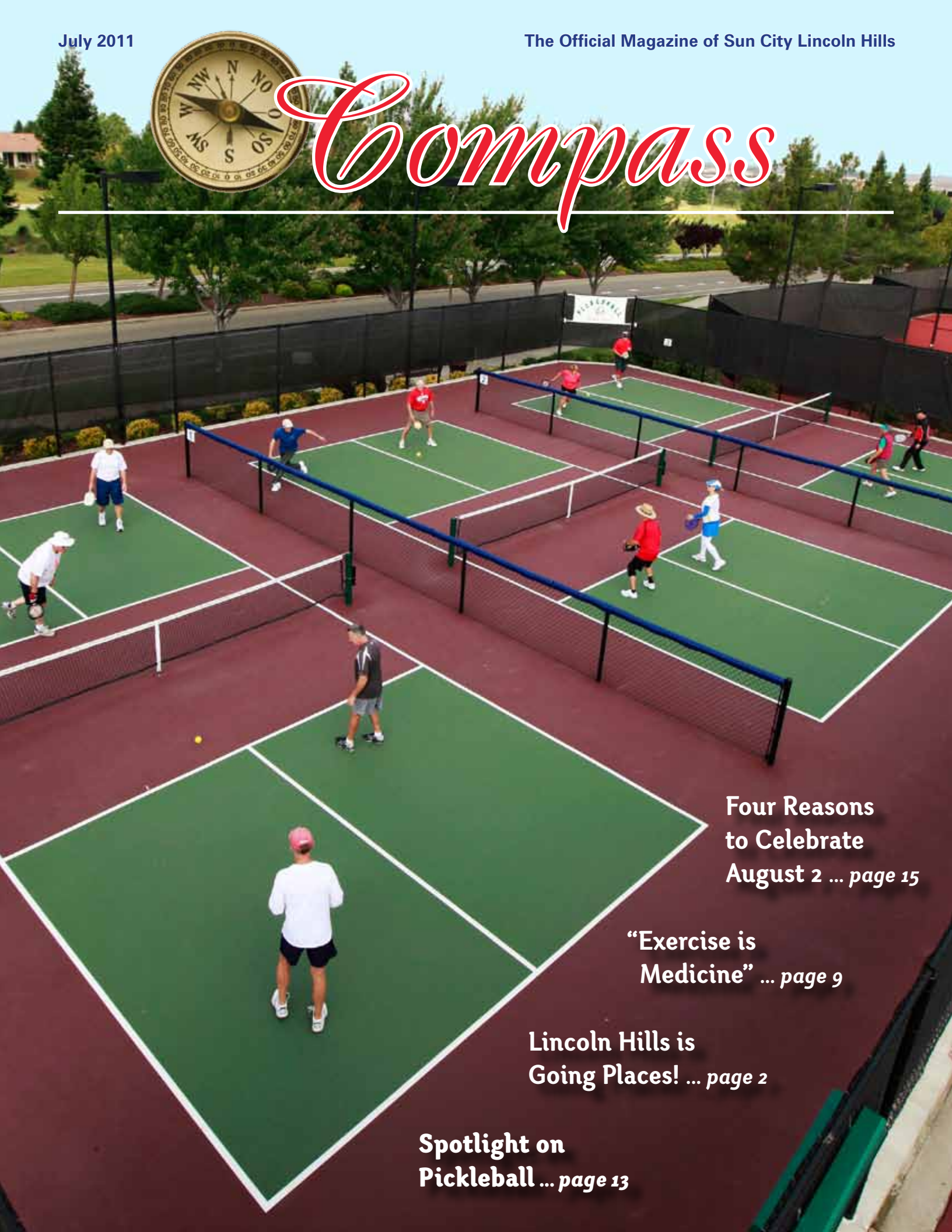




Compass



**Four Reasons
to Celebrate
August 2 ... page 15**

**“Exercise is
Medicine” ... page 9**

**Lincoln Hills is
Going Places! ... page 2**

**Spotlight on
Pickleball ... page 13**

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On the cover

An aerial photo showcasing Lincoln Hills Pickleball Courts. The courts are a result of resident involvement and following committee and budget process. See the article on page 13. Photo by Compass photographer DeAtley Cahill



Bright Ideas Board of Directors Report

John Snyder, Treasurer, SCLH Board of Directors

It is a great pleasure having Board President, Peter Gilbert participating again.

Two years ago PG&E first contacted Chris O'Keefe, Senior Director, of Facilities, about converting our street lights to a light-emitting diode (LED) system. After doing his homework, Chris presented the idea to the Properties Committee and they saw the "light," solicited bids and received seven responses. The Properties Committee and Jim Leonhard, the Finance Committee liaison, spent hours evaluating bids and clarifying issues. At their June meeting, the Properties Committee unanimously resolved to recommend proceeding subject to minor contingencies. The Finance Committee will review the project at its July meeting and make its recommendation to the Board. Please note that this would be a replacement/improvement of an existing system and as such is a Reserve item. It can and would be funded without requiring new or additional homeowners' dues.

Replacing the lighting mechanism and globes on 1,850 street and parking lot fixtures is a big project and will take several months. So why do this?

The answer is that this system provides significantly more usable light at a significantly lower cost of power and repairs. The savings at today's costs generates a pay-back in 7.52 years or better than a 13% return. With the projected increases in energy costs, this return will only go up. Updates on the status of this project will be forthcoming.

During the June Finance Committee meeting each department manager presented a status report on their 2011 business plan results. These reports were professionally prepared, well presented and informative. Each department is actively pursuing the maintenance and improvement of service levels and results of operation. The presentations exhibited the highly competent and motivated professional staff management and the excellent mentoring and collaborative environment established by our Executive Director. See the Finance Committee Chair's article in this *Compass* for the results of operation through May. The Association is in excellent financial condition.

Clearly, our Association is thriving and on the move forward.

Lincoln Hills is Going Places!

Lavina Samoy, Lifestyle Program Manager

As we continue with our 12th year in the community, your Lifestyle Department explores additional ways of bringing you valuable, enjoyable and



Trip Coordinators
Carol Percy, left, and Kay Kerenyi

memorable trip experiences at an affordable price. We are venturing to distant locales that we have not previously explored. With the feedback from our first overnights and responses to our recent survey, we are planning two- to three-day trips within California and neighboring states, i.e., Oregon and Nevada. Also in the works are trips combining educational classes, led by our own Lincoln Hills instructors along with local experts covering history with unique destination information similar

continued on page 89

Upcoming Association-Related Meetings & Presentations

Date • Time • Place July 15-August 31

New Residents Orientation	Tuesday, July 19, 1:00 PM, Solarium
Golf Cart Registration	Thursdays, July 21, August 4 & 18, 8:00 AM, OC Lodge
Finance Committee	Thursday, July 21, 9:00 AM, Oaks
Board of Directors Special Meeting	Thursday, July 21, 1:30 PM, Gables
Board of Directors Executive Session	Thursday, July 21, 2:00 PM, Gables
ARC/Architectural Review Committee	Monday, July 25, 9:00 AM, Heights
Board of Directors Meeting	Thursday, July 28, 9:00 AM, Presentation Hall (KS)
CCOC/Chartered Clubs/Community Orgs.	Tuesday, August 2, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, August 2, 1:30 PM, Oaks
Compliance Committee	Wednesday, August 3, 10:30 AM, Oaks
Elections Committee	Friday, August 5, 10:00 AM, Multimedia
ARC/Architectural Review Committee	Monday, August 8, 9:00 AM, Heights/Gables
Properties Committee	Tuesday, August 9, 1:00 PM, Fine Arts
Listening Post	Wednesday, August 10, 9:00 AM, Solarium
Finance Committee	Thursday, August 18, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, August 22, 9:00 AM, Heights
Board of Directors Meeting	Thursday, August 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, August 25, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, August 25, 11:00 AM, Oaks
Finance Committee First Budget Meeting	Wednesday, August 31, 9:00 AM, Front Ballroom

Lincoln Hills Community Forums:

The Perils of Our Pills	Wednesday, July 20, 7:00 PM, Presentation Hall (KS)
Walking City of Lincoln History	Thursday, July 28, 1:00 PM, Front Ballroom

Meetings in OC Lodge unless noted otherwise. Please confirm meeting time & room on website.

I See What You Mean! Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

After 12 years of hearing from many of you that living in Lincoln Hills is like being on a cruise ship on land, I took my first cruise to Alaska and train ride through Denali in June and I can now fully appreciate the concept. I was on the receiving end of excellent planning, production and service that enabled me to feel the exhilaration of getting away and enjoying new experiences. I see what you mean! The beautiful facilities, friendly staff, bountiful fresh, seasonal food and terrific accommodations did seem much like our community.

Vacations are a great way to reinvigorate mind, body and soul, and I returned to my desk ready to work with staff on our 2012 budget and Lifestyle programs and Information/Technology plans. I am working from a different office located in the administrative offices in Orchard Creek Lodge. (Yes, it has a window!) And even though my office location is

a little more remote, I am still equally accessible. Lavina Samoy, your Lifestyle Program Manager celebrating 11 years with the Association on August 1, has moved into the office space I vacated.

June 25 we held our first E-Waste Collection Day at SCLHCA. Our thanks to Judy Hogan, who organized and

continued on page 41



From left, Gary Sloan, Nancy Rich, Judy Hogan, Delores & Tom Ward collected 13,060 pounds of E-waste (not pictured, Bruce Hogan)

Calendar of Events

July 15 - August 20

Date	Event	Page #
07/17	Fashion Show Committee Applications Due	43
07/18	KS at the Movies: "Hairspray"	43
07/19	New Resident Orientation	43
07/20	"The Perils of Pills"	19, 86
07/20	Music Circus: "Oliver"	59
07/20	Bus Trip: Giants vs. Dodgers	62*
07/21	Book Discussion: <i>My Stroke of Luck</i>	24
07/21	Speaker: Placer Leader Operation: MOM	35
07/22	Polynesian Revue Show	43
07/23	Bus Trip: San Francisco for the Day	43
07/24	Music Circus: Miss Saigon	62*
07/25	Sculptor Tommie Moller Presentation	22
07/25	Bus Trip: State Fair	43
07/26	Summer Concert: Santana Tribute	44
07/27	Ribbon Cutting/Maintenance Building	19
07/27	"Aging in the New Age"	22
07/27	Music Circus: "Anything Goes"	62*
07/28	"Protection of Placer's Natural Wonders"	27
07/28	Bus Trip: Strauss Festival	44
07/28	Walking Tour of Historic Lincoln	86
08/01	Art Studio Tour Entry Form Deadline	22
08/01	Genealogy "Military Records"	28
08/01	Bake-off Applications Due	43
08/01	Document Destruction	44
08/03	Music Circus: "Camelot"	62*
08/03-06	Players Group: Radio Shows	32, 44
08/03	"Improve Your Mood & Beat the Blues"	89
08/04	"Managing Risk in Your Portfolio"	29
08/04	Bus Trip: Amador County Wine Tasting	45
08/05	Vaudeville Troupe: "Cavalcade of Stars"	34
08/08	Bus Trip: California Academy of Science	45
08/08	Weight Management Seminar	89
08/09	Comedy Night at KS	49
08/09	"Why You Need to Plan"	89
08/10	"Keep Your PC Safe From Attack"	26
08/10	Music Circus: "Annie Get Your Gun"	59
08/11	"Keeping Fit/Older Adults w/Vision Loss"	27
08/11	"Placer County Adult Protective Services"	27
08/11	Grandkids Camp	49
08/12	"Using Free Software to Protect Your PC"	26
08/15	"Getting Your Stuff Organized"	32
08/15	KS at the Movies: "Must Love Dogs"	49
08/16	Bus Trip: RiverCats vs. Isotopes	62*
08/17	Music Circus: "I Do! I Do!"	59
08/18	Summer Concert: The Grascals	49
08/18	"Forgotten War/Korea & Ch. Res. Camp"	86

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



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Five Approved Items Already in Use

Note July 31 Deadline for 2012 Requests

Gay Mackintosh, Properties Committee Chair

While we're still only halfway through the year, Capital Asset Acquisitions recommended by the Properties Committee and approved by the Board last fall as part of the 2011 budget are already in use:

- Trash and cardboard compactors replacing dumpsters; renovation of OC trash service area
- Catering Sales Office redesign and furniture upgrade
- Security camera system for OC and KS Lodges
- Purchase of used forklift
- Additional Ballroom stage risers for the Lincoln Hills Singers (with a contribution from the group covering almost 2/3 the cost)

Adding to this list, a recent request for additional outdoor pool furniture was

approved by the Board in order to reap the benefits this pool season. Look for new tables, chairs, and umbrellas soon.

First stop for facilities improvement projects is the Properties Committee. Ideas come from individual community members, groups and clubs, other committees, and staff. Requests for 2012 Capital Asset Acquisitions (new items costing \$2,000 or more) must be submitted with three bids by July 31. Projects are evaluated at a joint meeting of the Properties and Finance Committees in September when we prepare our recommendations to the Board.

Among other proposals, we expect to be considering a new softball equipment storage structure at Del Webb Field and two NEV charging stations in The Wave parking lot. Contributions towards these

projects have been offered by their respective interest groups. Major A-V upgrades for the Kilaga Springs Presentation Hall are also under consideration.

We'll be discussing proposed capital projects at our August 9 meeting. Community members are welcome to join us at 1:00 PM at Orchard Creek Lodge.



Did You Know?

With the recent burglaries, it is extremely important to be alert around our neighborhoods. The Lincoln Police encourage us to call and report any suspicious activity or person to the crime prevention hotline at 645-4040.



Interim Business Plan Review

Most Departments Meeting or Exceeding Goals/Objectives

Hank Lipschitz, Finance Committee Chair

Our Finance Committee held its regular monthly meeting on June 16, accepted the Financial Statements and recommended acceptance by the Board. Financial results continue to be better than budget showing \$214,457 favorable for five months. We continue to benefit

from our mild weather pattern that resulted in significant savings for water and electric utilities.

The Finance Committee heard presentations from each department on implementation of their business plans this year. The achievements are showing up in our fiscal results. Among the achievements are improvements in administration, operations, catering and

various improvements at the Spa and Fitness. A new health benefits program is also adding to our better performance.

The Committee also discussed the LED lighting project and the potential savings going forward. There are still some remaining issues that need to be clarified before we are ready to make a recommendation.

At May 31 we had \$3,504,000 in the Operating Fund which includes \$620,000 in Restricted Funds. The Reserve Fund totaled \$5,225,000. Virtually all of our funds are in FDIC insured or US Treasuries. There were 196 homes showing past due assessments of \$96,000. This compares to last month's 300 homes past due assessments of \$148,000.

If you have general questions or need information on the Financial Statement (below), I can be reached at finance.committee@suncity-lincolnhill.org. The monthly and year-to-date financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, July 21, at 9:00 AM.



Statement of Operations YTD 5/31/2011

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$3,213,135	\$3,214,064	(\$929)
Administration (Expense)	(802,847)	(864,989)	62,142
Kilaga Spa	(10,137)	(7,851)	2,286
Fitness	(178,233)	(180,930)	2,697
Activities	(81,500)	(95,167)	13,667
Rec. Center/Maintenance	(927,583)	(985,094)	57,511
Landscape Maintenance	(958,056)	(1,047,342)	89,286
Food & Beverage	(93,738)	(86,107)	(7,631)
Capital Asset	59,351	59,351	0
Net Revenues (Expense)	\$220,392	\$5,935	\$214,457

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Compliance Process — Part II

David Stone, Compliance Committee Chair

Last month, I described the early stages of the compliance process involving various written notices to homeowners seeking voluntary compliance for a reported violation of our Governing Documents.

If voluntary compliance has not been reached within the ample time frames allowed, or the homeowner has not responded or cooperated, a call to hearing letter will be sent by the Compliance Committee. It will give the date and time of the hearing and a description of the alleged violation previously stated in the notices. The homeowner is encouraged to attend and discuss his or her position on the matter. The letter will advise that if the Committee finds a violation, the Committee may make a recommendation to the Board of Directors for a penalty to be imposed for non-compliance.

The hearing is set for an open ses-

sion where anyone in our community may attend. However, if the homeowner is not comfortable with the matter being aired in public, he or she may elect an executive session where only the concerned parties may attend and the proceedings are confidential and private.

The hearings are relatively informal; after all, the Committee members are just residents who share a desire to maintain our community according to the governing documents we all agreed to abide by. The homeowner is given every opportunity at the hearing to present his or her case and may be asked questions so that the Committee has a full understanding of the issue. There are three possible outcomes when the hearing concludes: (1) the case is closed because of compliance or a finding that no violation occurred, (2) the case is deferred to a later hearing to allow



Early aerial photo, Sun City Lincoln Hills

more time for compliance or because the homeowner cannot attend, or (3) the case is referred to the Board with a recommendation for a penalty. It is important to note that the Committee cannot impose a penalty; it can merely make a recommendation.

If the case is referred, another call to hearing letter will be sent advising the homeowner that the Board will meet to consider whether the recommendation should be accepted. The Board procedure is similar to the Committee's procedure except that the Board can impose penalties.

The main goal of these procedures is to achieve compliance not to penalize. With cooperation from the homeowner, that goal is usually reached.

Sun City Lincoln Hills Community Association ARCHITECTURAL REVIEW COMMITTEE (ARC)

RECOMMENDATION FOR AMENDMENT TO DESIGN GUIDELINES SECTION 85. SIGNS.

At its regular committee meeting on May 23, 2011, the ARC approved a motion to recommend the Board of Directors consider an amendment to the Design Guidelines for garage/ estate sale signs.

As stated in Section 8.09(e) of the CC&Rs, the ARC may develop and approve written guidelines for "other signs, such as open house or garage sale signs."

The ARC recommends adoption of the following amendment to the Design Guidelines:

Proposed Addition to Design Guidelines Section 85

85 Signs.

85.7 Garage / Estate Sale Sign.

No more than one unlighted, temporary sign pertaining to the sale shall be permitted for any one (1) residence. The sign shall not exceed nine (9) square feet in area (typically 3 feet x 3 feet). The maximum height of the sign shall not exceed four (4) feet.

- a. Time – The garage/ estate sale sign shall not be placed earlier than 8:00 AM on the day of the sale. The sign shall be on display only when the sale is open and must be removed immediately upon conclusion of the sale or no later than 7:00 PM of the same day. The city of Lincoln restricts garage / estate sales to one per year.
- b. Place – The garage/ estate sign shall be located only on private residential property with the consent of the property owner. Signs shall not be placed on a vehicle, fence, pole, tree, median, or railing. The sign shall not contain any balloons or wind devices and shall not be placed on common area, public property or right-of-way.
- c. Responsibility – Each Owner, or representative of the Owner, is responsible for the placement and removal of their respective sign. In any case, the Owner is ultimately responsible for making sure his/her agents comply with the Design Guidelines and may be subject to penalties for failing to do so.

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Introduction to Golf Women's Beginners 8–9:30am • August 5th, 12th, 19th & 26th

Mixed Beginners 8–9:30am • August 3rd, 10th, 17th & 24th

Intermediate Class 8–9:30am • August 4th, 11th, 18th & 25th

Check out our website for details. Call the Golf Shop to save a spot.

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Exercise is Medicine

Our Newest Program!

Brandy Garcia, Director of Fitness



“Exercise is Medicine” is a referral-based program where physicians refer their Lincoln Hills patients to our highly qualified fitness staff. Coordinated by Lisa Scroggs, Assistant Fitness Director, the program is sponsored through the American College of Sports Medicine. Residents obtain a prescription for exercise from their physicians and our certified fitness staff will then evaluate each of the referred residents to place them in a suitable program at a discounted price, as this program is not covered by insurance.

Exercise has many benefits, especially in preventing chronic disease. Physical activity offers much more than prevention alone. Exercise can also complement traditional medicine and, in many instances, may allow a physician to significantly reduce a patient’s drug dosage or eliminate the need for prescribed medicine altogether.

Your doctors can play an integral role in educating you about the many benefits of exercise and you can help by asking them to write you a prescription to exercise.

Ask a fitness staff member to explain the benefits of the “Exercise is Medicine” program to you. Some of the benefits include:

- A free Health and Fitness Assessment
- Discounts on selected Exercise and Wellness Programs
- Assistance with fitness program design
- Individual attention and accountability
- Communication back to your doctor on your progress

Here’s Your Opportunity to Get Exercising! “Hula by the Poola” Hawaiian Days • July 27 through August 2

It’s the perfect time for a Fitness Luau! Come enjoy a fun-filled week of Group Fitness classes, healthy Hawaiian inspired snacks, and a “grass shakin’” Hula Hoop contest!

Come to group fitness classes dressed in Hawaiian attire throughout “Hula by the Poola” Hawaiian days and get your name automatically entered in a drawing to win five free punch passes. **The more classes you attend, the more chances you have to enter your name to win!** And the Group Exercise class with the highest percentage of members who wear Hawaiian attire to class will win a great prize for the Group Fitness Instructor! A great way to say “Mahalo” to one of our fantastic instructors!

On Wednesday, **August 3 from 12:00-1:00 PM**, you will also have the opportunity to win another great prize when you show off your hula hoop skills in a Hula Hoop Contest held by the outdoor pool at The Wave Fitness Center.

Ask for details at both Fitness Centers... Aloha!



Podcast — Whazzat?

Michele Hutchinson, Communications and Community Relations Committee Chair

Missed a Community Forum on a subject you thought would be interesting? Attended a forum and would have liked to hear it again? Can’t take advantage of the seminars offered ‘live’? Then our audio podcast process is for you! All of the presentations under the Community Forum umbrella will be recorded throughout the rest of this year so you can easily hear it either on your computer or your smart phone or even one of the newest technical tools, the iPad. The choice is yours.

You don’t have to be techno wizards to take advantage of this technology. Just log on to our resident website, www.lincolnsuncity.org, and look on the front page near the top on the left hand side for our audio/podcast feature. Click and you will see a list of podcasts available for download. You may choose to listen immediately to the podcast or download it to your PC or device for later listening.

Take advantage of this communications opportunity at your convenience! Your Community Forum Team, part of the CCRC, continues to work on your behalf to make communications easier and more readily available to all our residents. So check us out!

Remember, too, if you want to review some of those forums from last year,

borrow a DVD that is available in the Community Living Room (OC) and the Kilaga Springs Library.

We hope you have subscribed to the **E-Bulletins** about events happening throughout our community. If not, it’s easy to do: On the Internet, go to the resident website and select “SCLHCA E-Bulletin” from the menu column on the left side of the home page. You may choose to subscribe to bulletins pertaining only to Association News or optional bulletins advising about activities, Meridians, or the Spa at Kilaga Springs. It was just a few short weeks ago that Meridians ran a special two-for-one coupon for all subscribers to the E-Bulletin. And, the best part, you can unsubscribe to any of the optional bulletins at any time. No need to opt out of all E-Bulletins!



Did You Know?

There is now a direct link to our Podcast Series. It is so simple.

Go to
<http://feeds.feedburner.com/>



See the Group Exercise Class Schedule on page 77 and pages 77-83 for a complete listing of Fitness classes.

THE SPA AT KILAGA SPRINGS

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FACIALS (starting at \$65⁰⁰)

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- Outer Peace Acne Relief
- Kilaga Springs Signature
- Green Science Skin Renewing Treatment
- Botanical Skin Resurfacing
- Perfecting Plant Peel

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Spa Club of the Month is the LINCOLN HILLS PICKLEBALL CLUB

What Do These Entrees Have In Common — Grilled Shrimp Salad, Chicken Chow Mein, Grilled New York Steak?

Jerry McCarthy, Director of Food & Beverage



Summer is here and with the change of temperature comes BBQ season. Meridians has brought back BBQ Mondays. Meridians will be featuring mesquite grilled entrees and the Sports Bar Menu. Come and watch as we cook your entree to perfection over the mesquite BBQ grill. Your barbecue entrée comes with *Summer Garden Salad, Corn on the Cob, Chef's Coleslaw, Baked Beans and Bread*. Entrees start at only \$11.95. Buy nine BBQ entrees and the next BBQ entree is **free!**

Question: What do the three entrees listed in the headline have in common? **Answer: They are all on Chef Roderick's new Summer Menu!** You will also find other new favorites like *Forest Mushroom Risotto, Pan Seared Tilapia*, and many more!

Don't forget to take advantage of the **Nine and Dine** program that Meridians and Lincoln Hills Golf Club are putting on. For one low price of only \$29 you get nine holes of golf and a buffet dinner. Go to our website for all the details — www.meridians.com.

It's not too late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering in the Ballroom, Kilaga Springs, the Sports Pavilion, or your home. Call Meghan at 625-4043 to make all of the arrangements.



While you are visiting our website, you will also see other special events that are coming soon. You'll want to circle the calendar for Summer Concert Series Events in the Amphitheater, Deli

Night, Crab Feed Night, and special offers and promotions. Meridians will be hosting a Memorial Dinner and Show on the 10th anniversary of September 11 featuring Peggy & Paul Schechter. The Show will be held at 5:30 PM in



Sign Up Your Club for a Day at the Spa!

Tina Ginnetti, Manager, The Spa at Kilaga Springs

This year the Spa has started to promote itself to the individual clubs of SCLH. Our first event was held May 18 with the Lincster Lady Niners. It was a grand day with mini demos at the Spa showcasing:

- Vanessa on shellac nails;
- Lip treatments and makeovers with Laura using our new summer lip colors;
- Skin and bodycare consultations by Linda. She featured Avedas' new Summer Solutions "Head to Heel" products. These protect you from the damages of summer heat and sun. She also introduced our new SPF tinted moisturizer;
- Hand treatments with our Caribbean Body Scrub, hand relief moisturizer by Jennifer; and
- Five-minute massages with Stephanie and Toni.

The Lincsters proceeded to have a lunch provided by Meridians, consisting of *Skewered Chicken with Spicy Pineapple Sauce, Baked Brie with Glazed Nuts and Dried Fruits, Salad, Tea Sandwiches, and Dessert*. We were also able to have Meridians and Wise Villa Winery present for wine tasting, a display of Silpada Jewelry, and a trunk show for golf apparel.

Meridians on September 11. Reservations are required.

It's not too late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering in the Ballroom, Kilaga Springs, the Sports Pavilion, or your home. Call Meghan at 625-4043 to make all of the arrangements.

~ Please see our ad on page 88. ~

If you would like to bring your club in for a day, or let us spotlight you for a month at the Spa (special pricing) please contact Heather.Peters@sclhca.com.

Comments heard after the first Club event:

"I thought the event was a lot of fun. I got good info on some of the things that the spa offers. I probably would not have gone in and asked otherwise. The lunch/ wine tasting was a nice addition."

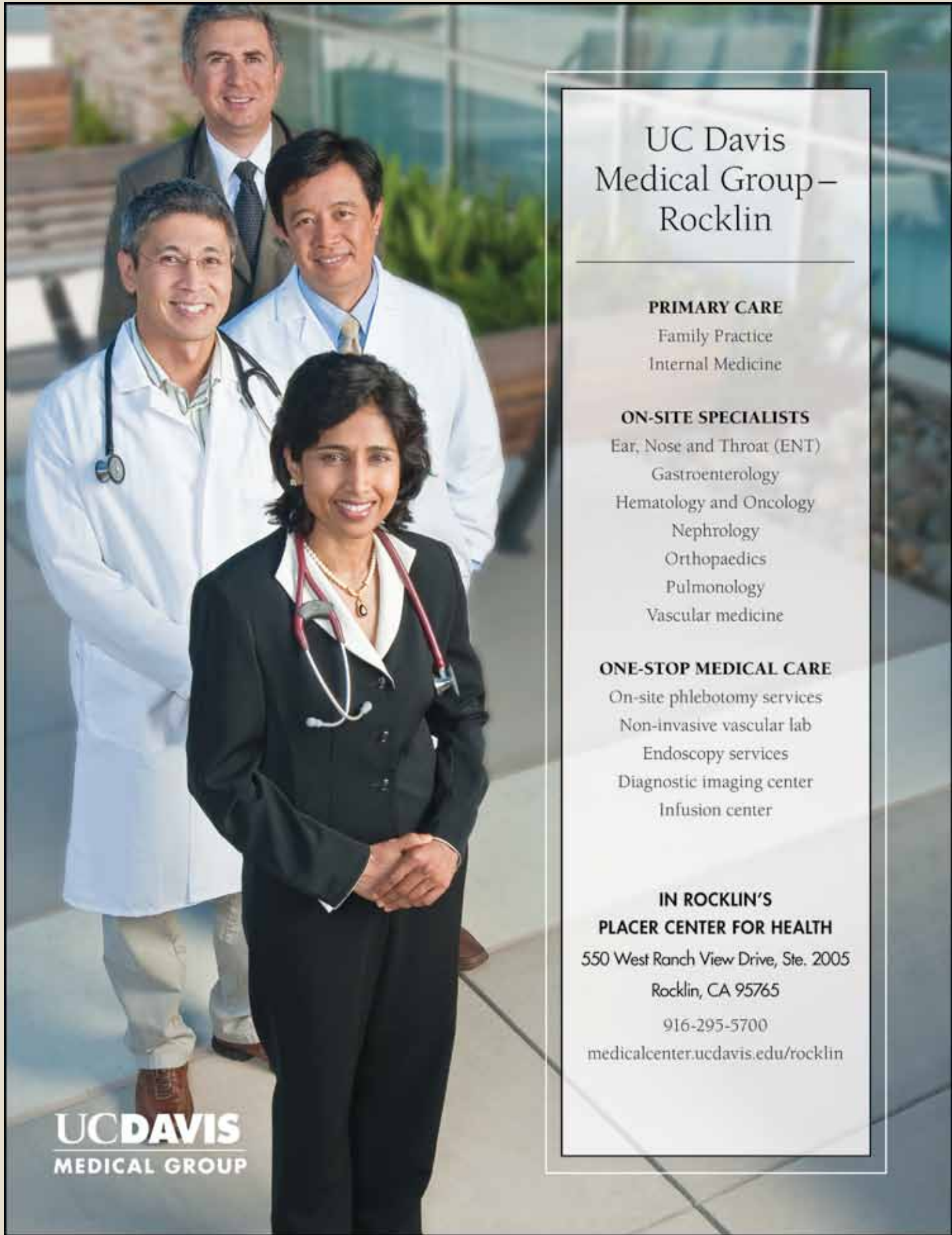
"I truly enjoyed this. I will be making an appointment there soon. I did not realize how nice the Spa is."

"The spa event was exceptional. It introduced me to all the activities at the Spa and I know I will go back to take advantage of their services. Many, many thanks for a fun time."

"I really enjoyed the whole experience and think other clubs would like it too. I'm sure there are many residents who, like me, didn't utilize Kilaga Springs Spa and now realize how convenient it is. The quality of the staff and the products they use are 'top notch!'"

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The Process Works & Perseverance Pays Off Spotlight on Pickleball

Gay Sprague

Articles have appeared in the *Compass* this year emphasizing our “sense of community” theme.



This month, the spotlight is on **pickleball**, focusing on how the sport developed as a new amenity for our Association, based *solely* on resident interest.

Pickleball is currently the fastest growing sport in the nation. A multi-generational sport, it is very appealing among active senior adults. Pickleball is easy to learn and can develop into a quick, fast-paced game, and for more experienced players, a competitive sport.

Bill & Sandy MacCullough were instrumental in bringing pickleball to SCLH. After playing in Arizona, they had a clear vision of bringing pickleball to SCLH. After being advised of the process involved, they first approached the Sports Advisory Committee in April 2007. Within four months, the first courts were authorized on the basketball courts and opened August 2007, on a trial basis.

Enthusiasm for the sport immediately grew. The players’ representatives began making formal presentations to the Sports Advisory, Properties, and Finance Committees, and the Board of Directors. They asked for new courts to be funded from our existing

Capital Improvement Fund, and built within the Sports Complex, which the Board eventually approved. Plans were drawn and the bidding process began. The Board approved building three courts, at a cost of \$150,000. Construction began in July 2009 and, remarkably, was completed in October 2009!

The process has been described as an “adventurous challenge,” as no group-initiated capital improvement had been made in our community. What a success, both physically and socially, pickleball has become! Our “early” players trail blazed where no one had gone before! They proved our system does work.

Estimates are that approximately 350-400 residents have “trained” for



Pickleball Tournament complete with cheering section

pickleball at SCLH, and many of those players continue to play regularly, while new faces appear weekly. Some of our residents have evolved to Senior Pickleball Games in Arizona and Utah, and have brought home gold medals! Some “newer” residents attribute our pickleball courts as their main reason for choosing to purchase in our community.

Remember, Pickleball courts are for **everyone’s use in SCLH!** There’s no “club” exclusivity. Why not join me for a “training” session in the next few weeks?

Committee Profile

Inquiring Minds Want to Know!

Dee Hynes

I love information about our community! What’s going on, where, when, how, why?

No doubt most of us enjoy knowing what’s happening in Lincoln Hills.

Fortunately, we have a committee that was created to help us be in the know. It’s the Communications and Community Relations Committee (CCRC).

Thus far, the CCRC has brought

us E-Bulletins which keep us apprised of updates within the Association and the Activities,

continued on page 15



*Pickleball players gather for a group photo.
Photos courtesy of lhpickleball.com*



Committee members, clockwise from top left, Wolf Oplesch, Dan Karleskint (Vice Chair), Bob Murdock, Bruce Holder, Joan Logue, Michele Hutchinson (Chair), Klara Kleman, not pictured – Ken Silverman, Jim Datzman



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Four Reasons to Celebrate National Night Out August 2

Patricia Evans

Actually there are over 11,000 reasons to celebrate—the approximate number of residents in SCLH! But, for now, let me ask you to select your favorite reasons from the following:



(1) It's a warm, fuzzy feeling to know that throughout the entire nation neighbors are gathering for National Night Out parties to celebrate increasing our safety and security through knowing our neighbors!

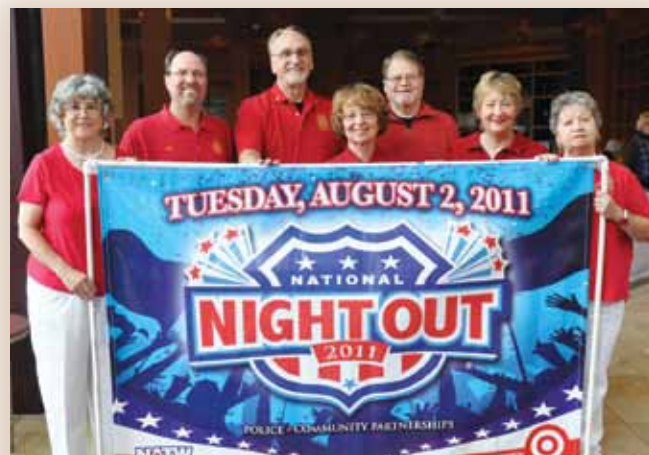
(2) "The more we get together, the happier we'll be," according to that good, old song! People are social animals, and we glow in the warmth of friendships.

(3) There is a big comfort factor in knowing our neighbors so that we can more effectively look out for each other.

(4) Safety and security are prime considerations in choosing a place to enjoy our senior years. A friendly community is a safer community!

Your help is needed to insure that every resident will have the opportunity to participate in a National Night Out party. An easy way to give a party is to ask each guest to bring a snack, the beverage of their choice, and a lawn chair. Some hosts may prefer a potluck, dessert selections, or an ice cream social. Just say "yes" to giving a party or going to a party!

"Four or more people can constitute a party," explained Pauline Watson, National Night Out Chair. Please contact Pauline at 543-8436, frpawatson@sbcglobal.net, to register your party so



The National Night Out committee enthusiastically promotes SCLH celebrations, from left: Pauline Watson, Bill Smith, Larry & Nancy Whitaker, Richard & Judy Hoffman, Carol Smith (not shown), Carol Shuey, Cora Peterson, Terry Pisani, Barbara Galea)

that we can have bragging rights for an enthusiastic turnout.

Please turn to the Neighborhood Watch article on page 30 to learn how National Night Out originated.

Neighborhood Watch contacts: Allen Gillespie, 434-5979, allenm40@gmail.com; Pauline Watson, 543-8436, frpawatson@sbcglobal.net. Website: www.lincal.net/watch.



"Four or more people can constitute a party," Pauline Watson, National Night Out Chair. Two 2010 parties — Village 23, left, and a block in Village 42B, right.



Inquiring Minds

continued from page 13

Fitness and Food & Beverage Departments.

Have you enjoyed our Community Forums, "Did You Know" boxes in the *Compass*, the assistive hearing devices for OC Ballroom and KS Presentation Hall, or perhaps the low vision magnifiers in the KS and OC Libraries? They are successful improvements in communication brought to us by the CCRC.

There's more! The 10th Anniversary Celebration originated in the CCRC!

Also, picking up the *Compass* at multiple locations without ID's and having microphones for the standing committee meetings originated from this committee.

Have you missed an Association Board meeting or Forum? Check our website, www.lincolnsuncity.org, where you will find video presentations of Board meetings and Forums and also audio podcasts of Forums. The CCRC has utilized workshops to enhance the flow of information from committees to residents. Committee members have

also discussed how to best deal with rumors.

This committee works to enhance our Association's communication today and it also looks to the future. The CCRC Technical Task Force is working with staff developing our public and resident websites. These websites provide advantageous marketing tools.

Watch and listen for additional communication enhancements as this industrious committee continues its beneficial work for all of us.



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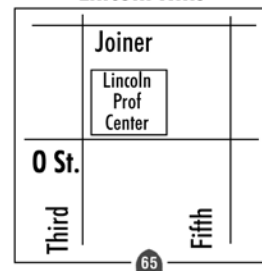


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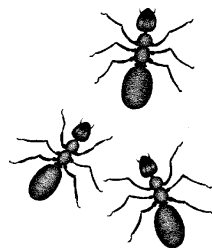
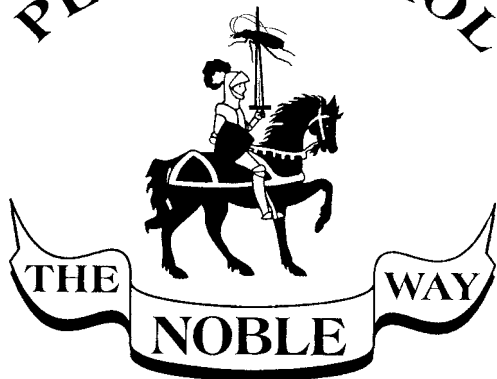
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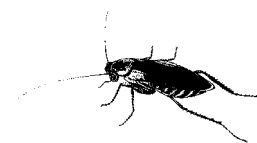
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Are You Saving Energy and Conserving Water?

Summertime Homeowner Tips from Neighbors InDeed

Doug Brown

Temps are up. The AC is cranking. Yards are thirsty. Yes, summer's here. Are you doing everything you can for efficient house cooling and yard irrigation?

Neighbors InDeed's Handy Helpers are trained volunteers ready to give you assistance and advice to save money, be cool, and have healthy yards during the hot, dry summer season. Just call 223-2763.

Meanwhile, consider these tips and pointers:

Indoor Temperature Control

Filter cleaning/washing. If you haven't done so already, your AC/furnace filter is a key to efficient circulation of air in your house. You'll need a ladder, of course, to reach your filter, then you should either replace a disposable filter with a new one or wash a permanent filter. Need assistance? Call for a Handy Helper.



Jim checks a thermostat for appropriate AC settings

Thermostat settings. Because our temperatures vary so much in the summer, Neighbors InDeed recommends using **manual** controls to switch on the AC only when you need it – say, in the late afternoon on a warm 90+° day.

Most residents are comfortable with a 78-80° setting.

Nighttime cooling. When you go to bed at night, how about opening your windows (and then shutting them in the morning), or making sure your **smart vent** (if you have one) is set to kick on at approximately 70°.

Ceiling fans. Ceiling fans use a fraction of the electricity that an AC system uses, and still keep you quite comfortable. Ceiling fans should be in the **down** draft position now.

Outdoor Irrigation

Sprinklers/drippers. This is a good time to do a midsummer's visual check of sprinkler heads and drippers, and replace or repair as needed.

Programming timers. Many of us are tempted to overwater yards for fear that our favorite flora will perish. To save both water and money, try a conservative watering schedule. Usually, three days a week is sufficient, with minimal watering times for each station. For lawns, Neighbors InDeed



Handy Helper Jim Norman prepares to inspect a lawn sprinkler.

recommends watering grass only in the **morning** (afternoon watering is vulnerable to rapid evaporation) in **two** five-to-eight-minute watering times about an hour apart.

Do you still need some help? Neighbors InDeed (223-2763) is a **free** service! Of course, donations are accepted – but not necessary. Handy Helpers are standing by, ready to assist you.

Aging is Normal

The Perils of Pills

Some Advice on Medication Safety

Shirley Schultz

The media would have us believe that there is a pill or a preparation for nearly every situation.

The pharmaceutical industry is often all too eager to push a pill at us to cure our ailments. In our eagerness to feel better or to prevent some change in our health status or self-image, we



tend to focus on "what works" rather than on "what's safe." Moreover, many people mistakenly believe that herbal preparations and other nutri-

tional supplements are not medications. And over-the-counter agents that you can buy without a prescription can be just as potent as prescription medications and carry similar risks. All of these agents can interact with each other.

Polypharmacy is a term used to describe the unnecessary or excessive use of medications (more than five), the taking of medication for no therapeutic reason, taking more than one medication to treat the same thing, or taking medication to treat the side effects of some other medication. It is no surprise that the older population is at higher risk of suffering drug

continued on page 19



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Where Can We Put All This Stuff?

Maintenance Building Caps Seven Years of Planning

Al Roten

Whether it is in our homes or as an Association, it is inevitable that stuff accumulates. In 2004 during the transition of transferring control of our Association from Del Webb to us residents, the undeveloped service yard on Joiner Parkway was deeded to SCLHCA. At that time, the Board of Directors set aside capital funds for projects such as



Landscape Operations

improvement of this important space.

Later, the Properties Committee, Finance Committee, and Board approved a plan to build out the Joiner Parkway Maintenance Facility. Original estimates exceeded the single year expenditure limits set in our controlling documents, so improvements were split into two



Break Room

The Perils of Pills

continued from page 17

interactions, side effects, and adverse reactions because they are the ones who tend to take more medications. Nutritional supplements including herbal medications as well as nonprescription products may interact with each other or with prescription drugs to create undesirable outcomes.

stages: yard improvements, and a storage building with personnel accommodations. The yard improvements were completed in 2009. In the meantime, the inevitable accumulation of documents and hardware items has overflowed storage space in our Lodges and maintenance facilities. Finally, building design and construction type were agreed upon, a budget of \$230,000 was established, and building permits were acquired in 2010.

The Joiner Parkway Maintenance Facility is now ready for use. The ac-



Bulk Storage Capability

commodations of the 3750 square foot building make available a much needed break room for our landscape crew of 25 to 35 workers, restrooms, and an office for landscape supervision. The bulk of the building is dedicated to storage. Initial stocking of the bulk and rack storage areas will be by elimination of six rented off-site storage cubicles. This will provide welcomed efficiency for maintenance staff in storing and retrieving items. There is a separate interior secure storage area for sensi-

One good source for information is the **Beers Criteria** of potentially inappropriate medications for older adults. One can find this online at *MEDLINEplus*, a service of the US National Library of Medicine. This list includes such items as Dulcolax, Chlor-Tremeton, naproxen agents such as Aleve and Naprosyn, and a host of other medications. These agents should be discussed with one's



**Grand Opening / Ribbon Cutting at the new facility
Wednesday, July 27
9:00 AM
We are all invited**

Loft & High Value Storage

tive or high value items. Access to the storage section of the building is controlled and limited to Chris O'Keefe's maintenance staff.

Completion of this second and final stage of this facility has been brought in on budget. This is a significant milestone capping almost seven years of planning. Since this is a working facility with many vehicles coming and going, most of us will not have the opportunity to see it at work. However, **there will be a Grand Opening/ Ribbon Cutting session at the new facility on Wednesday, July 27, at 9:00 AM. We are all invited.** The Joiner Parkway facility is next to the golf course maintenance yard, about halfway between the two ends of Del Webb Boulevard. **Parking is very limited, so ride share if possible.**



Storage Rackage

health care provider before using them.

An important upcoming education program on this subject on July 20 is **"The Perils of Pills: Helping or Hurting? How Do I Know?"** presented by two very knowledgeable Clinical Pharmacists, Timothy Cutler and Adel Lawal. (see page 86). Their practical advice will undoubtedly shed light on some of your questions about medication safety.

LH Woodcarvers Take Top Honors at California Woodcarvers Association Show

Joe Propersi



Joe Propersi

Since 2007, the Lincoln Hills Woodcarvers Group has won an impressive 22 First Place Blue Ribbons; 12 Second Place Red Ribbons; and 4 Third Place White ribbons. What makes this even more impressive is that the members of the group have won ribbons for each of their 36 entries in a combined field of over 1000 entries!

The Lincoln Hills Woodcarvers completed their annual sweep of ribbons at the Capital Woodcarvers' Association annual show, "Wonders in Wood," May 7-8, at the Scottish Rite Masonic Center in Sacramento, taking seven ribbons for seven entries!

The Judge for the 2011 show, Randy Landen, is a distinguished midwest carver and member of the Caricature Carvers of America, National Wood Carvers Association and the Great Plains Wood Carvers. He is a past member of the Board of Directors for Affiliated Woodcarvers, Ltd. and the International Wood Carvers Congress.

Randy recognized the Lincoln Hills Woodcarvers with five first place and two second place ribbons. The winners were:

Dan Batliner, First Place Advanced, Schooled or Mentored Category;

John LePage II, First Place Novice, Wood Crafting and Carving Category;

John LePage, First Place Novice, Santa Category;

Harvey Moss, Second Place Advanced, Schooled or Mentored Category;

Don Percell, First Place Expert, Turning with Carving Category;

Joe Propersi, Second Place Novice, Painted Relief Category;

Jeff Wickun, First Place Novice, Mixed Category.



Dan Batliner



John LePage I



Jeff Wickun



John LePage II



Harvey Moss

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Club News



• Alzheimer's/Dementia • Caregivers Support Group

Join us on Wednesday, July 27, for a caring/sharing meeting with Elizabeth Rawson. Elizabeth is a Family Advisor from Del Oro Caregivers Resource Center. She has worked with our group on alternating fourth Wednesdays of the month for several years and understands the needs of our senior caregivers. In addition to her professional background, Elizabeth has been a caregiver herself and has wonderful information and insights to offer. Her guided topic for this meeting is "Aging in the New Age."

These sharing sessions are an opportunity for caregivers to ask questions and to get practical advice on things that may be of concern to them as they carry out their care-giving responsibilities. The meeting will take place at 1:00 PM in the Multipurpose Room (OC).

Books, DVDs and other informational materials are available at each meeting for participants to borrow

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9322;

Nancy Mitchell 253-9962



• Antiques Appreciation •

Our July program was our annual Show and Tell. Many of the members brought in a special item to share. Some of the items were recently acquired treasures while others were well loved family heirlooms. It was very entertaining to hear the wonderful stories that went along with the shared items.

Our August program will be a presentation by Jean Cross on Lincoln's Gladding McBean. Jean was a part time sculptor for the Architectural terra cotta department of Gladding McBean and is now a freelance artist and volunteer.

If you collect or just appreciate antiques, please join us on the first Monday of the month at 9:30 AM, Multipurpose Room (OC).

Contacts: Pat LePage 543-9564;

Jane Delno 543-6855

Antique Appraisals: 408-4004



• Arts Association •

Come to our July meeting for a big treat. Tommie Moller, renowned sculptor, will be presenting a live demonstration blending stories and humor as she explains how she creates her art. If you've been to Roseville's Maidu Center, you've seen an example of Tommie's work – the large Indian family sculpture. With such a wonderful artist in our midst, we know Tommie's presentation will be outstanding. Join us on Monday, July 25, at 2:00 PM in P-Hall (KS).

For participants in this year's Studio Tour, don't forget your entry form is due August 1 to give our committee time to get location maps completed. Contact Beryl Spurling at bsspurling@yahoo.com or 477-9149 for details and application forms. For potential "tour-ers," the Studio Tour will take place the weekend after Labor Day, September 10 and 11. Keep an eye on the Compass for details as we get closer to September.

Contacts: Bill or Cathie Szabo

434-6667, billcats1@earthlink.net

Website: LHarts.org



• Astronomy •

Cosmology Interest Group: No meeting in July. The next meeting will be August 15 in the Fine Arts Room (OC) at 7:00 PM. Contact Morey Lewis (408-4469) for information.

Wednesday, August 17 (third Wednesday), 7:00 PM Planetarium Show at Sierra College. Professors Dick Marasso and Barry Rice will team up to give a planetarium show and presentation on Astrobiology in the Sierra College Plan-



*Jon Richards
presenting "SETI
and the Allen
Telescope Array" at
the June meeting*

etarium. Contact Ron Olson for more info and to sign up.

Wednesday, September 7. Anthony Oreglia will present "Mooning Our Way Through The Solar System."

Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, P-Hall (KS). However, note location and date change for August. What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring your questions about astronomy during the Q & A period.

Contacts: Ron Olson 408-1435,

rolson@starstream.net;

Nina Mazzo 408-7620

ninamazzo@sbcglobal.net

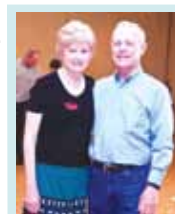
Website: www.lhag.org



• Ballroom Dance •

If it's been a while since you danced, our Tuesday dance sessions from 2:00 to 5:00 PM are just right for you. The first hour takes you through the basic moves for the dance of the month. The second hour is "open dancing," which gives you time to practice with help from the teachers if desired. It's fun to get to know some of the other dancers and watching others dance is also a good way to learn. The third hour gives experienced dancers the opportunity to learn more advanced steps.

Research shows that Ballroom Dancing wards off dementia, controls weight, lowers cholesterol and blood pressure. It tones nearly every muscle and improves balance. Dancing exercises the body as well as the mind, helping us to stay fit. We really enjoy getting together on Tuesday afternoons, and welcome new members at any time. Our annual dues are only \$5 per member. That includes all the lessons at no cost — it's a great bargain! Come and join us in the Multipurpose Room (KS) for the month of July to learn the Rumba. In August you can look forward to learning the NC two-step.



*Dancers
Aileen Niver
and Don
Neumeier*

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



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be July 20 and August 17. 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 Wednesday, August 10 at Mary's Pizza. We meet in front of OC Lodge and leave at 11:30 AM. For more information or to put a Memoriam in the Compass, contact Joan.

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



• Billiards • The Shooters

- Eight-Ball Singles 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
 - Nine-Ball Singles 10:00 AM-12:00 PM and 1:00-4:00 PM Second Tuesday
 - Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
- All games at KS.

Tournament Winners:

Eight Ball Singles June 1

- AM Winner: Oscar Alvarez
- Runners-up: Jim Fulton, J T Long and Dennis Bist
- PM Winner: Steve Brown
- Runners-up: Ed Ryan, Dale Hurlbut, Jim Pacini, Phil Delaney and Joe Perez

Nine-Ball Singles June 14

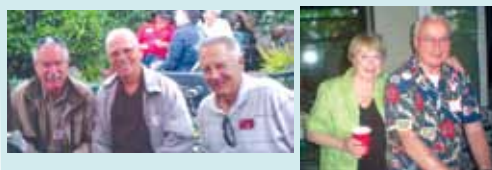
- AM Winner: Joe Ferrando
- Runners-up: Dennis Bist and Oscar Alvarez

• PM Winner: Bob Armour

- Runners-up: Phil Delaney, Chet Lelio, Nick Correale and Wayne Schmeck

Eight-Ball Doubles June 15

- Winners: Nick Correale and Steve Brown
- Runners-up: Clyde McFadden and



Clockwise, from top left: Enjoying The Shooters BBQ May 27; hosts Lorraine & Jim Immel;

The Shooters Billiard Group BBQ

Wayne Bullen, Joe Ferrando and Doyle Coker

More than 75 Shooters enjoyed a BBQ with music and entertainment on May 27th at the home of Jim & Lorraine Immel.

**Contacts: Jim Immel 434-2918;
Sam Munoz 408-3037**

Challengers Billiards

The Challengers Group plays seven games of partner eight ball (1/15). By designating the 1 and 15 balls to be pocketed in the assigned side pockets, we add a strategic component to the regular eight ball game. We also time our games at 17 minutes each. This speeds up play and adds a little spice to the games. This is a fun and challenging environment for the mid-level to advanced player. We play each Friday from 9:45 AM-12:00 PM. And, we are high tech! Thanks to George Black and Ken Klein who bring their iPads so that we can visually count down the time for each game.

Congratulations to our recent winners:

- Seven games: Joe Hobby, Joe Heruty
- Six of seven games: Ted Baker, Bob Wehner, Bill Kim

**Contacts: Joe Hobby 253-9633;
Rita Baikauskas 408-4687;
Dan Oden 408-2687**

Couples Billiards

Every Wednesday from 4:00 to 6:30 PM we play couples billiards at KS. The games are timed at 17 minutes each. Most evenings we play six games, but if we have couples sitting out one game, we play seven. Not all couples will sit

out one game. Sign up in the book on the fireplace in advance as we generally have a full house.

Our first week we had one couple that won all seven games, they were Ron/Sherry Weech. Two couples won five games and lost one, they were Rita Baikauskas/Joe Perez and Sylvia Gutierrez/Bob Hodge.

There were no six or seven game winners this week. We did have two teams tied at five wins and one loss. Those players were: Dale Houck/Chiquita Fratto and Veronica/Del Torres.

We had no six or seven game winners; however, Joe/Shirley Varner were the only five game winners with two losses.

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

Players Billiards

Every Thursday from 2:30 to 4:30 PM in the Billiards Room(KS), we play six games of standard Eight Ball with different partners and opponents most games. For the mid-level player, we play by the American Poolplayer Association rules. Sign up to play for the following month on the last Thursday of the month at 2:00 PM. The sign-up binder and the rule book are always on the fireplace in the Billiards Room(KS). Standby players frequently get to play. It's fun, it's cool and it's free!

Congratulations to our recent winners:

- Six game winners: Willie Wright, Rita Baikauskas, Del Torres
- Five of six game winners: Ken Hawley, Larry White, Del Torres, Sandy Pavlovich, Peshu Irani, Willie Wright, Dale Houck

**Contacts: Rita Baikauskas 408-4687,
Dan Oden 408-2687, or
Joe Hobby 253-9633**

Upstarts Billiards

"Stripes and solids, on a sea of green, Where they will fall remains to be seen."

Would you like to join us? We are beginners-to-average players. We play standard Eight Ball every Thursday, 11:45 AM to 2:00 PM at KS Billiards.

Come see what the fun is all about! We frequently have openings for extra players.

- Winners six games: Margrit Blanc, Doyle Coker
- Winners five games: Gary Averett, Bob Bienkowski, Bill Clark, Al Gutierrez, Rande Jenzen, Lydia King, Dan Oden, Bob Rand

Sign-ups are the last Thursday every month, 11:30 AM the Billiards Room (KS).

Our last BBQ was Monday, June 27, at Sports Pavilion, where we all had a good time!

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

Instruction Group

Learn to play pool or sharpen your games. Take advantage of the expert help second and fourth Mondays, 9:00-11:00 AM. Please sign up in advance in the Billiards Room (OC).

Contacts: Jim Immel 434-2918; Sam Munoz 408-3037



• Bird •

The Bird Group meets on the second Monday of each month at P-Hall (KS) at 1:30 PM.

Since the summer heat drives many bird species up into the cooler mountains, we will not have a regular group meeting in August. Instead we will celebrate the birds with a blackbird pie (just kidding!) potluck on July 22. It will be held in the Social Kitchen (KS). For members, please sign up for what to bring with Ruth.

Rather than taking bird walks at the end of July and through August, the Bird Group will take a summer vacation.

Contacts: Ruth & Don Baylis, rbaylis2@yahoo.com
Website: www.lhbirdnest.org



• Bocce Ball, Mad Hatters •

No spring this year. We went straight from winter to summer. It's already too hot to do any outside activity after 10:00 AM. Fortunately we play Bocce on Thursdays from 8:00 to 10:00 AM so you can still get out for some

activity before it gets too hot. As this is written, it is 100 degrees outside, but at ten this morning it was only 82, so there really is an opportunity to get out and meet people while it's still relatively cool. We have a really cool water fountain, and the canopies are up so you can usually find some shade to sit in, and some of the courts are shaded for a while, so come join us. If it really gets too hot for you and you want to leave early we won't say anything.

Contacts: Glen Stanphill, 408-8885; Paul Mac Garvey 543-2067, pmac1411@aol.com



• Book Group, OC •

My Stroke of Luck by Kirk Douglas will be discussed at our July 21 gathering. In this true story, Douglas turns a seemingly tragic event into a learning and growing experience. On August 18 we return to historical fiction with *Island Beneath the Sea* by Isabel Allende. Starting in Haiti in 1770 on a sugar plantation, we experience life from the perspective of both the white owners and the black slaves. The characters traverse through the revolution and escape to New Orleans in 1810 to a US on the brink of the Louisiana Purchase.

Please join us on the third Thursday of each month in the Multipurpose Room (OC) from 1:00 to 2:30 PM. Newcomers are always welcome.

- September 15: *Hotel on the Corner of Bitter and Sweet* by Jamie Ford
 - October 20: *Cutting for Stone* by Abraham Verghese
 - November 17: *The Glass Castle* by J. Wall
 - December 15: *Holiday Luncheon*
- Contacts: Penny Pearl 409-0510; Dale Nater 543-8755, Darlis Beale 408-0269; Linda Derosier 543-6307**
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



• Bosom Buddies • Breast Cancer Survivors

A luncheon will be held on Thursday, August 11 at Awful Annie's to wel-

come the new officers for 2011-2012 and thank the outgoing officers for a job well done. The new officers are: Patty McCuen, President; Patti Barnes, Secretary; Sue Rosen, Treasurer. We are still recruiting for the position of Vice President.

Since summer vacation time is here, no meeting was held in July. We look forward to an exciting new year of interesting speakers and fun events. Bosom Buddies meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

Contacts: Marianne Smith 408-1818; Sally Lewis 434-7381
Websites: www.lincolnsuncity.org www.lincolnhillsbosombuddies.org



• Bowling • Rocklin Tuesday AM

Now that summer is here, we all need to find ways to enjoy our leisure time. That includes bowling. We finished our season with a luncheon at the Elks Club in Roseville.

Congratulations to team #12 The Split Ends, league winners. Congratulations also to the winning team for the first half — #11 The Alley Cats.

For fun during the winter months come join us. It is exercise as well... A little bit...

Start date for upcoming season is September 6, AMF Lanes in Rocklin.

There are a couple of changes on our board:

- President: Frank Schmidig 434-5972
 - Vice President: Jerry Gordon 408-5989
 - Secretary: Joan Gates 253-9415
 - Treasurer: Kathy Chapin 543-3457
- Contacts: Betty Curtis 543-6866; Margaret Peyton 543-7344; Joan Gates 253-9415; Kathy Chapin 543-3475**

Strikes Thursday PM

Summer finally arrived but seems to be leaving too quickly. In approximately eight weeks we'll be back to start our fall season. We will have our general meeting in P-Hall (KS) on Thursday, August 18 at 4:30 PM. Please mark your calendars

and remember to bring your checkbook in order to pay your sanction fees. This will be a very important meeting as we will be addressing a number of rule changes and/or additions. We strongly encourage each member of our league to attend.

Enjoy the rest of your summer!

Contacts: Cathy Riewerts 408-5709
cleer50@yahoo.com;
Terri Krcha 543-6111,
paulandterri@sbcglobal.net



• **Bridge, Partners** •
Thursday Evening
First & Third

June 2 results

- First: Neal & Kelly O'Boyle, High Round
- Second: Barbara Kelly and Hal Meyer
- Third: Ken Gladden and Robbie Duggan
- Fourth: Lydia King and Nancy Turrini

June 16 results

- First: Bev & Allan Blaine
- Second: Kaye Andrews and Sharyn Alexander
- Third: Ed & Dee Paige
- Fourth: Ken & Chris Jacobsen
- High Round: Joe & Rose Phelan

For Chicago style and partners' bridge, join us on the first and third Thursdays at 6:00 PM. Join us July 21 for chicken/pizza and tournament of champions.

Contact: Ken Gladden 409-0804,
KenGladden@hotmail.com

Thursday Evening
Second & Fourth

Bridge Scores

May 26

- First Place: Barbara Bryan and Jean Peterson
- Second Place: Jack Henricks and Judith Jesness
- Third Place: Karen and Roger
- Fourth Place: Bruce Fink and Stanley Mutnick

June 9

- First Place: Sharyn Alexander and Judy Barkhurst
- Second Place: John & Diane Maranta
- Third Place: Rita Blanchard and

Nadine Buchmiller

- Fourth Place: Harry Ramsden and Margaret St. Charles
- Please join us for a fun night of bridge on the second and fourth Thursday nights. We play in the Terra Cotta Room (KS) at 6:00 PM. Call Chris and Ken for reservations.

Contacts: Chris & Ken Jacobson
408-8709



• **Bridge, Duplicate** •

The SCLHDBC "Bridgewebs" internet site www.bridgewebs.com/lincoln hills is now permanent. Our former "sclhbridge" site is no longer functional.

The Wednesday lessons schedule:

- July 20 — Kent White "Bernie Chazan Said"
- July 27 — Q&A with a panel of our mentors
- August 3 and 10 — To be announced

Top SCLHDBC master point harvesters at the Orangevale Spring Sectional were Jack Uppal, 10.08; Dave Russell, 9.31; and Doug Allan and Tony Trigg, each 8.03.

Our summer exchange, with Roseville hosting, is scheduled on Monday, July 18.

Thanks to Barbara Loweree and committee for the great June 11 potluck. Jay Stryker provided music for entertainment and dance.

Prior to a Wednesday session in June, nearly \$750 was presented to the Lincoln "Ride to Walk" as beneficiaries of the Bridge Club's spring charity drive.

Our three sessions are played weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays, with 49er section; 5:00 PM Fridays; 12:30 PM Saturdays, with 299er section.

Contacts: Kent White 434-1699,
akw@starstream.net;
Elise Homer 543-0650,
hit4home@starstream.net
Website: www.bridgewebs.com/lincoln hills



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come and join us for an

afternoon of fun, meet new people and play social bridge. Check-in time is no later than 12:50 PM. If you do not check in on time, you may not be able to play that day. You do not need a partner, but you do need to make a reservation to play. You can make a reservation or cancellation by calling Peggy Schmidt or Lee Holman at 409-0883.

May 20 through June 17 winners:

- First Place: Lee Holman, Shirley Bry, Harry Collings, Joan Schabillon, Nancy Reyes
 - Second Place: Grenville Jones, Eleanor Amar, Shirley Bry, Minnie Lou Fouts, Eleanor Amar
 - Third Place: Vivian Frederick, Febe Harrington, Neal O'Boyle, Shirley Bry, Gerry Sonnenburg
 - Fourth Place: Lois Burke, Gene Huntley, Ardith Standlee, Ralph Madsen, Harry Collings
- Contacts: Lois Burke 409-0223;**
Ruth Werfel 543-6054



• **Bunco** •

Summer weather has finally arrived and thoughts turn to picnics and potlucks. The Steering Committee has planned a summer potluck after Bunco play on Thursday, July 21 at the Pavilion. Plates, plastic utensils, napkins and beverages will be provided by the club. Bring your favorite potluck dish to share with the other players. If you can't make it to bunco in the morning you could still join us for the potluck at noon at the Pavilion.

With hotter weather now here, why not join us every third Thursday in the Cards Room (OC) at 9:00 AM. The entry fee is \$5 with no annual membership fee ever required.

Last month's winners:

- Most Buncos – Sharon Chipman
- High Score – Marsha Pimentel
- Most Wins – Delores Hahn
- Low Score – Doris Kerry
- Most Losses – Claire Frenna
- Traveler – Shirley Mohler

Contacts: Claudette
Rhoads-Kinman 543-6347;
Marian Skillman 396-4263



Ceramic Arts

Volunteers are needed to plan the Fall Potluck in October, and for a Nominating Committee to fill Steering Committee vacancies. Interested? Call Mike Daley 543-9449.

CAG “Workshops” are held at OC on Saturdays, 9:00 AM-3:00 PM, and Sundays, 12:00-4:00 PM; KS workshops are Mondays, 1:00-4:00 PM for Earthenware, and Sundays 1:00-4:00 PM for Spanish Oils. “Open Studio” available to all residents are: OC Fridays only, 1:00-5:00 PM, and KS Sundays only, 1:00-4:00 PM. Check bulletin boards for holiday closures.

Access to studios is granted only with a registered monitor present. Monitors are: (KS) Barbara Bartling, Marti Bernsten, Margot Bruestle, Carolyn Morten, Terry Pisani, Carolyn Sanfillipo; (OC) Marilyn Anhalt, Karla Crist-Penman, Mike Daley, Janice Davisson, David Hughes, Jane Lares, Sherri Melchner, Janet Roberts. Thank you for your continued dedication in keeping these workshops available for fellow members.

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Margot Bruestle 434-9575; OC Pottery — Marilyn Anhalt 408-8196 and Mike Daley 543-9449

Website: www.lincolnsuncity.org, Groups, Ceramic Arts



Chorus (formerly Singers)

The Lincoln Hills Community Chorus is the new name for the Singers. Chorus is the short version.

The Chorus will resume fall practice on September 6, at 2:30 PM in P-Hall (KS). Residents who enjoy singing are invited to join the group. Music for the Christmas program will be distributed.

Contact the director, Bill Sveglini, if you are interested in joining.

Contact: Bill Sveglini 434-5655
Website: www.lincolnsuncity.org
Groups: Singers

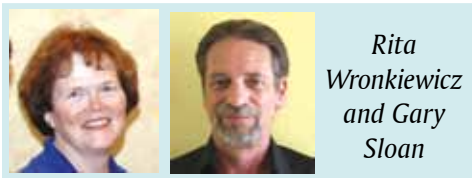


Computer

• Main Meeting August 10, 6:30 PM: “Security Es-

entials — Keep Your PC Safe From Attack” by Rita Wronkiewicz. Focus is on educating members about the growing hacker and malware threats. Rita will explain methods used by hackers for PC infection and identity theft, will discuss security “best practices,” will help us decide if we have a bug or a virus, will provide info about purchased security software and will discuss ways to recover from an attack.

• Clinic August 12, 3:30 PM: “Using Free Software to Protect Your PC” by Rita Wronkiewicz and Gary Sloan. A continuation of main meeting, with special



Rita Wronkiewicz and Gary Sloan

emphasis on “Best Freeware” to use. We will discuss usage habits that influence purchase vs. freeware.

• Ask the Tech: August 22, 10:00 AM: Informal Q & A session for any and all technical questions. All meetings at P-Hall (KS).

Contact: Bob Ringo
president@sclhcc.org
Website: www.sclhcc.org



Mac User

Educational seminars are held twice monthly as a follow-up to the main topic presented at our general meetings with more detailed information provided. Here are the upcoming dates: July 27 at 7:00 PM and August 10 at 11:00 AM in the P-Hall (KS).

July 26’s general meeting will focus on Google Apps. A fun and informative



July General Meeting topic is “Google Apps” by Andy Petro

evening with apps from technical to educational and simply fun! We begin at 6:30 PM with Ask the Tech followed by the program at 7:00 PM, P-Hall (KS).

Technical help and advice on making purchases of hardware and software is

available to members by calling the support help line at 668-0684.

Save the date: September 27 member BBQ.

Contacts: Bill Smith,
wsmith986@gmail.com;
Website: www.lhmug.org



Country Couples

Thursday June 30 was yet another dancing experience for the Country Couples (CC’s). Dennis & Georgi Dawson and Ralph & Linda Lacaze planned the event just to have an informal get together and dance for all CCs. The intent was to keep it simple and have fun, and that is just what it was. Thanks to the four of them for reserving the room and their efforts in organizing the event.

The CCs’ dance lessons are continuing to introduce us to new and sometimes challenging dances such as Sally’s Waltz, BC Cha Cha, The Shadow, and several others. If you think you may be interested, you are welcome to come and observe the Monday lessons at KS (7:00-9:00 PM), or the Saturday practices at OC (4:00-6:00 PM).

The CCs know how to enjoy themselves! If you have any questions please contact one of the members shown below.

Contacts: Ernie Wilson 434-6588;
Tom Hargis 434-6931



Cribbage

The Cribbage Group plays from 8:30 AM until 12:00 PM on Tuesdays, with a six-game mini-tournament starting at 9:00 AM, in the Cards Room (OC). We mostly play four-handed partner games, playing a two-handed game when required by the number of players. We use a rotation system to mix up the players rather than having a partnership stay together all morning.

Come out and join us. We welcome new players and can arrange to teach new players or refresh long-dormant skills.

Contact: Bob George 543-7966,
r.j.george@att.net



• Cyclist •

If you met your riding group at Kilaga Springs during June, you surely noticed the absence of many riders. June seems to be the month when we take off for other climes (climbs?). But this year, we see something new. One rider was on a seven-day trip down California and posted updates and pictures to Facebook once or twice a day. A husband/wife tandem team on a three-month trip from the state of Washington to Florida, is keeping us apprised of their progress through Facebook. Still another group, with eight riders, is sending messages and photos home via e-mail and Facebook, making us all wish we were there. We are sure there are others out there using the cyber world to let fam-



At Lake Clementine; in Meadow Vista



ily and close friends know where in the world they are... on their bikes. We hardly need to ask, "How was your trip?" We already know.

Contacts: Steve Valeriote 408-5506, jillsteval@sbcglobal.net; Bob Burns 543-3382, sclhbob@sbcglobal.net; Ken Corcoran (925) 699-5151, kenandemilie@gmail.com
Website: www.LHcyclist.com



• Dominoes • Mexican Train

If you don't have vacation plans this month and all your yard work is done, come see us about learning to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

The morning and afternoon sessions of Mexican Train Dominoes continue to flourish. You are cordially invited to join one of our times: Wednesday at 9:00 AM

or 12:30 PM in the Cards Room (OC). Free classes are being held at the 9:00 AM session. It's a great time of fun and social interaction.

Contact: Carl Sabol 408-4365; Cora A. Peterson 543-7144



• Eye Contact • Low Vision Support

Next meetings: August 11, 1:00-3:00 PM, P-Hall (KS)

- 1:00 PM: "Keeping Fit: Prevention and Exercise for Older Adults with Vision Loss," Rehab and Research Center, Henry Ford Health System
- 2:00 PM: Adult Protective Services: Karen Bone, will speak on the services of Placer County Adult Protective Services—placement assistance, Meals-on-Wheels, transportation, legal assistance and more.

Note: Those with Dry Macular Degeneration — This study is currently recruiting participants. The trial is a study of safety and tolerability of a sub-retinal retinal injection of human embryonic stem cell retinal pigment epithelium cells in patients with Dry AMD and to perform exploratory evaluation of potential efficacy of endpoints to be used in future studies of retinal pigment epithelium (RPE) cellular therapy. Contact and location: Jules Stein Eye Institute, UCLA School of Medicine, Los Angeles, CA. Logan Hitchcock 310-825-3046.

Contact: Barbara Smith 645-5516; Cathy McGriff 408-0169; Margie Campbell (a ride) 408-0713



• Fishing •

Summer is here and just as the temperature has heated up, so has the fishing. Trips to New Melones produced limits of 14-16" Kokanee every day by noon, nice going. The bite at Henderson Springs was off a bit from the norm, but still good for 18-20" Rainbow trout and at least one big (30") German Brown. Fishing Folsom Lake found the bite pretty slow, but did manage a few 18-20" Rainbows. However, people were so busy fishing, nobody took pictures, so you just have to believe. Anyway, it

looks like a good summer ahead.

Lots of exciting stuff coming up. Aside from fishing trips, the club will participate in the Grandkids Camp in August, the Lincoln Kids Fishing Derby in September, our Salmon BBQ also in September, and planning is almost complete for a super Christmas Party. Stay tuned.

Contact: Wally DelaBarre 434-1712, wallydb@att.net



• Garden •

Thursday, July 28, General Meeting, 2:00-4:00 PM (KS). Jeff Darlington, Executive Director of Placer Land Trust, will speak on Preservation and Protection of Placer County's Natural Wonders and Agriculture Lands. Jeff is also a freelance writer who has been published in several regional and national publications. His presentation should be very interesting and informative about our environment.

Door prizes have been donated by the local Home Depot store. You must be a member and signed in by 2:00 PM to receive a ticket!



Lincoln Hills Garden Tour — Grapes and Wine!; Jeff Darlington (Executive Director, Placer Land Trust)

The Maple Rock Garden Tour was beautiful as always this year and the addition of a miniature railroad track and village using bonsai plants was quite a treat. It's a "must see" next year!

Save the date! Thursday, August 25! The Garden Group will host an Ice Cream Social in place of our monthly meeting. More details will be out next month.

Contact: Lorraine Immel 434-2918, limmel@ssctv.net; Judie Leimer 408-4308, judeleimer@sbcglobal.net



• Gem and Mineral Society •

All residents are encouraged to stop by the Sierra Room on Mondays to see what we're doing. Please come and see our machinery as we work on cutting, sawing and polishing nature's wonders of stone. You may also see members creating jewelry and other lovely pieces of art. If you have an interest and would like to become involved, our members are pleased to show you how. The door is always open to welcome visitors.

Shop days have changed and will only be Mondays from 8:00 AM to 12:00 PM.

The next meeting of our group is Monday, August 29, 4:00 PM, Sierra Room (KS).

All interested residents are invited to attend.

Contact: Deanna Hanks 543-3013, dhcio@aol.com; Dave Fisk 434-0747 (lab info & reservations)

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



• Genealogy •

The monthly General Meeting scheduled for Monday, July 18 will be replaced by an Ice Cream Social (for members only) to be held in the Social Kitchen across from P-Hall (KS). This Social Meeting will give members an opportunity to become better acquainted with fellow members and to have unstructured discussions on topics of interest.

Computer Workshop: The August 1 Genealogy-related computer workshop topic will be "Military Records" and will be held in the Computer Room (OC), 6:30-8:30 PM. A sign-up list will be available. This will be a follow-up to the June Presentation.

Steering Committee: This meeting will be held August 8, 12:30-2:30 PM. The Club Library will be open for members at this time. All club members are welcome to attend Steering Committee Meetings.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376

Website: www.webflavors.com/lincoln



• Golf, Ladies • Lincoln Lady Niners

Looking smart in their new uniforms, our WNHGA members held their two-day Tournament of Champions last month. Linda Salmon was low gross and overall champion followed by: Phyllis Patrick, first flight; Maureen Bailey, second flight; and Connie Stephens, third flight. At the tournament's conclusion, all participants were feted with a scrumptious lunch at the home of Maureen Bailey.



From top: WNHGA Tournament of Champions participants celebrating; Linda Salmon, Phyllis Patrick, Maureen Bailey and Barbara Conger

Barbara Gorden was named Charm Girl for April and the honor went to Barbara Conger in May.

Phyllis Patrick continues to shine with a recent net 29, but also showing her stripes is Shirley Malick who tied Phyllis for first place honors and three pars on a recent regular play day.

Contact: Carol Golbranson 543-8647

Website: www.linclsters.com

Ladies XVIII

We've had some exciting team games on our recent playdays. In a one best ball of the twosome event, Marti Fitzpatrick and Lani Dodd won over the field. Nadine Buchmiller and Amy Corrale, Remy Raquiza and Karen Thom took first place in a combined net score format. One best ball of the foursome playday saw Elaine Kalani, Lani Dodd, Sandy Tamanti, and Rita Drinkard take the first flight. Sandy McShan, Harriet

Orlove, Carol Perry, and Carol Fryer won the second flight.

Coming September 22: "Are You Ready for Some Football?" We'll kick off the football season with an Adam/Eve mixer. Male golfers who are residents: join the ladies of LHLGXVIII for golf, special par three events, luncheon, and more!

Wear the colors of your favorite pro or college team. More details next issue.

Contact: Lani Dodd

doublebogey1@att.net

Website: lhlgxviii.com



• Golf, Men's •

All right guys, "Game on!" The LHMGC Match Play Team started the year with a victory over the Ridge (19-17); matches against Lake of the Pines and Morgan Creek are coming up. Home pro Mac Tucker and Dennis Snyder lead the team with stunning scores of 72-71. Captain Tony Dipaola gets the "slap on the back"!!

The Presidents Cup is in full swing; check the posters on the Golf Shop windows in the breezeway for updates!!

On August 8 our annual member/member tourney will be hosted and the Board has done a great job preparing!!!

On the August 22 our annual Sun City Cup will be contested at home on the Hills course vs. Sun City Roseville; get those applications in and let's keep the trophy at Lincoln Hills!!

"Hit 'em straight, guys!"

Contacts: Ken Jacobson

408-8709, jakemust@sbcglobal.net;

Steve Brown 626-9075,

sebusaman@aol.com

Website: www.lhmgc.com



• Hand & Foot •

Hand and Foot is a fun and easy card game to learn and we are always happy to teach new players. Thursday from 8:30 AM to 12:00 PM in the Terra Cotta & Sierra Room (KS).

Contacts: Jim Brittain 408-5524;

Jerry Watkins 408-7899,

sandpusher@sbcglobal.net;

Denise Jones 543-3317,

djonesra@att.net; Lu Fox 408-1977,

lufoxhollow@aol.com

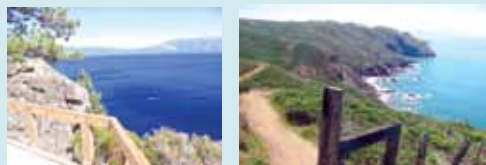


• Hiking and Walking •

Walkers: The early mornings are refreshingly cool here in Lincoln. Come and join us for a nice walk! We begin at 7:30 AM.

Hikers: Our mainstream hiking season is in full force! Last month we enjoyed several fun hikes while we wandered further from Lincoln. Feather Falls in Oroville, the sixth highest waterfall in the US, had a spectacular flow of water over the falls thanks to the abundant snow melt in the Sierras.

The cooler temperatures on the coast



*Feather Falls; Lake Tahoe shoreline;
Muir Beach shoreline*

attracted many hikers to the Muir Beach shoreline hike, where they were treated to ocean breezes and great views of the blue Pacific.

The beautiful Rubicon Trail along the shores of Lake Tahoe and Emerald Bay was a July standout.

Check the website for the recently updated three-month hike schedule and hike descriptions.

With a hike a week, there has to be a special hike just waiting for you!

Contacts: Hiking:

Dennis Ratay 543-9935,

Denratay@sbcglobal.net

Walking: Margie Campbell 408-0713

Website:

<http://lincolnhillshikers.org/>



• International Folk Dance •

The International Dance Group meets Tuesdays at Kilaga Springs from 2:30 to 4:00 PM.

In the past we have learned several

dances from Romania. The dances to folk songs from that country have a distinct rhythm, are great fun to dance to, and are quite easy to learn. Recently



Learning a new dance with instructor, Lois Eckhoff (far right)

Lois Eckhoff, our teacher, introduced a new Romanian dance which is already a big hit.

You would be surprised how quickly and easily most of us seniors can learn something new. Most of our dances are low-impact, have few or no turns and can easily be customized to meet individual abilities.

We invite you to add International Dancing to your weekly activities as we visit Romania and other countries. Singles and partners are always welcome; we pair up for partner dances as it is done all over the world so everyone can join in.

Contacts: Lois Eckhoff, 434-8643;

Ingrid Lapin, 543-3012

Website: <http://schlhfolkdance.tripod.com>



• Investors' Study •

Everyone is welcome to attend our August 4 meeting, 2:00-3:30 PM, P-Hall (KS). Our consultant, Russell Abbott will speak on the investment playbook and "Managing Risk in Your Portfolio." Topics include how to stress-test your portfolio against movements in the markets, how to calculate risk, and moves you can make to limit risk but keep growth potential. Join us for refreshments and questions in the adjacent Social Kitchen (KS) afterwards. No meeting in July.

Active Investor Class, Bill Ness, Multimedia Room (OC), August 8, 3:00 PM.

Options, Steve Greenfield, Multimedia Room (OC), August 15, 5:00 PM.

Contact: Douglas Hohman

434-6001,

djhohman825@yahoo.com



• Lavender Friends •

Dates for a picnic above the American River and a wine tasting trip have not been set yet.

Club VP Herman Osorio has taught high school speech and English for 22 years in San Jose, was an active member of CTA and Political Action Committee Chair for CTA for eight years. He served on an elementary school district board of trustees for 13 years. Additionally, he was a member of the San Jose Parks and Recreation Commission for five years and a member of the local Lions Club for 10 years.

In 2000 he was asked by the mobile home residents' association in Santa Clara County to serve as their Legislative consultant in Sacramento. Now he is chair of the Legislative Action Committee for mobile home resident association. This committee responds to bills introduced in the state legislature that effect all mobile home residents in California

Contacts: Jacquie Hilton 543-9349,

jacquiehilton@starstream.net;

Herman Osorio 408-8094,

Hosorio2010@hotmail.com

Website: www.lavenderfriends.com



• LSV/NEV •

Low Speed Vehicles/Neighborhood Electric Vehicles

July is the last meeting of our membership year! We are celebrating our successful year with a pre-meeting coffee hour. Please join us at 9:00 AM on Tuesday, July 19 in the Social Kitchen (KS) for coffee and snacks. Our meeting following the coffee hour will feature our members and their volunteer activities. Jim and Dwanna's granddaughter is going to share about her New York trip to Carnegie Hall. Harry Maker will once again talk about Toys for Tots. If you are involved in community service, please share it with us at the "Get to Know Each Other" meeting. You will be able to pay your dues for the coming year at



Getting organized to caravan into downtown Lincoln; the caravan lines up; Train at Rio Vista, a trip by LSV/NEV Club

the meeting as well. Thank you for your involvement this year.

Contact: Buzz Rognlien 408-4540



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is played with tiles that have different symbols on them. It is an interesting game of logic but mostly luck. Come see what it is all about. We play every Monday at 8:45 AM in the Cards Room (OC) and have lots of fun. If you have any questions, please call Rita, Virginia or Ada. See you there.

**Contacts: Rita Yankee 408-4405;
Virginia Haradon 408-5536;
Ada Squires 543-3499**



• **Mah Jongg, National** •

Our Group meets each Tuesday in the Cards Room (OC) from 12:30 to 4:00 PM. We've had a great turnout of new players this year and they love this challenging game. We welcome all skill levels and have a great instructor. You will be glad you joined us this summer.

**Contacts: Jolene Robinson
543-8162; Valerie Gee 645-6816**



• **Motorcycle RoadRunners** •

Hot weather is upon us but our enthusiasm for back road touring has not diminished. Our Sonoma ride was ahead of the super hot temps

and was an excellent event. Now we will be heading for the cooler locations. The ride to Copperopolis was a return to the Sierra Foothills but was an exciting outing with good back roads and fine dining. A good time was enjoyed by all participants.



Bikes touring Sierra's back roads

As summer progresses, the RoadRunners look forward to more back roads touring, social activities and special events. A couple of overnight trips have been proposed to complete the agenda.

Residents with a roadworthy motorcycle are invited to come to our meeting and check us out. We have trips planned for the second Saturday of each month. Occasional impromptu rides add interest in the off weekends.

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

"Ride safe, ride with friends!"
**Contact: Peter Boyle 408-1955,
Boylep18@yahoo.com**
Website: <http://web.me.com/rettavincen>



• **Music** •

The Music Group will present their annual entertainment Showcase on September 14 and 15 in the Ballroom. The program will include accomplished performers representing nearly every genre of music from standards, to blues, jazz, Rock, country and classics. Meridians is offering a special dinner and show package with premier seating for \$38. Show-only tickets are on sale at the Activities desk for \$10. Doors open at 6:30 PM for 7:00 PM shows. RSVP by 7/29.



Music Group member Jay Stryker

The next SCLH-sponsored Friday Night Open Mic will be held on August 26, 6:30-8:30 PM in P-Hall (KS). Newcomers — performers and music appreciators alike — are encouraged to stop by and see what we're up to. Bring your voices and instruments and be prepared to have fun. Sign-ups begin at 6:15 PM.

The Music Group's meetings are held every fourth Wednesday of the month (except in November and December), in the Fine Arts Room (OC). Meeting times are 6:30 PM until about 8:00 PM, but drop-ins are welcome. Bring instruments and perform, or just come to enjoy the music and meet other music enthusiasts.

**Contacts: Carol Percy, 543-1365,
crpercy444@gmail.com;
Julie Rigali, 408-4579,
jjrigali@yahoo.com.**
**Website: www.lincolnsuncity.org,
Groups, Music.**



• **Needle Arts Threads of Friendship** •

Sally Collins, an award-winning quilt maker, teacher and author, was our July speaker. She loves the challenge of combining design, color, and intricate piecing in a traditional style.

There is no general meeting in August, but that does not mean there are no activities. The Spa at Kilaga Springs is hosting a spa day for Needle Arts members on August 3 in the evening. The registration sheet is available in the Threads of Friendship Newsletter. If you have not yet registered, you are encouraged to do so as registration is limited.

Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Linda Moran, 543-4401, to join us and see how fiber arts thrive in our community!

**Contact: Vicki Hildebrand
408-4019, vlhildebrand@att.net**



• **Neighborhood Watch** •

When we celebrate National Night Out with parties throughout SCLH on August 2 many are curious as to how this all started. It was introduced by

the National Association of Town Watch in 1984 to “take back neighborhoods” where there were frequent events related to crime, drugs, and homelessness to the degree that it was unsafe to be out in the evenings. Realizing that there is safety in numbers, residents initiated a special neighborhood celebration where everyone could be comfortable being out and about during the evening.

National Night Out has since grown into a preventative activity where the focus is on knowing our neighbors and taking care of each other — knowing who should be in the area and the kinds of activities that are usual. Anything outside the norm would be suspicious and our Lincoln Police Department encourages us be their eyes and ears and report it!

Contacts: Allen Gillespie 434-5979,
allenmgillespie@gmail.com
Pauline Watson 543-8436,
frpawatson@sbcglobal.net;
Website: www.lincal.net/watch



• Painters •

Our June Membership Meeting featured an Art Challenge, “Favorite Vacation Spots.” Thirty members presented a watercolor, oil, or acrylic painting from sites within and outside the USA. The first place ribbon went to Bob Dougherty, second to Diane Pargament, third to Bob Maske. Congratulations to them and thanks to all those showing. Another challenge, perhaps featuring snow scenes, is planned for November.

At our July 5 meeting Doug Howard, manager of Utrecht Art Supplies in Sacramento, talked about their merchandise. His assistant, Daniel Mundy, did a landscape oil demonstration. Doug delivered to members, free of charge, supply orders previously placed.

In August, a trip to the Crocker Museum is planned. Jim Brunk, Paulette Pesevento, and Bonnie Dunlap will act as docents.

The Painters Club now has 80 members. Guests are encouraged to attend a few meetings to determine if what we are doing might be of interest to you.

Contact: Lynne Fee,
lynnfee@aol.com;
Diane Pargament 408-0221



• Paper Arts •

July is a colorful time of year. It’s a special time to remember our country and the men and women who work so hard to keep it safe. This month’s window has stunning red, white and blue cards.

Remember to make a special card to bring with messages for the soldiers or blank for them to send home to families and friends. Keep the cards coming!

Jan Williams led the meeting’s creative time in which we made three cards of red, white and blue. She was assisted by table leaders Phyllis Hunter, Rayetta Williams and Claudette Kinman. Can’t wait to get the cards in the mail to friends and family!

Members shared some of the things they had learned in the past month. Every meeting is filled with learning.

Paper Arts meets on the first Thursday of the month at 9:00 AM in the Fine Arts Room (OC).

Contacts: Diane Jackson 645-5554;
Barbara Bolenbaugh 434-6581



• Pedro •

It’s a good time to learn a fun, slightly challenging bidding card game with a fun group. If you have never played Pedro before or haven’t played in a long time we will be happy to teach you the basics or refresh your memory.

We play in the Cards Room (OC) on the first and third Friday of every month from 9:00 AM to 12:00 PM.

Contacts: Denise Jones 543-3317,
djonesea@att.net;
Phyllis Hunter 408-5843,
phyllishunter3@att.net



• Photography •

On August 10, Vicki White will be giving us a working tour of the photography apps she uses with her iPad, iPhone and iPod. These apps are interesting to play with, of course, but what real value do they have for her

as a photographer, and how do these tools fit into her workflow? This tour will give you a brief look at not only the fun things to do, but also the learning tools, camera-specific techniques, and photo enhancing software that can be truly amazing.

We’re considering “Fry or Fly” field trips for this month to include a visit to a hot – in every sense of the word – Air Expo at Travis AFB at the end of the month, and either a helicopter dangle or a glider ride over the north spire of the Golden Gate Bridge. We try to keep our activities quite non-plebeian.

Contact: Klara Kleman 408-4496,
klemanklara@sbcglobal.net
Website: SCLHphoto.com



• Pickleball •

It’s 7:15 AM and a group of four arrives at the courts to play, the beginning of a typical summer pickleball day. By 8:00 AM, the four courts are occupied, a few people are waiting and Ladder League play begins. Two courts are used for this ongoing tournament, and some players watch, while others along with new arrivals play on courts three and four. By 10:00 AM, the pickleball venue is crowded with drop-in players as league play ends. Around 1:00 PM, players start to leave for lunch. In the heat of mid-afternoon it’s quiet, but you often see players practicing serves. Somebody driving by might stop to join them for a game or two. As the sun sets and it cools, new players arrive, and by 7:30 PM the courts are full again. The last diehards often don’t depart until 9:30 PM. Article by Jim Westby

Contact: Jerry Zimowske 408-1319,
jzimowske@ssctv.net
Website: LHpickleball.blogspot.com



• Players •

“Baby Snooks and Daddy,” “The Bickerson’s,” “The Jack Benny Show,” “The Lone Ranger,” “Our Miss Brooks,” “Burns and Allen,” “The Romance of Helen Trent,” “My Favorite Husband,” “The \$64 Question,” — do these names ring a bell? Join the Players as they recreate these great radio shows

in their August production. There will be two complete and different shows. The first show will air August 3 and 4 (7:00 PM) and August 5 (2:00 PM). The second and different show will air August 5 and 6 (7:00 PM) and August 6 (2:00 PM). Catch both shows to avoid missing your favorite. All shows are at P-Hall (KS). Doors open 30 minutes before showtime.

Also, auditions for our November show "Christmas Belles" will be held August 24 and 25 (6:00-9:00 PM) at Orchard Creek. Scripts will be available after July 1 by contacting the producer, Norah Prouhet at nprouhet@hotmail.com

Contact: Ron Morris 434-6534

Website: www.lincolnhillsplayers.com



• Poker •

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

For Texas Hold 'em players, there is a separate table available on Mondays and Tuesdays —same times The Quarterly Hold 'em tournaments are open to all residents, first come-served, and they usually fill up quickly with a 48-player cap. The winner of the April 16 tournament was Frank Katzl, the only three-time winner.

Our next tournament is tomorrow, July 16. For any questions, to be added to our email distribution, or to check on possible space in the tournament, please contact one of the following members: Mike Goldstein 543-8238; Steve Kriner 543-9874; or Case Lambregtse 408-7792. It is with much sadness that we note the passing of Lois Clausen, whose hard work and pleasant personality helped make the group the club that it is today.

Contacts: Mike Goldstein

543-8238; Steve Kriner 295-8012



• RV •

Members are getting their rigs ready for a trip west to

Bodega RV Park in Bodega Bay, August 14-18. Wagon Masters Ed & Ricki Montoya and John & Else Redmond have planned a tour of the Korbel Winery, with some wine tasting and a garden tour. There will also be a tour of the Bodega Bay Laboratory, golf, and potluck dinner and lunch.

Next on the schedule is a trip to Plymouth September 30-October 3 at 49er Village RV Park. Wagon Masters are Ron & Donna Rasch and Ralph & Mary D'Agostini and highlight of the outing is the Amador County Wine Crush where there will be wine tasting, food and music provided by 34 wineries. Also planned is golf at Castle Oaks Golf Club in Lone.

Everybody had a fun time at the group's Summerfest on July 13 at the Sports Pavilion with lots of food and games.

Contact: Bob Zielinski 408-1852

Website: www.lhrvg.com



• SCHOOLS Volunteers •

Sun City Helping Our Outstanding Lincoln Schools

Many SCHOOLS volunteers enjoyed celebrating their experiences with students of WPUSD, and also the beginning of summer break at a picnic on June 7 at the Sports Pavilion. All volunteers present are looking forward to the 2010/11 school year. Thank you to our volunteers for supporting and motivating students in Lincoln. You make a difference in the lives of children. In August, all SCHOOLS members will be called to update needs, changes, assignments and placements. If you are thinking of a new activity, challenge or want to become involved in a project that is intergenerational, please consider SCHOOLS. We have just the right place for every volunteer.

Mark your calendar for the Annual Meeting on Monday, September 12 in P-Hall (KS) from 9:00-11:30 AM. Guest speaker will be Scott Leaman, Supt. of WPUSD.

Contacts: Sandy Frame 408-1453 or sflincoln4fun@starstream.net

Elementary: Eileen Marks 409-0320, emarks@aol.com; Cindy Moore

408-1452, cindysmoore@me.com

High School: Rita Gruenwald

larita@wavecable.com



• Scrabble •

The Scrabble Group witnessed a rare triple-triple and Bingo by Rita Baikauskas during one of our recent Monday afternoon games. She placed toasting down the top, right side of the board to score 122; and collected another 56 points from the other player's tiles, by going out. Yes, the other players were stuck with a Q, J, and other high counters. What a feat! Rita had her pick from the bag of sweets, and plenty of kudos.

We encourage all levels of play, and usually have two to three tables in play. The scrabble group meets on Mondays at 1:00 PM in the Cards Room (OC).

We can always accommodate late players, as a new game begins every 45 minutes or so. The local rules allow use of a dictionary and lists of two, three and four-letter words to help boost confidence. Don't be shy, just come to play.

Contact: Candy Koropp 409-5017



• Second Cup of Coffee •

There will be no meeting during July.

On August 5, the Management Team is inviting interested residents to attend the quarterly session in Multimedia Room (OC), starting at 11:30 AM. Looking towards the future, we will address 2012 programming as well as new steering members.

On Monday, August 15, resident Marcia VanWagner will present "Getting Your Stuff Organized." The importance of an organized estate is critical. With a handout followed by a visual slideshow, Marcia's "Legacy Ledger" covering vital documents will speak for itself. Q&A follows.

On Monday, September 19, Bill Kitchin will introduce resident Lee Belshin and present "Stay Healthy." Lee has been very active in public health education and the insurance industry, authored several books on these subjects, and evolved into a motivational,

and entertaining speaker. Q&A follows.

All general meetings start at 9:00 AM in P-Hall (KS).

Contact: Wolf Oplesch 408-1788

oplesch@sbcglobal.net

Website: <http://sites.google.com/site/secondcupofcoffeegroup>



• Singles • Dynamic Singles

The rain is over, the heat is here; Join the Singles and share the cheer.

There's always something, huh? Rain, heat, torpor, vacation?

Do something... if you are single, the best thing might be to join the Singles Club, where for a mere \$15/year you



Dennis Beldon, organizer of the Singles Club Bocce Ball Tournament, on June 23; Sarah Lambrose, outgoing Singles Club President, talks over planning with Marty Joseph, incoming President, at the Inauguration Luau at the Sports Pavilion

always have fun things to do!

All we are saying, is "Give Singles Club a Chance" (thanks, John Lennon!)

Check out www.lincolnhillssingles.org, or call Marty, 543-0803. Lots of sports activities weekly and:

— July —

- 18) Table for Eight, BJ's/Roseville, 5:00 PM
- 19) Let's Dance, Meridians, 7:00 PM
- 28) Name that Tune & Ice Cream Social, 6:00 PM

— August —

- 4) Cocktails, Original Pete's/Lincoln, 4:30 PM
- 7) Birthday Celebration, Sports Bar, 6:00 PM
- 11) General Meeting, Ballroom, 6:00 PM

- 13) Second Saturday Breakfast, Sports Bar, 9:00 AM
RiverCats game, meet Wave, 5:00 PM

Patricia Guinn and Ray Lucido — winning team, first-ever Singles Club Bocce Tournament, with 50 participants!

Contact: Sarah Lambrose 543-0035

Website:

www.lincolnhillssingles.org



• Softball, Senior League •

After a two-week early July break, all teams will be back in action Mondays and Wednesdays at Del Webb Field. The regular season ends August 17 after which two weeks of playoffs start. All 14 teams will have a shot at the 2011 Recreation League title. The format is double elimination with the lower six finishing teams having to win to 'play in' to the double elimination



Clockwise, from top left: Bill Stroh delivers; Brock Dagg rips one; Larry Manley makes the play

rounds. As always, check the website below or the bulletin board at the Field for the latest standings and team information. Also, watch the Field as you drive or walk by for events such as drawings and Hot Dog Days and other fun events. Sunday morning practices continue and are earlier in hot weather. Either playing or watching, softball is a great way to enhance the Del Webb experience!

Contact: Mike Hilton 408-0346,

Mhilton14@aol.com

Website: LHSSL.org

Coyotes

The Coyote 70s won their third straight tournament by winning their bracket at the Rock 'n Reno Challenge Cup after winning the Folsom tourney. The Folsom offense was led by Jim Mi-kaelsen, and Pete Savoia. The Reno offense was led by Forrest Burkett, Savoia, John Parks, and Larry Manley. The 70s won this tournament for the second straight year by going undefeated for the second straight year. They traveled to Penn Valley and won again with Manley, John Wible, Jim Sandin, Frank Pulino, and Mikaelson leading the way. The 70s hosted the Coyote Invitational and finished second, losing only the Championship game. The 60s Black won the Hayward tourney and finished fifth in Reno averaging 20 runs. In Penn Valley they were awarded second place. The 60s Blue went undefeated and won in Penn Valley with offensive power by Brock Dagg, Roger Louthan, Owen Brosh, and Bruce Chappell.

Contact: Bob Hunter,

bluespritzer@yahoo.com



• Sports Car •

The Treasure Hunt on June 21 was great fun. Thanks to the Golenos and Drakes for organizing the event so well. Bud Van Cott and Pat Jewell won with over 1200 points earned from finding treasures on the way. Lunch and prizes were awarded at Jake's at the Lake in Tahoe City.

On June 7 and 8 we had an overnight trip to the Aptos/Salinas area. This was the first warm and sunny day in a long time, and the Santa Cruz beaches were crowded. We toured the Steinbeck museum and had lunch in the Steinbeck family home.

The club went to Thunder Hill Raceway on May 26. There were guided parade laps around the track in our own cars, and demo rides at near race speeds for those who wanted to participate. A dozen cars participated. All reports were



Treasure Hunt Winners; we had a day at the Track

that this was a very fun trip.

Contact: Pat Heesch 408-1500, pheesch@aol.com
Website: LHsportscars.com



• **Square & Round Dance** •
Sun City Squares

The beginner's class has finished learning all the required calls and are now practicing them every week. They will join the full Plus Dancers in late August to make way for the new class that will start on September 12 at 2:30 PM. Join us and learn the Official American Folk Dance. All residents are invited, but it is preferred that you bring a dance partner with you (male or female) as square dancing is a couples dance.

Look for a Flyer in the July Compass for information about new class

The times for each level of dancing are shown. Meeting times:

- Mainstream/Plus Instruction
Mondays, 2:30-4:00 PM (KS)
- Full Plus Level
Mondays, 1:15-2:30 PM (KS)
- A-2 DBD Level
Thursdays, 1:00-3:00 PM (KS)
- Round Dancing
Fridays, 2:00-4:00 PM (KS)
- Round Dance Practice
Saturdays, 7:00-8:30 PM (OC)

Contacts: Chuck Vickers 408-4082, pjclvickers@starstream.net; Frank Reina 543-3132, papafrankr@yahoo.com



• **Super Seniors** •

Super Seniors and their friends are in for a real treat on Friday, August 5, 10:00

AM, when the Entertainers' Vaudeville Troupe performs their "Cavalcade of Stars." The show starts at 10:15 AM at the Gables/Oaks Rooms (OC). They guarantee they'll put a smile on your face and amaze you with their high energy



Vaudeville Troupe performs for Super Seniors

and fabulous talent. Be sure to mark your calendars for August 5 and bring a friend, as all are welcome to attend this very special performance for the Super Seniors.

Contacts: Cindy Atkinson 408-5960
Chit Chatters: Dani Van Tatenhove 543-9194



• **Table Tennis** •

On June 11, our group had an ice cream social. The upside to this event was the wonderful flavors that were presented for all to enjoy. The downside was that we all had to stay an extra hour afterwards to work off the caloric intake.

Even though certain members were seen surreptitiously sneaking back for seconds and even thirds, there was enough left over for another gastronomical encounter, held on June 14.

Sessions: Sundays 12:30-5:00 PM; Tuesdays 6:00-9:00 PM; Fridays 8:00-11:00 AM.

Contact: Howard Parker 408-4655
Joe De Souza 543-4868



• **Tap Company** •

The dance floor is deserted, the lights are off, the music has ceased. The Tap Company and all of the members are taking time out to relax and enjoy family and friends during the month of July. Stay tuned, though, for a busy schedule in the month of August. Classes begin, new board members and class representatives will be in place for

the upcoming 2011-2012 and once again the music will be playing and the dancers will be dancing. Have a great summer!!

Contacts: Celeste Morris 253-7272, celestemorris@att.net;
Linda Wilson 645-3777, Wilsons1123@sbcglobal.net



• **Tennis** •

As of June 18, LHTG has three USTA teams vying for playoffs in their leagues: Carl Gronau's S65M-4.0 team has made it to the district playoffs starting July 18; Sharon Klotz's S60W-7.0 team has one more match to win their league; Rene Fuog's S65M-3.5 still have two matches for a chance at playoffs. Check out NORCAL's USTA website to find out the results. Good luck to our players.

Our last event in May, the Sutter Health Tournament had 114 players participating. Afterwards, players ended the day with a great alfresco dinner and danced the night away to the music of DJ West. Not bad for a bunch of seniors!

More information on upcoming events on our website, www.sclhtg.com.

All residents are welcome to participate in our drop-in tennis on Wednesdays and Saturdays, 8:00-10:00 AM. No membership needed.

Contacts: John Flaherty 434-6184, johnpflaherty@gmail.com;
Christy Link 543-6504, aclink@aol.com
Website: www.sclhtg.com



• **Vaudeville Troupe** •

"The best we've seen!!" "Vaudeville Show is Vegas Material!!" "Totally professional, high-energy acts!" "What's Next? How can You Top This One?"

Thank you all for your wonderful and truly welcomed comments!! We love performing "The Cavalcade of Stars" in Vaudeville's "Cabaret-Style Theater" (KS) and are very anxious to start work on the next Vaudeville Show for January 2012!!

We will be relaxing at our cast party on July 16, socializing, partying, eating, dancing, singing and ??? If you hear us in the Social Kitchen (KS), you know The



Clockwise from top left: Marina Eugenio, Jon Solander and Lydia King "discuss" July Show..."Extraordinaire!"; Sandra "Sinatrette" & Jerry "Sinatra" Mandolfo relax after July rehearsal; Pirates Marina Eugenio and Rachel LaForest

Vaudeville Troupe is having a party!!

August 5, The Vaudeville Troupe has been invited to "Put on a Show" for the Super Senior Group at their August meeting in the Gables (OC) at 10:00 AM. Stop by and join us for the fun!

Contact: Marina Eugenio 408-3654, marinaeug@sbcglobal.net

Troupe Website: YouTube.com/user/marinaeugenio



• **Veterans** •

Pat Ryan, leader of the Placer County Group of Operation: MOM, will be the featured speaker at the July 21 general membership meeting of the Veterans Group at 1:00 PM in P-Hall (KS).



Pat Ryan is the Placer County leader of Operation: MOM, a national military support group founded in 2001

Operation: MOM began in 2001 as a support system that shared a common purpose and destiny: to support those who serve in the U.S. military as well as the family members of American troops.

Operation: MOM includes all branches of the military. The organization provides direct support to military personnel who are currently deployed overseas through letters of encouragement, food packages, and other necessities that remind our troops of how much they are supported and appreciated.

Most of the organization's members and volunteers have served in the military or have family members currently serving. All members and the group's board of directors & staff are non-paid volunteers.

Contact: Rich Williams 543-4887, rgwdew@att.net
Website: lhvets.org.



• **Water Volleyball** •

Water volleyball is open to all residents of any skill level. You can try it out without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play (Wednesday night league is in process). We had a great time last month at our "land" volleyball/picnic at the Sports Pavilion. Look for us in the outdoor lap pool on Sunday, July 17, 6:00-7:30 PM. Indoors, outdoors, on land... You never know where we might show up next.

Come join us in the pool and beat the heat, have a lot of fun, get a good low-stress workout, and meet new people. See you in the pool!

Play available (KS):

- Open Play: Saturdays 9:00 AM Second, fourth, (& fifth) Mondays 5:30 PM
- Open/League Play (all levels): Wednesdays/Thursdays 6:45 PM
- Advanced Play (rated players only): Mondays 6:45 PM
- Training: First/third Mondays 5:30 PM

Contacts: Jim Puthuff 543-0067, jputhuff@softcom.net;
Jerry DiGiacomo 408-7072, itsmrd@sbcglobal.net
Website: www.lincolnsuncity.org



• **West Coast Swing Dance** •

We invite you to attend our second and fourth Friday practice sessions, 5:30-7:30 PM, Fine Arts Room (OC). The next two are July 22 & August 12. Whether you're a beginner or expert, this is a great opportunity to practice with an instructor always on site.

After an event-packed spring we look forward to several events during

the summer. We have reciprocal membership in the Capital Swing Dancers. Their monthly dance is Saturday, July 16, at the Fair Oaks Community Clubhouse. Then on August 18 we will have a combined West Coast Swing and Nightclub Two-Step workshop from 6:00-9:00 PM (KS).

We welcome and encourage all levels from beginners to experienced dancers to enjoy a "smooth" dance that is versatile and fun and can be danced to a wide variety of music from contemporary to rock and country.

Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net;
Eldon Davisson 408-8542, ejdav1@sbcglobal.net



• **Woodcarvers** •

Lincoln Hills Woodcarvers Take Top Honors... See page 20.

The Woodcarvers Group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. Members are encouraged to share their varied ap-



Woodcarvers collage

proaches with others who may be interested. Plenty of advice and large support library are available for members.

The group meets every Wednesday between 1:00 and 5:00 PM, Sierra Room (KS). Visitors are always welcome... Come "chip" in your thoughts and talent.

Contacts: John LePage 543-9564
Website: www.SCLHwoodcarvers.blogspot.com



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Bulletin Board

Please email your bulletin board articles to judy.hogan@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.

12th Annual Lincoln Hills Art & Craft Fair

Vendor Registration: July 27, 5:30-6:30 PM, OC Ballroom. Must be resident to participate. Email questions to: LHArtCraftFair@aol.com. Fair will be held on November 11 & 12. Vendor tables are available for \$78 per table.

Cervical Dystonia/Spasmodic Torticollis

Are you looking for a Dystonia Support Group or just want to talk to someone who really knows what it's like to deal with ST? Contact resident Marilyn Thomas, 543-0203 or 13thomas@starstream.net to express interest in forming a support group. It's always comforting to meet people who face similar life challenges.

Euchre

Anyone interested in playing a quick, interesting card game? It is mostly played in the Midwest & East. A small deck of cards is used — aces thru nines. It should be played with four people (partners). Maybe it could be played at Sunday "Open Play" or evenings/afternoons at our own houses. Contact: John Kotleba at 409-0393.

Glaucoma Support Meeting

August 10, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month, please come and join us. More info: Bonnie Dale, 543-2133.

Italian Club

Our May Bocce Ball BBQ was fabulous! Food,

Golf Cart Inspections at Orchard Creek Lodge

Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & third Thursday at 8:00 AM.

Free

Bicycle registration available same days
7:00-9:00 AM.

Thursdays, July 21, August 4 & 18

You are invited... To the following presentations held in OC Lodge
These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

July 15	• 10:00 AM	Cash 4 Jewels, Oaks Room
July 16	• 9:30 AM	Senior Advantage, Kaiser Permanente, Oaks Room <i>Compass advertiser, see page 82</i>
July 20	• 10:00 AM-5:00 PM	Porcello Gold & Silver Buyers, Oaks Room
July 21	• 12:00 PM	Advantages of Advanced Planning, Trident Society, Oaks Room
July 21	• 4:00 PM	Valley Solar, Oaks Room <i>Compass advertiser, see page 36</i>
July 27	• 10:00-5:00 PM	Cash 4 Jewels, Oaks Room
July 27	• 6:30 PM	Eliminating Back & Neck Pain, Dr. Leamon, Oaks Room
August 4	• 1:00 PM	Dr. Townsend, A+ Dental Care, discusses Dental Implants and Treatment of Gum Disease, Oaks Room <i>Compass advertiser, see page 80</i>
August 6	• 9:30 AM	Senior Advantage, Kaiser Permanente, Oaks Room <i>Compass advertiser, see page 82</i>
August 9	• 6:00 PM	Spinal Aid Presentation, Dr. Zorich, Oaks Room

drinks, prizes and perfect weather for friendly competition in the Bocce Ball contest. In June, Il Fornaio in Roseville graciously served us a wonderful four course dinner and provided two prizes. Every person received a lovely Toscana commemorative plate — made in Italy, of course! In July we celebrate a new year for the Club. Club Milestone — we are now 300 members strong. Here's why: we love fun; Italian food, wine, culture; and meeting other Italian families! If you or your spouse/significant other are of Italian descent, contact Membership Chair Rose Cesarz,

434-5301, to learn how to join our very active social club! Visit www.lhitalianclub.com for event information and read our newsletter Bollettino. Details next *Compass* on our July Inaugural Dinner Dance! Coming Events: August luncheon at LaProvence; September Sacramento River Cruise; October Italian Festival Reno. Salute Tutti!

Marathon Bridge Players

Teams are now forming for the 2011-2012 Marathon Bridge Groups. Teams play once a
continued on page 39

Wellness Days Walk Benefits LH Foundation

The Lincoln Hills Foundation gives a big shout-out to Brandy Garcia, Director of Fitness, and Megan Cowart, Wellness Program Coordinator, for bringing "Wellness Days" and all the associated activities to our community in May.

Included in the activities was the "Wellness Walk for Charity" with a portion of the proceeds going to the Lincoln Hills Foundation (LHF). A special thank you to all those who walked for charity which resulted in a wonderful donation to the Foundation. These funds will be returned to the Lincoln community in the form of grants made by the

Foundation to groups which support Lincoln's seniors. Visit our website at www.LincolnHillsFoundation.org for information on fund-raising activities and grants awarded.



Brandy Garcia, left, and Megan Cowart present a check for \$617 to LHF President, Vern Chong

Planning a trip to Maui?
Affordable Maui Oceanfront Condos...



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month from September to April cumulating with a group luncheon in May. More info or to sign up: Sandra Sullivan, 408-1480 or sandrasullivan@pacbell.net.

Open Play

Every Sunday from 12:00-4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, dominoes, or dice. This is an opportunity to meet new friends and have a fun afternoon. All residents welcome. Tables first come, first served.

Racquetball Group

We play Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Shalom

The annual picnic at the Sports' Pavilion was well attended; the food was good and plentiful, the temperature was perfect. Many members stayed on for bocce ball. There is a Men's Club meeting at Al Klein's on Sunday, July 17. If you want to attend, and haven't signed up, please call Al or Jerry Gordon to see if there is room. In August, the Woman's Club will meet at Oracle on the 8th at 11:00 AM. There will be a Havdalah at the Sports Pavilion at 7:00 PM on August 20; look for an email with details. The general meeting will take place on the 22nd at KS, 7:00 PM. Please browse the calendar on www.shalomsg.org for updates as schedule changes do occur. Use contactshalomgroup@gmail.com to communicate questions to the group. Membership info: Natalie Flynn, 434-5470.

Shanghai

Shanghai is a fun group card game. We play every Thursday at 12:00 PM and some Fridays at 5:45 PM. We now offer free lessons. More info: Howard Beaumont 408-0395 or Ann Holbak 408-2061.

Sequoia High School Reunion

September 17 at the Sports Pavilion: Sequoia High reunion barbecue, formerly the Foothills picnic. Invitations mailed later. Contacts: Jane 408-0565; Norma 645-9175; Jackie 434-6070.

Shooting Group

Our purpose is to make friends among residents 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 interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Summer months we meet at 8:00 AM. For shooting schedule hours, please contact Michael Pargament.

Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Each month we also gather at a member's home for hors d'oeuvres and drinks, a great opportunity to enjoy each other's company and meet member's spouses. If interested in joining us, contact John Kightlinger, 408-3928, for details of our next get together. Contact: Michael Pargament 408-0221 jdparg@inreach.com.

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In Memoriam

Lois M. Clausen

Lois was born in San Francisco and was a very active resident. She is survived by her three children, two grandchildren, her sister, and cherished dog. Involved in many social clubs, Lois will be especially missed by her "Poker" friends. She was kind, funny, and most generous and will be missed by all who knew her. Services were held at St. Joseph's Parish.

Bettyjane Liddell

Born in New York 90 years ago, Bettyjane lived in San Rafael, CA, much of her life. She worked at the Cement Mason's Union, moved to Sacramento in 1981, and came here eight years ago. Bettyjane was known for her generous nature, her wit, her love of family and her faith in God. She was preceded in death by her beloved husband, James Nelson Liddell, one daughter and one son. She is survived by her daughter, Cynthia, a Lincoln Hills resident, two sons, five grandchildren, and three great-grandchildren. We say goodbye with a great sense of loss.

Jan Mairs

Born and raised in northern Minnesota, Jan worked in Minneapolis and San Francisco. She married Jack in 1969 and they lived in San Carlos before moving here in 2007. Following the death of her husband in 2008, Jan enjoyed taking long walks with her sister, water aerobics, traveling, and being with members of her

family and church. Surviving her are three children, six grandchildren, a great-grandson and other relatives and friends.

Waugh S. (Bud) Murphy

Bud was born in Buffalo, Wyoming, but raised in Kingsburg, CA. Bud had many interests, frequently turning hobbies into a business such as sky sailing, (a glider airport). He sailed to Mexico solo and lived aboard for five years. In addition to woodworking and building unique wooden clocks, he loved playing pool. Bud was a loving father to three, grandfather to six and great-grandfather to three. He also leaves his loving partner, Rose Marie Wildsmith.

Willard "Pat" Patrick

Lincoln Hills has lost an active senior, Pat Patrick, at 85 years of age. Pat served on the boards of the Sports Authority, the Veterans Group and Semper Fi, where he served as Chaplain. He also was a member of the Men's Golf Club. He spent much time at the Fitness Center and residents will remember his smile and firm handshake. He and his wife Gay moved here in 2000 from the Monterey Peninsula where he was in the retail grocery business.

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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Travel Group

Everyone welcome Thursday, July 21, 7:00 PM, KS. Jay Fehan, Collette Vacations, speaker. 2011 Trips: Russia River Cruise (Jul) Sheron; Canadian Rockies (Sep) Karen; Rose Parade/New Year's Party (Dec) Linda. 2012 Trips: Reno Snow Train (Feb/Mar) Karen; Hawaii Cruise (Apr) Karen; Philadelphia /D.C./ Williamsburg Baltimore (May) Teena; New Orleans Memphis/Nashville (May) Linda; Northern Europe Cruise (Sep) Teena; Turkey (Sep) Sheron. 2013 Trips: Spain's Costa del Sol/ Portugal's Riviera (Apr) Teena; Prague-Paris River Cruise (Sep) Teena. Possible Trips: Branson (Dec 2011) Louise; South Africa (Feb 2012) Sheron & Louise Kuret; Amsterdam-Istanbul Cruise (Sep 2012) Sheron Sicily (Oct 2012) Linda; South America (Oct 2012) Louise; Australia/New Zealand/Tasmania (Jan 2013) Sheron; Portland Rose Parade (Jun 2013) Karen Paris-Barcelona River Cruise (Sep 2013) Teena See our website (www.lhtravelgroup.com) for details. Join us for an informative evening in a travelogue-like format. Teena 543-3349 sfowler@starstream.net; Karen 645-5411 klfandedf@starstream.net; Linda 434-8266 fraz1774@sbcglobal.net; Sheron 434-9504; Sheron5@sbcglobal.net; Louise 408-0554 lkuret@sbcglobal.net.

Connections

continued from page 3

worked the event, and her wonderful, hard-working volunteers — Tom & Dolores Ward, Nancy Rich, Gary Sloan, and Bruce Hogan. They collected 13,060 pounds of televisions, computers, small appliances, and assorted electronic devices that residents dropped off at the “drive through” event. Gary Sloan from the Computer Club accepted several computers that will be refurbished and donated to needy families. Judy described the event as a win win, a great service to the community, and a wonderful opportunity for some special children that will now have their very own computer. Thanks to all who contributed their E-waste to this successful event.

There's a whole lot of summer happenings in our community described in the following pages. I look forward to seeing you at many of them and in the Lodge!



Certified Farmers Market at SCLH!

Every Wednesday thru September • 8:00 AM-12:00 PM
Fitness Center Parking Lot at Orchard Creek Lodge

- Local Certified Farmers selling fresh fruits & vegetables
- Local Vendors selling non perishable products
- **Available for rent:** space to sell handmade arts, crafts, jewelry and other hobby-related items (woodworking, paper art, etc.).*
- **Wanted:** Musicians to play during the Farmers Market. This is an opportunity to advertise your group and sell your CDs.*

*Contact Judy Hogan for more information: 625-4021 or judy.hogan@sclhca.com

Newly Discovered Shakespeare Play?!

Library News

Nina Mazzo, Library Volunteer

Our small but eclectic library is a great relaxing and cool spot on a hot July afternoon. You will find assorted magazines and books. I recently found *The Tragedy of Arthur* by Arthur Phillips in our fiction section. There are two parts to the book — the first is the possibility of a newly discovered Shakespeare play and the second is the author's story of discovery. I found the book ingenious and the plot quite plausible. It is a tragic comedy mixed with a literary mystery and highlighted with playful, eccentric characters. The author also notes the continued controversy as to whether Shakespeare was in fact the author of his many plays. Note: you need not be a Shakespeare specialist to enjoy this story.

As I write this, I am waiting for

Janet Evanovich's newest release in her Stephanie Plum series titled, *Smokin Seventeen*. What crazy antics will Stephanie encounter? I hope we can count on a couple of you to donate your copy.

Our library is kept current due to continued donations from our residents. We have simple criteria: published after 2003 and in gently used condition. In addition, audio books on CD are popular and we also appreciate large print books.

Contact information: Nina Mazzo (408-7620) for book donations and OC reading room; Sandy Maloff (408-2368) for volunteer opportunities and Cleon Johnson (408-5648) who maintains the investment section.



Commercial Presentation

(Paid Advertisement)

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

Advanced Planning Workshop

Thursday, July 21 • 12:00-2:00 PM • Oaks (OC) • Free

Presenter: John Honea, Trident Society

The Trident Society is America's most trusted pre-arranged cremation provider. Our seminar will educate you on exactly how pre-arranging can ease the burden from your loved ones and enable you to rest comfortably knowing you have addressed this important final step. Please join us!

RSVP to Jennifer Perez, 969-2797, by July 20.

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Special Events & Bus Trips

Kilaga Springs — At the Movies! “Hairspray”

Monday, July 18 — Free

PG; 117 minutes. “Hairspray” stars John Travolta, Queen Latifah and Christopher Walken. Comedy musical. Show 1:30 PM. P-Hall (KS). If you liked the movie, join us for a trip to El Dorado in Reno to see the live musical production of Hairspray on August 25 (see page 50) or September 21 (see page 54).



New Resident Orientation Tuesday, July 19

Offered quarterly and designed for all new homeowners, meet new



residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. 1:00-3:00 PM, Solarium. Light refreshments. Free. No RSVP ♦♦ required.

Polynesian Revue Show Friday, July 22 — 5040-05

Aloha! We're bringing you the island breeze with a Hawaiian Show in our beautiful Amphitheater featuring live



Appetizers & Sweet Treats Bake-Off Contestant Call

Bake, frost or sprinkle!

We are mixing up a bake-off event for the baker in all of you! If you would like to be a contestant in the bake-off, we are accepting entries in two categories: appetizers and treats. The entertaining appetizer category will include casual appetizer or snack foods that you may serve at a family or holiday gathering. The sweet treats category is any kind of dessert. The Bake-off event will take place on Friday, November 4, in OC Ballroom at 2:00 PM. Bake-off contestants will

Call for Fashion Show Committee Members

The Activities Department is looking for residents who are interested in fashion or have an eye for detail to form a Fashion Show Committee to assist the SCLH Events & Volunteer Coordinator in the planning of upcoming shows. Even if you have not been involved in Fashion Shows in the past, there are a variety of roles we are looking to fill. Interested parties can pick up an application at the Activities Desk (OC) and return it by July 17. Roles include:

- show planning
- logistics
- model selection
- backstage manager

- theme development
- décor design
- program development
- and more.

We are also looking for volunteers to assist with:

- setup
- tickets
- models

For questions, please contact: Tamara Coil, Events Coordinator at tamara.coil@sclhca.com or 625-4019.



music, dancing and festivities. Grab your Hawaiian clothes and enjoy authentic island entertainment with the award-winning Spirit of Polynesia. A



live two-piece band will fill the air with an array of conch shells, Tahitian & Tongan drums, nose flutes and more, as you watch performers in beautiful costumes present Hawaiian, New Zealand, Samoan and Tahitian dances. Tickets are \$18 and include a keepsake lei and choice of a special Hawaiian drink: Blue Hawaiian, Pina

Colada or Mai Tai. See Amphitheater guidelines on page 45. OC Amphitheater opens at 6:00 PM with live music; show starts 7:00 PM show. Chairs provided for show. Now open to guests.

San Francisco for the Day Saturday, July 23 — 1841-05

Here's another convenient opportunity to experience San Francisco as you wish! We do this trip the fourth Saturday of each month. This trip drops you off at Westfield Shopping Center on Market Street.

Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ Now.



State Fair Monday, July 25 — 1931-05

“Our State Fair is a great State Fair,” words from the Oscar & Hammerstein musical, certainly describe our annual



California State Fair. Join us for the day celebrating our state at Cal Expo – strolling through the exhibits, eating at any number of food concessions, visiting the live-stock areas, checking out the



Amphitheater Summer Concert Series
Santana Tribute with the Rhythm Vandals
Tuesday, July 26
Concert Only — 5202-4DCON
Dinner & Concert Package — 5202-4DPKG



The Rhythm Vandals present a fiery tribute to the timeless music of Carlos Santana who helped shape the sound of rock and Latin music since the late 60's. From searing guitar solos, to amazing horn sections and the rhythmic beat of congas and drums, this set list plays like a greatest hits CD. Playing for over 10 years, the Rhythm Vandals have opened for Eddie Money, WAR and Tower of Power. Doors open at 6:45 PM for a 7:30 PM concert. Concert Only \$14; Dinner & Concert Package \$47. See Amphitheater guidelines on page 45. Friends, family and guests welcome!

Carnival midway, relaxing under a big shade tree – more things to do and see than you can imagine. Leave OC at 11:00 AM, return ~ 6:00 PM. \$39 (includes Fair entrance fee). RSVP ♦♦ Now.

Strauss Festival
Thursday, July 28 — 1821-05

Back for our ninth year, this evening trip to the Elk Grove Strauss Festival is popular with our residents. The show features elegantly costumed dancers and professional symphony musicians with this year's theme: Springtime in Vienna. In keeping with the tradition of the original Strauss Festival in Vienna, organizers of the production offer this show free of charge. However, due to the high cost of the



production, we have included a \$5 donation per person in the price of our tickets. Donations will be sent to the organizers after the performance. Food and drink vendors are open during the festivities or you may bring your own picnic dinner. The setting is a grassy knoll at the edge of a lake; please bring lawn chairs or blankets for grass non-reserved seating. Evenings can be chilly. Wear comfortable shoes and be prepared to walk some distance from the bus parking lot to the venue. Leave OC at 5:30 PM, return ~ 11:00 PM. \$27. RSVP ♦♦ Now.

"Island Fever" Summer Pavilion Dance
Saturday, July 30 — CANCELLED
 Guest DJ: DJ Daryl. We're bringing more dancing but with an island flare! Our second outdoor dance of the summer will include your favorite dance music, entertainment and

activities. Dress in your hot island outfits and expect fun surprises like the audience participation hula! The Hula Wahines will perform and teach guests familiar hulas with a contemporary flavor. DJ Daryl will play a mix of dance tunes including beach-rock, country, oldies and everything in-between. Island



prizes for the best hula shaker and best "island flare" dressed. The large dance space will be set-up for all genres of dancing and audience requests. Enjoy the no-host bar and socialize with friends. For singles, couples and groups. Pavilion check-in 6:45 PM, dancing 7:00-10:00 PM. \$11. Now open to guests.

Document Destruction
Monday, August 1

10:00 AM-12:00 PM, OC Fitness Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paperclips and staples on files okay but no plastics and cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the Parking Lot!



"Old Time Radio Shows" — A Lincoln Hills Players Production
Wednesday, August 3,
7:00 PM — 5133-06A

REMINDE RS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 90.
TWO FACILITIES: Orchard Creek Lodge (OC) & Kilaga Springs (KS)
RESERVATIONS: Reservations are required for all activities unless otherwise noted. *If an activity/class is cancelled, a refund will be given. No other refunds will be given.*
WANT TO SELL? Please contact Activities Desk if unable to attend an event or class.
WEATHER: Association trips and events

are held regardless of inclement weather. ♦♦ Until RSVP date, registration for Trips, Events, and Classes are for residents only, two per household. After RSVP date, for Trips: Residents may purchase as many spaces as they wish, no limit. For Events: Residents may purchase additional tickets and registration is open to the public. For Classes: RSVP date is set in order to determine if class has met minimum registration required by instructor or if class will be cancelled. Once met, registration

remains open until class is filled.
CLASSES (EXCEPT FITNESS): Register at least five working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
FITNESS CLASSES: Register for fitness classes at either Fitness Center.
SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable ex-

Thursday, August 4

7:00 PM Show — 5133-06B

Friday, August 5

2:00 PM — 5133-06C

7:00 PM — 5133-06D

Saturday, August 6,

2:00 PM — 5133-06E

7:00 PM — 5133-06F

Be a part of the audience as the Lincoln Hills Players re-create some of your favorite radio shows. On August 3 & 4 (7:00 PM shows) and August 5 (2:00 PM show), watch



“Baby Snooks and Daddy,” “The Bickerson’s,” “My Favorite Husband” and the quiz show “Take It Or Leave It.” Return on August 5 (7:00 PM show)

and August 6 (2:00 or 7:00 PM shows) for an episode of “The Jack Benny Show,” “The Lone Ranger” and “Our Miss Brooks.” What old time radio show would be complete without a soap opera? “The Romance of Helen Trent” is certain to bring back those old memories. Also see another episode of “The Bickerson’s” and “Take It Or Leave It”. Maybe someone will win “The \$24 Question” or dinner for two. Be sure to tune-in for both shows to see all episodes. P-Hall (KS) doors open 30 minutes prior to show time. \$10. Now open to guests. Please note the changes in show line-up as listed in June *Compass*.

Amphitheater Guidelines

- **Chairs:** Residents may set up their chair anytime on the day of the event, but sprinklers may go off any time before 7:00 AM. First-come, first-served. Limited folding chairs for rent available for pick up in the Amphitheater 30 minutes before advertised doors open time. Pay \$3 for chair rental during registration.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed plastic bottles.
- **Not Allowed:** No chairs that exceed shoulder height, cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, animals (except guide dogs or service animals).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins. Dinner & Concert package available as an option.
- **Seating:** Seating is first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert**. Any chairs found the day before the event will be removed and stacked on the upper terrace. SCLHCA is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. **Lawn seating** for blankets will be in the grassy area at the left of the stage.
- **Smoking:** No smoking during the concert.
- **Ticket Pricing:** Public ticket price will be \$4 more than resident ticket price as listed on each event. Resident must present Resident Card at time of purchase to receive resident rate.
- **Tickets: Wristbands** must be worn during the concert.
- **Parking:** We have a limited amount of parking at Orchard Creek. Please car-pool or walk. The parking area in front of the Del Webb offices is available after 5:00 PM. Street parking is only permissible wherever permit signs are posted.

Amador County Wine Tasting and Lunch

Thursday, August 4 — 1810-06

Join us for a day of wine tasting in the beautiful Amador Valley, home to some of California’s world famous wines. We’ll enjoy a delicious buffet lunch (included) at Jackson Rancheria and then spend the afternoon touring three



award-winning wineries, Drytown Cellars, Shenandoah Vineyards, and Sobon Estate. Visit a wine museum, gift shops and beautiful estate grounds. Leave OC at 9:00 AM, return ~ 6:30 PM. \$58. RSVP ♦♦ Now.

California Academy of Science

Monday, August 8 — 1843-06

We’re offering another opportunity to visit the California Academy of Sci-

REMINDERS

perience. Special needs patrons will be seated first. For special accommodations, please inform the monitor while registering. On bus trips we accommodate wheel chair bound passengers to the best of our abilities.

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

PARKING: For *all* trips, please park be-

yond the OC Fitness Center (The Wave). The bus will drop off there on return to Lincoln Hills.

SOLD OUT EVENTS: Are shown at the end of the Special Events listings.

HOSTING A BUS TRIP: Every bus trip has at least one person (*the Host*) representing the Association on board. The Host’s responsibility is making sure the bus leaves and returns with the same number of people which includes counting people several times during the day when there are multiple stops. The Host

passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver.

SCENTS: Please refrain from wearing perfume, cologne, and scented bath & body products when attending concerts, bus trips, classes, and using the fitness facilities. Many have allergies exacerbated by scents. Thank you for your consideration.



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oil change special

install new filter, refill up to 5 qts motor oil, lubricate chassis (if applicable)

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we'll check for worn hoses & seals, test system for pressure leaks or contamination

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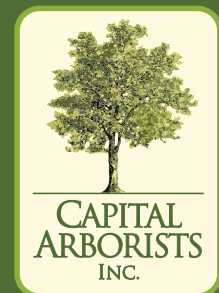
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Exhibits are continually changing and evolving and guarantee an interesting, informative day.

Bring your own lunch or have lunch on your own; the Academy has two restaurants within the facility – the Academy Café, cafeteria style dining, and the Moss Room for more elegant dining. The website www.calacademy.org offers menus and prices for both. Leave OC at 8:00 AM, return ~ 6:30 PM. \$59. RSVP ♦♦ Now.

Summer Special!

Comedy Night at Kilaga Springs Tuesday, August 9

6:00 PM performance — 5053-6A

8:00 PM performance — 5053-6B

Headliner Mike Pace has been featured on “Curb Your Enthusiasm,”



HBO specials and “Very Funny Live” on TBS. He has opened for superstars Jerry Seinfeld, Chris Rock and B.B. King. Show opener



will be Myles Weber. P-Hall (KS) doors open 30 minutes prior to show time.

A special summer price of only \$7 for 6:00 PM show;

regular \$9 for 8:00 PM show. Now open to guests.

Grandkids Camp – An Afternoon For Grandparents and Their Grandkids • Thursday, August 11

Toddler 2-4 yrs. old — 5400-06A

Kids 5-7 yrs. old — 5400-06B

Kids 8-12 yrs. old — 5400-06C

Do you have grandchildren in the area or visiting this summer? Grandkids Camp will provide the perfect opportunity to share your interests, hobbies and SCLH community life with them. Your grandkids will have a fun-filled camp-style afternoon of arts & crafts, fitness and dance

classes and entertainment for ages 2-12 years old. Your favorite Fishing, Gardening, Belly Dance and Fitness classes are back! And we have added new classes to this year’s program including: “Feel the Rhythm” interactive dance class presented by our Tap Company to educate kids on various



dance styles and beats; and “Music & Sing,” a singing and rhythm lesson with Bill Sveglini. Classes are arranged by age group throughout the afternoon and when you are not in classes, the Ballroom

will have a variety of ongoing entertainment and other fun surprises! A simple kiddy snack will be provided.

A Camp Schedule and Guidelines Sheet will be provided along with your receipt during registration. Pre-registration for event and classes is required. Toddler to 12 years only please. All activities will be held at OC Lodge. Pre-Function Area check-in at 11:00 AM; Ballroom activities and entertainment 11:30 AM; classes 12:00-4:00 PM. \$12 per child. Important: Each child requires a wristband and ticket and must be accompanied by an adult for all activities. RSVP ♦♦ by 7/17. Email Tamara Coil, Event Coordinator at tamara.coil@sclhca.com with activity and class preferences from your program. Classes filled on a first-come, first-served basis until each is at maximum capacity. There

will be two classes for each age group offered during most time slots to help ensure children get to participate in most classes. Camp entertainment will feature the Captain Daniel Safety Shows for children with puppets, music, singing, learning and laughter.

Just Added! Kilaga Springs — At the Movies! “Must Love Dogs” Monday, August 15 — Free

PG; 98 minutes. “Must Love Dogs”



stars Diane Lane, John Cusack and Christopher Plummer. Comedy/Romance. Show 1:00 PM. P-Hall (KS).

Free.

Evening Community Social Dance Monday, August 22 — 5020-06

Calling all dancers to a night of great music, drinks and friends. The Evening Community Social Dance provides singles and couples with a low-



price event dedicated to three hours of dancing to a variety of music: freestyle, ballroom, west

coast swing and line-dancing. The Nutones is a wonderfully diverse musical quartet accompanied by excellent vocals. Enjoy a no-host bar throughout the evening. Dancing in the Ballroom 6:30-9:30 PM. \$10. Now open to guests.

Amphitheater Summer Concert Series The Grascals • Thursday, August 18 Concert Only — 5202-4ECON Dinner & Concert

Package — 5202-4EPKG

2010 SPBGMA Bluegrass Band of the Year, The Grascals, will make a return performance to our stage based on overwhelming resident request! The bands innovative and upbeat bluegrass sound has become a winning hallmark on the Nashville



scene. The band has played at The Grand Ole Opry, Radio City Music Hall and Ryman Auditorium to list a few. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$17; Dinner & Concert Package \$50. See Amphitheater Guidelines on page 45. Friends, family and guests are welcome!

**"Hairspray" at the Eldorado, Reno
Thursday, August 25 — 1772-06**

The Eldorado is offering this hilarious Tony award-winning Broadway musical-comedy. Be ready for exciting music and a glitzy, colorful production about a Baltimore teen who finds love



and fame. An engaging rags-to-riches tale set in the 1960s, the show is sure to entertain with period costumes and music. Arrive with plenty of time for gaming and a delicious buffet

dinner (included) prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~10:30 PM. \$81. RSVP ♦♦ by 7/25.

**San Francisco for the Day
Saturday, August 27 — 1842-06**

Here's another convenient opportunity to experience San Francisco as



you wish! We do this trip the fourth Saturday of each

month. This trip drops you off at Pier 39 on the Embarcadero. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ by 8/5.

**"Chai Heroines" with Monique Saigal — Book Presentation
Monday, August 29 — 5300-06**

Monique Saigal, a Professor of French at Pomona College, joins us to present her book, Reclaiming The Past,



about Women in the French Resistance – the stories of 18 (chai in Hebrew) women who are little known but all fought during WWII in different ways. As a child

Holocaust survivor, taken in and raised by a Catholic family in 1942, Saigal recounts the clandestine activities performed by courageous women including her grandmother, who saved her by sending her off in

a train. Hear firsthand about countless interviews in France, Switzerland and California to discover secrets of the young women in the Resistance and the author's personal tragedy and growth. Book signing to follow presentation. P-Hall (KS) doors open at 1:30 PM, presentation 2:00 PM. \$6. Now open to guests.

**Kilaga Springs Music Night
Presents Keith Williams Sextet
Tuesday, August 30 — 5050-06**

The regular attraction at the Power's Jazz Club will fill the air during our monthly Music Night when we present the Keith Williams Jazz Sextet. Originally from England, Keith has



toured extensively throughout Wales and the United Kingdom and has performed for His Royal Highness and the Prince of Wales. He has

been featured at Caesars Palace in Las Vegas, the Frank Sinatra Celebrity Showroom and on Carnival Cruise Lines from 1990-1994. Program includes standards of the Great American Songbook to more contemporary tunes you love to sing along with or just enjoy. The sextet features keyboard, drums, stand up bass, saxophone and guitar. One show only. 7:00 PM performance in P-Hall (KS). \$12. Now open to guests.

**"At The Hop" 50's Dinner Dance
Friday, September 2 — 5011-07**

Blast back to the nifty 50's at the OC Sock Hop! Whether you're a greaser or a hipster, dress the part in poodle skirts, bobby socks and saddle shoes



or rolled jeans, leather jackets, and converse sneakers. "At The

Hop" Sun City Lincoln style will feature Sacramento's premier rock 'n' roll dance band, The TuneUps, as they bring their authentic music and 15 years of performance excitement to the Ballroom. Dance to chart breakers including Jerry Lee Lewis, Bill

Haley and the Comets, and of course the King of Rock 'n Roll, Elvis Presley. Guest participation activities will include a hula hoop contest and best dressed single and couple awards. After a plated dinner, stop by the soda station for old fashioned root beer floats and ice cream. Visit the Activities Desk for complete menu. Enjoy a no-host bar at 5:30 PM when OC Ballroom doors open, dinner 6:00 PM, dancing 7:00-10:00 PM. \$39. RSVP ♦♦ by 7/29.

**Reno Aces vs. Tucson Padres
Saturday, September 3 — 6301-07**

Get ready for a highly entertaining trip to Reno for gaming, baseball and fun. Begin the afternoon with approximately two and a half hours at



the Eldorado Casino for gaming and optional buffet dining on your

own, followed by a trip to new Reno Aces ballpark stadium. Enjoy a bird's eye view of the game from the second tier patio seating over-looking third base. Relax in luxury cushioned seats with in-seat beverage service during the game, and premier access to Freight House District restaurants offering a selection of excellent dining options. Game begins at 7:05 PM. Leave the Lodge at 1:00 PM return ~ 12:00 PM. \$52 (includes ticket to the game). RSVP ♦♦ by 8/19.

**Walking History Tour and Railroad Museum
Sunday, September 4 — 1760-07**

Suggested by the NEV Club, climb aboard our coach for an interesting day experiencing history and nostalgia. First stop is the Delta town of



Locke with a docent-guided walking tour of Locke's main street and the

Know how the tax rules change for Senior Taxpayers



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

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Amphitheater Summer Concert Series**Buck Ford Pure Country Band****Wednesday, September 7****Concert Only — 5202-4FCO****Dinner & Concert****Package — 5202-4FPKG**

A rising country star, the Buck Ford Pure Country Band, has a traditional, timeless country sound that never goes out of style. Playing all over the country, songs will include original pieces written by Buck Ford himself as well as covers of many other artists including George Strait, Merle Haggard and George Jones. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$14; Dinner & Concert Package \$47. See concert details and Amphitheater Guidelines on page 45. Friends, family and guests are welcome!



history behind the buildings. Following the tour, plan to have a no-host lunch at your choice of Locke Chinese Garden Restaurant which was the first building built in 1912, or at Al's Place, better known as "Al the Wop's, constructed in 1915. After lunch, board the coach for Western Railroad Museum in Suisun. Take an electric train trip through the peaceful, picturesque Montezuma hills over the original historic main line of the Sacramento Northern Railway. Tour will highlight historic streetcars and interurban electric trains from all over California. Leave the Lodge at 9:00 AM, return ~ 6:00 PM. \$44. RSVP ♦♦ by 8/12.

Semi-Annual Parking Lot Sale**Saturday, September 10 — 5121-07**

Shop or sell at our semi-annual Parking Lot Sale. Join us for a fun morning with residents selling their unwanted household items. You never know



what treasures you may find. Donuts and coffee will be on sale. Spaces are limited and go fast at only \$25 each. Residents must inform monitor during registration if they want their space to be adjacent to another vendor. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Vendors are limited to two spaces each and must abide by the guidelines provided during registration. Parking Lot Sale 7:30 AM- 12:00 PM.

OC Fitness Center Parking Lot. Shopping free. Vendor Space \$25. RSVP ♦♦ by 8/20.

Six Flags Discovery Park**Saturday, September 10 — 1990-07**

Meet the kids and grandkids in Vallejo at this amazing fun park known for its rides, attractions and interactive animal shows and exhibits. Exciting



rides for the whole family, including thrill rides for teens and adults and three amusement areas for young children. Meet Shouka, the killer whale, Odin, the rare white Bengal tiger, and the two Siberian tiger cubs born in 2010. Swim with the dolphins or feed a sea lion, giraffe or exotic bird. Spend the day in the park with lunch on your own at over 25 restaurants and snack spots. Lots of photo opportunities. Leave the Lodge at 9:00 AM, return ~ 6:00 PM. \$61 (includes park entrance). RSVP ♦♦ by 8/26.

Grand Sierra Hotel & Casino – Reno**Monday, September 12 — 1772-07**

This trip offers a change of scenery from our usual destinations in Reno. The Grand Sierra is located in Reno



but away from Virginia Street casinos and offers many gaming opportunities, plus a 50-lane bowling alley, numerous restaurants, a movie theatre,

swimming pool and spa and several shopping opportunities. Choose the activity that suits you best! Trip includes a \$10 food coupon. Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. RSVP ♦♦ by 8/26.

Mare Island with Jerry Moorman
Tuesday, September 13 — 1920-07

Our step-on guide, Jerry Moorman, will lead our group through this historical area by the San Francisco Bay. Mare Island is located in Vallejo



on the Carquinez Straits and was home to US Mare Island Naval Shipyard until its

closure in 1996. We will be touring the shipyards as well as a fantastic museum. Lunch at the Commander's historic home will consist of *Chicken Breast in White Cream Sauce, Mashed Potatoes & Corn* and comes with *Green Salad, Rolls & Butter and Dessert*. Leave the Lodge at 9:00 AM, depart Mare Island at 3:00 PM and arrive LH ~ 5:00 PM. \$68. RSVP ♦♦ by 8/19.

Lincoln Hills Music Group Presents
"Showcase #8"**Wednesday, September 14, 7:00 PM****Show only — 5130-07ASHO****Meridians Dinner****Package — 5130-07APKG****Thursday, September 15, 7:00 PM****Show only — 5130-07BSHO****Meridians Dinner****Package — 5130-07BPKG**

Lincoln Hills Music Group is celebrating ten years of music and fun by presenting Showcase #8. The musical program will range from old standards, blues, jazz, show tunes, rock, country and comedy, to classics. Many members of the group are currently playing in public venues and look forward to sharing their talent with you. For those who wish to enjoy dinner at Meridians before the concert, including the convenience of reserved front section seating, we offer limited dinner and show packages for both evening performances.

Calistoga Art Experience and Shopping

Monday, September 19 — 1922-07

Two activities in one! This trip is led by one of our talented LH art instructors, Emmy-award winning artist Frank Ordaz. Enjoy an overview of art and architecture of the Venetian style from Frank to complement a tour of the Villa Ca'Toga while en route to the beautiful town of Calistoga. Following Frank's orientation, we'll spend the morning on a private docent-led tour of the magical Italian villa, led by no less than the owner and artist, Carlo Marchiori. A classical and often whimsical study in period art, the villa, which sits on the banks of the Napa River in the Wine Country, features an entertaining education in architecture, paintings, sculpture, furniture and ceramics. After the tour, enjoy free time for lunch on your own at one of the fine local restaurants, have further discussions with Frank, or browse in the shops and galleries of charming downtown Calistoga. Leave Calistoga ~ 3:30 PM. Be prepared for lots of walking and stairs. For more details, Google: Villa Ca'Toga. Leave the Lodge at 8:30 AM, return ~ 6:00 PM. \$73. RSVP ♦♦ by 8/19.



to San Francisco and back. (Check Sausalito Ferry Schedule on the Internet for times.) The shopping is ample and interesting with numerous



restaurants by the water for lunch or snacks. Wear comfortable

walking shoes and be prepared for cooler weather. We plan to leave Sausalito for Lincoln at 4:00 PM. Leave OC at 8:00 AM, return ~ 6:00 PM. \$34. RSVP ♦♦ by 9/2.

Please visit the Activities Desk for the "Showcase" special menu to include salad, entrée choice, dessert and coffee. Please be prepared to give your

Paris' Musee National Picasso. The exhibit, made possible by the museum's temporary closure due to renovation, comprises paintings, sculptures, drawings, and prints drawn from every phase of the artist's career. Bring your own lunch or enjoy lunch at the museum café. Price includes audio headset for use at the museum. Leave the lodge at 8:00 AM, return ~ 5:30 PM M. \$65. RSVP ♦♦ by 8/26.

Comedy Night at Kilaga Springs

Tuesday, September 20

6:00 PM performance — 5051-07A

8:00 PM performance — 5051-07B

Headliner Robin Cee has traveled all



over the world and performed on Vibe-hosted by Sinbad, Evening at the Improv and BET. Robin is known as a one woman variety show with jokes, song parodies and im-



pressions. Opener will be Rachel McDowell. P-Hall (KS). Doors open 30 minutes prior to show time. \$9. RSVP ♦♦ by 7/29. Patrons enjoy KS Café discount.



meal choice when you purchase tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Ballroom doors open at 6:30 PM for 7:00 PM shows both nights. Show only \$10. Dinner and Show Package \$38. RSVP ♦♦ by 7/29.

Sausalito for the Day

Saturday, September 17 — 1840-07

We have again arranged a bus trip to the beautiful city by the Bay, Sausalito. The coach will drop you in downtown Sausalito and you can explore numerous options on your own, one being a ferry ride from Sausalito

Hairspray at Eldorado Hotel

Wednesday,

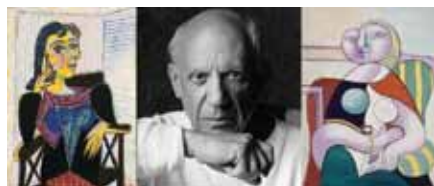
September 21 — 1790-07

Our second trip to El Dorado to see the Tony award-winning Broadway

Picasso Exhibit at deYoung Museum

Thursday, September 15 — 1762-07

The deYoung hosts an extraordinary exhibition of more than 100 master-



pieces by Spanish artist Pablo Picasso from the permanent collection at

Amphitheater Summer Concert Series

Sugah Daddy Swing Band

Friday, September 23

Concert Only — 5202-4GCON

Dinner & Concert

Package — 5202-4GPKG

You will be swinging with Sugah Daddy, a contemporary swing revival band delivering the best in swing, boogie and blues music. With five fabulous lead vocalists, a poppin' horn section, and the band's utilization of up to 15 different instruments, you will be on your feet for a vast selection of tunes with one of the best known swing bands in southern California. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$15; Dinner & Concert Package \$48. See concert details and Amphitheater guidelines on page 45. Friends, family and guests are welcome!



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Afternoon Tea Party! – High Tea, Fancy Hat Designing & Lady Carolyn Presentation
Tuesday, September 27 — 5070-07

Every fanciful day should start with an Afternoon Tea Party! Legend has it that afternoon tea was started in the mid-1800s by the Duchess of Bedford and soon spread across high society and became a favorite pastime of ladies of leisure.

So gather your friends, neighbors and family for

a High Tea like no other. You will start off by designing and decorating a fanciful hat of your own to compliment your elegant tea party outfit. Select from a colorful array of hats and then visit the decorating tables, where glue guns, scissors and other materials like dainty flowers, feathers, delicate trims and jewels are at hand to make your stylish hat. Once everyone is wearing their hat creations, tea will be served. Enjoy a lovely menu of tea, scrumptious tea snacks and delectable desserts served in an elegant fashion as you get to admire the hats of your fellow tea guests.

During the Tea Party you will have the opportunity to hear Lady Carolyn Loftis as she weaves her way through the threads of fashion history using historic clothing. More than just a presentation, view the clothing as she shares entertaining stories about people who wore them, the occasions and special circumstances in which they were worn. The elegant outfits come to life for you as you learn about the materials they are made with, how much weight women may have worn with each outfit, accessories and more. If you are buying a table with friends and neighbors, please have a complete list of guests at your table upon registration. For a complete menu visit the Activities Desk. Join us for a ladies afternoon and get a new hat to take home with you! OC Ballroom doors open at 11:00 AM; Hat designing 11:00 - 12:00 PM; Tea served 12:00 PM. Lady Carolyn Presentation 1:00 PM. \$39. RSVP ♦♦ by 7/29.



musical-comedy, "Hairspray." Arrive



with plenty of time for gaming and

a delicious buffet dinner (included) prior to the 7:00 PM performance. See details on page 50, August 26 trip. Leave OC at 11:30 AM, return ~ 10:30 PM. \$81. RSVP ♦♦ by 8/29.

Chukchansi Resort and Casino Overnight/Yosemite
Wednesday, October 26/Thursday, October 27 — 1771-07

Visit Yosemite to view the fall colors! Depart LH for Chukchansi Resort outside Yosemite and arrive in time for check-in, lunch (no host) and some free time. There is an indoor pool and spa so bring your swimsuit if you wish. Each person must bring a valid driver's license and sign up for a Players Card on arrival. Upon receipt of Players Card, you are eligible for two \$5 food coupons and \$10 game play. The food coupons can be used at lunch or breakfast. Dinner buffet

is available and included. After breakfast (no host) Thursday, we head for the Valley floor of Yosemite. Arrive in time to stretch your legs prior to a two-hour docent-led tour of the Valley floor by bus or tram, depending on weather. Popular points of interest include Yosemite Falls, El Capitan, Bridal Veil Falls, Half Dome, etc. Following the tour, lunch (included) will be at the Yosemite Lodge Food Court. After lunch, we head for the Hilmar Cheese Company to tour their

Draft Horse Classic in Grass Valley
Saturday, September 24 — 1820-07

As the gentle giants take to the arena at the Grass Valley Fairgrounds, there's an air of excitement and wonder. Originally bred big to carry knights in armor, these splendid animals later put their brawn to work on America's farms. Today, they display their strength and



precision in the show ring. Arrive in time for the 10:00 AM show (General admission tickets included). After the show, roam the grounds, listen to music, pick up a western item or two from vendors, indulge in tasty delicacies from Treat Street food vendors, and participate in a barn tour. These tours allow you to get up close to the horses and talk to their enthusiastic owners. You may bring your own food (no glass containers, please!). Leave the Lodge at 8:30 AM, return ~ 5:00 PM. \$40. RSVP ♦♦ by 9/9.

Silver Legacy in Reno
Monday, September 26 — 1773-07

Head over the mountains to visit Reno's Silver Legacy Hotel & Casino for a day of sightseeing, lunching, people watching, and excitement. The ride is beau-



facility followed by a sandwich buffet including



Cheese Chowder, Green Salad, Side Salad, Dessert and coffee or tea (included). Limited to 48 persons. Leave the OC on October 26 at 8:00 AM, return October 27 ~ 9:00 PM. \$202 per person double occupancy, \$236 single occupancy. RSVP ♦♦ by 10/1.



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tiful and you will receive \$10 cash back and a \$5 food coupon. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$26. RSVP ♦♦ by 9/12.

Fleet Week Hornblower Luncheon Cruise

Saturday, October 8 — 1831-06

Time for the trip everyone looks forward to! We reserved space with Hornblower Cruises for your enjoyment of Fleet Week festivities. Streets are crowded so we've opted for



the cruise only. Watch the Blue Angels soar! The US Navy and Marine Corps flight team, the Blue Angels, have been inspiring and dazzling audiences since 1946. 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, relax in the sun and enjoy the best views

Sacramento Speaker / Series 2011 – 2012

Experience the ultimate in cultural entertainment – six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues. These exciting performances are sold as a series only, no individual speaker sold. All speakers will be at the Sacramento Community Center Theatre at 8:00 PM. Leave OC at 6:45 PM, return ~ 10:30 PM. RSVP ♦♦ by 9/1. We are happy to offer three pricepoints. Gold and Silver seating is reserved while Bronze option is open seating in the second tier. Our bus normally arrives at the theatre by 7:30 PM, so Bronze should get a good choice for seating.

- \$450 Gold Seating (six speakers) — 4621-05
- \$355 Silver Seating (six speakers) — 4622-05
- \$265 Bronze Seating (six speakers) — 4623-05

• David McCullough (A) — Tuesday, October 11

David McCullough is a two-time winner of both the National Book Award and Pulitzer Prize. In 2006, he received the Presidential Medal of Freedom. His widely-read biography, John Adams, was turned into a critically-acclaimed mini-series on HBO in 2008. On May 26, he published The Greater Journey: Americans in Paris, a story of



2011 Music Circus Series

This year's Music Circus summer season at air-conditioned Wells Fargo Pavilion in Sacramento has lined up a wonderful mix of Broadway blockbusters and seven musical theatre classics never before performed at the Pavilion. All shows will be done "Theatre in the Round." Please note new performance time of 7:30 PM. \$65 each show. Leave OC at 6:00 PM, return ~ 10:30 PM.

• Oliver • Wednesday, July 20 — 4531-02B

This musical adaptation of the Charles Dickens novel tells the story of an orphan in London's underground of pickpockets and ruffians who dared to ask for more, Its Tony-winning score features favorites "Food, Glorious Food" and "Consider Yourself (at Home)." RSVP ♦♦ Now.



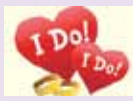
- Anything Goes • Wednesday, July 27 — Sold Out!
- Camelot • Wednesday, August 3 — Sold Out!

• Annie Get Your Gun • Wednesday, August 10 — 4531-02E

Sharpshooter Annie Oakley joins Buffalo Bill's Wild West Show and tries to win the love of chauvinist Frank Butler without changing who she is. Features Irving Berlin songs "Anything You Can Do, I Can Do Better," "There's No Business Like Show Business." RSVP ♦♦ by 7/25.



• I Do! I Do! • Wednesday, August 17 — 4531-02F



The love life of one couple over 50 years from wedding night jitters to children to mid-life crises is the focus of this production. This 1966 musical from Harvey Schmidt and Tom Jones is a tuneful treat featuring "My Cup Runneth Over." RSVP ♦♦ by 8/1.

of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it gets cold on the Bay. Sample menu available at the Activities Desk. One

city block walk to the boat. Leave OC at 10:30 AM, return ~ 7:00 PM. \$124. RSVP ♦♦ by 9/1.

American artists and scientists who studied in Paris and how their experiences changed America.

• David Gergen (B) — Tuesday, November 29

David Gergen is a senior political analyst for CNN and has served as an adviser to four U.S. presidents. He is a professor of public service at the Harvard Kennedy School and director of its Center for Public Leadership. In 2000, he published the bestselling book, Eyewitness to Power: The Essence of Leadership, Nixon to Clinton. He is also a member of the Washington D.C. Bar and the Council on Foreign Relations and holds 19 honorary degrees.



• Condoleezza Rice (C) — Wednesday, January 11, 2012

Condoleezza Rice served as Secretary of State, as well as National Security Advisor, under President Bush. Dr. Rice pioneered a policy of Transformational Diplomacy with a focus on the Middle East. She is involved in humanitarian pursuits and has authored several books. She is a professor of Political Economy in the Graduate School of Business, the Thomas and Barbara Stephenson Senior Fellow on Public Policy (Hoover Institution) and Professor of Political Science at Stanford University.



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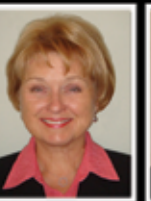
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916.396.9216



Vicki Pikul
916.257.6788



Bill Rexrode
916.408.3997

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• **Richard Roeper (D) — Wednesday, February 1, 2012**

For eight years, Richard Roeper was the co-host of the nationally syndicated “Ebert & Roeper” program. Roeper currently reviews movies for the *Chicago Sun-Times*, ReelzChannel, and on his site, www.richardroeper.com. As writer for the Sun-Times, Roeper has won numerous honors including the National Headliner Award as the best columnist in the country. He has written eight books, on topics ranging from Hollywood flops to gambling in American to urban legends.



• **Peter Greenberg (E) — Thursday, March 1, 2012**

Peter Greenberg is America’s most recognized, honored and respected front-line travel news journalist. He is a travel editor for CBS News and appears on The Early Show. He is an Emmy Award-winning investigative reporter and producer and



Broadway Sacramento 2011-2012

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation, polish and professionalism of Broadway are all here. All performances at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$78 each, except where noted.

• **Shrek the Musical**

Tuesday, September 27 — 4563-05A

In a faraway kingdom turned upside down, things get ugly when an unseemly ogre – not a handsome prince – shows up to rescue a feisty princess. Throw in a donkey who won’t shut up, a villain with a short temper, a cookie with an attitude and you’ve got the kind of mess that calls for a real hero. Luckily, there’s one on hand, his name is Shrek. RSVP ♦♦ by 8/15.



• **Rain, a Tribute to the Beatles**

Tuesday, December 27 — 4563-05B

Together longer than the Beatles, Rain has mastered every song, gesture and nuance of the legendary foursome, delivering a totally live, note-for-note performance in this multimedia concert that’s as infectious as it is transporting. From the early hits to later classics (“I Want to Hold Your Hand,” “Hard Day’s Night,” “Hey Jude” and more), this tribute will take you back to a time when all you needed was love and a little help from your friends! RSVP ♦♦ by 11/1.



• **West Side Story**

Tuesday, January 24, 2012 — 4563-05C

More than 50 years ago, one musical changed theater forever. It’s back mesmerizing audiences again and soars as the greatest love story of all time, as powerful, poignant and timely as ever. The score includes such favorites as “Tonight,” “I Feel Pretty,” and “Somewhere.” RSVP ♦♦ by 12/16.



was named one of the most influential people in travel by Travel Weekly. He also hosts a nationally-syndicated radio show that is broadcast each week from a different remote location around the world.

• **Lisa Ling (F) — Tuesday, April 3, 2012**

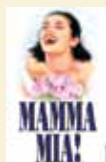


Sacramento native Lisa Ling is the field correspondent for the Oprah Winfrey Show and former contributor to ABC News’ Nightline and National Geographic’s Explorer. Ling got her start in journalism at age 21 when she covered the civil war in Afghanistan for Channel One News. She later became a co-host of ABC Daytime’s Emmy-winning show, The View. This year, she will have her own series on the Oprah Winfrey Network called Inside with Lisa Ling.

• **Just Added! Mamma Mia!**

Tuesday, March 13, 2012 — 1790-06

Mamma Mia!, the ultimate feel-good show, has audiences coming back again to relive the thrill. Have the time of your life at this smash hit musical that combines ABBA’s greatest hits, including “Dancing Queen” and “The Winner Takes it All,” with an enchanting tale of love, laughter and friendship.



RSVP ♦♦ by 2/24/12.

• **Million Dollar Quartet**

Tuesday, April 17, 2012 — 4563-05D

This hit musical is inspired by the true story of the famed recording session that brought together rock ‘n’ roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered together in Memphis for one of the greatest jam sessions of all time. Million Dollar Quartet brings that legendary night to life with an irresistible tale of broken promises, secrets, betrayal and celebrations featuring timeless hits. Don’t miss your chance to be a fly on the wall of fame. RSVP ♦♦ by 3/1/12.



• **Wicked**

Tuesday, May 29, 2012 — Sold Out!

• **New Date and Price Wicked**

Tuesday, June 12, 2012 — 4563-05E1

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One — born with emerald green skin — is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for a wonderful musical. On Broadway and around the world, Wicked has worked magic on critics and audiences alike. \$101. RSVP ♦♦ by 4/1/2012.



Sold Out Trips/Events thru August 20

Trip/Event • Date • Departure Time

- Giants vs. LA Dodgers, AT&T Park, San Francisco, July 20, 9:30 AM
- "Miss Saigon," Bus 1, Wells Fargo Pavilion, July 24, 6:00 PM
- "Miss Saigon," Bus 2, July 24, 6:00 PM
- "Anything Goes," Wells Fargo Pavilion, July 27, 6:00 PM
- "Camelot," Wells Fargo Pavilion, August 3, 6:00 PM
- RiverCats vs. Isotopes, Raley Field, August 16; 5:30 PM

Art Classes

—Drawing—

Landscape Drawing Wednesdays, July 27- August 17 — 1076-06



9:30-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Have you always wanted to sketch

and draw landscapes? Come explore different types of landscapes, learn how to select and compose them, and how to create depth, light and atmosphere. All levels welcome! A supply list will be provided upon registration where you select a medium of your choice. RSVP ♦♦ by 7/20.

Portrait Drawing from the Model Wednesdays, July 27-August 17 — 1014-06 August 24- September 7 — 1014-07A



1:00-3:30 PM (OC). July/August class \$60 (four sessions); August/September class \$45 (three sessions). Instructor: Claire Michelet

.Learn to sketch and draw portraits from a live model. Train your eyes and go to the essential of an expression or movement by doing quick sketches. Practice lines, values, shading, and volumes while drawing longer poses.

Oil Painting with Frank Ordaz Friday, September 9 - 30 — 1016-07

9:00 AM-12:00 PM (OC). Instructor: Renowned portrait artist Frank Ordaz. \$130 (four sessions).. Come along on a painting journey to Venice and create a painting of this enchanting city with artist Frank Ordaz. Bring a 16" x 20" canvas to class and learn how to transform a blank space into a wonderful scene of key attractions of this marvelous canal-linked city. Frank will teach some history of the Venetian style in painting and will instruct how to put together a strong composition that you can be proud to hang on your wall. Key emphasis will be given to understanding the light at sunset and getting that "glowing" look. Learn how to mix colors so that they are vibrant and not muddy. Bring along your paints, brushes and palette knives and any photos you can find on the internet and try something a little different this time around. Frank will also supply reference photos. **Students who join the educational trip hosted by Frank on September 19 to Ca'Toga Villa in Calistoga which exemplifies Venetian Art, will receive a \$5 discount on the class fee.** See page 54 for details. Questions? Email: Frank@frankordaz.com. RSVP ♦♦ by 9/2.



Model fee: \$12-20 (depending on the number of participants). Model will be present during all sessions. New students: email instructor at clmichelet@earthlink.net for information or questions. RSVP ♦♦ by 7/20 or 8/17.

Soft Pastel Workshop Saturday, July 30 — 1015-06

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$39. On this one day workshop, explore the expressive quality of soft pastels, learn various techniques, practice fundamentals of color harmony while you renew your inspiration with this powerful medium. Individual attention provided. A supply list will be given upon registration. RSVP ♦♦ by 7/23.

Drawing Shells Wednesdays, August 24- September 7 — 1014-07B

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$45 (three sessions). Explore the fascinating and beautiful



world of seashells. Delve into the drawing process while observing and drawing from the instructor's personal seashell collection. There will be a one-on-one help during class.

Continuing students and all levels welcome. Use the drawing medium of your choice, from pencils, ink and watercolor to dry pastels. A supply list will be given upon registration. RSVP ♦♦ by 8/17.

—Oils, Pastels & Acrylics—

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, August 3-31 — 1031-07

9:00-11:30 AM (OC). Instructor: LH resident artist Tom Proctor. \$65 (five sessions). Choose Oil or Acrylic. Complete original paintings based on students' photographs or instructor's large photo selection. First-time stu-



dents will be contacted by instructor to spend time with him reviewing

a notebook composed for their use. Included: a suggested supply list, palette layout of color and the Munsell Color Theory. Learn to analyze or "read" paintings by well-known artists. Strong emphasis placed on understanding an ideal composition using art structure elements. Continuing students encouraged to enroll. About the instructor: Tom was an art instructor for 35 years in Walnut Creek School District and taught

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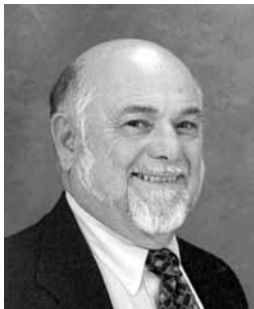
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extension classes in art for six years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College. RSVP ♦♦ by 7/27.

Painting Pastels and Oils with Joan Mondays, August 15- September 12 — 1052-07

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Class is open to both pastel and oil painters.



Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students: please ask for supply list from the Activities Desk during registration. RSVP by ♦♦ 8/8.

Mixed Media

Mixed Media Collage Thursdays,

September 8-29 — 1140-07

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$74 (four sessions). This lively and improvisational fine art workshop will show you how to turn recyclables such as magazine pages,



wrapping paper and interesting beads and trinkets into mixed media collage art and unique 3-D paper assemblages, suitable for framing. This free-spirited

collage art uses your favorite colors, textures and images in paper or fabric scraps plus small objects in the creation of brand new art. One-on-one guidance provided. There is no possibility for a mistake in creating this artwork — it is easy, fun and will open your eyes to a fresh, new art. Class is open to beginning and continuing mixed media artists. A supply list is provided upon registration. Questions? Call Jo at 543-1357. RSVP ♦♦ by 9/1.

Summer Special! Making Memories with your Grandchild Using Mixed Media Art Tuesdays, August 2 & 9 — 1140-06B

9:00-11:30 AM OC. Instructor: Jo Brown. \$54. A call to all grandparents! Come create special memories with your grandchild! This lively and improvisational fine art class especially designed for grandparents with grandchildren 12-16 years old will assist you in creating a family heirloom work of art using mixed media paper collage techniques combined with mementos that are meaningful to both generations. Recyclables such as wrapping papers, old cards and memorabilia, broken jewelry and trinkets, fabric scraps, collage papers, small photos and personal treasures are combined in creating artistic assemblages on canvas, suitable for framing, that represent the special bond between generations. The free spirited collage process requires no previous art experience, and if you are already artistically inclined you will learn additional ways of layering paints and paper using colors, patterns and textures. One-on-one guidance and inspiration provided! There is no possibility for mistake in this artwork! The process is easy, fun and will encourage bonding between you and your grandchild. A supply list is available upon registration. Call Jo with any questions at 543-1357. **Prerequisite:** One grandchild per grandparent. Grandchild must be 12-6 years to participate. Class size is limited. RSVP ♦♦ by 7/26.



Bridge Classes

Beginning Bridge with Gayle Tuesdays, August 9-

October 11 — 1511-06A

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$50 (10 sessions). This course is for people who have never played Bridge but think they may be interested in learning to play the most exciting and challenging card game in the world. Sign up and check it out. You may discover a new passion that gives your brain a workout! RSVP ♦♦ by 8/2.



Bridge Plus with Gayle Thursdays, August 11- October 13 — 1511-06B

12:30-2:30 PM (KS). Instructor: Gayle Koedel. \$50 (10 sessions). This class is designed for players who want to improve their knowledge, ability and enjoyment of Bridge. Course covers the basics of modern Standard American Bridge bidding, including some conventions with emphasis on partnership communication, and as



much play as time permits. RSVP ♦♦ by 8/4.

Ceramics Classes

—Lladro—

Spanish Oil Painting Wednesdays,

August 3-31 — 2061-06

September 7-October 5 — 2061-07

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). This is a beginning and continuing class on how to paint porcelain figurines. Prerequisite: Beginning students required to attend five consecutive



classes in order to complete first-time instruction and project. Lladro requires a steady hand and concentra-

tion. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 7/27 or 8/25.

Lladro Workshop • Wednesdays, July — 2063-01G

August — 2063-01H

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time, Workshop is not for beginners and will not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for “firing” and assuring everyone follows guidelines and safety procedures. Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop. Space limited; sign up early!

—Pottery—

Beginning/Intermediate Ceramics with Jim • Tuesdays, August 2 - 30 — 2014-07A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceram-



ics make Jim an excellent instructor with expertise

in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 7/26.

Advanced Ceramics • Tuesdays, August 2-30 — 2014-07B

9:00 AM-12:30 PM (OC). Instructor:

—Digital Photography—

Picasa 101 • Monday, Tuesday & Wednesday

August 1, 2, & 3 — 2523-06B

9:00-10:30 AM (OC). Instructor: Len Carniato. \$50 (three sessions). Photo editing using your computer is the rage today and modern digital cameras make it easy to take great shots. Getting photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be daunting. Learn how to use Picasa in class, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. Prerequisite: Comfortable using your home PC and know basic skills such as email, Internet, drag, copy and paste. Open a “g-mail” account before starting class. RSVP ♦♦ by 7/25.



Jim Alvis. \$67 (five sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 7/26.

Beginning Hand Building Potter’s Wheel Techniques with Terry • Thursdays, August 4-25 — 2015-07

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). This class will introduce you to using the



potter’s wheel and hand-building with clay. Work at your own pace receiving individual instruction to achieve your goals.

Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Terry gives frequent demonstrations introducing new and exciting projects. Bring tools and materials to class for a fun and successful experience. New students: please ask for supply list when you register. RSVP ♦♦ by 7/28.

Computer Classes (PC & Mac)

—Microsoft 2007—

Word Phase 2 Mondays & Wednesdays, September 12-21 — 2651-07

9:00-11:00 AM (OC). Instructor: An-

gela Blas. \$48 (four sessions). The class will provide the student with additional practice with Word 2007. We will explore the advanced features of



word, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels, tables. These are

some of the topics we will cover and as always, tips and shortcuts will be provided to do some tasks that previously seemed daunting. Prerequisite: Lots of practice with Microsoft Word, Word Phase 1 or Word Basics. RSVP ♦♦ by 9/5.

Computer Classes (Mac)

Beginning Pages (Mac Word Processor) • Saturday, July 16 & Sunday, July 17 — 2512-06

12:00-3:00 PM (OC). Instructor: Ken Silverman. \$60 (two sessions). Basic Macintosh knowledge required. This is a two-day hands-on workshop. Pages is the Macintosh word processor



and page layout program. Learn to create basic word processing documents, use templates and text tools, add graphics and pictures; understand

“the inspector” and how it works. Exporting functions will be shown so that others without Pages can read your documents. Note: This is a beginning class for word processing and



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One Stroke™ Basics
Sunday, July 24 — 1040-06
1:00-4:30 PM (OC). Instructor: Carol Sveglini. \$25. Back to the basics of the One Stroke technique. We will review the One Stroke Rose and learn new flowers and leaves. We are starting at the beginning of One Stroke, all levels welcome. No specific project will be covered, students will focus on perfecting the technique.



Instructor will bring a variety of surfaces (\$1 to \$7) available for purchase but not required. If you would like to take something home, we will paint on Bristol Paper. RSVP ♦♦ by 7/17.

Dance

All dance classes: For a smooth transition between classes, dance instruction will finish five minutes prior to advertised ending time. Please clear the room ASAP for the next class. Thank you.

—Ballroom Dance—

Beginning Ballroom – Country Two-Step
Saturday, August 6-27 — 3520-07A
10:00-11:00 AM (KS). Nancy & Steve Fontaine \$20 (four sessions). This class is for Country music lovers. We will learn the Country Two-Step from the beginning moves right up to being prepared for the Intermediate Level in September. If you have never done any Country Dancing, this class is for you. RSVP ♦♦ by 7/30.



Saturday Ballroom Workshops

Try this new class format from veteran ballroom dance couple, Steve & Nancy Fontaine. Choose your favorite dance that needs polishing or one you've been wanting to learn:



Intermediate Ballroom —Tango Saturdays,

August 6-27 — 3520-07B
11:00 AM-12:00 PM (KS). Nancy & Steve Fontaine \$20 (four sessions). The Tango is a dance of pursuit. The leader will learn to move with a staccato style that is so associated with the Tango! Rose and all! RSVP ♦♦ by 7/30.



Country Two-Step Intermediate Workshop • Saturday, September 10 — 3520-07C
10:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$10. Two hours of Two-Stepping! Work on Country Two-Step at the intermediate level continuing where we left off last month in the beginning level. Polish your leading and following and bring your technique and style up a notch — all in one day. Join us for two hours of fun. RSVP ♦♦ by 9/3.

Night Club Two Steps — Beyond the Basics Workshop • Saturday, September 17 — 3520-07D
10:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$10. Two hours of Night Club Two-Step. This workshop will cover the basic of this beautiful dance as a review for the intermediate dancer, and give the beginner a good foundation to build on. We will put together a combination of moves that both levels can enjoy. RSVP ♦♦ by 9/10.



Four Count Swing Workshop Saturday, September 24 — 3520-07E
10:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$10. Two hours of Swing and Fun. Learn some great new moves in this upbeat

dance. We will put together a combination of Beginning to Intermediate moves that can be done to any single rhythm swing, while learning to lead and follow the combination. RSVP ♦♦ by 9/17.

—Clogging—

Clogging with Janice • Tuesdays, August 2-30 — 3572-07A
11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). Prerequisite: Instructor's approval and/or previous clogging experience. Must be proficient in Beginning Clogging steps. This fun class will stimulate your dancing skills. More steps and dances, an ongoing class. Join fellow cloggers and dance the hour away. RSVP ♦♦ by 7/26.

Beginning Clogging/Technique Class • Tuesdays, August 2-30 — 3572-07B
12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). You have seen it on "America's Got Talent." It helps reduce dementia and stimulates the brain. Beginning Clogging class is open to new students. Learn to clog with your hands if you think you can't do it standing up! Returning students can



hone their skills during technique time. Janice is a certified clogging instructor with 30 years of teaching experience. Clogging is an American Folk Dance with roots in many dances — Irish, Scottish, German, African, Indigenous Peoples of America. It is not as hard as you think and we give you low impact clogging. No special shoes required; flat-soled shoes recommended or "tennis" shoes. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we'll have lots of fun. RSVP ♦♦ by 7/26.



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Clogging II • Tuesdays, September 6-**November 1 — 3573-07A**

(No class September 13.) 12:00-1:00 PM (KS). Instructor: Susie Thomas. \$40 (eight sessions). Prerequisite: Completion of Clogging I/Beginning Clogging or instructor’s approval. RSVP ♦♦ by 8/30.

Clogging Performance • Tuesdays, September 6-**November 1 — 3573-07B**

(No class September 13.) 1:00-2:00 PM (KS). Instructor: Susie Thomas. \$40 (eight sessions). Prerequisite: Completion of three sessions of Clogging II or instructor’s approval. Learn intricate choreography and formation. Note: Students registered for the Performance class are not required to perform at events. RSVP ♦♦ by 8/30.

—Hula Dance—**Beginning Hula • Thursdays, August 4-25 — 3901-07A**

12:15-1:15 PM (KS). Instructor: Auntie Naomi Kalama. \$32 (four sessions). No prior experience necessary. Naomi



Kalama is a well-known instructor and performer. She will teach basic hula, the dance of the Islands.

Join us for a fun and relaxing class while enjoying the easy sounds of the Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ♦♦ by 7/28.

Hula Continuation • Thursdays, August 4-25 — 3901-07B

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama \$32 (four sessions). Continue to polish your graceful hula moves. Class is for students who have finished at least two sessions of Beginning Hula. RSVP ♦♦ by 7/28.

—Line Dance—**Intro to Line Dance • Thursdays, July 28-September 15 — 3703-06**

4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$35 (seven sessions, no class September 8). This new class meant



for real beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you’re new to line dance, or have tried Line Dance I and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 7/21.

Line Dance I/Beginner with Audrey Thursdays, September 15-**October 27 — 3602-07A**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$35 (seven sessions). This class reviews fundamentals of line dancing, including basic steps such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven’t line danced before, we recommend taking Intro to Line Dance first (above). This class is not for newbies in the dance. RSVP ♦♦ by 9/8.

Line Dance II — Beginner-Intermediate with Audrey**Mondays, September 12-****October 31 — 3602-07B**

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions.) Prerequisite: Completion of Line Dance I/Beginning Line Dance. This class is one notch above the beginner class,

offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you’ve had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 9/5.

Line Dance III • Intermediate with Audrey • Thursdays,**September 15-****October 27 — 3602-07C**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$35 (seven sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don’t let this scare you! The dances will have enough basic steps to keep the dancer “above water.” A lot of fun, and great exercise. RSVP ♦♦ by 9/8.

Line Dance IV/Advanced with Audrey • Mondays, September 12-**October 31 — 3602-07D**

3:45-4:45 PM (OC). Instructor: Audrey Fish. \$40 (eight sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 9/5.

Line Dance Beginner Plus with Sandy**Wednesdays, August 24-****September 28 — 3705-07A**

8:00-9:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Prerequisite: Must have completed at least six months of Beginner Line Dance I. This class is a step up from the Beginner

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I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, so join the fun while exercising. RSVP ♦♦ by 8/17.



**Line Dance II
Beginner-Intermediate with Sandy
Wednesdays, August 24-
September 28 — 3705-07B**

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Prerequisite: Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning / intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 8/17.

**Line Dance III with Sandy
Wednesday, August 24-
September 28 — 3705-07C**

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (six sessions). Steps at this level 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. At this level, there is no limit on the number of turns but caution is requested not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 8/17.



**Line Dance II/Beginner-
Intermediate with Yvonne
Thursdays, July 28-
September 15 — 3704-06C**

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions).



What our settlers started in the 1800's has spread throughout the world. In addition to great choreographers in the USA, there are thousands of line dances coming from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ by 7/21.

**Country Couples Line Dancing —
Intermediate Continuing
Mondays, August 1-22 — 3530-07A**

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$4 per person for one hour or \$8 for two hours per session. To meet the varying lifestyles of our residents, we now offer hourly or two-hour sessions for the class.



Schedule of type of dance to be taught for the month is available for review at Activities Desks. Enroll only in classes you want to learn.

Class size limited so pre-registration is important. This class is for continuing students ready for more challenging routines. Intermediate level includes waltz, cha cha, swing, two-step, and circle dances that are more complicated and require greater skills than the beginner class. Music is combination country and types that fit the dances. Class format: 45 minutes of instruction and 15 minutes of practice with assistance from instructor and lead students for each hourly segment of class. Different dance lessons are taught every hour. To receive schedule of dance classes, email diane.kemper@schca.com. RSVP ♦♦ by 7/25.

**Country Couples Line Dancing —
Beginners**

Monday, August 29 — 3530-07B
7:00-9:00 PM (KS). Instructors: Jim

& Jeanie Keener. \$8 per person. All couples who enjoy dancing: Join Jim and Jeanie for this fun instructional evening! They have been dancing and teaching country couples dancing for 20+ years. This beginning class includes popular country circle dances. Classes are designed to teach basic two-step dance, waltz, swing, and cha cha and basic circle dances at the social dance level. Wear casual with loose fitting clothing to class. Music is a mix of country and other types to fit the dance steps. This class is strictly for beginners and will be scaled down to basics and taught in slow pace. This class will equip students with skills required to transition to hourly intermediate classes. RSVP ♦♦ by 8/22.

—Tap Dance—

Tap Classes with Alyson!

Enjoy tap lessons from one of the area's best instructors! If you have tapped before or wanted to try, join us! Instructor Alyson Meador has



been teaching tap for 30 years and is currently Artistic Director of the

award-winning Sound Out Tap Company in Folsom. She has been sharing her love of tap with our community since 2000. Students, beginners to advanced, may choose from several technique classes. Performance classes, except for the Advance Performance class, will take a hiatus until September. All performance students must be enrolled in a Technique class. Choose any of the classes below that fit your schedule and comfort level.

Technique Class

**Monday, August 1-
September 26 — 3554-07A**

(No class August 8 & September 5.)
10:00-11:00 AM (KS). \$35 (seven sessions). RSVP ♦♦ by 7/25.

Technique Class

**Monday, August 1-
September 26 — 3554-07B**

(No class August 8 & September 5.)

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11:00 AM-12:00 PM (KS). \$35 (seven sessions). RSVP ◆◆ by 7/25.

Advanced Performance Monday, August 1-

September 26 — 3554-07C

(No class August 8 & September 5.)
12:00-1:00 PM (KS). \$44 (seven sessions). RSVP ◆◆ by 7/25.

Beginning Tap

Tuesdays, August 2-

September 27 — 3554-07D

(No class August 9.) 9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time you will move into one of the four existing tech classes. If you are not feeling comfortable yet, you are more than welcome to remain in the beginning class until you do. Register now if interested in trying tap! Minimum of 10 students required for the class. RSVP ◆◆ by 7/26.

Technique Class

Tuesdays, August 2-

September 27 — 3554-07E

10:00-11:00 AM (KS). \$40 (eight sessions no class August 9). RSVP ◆◆ by 7/26.

Technique Class

Thursdays, August 4-

September 29 — 3554-07F

(No class August 11.) 10:00-11:00 AM (KS). \$40 (eight sessions) . RSVP ◆◆ by 7/28.

Tap for Fun with Judy!

Join us and enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. Not a performing group, it is designed for people who love to dance and kick up their heels!

Mondays, August 22-

October 17 — 3551-07A

(No class September 5.) 4:45-5:45

PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 8/15.

Fridays, August 26-

October 14 — 3551-07B

1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 8/19.

—West Coast Swing— (California's State Dance)

Beginning West Coast Swing

Levels I & II • Wednesday,

August 10-31 — 3510-07A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions). Learn the basics of this great dance from veteran WCS instructor Dottie and how it can be applied to various types and styles of music. Prerequisite: Complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ◆◆ by 8/3.



Intermediate West Coast Swing

Levels I & II • Wednesdays,

August 10-31 — 3510-07B

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions). Prerequisite: Must have completed West Coast Swing Beginning levels one and two. RSVP ◆◆ by 8/3.

Advanced West Coast Swing

Wednesdays,

August 10-31 — 3510-07C

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$24 (four sessions). Prerequisite: Must have completed West Coast Swing Intermediate I and II. RSVP ◆◆ by 8/3.

Driver Training

AARP Driver Safety Course

Monday August 1 &

Tuesday, August 2 — 6056-06B

8:30 AM-1:00 PM (OC). AARP member (\$22) for two-day session; AARP non-member (\$24). Instructor: Roger Kane. Resident must present cur-

rent AARP membership card when you register and pay at the Activities Desks to receive the discounted class fee. In cooperation with AARP, the Association brings back the convenience of attending a Driver Safety Course in our community. This eight-hour course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course



covers how to adjust your driving to accommodate normal age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver's license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Limited spaces, register early. Class cost covers a \$10 Association administrative fee and AARP fees. Minimum of 20 students required for class. RSVP ◆◆ by 7/25.

AARP Driver Safety Course

Tuesday, September 6 &

Wednesday,

September 7 — 6056-07




1:00-5:30 PM (OC). AARP member (\$22) for two-day session; AARP non-member (\$24). Instructor: Roger Kane. Resident must present current AARP membership card when you register and pay at the Activities Desks to receive the discounted class fee. Same class description as August session (see above). Limited spaces, register early. Class cost covers a \$10 Association administrative fee and AARP fees. Minimum of 20 students required for class. RSVP ◆◆ by 8/30.

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Mondays & Fridays, August 8-September 2 — 835000-P2

7:00-8:00 AM, Aerobics Room (KS). Instructor: Paula Ainsleigh. Transform the way your body looks, feels and performs and join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group

training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format and include exercises on the Pilates Reformer. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Centers.

SGT-Hydro Training Mondays & Wednesdays, August 8-31 — 835000-H2

4:30-5:30 PM, Indoor Pool (OC). Instructor: Lisa Himes. Because of the properties of water, aquatic exercise is comfortable, safe, and a healthy form of exercise. Aquatic exercise is a wonderful type of fitness program because not only does it lessen gravity's downward pull on the body, reducing stress on muscles and joints, but the hydrostatic pressure and buoyancy prevent the heart rate from elevating as much as it would on land, so a person can exercise harder in water than on land without overdoing. Also, water provides resistance in all directions and lends itself to slower,

smoother movements. "No longer a teenager and not yet a centenarian" ... come join this water training experience that is designed to target cardiovascular fitness, endurance, strength and flexibility while using water resistance to tone and define. Come challenge your body and improve your quality of life through hydro exercise. **Four week session \$135.** Register/Fitness Centers.

SGT-TRX Interval Training Mondays & Wednesdays, August 8- 31 — 835000-T5

2:30-3:30 PM Aerobics Room (KS).

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SGT — Bootcamp Mondays & Wednesdays, August 8-31 — 835000-B6

5:00-6:00 PM, Aerobics Room (KS).

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Core & Strength	Low Imp. Hi-NRG Cyc*	Core & Strength	Low Impact	Card.Dnce. Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Yoga I • Water Wks	
9:00 AM	Low Impact	Active & Fit	Low Impact	Step It Up	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Yogafied	Cardio Dance	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works	Strictly Strength*	
10:30 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Splash Dance	Basic Joint Efforts	Splash Dance	Basic Joint Efforts	Splash Dance	
12:45 PM	Arthritis Found. Aqua		Arthritis Found. Aqua			
1:00 PM	Chair with Flair		Chair with Flair		Basic Chair	<div style="border: 1px solid black; padding: 5px;"> The WAVE Classes Indoor Pool WAVE Outdoor Pool WAVE Classes at KS- No Charge \$ </div>
2:15 PM	Fall Proof\$		Fall Proof\$			
4:30 PM		H2O Circuit		H2O Circuit		
4:45 PM		Shape Up		Shape Up		
5:00 PM		Mixed Level Cycle*		Cardio Salsa*		
5:50 PM	Cardio Salsa					
6:00 PM		Aqua Tone		Aqua Tone		

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Instructor: Shawna Buschmann. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current fitness level. **Four week session \$135.** Register/Fitness Centers.

SGT – “Fun”ctional Fitness

**Tuesdays & Thursdays,
August 2-25 — 835000-F7**

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled Small Group Strength Training great for beginners or anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. **Four week session \$135.** Register/Fitness Centers.

SGT — Bodybugg • Mondays & Fridays, August 1-26 — 835000-J

11:30 AM-12:30 PM, Aerobics Room (KS). Instructor: Brandy Garcia. Don't just set a goal, make it a reality!! This small group training will teach you how to balance the energy equation



between calories taken in and calories burned to effectively help you reach your health and fitness goals. Receive nutrition information and small group support, and the workouts to kick start your success. Learn to train your body for maximum calorie burn and have results to prove it. Session includes discussion, maximal calorie burn and results! Bodybugg not re-

quired! 2011 Promotion: Bodybugg Small Group Training, nutrition tracking software, plus Bodybugg device for \$279. For existing Bodybugg clients, or for residents who wish to participate without the use of the Bodybugg, **Four Week Session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with Weights

Tuesdays, September 13-October 18 — 750500-06

11:35 AM-12:30 PM Weight Room (KS). Instructor: Jill Boan. Want the most out of your workout? Join this six-week in-depth, strength training program that will take you from basic to advanced training techniques. You



will begin learning how to use the machines the right way and get a total body program focusing on proper set settings and correct form! Learn how, when & why you need to change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. **Six-week session \$75.** Make-up days available. Register/Fitness Desks.

Reach for the Top/Stretch & Tone!

Mondays, August 1-22 — 805000-07
12:00-1:00 PM

Tuesdays, August 2-23 — 801000-07
11:30 AM-12:30 PM

Thursdays, August 4-25 — 80300-07
11:30 AM-12:30 PM

Thursdays, August 4-25 — 80400-07
12:30-1:30 PM. Aerobics Room (The Wave). Instructor: Lin Hunter. This class is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your energy level up, help you become

stronger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis



and keep your mobility. Lin is a licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! She has been to many workshops to gain

the knowledge to help seniors enjoy exercise and improve their health. Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! **Four-week session, one day/week \$30.** Register/Fitness Desks.

Balletone • Tuesdays, Tuesday August 2-23 — 700000-07

4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session \$35.** Register/Fitness Desks.

—Tennis Lessons—

Pro Tennis Lessons Sundays, August 14-September 18

Beginners — 790700-06
8:00-9:00 AM

Intermediate — 790600-06
9:00-10:00 AM

Advanced — 790500-06
10:00-11:00 AM. Tennis Courts #10/11. Instructor: Mike Gardetto.



Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are

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also covered. **Six-week session \$70.** Register/Fitness Desks.

—Dance/Fitness Centers—

Zumba KS • Monday, August 1-22 — 810000-06

3:45-4:45 PM Aerobics Room (KS).

Instructor: Nicole Robinson. A



cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and easy to do! Integrating Zumba into every day, you can achieve long-term benefits while experiencing an absolute blast in one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. **Four-week session \$32.** Register/Fitness Desks.

Belly Dance • Mondays, August 8-29 — 770200-07

4:00-5:00 PM Aerobics Room (The Wave). Instructor: Anna Woods.

Get a great core workout to fabulous rhythms and beautiful music. Strengthen abdominal muscles, legs, back and more. Famous and graceful belly dancers come in all shapes and sizes. Wear comfortable clothing, exercise pants or tights. Anna has 15 years of stage performance and teaching experience. There will be a \$15 charge on the first day of class for hip belt. Anna welcomes you to try one class for free! **Four-week session \$36.** Register/Fitness Desks.

—In the Pool—

Core-N-More Suspended Aquatic Exercise

Wednesdays,

August 10-31 — 760000-08

Thursdays, August 11-

September 1 — 760100-08

Wednesdays AM & Thursdays PM,

August 10-September 1 — 760200-08

Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM. Indoor Pool (The

Wave). Instructor Andrea. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercises are performed without touching the pool bottom, eliminating impact and increasing resistance. This high calorie burning, aerobic/interval class combines exercises and will improve core strength; tone and strengthen major muscles; and improve balance, flexibility, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824. **Four-week session, \$35 one day/week or \$50 two day/week.** Register/Fitness Desks.



—Yoga—

Extra Gentle Yoga (chair)

Tuesdays, August 2-23 — 710000-07

12:45-1:45 PM Aerobics Room (The

Wave). Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session \$40.** Register/Fitness Desks.

Gentle Hatha Yoga

Tuesdays, August 2-23 — 710100-07

2:00-3:30 PM Aerobics Room (The Wave). Instructor: Julie Boone. This class is offered in the Gentle Hatha Yoga Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging yet



“do-able.” For long-term students as well as yoga newcomers. Julie’s motto is “Yoga is not supposed to hurt!” She offers a four-week series focusing on gentle yoga basics

including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not “easy;” strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Four-week session \$40.** Register/Fitness Desks.

Evening Yoga (Hatha-Traditional Yoga) • Tuesdays,

August 2-30 — 711000-07

(No class August 23.) 6:30-7:45 PM Aerobics Room (KS). Instructor: Susan Hayes. An enjoyable evening yoga class to keep you in shape, at a relaxed pace. Yoga has been proven to increase energy, flexibility, balance, and strength — all while reducing stress. The weather is warm outside, and cool inside; so, get your body moving! Everyone welcome — from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Four-week session \$40.** Register/Fitness Desks.

Evening Yoga and Meditation

Thursdays, August 4-

September 1 — 711100-07

(No class August 25.) 6:00-7:15 PM, Aerobics Room (KS). Instructor: Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the

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“yin” and “restorative” styles, followed by deep relaxation and optional meditation. Each student receives individual attention. Limit: 13 students. **Four-week session \$40.** Register/Fitness Desks.



-Tai Chi-

Tai Chi

Tuesdays, August 2-23 — 730100-07
Saturdays, August 6-27 — 730200-07

Tuesdays 1:30-2:30 PM Aerobics Room (KS); Saturdays 10:00-11:00 AM Aerobics Room (Wave). Tai Chi is one of the original internal self-defense arts that build balance and coordination as well as posture and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses her classes on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Four-week session \$40.** Register/Fitness Desks.

Gem Stone Cutting

Classes take a hiatus during summer.

Glass Art

-Fused Glass-

Fusing Glass Workshops • Mondays
July — 3102-01G

August — 3102-01H

12:30-4:00 PM except for the last Monday of the month, 6:00-8:30 PM, (KS). Moderator: Bill Sutherland or Jordan Gorell. \$12 each day. Items will be limited to a six-foot



square kiln space. Fusing enthusiasts: Bring your glass and fusing projects and work on your designs. Students will be sharing workshop time with stained glass enthusiasts. Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

Revised Date! Fused Glass:
Garden Stake • Tuesdays,
August 23 & 30 — 3099-06

1:00-3:30 PM. Instructor: Bill Sutherland. \$30 (two sessions). Materials fee: \$50 payable to instructor at first class. Students will be guided in the construction of an 8-1/2" glass circle which will then be fused and installed into a wrought iron garden stake. Pattern will be chosen by student; glass will be cut and ground to shape, than arranged for pattern to be fused. After fuse has cooled, project will be installed in the stake and be ready to find its way home to owner's yard. RSVP ♦♦ by 8/9.

Fusing 101: Coasters • Tuesdays,
September 6 & 13 — 3099-07

8:30 AM-12:00 PM Instructor: Bill Sutherland. \$36 (two sessions). Materials fee: \$20 payable to instructor at first class. Students will construct two coasters for fusing. Using cutting techniques which will be explained – coasters will be fabricated using a design chosen by the student which measures 4-1/2" square. After construction, the project will be fused; the next class will be spent cold working to finish the edges. RSVP ♦♦ by 8/30.



-Jewelry-

"When Glass Meets Beads" Box
Tuesdays,

September 13-27 — 3010-07

9:00 AM-12:00 PM (KS) Instructors: Kate Uppal, Donnette Thomas and Cathie Szabo. \$60 (three sessions). Material fee: for glass packet \$10, payable to instructor first day of class. A combination class that blends the

best of fused class and beaded jewelry. If you work in fused glass and want a different look for your pieces or if you're a bead artist and want to explore a new direction or to try something totally different, this class is for you. September 13 is devoted to making a fused glass piece(s). Beginning fused glass students welcome — most of the glass will be pre-cut. Your materials fee will supply you with enough glass to make two pendants. Get the appropriate materials list to get ready for September 20 & 27.

Over the next two weeks classes move



into creating a beaded jewelry creation from many options offered. Instructions will be offered for

all options and, depending upon the student and project's complexity, one or two options may be completed over the length of the class. Class size limited to eight. Pick up fused glass pieces on Wednesday, September 14, 9:00-10:00 AM in the Sierra Room (KS) and discuss finished look with instructor. *About the instructors:* Kate Uppal is an accomplished fused glass artist and has taught many SCLH classes in fused glass. Both Donnette Thomas and Cathie Szabo have years of experience in different forms of bead artistry and have taught SCLH beaded jewelry classes for many years. Their goal with this combined class is to explore the close relationship between the two artistic forms and, above all, to have fun! RSVP ♦♦ by 9/6.

-Stained Glass-

Stained Glass Workshops
Mondays

July — 3102-01G

August — 3102-01H

4:00-6:30 PM except for last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day. Due to nature and expense of working with glass and equipment, workshop is for experienced students only. A moderator will be in atten-

dance to supervise safe use of equipment but will not teach new methods. If you have experience working with glass but have not had instruction,



please inform the monitor prior to enrolling to obtain clearance for equipment use. Stained glass class will be offered next year. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Music

— Guitar —

Guitar I — Continuation • Fridays, August 19-October 7 — 4261-07A

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). Prerequisite: Must have completed at least one session of Guitar I with Bill. Covers basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions: Bill, 434-5655. RSVP ♦♦ by 8/11.



Guitar II — Intermediate • Thursdays, August 18-October 6 — 4261-07B

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). Class continues Guitar I course of study and includes: reading music in the first position; learning basic chords and chord patterns; strumming and basic finger-picking and use of guitar pick. It provides basics of music knowledge (notes, rests, measures, bar lines, etc.). Learn to play many old favorite songs in varied styles and sing while you play. RSVP ♦♦ by 8/11.

Guitar III — Advanced • Thursdays, August 18-October 6 — 4261-07C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). Prerequisite: Students must have instructor's approval to enroll. Class is

Language

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a continuation of concepts taught at the intermediate level with the goal of becoming a skilled guitarist. We continue to study finger picking for various styles of music and introduce varied types of ensemble playing — duets, trios, and quartets. RSVP ♦♦ by 8/11.



— History —

The History of Jazz (Part 1)

Thursdays,

September 1-29 — 4271-07

10:00 AM-12:00 PM (KS) Instructor: Ray Ashton. \$20 (four sessions). No class September 22). Come with us as we explore the history of America's only original art form... Jazz. We will spend our first session looking at the origins of Jazz: the artists, the times, and the only country where music like Jazz could even happen. Our journey begins in the



heart of the 19th century in the great city of Jazz's birth; New Orleans. We will discover the strands of music that led to Jazz: Blues, Gospel, Ragtime, Classical, Military, Caribbean, and African. But most of all, we will meet the people, some well known and some not so well known, who pioneered a new kind of music, a music that exemplified a nation....Our Nation. Jazz in America ... What a trip!!! RSVP ♦♦ by 8/25.

—Keyboard—

Play In a Day Keyboard Class Tuesday, September 6 — 4270-07A

10:00 AM-12:00 PM (KS). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard? If so, this is the class for you! The music

experts of Music Exchange are bringing their wonderful "Play In a Day" music program to our community. Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it's possible to play a keyboard instrument. This fun class teaches students to read music, play chords and familiarize themselves with the keyboard. At the end of the two-hour class, students will learn to play "Canon in D," "Ode to Joy"



and several other songs arranged for beginners. Class will provide each student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 8/30.

student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 8/30.

Play In a Day Keyboard Continuation Class • Tuesday, September 13-27 — 4270-07B

10:00-11:30 AM (KS). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). Prerequisite: Must have completed Play In a Day Keyboard Class. From the successful Play In A Day Keyboard class, this three-week class will cover all topics needed to play the piano, keyboard or organ. Learn music terminology, read notes, count and play all of the major and minor chords. You will also learn the basic setup of all brands of keyboards. The one-and-a-half hour class provides lecture and hands-on activities. Keyboards provided. Class fee includes basic music book and handouts. RSVP ♦♦ by 9/6.

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—Voice—

Singers Vocal Boot Camp**Fridays, September 2-****October 7 — 4261-07D**

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). Prerequisite: Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot camp. Continue to learn

and improve on reading and following sheet music. Study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 8/26.

**Sewing**

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.

Bernina Serger Certification**Monday, August 8 — 4056-12G**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies will be provided. Class limited to three students. RSVP ♦♦ by 8/1.



hobby? Join us in the Sewing Room as resident instructor Ana Bertha shows you techniques in this beautiful Norwegian embroidery form. First hour provides general embroidery instruction. Remaining class time is geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small kit \$12.50, large \$20. RSVP ♦♦ by 6/28.

Norwegian Embroidery "Creative Hardanger" Workshop**Every Tuesday — 4022-12H**

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop is for students who have taken the class in the past and require minimal instructor assistance. Class held in conjunction with Creative Hardanger for Beginners. Instructor will be present to answer questions and provide guidance for successful completion of your project. Enjoy the camaraderie and fun atmosphere at the workshop with friends who share your interest in the hobby. Students attending workshop must register and pay at the Activities Desk prior to start of workshop. Questions? Call Ana Bertha at 408-2670.

Bernina Sewing Machine Certification**Monday, August 8 — 4057-12H**

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 8/1.

Janome Sewing Machine Certification**Monday, August 8 — 4057-12H**

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 8/1.

**The Perils of Pills: Helping or Hurting? How Do I Know?****Wednesday, July 20 — Free**

7:00-8:30 PM, Ballroom (OC). How

many prescription drugs do you take every day? What about over-the-counter drugs like Tylenol, vitamins, calcium, herbs? Two Clinical Pharmacists who are faculty members at UCSF School of Pharmacy, Timothy Cutler, Pharm.D, UC Davis Medical



Center, and Adel Lawal, Pharm.D, Mercy Medical Group, will present a panel discussion about medications targeting

an older adult audience. The presentation will feature common medications, including complementary and alternative medicines that may pose higher risk to older adults. They will describe the differences between an adverse drug event, a drug interaction, and a drug allergy, and they will list the common side effects that medications can cause. The consequences of medication non-compliance will be addressed along with suggested ways to improve adherence to medications. Take advantage of this free practical advice. See the article on page 17.

Walking Tour Of Historic Lincoln**Thursday, July 28 — Free**

1:00-3:00 PM, Front Ballroom (OC) Shirley Russell, Lincoln Area Archives Museum Volunteer Director, along with Wayne Early and Jean Cross, associates, are pleased to premier



their new PowerPoint slide show for Lincoln Hills. The Archives Team will also display

their most recent publications and DVDs for sale. Have you thought of visiting the Archives Museum? It is a non-profit institution; it needs your support! The city of Lincoln has just completed its 101st year, and with the pending 2012 bypass completion, our downtown area promises to be a greater destination! As mature adults, who better understands "what the past means." Invite a friend or family member to join you at the forum! Q&A follows!

The Forgotten War — Korea & the Chosin Reservoir Campaign
Thursday, August 18 — Free

1:00-3:00 PM, P-Hall (KS). The Veterans Group and the Community Forum are jointly hosting today's program. An 80' Korean war documentary film on this campaign and retreat, shows what inhumane conditions and poor preparation developed the word "Chosin Few," the survivors. Guest and former Vet Group speaker Dan Richard who was in this campaign and also interviewed for the documentary will answer questions following the presentation.



contractors. Do you know how CSLB can help you in a dispute? How much should you pay up front for a job? Do you know what is included in a good contract? How can you check out contractors before hiring them? Come and get these answers and more.



You won't want to miss this! We will also have an update on senior scams. Useful pamphlets will be available for you to take. This is the third of our series on home maintenance issues.

Eat Well! Cook Less!

Wednesday, August 31 — Free

7:00-8:30 PM, P-Hall (KS). Don't like to cook but love to eat? Love to eat, but want to eat healthy? Want to eat healthy, but want it to taste good? Want it to taste good, but be easy to fix? Fran Spitale, RD, Manager of the Nutrition and Weight Management Program at Kaiser Permanente, will help us take the difficulty out of eating well. No matter whether you're

trying to reduce your fat, sodium, carbs, or just calories, food can be prepared quickly, taste good, and be beautiful to look at. Ms. Spitale will show you a quick meal and answer your healthy eating questions.

Tooth or Consequences: Dental Health

Tuesday, September 13 — Free

7:00-8:30 PM, P-Hall (KS). Our senior years present dental challenges. Your teeth and gums have "a lot of miles on them." How does this change the likelihood of successfully keeping your teeth? Are there consequences to not having your own teeth? What treatments might you be facing? Is it worth time and money to keep your teeth? Larry Wilson, DMD, resident and former Professor of Dentistry at Oregon Health Sciences University, an Army dentist for 22 years and with a private practice for 20 years, will give you tips on how to maximize your dental visits and use your dental care dollars wisely. Also Q&A.

Consumers Beware! – Everything You Need to Know and More...

Tuesday, August 30 — Free

1:00-3:00 PM, Front Ballroom (OC). Speaker: Jane Kreidler from the Contractors State License Board. Come and get your questions answered about hiring handymen vs. licensed

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Improve Your Mood and Beat the Blues**Wednesday, August 3 — 877000-07**

2:00-3:30 PM, Gables/Heights Rooms (OC). If you stress about life's ups and downs and would like some self-help tips for improving your mood, this workshop is for you. Learn to identify the thoughts and beliefs that contribute to anxiety and depression. Work with the well researched tools from cognitive behavioral therapy to keep worries

from taking over. Consider making some important lifestyle changes that will increase your energy and brighten your outlook.

Combat the negative self-talk that feeds low self esteem and makes it hard to take risks and try new things. Know

when and how to get professional help. Life is unpredictable and as we age there are losses and problems to manage. We can't always control what happens to us but we can learn to control our reactions. Change your thinking: change your life. This workshop will show you how, taught by licensed psychologist Diane Huisinga. Diane received her doctorate in psychology from Michigan State University in 1972. She had been practicing in Roseville for over 10 years and is also a member of the team of psychologists who developed the "Extraordinary Self" program. \$10. Register at Fitness or Activities Desks.

**Weight Management Seminar****Monday, August 8 — 860000-07**

10:00-11:00 AM, P-Hall (KS). Are you managing your weight, or is it managing you? Researchers are now beginning to understand that weight management is much more than "eat less, exercise more." This seminar teaches you to identify "bliss point" foods that are neurologically addictive, calorifics in our Land of Abundance, and mindless eating practices that are hidden overeating traps. Understand the influ-



ence of nutrients upon brain chemistry and food cravings, and master healthy weight & eating. Taught by registered dietitian Carol Jong. \$10. Register Fitness Center or Activities Desk.

Financial Wellness University

Finance professor Russ Abbott is leading another session designed to help residents understand, interpret,

and utilize the world of finance so it can add to your overall wellness and enrich your lives. As with all of Russ' topics, this course has two sessions. The first session provides a broad overview geared toward the resident who wants an overall knowledge of the monthly subject matter. The second session is geared toward the resident who wants to take a more detailed look at the various financial concepts surrounding that same subject. Residents are free to take either or both sessions. This is the sixth of eight different subjects that Russ is covering; each topic is independent of the other.



Megan Cowart
Wellness
Program
Coordinator

Be

Inspired ~ Engaged ~ Well

Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

**• Why You Need to Plan****Tuesday, August 9 — 870000-07**

11:00 AM-12:00 PM, P-Hall (KS). Many people plan things, but sometimes not finances. Having a financial plan can reduce stress and lead to a much more productive and efficient life. Learn why some do and others don't and why you should.

• Hands-on Session, Tuesday, August 23 — 871000-07

The detailed hands-on session will be held from 10:30 AM-12:00 PM in P-Hall (KS). \$5. Register/Fitness or Activities Desks. What is a financial plan, what it is comprised of, and how to monitor it. Learn this and much more with respect to the specifics of a plan.

**Going Places!**

continued from page 2

to the "Road Scholar/Elder Hostel" program. On board to research, plan and host these exciting trips is Carol Percy, one of our newest staff members. Carol joins Kay Kerenyi, who continues to focus on organizing day trips to San Francisco, visits to museums, local theater and exciting sporting events, among others.

On page 54, read details of our upcoming visit to Villa Ca'Toga in Calistoga September 19. Known for its Venetian art, this trip combines art discussions while on the bus to better prepare you for what to look for while in the Villa. The trip is led by one of our art instructors, Frank Ordaz.

Another fun and relaxing Chukchansi/Yosemite overnighter is scheduled on October 26-27, page 57. Our

overnight trips allow you the luxury of spending more time at the destination, connect with other trip participants and explore places we would normally not visit due to time and distance constraints. Contact Carol at carol.percy@schca.com/625-4002 with any suggestions. With Carol and Kay researching and planning our trips, Lincoln Hills is going places and we hope you will join us!

Sun City Lincoln Hills Community Association

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Lincoln, CA 95648

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

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Banquet Sales Manager Meghan Louder

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Kilaga Springs 408-4013x4

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Lavina Samoy 625-4073 lavina.samoy@schca.com

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Tamara Coil 625-4019 tamara.coil@schca.com

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625-4000 bertha.mendez@schca.com

Spa at Kilaga Springs

408-4013x6

Spa Manager • Tina Ginnetti

408-4013x116 tina.ginnetti@schca.com

Wellness

Wellness Program Coordinator • Megan Cowart

625-4032 megan.cowart@schca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Office

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 7:00 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

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Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

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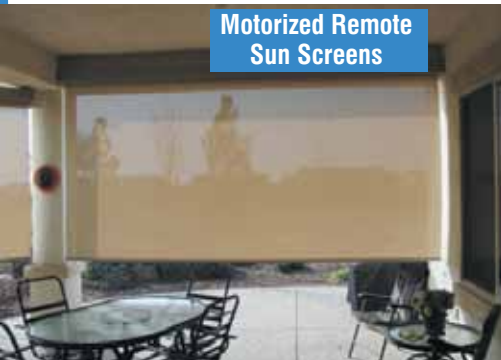
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