will find inspiration for your own writings when you realize there are endless subjects to pique your interest.

Maybe something along the lines of a short story, "I have a screw loose?" Or how about writing an adventure to buy a new bathing suit or "What the heck happened since purchasing the last one?" We must be grabbing your interest by now!

We really encourage you to come join the fun every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.



Come join us this month!

Contacts: Bruce Robinson, [bbrob1281@gmail.com](mailto:bbrob1281@gmail.com); Mike Hensley, [mike.1943.ok@gmail.com](mailto:mike.1943.ok@gmail.com); Susan Gust, [srg2266@gmail.com](mailto:srg2266@gmail.com)

## Collector

Continued from page 19  
about the times people wore a button to support their choice for a politician or team or even local restaurant. Collecting buttons over 40 years afforded her the chance to meet many interesting people and it was a fun and amusing way to add to her memory bank.

Does she still collect? Well not too many wear buttons anymore but if she spots someone with an interesting button she will certainly strike up a conversation!

She is a member of the LH Antiques Club, plays water volleyball, and lately has been looking for fellow residents with the name "Sally" to share a few stories.

Curious about her collection or do you have a unique hobby? Contact Nina Mazzo at [ninamazzo@me.com](mailto:ninamazzo@me.com).



## Water Volleyball

On two occasions, our club has observed and cheered on the William Jesup Warriors in their gymnasium. Even Jeff Hanner and Charlie Schuman attended. Hope you didn't miss the match between the Warriors and some of our competitive players last Wednesday. More details on this event in the *Sun Senior News*, October 1. Photos next month.

We said goodbye to summer with our last outdoor pool play. There was lots of positive energy, fresh air, sunshine, laughter, and dipped berries.

Ratings are this month. Remember to provide frequent and quality sets to the newbies. Good luck all.

More photos from the past, compliments of Feli! Recognize anyone? First photo: Gene LeFrance, Buzz, Jerry Skaggs, Tom Gatty, John Como, Majors, Manny Pick, Klaus and Hilga, Sharon Davis, Feli, Elaine White, Robert Thorley.

Mark your calendar! Sunday, October 2 is our potluck at the Pavilion.

New players contact Ginger Nickerson,



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 Gail@GailCirata.com  
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# Reverse Mortgage Questions?

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NMLS ID #459674

**THAD STANLEY**  
NMLS ID #1284368

**LEAH GREEN**  
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**916.409.7424**

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Lincoln, CA 95648  
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## Bulletin Board

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

### AARP Become a Volunteer!

AARP Foundation Tax-Aide is looking for volunteers as counselors and schedulers to help taxpayers complete their 2016 income tax returns in Lincoln during the 2017 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 2017 tax season, please email [Yorke1946@gmail.com](mailto:Yorke1946@gmail.com) with your name, address, phone number, and position(s) you are interested in. Mark Burke, 878-6249.

### Caregiver Support Group

The Lincoln Caregiver Group will be meeting at the Twelve Bridges Library on September 15 from 9:00-11:00 AM. This group is full of information and encouragement for those who find themselves on the journey of caring for someone else, be it friend, spouse or parent. Come join us for an informative time. Please come to the backside and enter through the employee's door. Contact Brenda Cathey, 253-7537.

### CKD Kidney Support Group

Do you or a loved one have Chronic

## You are invited to attend...

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

- Monday, September 26 • 10:30 AM Edward Jones Solarium (OC)
- Friday, September 30 • 10:00 AM Medicare Seminar Oaks & Gables (OC)
- Tuesday, October 4 • 10:00 AM Nautilus Society Oaks (OC)
- Thursday, October 6 • 10:00 AM What to do when your loved one passes away Seminar Oaks (OC)
- Thursday, October 20 • 9:30 AM C.R. Abrams Revocable Trust Seminar Heights (OC)

Kidney Disease (CKD)? I am looking to start a CKD support group. Please call me if you are interested. Tom McNair, 753-4355.

### Glaucoma Support Group

You are sitting at your Eye Doctor's office and they come into the exam room and tell you that you have Glaucoma. You wonder just what does that all mean. You may have many questions. After you get the answers at your appointment, you may wonder what to do. You can come to the Glaucoma Support Group meeting on October 12 and find out how your fellow SCLH residents with Glaucoma are managing their lives. The meeting is October 12 at 4:00 PM in the Multimedia Room (OC). More info: Bonnie Dale, 543-2133.

### Grief Support Group

GriefShare is a weekly faith-based 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 13 through December 6. We meet each Tuesday

from 9:30-11:30 AM at Granite Springs Church, 1170 E Joiner Parkway, Lincoln. Contact Cheryl Edwards, 505-5777 or [LincCa.GS@gmail.com](mailto:LincCa.GS@gmail.com).

### LH Italian Club (LHIC)

October has two events. First, On Tuesday, October 11, will be the Vino & Spuntino event at Loomis Basin South Park. Join us at 3:00 PM for wine tasting, appetizers, and "hanging out." The annual General Membership Meeting on Friday, October 14, at KS will review the past year's activities and look at the coming year's planned events. November brings the Turkey Bingo celebration on Sunday, November 6, in the Ballroom at Sun City Roseville, with turkey dinner and a fun night of games. Visit our website at [www.lhitalianclub.org](http://www.lhitalianclub.org) for information about any club-related questions.

### LH Parkinson's Disease Support Group

The Lincoln Parkinson's Group is meeting on September 20 at Granite Springs Church on E. Joiner in Lincoln. We are excited about the upcoming Parkinson's Victory Summit to be held in Sacramento on October 8. There will be many special speakers and lots of information. Come join in with others who share your concerns, offer encouragement, and find help through being with others. We meet from 10:00 to 11:30 AM. More info: Brenda Cathey, 253-7537.

### LH Republican Club

Lincoln Hills Republican Club Seventh Annual Barbecue—Wednesday, September 21, 4:00-7:00 PM at the LH Sports Pavilion. Cost: \$15 per person or two for \$25. Food: Tri Tip, Brats, Turkey Burgers, Salads, Dessert and Beverages. Deadline

*Continued on page 42*

## Bingo in the Ballroom

Thursday, September 29 • Ballroom (OC)

Doors open at 12:30 PM • Bingo Games begin at 1:00 PM

The Lincoln Hills Foundation brings Bingo to the OC Ballroom on Thursday, September 29. Doors open at 12:30 PM; games begin at 1:00 PM and end about 3:00 PM. Enjoy a pregame lunch special in the Meridians.

Cost: \$20 for 12 games. Daubers: \$1.50 each. Prizes include drawing prizes; winnings up to \$100 per game

and \$250 for final blackout game. No alcohol permitted. Cold bottled water available: \$1. For groups of seven or more, call Klara to reserve a table: 408-4496.

Visit our website for a coupon for free pop-ups: [www.LincolnHillsFoundation.org](http://www.LincolnHillsFoundation.org).



Continued from page 41 for sign-up, September 17. More information: info@republicanclubschl.org or Bob Alaimo, 645-9488.

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

We will not be meeting in October. The next meeting is on November 1, 6:30 PM, KS. Everyone is welcome to attend. Collette's Jay Fehan is our speaker. See our website for details about the following trips to Southern California; Ireland;

Berlin/Prague/Vienna; Cruises from New Orleans to Miami Cruise and Melbourne to Sydney; South Africa with London; Croatia; New England Islands; Canada and Glacier National. Park; Niagara/NYC; New Orleans /Memphis/ Nashville. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck

543-0990, judyvolk@outlook.com.

**Lincoln Multiple Sclerosis Group**

The concept of "Taking the Next Step" will be explored by a Speaker from the Northern California Multiple Sclerosis Society on Tuesday, October 4 at 1:00 PM in the Sierra Room (KS). All interested are welcomed to attend! More info and details regarding the Lincoln MS Group: Marilyn Sharp, 434-6898.

**~ Community Perks ~**

**LH Certified Farmers Market & Vendor Fair Every Wednesday**

Support your local farmers every Wednesday at OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. On September 21, come see Art Instructor Michael Mikolon do a watercolor and art drawing demo from 9:00 AM until 12:00 PM. Weather permitting, the Farmers Market will be open until November. Interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith, 625-4021 or shelvie.smith@schlca.com.



Danvers, and discovers that Rebecca still has a strange hold on everyone at Manderley.

**Association Social Friday, October 7 — Free — 820919-AS**

3:30-7:30 PM, OC Fitness Center parking lot. Complimentary food, drink, music, activities. In addition, a Breast Cancer Fundraiser. \$20 Donation Ticket includes lively Zumba class, set a record for the largest chair exercise class, basketball free throw session, more.



**KS Classic Movies on Saturday: Moonstruck Saturday, September 17 — Free**

1:30 PM, P-Hall (KS). Not PG, 102 minutes, Comedy/Drama/Romance. Starring Cher, Nicolas Cage, Vincent Gardenia, and Olympia Dukakis. Loretta Castorini, a book keeper from Brooklyn, NY, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry. Cher won an Oscar for Best Actress in a Leading Role.



**Lincoln CreekFest Saturday, October 8 — Free**

11:00 AM-2:00 PM. Join Wildlife Heritage Foundation at McBean Park, Lincoln; learn about our community's creeks and the wildlife that depend on them. Activities include: California Raptor Center, Placer County Master Gardeners, National Oceanic and Atmospheric Association, Sierra Foothills Audubon Society, LHS Farm Petting Zoo, local and regional agencies and non-profits, artisans, bounce house, face painting and arts & crafts for the kids, food vendors and more!



**KS at the Movies: Alfred Hitchcock's Rebecca Monday, October 3 — Free**

1:30 PM, P-Hall (KS). Not Rated, 130 minutes—Drama/Mystery/Film-Noir. Starring Laurence Olivier, Joan Fontaine, George Sanders, and Judith Anderson. A shy ladies' companion, staying in Monte Carlo with her stuffy employer, meets the wealthy Maxim de Winter. She and Max fall in love, marry and return to Manderley, his large country estate in Cornwall. Max is still troubled by the death of his first wife, Rebecca, in a boating accident the year before. The second Mrs. de Winter clashes with the housekeeper, Mrs.



**Wearable Art Group Annual Fashion Show Tuesday, October 11 — Free**

1:00 PM. OC Ballroom. This year's theme is "Masquerade"—just in time for Halloween! A juried event, each entry being judged on technique, theme, and creativity. Look for wearable items from the "costume challenge," the "30-minute jacket challenge," the "burlap challenge," and the "ugly purple fabric challenge." Paint, beads, buttons, lace and whatever are used to create jackets, dresses, hats, handbags, more. Be ready for new twists in this year's fashion show. Open to the public and free to all.

**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 cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

**Shalom Group**

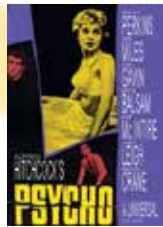
Shalom Social Group meets Monday evenings, bi-monthly at KS, for our general membership meeting which is followed

*Continued on page 45*

**KS Classic Movies on Saturday: Alfred Hitchcock's Psycho**

**Saturday, October 15 — Free**

1:30 PM, P-Hall (KS). Rated R, 109 minutes—Horror/Mystery/Thriller. Starring Janet Leigh, Anthony Perkins, Vera Miles and John Gavin. A Phoenix secretary steals \$40,000 from her employer's client, goes on the run and checks into a remote motel run by a young man under the domination of his mother.

**Music Group Sponsored "Open Mic Night" Friday, October 28 — Free**

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

**Artisans in the Lodge Sunday, October 16**

Lots of original artwork by resident artists to add to your own collection or to start your Christmas gift list!

**Document Destruction Monday, October 17**

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!

**Home, Health and Business Showcase Tuesday, October 18 — 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 Club activities. Additional info: Amy Gonzales, 625-4014.

**Readers Theater Presentation: The 39 Steps Saturday & Sunday, October 29 & 30 — Free**

October 29. 7:00 PM; October 30, 3:00 PM. P-Hall (KS). "The 39 Steps" a comedy/mystery involves a young man on vacation in London, who accidentally finds himself involved with murder, intrigue and espionage. The murder occurred in his apartment, and he goes on the run to find the evidence he needs to clear himself. The only clue he has in the espionage involves "39 Steps." He continues sleuthing and keeps running into a young lady who insists on turning him over to the police. A "bit of a stumbling block" but as all heroes do, he triumphs and gets a bit of a surprise in the process.

**Moonlight Cinema — Mission Impossible: Rogue Nation Monday, November 7 — Free — 100300-09**

~6:00 PM, Amphitheater (OC). Join us for our first outdoor movie showing! Bring a blanket, a chair, your appetite for fun and enjoy the action and suspense of "Mission Impossible: Rogue Nation" starring Tom Cruise on a 25' screen. In this latest installment, Ethan and team take on their most impossible mission yet, eradicating the Syndicate—an International rogue organization as highly skilled as they are, committed to destroying the IMF (Impossible Mission Force). This action-packed adventure will not disappoint on gadgets and incredible stunts. Drinks, popcorn and food concessions will open an hour prior to movie showing. Movie will start 10 minutes after sunset. So we can be prepared accordingly, please register for this free event at the Activities and WellFit Desks (OC/KS) and Online. Chairs are welcome anytime on the day of the event. In case of rain, event will be canceled.





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*Continued from page 43*

by a program and/or guest speaker. We are a diverse group of people, who enjoy Jewish experiences through various social, sporting, cultural, community and holiday events. This group is open to all... no need to be Jewish. We do hiking, cooking, table games, sports (bowling, bocce, miniature golf), group outings, monthly Friday night Sabbath dinners. Ask Vida Morrison, membership chair, (984-1043) not what

the group can do for you, but what/how you can do for the group. Call and find out what's cookin'!!

### 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, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo, 434-6341 or trifilo@sbcglobal.net.

## Library News

*Sandy Melnick, Library Volunteer*

We are missing dust jackets from our hardbound library books. Dust jackets provide an important role in the Library as they protect the books, not only from dust, but the spine and edges of the book. Also, dust jackets provide a synopsis of the book and saves you leafing through the book to see if you have already read it.

It is very difficult to put our labels on a "jacketless" book as they don't adhere.

When you return a hardbound book, please remember to also return the dust jackets. Also, if you have any loose dust jackets in your home (without the books), just return them to the KS Library. We will match them up to their book.

There has been some confusion regarding books we cannot use in the KS Library and Community Living Room (OC). Any book we cannot use, that is in good condition, is donated to the Lincoln Public Library for their book sales. We only discard books that are torn, pages missing, very dirty, or water logged. If you have any questions regarding any Library

procedures, please ask one of our Library volunteers for clarification.

For lovers of history, I just read a terrific book titled *The Wright Brothers*, by David McCullough. This book gives the background picture of our first flight and the impact around the world of these two brothers (and their sister). The book can be found in the History/Politics section and has a yellow label.

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



## In Memoriam

### Pearl Feldman

Pearl was born and raised in New York where she married the love of her life, Bill, when she was 16 years old. Married for 67 years, they raised their two boys in Connecticut where Bill was stationed during the Army. After retiring, they moved to Florida until Bill died. Then Pearl came here to be close to family. Pearl is survived by her son Jay and daughter-in-law, Sylvia, many grandchildren and great-grandchildren. Her son Allan predeceased her. A lovely lady, Pearl is missed by all her friends in the Saturday lunch group, where she listened, but never complained.

### Carol Hardcastle

After graduating from Colorado Women's College, Carol began a career as a flight attendant with United Air Lines. Growing up in Denver, Colorado, she married her high school sweetheart, Bert and they moved to California in the early

70's. She had another career in Silicon Valley in the temporary and permanent placement business. Carol served God through her Church, the Gathering Inn homeless shelter, and the Kairos Prison Ministry at Folsom Prison. She will be especially missed by her loving family: husband, Bert, three daughters and four grandchildren.

### Norma Nelson

Norma spent her early days in Texas where she met her husband, Frank. She worked for a bank and he was an Air Force Officer. They moved to the Sacramento Area when he was assigned to Mather AFB. Norma was active in the military community and involved in various activities while raising their daughter. Later they spent four years in England where they made many friends. Moving here in 2003, Norma enjoyed making pottery, playing bocce, gardening and producing greeting cards on her

computer. She enjoyed walking their Lab, Fischer. Norma will be missed by Frank, a son and daughter and four grandchildren.

### Roger Ware

Before retiring to California, Roger enjoyed a 30 year career as professor of mathematics at Penn State University. He was active in teaching and research and published many papers. He had a love of running; ran the Boston Marathon five times, and competed in many triathlons including the Escape from Alcatraz. After moving here, Roger especially enjoyed the bike getaway rides. He and Jean were able to travel and they were happy to finally be near their children and grandchildren. Roger leaves his wife of 50 years, Jean, two sons and four grandchildren.

*If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue, 434-0749.*



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# SAVE THE DATE

**Cirque Du New Year's Eve Ball**  
 Saturday, December 31 \* Tickets on Sale October 17

Come one, come all and celebrate with your friends on a magical evening that will usher in the New Year with fun and festivities! Step right up and join the merriment... including our spectacular fireworks; while enjoying bubbles from the champagne toast! Don't miss out on the magic! Join us under the big top! Tickets sell out quickly!



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## Entertainment

### —Club Performance—

The Lincoln Hills Players Group presents  
 "Happy Holidays—A Tribute to Movie Musicals"

Thursday, November 17

7:00 PM show — 5417-09A

Friday, November 18

7:00 PM show — 5417-09B

Saturday, November 19

2:00 PM show — 5417-09C

Saturday, November 19

7:00 PM show — 5417-09D



What better way to celebrate the holidays than by seeing the Player's Christmas show "Happy Holidays—A Tribute to Movie Musicals." The original script was written by Ken Reiss, Julie Africa and Paul Krow and features excerpts from famous movies that feature Christmas music and dialog, including "Miracle on 34th Street" and "White Christmas." Musical numbers include: "It's The Most Wonderful Time of the Year," "We Need A Little Christmas," "It's Beginning to Look A Lot Like Christmas," "A Hard Candy Christmas," "Happy Holidays," "Play A Simple Melody," "Sisters," "Gee, I Wish I Was Back In The Army," "We'll Follow The Old Man," and "White Christmas." Enjoy some wonderful memories as you reminisce through famous Christmas movies of the past. You'll probably remember some of the musical numbers and dialog since these movies live on year after year. Performances are November 17 and 18 at 7:00 PM, November 19 at 2:00 and 7:00 PM. Ballroom

### —Comedy—

**KS Comedy Night with Kat Simmons**

Thursday, September 29

6:00 PM performance — 5429-08A

8:00 PM performance — 5429-08B



Kat Simmons returns to the Presentation Hall (KS) to bring her special brand of comedy. Her shows sold out last time and received great reviews from residents. Kat is a 27-year veteran of the international comedy club circuit. You may have seen her at The Improvs, Catch A Rising Star, the Comedy Channel, Fox's Comedy Tonight, or on Candid Camera. She has toured with The Three Blonde Moms and won the eWomen Network's International Talent Contest in Dallas in 2009. Kat has a unique talent for combining physical comedy with real life situations that everyone can relate to. She has been favorably compared to the masters of the craft, Lucille Ball, Carol Burnett and Red Skelton. She is one of a few physical comedienne's working today. She has appeared with Tim Allen, Kevin Nealon, Kenny Rogers, and Rob Schneider. Don't miss out! Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). Reserved seating, \$12.

**Back by Popular Demand!**

**KS Comedy Night: The Magic & Comedy of Ryan Kane**

Thursday, November 10

6:00 PM performance — 5410-09A

8:00 PM performance — 5410-09B

If you missed this amazing and entertaining show last year, make sure to get your tickets before it sells out... *again!* Ryan Kane is the current San Francisco magic champion, having taken first place when competing against the best magicians in the

*Continued on page 48*

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

Bay. Known for his comedic edge, high energy, and original magic, Ryan has performed from New York to Las Vegas and his corporate appearance clients include such prestige names as Microsoft, Intel, and Louis Vuitton. Ryan Kane began learning magic in 1995 when he was six years old. He would spend his childhood grasping the fundamentals of this sophisticated and complex craft. In his early teens, Ryan began using his magic and bright personality to gather audiences on the streets of Old Sacramento. The results of these challenging early performances are evident today in the quick wit and charm he demonstrates as a featured performer at casinos in Reno and at the top tourist destination in San Francisco, Pier 39. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). Reserved seating, \$13.



### —Concerts—

#### Summer Concert Series Jason Petty and Carolyn Martin: Country Royalty Friday, September 16 — 5016-4G

Two legends, one stage! Jason Petty teams up with one of the best singers in the business to bring two legends of country music together for the very first time... Hank Williams and Patsy Cline. Award-winning singer Carolyn Martin delivers the perfect Patsy Cline to Jason's Hank Williams, the two big-



gest names country music has ever seen. With hits like "Crazy," "Hey Good Lookin'," "Walking After Midnight," and many more, join Jason and Carolyn with their five-piece band as they take you back in time to when these country giants rule the airwaves. General admission, \$22.

#### Summer Concert Series Let's Hang On! A Frankie Valli Tribute Show Friday, September 23 — 5016-4H

You asked for it, you got it! The perfect show to close the season!

Get ready to experience America's #1 Frankie Valli Tribute Show, *Let's Hang On!* as they pay tribute to the classic *Seasons* while also paying tribute to the Broadway show, "The Jersey Boys." Expect the trademark vocal virtuosity, tight harmonies, and crisp choreography that made *The Four Seasons* one of the greatest vocal groups of all time. Sing along to *Four Seasons'* mega hits like: "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off of You," and many more. General admission, \$21.



#### Single Seats Now On Sale! KS Music Night Presents Fall Classical Series The Angelica Duo featuring violinist Anita Fetsch Felix and harpist Beverly Wesner-Hoehn — Tuesday, October 18 — 5416-06B

### Summer Amphitheater Concert Series Guidelines

**Admission:** Wristbands must be worn during concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands and SACS souvenir gift from the OC Activities Desk in advance, e-Tickets or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

**Admittance: Doors open at 6:00 PM.**

**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.

**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 6:00 PM.** **Chairs placed prior to 5:00 AM, or that exceed height of 36" will be removed and placed on the upper patio terrace.** SCLH is not responsible for loss of chairs/blankets left unattended. Put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area to left of stage.

**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 upon admission and throughout the concert.

**Not Allowed:** High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, 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 of this COMPASS. All sales are final. No refunds or exchanges. No child pricing.



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- July 28 - July 30 ~ 2 nights Kilkenny, Mt. Juliet (5 stars) with sightseeing to Cobh Heritage Centre & Blarney Castle
- July 30 - August 2 ~ 3 nights Dublin, O'Callaghan Stephens Green (4 stars) with sightseeing to Guinness Storehouse, Trinity College-Book of Kells & St. Patrick's Cathedral.

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We are pleased once again to present some of the finest classical musicians in the Northern California area in a four concert series performed at Presentation Hall, (KS). Coming in October, **The Angelica Duo** comprised of violinist **Anita Fetsch Felix** and harpist **Beverly Wesner-Hoehn**. They will present newly composed virtuoso music mixed with old favorites to delight audiences in an intimate chamber music setting. The Angelica Duo will present the works of Saint-Saens, Massenet, Bach, Izmaylov, Donizetti and others with commentary on the composers. Their performances have been met with “enthusiasm and high praise for their transparent sound, and artistry.”



### Joyous Brass: Christmas in Brass

— Tuesday, November 22 — 5416-06C

### Classical Guitarist Matt Bacon

— Tuesday, December 20 — 5416-06D

In November, **Joyous Brass**, Northern California's only British Style Brass Band, featuring 30 musicians will perform



Holiday themed music, including original compositions, jazz, classical and traditional carols. Rounding out our series is **Classical Guitarist Matt Bacon** from San Francisco. He is an international artist and Top Prize winner at the Texas National Music Festival's “Classical Minds” competition. He is a highly sought after performer and composer. **Single tickets are now on sale.** Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS). Reserved Seating, \$15.

### Silent Movie Night with the Roseville Community Concert Band

#### Buster Keaton's 1926 Classic Comedy, “The General”

Friday, October 28 — 5428-08

The Roseville Community Concert Band will thrill us once again with great music that will bring a silent movie to life! This year they will accompany Buster Keaton's 1926 classic comedy, “The General.” 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). 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, \$10.** General admission, \$8.



### Dirty Cello

Friday, November 4 — 5404-09

From China to Italy, Dirty Cello brings the world a high energy and unique spin on blues and bluegrass. Led by vivacious cross-over cellist, Rebecca Roudman, Dirty Cello is cello like you've never heard before. From down home blues with a wailing cello to virtuosic stompin' bluegrass, Dirty Cello is a band that gets your heart thumping and your toes tapping! “The band plays every style imaginable, and does some fantastic covers. (Their rendition of ‘Purple Haze’ is incredible.) But what is most spectacular about them is hearing the depth of soul in Roudman's playing—it goes beyond what most people would expect from the instrument. She plays it with so much heart, you'll wonder why more bands don't have a cellist.” *Good Times Santa Cruz.* Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). **Reserved seating, \$16.**



—Dinner Show—

### Oktoberfest Celebration

Friday, October 14 — 5414-08

This year's celebration promises to be bigger, better and more fun and at a lower price! What's new in addition to the lower price? At-



tendees will receive a free commemorative beer stein as a party favor. The Alpentanzer Schuhplatter will not only provide dance entertainment but will also serve as our band providing excellent traditional Oktoberfest tunes that will have you in the party mood through the evening. What remains the same? Enjoy a sumptuous buffet feast of traditional German foods (menu available at both Activities desks) especially prepared by our Meridians culinary team plus fun and dancing. Expect the Alpentanzer Schuhplatter Dancers to wow you with their elegant costumes and traditional Austrian/Bavarian dance numbers (including audience participation). Break in your beer steins at our no host bar starting at 5:30 PM when doors open to get the celebration going! Dinner 6:00 PM, Entertainment 7:00 PM. Please advise the Activities Monitor of any dietary restrictions during registration. Gather your friends and reserve your table now! Reserved table seating, \$38.



—Grandkids Event—

### Pumpkin Splash

Saturday, October 8 — 5408-08

Come and enjoy a unique pumpkin patch with your grandchildren! This floating pumpkin patch will be located at the heated lap pool at OC Fitness Center. Make sure your grandkids wear

*Continued on page 52*

their bathing suits and bring a towel. The pumpkins will be ready for the picking, out of the water that is! Pumpkin decorating, photo ops, games, and goodie bags! Come join the Halloween fun! **Pumpkin picking will be divided into age groups: five-to-seven years old; eight-to-ten years old; 11-to-12 years old. Children that can't swim must be accompanied by an adult in the pool.** Doors open at 10:00 AM. Wristbands are required to participate in the festivities. Wristband for online buyers will be available for pick up starting at 10:00 AM. General admission, \$12. Limited number of spaces available. **Deadline for purchase September 25.** In case of rain, event will be cancelled.



### —Show—

#### Duffy Hudson presents The Life and Work of Harry Houdini Tuesday, October 4 — 5404-08

Broadway and film veteran Duffy Hudson is back by popular demand. Duffy will bring his talent and fascination for Houdini to life in his new, unique one-man show on “The Life and Magic of Harry Houdini.” Will the show include elements of Houdini’s life? Of course it will. Will the show include escapes and magic? Of course it will. Will the show captivate the young, the old, and everyone in between? Of course it will. Will the show reveal all of Houdini’s secrets? You will just have to see... Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved seating, \$12.**



**Katrina Ferland**  
Lifestyle Trips Coordinator  
[katrina.ferland@sclhca.com](mailto:katrina.ferland@sclhca.com)

### Day Trips

#### —Casino/Races—

#### Colusa Casino Thursday, September 22 — 1950-08

Enjoy a nice drive in the country on the first day of fall and view one of the world’s smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; Current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$3 additional slot credit. Additional credits to be applied based on your prior play. There may be additional promotions in September. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.



### 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 on return.

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

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

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**Off to the Races****Thursday, November 3 — 1846-09**

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. \$80

**Jackson Rancheria****Monday, November 14 — 1951-09**

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Enjoy a nice fall drive to Amador County and spend four hours at the recently remodeled and expanded casino. Enjoy a nice drive in the Amador foothills! Leave OC 9:00 AM, return ~ 5:00 PM. \$23.

**—Festivals—****California Capital Airshow****Saturday, October 1 — 1930-07**

The California Capital Airshow will be roaring into town featuring spine-tingling performances by the U.S. Navy Blue Angels Demonstration Squadron, United States Army Golden Knights, Royal Canadian Air Force CF-18 Demo Team, USAF Air Combat Command F-16 Viper Demo Team, 'FIFI'—the world's only flying B-29 Superfortress, pyrotechnics, theatrical WWII tribute performance and so much more! Our group will enjoy the large chalet tent with an included buffet and soft beverage, includes seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIP 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 desk or online. Leave OC at 8:30 AM, return ~ 5:30 PM. \$119.

**Great Italian Festival-Silver Legacy****Saturday, October 8 — 1822-08**

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, a wine walk, an Italian Farmers Market, Bocce Ball and more! You'll have five hours to enjoy the festival,



lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$3 food coupon. Leave OC at 8:00 AM; return ~6:30 PM. \$35

**Fleet Week Hornblower Luncheon Cruise****Sunday, October 9 — 1831-07**

We've reserved space with Hornblower Cruises for your enjoyment of the festivities. You'll be in awe as the Navy Blue Angels



soar right above you on the bay along with several other air teams! Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat gourmet buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it can get cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat and we'll give plenty of time after returning to the dock to get to the bus for departure. There will be a rest stop on way home. Leave OC at 10:00 AM, return ~ 8:30 PM. \$160.

**QuiltFest****Thursday, October 13 — 1785-08**

In cooperation with the Needle Arts Group and open to all residents and their guests, we're going back to enjoy 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. We will stay until the close of the show. For additional information regarding workshops, etc., check the website [www.quiltfest.com](http://www.quiltfest.com). Leave OC at 9:00 AM, return ~ 9:45 PM. Dinner stop in Santa Clara to wait out traffic and rest stop on way in to show. \$67 (includes admission).

**—Food & Wine—****Apple Hill****Monday, October 3 — 1812-08****Or Thursday, October 6 — 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 lovely fall colors! The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy lunch consisting

*Continued on page 58*



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—Museums—

**Just Added!**  
**Berkeley Art Museum and Pacific Film Archive**  
**Wednesday, October 12 — 1700-09**

The UC Berkeley Art Museum and Pacific Film Archive is the visual arts center of the University of California, Berkeley, and the nation's leading public research university. The Archive's comprehensive collection—more than 19,000 works of art and 17,500 films and videos represent a tremendous diversity of global cultures and historical periods. The collection has particular strengths in Ming and Qing dynasty Chinese painting, Baroque painting, early American painting, 19<sup>th</sup> and early 20<sup>th</sup> century photography, classic and international cinema, and the largest collection of Japanese films outside of Japan. Their Modern Art collection is built around a remarkable core holding of 50 paintings by the Abstract Expressionist painter and teacher Hans Hofmann and includes significant works by Mark Rothko, Helen Frankenthaler, Ad Reinhardt, Jackson Pollock and more. View some exciting current exhibitions including **Buddhist Art from the Roof of the World** and **Sojourner Truth, Photography, and the Fight against Slavery**. Enjoy lunch on your own at the museum café, nearby eateries or bring your own. Depart 8:45 AM, return ~ 5:30 PM. \$54, includes admission and docent led tour.



before. The exhibits include a curated selection from the distinguished Doris & Donald Fisher Collection, cherished favorites from SFMOMA's permanent collection, and works specially commissioned for the new museum. See [www.sfmoma.org](http://www.sfmoma.org) for more information on exhibits and food and beverage options. Located across from Yerba Buena Gardens, trip includes admission with lunch on your own at the museum café or bring your own. Depart 8:15 AM, return ~ 5:30 PM. \$69.

**"Hamilton an American Musical"**

San Francisco ticket release has been delayed until the fall, keep an eye on COMPASS as it will be listed as soon as we get the tickets.

**Sacramento Philharmonic—Pops**  
**Sacramento Community Center Theater**

We have secured 56 seats in middle-orchestra seating for the Sacramento Philharmonic Pops Series David Bowie and Beach Boys Pops presentations. Vendor deadline to purchase is November 21 at 12:00 PM. All shows leave OC at 6:45 PM, return ~ 11:30 PM. \$80 each.

**The Music of David Bowie—A Rock Symphony**  
**Saturday, January 14, 2017 — 1702-09A**

Few artists have redefined rock. David Bowie was the one—and only. To mark the first anniversary of his passing, the Sacramento Philharmonic presents a symphonic salute. "Changes," "Space Oddity," "Fame," "Heroes," "Rebel, Rebel," nearly 20 classics. The Best of Bowie—from A to Ziggy. Are you ready? Then "Let's Dance." \$80.



**Pet Sounds Live: A Beach Boys Celebration**  
**Saturday, April 8, 2017 — 1702-09B**

The sun-melt harmonies and all the good vibrations! Conductor Jeff Reed recreates the music of The Beach Boys. Every endless summer smash hit, and wouldn't it be nice to hear those path-breaking "Pet Sounds" in a 50<sup>th</sup> anniversary tribute? \$80.



**Sacramento Philharmonic—Classical**  
**Sacramento Community Center Theater**

Due to overwhelming classical season tickets subscriptions, we are limited to 34 middle-orchestra seats for the classical shows. Vendor deadline to purchase this event is October 18 at 12:00 PM. All shows leave OC at 6:45 PM, return ~ 11:30 PM. \$80 each.

**Vivaldi—The Four Seasons**  
**Saturday, January 21, 2017 — 1706-09A**

Enjoy the majestic composition "The Four Seasons," along with Haydn-Symphony No. 101 "Clock" and Rossini Italiana in Algeri Overture. Conducted and violin by Andres Cárdenas current Mu-



—Performances—

**San Francisco Museum of Modern Art (SFMOMA)**  
**Tuesday, November 29 — 1751-09**

The San Francisco Museum of Modern Art is now open after a three-year expansion and transformation to showcase the museum's celebrated collection. The museum has over ten breathtaking floors and with nearly three times more gallery space than



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## Sutter Cancer Center - Coming Soon to Roseville!

We are excited to announce that our new cancer center construction is almost complete. Having a dedicated cancer center in Roseville will allow us to offer our community quality oncology care in a more convenient location. The new cancer center will offer an infusion center, outpatient surgery center, conference and integrated health center, as well as Sutter Medical Foundation medical, surgical, and gynecological oncology offices.

[suttercancer.org](http://suttercancer.org)



sic Director of Orchestral Studies and Conductor of the Carnegie Mellon University Philharmonic. \$80.

### Beethoven Violin Concerto

**Saturday, March 4, 2017 — 1706-09B**

Featuring Symphony No. 4 and Violin Concerto. Conducted by Michelle Merrill assistant conductor Detroit Symphony and violinist Chee-Yun Kim playing a Stradivarius 'Ex-Strauss' (Cremona, 1708) on loan from the Stradivari Society of Chicago. \$80.



### La Traviata

**Saturday, April 29, 2017 — 1706-09C**

Opera conducted by Venezuelan born, Spanish conductor Jose Luis Gomez who was catapulted to international attention when he won first prize at the International Sir George Solti Conductor's Competition in 2010 securing a sensational and rare unanimous decision from the jury. Featuring Sacramento Opera Chorus and an internationally acclaimed cast. \$80.



### Cirque du Soleil—"Toruk"

**At the new Golden One Arena Sacramento**

**Wednesday, November 30 — 1718-09A&B**

See Cirque du Soleil in a stunning new light at the brand new Golden One Arena in downtown Sacramento. Toruk—The First Flight takes place on Pandora, the fantastical, jungle-like world depicted in "Avatar," but is set thousands of years before the events of the movie. The show features the tall, blue creatures known as the Na'vi who inhabit the colorful world. Cirque du Soleil transports you to the world of Pandora in a visually stunning live setting. Experience a storytelling odyssey through a new world of imagination, discovery and possibility. We've reserved enough seats to accommodate two busses for this trip. Leave OC at 6:00 PM, return ~ 11:00 PM. \$79.



### Two Dates! Beach Blanket Babylon Holiday Edition

**Thursday, December 15 — 1915-09**

**Or Wednesday December 21 — 1921-09**

It's that time for everyone's favorite show, 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 with 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. \$101. \*Reservations highly recommended for dinner, restaurant list is available at time of registration. For more info on show, check <https://beachblanketbabylon.com>.

### Broadway Sacramento 2016-2017

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 \$97 each



### The Sound of Music

**Tuesday, November 1 — 1793-06A**

The Hills Are Alive! A brand new production of *The Sound of Music*, directed by three-time Tony Award® winner Jack O'Brien, is coming to Sacramento. The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song. \$97.



### Kinky Boots

**Tuesday, January 31, 2017 — 1793-06BB — Sold Out**

Both busses Sold Out! Unable to add a third bus due to vendor ticket limitation.

### A Gentleman's Guide to Love & Murder

**Tuesday, March 7, 2017 — 1793-06C**

Getting away with murder can be so much fun... and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award® for Best Musical—*A Gentleman's Guide to Love & Murder!*, *Gentleman's Guide* tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by—you guessed it—eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. 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. \$97.



### The Bodyguard

**Tuesday, April 18, 2017 — 1793-06D**

Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox!

*Continued on page 65*

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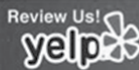
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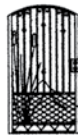
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### The Phantom of the Opera

Tuesday, May 23, 2017 — 1793-06E — Sold Out

No charge to add yourself to waitlist for possible second bus.

### 2016/2017 Speaker Series

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discus-



sion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with four price points this year. New this season is the additional limited option of **Platinum seating** which allows for Front Orchestra seating. Gold and Silver reserved continues to be available along with the Bronze option of open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Speakers listed above.

\$639 Platinum Seating — 1730-04

\$573 Gold Seating — 1731-04

\$440 Silver Seating — 1732-04

\$339 Bronze Seating — 1733-04

### —Sports—

### Sacramento Kings

Watch the Sacramento Kings in their brand new home, Golden One Arena in downtown Sacramento without dealing with parking issues! Enjoy lower level seating for the new season. Seats located in the baseline area Section 114. Arrive in time to enjoy pre-game activities and purchase from various food and beverage concession. Depart OC at 5:30 PM, return ~ 11:30 PM. See individual games below for pricing.



**Sacramento Kings vs. Miami Heat**  
**"Community Impact Night-Health"**  
 Wednesday, January 4, 2017 — 1800-09A  
 \$103.



**Sacramento Kings vs. New Jersey Nets**  
**"Salute to First Responders Night"**  
 Wednesday, March 1, 2017 — 1800-09B  
 \$96.



### —Tours/Leisure—

### U.C. Davis Arboretum & Raptor Center Open House

Saturday, October 15 — 1788-08

Enjoy a nice fall day with a morning at the U.C. Davis Arboretum and then over to the U.C. Davis Raptor Center Open House. We'll first visit the west side of the U.C. Davis Arboretum near Shields Grove for a few hours on your own then we will head over to the U.C. Davis Raptor Center for their Fall Open House to experience a fun-filled and educational experience. Lectures on the birds and numerous handlers will be available to answer your questions about the live educational raptors they will be holding on their hands. There's a self-guided tour route and museum along with beer and food tastings. A boxed lunch from Meridians is included on the trip. Boxed lunch includes choice of *Turkey or Roast Beef Sandwich or Vegetarian Wrap*. Comes with fruit, bottled water and dessert. Choose lunch at time of registration. Leave OC at 8:30 AM, return ~ 3:30 PM. \$45. (Includes donation to Raptor Center for event)



### Just added! Ferry to San Francisco—Union Square

Wednesday, October 19 — 1842-09

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 some time on your own to explore the Ferry Building with some time for 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/](http://www.ferrybuildingmarketplace.com/). Leave OC at 8:15 AM, return ~ 8:00 PM. \$53.



### Scrapbook and Stamp Expo

Friday, October 21 — 1796-08

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun trip to the Sacramento Convention Center for the



Continued on page 66

Scrapbooking & Stamp Expo! (Rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We've obtained early admission and will spend five hours at the show. Lunch and any fees for seminars/workshops on your own. Depart OC 8:00 AM, return ~ 3:00 PM. \$37 (includes admission).



### San Francisco 49ers Levi's Stadium Tour Saturday, November 12 — 1849-08

Tour the new home of the San Francisco 49ers at Levi's Stadium in Santa Clara! We'll enjoy a VIP Private Group Tour that features visits



to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be a stop on the playing field for a photo opportunity and time to check out the visitor's locker room. We also receive



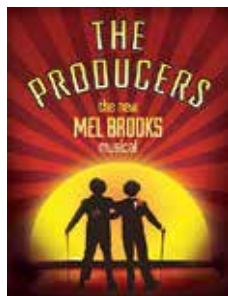
a complimentary group souvenir photo! The 49ers Museum is included with the tour and there is time to visit the 13,000 square foot flagship team store. First, we'll stop for an included lunch at Hometown Buffet in our own banquet room. There will be a stretch stop both directions of the trip. Leave OC at 7:45 AM, return ~ 6:45 PM. \$98.

### —Overnight—

### Eldorado Overnight—The Producers! Wednesday, November 9 to Thursday, November 10 — 1999-09

Get away the day after the election for a fun overnight to the Eldorado Hotel & Casino in Reno to see the classic comedy "The Producers." This Mel Brooks masterpiece based on the hit 1968 film of the same name chronicles the hilarious adventures of a washed-up Broadway producer Max Bialystock and his mile-mannered accountant, Leo Bloom as the scheme to get rich quick by producing the most notorious flop in the history of showbiz. Enjoy dinner prior to the show with a \$15 food credit per person at any Eldorado restaurant including Roxy and The Prime Rib. Complete list of restaurants in Eldorado available at Activities Desks. Breakfast at the buffet is included the next morning before a mid-morning departure back to LH. Leave OC at 11:30 AM, Wednesday, November 9, return Thursday, November 10 ~ 1:15 PM. *A signed liability waiver is required for each participant.* \$161 per person double occupancy. \$191 single.

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### Two nights!

### Sun City Sierra Winter Holiday Train Roundtrip Reno Monday, December 5 to Wednesday, December 7 — 1982-09

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. Last year, trip participants had a great time on the second day visiting the UNR Planetarium, the Reno Auto Museum, the Nevada Museum of Art and movie theaters, reached easily by a shuttle making the loop around downtown.



Trip package includes per person:

- Motor coach transportation to and from Roseville train station
- Casino shuttle to & 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
- \$15 food credit per person to the restaurant of your choice in the Eldorado for dinner (includes Roxy or The Prime Rib if you desire!)
- Reserved seat ticket to Eldorado's Showroom "Miracle on 34<sup>th</sup> Street"
- One breakfast/brunch buffet per person
- \$10 additional food credit per person for breakfast on day of departure at Millie's Coffee Shop
- Gratuities for bell service and bus driver

Leave OC at 10:30 AM, Monday, return to LH Wednesday, ~ 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.* \$289 per person double occupancy. \$348 single.

### Sold Out Trips

#### Trip • Date • Departure Time

- **Benicia Fine Arts Fair**  
Saturday, September 17 • 9:15 AM — 1746-07
- **SF Giants vs. St. Louis Cardinals**  
Sunday, September 18 • 9:15 AM — 1800-03
- **Floating Homes Tour**  
Saturday, September 24 • 8:00 AM — 1840-07
- **SF Giants vs. LA Dodgers**  
Sunday, October 2 • 8:15 AM — 1800-03
- **Beale AFB**  
Friday, October 14 • 8:15 AM — 1768-08  
Friday, October 21 • 8:15 AM — 1796-08
- **White Christmas**  
Wednesday, December 14 • 6:45 PM — 1774-05
- **Kinky Boots**  
Tuesday, January 31, 2017 • 6:45 PM — 1793-06B & BB

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 betty.maxie@sclhca.com

**Classes**

**Vacation Drop-In**

In response to students' request, 2016 brings additional classes offering drop-in sessions to accommodate your vacation plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not for first time students/beginners and offers limited guidance from moderator/instructor.

**Art**

**—Announcement—**

**Fine Arts Class Gallery**  
**Featuring the Art of Michael Mikolon**  
**and Lincoln Hills Students**  
**Friday, October 21**



5:30-7:30 PM, Fine Arts Room (OC). The Activities Department, in cooperation with art instructors and students, welcome all residents to stop by the Fine Arts Room to view the work of Michael Mikolon and community art students. Focus is on watercolor and drawing. Pieces will remain on display and can be viewed anytime an art class is being held.

**—Drawing—**

**New Time! Beginner Drawing**  
**Thursdays, October 6-27 — 132216-09**

6:00-8:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with 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. Supply list available at Activities Desks and online. **Michael will be at the Farmers Market on September 21 at 9:00 AM for an art demo.** Meet the instructor, see his work, ask questions, and find out if this is a class for you. See you there!

**Vacation drop-in: DRAW — \$17 per session.**

**—Oils, Pastels & Acrylics—**

**Paint Your Vision in Oils or Acrylics**  
**Wednesdays, October 5-26**

**9:00-11:30 AM Class — 113116-09**  
**Or 1:30-4:00 PM Class — 113216-09**

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 student 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](http://www.artistmarilynrose.com). Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online. Please request supply list at the Activities Desks and online



**Vacation drop-in: PAINT — \$17 per session**

**Painting Pastels Or Oils with Barry**  
**Mondays, October 3-31 — 105116-09**

9:00-11:30 AM (OC). \$52 (four sessions; no class October 17). Instructor: Barry Chase. 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 is an award-winning artist with over 50 years of painting explorations in various media. Barry owns a studio in Folsom and his paintings are sought by collectors and clients worldwide. He has over 15 years experience teaching and encouraging artistic expression, to many ages. Supply list available at Activities Desks, online, or on instructor's website. [www.pastelpainter.com](http://www.pastelpainter.com).



**Vacation drop-in: PASTEL — \$17 per session.**

**Sip and Paint "Pumpkin Field"**  
**Friday, October 28 — 122116-09**

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This style of casual learning is a popular past time for first-timers and seasoned



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9:00 AM-3:00 PM (OC). \$150. Instructor Susan Sarback. **Prerequisite:** Basic drawing skills suggested. Discover how to infuse your paintings with luminous color. Based on the Impressionists approach to light and color, your paintings will gain a fresh and luminous quality of life. Learn a four-step process that will enliven your paintings with light and color. In this workshop you'll have several options. Instructor will bring photos to paint from or you can bring your own. Start a new painting or bring in the paintings you're currently working on. This is a workshop to help you individually take another step. There will be a demonstration and plenty of personal instruction. (Oil painters can use either a palette knife or brushes.) *About the Instructor:* Susan Sarback has been an artist for over 35 years, is the author of two art books published by North Light Books, and is founder of the School of Light & Color ([www.lightandcolor.com](http://www.lightandcolor.com)). Students from all parts of the world come to study her unique approach to color. See more at [www.susansarback.com](http://www.susansarback.com).



—Watercolor—

**Beginning Watercolor Painting**  
**Thursdays, October 6-27 — 131116-09**

1:00-4:00 PM. (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, English, 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 instructor during class. **Michael will have an art demo booth at the Farmers Market on September 21 beginning at 9:00 AM.** Come see his work, ask questions, and see if this class is for you. *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.

**Vacation drop-in: WCOLOR — \$17 per session.**

**Mixed Media**

**Art Journaling**

**Tuesdays, October 11 & 25 — 143116-09**

9:00 AM-12:00 PM (OC). \$35 (two sessions). Supply fee paid to instructor, \$5. Instructor: Kerry Dahlin. A variety of media will be used as we “play” on the pages of our art journals. You will learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.



**Ceramics**

—Lladro—

**Spanish Oil Painting**

**Wednesdays, October 5-26 — 206116-09**

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



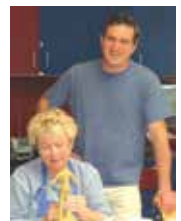
**Vacation drop-in: LADD — \$12 per session.**

—Pottery—

**Beginning/Intermediate Ceramics**

**Tuesdays, October 4-25 — 212116-09**

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



*Continued on page 72*

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for future classes.

**Vacation drop-in: CERD1 — \$17 per session.**

**Advanced Ceramics**

**Tuesdays, October 4-25 — 212216-09**

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. This class is for 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.



**Vacation drop-in: CERD3 — \$17 per session.**

**Ceramics: Beginners Intermediate and Advanced.**

**Thursdays, October 6-27 — 221116-09**

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



**Vacation drop-in: CERD2 — \$17 per session.**

**Crafts**

**—Card Making—**

**Intro to Card Making 101—Level 1**

**Mondays, October 3-17 — 317116-09**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach 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, so sign-up early to reserve your space. All supplies will be provided.



**Card Making Level 2—Intermediate**

**Tuesdays, October 4-18 — 317216-09**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or 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, so sign-up early to reserve your space. All supplies will be provided.

**Card Making Level 3—Intermediate/Advanced**

**Wednesdays, October 5-19 — 317316-09**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class will build on your skills from Level 2, 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 4—Advanced**

**Fridays, October 7-21 — 317416-09**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

**—Flower Arranging—**

**Flower Topiary**

**Tuesday, September 20 — 301016-08**

10:00 AM-12:00 PM (KS) \$45. Instructors Selia Yrillas and Jennifer Steele will teach you how create a beautiful fresh flower topiary arrangement. For any beginner we will go step-by-step showing you how to make a beautiful long lasting centerpiece. All materials included. Shears not included. Space is limited. Register early.



**Fall and Fun Floral**

**Monday, October 17 — 301216-09**

9:30-11:30 AM (KS). \$45. Instructors: Jen Steele and Sally Hernandez. Join us in this easy to learn workshop where we will make an upright floral arrangement with holiday inspired details and colors. Flowers, container, and fun included. Space is limited.



**Dance**

**—Clogging—**

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*Continued on page 75*



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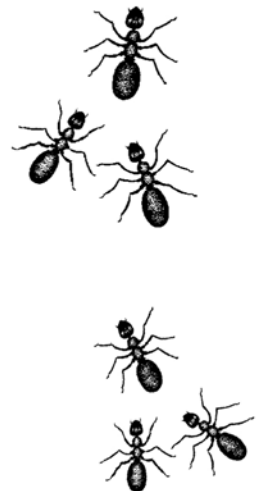
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that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.

### Beginning Clogging

**Tuesdays, October 4-25 — 332116-09**

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. New students welcome. Low impact, not as hard as you think. Bring your friends, bring your enthusiasm. 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 4-25 — 332216-09**

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.

**Vacation drop-in: CLOG1 — \$10 per session.**

### Intermediate Plus Clogging

**Tuesdays, October 4-25 — 332316-09**

12:00-1:00 PM (KS). \$21 (three sessions; no Class October 18). 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.

**Vacation drop-in: CLOG2 — \$10 per session.**

## —Country Western Dancing—

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

**Mondays, October 3-24 — 344216-09**

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 3-24 — 344416-09**

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 this month will be "Joe's diner and Rio for Two".

### Country Line Dancing

**Fridays, October 7-28 — 346116-09**

3:00-4:00 PM, KS. \$20 (four sessions). Instructor: Jim & Jeanie 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 Ballet

**Thursday, October 6-27 — 353516-09**

5:00-6:30 PM, OC Fitness. \$50 (four sessions). Instructor: Dolly Schumacher. Do you love to simply move when you hear a beautiful song? We are born with this innate love of music which moves through our bodies and into our souls. This class is a blend of basic Ballet technique and the freedom of Lyrical/Modern Dance. Beginning with exercises at the barre to strengthen and tone, moving the center floor for stretches and combinations, and ending with a simple dance combination which is different every week! Your posture will improve, your legs will feel strong, your center will strengthen, you'll have grace in your movements, and your balance will improve. With beautiful music inspiring you to move, your instructor Master teacher Dolly Schumacher James, will gently guide you through her choreography. Through this style of dance you will appreciate how much you can do, and as each class ends you will have a sense of accomplishment... as your soul takes flight. It happens! only when you *dance!*



### Dance for Life

**Fridays, October 7-28 — 354716-09**

2:15-3:45 PM, OC Fitness. \$50 (four sessions). Instructor: Dolly Schumacher. "Dance For Life"—The perfect class for students interested in learning the many different styles of dance. Every week is something new and innovative, to challenge the mind, strengthen the body, develop and improve rhythm, coordination and balance. Dance is the ultimate body conditioner and beyond that... it's *fun!!* From Modern Jazz, Contemporary, Musical Theater, Comedic, Lyrical, Folk, Country Western & Character—these dance styles will be taught in a friendly, non-competitive way by Master Teacher Dolly Schumacher James. Beginning through intermediate students, will join with their neighbors and friends in this exciting new concept in dance education. Class size is limited, so be sure to reserve your spot for the September program!

—Hula—

**Hula**

**Thursdays, October 6-27 — 390216-09**

1:00-2:15 PM (KS). \$40 (four sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.

**Vacation drop-in: HULA — \$13 per session.**



—Jazz—

**Jazz Class for the Beginner**

**Thursdays, October 6-27 — 353016-09**

12:00-1:00 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.

**Vacation drop-in: JAZZ1 — \$13 per session.**

**New! Jazz Performance**

**Tuesdays, October 4-25 — 353116-09**

1:00-2:00 PM (KS). \$32 (four sessions). Not open to new students. Class is in preparation for the Players Holiday show. Enrollment must be with instructor approval. Instructor: Melanie Greenwood.

**Vacation drop-in: JAZZ2 — \$13 per session.**

—Line Dance—

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

**Intro to Line Dance**

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



- **Mondays, September 19- October 31 — 360016-08**  
4:00-5:00 PM (KS). \$42 (seven sessions).  
Instructor: Audrey Fish.
- **Thursdays, September 1-October 27 — 370016-08**  
9:00-10:00 AM (KS). \$54 (nine 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 3-31 — 370116-09**  
9:00-10:00 AM (KS). \$30 (five sessions).  
Instructor: Yvonne Krause-Schenck.
- **Thursdays, October 6-27 — 360116-09**  
2:30-3:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.
- **Tuesdays, October 4-25 — 380116-09**  
9:00-10:00 AM (KS). \$24 (four 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, and Syncopated Vines, etc.

- **Mondays, October 3-31 — 360216-09**  
5:00-6:00 PM (KS) \$30 (five sessions).  
Instructor: Audrey Fish.
- **Wednesdays, October 5-26 — 380216-09**  
9:00-10:00 AM (KS) \$24 (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 5-26 — 380316-09**  
10:00-11:00 AM (KS) \$24 (four sessions).  
Instructor: Sandy Gardetto
- **Thursdays, October 6-27 — 360316-09**  
3:30-4:30 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.

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### Improver Line Dance Class

Thursdays, October 6-27 — 370416-09

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the 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 will be taking a break for the months of June-August. During this period classes will be taught by substitute instructors who were personally selected by Sandy.



- Yvonne Krause

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



### —Tap—

### Tap Classes with Alyson

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



### Performance Classes

Mondays, October 3-31 — 410716-09

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

Mondays, October 3-31 — 410616-09

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

Thursdays, October 6-27 — 410316-09

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

### Technique Classes

• Mondays, October 3-31 — 410516-09

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

• Tuesdays, October 4-25 — 410216-09

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

• Thursdays, October 6-27 — 410816-09

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

### —West Coast Swing—

#### Introduction to West Coast Swing

Wednesdays, October 5-19 — 318116-09

6:00-7:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class.

#### Intermediate I and II West Coast Swing

Wednesdays, October 5-19 — 318216-09

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three –week classes of the Introduction to “West Coast Swing” or have instructor’s approval—not for beginners.



### Glass Art

#### Fusing Glass and Stained Glass Workshop

Monday, October 3 — GLASS

4:30-6:30 PM (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. 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 3-31 — 494116-09

1:00-4:00 PM (KS). \$58 (four sessions; no class October 10). 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 and soldering along with safety and the proper use of equipment. Create a beautiful butterfly 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 26 years of stained glass experience.

### Fused Glass Jewelry

**Monday, October 24 — 495116-09**

9:00 AM-12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. You learn how to make fused glass jewelry with the focus on Dichroic glass. Beginners & experienced are welcome.



The fused glass class is designed to teach the fundamentals of Dichroic glass jewelry designing. We will go over designs, fishing schedules and cold working techniques. The \$10.00 supply fee provides enough compatible glass and dichroic glass to create about four to five pieces of jewelry.

## Jewelry

### —Beading—

### Bracelet Bonanza Month

Oh no! The holidays are starting to creep up! And if you're in a quandary about some gift ideas, here's an easy way to make some gifts yourself. Cathie Szabo will teach a series of easy and fun bracelet classes—all ideal for gifts for others or even yourself! Priced affordably, choose one, two or all three and get a jumpstart on your 2016 gift list! Students must bring beading mat or small non-terry towel, small scissors, and lamp/magnifier, if needed.

### Beads and Knots Bracelet

**Tuesday, October 4 — 513216-08**

9:00 AM-12:00 PM (KS). \$10. Instructor: Cathie Szabo. Can you tie a square knot?



Can you string beads? That's all the skills you need to fashion this bracelet. Give this a bit of a wow by choosing contrasting thread to fashion your creation. Don't worry—Cathie will bring her supply of beading thread to share. Check the sample in OC and be sure to get the materials list when you register.

### Morse Code Bracelet

**Tuesday, October 11 — 513316-08**

9:00 AM-12:00 PM (KS). \$10. Instructor: Cathie Szabo.

A new twist on the friendship bracelet—use beads to “codify” messages in a friendship bracelet. Spell out a name, a message—it's your choice. Easy and fun—perfect for you to share with grandkids! Don't worry about memorizing Morse code—Cathie will provide charts to work with. And to make life even easier—Cathie will have thread and beads for you to use. Count on making one, two or ??? in class. **Please bring \$5 to class to cover the cost of materials.** Check the sample in OC and be sure to get the materials list when you register.

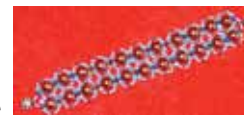


### Pearl “Freeway” Bracelet

**Tuesday, October 18 — 513416-08**

9:00 AM-12:00 PM (KS). \$10. Instructor: Cathie Szabo.

Squint a little at the sample of this bracelet and you'll see a wide “freeway” of beads—hence the name. A bit dressy with pearls and crystals—perhaps a gift for someone special or a gift for yourself to go with a holiday outfit. Did someone say New Year's Eve? Easy to learn and a great way to wind up our series of bracelet ideas. Check the sample in OC and be sure to get the materials list when you register.



### Dutch Spiral Necklace

**Tuesday, October 25 & November 15 — 513416-09**

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo.

\$20 (two sessions). Back by popular demand! Love the look of a twisted necklace, but tired of having to twist your necklaces to achieve that look? Here's the solution – a necklace with the twist built in. A cascade of beads slowly twists along its length, showing off its pretty colored beads. Choose beads in the same color family or go for bold contrast—either way, the necklace will be spectacular. The necklace is relatively easy to make, requiring a bit of time once the basic pattern is learned. This is a good project for those who have some familiarity with working with smaller beads. Note: The classes are three weeks apart to give students sufficient time to complete their “spirals.” Check the sample in OC for the look you can achieve. Be sure to get the materials list for the class when you register—look for the class number and photo of the necklace.



## Money Matters

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

### Building a Retirement Dividend Portfolio

**Tuesday, September 27 — 871000-08**

10:30 AM-12:00 PM, P-Hall (KS). \$5.

Instructor: Russ Abbott. In today's financial world of low interest rates at the bank in money markets and CD's, how is a retiree supposed to get the financial planning rule of 4% per year to make their retirement dreams come true with little risk? Come learn other options available and the pros and cons surrounding each. Closed End Funds, High Yield, Leveraged Loans, High Dividend Paying Equities, and many more investments will be covered. Come learn how to build your Retirement Dividend Portfolio.



### Our Love/Hate Relationship with Money

**Tuesday, October 25—871000-10**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Some people love money and what it can do for them, others fear it and in some cases, outright hate it. Money can be the reason for enjoyment and family success for individuals as well



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

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As a Seniors Real Estate Specialist® (SRES®) Scott is specially qualified to address the real estate needs of those age 55+. He recognizes that a home often is the largest and most precious asset that baby boomers and people 55+ have. Thus bringing a unique approach to each transaction and interaction with clients. Scott not only offers a deep knowledge of real estate and the local and economic issues shaping market trends, but he is also educated on issues of particular concern to aged 55+ clients.

In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner's Hospital for Children.



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## Music

### —Guitar—

*Guitar classes offered below are not accepting new students without instructor approval or as stated in the article. Instructor moves the students to the next level based on skills evaluation.*

#### Guitar 1A—Beginner Level

**Wednesdays, October 5-26 — 535116-09**

8:00-10:00 AM (KS). \$44 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. 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. Questions? Call Bill, 899-8383.



#### Guitar 1B—Continuing Beginner Level

**Mondays, October 3-31 — 535716-09**

8:00-10:00 AM (OC). \$55 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

#### Guitar 2B—Entry to Intermediate Level

**Wednesdays, October 5-26 — 535216-09**

10:15 AM-12:15 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

#### Guitar 3—Intermediate

**Thursdays, October 6-27 — 535416-09**

10:00 AM-12:00 PM (OC). \$44 (four 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. Questions? Call Bill, 899-8383.

#### Guitar 4 — Advanced

**Thursdays, October 6-27 — 535416-09**

10:00 AM-12:00 PM (OC). \$44 (four 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. Questions? Call Bill, 899-8383.

#### Folk Guitar for Fun Folks 101

##### Beginner Class

**Tuesdays, October 4-25 — 536216-09**

1:00-2:00 PM (KS). \$36 (four sessions). Instructor: Darrell Effinger. No prior music knowledge necessary for these classes; a good singing voice is *not* a prerequisite! Emphasis on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver, others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at first meeting. Learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups. Questions: Call Darrell at 989-8532.



#### Folk Guitar for Fun Folks 102

##### Intermediate Class

**Tuesdays, October 4-25 — 536316-09**

2:00-3:00 PM (KS). \$36 (four sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on

*Continued on page 84*

harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as student feels comfortable they have met this prerequisite and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

—Presentation—

**History of Jazz (Part 2)**

**Wednesdays, October 26- November 16 — 521416-09**

1:00 PM- 3:00 PM (KS) Instructor: Ray Ashton \$30 (four sessions). As we continue our journey through the History of Jazz we find ourselves with the “Jazz Age” in full swing. We travel to the South Side of Chicago, the clubs of Downtown Manhattan, and the Savoy in Harlem. We will hear the brilliance of Louis Armstrong change the world of music and the elegance of Mr. Ellington define an era. And get ready to dance, for it’s in this session that we will discover the music that will become the soundtrack of a nation on the brink of war. So... Get ready to Swing!



—Voice—

**Singer Vocal Boot Camp Continuation**

**Fridays, October 7-28 — 537216-09**

10:30 AM-12:30 PM (KS). \$44 (four sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



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**The Sudoku Series—Level 2**

**Tuesday, September 27 — 870000-09**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come learn how to play the Intermediate Level of Sudoku, one of the most popular puzzles in the world today. Instructor Russ Abbott will teach how the puzzle is played and incorporate his own Box Rule of Two Strategy. This is the second of a four-session class increasing in difficulty throughout the year. Only attend this class if you are already an Intermediate Sudoku Player or attended the Level 1 Class in August. Come enjoy the wonderful world of Sudoku.



**The Sudoku Series—Level 3**

**Tuesday, October 25 — 870000-10**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Come

learn how to play the Advanced Level of Sudoku, one of the most popular puzzles in the world today. Instructor Russ Abbott will teach how the puzzle is played and incorporate his own Box Rule of Two Strategy. This is the third of a four-session class increasing in difficulty throughout the year. Only attend this class if you are already an Advanced Sudoku Player or attended the Level 1 and 2 Classes in August and September. Come and enjoy the wonderful world of Sudoku.

**Brain Gain Part 3**

**Mondays, October 10-31 — 877300-10**

1:00-3:00 PM, October 10, 17, 31—Fine Arts Room (OC); October 24—Oaks (OC). \$40. Instructor: Dr. Alice Jacobs. Continue the fun, with challenging brain exercises facilitated in a non-competitive environment. Come “use it or lose it,” explore the myths and realities of memory function, and learn valuable information that can help your brain and memory function properly. Completion of Brain Gain Part I and Part II are recommended, but not mandatory. Repeaters welcome.



**Getting Your Stuff Together: Organizing Your Estate**

**Monday and Tuesday, September 19 & 20 — 863000-09**

9:00 AM-12:00 PM, September 19—Solarium (OC); September 20—Oaks & Gables (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your “stuff.” Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It’s important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



**Living Through Transitions Social Hour**

**Tuesday, October 25 — Free**



11:00 AM-1:00 PM, Oaks & Gables Breakout Room. 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

*Continued on page 86*

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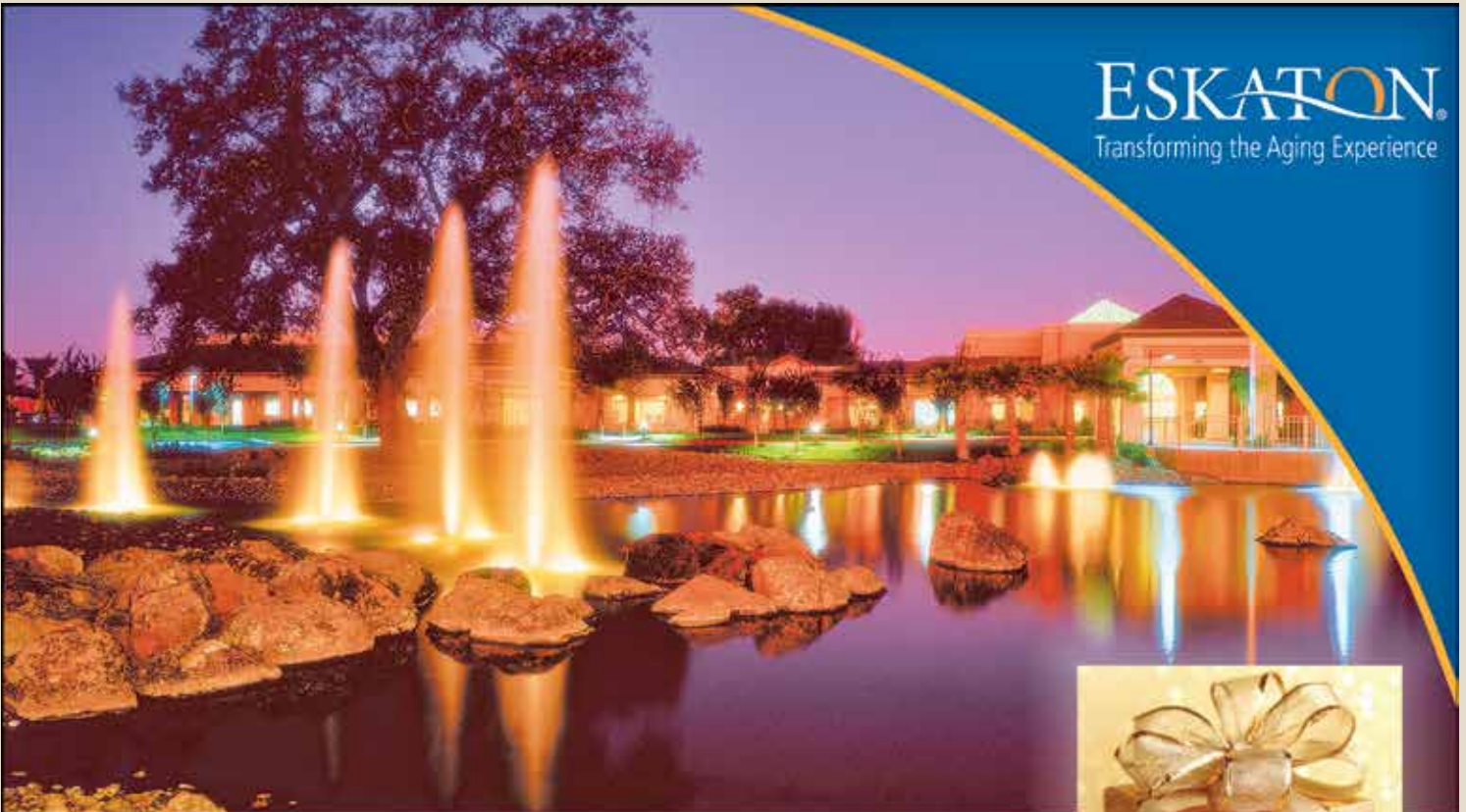
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**Wednesday & Thursday, September 21 & 22 — 481016-07**  
**Tuesday & Wednesday, November 15 & 16 — 481016-09**

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



## Sewing

### —Certification—

*Sewing certification will be on a hiatus for the month of October.*

## Technology

### —PC—

### More Tips and Tricks for Beginning PC Users

**Friday, September 16 — 282216-08**

9:30 AM-12:00 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills. 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.



### Getting Most Out of Gmail

**Friday, October 21 — 285316-09**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. **Prerequisites:** Basic computer skills. 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

**Friday, October 28 — 288216-09**

1:00-3:30 PM (OC). \$20. 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.

### Windows 10 Basics

**Wednesday & Thursday, October 19 & 20 — 295116-09**

9:30 AM-12:00 PM. (OC). \$45 (two sessions). \$7 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common “apps.” *Bring your Win 10 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



### —Smart Phones and Tablets/Mac—

### Introduction to Android Smart Phones

**Tuesday, October 11 — 256216-09**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Bring your Android phone fully charged. 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. **Note: This class is not for iPhone users.**



### iPad Basic (iOS10)

**Saturday, October 22 — 264216-09**

9:00 AM-12:00 PM (KS). \$30. Instructor: Ken Silverman. **Supply fee:** \$5 payable to instructor. Get more out of — and into — your iPad 4th Generation or higher or iPad Mini 2 or higher (these have a light-



*Continued on page 89*



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ening connector). Learn all about the latest operating system the **New iOS 10**, Air Play and Internet access. In addition, you will learn how to get your photos off your device and saved; how to make folders; backup your iPad; learn system settings and syncing; discover additional tools and reference areas and finally, learn how to get all that “stuff” into the device. Both PC and Mac users can benefit. Be sure to **bring your iPad to class** and please be sure to have **updated the iPad to the New OS 10**. We have free WiFi which allows us use of the Internet as we review applications and these will be shown on the large screen in the P-Hall (KS)

### —Social Media—

#### Facebook 101

Saturdays, October 15 & 22 — 272116-09

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 for these classes online or at the Fitness Centers starting September 27 at 8:00 AM.*

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

#### 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.

- **Tuesday, September 20 — 700100-OC**  
4:00-5:00 PM, Fitness Floor (OC)
- **Wednesday, October 5 — 700100-K2**  
11:00-12:00 PM, Fitness Floor (KS)
- **Tuesday, October 11 — 700100-O2**  
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, October 20 — 700100-O3**  
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, October 18 — 700100-K1**  
2:00-3:00 PM, Fitness Floor (KS)

#### Dance Classes

*A variety of dance classes are offered through the Activities Classes starting on page 72. 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

#### Arthritis Class L1/L2

**Tuesdays, October 4-25 — 801100-OA**

**Wednesdays, October 5-26 — 801100-OB**

**Thursdays, October 6-27 — 801100-OC**

**Fridays, October 7-28 — 801100-OD**

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-

12:00 PM, Aerobics Room (OC). Tuesday, Wednesday, Thursday & Friday \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, “By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship.” Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



#### Association Social & Breast Cancer Fundraiser

**Friday, October 7 — 820919-AS Social & Fundraiser**

**820919-CS Social Only**

3:30-7:30 PM, OC Fitness Center Parking Lot. Enjoy complimentary food and drink while listening to the sounds of the Lincoln Highway Band (limited to 700 residents only). If you wish to participate in the benefit, your \$20 ticket includes Zumba, chair exercise class, basketball free throw session, donation to Breast Cancer, special gift and more. For planning





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purposes and to ensure a quality event, registration is required by Sunday, October 2. **If you miss the timeline, you will be able to participate but no food/beverage will be available.** Residents may register at the Activities Desks, Fitness Center Desks, or Online. Let's show that "Our SCLH Community Cares"!

### Spotlight On...

#### Healthy Living with Exercise

**Monday, October 31 — Free**

3:00-4:00 PM, Aerobics Room (OC). Instructor: Annamarie Estevez. Have you recently been diagnosed with Diabetes, Cardiac/Pulmonary Disease, or Parkinson's? Are you unsure where to start with your exercise program? Come join us for a free informational session regarding our Healthy Living with Exercise Program. This program will assist in maintaining normal range for glucose levels and blood pressure while providing a regular routine for exercise. Learn about common health problems encountered as well as diet and medications. Take control over your health issues with exercise.



#### Pre-Enrollment Assessment

#### Healthy Living with Exercise

**Continuous Dates — 881000-10**

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

#### Healthy Living with Exercise—Part 2

**Mondays and Wednesdays, October 3-26 — 878000-10**

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session—Healthy Living with Exercise L2. **Note:** Class requires completion of Healthy Living Part 1.

#### Exercise and Weight Management Program

**Tuesdays & Thursdays, October 4-27 — 865000-10**

1:00-2:00 PM, Aerobics Room/Fitness Floor (KS). \$80 (eight sessions). Instructor Marilyn Clarey. This session-based class will help you increase your activity through exercise while learning

strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.



### Lessons

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

#### Nordic Pole Walking

**Monday & Tuesday, October 10 & 11 — 750000-10**

8:00-9:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



#### Martial Arts & Mindful Movement

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

#### Self-Defense and Martial Arts

**Tuesdays, October 4-25 — 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 needed for 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



*Continued on page 93*

## Downsizing and Moving Coordination

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### Tai Chi Qigong L1

**Tuesdays, October 4-25 — 730100-10**

**Saturdays, October 1-29 — 730100-OA**

Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$43.75 (five sessions). Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body's life force known as "Chi," this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson's disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

### Tai Chi Qigong L2

**Tuesdays, October 4-25 — 730300-OA**

**Saturdays, October 1-29 — 730300-10**

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$43.75 (five sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, eight Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and wellbeing.

## Nutrition

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

### New! Dietary Fat: Friend or Foe?

**Tuesday, October 25 — 860001-10**

2:45-4:00 PM, Fine Arts Room (OC). \$25. Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. There is so much confusion and controversy on fat. In this class we will help set the record straight, and give you powerful information to help you feel better, empowered, lose weight, and reverse chronic disease. We are going to reveal the unbiased truth about dietary fat. The following topics will be discussed:

Myths and Truths about cholesterol, healthy vs. unhealthy fats, why low fat diets don't work, why eating less sugar and more fat leads to weight loss, and your brain on fat. Come join us for this informational exciting class.

### New! Graceful Aging with Nutrition

**Monday, October 3 — 860005-10**

6:00-7:30 PM, Multipurpose Room (OC). \$25 Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Everyone is searching for the fountain of youth, yet we seem to be contracting more illnesses, associated with aging, earlier in life. Oftentimes we are able to mask the disease with medications. However, the underlying problem remains and takes a toll on the body, expediting the aging process. In this class we will start with an overview of the nutritional foundations a healthy body is built on, we will then uncover the simple secrets of graceful aging. There are several scientifically sound and inexpensive methods that when implemented have been shown to slow down the aging process and turn back time. We will be discussing the many timeless tips, anti-aging super foods and drinks. We will share examples of recipes and even skin care using these foods. Come join us for this exciting nutritional class.

### Re-Start—Your Health in Just Five Weeks

**Tuesday, October 11- November 8 — 862000-10**

1:00-2:30 PM, Multipurpose Room (OC). \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. 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 processed foods and sugar.

### Strength in Numbers—Maximize Your Workout!

**Thursday, October 20 — 867250-10**

2:30-3:30 PM, Aerobics Room (KS). \$20 (single session). Instructor: Milly Nunez. We all want to make the most of our time in the gym! Come learn key indicators for Fitness and Nutrition in this informative workshop. Have you heard of the term "basal metabolic rate"? Do you know what it is and why it's extremely important to know your numbers? Do you know what to do to make your BMR numbers work for you regardless of whether your goals are to lose weight (body fat) or gain weight (lean muscle) and do it in a safe and effective way? We will also be covering the following indicators and how they can help you achieve the most efficient workout: activity level quotient, max heart rate, heart rate zones, resting heart rate and calories in/calories out. Learn to maximize your success in the shortest amount of time!



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Visit our Website at [www.CBSunRidge.com](http://www.CBSunRidge.com) for all current listings.

## Pilates Reformers and Towers

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

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

### Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) on 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**
- **New! Unlimited class package—\$200 per month**
- **Add-on classes for member—\$17 per class**
- **Drop in classes for non-member—\$25 per class**
- **Introductory session—\$30 required for both member & non-member**

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@sclhca.com. These packages are not available online. A temporary month-long suspension of membership is available.

### Pilates Reformer Class Descriptions

#### Introductory Reformer Session L1

**Continuous Dates — 835110-11**

WellFit Studio (OC). \$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 + L1-L2

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—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

#### SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

#### Private Reformer Training

- **One-on-One Training:**  
One client and one trainer. One hour session cost is \$50.
- **Duet Training:**  
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Semi Private Training:**  
Up to three people (minimum of two) and one trainer. Option to use specialized equipment for the entire hour. One hour session: \$25/person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on "Core Strength." Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

## Training Services

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$50, half hour session \$30.

- **Clinical Training:**

One client and one trainer. One hour session cost is \$60, half hour session \$40.

- **Buddy Training:**

Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person

For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

## 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. Participants must register prior to class start date. Register online or at either Fitness Center.*

***New!** Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Your first pass must be purchased at either Fitness Center front desk. Sign-ups for SGT Drop in passes begin on the 22<sup>nd</sup> of every month. Please note not all classes are eligible for drop-ins. Please see descriptions for each class.*

### SGT—TRX Express L1

**Mondays & Wednesdays, October 3-26 — 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

**Tuesdays & Thursdays,  
September 27-October 20 — 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. *This class is available for the SGT Drop-in Pass.*



### SGT—TRX Interval Training L3

**Mondays & Wednesdays, October 3-26 — 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! *This class is available for the SGT Drop-in Pass.*

### SGT—Fit 101 L1

**Mondays & Wednesdays, October 5-31 — 835500-10**

**Tuesdays & Thursdays, October 4-27 — 835500-BO**

Tuesdays & Thursdays 12:00-1:00 PM, Fitness floor (OC). Instructor: Marilyn Clarey. Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Danielle Lawlor. 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 27-October 20 — 835600-10**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT you will safely perform exercises that effectively build strength and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. *This class is available for the SGT Drop-in Pass.*



### SGT—Bootcamp L3

**Mondays & Wednesdays,  
September 21-October 17 — 835400-10**

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instruc-



tor: Mike Yamamoto. Take your workout to the next level! L3 Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. *This class is available for the SGT Drop-in Pass.*



### SGT—Balance & Fall Prevention L1/L2

**Mondays & Wednesdays,  
October 5-October 31 — 835710-10**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Danielle Lawlor. 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.*

### SGT— Morning Burst Group Training L2

**Mondays & Wednesdays,  
September 21-October 17 — 835310-10**

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

### SGT—TRX L1

**Thursdays, October 6-27 — 835214-10**

1:30-2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Milly Nuñez. Are you curious about the TRX? This class will teach you the basics about the TRX in a non intimidating atmosphere. Join this class and learn the basics about the TRX and “bootcamps” so that you can feel comfortable taking any small group training class.



### SGT—TGIF TRX & More L2

**Fridays, October 7-28 — 835200-10**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Danielle Lawlor/Jeannette Mortensen. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. *This class is available for the SGT Drop-in Pass.*

### SGT—Healthy Back L1

**Mondays and Wednesdays,  
October 5-October 31 — 835700-10**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Clarey. 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.

### Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique 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, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at [rebecca.kang@sclhca.com](mailto:rebecca.kang@sclhca.com) or 625-4034.



### Punch Pass Class Descriptions

*Please see the colored grids on pages 101-103 for days and times. Classes are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.*

*Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.*

• **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.

*Continued on page 98*

Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

- **Aqua Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.

- **Arthritis Foundation (AF) 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 L1/2:** 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 L1/2:** 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.

- **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!

- **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!

- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson’s, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

- **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 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!

- **Mat Pilates L2:** Mat 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.

- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!
- **Mixed Levels Yoga:** Whether you are unwinding from your day or preparing your body for a night's sleep this class has something for you. Class will begin with a slow warm-up, some gentle flow and one balance pose. We will then conclude the restore/yin for the last 20 minutes. Take 60 minutes for yourself and join class, you deserve it!
- **Outside Water (H2O) Bootcamp:** Have some fun in the sun with this high intensity bootcamp style class which includes a variety of exercises to increase cardiovascular and muscular strength as well as range of motion. This class will be held in the outdoor pool weather permitting.
- **Pilates Fusion L1/2:** Enjoy a Pilates based core strength workout with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.
- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen 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.
- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just “go through the motions,” but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.
- **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!
- **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!
- **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.
- **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It 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 Dan Gong 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.
- **Water (H2O) Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!
- **Water Works L2/3:** 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

*Continued on page 100*

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 Stretch L1 & L2:** 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. Yoga stretch is 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 L1/2:** 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.

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**Before**

**After**

**Kitchens ~ Vanities ~ Baths ~ Offices**  
**Media Centers ~ Wall Beds ~ Libraries**

## OC Aqua WellFit Class Schedule October 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa	Outdoor H2O Bootcamp L3- Annamarie	Water Works L2/3- Jeannette	Outdoor H2O Bootcamp L3- Danielle	Water Works L2/3- Theresa		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30	Core n More L3- Danielle	Water Works L2/3 - Deanne	Core n More L3- Annette	Water Works L2/3 - Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 - Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H2O Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		(12:35pm-1:30pm) Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	H2O Bootcamp L3 Annamarie		H2O Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

## WellFit Pilates Reformer Class Schedule October 1-31, 2016

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

OC WellFit Class Schedule October 1-31, 2016

	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
7:15					Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Summer	Core & Strength L2-Kim	20/20/20 L3-Gretchen	Yoga Basics L1-Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi Qigong L1-Peli	
12:00	Yoga Stretch L1- Julie	12:15-1:15pm iRest Meditation and Yoga L1 - Iram	Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1- Julie		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Danielle		SGT- Balance & Fall Prevention L1- Danielle				Yoga Flow L2- Ashley
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking	
4:00	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities		Activities			
5:00	Zumba L3 - Summer						
6:00		6:00-7:30pm Self Defense - Paul	Mixed Levels Yoga L1-3- Jennifer	Activities			
		Group Exercise Classes (punch pass) \$3.50				Wellness Classes (session based) Small Group Training (session based)	
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

## KS WellFit Class Schedule October 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS						
7:30	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- TGIF TRX L2- Danielle/JJ		
8:30						8:00am HI NRG Cycle L3- Paige	
9:00							
9:30	Low Impact/Sculpt Interval L2 - Jeannette	Zumba Gold L2 - Joanie	Power Vinyasa L3- Deanne	Low Impact/Sculpt Interval L2 - Annamarie	Zumba Gold L2 - Joanie		
10:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2-Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jeri	
11:30							
12:00	SGT - Healthy Back L1- Marilyn	12:00pm SGT- Functional Fit L2- Deanne	SGT - Healthy Back L1- Marilyn	12:00pm SGT- Functional Fit L2- Deanne	WaiDan Gong L1- Joan		
1:00		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn		1:00-1:30pm Exercise & Weight Mgmt L1 - Marilyn			
1:30	Yoga Basics L1- Ursula	Tai Chi Qigong L1- Pell		SGT- TRX L1- Milly			
2:30							
	SGT- TRX Interval L3- Julia	(2:45-3:45) Tai Chi Qigong L2 - Pell	SGT - TRX Interval L3- Julia		SCLH Booking		
3:30	SGT-TRX Express L1- Julia	Yoga for Osteo L1 - Julie	SGT-TRX Exp. L1- Julia				
4:30	SGT- Bootcamp L3- Mike		SGT- Bootcamp L3- Mike	Yoga for Osteo L1 - Julie			
5:30		SGT - TRX Exp. L2 - Julia		SGT-TRX Exp. L2- Julia			
6:00		Water Volleyball PreMeeting					
	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.						



**Down Low—Down There: Urology Issues**  
**Wednesday, September 21 — Free**

7:00 PM, Ballroom (OC). Are you interested in getting the answer to questions you'd rather not ask? Join Steven Workman, M.D., Urologist at Kaiser Permanente Roseville Medical Center, as he discusses delicate topics related to prostate and erectile dysfunction. He will address symptoms of prostate enlargement, screening, and cancer treatment. He also will discuss erectile dysfunction: causes, self-care treatments, medications, injection therapy and implant surgery. Over the past 25 years, Dr. Workman has specialized in male infertility, erectile dysfunction and penile surgery, and he works closely with Radiation Oncology doing brachytherapy, the process of performing prostate radioactive seed implantation.



**Have a Landscape Question? Ask the Experts!**  
**Wednesday, October 12 — Free**

2:00 PM Ballroom (OC). Creating, maintaining and complying—all are important when beautifying our yards. To help you remove the mysteries of landscape maintenance and compliance issues, plan on attending a joint panel discussion by members of ARC and Compliance. What happens if? You fill in the blank and ask the experts! This is a perfect complement to our annual Yard Educational Expo and a perfect time for discussions on landscape maintenance as we will be in a fall mode which, like spring, is an ideal time to think about gardening opportunities and challenges.



**Meet the Candidates for Lincoln City Council**  
**Thursday, October 13 — Free**

10:00 AM, Ballroom (OC). Have a question for those running for Lincoln City Council? Here is your chance! There are six candidates who have announced their intention to run for the Lincoln

City Council. We have invited them all to attend and participate in a Community Forum and be available for questions from our residents. Get to know the candidates so you can make an informed decision for this important election.

**Smart Voters—Non-partisan Facts by League of Women Voters**

**Monday, October 17 — Free**

10:00 AM, Ballroom (OC). To help you make informed decisions on Election Day, members of the League of Women Voters (LMV) of Placer County will present a non partisan, balanced analysis of CA ballot measures. There are 17 propositions that you will be asked to vote on which can have a significant impact on residents. It is important for all of us to learn the unbiased arguments in favor and against these measures. You will also receive the 2016 Voters Guide with impartial facts on CA propositions, declarations of State candidates and other key information. Formed from the movement that secured the right to vote for women, The League of Women Voters is a non partisan organization whose centerpiece is to inform citizens of vital issues. Engaging in both broad educational efforts as well as advocacy, they operate at the three levels of government with chapters in all the States, Virgin Islands and Hong Kong.



**The Eyes Have It!**

**Wednesday, October 26 — Free**

7:00 PM. Ballroom (OC). Board Certified Ophthalmologist David Kira, M.D. will address eye disease and age related conditions. Professional interests of Dr. Kira are Age-related Macular Degeneration, Anterior Segment surgery, Asian angle closure glaucoma, Blepharitis, Cataracts, Diabetic retinopathy, Dry eye, Facial nerve disorders, Glaucoma and Glaucoma treatment, Graves disease and many more age-related eye conditions. Physician and surgeon Dr. Kira has three office locations: UC Davis, Sacramento and Roseville, California. He is a graduate of Pittsburg School of Medicine with 16 years of experience, having his Internship at Scripps Mercy Hospital San Diego. Eye surgeon and practicing Ophthalmologist Dr. Kira will address Senior Ophthalmology issues.



Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> <li>• <b>Down Low—Down There: Urology Issues</b> Wednesday, September 21, 7:00 PM, Ballroom (OC)</li> <li>• <b>Have a Landscape Question? Ask the Experts!</b> Wednesday, October 12, 2:00 PM, Ballroom (OC)</li> <li>• <b>Meet the Candidates for Lincoln City Council</b> Thursday, October 13, 10:00 AM, Ballroom (OC)</li> <li>• <b>Smart Voters: Non-partisan Facts by League of Women Voters</b> Monday, October 17, 10:00 AM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>The Eyes Have It!</b> Wednesday, October 26, 7:00 PM, Ballroom (OC)</li> <li>• <b>Water: Drink to Your Health</b> Wednesday, November 9, 7:00 PM, Ballroom (OC)</li> </ul> <p>Watch for more Community Forums in upcoming issues of the <i>COMPASS</i>, on our website and <i>eNews</i>.</p>



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## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

**Website for residents:**

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

**Public Website:**

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

### •Administration•

**Executive Director**

Chris O'Keefe **625-4060** [chris.okeefe@slchca.com](mailto:chris.okeefe@slchca.com)

**Executive Assistant/Office Manager**

Christy Goodlove **625-4062** [christy.goodlove@slchca.com](mailto:christy.goodlove@slchca.com)

**Sr. Director, Lifestyle & Communications**

Jeannine Balcombe **625-4020**

[jeannine.balcombe@slchca.com](mailto:jeannine.balcombe@slchca.com)

### Accounting

**Director of Finance**

Bruce Baldwin **625-4013** [bruce.baldwin@slchca.com](mailto:bruce.baldwin@slchca.com)

### Advertising & Promotions

**Advertising & Promotions Manager**

Ben Baker **625-4057** [ben.baker@slchca.com](mailto:ben.baker@slchca.com)

### Community Standards

**Community Standards Manager**

Melinda Rogers **625-4008** [melinda.rogers@slchca.com](mailto:melinda.rogers@slchca.com)

### Facilities & Maintenance

**Facilities & Maintenance Manager**

Cesar Orozco **645-4500** [cesar.orozco@slchca.com](mailto:cesar.orozco@slchca.com)

### Membership

**Membership Clerks**

Amy Gonzales/Bertha Mendez **625-4000**

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[membership@slchca.com](mailto:membership@slchca.com)

### Room Booking & Club Support

**Room Booking & Club Coordinator**

Shelvie Smith **625-4021** [shelvie.smith@slchca.com](mailto:shelvie.smith@slchca.com)

### •Lifestyle•

**Activities Desks**

**Orchard Creek 625-4022**

**Kilaga Springs 408-4013**

### Activities

**Lifestyle Manager**

Lavina Samoy **625-4073** [lavina.samoy@slchca.com](mailto:lavina.samoy@slchca.com)

**Lifestyle Assistant Manager**

Lily Ross **408-4609** [lily.ross@slchca.com](mailto:lily.ross@slchca.com)

**Lifestyle Class Coordinator**

Betty Maxie **408-7859** [betty.maxie@slchca.com](mailto:betty.maxie@slchca.com)

**Lifestyle Entertainment Coordinator**

Deborah Meyer **408-4310** [deborah.meyer@slchca.com](mailto:deborah.meyer@slchca.com)

**Lifestyle Trip Coordinator** Katrina Ferland  
**625-4002** [katrina.ferland@slchca.com](mailto:katrina.ferland@slchca.com)

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**KS Fitness Center 408-4683**

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[jeannette.mortensen@slchca.com](mailto:jeannette.mortensen@slchca.com)

**Wellness Supervisor** Carol Zortman **625-4032**

[carol.zortman@slchca.com](mailto:carol.zortman@slchca.com)

### •Food & Beverage•

**Meridians Reservations 625-4040**

**Kilaga Springs Café 408-1682**

**Director of Food & Beverage**

Jerry McCarthy **625-4049** [jerry.mccarthy@slchca.com](mailto:jerry.mccarthy@slchca.com)

### Catering

**Banquet Sales Manager**

Meghan Louder **625-4043** [meghan.louder@slchca.com](mailto:meghan.louder@slchca.com)

**•The Spa at Kilaga Springs•**  
**408-4290**

**Spa Manager**

Stacey Diemer **408-4071** [stacey.diemer@slchca.com](mailto:stacey.diemer@slchca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration Offices & Membership

Monday-Friday 8:00 AM-5:30 PM

Saturday (first only) 8:00 AM-12:00 PM

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

### Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

### The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

## General Numbers

**Broken Water Line on Association**

**Community Property**

**645-4501** Landscape Office

**Curator Security, Inc.**

**(916) 771-7185**

**Golf Shop**

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

**General Manager**, LH Golf Club

Tony Marino **543-9200, ext. 4**

**Lincoln Police & Fire 645-4040**

**Neighborhood Watch**

Larry Wilson **408-0667**

Pauline Watson **543-8436**

**Neighbors InDeed 223-2763**

**Pulte Homes Customer Care**

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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**Hank Lipschitz, Director**

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**Relations Committee**

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# HOME, HEALTH AND BUSINESS SHOWCASE



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