

March 2011



Compass

The Official Magazine of Sun City Lincoln Hills



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On the cover
 Celebrating the SCLH
 Talent Show through the
 decade. Performances
 April 7-9, see page 41
 for info and show times.



"A Wonderful Place"

Board of Directors Report

John Kightlinger, Secretary, SCLH Board of Directors

We have all heard, "It's a Wonderful World." Do you realize that we live in "A Wonderful Place"?

As you drive through any of our entrances you see beautiful landscaping including flowers that are changed seasonally. This time of year is especially beautiful with the blossoms on the trees and shrubbery. Then there are the well kept Lodges, the apexes of our community. This does not happen by *magic* but requires many hours of planning and labor of our Association staff, whether it is maintaining the facilities or making changes to make our life more enjoyable. Whenever you see any of the staff give them a smile and a thank you for keeping us active and happy.

I'm sure by now we have broken all of our New Year resolutions so why not make a new resolution starting this month? That resolution should be very simple:

Attend one committee meeting, one Board of Directors meeting, one class or trip, and have one meal at Meridians each month for the rest of the year. At the end of the year reflect back and count how many new friends you have made and how you can make our *Wonderful Place* better.

I can hardly wait for the January 26, 2012, Board of Directors meeting when I hope many residents report the outcome of their resolution and how it affected their life and the lives of other SCLH residents.

High Voter "Turn-out" Elects New Board Members

Elections Committee

The Board of Directors Election is over. Four new members were elected to the Board to join the three members who are continuing their terms of service.

Fifty-one percent of the SCLH Homeowners in good standing voted.

The Elections Committee thanks all those who worked so hard to make this a successful election. A special thanks to the staff who were such a great help.

Any suggestions for future elections would be welcomed by the Committee.



New Board of Directors, from left: Director David Conner, Treasurer John Snyder, Director Bill Kassel, President Peter Gilbert, Vice President Gary Younger, Secretary John Kightlinger, Director Marty Rubin

Upcoming Association-Related Meetings & Presentations

Date • Time • Place March 15-April 28

Golf Cart Registration	Thursday, March 17, April 7 & 21	See page 78.
Board of Directors Meeting	Thursday, March 24, 9:00 AM, OC Ballroom	
Board of Directors Workshop	Thursday, March 24, Following BOD meeting, OC Ballroom	
Board of Directors Executive Session	Thursday, March 24, 1:00 PM, Solarium	
Board of Directors Executive Session	Thursday, March 24, Following BOD Exec. Session, Solarium	
ARC/Architectural Review Committee	Monday, March 28, 9:00 AM, Heights/Gables	
CCOC/Chartered Clubs/Community Orgs.	Tuesday, April 5, 9:30 AM, Oaks	
CCRC/Communications & Comm. Rels.	Tuesday, April 5, 1:30 PM, Multimedia	
CCRC Workshop	Tuesday, April 5, Following CCRC Meeting, Multimedia	
Compliance Committee	Wednesday, April 6, 10:30 AM, Oaks	
Elections Committee	Friday, April 8, 10:00 AM, Multimedia	
ARC/Architectural Review Committee	Monday, April 11, 9:00 AM, Heights/Gables	
Properties Committee	Tuesday, April 12, 1:00 PM, Fine Arts	
Listening Post	Wednesday, April 13, 9:00 AM, Solarium	
New Residents Orientation	Tuesday, April 19, 1:00 PM, Solarium	
Finance Committee	Thursday, April 21, 9:00 AM, Oaks	
ARC/Architectural Review Committee	Monday, April 25, 9:00 AM, Heights/Gables	
Board of Directors Meeting	Thursday, April 28, 9:00 AM, KS Presentation Hall	
Board of Directors Special Meeting	Thursday, April 28, 10:30 AM, Oaks	
Board of Directors Executive Session	Thursday, April 28, 11:00 AM, Oaks	

Lincoln Hills Community Forums

Fight the Bite; Mosquitoes, Ticks ...	Tuesday, March 15, 1:00 PM, Front Ballroom	
Climate Science Update 2011	Thursday, March 24, 3:00 PM, Ballroom	
How Skin Changes with Age	Tuesday, April 5, 7:00 PM, Presentation Hall (KS)	
Lighthouse to Help Lincoln Hills	Thursday, April 14, 1:00 PM, Front Ballroom	
Co-living with Wildlife in Lincoln Hills	Thursday, April 21, 4:00 PM, Presentation Hall (KS)	
DMV Reviews Senior Issues/Car-Fit	Thursday, April 28, 1:00 PM, Front Ballroom	

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

The *Compass* cover this month pays tribute to the 10th year of the Lincoln Hills Talent Show produced by the Tap Company. Barbara Greenfield, producer of the show, was showing me past production photos and it struck me again how the “sense of community” we speak of is pervasive in our Per-

forming Arts and Fine Arts Groups. During the past 30 days, our residents have shared their passions with us through their fabulous Fine Arts Show, a terrific Players production of “Rumors” along with

continued on page 35



Calendar of Events

March 15 - April 20

Date	Event	Page #
03/15	Bus Trip: Sacramento “9 to 5 the Musical”	57*
03/15	Forum: Mosquitoes, Ticks, Yellow Jackets	80
03/16	Concert: Stompy Jones	39
03/17	Book Discussion: <i>Nine Parts of Desire</i>	22
03/17	Speaker: Holocaust Educators’ Network	34
03/21	Lecture: History & Nature of the Universe	20
03/21	Genealogy Speaker: Land Records	26
03/21	Lincoln Chamber’s Mission, Bs. Climate	31
03/21	KS at the Movies: “National Treasure”	39
03/22	Bus Trip: Stanford Shopping Center	39
03/24	Spring Flower Show	26
03/24	Bus Trip: San Mateo Flower/Garden Show	39
03/24	Forum: Climate Science Update 2011	80
03/25	Nine-Pin No Tap Bowling Tournament	23
03/25	Dance: “Disco Fever” Dancin’ & Desserts	39
03/26	Annual Plant Sale	26
03/26	Bus Trip: San Francisco for the Day	40
03/28	Presentation: Fused Art Glass	20
03/29	Author: Jackie Pels, <i>To Tell a Life</i>	40
03/29	Bus Trip: Buddy Holly Story, Reno	57*
03/30	Bus Trip: Treasure Island	57*
04/01	Speaker/Discussion: Antiques	32
04/01	Casino Night at OC Lodge	40
04/04	Antique & Collectible Dolls	20
04/04	KS at the Movies: “Monster-in-Law”	40
04/04	Inspire by Example! Volunteer Symposium	40
04/04	Bus Trip: Ferry to San Francisco Shopping	40
04/04	Bus Trip: Speaker Series	57*
04/05	Forum: How Skin Changes with Age	9, 82
04/07	Presentation: Equity Markets	28
04/7-9	Talent Show “10”	24, 33, 41
04/11	Presentation: Bird Migration	22
04/12	Bus Trip: Harveys/Harrahs Lake Tahoe	41
04/12	Comedy Night at KS	41
04/13	Bus Trip: Crocker Museum	41
04/14	Low Vision: Emotion & Adjustment	25
04/14	Telephone Equipment for Disabled	25
04/14	Bus Trip: Olmec Masterworks/deYoung	41
04/14	Forum: Lighthouse to Help Lincoln Hills	82
04/15	Home, Health & Business Showcase	43
04/16	Semi-annual Parking Lot Sale	43
04/16	Dance: Jukebox Saturday Night	43
04/18	Lincoln’s Transportation Update	31
04/19	New Resident Orientation	43

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

The goats and sheep are shown moving to their next spot. For information on how they fulfill their duties, see the Properties Committee article on page 7.



Meridians



Easter Brunch Buffet

Sunday, April 24th

10:00am to 3:30pm

\$28.95++

Children 7 to 12 years \$15.00++
Adults over 90 & children under 6 are free

Reservations and prepayment are requested
Please call 625-4040

Go to www.meridiansrestaurant.com for details

MERIDIANS MOTHER'S DAY BRUNCH

Sunday, May 8th

10:00am to 3:30pm

\$28.95++ adults

Children 7 to 15 years 15.00++

Adults over 90 and children under 6 are free

Reservations and prepayment are requested
Please call 625-4040

Go to www.meridiansrestaurant.com for details

New Residents — New Energy!

Bob Cook, SCLH Executive Director



Yes, we like and welcome new residents. The great news is they like Sun City Lincoln Hills and there are many of them. I know this because three years ago our average New Resident Orientation held quarterly had about 20 people attend. Last month, we filled the Solarium to capacity with about fifty

new faces. We may have to sacrifice the beautiful view for a bigger room! Though most come from northern California, some came from as far away as the east coast. A significant number visited friends here and loved it and about a third had toured our public website prior to purchase. A majority also had family nearby. This is some of what we learn from our marvelous newcomers every quarter. We also know they all like the cookies and ice tea!

New Resident Orientation allows these residents to hear from each of

our department heads and learn about what departments' responsibilities are in an interactive and informal setting. The new residents always ask excellent questions of staff. They also are given information to connect with their Neighborhood Watch Mail Box Captain. By the end of the meeting, new friends have been made, website access has been facilitated, and e-bulletin forms have been completed. It is a great couple of hours! I always leave energized by the enthusiasm these new residents are bringing to Lincoln Hills.

Favorable Results to Start 2011

Finance Committee Report

Hank Lipschitz, Finance Committee Chair

As the new Chair of the Finance Committee, I want to begin by thanking John Snyder for his more than five years of dedicated service on the Finance Committee, the



last two as Chair. Under his guidance, the financial structure of our Association has been greatly improved. The rest of the Committee and I look forward to working with

the Board of Directors and Community Association staff on financial issues that impact our Association. I also welcome our newest members, Molly Seamons and Jim Leonhard, to the Finance Committee.

The Finance Committee met February 16, and received the Independent Auditors Report for the year ended December 31, 2010 for our Association. The audit resulted in a favorable adjustment of \$69,800 from the preliminary results reported to you last month. This gives us a better than budget result of \$380,100 for the year. At year end we had \$3,533,000 in our Operating Fund and \$5,175,000 in our Replacement Fund. The final audit report will be distributed to you around the end of March.

At our meeting we also received

Statement of Operations 1/31/2011			
Department & Activity	Revenue (Expense) Actual	Revenue (Expense) Budget	Favorable (Unfavorable) Variance
Homeowner Assessment & Other	\$645,697	\$646,112	(\$415)
Administration	(166,535)	(189,987)	23,452
Kilaga Spa	(5,720)	(7,837)	2,117
Fitness	(38,332)	(42,777)	4,445
Activities	(22,706)	(32,903)	10,197
Rec. Center/Maintenance	(184,360)	(191,158)	6,798
Landscape Maintenance	(163,407)	(184,830)	21,423
Food & Beverage	(43,959)	(66,305)	22,346
Capital Asset	11,870	11,870	0
Net Revenues (Expense)	\$32,548	(\$57,815)	\$90,363

the January 2011 results, summarized below. We start the first month of the year with favorable operating results, showing overall operations \$90,400 better than budget. The Food & Beverage Department, for example, provided exemplary performance.

With revenue \$18,000 better than budget Food & Beverage showed a net favorable variance of \$22,000, and all departments in January were better than budget as shown below. With all of the Association's activities doing well, we are off to a fine start.

Did You Know?

If you see yellow security tape on a street light pole near your home that it is a good thing. Our security patrol services check various Villages as part of their evening patrol duties. When they see a street light out, they mark it with yellow tape and report it to the Facilities

& Maintenance Department staff who replace the bulb and remove the security tape. If you notice that your street light is out at any time, contact Facilities & Maintenance at 645-4500 and they will implement the replacement process.





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Gay Mackintosh

Properties Committee Chair



The grazing herd of sheep and goats is back on site, providing entertainment along with environmentally-friendly vegetation control in our Open Space preserves. Although the herd doesn't completely replace the need for mechanical mowing, it does reduce air and noise pollution. Plus the sheep and goats spread their own organic fertilizer!

Our Association is responsible for managing some 490 acres of Open Space under the oversight of the Wildlife Heritage Foundation, which reports annually to the U.S. Corps of Engineers. Grazing helps maintain a healthy variety



Lamb (forefront) "wool-gathering" while the grown-ups work

of habitat types including grasslands, meadows, and wetlands. The sheep are particularly good at reducing thatch from invasive plants such as medusa-head, clearing the way for native grasses and wildflowers. The herd is moved every few days when the vegetation

has been cropped to the desired level.

You can find out more about how our Association manages its physical assets at Properties Committee meetings the second Tuesday of each month, 1:00 PM in the OC Fine Arts Room.

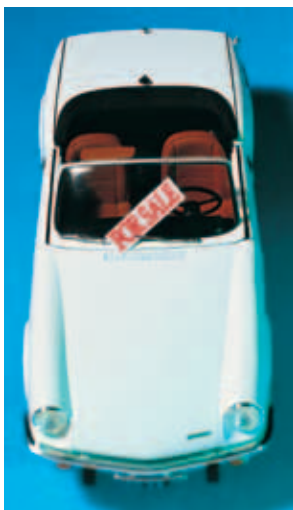


Don't Put It There!

David Stone,
Compliance
Committee Chair

The "it" refers to any vehicle bearing a "For Sale" sign, and the "there" means any SCLH Association Common Property and adjoining parking areas.

Responding to resident complaints, the Board of Directors recently approved a new rule prohibiting the use of Association areas as a venue for advertising or otherwise promoting the sale of private assets, businesses, or other properties. The impetus behind the rule was the ever increasing proliferation of cars, golf carts, and other vehicles



that were parked in Association parking lots for extended periods for the purpose of displaying For Sale signs. Not only were such vehicles hogging parking spaces for hours on end, but

were giving a visual impression akin to some high density "auto rows" found in some urban areas.

The new rule states: "Association Common Property and adjoining parking areas are for the use of members/residents and their guests during participation in recreational or other Association-authorized activities. Use for other purposes, including but not limited to promoting vehicle sales, is prohibited and subject to member discipline and possible fines in accord with Schedule A of the "Rules and Regulations." Use while on Association-related business is excluded from this rule."

Please note that you can, of course, park a vehicle with a sale sign in our parking lots while visiting the Lodges, playing golf, enjoying a restaurant meal, taking a class, attending a seminar, working out in the Fitness Centers, or partaking in any of the many activities available to us. The true intent of the rule is to prohibit such parking where

the principal purpose is to promote a sale.

It is the hope of the Compliance Committee that your cooperation in observing this rule will allow you to prevent your "it" from causing you a visit to the Committee.

The Lincoln Hills Chat

Wayne Ford

The art of chatting has been under improvement for centuries, but has finally been perfected right here in Lincoln Hills. Folks who have been chatting in other locations for years thought they had it mastered, but when they settled in here they truly became experts. Seniors elsewhere just don't understand. We are unique among our age group.



First, there is the greeting of new friends. The initial question is critical. In other places, the most common question is:

"So, what do you do"? (For a living.) (Status in life.)

continued on page 19



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Aging is Normal

Skin: The Organ That Wraps Around You

Shirley Schultz

Did you know that your skin is your largest organ? You are wrapped in skin. The skin is probably where the most noticeable signs of aging are when we peek in the mirror or look at our family and friends. Some of us might wish that we could take an iron to our skin to smooth it out. The American Academy of Dermatology softens the discussion by referring



to the skin changes that occur with aging as "mature skin." Their website offers some very good information at www.aad.org. Although skin changes are definitely normal with aging, not all skin changes are benign.

Skin Facts. The skin has three layers: the outer layer or epidermis is made up of skin cells, pigments, and proteins; the middle layer

or dermis contains nerves, blood vessels, hair follicles, and oil glands; the inner layer called the subcutaneous layer contains the sweat glands, some hair follicles, blood vessels and fat. You need your skin to protect you from the environment, to help control your body temperature, to help you maintain fluid and electrolyte balance, and its nerve receptors enable you to sense touch, pain and pressure.

Aging Skin. The single greatest factor contributing to skin changes as we age is sun exposure. In addition, diet, heredity, lifestyle and personal habits contribute to the effects of aging on the skin. The skin becomes rougher, it becomes slack due to loss of elastic tissue, the epidermis thins and the skin becomes more transparent, and the skin becomes more fragile as we age.

Skin Disorders. There are many factors that play in to the development of skin disorders: heart and blood vessel diseases, diabetes, liver disease, nutritional deficiencies, obesity, reactions to medications, stress, allergies, and even indoor heating to name a few. Especially in sun-exposed areas, most people will develop skin spots which they refer to as age spots or liver spots. Actually, these spots have nothing to do with the liver.

Which skin changes are normal and which ones are not normal and should be evaluated by a physician? To get answers to your questions about the skin you are wrapped in, **plan to attend the informative presentation by Dr. Donita Abangan, MD, Dermatologist, "How Skin Changes With Age" on April 5, at 7:00 PM (see page 82).**



Wellness Days Are Coming Up!

Fitness Center News

Brandy Garcia, Director of Fitness

Mark your calendars for our inaugural Wellness Event, "Wellness Days" which will be taking place over three days, May 23, 24, and 25. We will have free fitness demo classes, specialty class demos, educational speakers, and a Zumba for Charity event. We'll also be featuring a nationally recognized speaker, Dr. Bortz, who will be daring us to change our lifestyle, mindset, and behaviors to live to the fullest. So, mark your calendars for an event unlike anything else Lincoln Hills has seen before and walk away feeling inspired, engaged, and well!

Quick Workout Tips

Many of us have a very hectic schedule. Between doctors' appointments, social engagements, helping neighbors, volunteering, and taking classes, little time remains to really focus on exercising. So here are some quick tips to perform all your exercise in a short 30-45 minute window.

- Do your cardiovascular exercise in 10 minute increments. This could be a quick walk around the block,

marching in place, etc. All you need is a cumulative 30 minutes per day to get a cardiovascular benefit.

- Strength training only needs to be done twice a week to maintain. To make these workouts effective, do one exercise per body part and make it a full body routine.
- A great time saver is "super-setting." "Super-set" means to do one set of an exercise and then do one set of a different exercise (preferably a different body part). Alternate the two exercises until you have completed all sets.
- This form of strength training can keep your heart rate elevated and therefore allow you to burn more calories.
- This also means that you won't be confined to just one machine and someone else can alternate on the machine with you.
- After you have finished all the sets, do stretching exercises for the muscle group you have just worked on.

Happy exercising!

Our Group Exercise Class Schedule is now included with the Fitness Class listings and is shown on page 71. See pages 69-73 for a complete listing of Fitness classes.

Did You Know?

Safety and Security are critical to our well being. Please remember to always keep your car doors locked when parked outside of your garage and your home doors locked.





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Our Guests Say The Nicest Things . . .

I am a 93 year old man who has had dentures for the last 40 years!! When I would eat they moved around so much that it irritated my gums! Not to mention the mess trying to put the powder or gel that is supposed to hold them in place!

Then I found Dr. Wong. He was very thorough, gentle and very sensitive to my needs! My implants have made such a difference in my life! I am able to eat everything and anything — as a result, I have put some weight back on!! I honestly look forward to eating again! My only regret is that I did not have this done a whole lot sooner!!! Thank you Dr. Wong for taking good care of me!! — Herbert J. Zeiss, Sun City Lincoln Hills

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Meridians Continues to Surprise and Please our Guests

Join Us for Our Exciting Spring Festivities

Jerry McCarthy, Director of Food & Beverage

“Starting March 25, come and experience new and exciting dishes such as: Polenta Fries, Strawberry Spinach Salad, Jerk Chicken Salad, Roasted Boneless Trout...”

Spring is here – the season of rebirth, renewal, and re-growth! And in that spirit, Chef Roderick has created a new menu to highlight the flavors and ingredients that celebrate this time of year. He has masterfully combined fresh seasonal items and blended them with some of your favorite choices. Starting March 25, come and experience new and exciting dishes such as: Polenta Fries, Strawberry Spinach Salad, Jerk Chicken Salad, Roasted Boneless Trout, Seared Sea Scallops, or one of Chef Roderick’s veal entrees.

You will continue to see Meridians renew its commitment to excellent food and friendly service on a consistent basis. Meridians continues to surprise and please our guests with new concepts created especially for our residents. The Stag’s Leap Wine Maker Dinner sold out almost overnight. The Mardi Gras celebration with jambalaya and gumbo was a huge success. Don’t forget that St. Patrick’s Day will be extremely popular and to make your reservations so you don’t miss out on the fun, food, and drink!

Upcoming festive Meridians events:

- **Kitchen Party** — April 12. Work side-by-side with Chef Roderick and the entire culinary team *in the Meridians’ kitchen*. Demos, gifts, recipes, hands-on work, and great food. This is a sneak peek behind the scenes.

- **Piano Bar** — Starting April 12, we will have a piano bar in the Sports Bar from 6:00-9:00 PM. Jim Jordan will be at the piano on the second Tuesday each month. Come in for fun, drink, and great music.

- **Easter Brunch Buffet** — April 24. Reservations and prepayment are requested. Omelet Station, Carving Station, Hot & Cold Buffet, Soup Station, and Chocolate Fountain & Dessert Extravaganza! Don’t miss out and make your reservations now.

- **Cinco de Mayo** — May 5. Reserva-

tions highly recommended. The full menu will also be served.

- **Mother’s Day Brunch Buffet** — May 8. Reservations and prepayment are requested.

- **Brew Master Dinner** — June 6. We will be tapping four wooden kegs of distinctive beer and serving them with five courses of Chef Roderick’s finest creations. Limited seating. Reservations and prepayment requested.

Take Care of Nails, Skin, and Feet for a Healthier You

Tina Ginnetti, Manager, The Spa at Kilaga Springs

Nail Technician Jennifer Ngo-Henry believes that nails, hands and feet are much more than skin and looks. Her mission is to provide



Jennifer Ngo-Henry

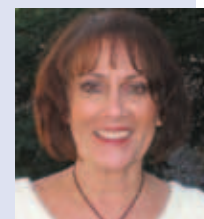
her clients with a quality service that is professional and relaxing. Jennifer’s experience encompasses regular and spa manicures and

pedicures, nail clipping, scrubs, and hot stone massage, along with pedicures and nail art. Jennifer has also learned how to provide safe diabetic foot services, as her mother is a diabetic. In addition, Jennifer recently completed training in doing “Shellac” nails. Her hours are Wednesday-Friday, 9:00 AM-6:00 PM, and Saturday, 9:00 AM-5:00 PM.

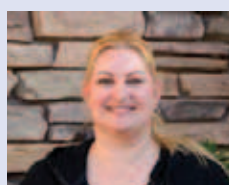
Jennifer, who signed on with our Spa in September 2010, is a graduate with highest honors in the Cosmetology Nail Technician program at Sacramento City College. When she’s not busy at the Spa, Jennifer volunteers her nail services to Women in Care – My Sister’s House and also works with Eskaton providing in-home service.

Karen Klauer, our newest Esthetician and Nail Technician, specializes in educating her clients about proper skin care and anti-aging procedures. Her ex-

pertise includes, facials, peels, microdermabrasion, light therapy, waxing, skin disorder, and nail histology.



Karen feels it is important to teach her clients how to use the correct products to maintain their skincare results with at-home-treatment.



Karen Klauer

Her hours are Tuesday, Thursday, Friday, 9:00 AM-6:00 PM, and Saturday, 9:00 AM-5:00 PM.

A graduate of Xenon International School of Hair Design, Karen enjoys spending her free time with her daughters and family.

To help us get our residents acquainted with our Spa services, we’ve welcomed Heather Peters to our marketing team. Heather will be contacting Lincoln Hills Clubs to offer opportunities to host special events at the Spa. If you would like to set up a spa event, Heather’s direct line is 625-4006.

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Calling All Current and Prospective Mail Box Captains

Neighborhood Watch "How To" Workshop April 12

Patricia Evans

The ABC's of being a Mail Box Captain will be presented at a workshop on Tuesday, April 12, from 1:00-3:00 PM in the Oaks Room (OC). This workshop is open to present and prospective Mail Box Captains and Village Coordinators.



The goal of this workshop is to simplify accomplishing the Mail Box Captain's responsibilities. A PowerPoint presentation will lead you through the process smoothly, and introduce our new "how to" workbook, hot off the press. For example, one of the sections will cover guiding new residents through our basic emergency safeguards including our Resident Contact Information, the Vial of Life, the Personal Medication Record Card, and our website with email Alerts and Village maps.

Other sections will cover updating our neighborhood information, handy "Did You Know?" facts, and a "Who's

Who and What's When" reference section of Neighborhood Watch names and dates.

Sign up right away, as attendance at this workshop will be limited to facilitate interaction and personal assistance. Contact Pauline Watson at 543-8436, email frpawatson@sbcglobal.net, or Barbara Moss at 434-6327, email harbar@starstream.net.

An alert neighbor provides leads to solving burglaries! There was a strange car loitering around the neighborhood. An alert resident took down the license number which led to the arrest of the perpetrators of two local burglaries. Neighborhood Watch is proud of how powerful we can be against crime

when we work together.

Please turn to page 29 to learn more about how Neighborhood Watch can enrich your life.

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



The committee for our Neighborhood Watch Workshop is shown organizing their new workbook materials: (from left) Pauline Watson, Bob Varley, Elaine Small, Barbara Moss

Lincoln Hills Foundation: Another Successful Year!

Vern Chong, President

The Lincoln Hills Foundation's recent annual meeting celebrated a successful 2010, in a report by outgoing President Marcia Van Wagner. The highlight was the Foundation sponsored "Hats Off!" gala, in honor of 20 volunteers who have made a difference to the Lincoln Hills community. This fund-raising event, a first for Lincoln Hills, was a rousing

tribute to the spirit of volunteerism in our community.

In 2010, the Foundation provided \$14,850 in grants to the Lincoln Community, bringing the total of grants since our inception to well over \$100,000. Grants were provided to: The Lincoln Hills Super Seniors, the St. Vincent dePaul Society (medical needs for seniors), Seniors First (Meals on Wheels

and Door-to-Door Rides), Lincoln Hills Bereavement Group, Lincoln Hills Bosom Buddies (breast cancer support), Friends of the Lincoln Library (computer classes for seniors), and Neighborhood Watch. As our community ages, we know that there will be an increasing demand for support services.

The Foundation welcomes your donations! In our annual fund drive during the spring and fall, donor forms will be inserted into the *Compass* as well as the *Sun Senior News*. Meanwhile, please check our website at www.LincolnHills-Foundation.org for information on how you can donate to this worthy cause. Donations may be made in memory of loved ones and other occasions;

continued on page 35



The Foundation's Board of Directors installed one new member and reinstated 10 continuing members at the annual meeting



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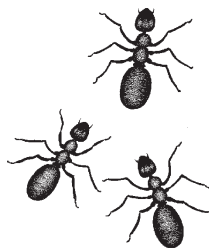
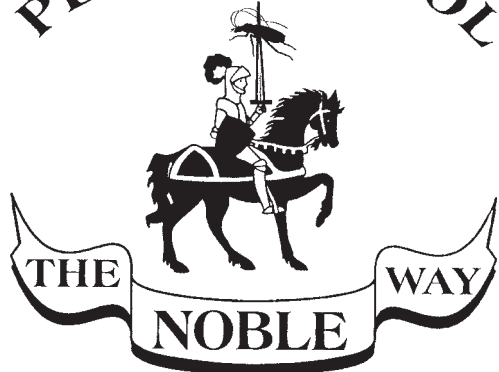
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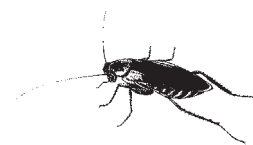
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Lincoln Youth Center: An Investment in Our Future

Al Roten

The Lincoln Youth Center, located at 391 H Street, features pool tables, air hockey, basketball, a reading/study lounge, TV, Wii, and a brand new computer laboratory. Each day it is open, up to 45 youngsters gather between 3:00 and 6:00 PM to socialize and do homework. Those hours are the most vulnerable for juvenile delinquency.



Since opening, more than 230 youngsters have benefited by participation in activities at this center, open since 2008 at what used to be the firehouse. A Lincoln Police Officer representing the Police Activities League (PAL) is in attendance as his schedule

permits. The only paid position is that of Youth Center Director. The Director has full responsibility for all program activities and supervision of all activities. Volunteers of our SCHOOLS Program as well as others from the city provide mentoring and help youngsters with homework.

Pedro, who has been coming to the Youth Center after school while his parents are both still at work, says that coming to the center has helped him to improve his grades from a C aver-

age to his current As and Bs. He is no longer interested in following his older brother into gang membership. Jocelyn has improved her grades in school work and finishes her homework early so that she can participate in center activities. There are many more stories to relate in which individual and family well being is being advanced.

Some Lincoln Hills residents are avid supporters of the center, but there are opportunities for more of us to become involved in the life of this investment in the young people of Lincoln. What does Lincoln's Youth Center need?

"Some Lincoln Hills residents are avid supporters of the center, but there are opportunities for more of us to become involved in the life of this investment in the young people of Lincoln."

Funding for the Youth Center is a constant concern. The need is for operation from 3:00 to 6:00 PM Monday to Friday. Current funding only

supports opening of the center on Monday, Wednesday and Thursday. Lincoln's PAL, and a local charity, ReDirect are primary sponsors of the Youth Center. The Rotary Club of Lincoln has taken an active role in fund raising and volunteer support.

Monetary support is essential, however, There are other ways to help: **volunteer time** is needed for games, cooking, and homework support, as well as **donations** of arts and craft supplies, guitars, folding chairs, and



Common scenes around the Youth Center

sewing machines.

If you can help in any of these ways, please contact Joann Hilton at 408-0346 or jhilton777@gmail.com. Please send donations to PAL marked Youth Center, P.O. Box 339, Lincoln, 95648.

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Close Encounters of the Third Wave

Personal Glimpses of a "Sense of Community"

Doug Brown

The street was customarily quiet, with nary a soul to be seen when we moved in to our new house in Lincoln Hills. But on that warm day in May of 2007, the gigantic moving van caused enough of a stir to bring the neighbors out. In the first hour, half a dozen of them came over to introduce themselves! With the predictable "where did you move from" and other typical Lincoln Hills chat (see Wayne Ford's article on page 7), we felt an instant "sense of community" in our newfound neighborhood.

Wow! How refreshing: neighbors making a point of welcoming newcomers – unlike our previous Bay Area neighborhood.

But what's this about a third wave? In last month's *Compass*, Gay Sprague described three "waves" of people moving in to Lincoln Hills over the years. We were squarely in the third wave: active, eagerly joining groups, offering leadership where it was needed. And all the resulting "close encounters" – with neighbors, new friends, new groups, and new service opportunities – have been multiplying ever since.

Our current "wellness" theme – *be inspired, be engaged, be well* – aptly frames our personal "sense of community." From idyllic summer concerts in the Amphitheater to Comedy Nights to our own theater and talent performances (see *Compass* cover this month), this new home proved to be **inspirational**. As we joined choral and



"... the gigantic moving van caused enough of a stir to bring the neighbors out. In the first half hour, half a dozen of them came over to introduce themselves!"

recreational and service groups – among the plethora available – we not only became engaged, but also learned why everyone told us, "If you're bored here, it's your own fault." And with first rate fitness centers, sports facilities, walking trails, and lectures on healthy living, we happily attended to our wellness.

Thank you, first and second "wave" residents, for your wisdom and labor of love in helping to fashion a world-class active adult community! Thank you, Association staff, for your daily leadership and caretaking skills! The third wave is here and delighted to be an integral part of Lincoln Hills.

The Lincoln Hills Chat

continued from page 7

Then, "Where do you live"? (Again, status in life.)

Here, the first question is usually, "How long have you lived here"? (If you are new, perhaps I can help you in some way.)

Then, "Where did you live before"? (Maybe we have mutual friends.)

Another aspect of our chatting is the non-use of tired senior phrases. In our community, there is a blissful absence of the phrases:

"When you get to be my age ... " (your age? Look around you.)

"Back in my day ... " (Hey *this* is your day – you're still alive.)

"You're too young to remember this, but ... " (Who is too young?)

"Guess I'm just getting old ... " (Just you, huh?)

"Must be old age creeping in ... " (Hello?)

Subjects for the chat are usually focused on the big four; health, travel, repairs of our homes, cars, or appliances, and, of course, our children and grandchildren. We are especially unique in the discussion of our grandchildren, because we have superior grandchildren. No argument there, right?

Finally, the location of the chat is important. Our chats are typically: at the mailbox, on the sidewalk when out walking, at our lodges and facilities, but most of all – anywhere we darn please. That's one more thing, after our smiles, that makes us special.



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Beginning with this issue, the Compass has followed the direction of the Board of Directors by reducing the words Groups and Clubs to just Club when referring to Association Club business. While the Compass header now shows Club News, the chosen name of each group, club, or support group remain the same.



Club News



• Alzheimer's/Dementia Caregivers Support Group

"Spring Forward in Caregiving" is the topic for the Wednesday, March 23 meeting of our Support Group. Elizabeth Rawson, our Family Advisor, will help us deal with issues that may weigh caregivers down as she tries to put a spring in our step. Meetings are at 1:00 PM in the Multipurpose Room (OC).

Support Group meetings are intended for caregivers only. The purpose of this support group is to educate and offer professional support and understanding to caregivers, as well as to give caregivers an opportunity to share with others who experience similar caregiver issues. If a person being cared for is in attendance at meetings, it may inhibit caregivers from speaking freely and sadden the loved one who may understand what is being said.

At our meetings, books, DVDs and CDs are available to be borrowed and shared with friends and family.

**Contacts: Judy Payne 434-7864;
Cathy 409-9322;
Nancy 253-9962**



• Antiques Appreciation •

At our March 7 meeting we were fortunate to have an exceedingly interesting program on the history of advertising. Vintage Advertising, from Victorian Trade Cards to today's commercials, reflect the scope and history of advertising. Some early ad media in the late 19th and 20th centuries included porcelain, tin signs, celluloid pin banks, etc. Today we have an endless array of media which arose as our technology improved.

Collecting Vintage Advertising helps preserve all forms and varieties of ad-

vertising. Some examples of the types of collectible vintage advertising items include: magazine ads, posters, tins, wood, paper boxes (e.g., cereal), buttons, rulers, key chains, signs, menus, etc.

We look forward to a very special presentation on Antique and Collectible dolls at our April 4 meeting.

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

**Contacts: Pat Le Page 543-9564;
Jane Delno 543-6855;
Antique Appraisal Contact:
408-4004:**



• Arts Association •

In March, Kate Uppal will be demonstrating aspects of her fused glass art. She will explain, with samples, the different stages in fusing a glass bowl. Kate will also speak on fused glass in general. Also at the meeting will be applications for May's "Artisans in the Lodge," the new and improved version of Art in the Park. Mark down Monday, March 28 for this meeting at 2:00 PM in KS.

The first President's Challenge of 2011 is coming in May. The theme is pastel colors – so start thinking spring and pastels. Art of all types is eligible for this challenge – winners in two categories (traditional and non-traditional media) will be chosen by those present at the meeting.

The Arts Association welcomes artists, artisans and art lovers of all types, so come and join us. Our monthly meetings are on the fourth Monday of the month at 2:00 PM in KS.

**Contacts: Bill or Cathie Szabo
434-6667, billcats1@earthlink.net
Website: LHarts.org**



• Astronomy •

• Monday, March 21. Cos-

mology Interest Group, 7:00 PM, Fine Arts Room (OC): A DVD lecture series is being presented on "The History and Nature of the Universe." Contact Morey Lewis (408-4469) for information.

• Wednesday, April 6. The Astronomy Group will host a Member Social / Mini-Expo at 6:45 PM in the Social Kitchen (KS).

• Wednesday, May 4, 7:00 PM, OC Ballroom: The Astronomy Group will present a Lincoln Hills Forum "Our Cosmic Neighborhood."

• Binocular Interest Group (BIG).



Jack Sales presenting "Dark Sky" at the February Meeting

Rossi Lane Site. Schedules will be sent to members as viewing weather is the main factor. Contact Nina Mazzo for information.

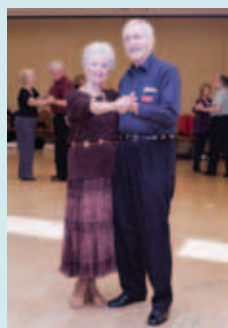
Meetings: Regular Astronomy Group meetings held the first Wednesday of the month, Presentation Hall (KS) except the April and May meetings (see above). What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring us your questions about astronomy during the Q & A period.

**Contacts: Ron Olson 408-1435,
rolson@starstream.net;
Nina Mazzo 408-7620
ninamazzo@sbcglobal.net
Website: www.lhag.org**



• Ballroom Dance •

Want to add a little spice to your life? Come join us to learn the moves of the saucy Cha Cha in March. April will feature the timeless, versatile and ever popular Fox Trot. The atmosphere is fun, casual, and supportive. And it is the best bargain in town! It's free! Qualified instructors



Jim & Shelagh Henderson demonstrating the Waltz

teach residents a new dance every month. And did I mention that it's free?

Beginning lessons are held each Tuesday 2:00-3:00 PM in the Multi-purpose Room (KS). Between 3:00-4:00 PM we have open dancing. You can practice your new moves with

instructors available to refine your skills. From 4:00-5:00 PM, we conduct intermediate lessons on the dance of the month to augment the basic steps you learned earlier. Come join us every Tuesday... it's fun and yes, it really is free.

Contacts: Chris Henshaw 543-9848; Ruth Algeri 408-4752



• **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 March 16 and April 20. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, April 7, at *Mimi's*. We meet in the OC Lobby or in front 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** •

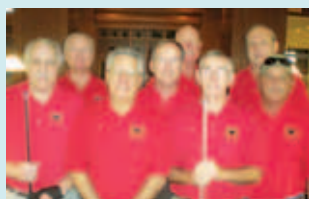
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- Eight-Ball Singles 9:00 AM-12:00 PM and 1:00-4:00 PM First Wednesday
- Nine-Ball Singles 10:00 AM-12:00 PM and 1:00-4:00 PM Second Tuesday

- Eight-Ball Doubles 1:00-4:00 PM Third Wednesday
All games at KS
 - Tournament Winners:**
 - Eight Ball Singles
 - AM Winner: Jim Fulton
 - Runners-up: Oscar Alvarez, Bob Maske
 - PM Winner: Joe Hobby
 - Runners-up: Phil Delaney, Dale Hurlbut
 - Nine-Ball Singles
 - AM Winner: Andy Martel
 - Runners-up: Bob Maske, Ted Baker
 - PM Winner: Joe Hobby
 - Runners-up: Carl Callaway, Ed Ryan, Jim Pacini, John Sefakis, Hal Berman, Don Araldi
 - Eight-Ball Doubles
 - Winners: Dale Hurlbut, Jim Pacini
 - Runners-up: Ed Welch, Steve Brown
- Our Traveling Team won the Roseville



Shooters wore their red shirts in honor of Tony Petruzzella at his memorial January 29;



Shooters Traveling Team — winners of SCLH vs Roseville Tournament, left AM, right PM

vs. SCLH Eight-Ball Tournament February 4 at OC, 38-26.

We all felt a great loss with Tony Petruzzella's passing December 11. The team wore their red shirts in honor of Tony at his memorial January 29.

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

Challengers Billiards

We just ended our fifth year and it's time to announce those players who won all seven games in one tournament! Congratulations to Joe Hobby, Doyle Coker, Ken Klein, Ron Weech, Oscar Alvarez, George Black, Margie Kim, Joe Heruty, Chiquita Fratto, Peshu

Irani, Del Torres, and Bill Kim. Our annual Shark award goes to Joe Hobby who won all seven games five times during the year!

Join our average-to-advanced players every Friday from 10:00 AM to 12:00 PM for seven games of Eight Ball (1/15). The games are timed at 17 minutes each. You will play with different partners and opponents most games. Effective March 25, sign-up is changing to the last Friday of the month for games for the following month.

Congratulations to our recent monthly winners:

- Seven Games: Bill Kim, Oscar Alvarez
- Six of Seven Games: George Black, Johnny Johnson, Oscar Alvarez, Joe Hobby, Ted Komaki

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

Couples Billiards

Rita Baikauskas and Joe Perez won five games and lost one while Dale Houck played by himself winning five games and lost two. Five couples won four games and lost two. Those players were: Joe & Shirley Varner; Joe & Nicki Hobby; Carlos Barrantes and John Sefakis; Bob Hodge and Sylvia Gutierrez; and Doyle Coker and

Sandy Pavlovich

For the first time, Ziggy Brien and Lisa Pabst made a clean sweep and won all six games, losing none. Del & Veronica Torres and Rita Baikauskas and Joe Perez came in second winning five games with one loss.

Dan Oden and Roger Bryan won five games and lost one while Ron & Sherry Weech won five games and lost two.

This final evening, Ron & Sherry Weech won all seven games. Jim & Barb Conger won six games and lost one and Joe & Nicki Hobby won five games losing two.

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

New! Players Billiards

Starting April 7, every Thursday from 2:30-4:30 PM, the new Players Billiards Group, for intermediate or mid-level skilled players, will play six games of Eight Ball in the Billiards Room (KS). Sign up will occur on the last Thursday of the month for the following month. For April play only, we will sign up on March 31 at 12:00 PM. After that, for May and beyond, sign up will take place after the Upstarts Group plays at 2:00 PM. Come join the fun!

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

Upstarts Billiards

In response to the growing number of residents who want to participate in organized billiards events, the Billiards Group has added a new play group. This new Group will be called the "Players Group." Please check out the "Players Group" (immediately above) for more information.

The Upstarts Group has changed too. The new Upstarts Group is for the beginner, or infrequent player who needs to brush up on their skills. Effective April 7, our new play time will be every Thursday from 12:00-2:00 PM at KS. The advanced sign-up for April play dates will be conducted on March 31 at approximately 12:00 PM at KS. We play regular Eight Ball. We welcome new participants.

Congratulations to our recent winners:

- Six games: Willie Wright, Hugh Duberley
- Five of Six games: Bob Rand, Frank DeMasi, Doyle Coker, Sandy Pavlovich, Gary Averett, Al Gutierrez, Bob Wehner, Sylvia Gutierrez, Nicki Hobby

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

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 •

You probably noticed many western blue birds around lately. They are checking out possible nesting places now that Valentine's Day has come and gone.

Join us at the next Bird Group meeting on April 11 at the Presentation Hall (KS) at 1:30 PM. We meet on the second Monday each month. Well known bird expert, Ed Harper, will speak on bird migration. Should be a great show.

On Friday, March 25, we will take a field trip to the 12 Bridges Trail. It's local and there should be a good variety of local birds. On April 1, the Bird Group will caravan to Vic Fazio Yolo Wildlife Preserve in Davis. Come join us for a fun spring bird watching trip.

Contacts: Ruth & Don Baylis, rbaylis2@yahoo.com

Website: www.lhbirdnest.org



• Bocce Ball, Mad Hatters •

If everything goes as scheduled, by the time you read this the front Bocce Courts should have been resurfaced. Our sign-up sheet for February 3 only had 26 names on it, but we are quite sure we had 30 people playing on seven courts at one time or another. Come help us test the new surfaces and get some sunshine and we'll see if we can beat that number. Mad Hatters are currently playing Thursdays at 1:00 PM.

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



• Book Group, OC •

In this month's compelling publication, *Wall Street Journal* foreign correspondent, Geraldine Brooks, recounts her insights into the cultural, religious and political influences which shape the lives of modern women living in the Islamic world. Come discuss *Nine Parts of Desire* by

Geraldine Brooks on March 17 at 1:00 in the Multipurpose Room (OC). New-comers are always welcome.

Future Readings:

- April 21: *Sunday at Tiffany's* by James Patterson
 - May 19: *Undaunted Courage* by Stephen E. Ambrose and Barrett Whitener
 - June 16: *The Girl with the Dragon Tattoo* by Stieg Larsson
 - July 21: *My Stroke of Luck* by Kirk Douglas
 - August 18: *Island Beneath the Sea* by Isabel Allende
 - 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; Darlis Beale 408-0269; Dale Nater 543-8755; Linda Derosier 543-6307**
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



• Bosom Buddies • Breast Cancer Survivors

If you have questions regarding the treatment or preventive measures for osteoporosis you will not want to miss our April meeting. Our speaker will be Dr. Sanyukta Pawar from UC Davis Medical Group who specializes in the study and treatment of osteoporosis. This will be a very informative meeting and we hope to have a large member turnout.

Please note we have a one-time only change of date and location for this meeting. It will be the first Thursday in April at 1:00 PM in the Fine Arts Room (OC). If you would like to join us for lunch at Meridians before the meeting please call Marilyn Poole at 434-8902.

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



• **Bowling** •
Rocklin Tuesday AM

A \$600,000 National-in-League Tournament exclusive to AMF bowlers is in full swing. So far, several of our bowlers, Doug Tran, Stillman Gates, Bill Bjorge, Michael Hart, Barry Kendrigan, Betty Jones, Al Jones and Dotty Duffney have advanced to the Semi-Finals. Congratulations to all. For the ladies, Jeanne Zincke continues to hold the honors for high game at 218. Pat Fisk holds the honors for high average of 151. The lanes continue to be smoking with the barrage of 200 games bowled this past few months. We do have a great league going. It's time to sign-on and join our happy group. We hope to hear from you soon.

Contacts: Betty Curtis 543-6866;
Margaret Peyton 543-7344;
Joan Gates 253-9415;
Kathy Chapin 543-3475

Strikes Thursday PM

Friday, March 25, we will be having our Nine-Pin No Tap Tournament at Strikes. All residents are invited to join us for a fun-filled afternoon. For complete details contact Terri Krcha at 543-6111.

On February 3, we watched in awe as Bob Barrows, with 11 strikes in a row, bowled a 297 ending with a 674 series. Awesome! Following close behind was Roy Hackman with a 671 and Horace Snowden a 632. The top ladies were Pat Osborne with a 501 series, Delores Snowden with a 197 scratch game and Barbara Orr with a 193.

Top bowlers for the week of the 10th included Dick Bronson who rolled a 677 series followed by Bob Barrows with a 654 and Terry Stockdale a 602. For the ladies, Terri Krcha had high scratch series with a 529 followed by Judy Skaggs who bowled a 500 series.

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



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

January 6

- First: Erika Wolf and Edith Kesting
- Second: Stan Mutnich and Bruce Fink
- Third: Sharon Baker and Gloria Stroemer
- High Round: Barbara Kelly and Hal Meyer

January 20

- First: Mary Harrington and Edith Kesting, also High Round
- Second: The Phelans
- Third: Romola Powell and Dorothy Law

February 3

- First: Mary Harrington and Erica Wolf
- Second: Bev Ansbro and Reta Blanchard also High Round
- Third: Janet Pinnell and Linda Theodore

February 17

- First: Janet Pinnell and Linda Theodore
- Second: Nadine Buckmiller and Sue Cirerol
- Third: Barbara Kelly and Hal Meyer; Ed & Del Page
- High Round: Ken Gladden and Robbie Duggan

Please join us at KS at 5:45 PM for competitive but social bridge. Call Ken to sign up.

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

Thursday Evening
Second & Fourth

Winners for January 27

- First: Edith Kesling and Erica Wolf
- Second: Dee Williams and Lysia King
- Third: Bob & Lorraine Minke
- Fourth: Ben & Kay Newton

Winners for February 10

- First: Ken Gladden and Kaye Anderson
- Second: Gene Huntley and Sandra Sullivan
- Third: Sue Mackle and Dede Ranahan

- Fourth: Harry & Peggy Collins
- Chris and Ken are gone for a couple of months, but I am sure Warren and Gerry are doing a great job. If you like to play bridge, join the second and fourth Thursday Group in the Terra Cotta Room (KS) at 6:30 PM.

Contacts: Warren & Gerry
Sonnenburg, 253-3882



• **Bridge, Duplicate** •

The January 26 semi-annual Roseville exchange was so evenly contested that neither Sun City Club earned bragging rights. In the six sections, Lincoln and Roseville participants split first place finishes three and three. SCLHDBC section winners were: Vince Marek and Dan Rogers, June Kennedy and Judy Beck, and Martha & Ralph Chatoian.

Kudos to Dick Mensing, Laurie Vath, and Lynne White who achieved, for year 2010, the "Ace of Clubs" designation which is awarded for consistently superior duplicate bridge play in the Sacramento region.

Scheduled topics for upcoming 12:00 PM Wednesday lessons: March 16, 23, and 30 — "Play of the Hand;" and for April 6 and 13 — "Rebids."

Our sessions (including a Wednesday section for players with less duplicate bridge experience) are played three times weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays; 5:00 PM Fridays; 12:30 PM Saturdays.

All residents are cordially invited to participate.

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



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Check-in time is no later than 12:50 PM. You do need a reservation to play but you do not need a partner. *You can make a reservation or cancellation by calling B. J. Anderson-*

Acosta at 408-7115.

Winners from January 28 through February 18 were:

- First place: Peggy Collings, Phil Sandersen, Dee Williams, Dolores Marchand
- Second place: Bev Dwyer and Ralph Madsen (Tie), Lydia King, Eleanor Amar, Febe Harrington
- Third place: Bev and Ralph (see above), Al Allen, Vivian Frederick, Ralph Madsen
- Fourth place: Grenville Jones, Ralph Madsen, Gene Huntley, Dennis Benedick

Contacts: Lois Burke 409-0223; Ruth Werfel 543-6054



Bunco

Your Bunco Steering Committee met after the February game to discuss upcoming activities of our Group. A potluck after Bunco play is planned for spring or summer. The committee has enjoyed overseeing the monthly Bunco play for the past year and a half and is eagerly seeking others who might be interested in serving in this capacity in the near future. Please direct your questions and/or interest in becoming a committee member to one of your current committee members.

New and former players are always welcome to join us for Bunco play the third Thursday of each month in the Cards Room (OC) at 9:00 AM. The entry fee is \$5. There is no annual membership fee.

Last month's winners:

- Most Buncos – Shirley Mohler
- High Score – Donna Bishop
- Most Wins – Gloria Jhanda
- Low Score – Bea Angel
- Most Losses – Chris Edwards
- Traveler – Sharon Chipman

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



Ceramic Arts

Save the Date: Semi-annual Membership meeting, Wednesday, May 11, 10:00 AM, (OC). CAG "Workshop" times for CAG mem-

bers are held at OC on Saturdays, 9:00 AM-4:00 PM, and Sundays, 10:00 AM-4:00 PM; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays 1:00-4:00 PM for Spanish Oils.

"Open Studio" times available to all residents (CAG membership not required) are: OC *Fridays only*, 1:00-5:00 PM, and KS *Sundays only*, 1:00-4:00 PM.

All workshops and open sessions are monitored at both studios. Access will not be granted without a monitor present and keys will be given only to registered monitors. *No exceptions.*

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



Cloggers

Cloggers, if you did not attend the NCCA Convention in Modesto nor the Workshop in Danville, you're missing out! Wait, more are scheduled.

April 2 — "Aftershock Cloggers" are sponsoring a Workshop in Orangevale, CA, Grange Hall. This is close by!

June 3-5 — "California Spectacular" sponsored by Barry Welch. This three-day event will be held in the Radisson Hotel & Conference Center. Workshops in Clogging, Zumba, Country Line Dancing, Tap and Hip Hop. More info, visit www.CaliforniaSpectacular.com, also check flyer in classroom. Don't miss out!

The Clogging Performance Team is busy preparing for the Talent Show, "Show 10," April 7, 8 & 9.

Clogging offers a lot. It can be a fun way for mental and physical exercise. It can extend to fun travel, socializing and above all, making good friends. Visit us Tuesdays starting at 11:00 AM, KS. Class on page 62.

Contact: Barbara Sowers, 408-5061 yubacabin@yahoo.com



Computer

What's New in Office 2010 by Rita Wronkiewicz

• Monthly Meeting April 13, 6:30 PM. Since Microsoft Office 2010 was released, a lot of people have asked whether they should upgrade. As always, depends on what you are going to do with the product. Office 2010 is a more important upgrade for larger businesses than for home users and small businesses. But it does have a number of neat features many individuals will like:

- Word's navigation pane;
- PowerPoint video editing;
- Better graphics editing;
- Sparklines;
- The return of the "File" menu;
- Online Apps.

• Clinic April 15, 3:30 PM, Office 2010 Add-ins, Add-ons. Rita will share some free Office 2010 add-ins and add-ons along with their benefits. Add-ons are small programs that expand the original program.

• Ask the Tech: April 25, 10:00 AM: Informal Q&A session for any/all technical questions, meetings at Presentation Hall (KS).

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



Mac User

The general MUG member meeting is Tuesday, March 22 at 6:30 PM for Ask the Tech followed by our monthly speaker at 7:00 P.M. in the Presentation Hall (KS).

We hope all enjoyed seeing the nine new iMac computers at the March 9 Mac Lab Grand Opening. If you did not



February speaker Andy Petro presents the Mac Apps Store. Photo by Bob Gentry

get a chance to see them, next time you are up at OC Lodge, stop into the Multimedia Room.

Members that have not renewed by March 31 will be dropped from the membership list and have to rejoin to enjoy the many benefits the Club offers, such as Newbie Meetings, General Meetings, and the MUG hotline. Please bring a check for \$15 payable to LHMUG at the next meeting or mail to Bonnie Esker.

Contact: Bill Smith:
wsmith986@gmail.com
Website: www.lhmug.org



• **Country Couples** •

Valentine Dance was a popular potluck and an active dance floor as all in attendance made it an evening filled with food and dancing. During a break in the festivities, Ern Hargis presented a Certificate of Appreciation (shown below) for the Country Couples participation in the Ride to Walk Boots and Scoots BBQ and Barn Dance Fund Raiser. Several members attended the event and



2011 Steering Committee, from left: Ernie Wilson, Arlene Lawrence, Judy McDowell-Carlson, Tom Hargis, Sharon Kenney; Certificate of Appreciation

demonstrated country couples dances. Additionally, the 2011 Country Couples Steering Committee was introduced to the dance attendees.

The new format for the Monday night dance lessons has given participants flexibility in lesson times as well as the couples dances they wish to learn or review. The dance instructors, Jim & Jeanie Keener, have worked hard to make this lesson format change, and it appears to be very successful. Thanks to both of them for their efforts.

Keep on dancing towards a healthy and enjoyable 2011.

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 always welcome new players and are happy to see you come out and play.

We were saddened to hear of the death of Aubrey Summers, one of our non-agenerian members. Aubrey was one of the kindest men it has ever been my pleasure to meet and was always a joy to play with or against. I truly never heard him say a disparaging word about anyone. Aubrey, you will be missed!

Remember, we need new members for the Steering Committee (very little work) as well as volunteers to help with opening and closing on Tuesday mornings

Contact: Jerry Wilcox 543-3117,
jerry.wilcox@gmail.com;
Jack Poshepny 543-8463



• **Cyclist** •

Into every cyclist's ride, the occasional tire must go flat. Most flats will give you enough warning to stop safely and some will leak so slowly, you might be able to make it home. We can't describe the entire process of changing the tube here, but here are a few tips to make it easier: (1) Put the chain on the large ring in front and the small ring in back before you remove the wheel. (2) Practice in your garage. (3) Check the tire inside and out, for what caused the flat. (4) Even if you use CO2 cartridges, be



Counter clockwise from top left: pulling out the tube; always someone to help; a good pump is a must

sure to have a good pump with you. (5) Carry two tubes. (6) Be sure the tube seats in the rim properly before filling it with air. (7) Check your tires after every ride for shards of glass, thorns, sharp rocks or cuts that might eventually cause a flat.

Contacts: Steve Valeriote 408-5506,
jillsteval@sbcglobal.net; Bob Burns
543-3382, sclhbob@sbcglobal.net;
Gary Steer 434- 6860,
gardon504@sbcglobal.net
Website: www.LHcyclist.com



• **Dominoes Mexican Train** •

Spring is here and hot weather is coming. If you aren't working in the yard then come join us. This is a great time to learn 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 Card 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 meeting: April 14, 1:00-3:00 PM, Presentation Hall (KS)

1:00 PM: Emotion and Adjustment. Presenter: Julia Kleinschmidt, PhD and Director of the Support Care, Moran Eye Center, Utah. This center has a program for those with vision loss where they can learn how to lead a productive life. The program is free — only registration is required.

2:00 PM: Presenter: Alms Oriz. A demonstration by California Telephone Access Program on their available instruments. CTAP is a program under the State Public Utilities Commission. The organization distributes telephone equipment and services to the blind, low vision, hard of hearing, cognitive disabled, speech-disabled, restricted

mobility and deaf persons having difficulty using the telephone. CTAP is a State program under the jurisdiction of the Public Works Department. The equipment and some services are available at no cost to eligible consumers. Funding is from the surcharge on all phone bills.

**Contact: Barbara Smith 645-5516;
Cathy McGriff 408-0169**



Fishing

February was a busy month for the Fishing Group with our annual crab fest as a major high point in our annual social calendar. Some 200 participants feasted on Gene's special chowder, shrimp cocktails and lots of crab. A great time was had by all. Combining preparations for that event with planning meetings and fly tying classes, our members even had time for some fishing.

Outings ranged from a very successful visit to Pyramid Lake where some nice Cuthroat trout were caught (see photos) to trips to Folsom Lake and



Fishing trip to Pyramid Lake

Bullards Bar where the boating and fishing were fine but the catching a total failure. Between those extremes, Lake Oroville found Coho salmon in the 14" range which bodes well for later in the season as these fish grow rapidly. The Comanche trip mentioned last month was postponed due to bad weather and will be rescheduled. Stay tuned.

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



Garden

Thursday, March 24: *General Meeting and Spring Flower Show, KS, 1:00-1:45 PM.* Before the general meeting, we encourage members to bring a flower(s) from your yard to share with the community. Each member who participates will receive an extra door prize ticket. Contact: Annie 408-0107 for details.



From top left: Plant Sale — March 26, Pavilion; time to plant "Bells of Ireland;" Spring Flower Show — March 24-25, KS

The General Meeting starts promptly at 2:00 PM. You must be checked-in by then to receive a door prize ticket! This month's guest speaker: Richard Swanson, General Manager at Bushnell Garden Nursery. He has been in the green industry for 35 years — all in the greater Sacramento area. He is a graduate of Environment Horticulture from American River College.

Saturday, March 26, Sports Pavilion, 8:00-11:00 AM. *Annual Plant Sale!* (Proceeds: civic projects.) Bring plants and garden items to donate at 7:30 AM. For the raffle, it is easier to bring self-adhesive address labels to put on the tickets! Good Luck! Contact Marie at 408-3895.

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

Flower Arrangers Group

Meet second Wednesday, April 13, OC, 10:00 AM AM-12:00 PM, \$3. The theme will be Roses! For registration, contact Gloria.

Contact: Gloria Stroemer: 645-4699



Gem and Mineral Society

For those who are interested in rocks and gems, residents are invited to attend our Monday, May 30 event at 4:00 PM in the Social Kitchen (KS) and mix and mingle with our members at a social event. Members will provide refreshments. Members are encouraged to bring guests. Anyone who is interested in seeing what our Club is about is welcome to attend. Please call President Deanna Hanks at 543-3013 by May 23 so that we can have an official count.

Please feel free to drop by the Sierra Room (KS) on Mondays and Wednesdays to see our members at work. The Lapidary/Jewelry Shop hours are Mondays 8:00 AM to 12:00 PM, Wednesdays by appointment 8:00 AM to 12:00 PM. \$5 fee for two hours, funds go toward equipment and supplies. Contact Dave Fisk 434-0747 for lab info and reservations.

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

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



Genealogy

General Meeting: The monthly General Meeting is scheduled for Monday, March 21, from 6:30 to 8:30 PM at Presentation Hall (KS). Speaker: Glenda Lloyd. Topic: "Land Records." Learn how to research your ancestors using deeds and other land records. Find out where and how to access these records on the internet. Understand definitions of land records, homestead applications, bounty land warrants and deeds.

Computer Workshop: Monday, April 4, from 6:30 to 8:30 PM in the Computer Room (OC). Widely used "free" genealogical websites such as US Gen Web, Roots Web, message boards and Google research will be demonstrated. Space is limited so sign up early or bring your own laptop.

Steering Committee Meeting: On Monday, April 11, at 12:30 PM in the Multimedia Room (OC). The Club li-

brary will be open for Club members to borrow or return reference books / magazines.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376

(Computer Workshop)

Website:

www.webflavors.com/lincoln



• Golf, Ladies •

Lincster Lady Niners

Have you checked the Lincster website lately? This continuing work-in-progress is chock-a-block with good information. Kudos to Pat Ward for her hard work.

Rules chair Linda Lowe did an informative slide presentation at our February general meeting. A quick rules reference guide is available to members in the Lincster drawer in the ladies restroom.



Rules Chair
Linda Lowe

A reminder that food donations to the Salt Mine are continuing and will be collected on the first play day of the month.

Alyce Stanwood advises there will be a rules seminar for WNHGA members on April 19 and all Lincsters are invited to attend. Watch for details on the website. And congratulations to Alyce for being named golfer of the month for January.

Many thanks to those who responded to the recent survey. Most of your top ten suggestions are already being implemented.

**Contact: Carol Golbranson,
543-8647**

Website: <http://www.lincsters.com>

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

Rainy weather has curtailed some of our golf, but not the enthusiasm of the LHLGXVIII ladies. Great scores were achieved during our "good weather" playdays.

On January 27, Elaine Kalani shot a wonderful 79 to take first place in her

flight, and Lyn Chauvet and Sandy Carr scored first place wins in their flights that day.

On February 3, Rosemary Heckman and Grace O'Leary took top honors over the field with 45 points in a Stableford event.

Our Cupid's Arrow playday on February 10 saw Kathy Kramer, Judy Bacich, Linda Sommerhauser, Lois Adams, and Barbara VanderLinden win first prize in their flights.

Check our website for information on upcoming events, such as the *Spring Fling on April 21*. It promises to be a blooming good time!!

Contact: Lani Dodd

doublebogey1@att.net

Website: lhlgxviii.com



• Golf, Men's •

Although tournament results are posted at the Golf Shop and our LHMGC website, credit has to be given to those who faired so well in the February 1 NCGA and Just for Fun tournaments!

Moving on to Regional qualifying are Mercer Tyson and George Wuschnig (65) and Dennis Cumiford and Dan Kramer (69); good luck guys!!

The Just for Fun Flight #1 was taken by Jim Pinnell and Ed Morgan (68), Flight #2 by Joe Angel and Frank Burkhead (64) and Flight #3 by Jason Hong and Cliff Stotsve(64); great shooting all of you!!

The March 8 ABCD Mixed Team Tournament was contested, and results are posted again at the Golf Shop and our website. Thanks to everyone who showed up, survived Mother Nature and shot well!!! Keep it up everyone!!

"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 •

Spring is almost here and it is the perfect time to learn a new card game. Hand and Foot is a

fun and easy card game to learn and we are always happy to teach new players.

Hand & Foot meets every 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: Would you like to walk but think it's too long or that you can't keep up with others? To assess your stamina, try walking at the OC Fitness Center indoor track. Then call Margie. Our walks are around two miles long with benches available on many of the trails.

Hikers: Thanks to everyone who stopped by the Hiking table at the Group Expo. Hopefully the information made available will inspire you to try one of our hikes. It is quite easy to get started and we offer a variety of hikes for all levels of skills and endurance.

Spring is such a great time to hike. The trails are drying out. The cascades and waterfalls are full of water and the wildflowers are emerging. Our lineup of spring hikes explores such interest-



*Hiking the Burma Road Trail;
hiking along the American River;
hiking along the Feather River*

ing areas as Grass Valley, Coloma, and Spenceville.

Be sure to check the website for the newly created hike schedule.

Contacts: Hiking:

**Dennis Ratay 543-9935,
Denratay@sbcglobal.net**

Walking: Margie Campbell 408-0713

Website:

http://lincolnhillshikers.org/



• **International Folk Dance** •

We extend a cordial invitation to join us at Kilaga Springs Lodge every Tuesday for dances from around the world. We begin at 2:00 PM with easy dances and progress to more advanced ones, ending our weekly session at 4:00 PM. There is usually a review of each dance, except for the ones that we really know well. Beginners are always welcome,



Join us for international dances

partners are not necessary, and there are no dues.

We follow in the footsteps of our ancestors as our dances have been around for centuries. Of course, most have been modernized through the years, but always within the parameters of tradition.

There are also a number of folk dance venues nearby. One of the best is in Nevada City where dances are held on Friday evenings, often with live music. Other groups are located in Sacramento, Chico and the Bay Area. International dancing is alive and well!

Contacts: Lois Eckhoff, 434-8643;

Ingrid Lapin, 543-3012

Website: http://schlfolkdance.tripod.com



• **Investors' Study** •

Meetings: Presentation Hall (KS) 2:00-4:00 PM, first Thursday:

• April 7, Wm. R. Hackney, CIO in equity portfolio management with Atlanta Capital Management, a subsidiary of Eaton Vance, will give his thoughts on the equity markets. He has a BA from the University of N. Carolina and an MBA from the Citadel. He is a retired colonel from the Marine Corps and a CFA.

• May 5, Abhi Kamerkar, VP and Value Equity Portfolio Advisor for Prudential. Jennison Dryden will explore the changing investment world of natural resources including Gold, Silver, Oil, and commodities. He has a BA and MBA from Rutgers University.

Active Investor Class, Bill Ness (OC) 3:00 PM, second Monday, April 11. Options, Steve Greenfield Multimedia Room, 5:00 PM. third Monday, March 21.

All residents welcome

**Contact: Douglas Hohman
434-6001,
djhohman825@yahoo.com**



• **Lavender Friends** •

The Lavender Friends Club is starting their second year as a recognized social organization within SCLH. Our annual membership drive has been a great success and 13 new people are pending to join our Club.

A fun time was had by all who attended our first breakfast and coffee in February. Thank you to Sharon and Marie for hosting both events. Slots to host breakfasts have already been taken for the next four months. The March coffee will be hosted by Judy and Jackie and the other months are open. The Dinners out events for April and July slots are booked, but we still need someone to host September and November. So far we have two potlucks planned and more details to follow for St Patrick's and the Guy's June Potluck. If you want to host a breakfast, coffee or potluck, please let Donna, our new Social Activities Chair know.

**Contacts: Jacquie Hilton 543-9349,
jacquiehilton@starstream.net;
Herman Osorio 408-8094,
Hosorio2010@hotmail.com**

Website: www.lavenderfriends.com



• **Line Dance** •

If you have never been to a line dance seminar, this one's for you. The seminar is geared toward the beginner line dancer and you will be guaranteed to have a lot of fun learning new easy dances. Dances will be taught by some very well know choreographers. Ms Scooter Lee is coming to our area Saturday, May 14. Ms Lee has an organization called, "Dancing For The Dream." This organization is nonprofit and all about the necessity of exercise and proper diet for those over the age of 50 thru line dancing. Ms Lee also has an extensive musical recording background and will sing as we dance. The seminar includes a morning and afternoon snack as well as lunch. Please call Yvonne (below) for more details.

**Contacts: Yvonne Krause 408-2040,
ykrause@yahoo.com;
Carol Rotramel 408-1733,
caroled@surewest.net**



• **Mah Jongg, National** •

Our Group meets every Tuesday in the Cards Room (OC) from 12:30 to 4:00 PM. Please join us for a fun afternoon playing this great tile game. We welcome all skill levels and have an instructor to teach new players. There are no dues.

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



• **Motorcycle RoadRunners** •

The ride schedule for 2011 has been laid out and we are going to have another enjoyable riding season. It will begin with the Delta area (an old favorite) this month, followed by an excursion to the Winters area with back roads along the Volcano sites. In May, we are planning a Mother's Day social outing with lunch/dinner at a Grass Valley restaurant. Early summer finds us heading for Sonoma scenic back roads in wine country. In July, we will head out to the community of Copperopolis

for a Hills Country tour. August finds us exploring Foothills Caverns areas

Our formal rides commenced this month. Allowing good weather, we plan trips for the second Saturday of each month. Occasional impromptu rides add interest in the off weekends.

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

“Ride safe, ride with friends!”

**Contact: Peter Boyle 408-1955,
Boylep18@yahoo.com**

Website:

<http://web.me.com/rettavincen>



• Music •

A great musical experience was enjoyed at Presentation Hall (KS) on February 25 with our new Open Mike event. The response was overwhelming! It was most gratifying to see such a large turnout of local varied talent.

The participants got a big thrill out of singing and playing on the provided open mikes and most of them were surprised at how well they sounded. Non performers were amazed at this display of talent and are looking forward to the next Open Mike Event on April 29 at same venue.

Our regular meetings are held in the Fine Arts Room (OC) every fourth Wednesday at 6:30 PM. An annual \$5 membership includes our social events, and walk-ins are invited. Monthly meetings enjoy group and individual performances. Bring your instrument if you have one.

For future information visit the Music Group on the residents' website (below).

**Contacts: Charles Murray 408-1486,
KZ2B@sbcglobal.net; Julie Rigali
408-4579, jjrigali@yahoo.com**

**Website: www.lincolnsuncity.org,
Groups, Music**



• Needle Arts • Threads of Friendship

Our speaker for March was Don Beld. He specializes in researching and creat-

ing Civil War reproduction quilts in the time-honored fashion of hand-piecing and hand-quilting. Don is the founder of the Home of the Brave quilt project for quilts that are made and distributed to wounded soldiers. He also led a workshop to teach how to make the Home of the Brave quilts.

Our next meeting is Tuesday, April 12 at Kilaga Springs. We invite you to come, hear the wonderful speakers we have. Please contact Membership Chair Linda Moran, at 543-4401, to join us and see how fiber arts thrive in our community!

Meeting times of our various sub-groups, most of which meet in the Sewing Room at OC Lodge are posted in the Sewing Room Window.

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



• Neighborhood Watch •

Neighborhood Watch is about neighbors looking after each other. We are all members of Neighborhood Watch the minute we become a resident. There are many ways, large and small, to add to the fulfillment of living here by participating in Neighborhood Watch community service.

Building a friendly neighborhood by chatting at the mailbox, a telephone call to keep in touch, or inviting neighbors for coffee are small but important gifts from the heart. Contributing to your neighborhood by being a Mail Box Captain, Village Coordinator, or on our Board expands opportunities for friendship and the privilege of offering a helping hand to others.

You may be surprised to realize that a friendly neighborhood is usually a safe neighborhood. Safety is a high priority for seniors, and increases the value of our homes. There is vibrancy and energy abroad in the land when the warmth of friendship blooms.

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



• Painters •

We are now official and owe a debt of gratitude to our Steering Committee: Judith Huth, Joyce Bisbee, Paulette Pesavento, Bonnie Dunlap, Diane Barkey, Gordon Powers, Jim Brunk, Larry Paparell, and Diane Pargament, who put in many hours and much effort into bringing to fruition their idea for a group focused on two dimensional art.

At our February meeting, members shared “Where to get art supplies,” their “favorite painting gadget,” and paintings for “Show and Tell.”

At our March meeting the following members were elected to hold these executive board positions: President Diane Pargament; Vice President Judith Huth; Secretary Joyce Bisbee; and Treasurer Gordon Powers. Congratulations! Following completion of other business and Show and Tell, members broke into small critique groups.

Our Wednesday, April 6 meeting will be an “Artists’ Table Luncheon” in the Solarium (OC) at 2:00 PM. Each member attending is asked to bring a still life item to add to their table’s centerpiece. At this event, our new executive board members will be installed.

In February, the annual Fine Arts Show was held at OC. In March, Lincoln Arts is hosting a “Giving Back Show”, featuring the Painters Club. April 12 thru May 10 Umpqua Bank in downtown Lincoln has invited The Art Association and The Painters Club to provide pieces to share with the public.

**Contact: Lynne Fee,
lynnefee@aol.com**



• Paper Arts •

Mardi Gras! The most colorful celebration of the year! Purple, green, gold, you name the bright color and it is probably in the window now! Come take a look!

At our meeting, Reg Fabian and her table leaders took us through a lesson in making beautiful spring flowers for our cards. These are lovely flowers that can be designed for any cards that we might dream up in any color.

Put April 9 on your calendar. That is the Annual Rubber Stamp Convention in Sacramento. We will then go to Diane Jackson's home for food and to have a Show and Tell.

Phyllis Zailer reported that this group has made 569 cards for the military in the last year. Phyllis packs and sends them for us. Wow! Amazing!

Paper Arts meets 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** •

Welcome spring by learning a fun, slightly challenging bidding card game with a fun Group. If you have never played Pedro 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 Card Room (OC) on the first & third Friday of every month from 9:00 to 12:00 PM. Our next play dates will be March 18 and April 1.

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



• **Photography** •

Come to Mina's Coffee House in Lincoln Hills to view new work from our Group. It's always an interestingly eclectic collection displayed in a cozy venue, hosted by an accommodating Mina and her baristas. You'll see new



"Reflections on Lake Powell" and "Snowy Egret at Angler's Cove" by jeff

images from prior exhibitors as well as from new photographer artists.

Certain pieces must be returned to their respective museum vaults, but if you vault over with your pocket vault, some pieces may be available to adorn your walls.

Through the good graces of sculptor Deanna March and photographer David Kaufman, those exhibiting artists plus others from our Group have an exclusive Auburn exhibit on the evening of April 14. This will be a part of the Art Walk sponsored by the Arts Council of Placer County (aka Placer Arts). This showing is raising the bar for this Group, and we're very proud to have the opportunity to show our work outside the compound.

Contact: Jeff Andersen 434-6009, jeff.andersen@sbcglobal.net Website: SCLHphoto.com



• **Players** •

Congratulations to the cast and crew of "Rumors" for all the hard work, dedication and talent required to bring a show of this caliber to our stage and the stage at Lincoln High School. The Players extend a special thanks to Director Judith Jesness and Producer Craig Stults for their work in making this



Craig Stults and Judith Jesness

show a reality.

Our next show will be a Readers Theater production called "Tales of Snow White." While everyone knows the basic story of good, evil, apple and mirror, this show will delight you with one version of how the story came to be written as well as what might happen if it were written today. Production dates are June 4 and 5 and auditions will be April 27 and 28. Remember, all Readers Theater productions are free.

Contact: Ron Morris 434-6534 Website: www.lincolnhillplayers.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, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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

The Quarterly Hold 'em tournaments are open to all residents, first come-first served, as they usually fill up quickly with a 48 player cap. Our next tournament will be Saturday, April 16.

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

Contacts: Mike Goldstein 543-8238; Lois Clausen 408-2426; Steve Kriner 295-8012



• **RV** •

Our Spring Rallies start this month:

- March 20 & 21 at Bakersfield RV Resort (a stopover on the way to Palm Desert).

- March 22-27 (six nights) at Emerald Desert RV Resort. Wagon Masters Chatoians and Zielinkis have planned a Spaghetti dinner and catered breakfast. Ralph has arranged golf tee times at a nearby course.

- March 28-31 (four nights) at Flying Flags, Buellton. Wagon Masters Doug & Marilee Swanson and Marco & Julie Benassini have arranged for a catered Mexican dinner and continental breakfast. The golfers will play the Alisal River course in Solvang.

- April 25-29 (four nights) at Durango RV Park. Rally application & information is on website (below).

Bocce Ball fun & games and Donut Holes has been rescheduled for Friday, April 8, 9:00 AM. Watch for email reminders.

Contact: Bob Zielinski 408-1852 Website: www.lhrvg.com



• **SCHOOLS Volunteers** •
Sun City Helping Our Outstanding Lincoln Schools

A big thank you to the many residents who stopped by our Group Expo display and expressed an interest in volunteering in our local schools. If you missed the Group Expo on March 9, you will have another chance to visit with our volunteers at the Inspire By Example Fair on April, 4 at OC from 10:00 AM-1:00 PM.

Pat Romak, a volunteer at First Street School, began her SCHOOLS experience in kindergarten. She has “graduated” to third grade and loves every minute. Pat says, “Volunteering with SCHOOLS is the only *positive* activity I do that brings so many rewards. I have recruited many friends to follow in my footsteps. They are always saying thank you for encouraging me to get involved.”

If you have an interest in this win-win intergenerational experience, please contact us.

Contacts:

Sandy Frame 408-1453 or

sflincoln4fun@starstream.net

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

408-1452, cindymoore@me.com

High School: Rita Gruenwald

larita@wavecable.com



• **Scrabble** •

Even in the springtime we love to play our favorite board game. We enjoy the view outside our big window while we consider the possibilities of placing *sham*, *mash* or *hams* on the board. Sometimes we find that by rearranging our tiles, we can place something with a higher point count on a double or triple word square, always a good thing. So it pays to concentrate. Some players place their tiles alphabetically on their trays. Some place usable blends like *th*, *st*, or *er* at the ends of the tray so they can build words that way. One of the challenges is to try to have a couple of different places to play your tiles, in case one of the nice people you are playing with takes your spaces on the board.

We play every Monday at 1:00 in the Cards Room (OC).

Contact: Darlis C. Beale 408-0269



• **Second Cup of Coffee** •

On Monday March 21, Bob Romness, Executive Director for Lincoln’s Chamber of Commerce, will be our featured speaker. He will address “The Chamber’s Mission and General Business Climate/Growth in Lincoln.” As Lincoln residents we have a community interest in the business success and growth for sales tax revenue and employment enhancing our services. Q&A will make this session.

The original Rogers Roasting Coffee visit is postponed to a later date.

On Monday, April 18, featured speaker Tom Cosgrove, Lincoln’s City Council member and Regional Transportation Specialist was invited to focus on “Lincoln’s Transportation Update”. The issues include: SR65 bypass update; the implementation of the Lincoln Hills Traffic/Safety Plan; General Road Maintenance; etc. Q&A follows.

Monday, May 16: Jean Richards will moderate a panel of local restaurants, “Waking-up in Lincoln Hills, Needing Breakfast Options.” Q&A will be fun!

All meetings at Presentation Hall (KS), 9:00 AM.

Contact: Wolf Oplesch 408-1788,

oplesch@sbcglobal.net

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



• **Singers** •

The Singers are now 133 members strong! Each section has gained new voices. Everyone is enjoying the new music which is being rehearsed for the annual spring concert, “America: Sweet Music Here.” Popular, inspirational and patriotic songs are represented, such as, “My Romance,” “Shine a Little Light,” and “American Anthem.”

Director Bill Sveglini has been rehearsing with the sopranos and altos for an hour preceding the large group rehearsal one week. The next week he rehearses with the tenors, baritones

and basses for an hour preceding full choral practice.

The annual spring concerts will be a matinee on May 1 at 2:00 PM and two evening performances on May 2 and May 3 at 7:00 PM. The lunch package for the matinee and dinner package for the two evening performances will be available. Tickets for the performances only are \$12 each. Lunch/dinner package tickets are \$27.

Contact: Bill Sveglini 434-5655

Website: www.lincolnsuncity.org;

Groups: Singers



• **Singles** •

Dynamic Singles

Don’t listen to some Grand Children, who say we aren’t *hip* (or, “*hep*”)!

The Dynamic Singles Club *knows* we are *hip* – *very hip* !

In addition to these printed words each month, and handouts at KS and OC, we maintain an Internet website: www.LincolnHillsSingles.org!

Skilled webmaster Pat Morgan, keeps it *very* up-to-date. For example:

- Activities Flyer (one/two months of upcoming fun!)
 - Meeting Minutes (when we *plan* activities)
 - Past *Compass* articles
 - Description of activities and sports groups
 - Board Members names and email
 - Upcoming meetings/time & place
- If you clicked there right now, you would find:

- March 16 — St. Patty’s Party, Sunrise Grill, 5:30 PM
 - March 24 — Table for Eight, Ginger’s, 12:00 PM
 - March 24 — Annual Auction — Ladies Turn, OC, 6:00 PM
 - April 14 — Monthly Meeting, OC, 6:00 PM
- Questions? Richard Fuller, Secretary, 409-9209

Contact: Sarah Lambrose 543-0035

Website:

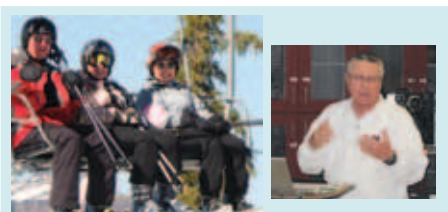
www.lincolnhillssingles.org



• **Ski** •

Club members attending the February meeting learned some weather science from member Roger Brunnuquell who drew upon his Air Force experience in weather observation and forecasting to give us the basics of weather change and useful weather forecasting websites for planning a ski outing or other travel. No more unexpected tire chain installations!

December was epic and the snow pack gave us a good base despite a dry January and early February. Mid-to-late



From left, Rich Ragan, Vera Reynolds, Pat Aubin at Sugar Bowl; Roger Brunnuquell on Meteorology

February brought tons of new snow to the Sierra and Cascades. The planners of our Mount Bachelor/Sunriver, Oregon trip held their breath but the Farmer's Almanac prediction of a cold and wet February held. Look for the April *Compass* for a full report on our fourth annual skiers' getaway.

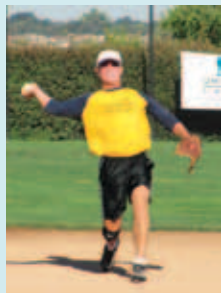
Congratulations to our newly-elected officers for 2011-12: Mike Hilton, president; Chuck Frevele, vice president; Sue Worrall, secretary/treasurer.

Contacts: Bill Smith; Audrey Morse; Mike Connolly; Mike Hilton; 258-2150, lhskiclub@gmail.com Website: www.lhskigroup.org



• **Softball, Senior League** •

As the weather warms, players are getting in shape for the summer leagues. Del Webb Field (of dreams) has had almost daily hitting & fielding practices. The LHSSL draft of players took place March 7. Managers drafted players to fill outfield positions and you'll be seeing practice games being played until the season begins, April 2. League games will be played



Board of Directors in action, from top left: Dar Galloway, Jim Stocker, Mike Hilton

Mondays and Wednesdays through the end of August. Come by the Opening Day ceremonies, April 2, at 9:00 AM. Plan to take in a game or even a few innings of the Senior Softball League this spring or summer. Sunday practices continue from 10:00 AM-12:00 PM.

Contact: Mike Hilton 408-0346, Mhilton14@aol.com Website: LHSSL.org

Coyotes

All three Coyote teams are eagerly looking forward to their 2011 season. The 60s Black, led by J.R. Jackson and Carlos Zavala, played their first tournament on March 19/20 in Hayward and have planned a total of 14 tourneys including Reno and Medford OR. The 60s Blue, led by Dale Stephens and Dale Hurlbut, also played in Hayward and will compete in 12 tournaments including Medford OR and St. George UT. The 70s, managed by Bob Hunter and Ed Sorensen, played in the Big League Field of Dreams in Manteca (March 10/11) and Citrus Heights (March 26/27). They plan on playing in 17 tournaments including the eighth annual Coyote Invitational, which will be hosted by the 70s and played at Del Webb Field June 18 & 19. Five top rated 70s teams have been invited to play along with the Coyotes. Mark your calendar to see excellent softball.

Contact: Bob Hunter, bluespritzer@yahoo.com



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

We had a very nice Valentines party. A picture of the Club was taken at the party (see below). We also had our updated by-laws approved by the SCLH Board of Directors.

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



Square Dancing Club



• **Super Seniors** •

On Friday, April 1, Super Seniors will be treated to a presentation by Lincoln Hills resident Stuart Smith, former program director of the Antiques Appreciation Group. Smith has been in the antiques business in the Bay Area and locally for over 40 years and will bring some of his interesting exhibits for display and discussion. He will also answer questions about antiques in general. Additionally, at this meeting we will be playing a game for the fun of interacting and competing for a few unique prizes. Please feel free to join us if you are interested in a good time, and bring a friend or neighbor! The meeting starts at 10:00 AM in the Multipurpose Room (OC).

The Super Seniors' informal sub-

group, Chit Chatters, meets on April 15, the third Friday in April, in the Multipurpose Room (OC) at 10:30 AM. Please call Dan Van Tatenhove at 543-9194 for information.

Contacts: Mary Popp 645-7853;

**Chit Chatters: Dani Van Tatenhove
543-9194**



• Table Tennis •

February 7 was a day that will go down in the Annals of Gastronomy. Forty intrepid souls from our Group journeyed down to the China Villa Restaurant in Rocklin for a repast beyond compare. The menu included such delectable as Peking Duck, Mongolian Beef, Honey Walnut Prawns, Crispy Chicken and Shanghai Fried Rice. It should be noted that even the most sophisticated of palates was satiated. Our Group wishes to extend our thanks and to acknowledge the efforts of May Leung and Weilu Leong for their tireless efforts in arranging this event.

When we're not eating, we can be found at KS Lodge in futile attempts to shed those extra calories. Play sessions: Sundays 12:30-5:00 PM; Tuesdays 6:00-9:00 PM; Fridays 8:00-11:00 AM, (KS).

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



• Tap Company •

"Magnificent, majestic and marvelous" are a few adjectives to describe our extraordinary upcoming 10th Anniversary Talent Show on April 7, 8 and 9. Experience outstanding dancers, wonderful singers and incredible music. What a terrific community event with so much talent to enjoy. Tell your neighbors and friends and head down to purchase your tickets now.

Barbara Greenfield and Pat Pelton share a few thoughts on the upcoming Talent Show.

"As this 10th Anniversary Show approaches, we look back on where we started and how far we have come. We have shared in some very special moments together and look forward to joining hands once again giving our

audiences "The Best One Yet."

An opportunity for some Lincoln Hills dancers and others from Roseville and Folsom will be participating on April 11 in a Kings' half-time exhibition event. For more information, please check the *Compass* Bulletin Board or call Celeste Morris.

**Contacts: Celeste Morris 253-7272,
celestemorris@att.net;
Linda Wilson 645-3777,
Wilson1123@sbcglobal.net**



• Tennis •

Our first tournament of the year was a great success both in turnout and weather. Winners of the Valentine Tournament on February 12 were:

6.0 Division – Bob White and Jan Norbert

6.5 Division – Peter Schor and Barbara Hunt

7.0 Division – Mark & Lisa Snapp

7.5 Division – Greg & Linda Burke

8.5 Division – Stillson Judah and Bente Camahort

The next tournament will be the Men's Singles on March 19-20 from 10:00 AM-2:00 PM. To join our Club or for future tournament and event schedules, please check our website (below).

Registration has ended for the USTA 65 Senior Leagues. LHTG will have two 3.5 men's teams, two 4.0 men's teams and one 4.0 women's team playing this season that will begin April 4. Good luck to all.

Drop-in tennis, on Wednesdays and Saturdays from 9:00-11:00 AM, is open to all residents. All levels of play are welcome.

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



• Travel Group •

The Groups Expo on Wednesday, March 9 replaced the Travel Group meeting in March. The next meeting is Thursday, April 21, 7:00 PM, KS. Guest speaker is

Ms. Ilene Ferguson, President of Alamo Travel and a speaker from Placer Co. Adult Protective Services.

The following trips have openings:

Canyon Country, Arizona/Utah (Apr 2011); Celebrity Alaska Cruise (May 2011); Yosemite (May 2011); Russia River Cruise (Jul 2011); Canadian Rockies (Sep 2011); New York City Holiday (Dec 2011); Hawaiian Islands Cruise R/T SF (Apr 2012); East Coast Tour: Philly-Baltimore-Williamsburg-D.C. (May 2012); Classical Turkey (Sep 2012). See our website for details on all trips.

You do not have to be a member to attend our meetings so please join us for an interesting and informative evening.

**Contacts: Teena Fowler 543-3349;
Karen Foley 645-5411; Linda Frazier
434-8266; Sheron Watkins 434-9504
www.lhtravelgroup.com**



• Vaudeville Troupe •

April 28 — Auditions!! Vaudeville Troupe auditions will be held at Presentation Hall (KS), 6:00-8:00 PM. We're looking for creative, unusual and unique acts to add to our July Show. Bring your music, comedy, fun-loving nature and audition for us. We are also looking for people



Clockwise from top left: Dennis Beldon, Rich Bermudez, Maxine Meadows, Sandra Mandolfo, Lydia King, Celeste Morris, Marina Eugenios

who want to be in our fabulous "Production Numbers" where you might be an "Extra" or "person in a crowd"!! How about being part of our stage crew or sound booth? No Talent you say? We train!

July 8 & 9 — The Vaudeville Troupe's Show: "The Cavalcade of Stars." All

Shows are in the comfort of Presentation Hall (KS), which we call “Vaudeville’s Cabaret-Style Theater” — *where every seat is a great one!!* 2:00 PM and 6:00 PM Performances (Friday and Saturday). Tickets on sale in May at both Activity Desks. Don’t miss out!

For more info contact: Marina.

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

Troupe Website: YouTube.com/user/marinaeugenios



• **Veterans** •

Liz Igra, president of the Central Valley Holocaust Educators’ Network, will be the featured speaker at the March 17 meeting of the Veterans Group at 1:00 PM in the Presentation Hall (KS). Liz is a retired veteran educator for the Elk Grove Unified School District. With her mother, she survived Nazi persecution by escaping from a ghetto in Poland. They walked from Poland across Czechoslovakia to Hungary where they hid until the end of the war. Liz has shared her story with many students and teachers, hoping to promote understanding of the Holocaust and tolerance.

The Central Valley Holocaust Educators’ Network is a California nonprofit corporation established in 2009. It is dedicated to supporting teachers to effectively implement a Holocaust and genocide-awareness curriculum with workshops, follow-up training, ongoing support, consulting and resources.

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. A new six-week Thursday league started March 3. Come and check it out.

Thanks to those of you who stopped by and saw our action video at our Groups Expo booth on March 9.

Come join us in the pool and get your exercise without worrying about the weather. It’s always a lot of fun, it’s a good low-stress workout, and it is a great way to meet new people as well. 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** •

Come and join us for our next dance (includes a potluck) — Friday, April 8, 6:00-9:00 PM (KS). The music for the evening is a variety of West Coast Swing, Ballroom, Latin, and Country. If interested in attending and bringing your favorite dish, let us know.

Remember, our Club members have reciprocal privileges with the Capital Swing Dance Club (CSD), and last month some of us attended CSD’s 19th Presidents’ Day Swing Dance Convention at the Radisson Hotel in Sacramento.

Many residents are attending and taking advantage of the West Coast Swing dance practice sessions held on the second and fourth Fridays of each month. Here’s your chance to practice your West Coast Swing dancing with a



John & Joann Papanicolas enjoying the Valentines Dance

teacher always on site. The next practice session is March 25, from 5:30-7:30 PM, Fine Arts (OC). No dance practice on April 8; dance practice will resume April 22.

Contacts: Dottie Macken 543-6005,

justdottie@sbcglobal.net;

Eldon Davisson 408-8542,

ejdav1@sbcglobal.net

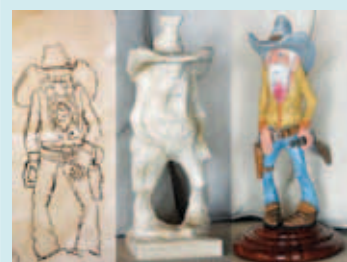


• **Woodcarvers** •

Woodcarvers Attend Workshop: Woodcarvers Harvey Moss and Dan Batliner recently attended a two-and-a-half-day Chris Hammack hands-on carving workshop in Sacramento. They started with a sketch and a “rough-out,” and left with a completed project.

Opportunities to attend workshops like this one, a large support library, and plenty of advice, are available for members during this Group’s meetings on Wednesdays between 1:00 and 5:00 PM in the Sierra Room (KS).

The Woodcarvers are dedicated to advancing all forms of woodcarving from knives and gouges, to mallets and chisels,



Harvey’s Cowboy

to power tools. Members are encouraged to share their varied approaches with others who may be interested. Visitors are always welcome!

Contacts: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



• **Writers** •

The Writer’s Group had a guest speaker at the last January meeting. Author and publisher, Earl Wynn of Lincoln, gave us the latest information on self-publishing using the Internet. Some of our members already use this essentially free service, but many are still intimidated by the procedure. Earl was very encouraging and his enthusiasm was evident to all. For those who

had received rejection slips from print publishers, he provided new paths using the electronic media. His mantra was, "You never know... somebody out there wants to read your ideas."

The Writers Group exists to pro-

vide a venue for those who opine, create and rhyme. If you want to explore and share your creative muse, then join us with your written words. We meet, as always, the second and fourth Mondays of each month in the

Ceramics Room (OC) at 6:30 PM.

Contacts: Alan Lowe,
slolowe@starstream.net;
Jim Fulcomer 543-9201,
jjfulcomer@mac.com

Orienteering

Our Community Barbecue Patio

Dee Hynes

Our Compass Orienteering articles have returned from their hiatus. The articles will periodically be featured to highlight one of our 19 trails or community parks. By definition, "orienteering" will assist us with directions to our trails/parks and provide navigation details as needed.

Orienteering provides added enjoyment of our community assets.

Looking for a new place to eat? How about the casual alfresco milieu of our community barbecue patio?



Stroll behind the barbecue patio

Located within the verdurous Topanga Lane "personal" park, you will find a barbecue grill, a table for four and bench seating.

As the charcoal heats, enjoy a stroll along the short path behind the park.

This amenity is available to any resident; first-come, first-served.

Don't forget to bring your barbecue tools, charcoal and your family's secret barbecue sauce.

Directions from OC: R on Del Webb, L on Sun City, R on Staggs Leap, R on Tarapin, L on Overland and R on Topanga to the end of the lane.



The barbecue patio

Connections

continued from page 3

a fantastic set design, and over 50 Clubs participating in the Club Expo.

What's in store for us in the next few weeks? **Opening Day for Senior Softball** is April 2 at 9:00 AM at the Del Webb field (April 9 in the event of rain.) The annual **Volunteer Symposium** will be April 4 with over 40 nonprofit organizations in the Ballroom with information and resources available on volunteer opportunities. April 7-9 is the **Talent Show**. The following week is the **Home, Health and Business Showcase** (our business fair) and the semi-annual **Parking Lot Sale**. The Showcase welcomes 89 vendors; most advertise in your *Compass* and sponsor several Club activities. Stop by to thank them for advertising with us and see the products and services they offer. The Parking Lot Sale is always a fun event, and you might find some great treasures. For those of you with young

grandchildren, consider registering them for the Saturday, April 23 **Spring Egg Hunt**.

These dates are just a "drop in the bucket" of things to do in the next month or so. Events Coordinator Tamara Coil has a wide variety of concerts, comedy, dance and fashion to fill your calendar, Kay Kerenyi has tremendous bus trips options, including an overnight trip to Yosemite! And our Class Coordinator Diane Kemper offers you many interesting classes. The directory

Lincoln Hills Foundation

continued from page 15

through a Charitable Remainder Trust; or through Required Minimum Distribution (RMD) from an IRA directly to the Foundation, with a resultant income tax benefit.

The Foundation's Board of Directors installed one new member and reinstated 10 continuing members at the annual meeting. (See photo.) Board

on page 39 can tell you where to find more information in this issue.

You will notice that we have moved the Group Exercise Class Schedule grid that originally accompanied Brandy Garcia's article to page 71 with the Fitness Classes to be more readily available to you as you choose your fitness options. And even the Club News section has a new look (starting on page 20).

Have a great month. See you in the Lodge.

members are all residents who volunteer their time, effort, and knowledge. We welcome new members! Please share your wealth of experience and knowledge as we continue to help seniors in Lincoln Hills and beyond to fulfill our mission of "enabling senior residents of the Lincoln community to remain in their homes and enjoy their independent lifestyles." We are neighbors helping neighbors!

Bulletin Board

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

Inspire by Example!

Don't miss the Volunteer Symposium, Monday April 4, 10:00 AM - 1:00 PM, OC Ballroom.

Italian Club

In February, 104 members and guests rocked out at our 50's Sock Hop at Orchard Creek Lodge. In March, we're hosting Wine Tasting on the 19th at Turkey Creek Golf Club. Local vintners: Dono dal Cielo, Rancho Roble, Pescatore, Ciotti Cellars, Cristaldi Vineyards, Fortezza Winery, and Popie Wines will bring their wines for sampling. There will be appetizers, live accordion music, and an Italian travelogue. April brings our Golf Tournament on Monday, the 18th, Lincoln Hills. Play for fun, or be part of the fun, prizes, putting contests, and lunch. If you are of Italian heritage and like to have fun, check us out. For more information on our Club and events or to view pictures of members having fun, check out our website at www.lhitalianclub.com or contact our Membership Chair, Rose Cesarz, at 434-5301. Single members can always invite a guest to attend our events. Ciao!

Lincoln Multiple Sclerosis Group

meets on the first Tuesday of each month in Raley's Sterling Point Conference Room at 1:00 PM. All interested are welcome to attend this informal gathering to learn, share and meet the nicest



Did You Know?

Has your American flag become tattered or torn? Replacement American flags are available from our Veterans Group on the 15th of each month in the OC Lobby. Also, put your worn American Flag in the box provided in the Business Service Center, located next to the OC Activities Desk, to be destroyed appropriately by the Veterans Group.



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.

March 15 • 10:00 AM	Solarecity Electric, Oaks Room (OC) <i>Compass advertiser, see page 56</i>
March 23 • 6:30 PM	Eliminating Back & Neck Pain, Dr. Leamon
March 24 • 6:00 PM	Discover the Anterior Approach to Total Hip Replacement, Presentation Hall (KS)
March 30 • 2:00 PM	Affordable Dental Plans, half the cost of AARP, Dr. Herman
April 4 • 10:00 AM	Volunteer Symposium, OC Ballroom Everyone welcome. More details, page 40.
April 14 • 6:00 PM	Spinal Aid Presentation, Dr Zorich

people! Questions: Call Jerry Watkins, 408-7899 for details.

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 are welcome. Tables are first come first/ served.

Racquetball Group

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

Shalom Group

February's Woman's Club meeting was poorly attended, so Bev and Robin decided to go back to the old date — the second Monday of the month. A speaker will describe the three new theaters at Folsom College, and the events to be presented there. The postponed Get-to-Know-You Social has been rescheduled for March 28 at KS at 7:00 PM. There will be coffee, desserts, tea, and conversation. RSVP to Sheila Reitman at msreit512@hotmail.com. There will be no business meeting in March. Please browse your email for updates on your Club's events. Membership information may be obtained from Membership VP Natalie Flynn at 434-5470. Please use contactshalomgroup@gmail.com to communicate questions to the Group or the board. Our website for pictures, calendars, and

general information is www.shalomsg.org.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Fall and winter months we meet at 9:00 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 you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get-together. Contact: Michael Pargament 408-0221, jdparg@inreach.com.

Tap Company

Come to a Kings Basketball game on April 11 and watch as some of our Lincoln Hills, Roseville and Folsom dancers perform in an upcoming half-time exhibition event. Thirty-six lovely ladies will be performing a sassy jazz dance under the leadership of Alyson Meador. So come cheer them on and enjoy a basketball game at the same time. Tickets are offered at a discounted price of \$19.99 and \$29.99. To order tickets, please call Celeste Morris at 253-7272 or contact a Lincoln Hills Tap Company member.

Wild Heritage Foundation

The Wildlife Heritage Foundation will be hosting a nature walk in the Northeast Preserve of Lincoln

Hills on Tuesday, March 29 at 9:00 AM. We will meet at the flagpole at Kilaga Springs Lodge. This is a guided nature walk with one of WHF's Biologists and is free for residents. If you have any questions please call Kelly at 434-2759. We will limit the group to the first 25 residents who sign up at the Activities Desk. Come join us for a great walk!



Lincoln Hills Foundation Bingo

Come join the Lincoln Hills Foundation for a chance to win playing Bingo. Join us for fun and games.

Wednesday, March 23

Orchard Creek Ballroom

Doors Open at 12:30 PM

Bingo games begin at 1:00 PM

Cost: \$20 for 12 games,

12 cards with six cards each

Up to \$1350 in prize money

Pop-Ups are four for \$1

Daubers are \$1 each

Cold bottle water available

No food or alcohol allowed

No one under 18 admitted

Have a group of 10? Reserve your own table! Call Karen Foley at 645-5411.

Visit the Lincoln Hills Foundation web site at www.lincolnhillsfoundation.org.



Nancy Drew is 75!

Library News

Nina Mazzo, Library Volunteer



One of America's favorite sleuths first came to life in 1930 in "The Secret of the Old Clock." Since then, more than 500 Nancy Drew titles have been published. The reader will find several interesting tidbits in the book "Clues for Real Life" compiled by Jennifer Fisher. (Kilaga Spring Library's Non-fiction section). Humor-



In Memoriam

Irwin Dorsey

Irwin lived in St. George, Utah, for many years before moving here. He was born in Pennsylvania and served in the Navy in WWII. He worked in display advertising for 32 years. Irwin enjoyed working with ceramics when he was younger. He is survived by his dear wife, Anne, four children, two stepchildren, and many grandchildren and two great-grandchildren.

Michael Drucquer

Michael was born and raised in Berkeley, CA. He was a Patrol Sergeant for explosives in the Army and was in the Military Police. He worked at the Berkeley Post Office, retiring in 1992. He and his wife, Virginia, moved here in 2005. Michael loved traveling, reading, old movies, and trains. He also enjoyed serving on the Finance Committee and only missed one meeting until his death. He leaves his wife, three children, one stepson, and eight grandchildren.

Walter E. Pye

Eddy moved here from Marin County after losing his wife. Years ago he served in the Royal Air Force and was then in sales most of his life. He enjoyed dancing a lot and joined the Singles Group here. Eddy loved spending time with others and will be missed by his four children, many grandchildren and great-grandchildren as well as numerous friends.

Tom Quay

Tom was born and raised in PA and studied chemical Engineering in Philadelphia. He met his wife in New York and they moved here eight years ago. Tom enjoyed playing bridge, square dancing, traveling and reading. He belonged to the First Presbyterian Church of Roseville. Tom is survived by his loving wife, Maria and two daughters.

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.

ous and nostalgic, there are several quotations with photos as well as the behind-the-scenes story about several ghostwriters.

The author discusses how Nancy has kept up with the times through stories, language, hairstyles, and fashions within the changes of each decade. Nancy Drew introduced me to the joy of reading and each new book was a treat to be savored and of course those helpful clues...

"Quick wits and good reflexes can save your chum in need when they've passed out from knockout spray!"

The Kilaga Springs Library is missing a large number of books on CD, DVD's, audiocassettes, and videos that were borrowed. When you borrow from the library, please consider other residents,

take no more than five or six books at a time, don't take an entire authors' work at one time, and return items in a timely manner. When the weather is wet and rainy, please keep the borrowed books dry. Volunteers will need to dispose of books that are wet, because they mildew and affect other books in the collection. Many thanks for helping maintain our well-used Library and keep those donations coming!

Contacts: donations – call Sally Scotch (543-0792) before dropping off books at KS and she will coordinate pickup as well as answer any questions on donation criteria; Sandy Maloff (408-2368) for volunteer opportunities; Cleon Johnson (408-5648) maintains the investment section; Nina Mazzo (408-7620) Community Living Room (OC).

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Special Events & Bus Trips

Stompy Jones Jumpin'

Rhythm Concert

Wednesday, March 16

Show Only — 5040-1SHO

Appetizer & Show

Package — Sold Out

Stompy Jones is a San Francisco based sextet renowned for jumpin' rhythm, wailing improvisations and an explosive stage show. Their unique sound is described as a romping, joyous, and an overwhelming style of



jazz that came to be known as Rock and Roll! Formed

in 1998 at San Francisco's Hi Ball Lounge, this jump band recreated the jaunty blues sound of Louis Jordan and the Tympany Five. For a lounge feel, guests will be seated at tables of ten where you can enjoy the no-host bar throughout the show. If you would like to have a light snack during the concert we are offering the Appetizer & Show Package which includes a *combo plate of chicken quesadillas and potato skins*. The band's unique sound stems from stand-up bass, drums, piano, trumpet, saxophone and vocals. Concert at 7:00 PM. Show-only \$13. RSVP ◆◆ Now.

Kilaga Springs — At the Movies!

"National Treasure"

Monday, March 21 — Free

PG; 131 minutes. "National Treasure" stars Nicolas Cage, Jon Voight and Christopher Plummer. Action adventure. Some violence and profanity. Presentation Hall (KS), show 1:30 PM. Free.



Stanford Shopping Center

Tuesday, March 22 — 1780-01

In response to your requests, visit this beautiful uncovered shopping center for shopping, browsing and lunch on

your own. Enjoy beautiful grounds, upscale shopping, and lovely places for lunch, both served and counter



ordered. Visit their website www.stanfordshop.com for store/restaurant directory. Coach

departs Stanford Shopping Center at 3:00 PM. Leave OC at 8:00 AM, return ~ 6:00 PM. \$39. RSVP ◆◆ Now.

Flower & Garden Show at San

Mateo Event Center

Thursday, March 24 — 1840-01

Lots of walking! See what's new, get ideas for spring and learn to create a beautiful and environmentally friendly garden. Meet professional gardeners and nursery owners to answer ques-



tions and help solve garden and landscape problems. Visit a wide selection of specialty shops featuring unique flowers, plants, etc. Food available at the Show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Leave OC at 9:00 AM, return ~ 7:00 PM. \$56. RSVP ◆◆ Now.

"Disco Fever" Dancing n' Desserts

Friday, March 25 — 5011-01

Boogie back to the 70's at our 'Disco Fever' Dance and Dessert event. Remember *Saturday Night Fever*, mirror balls and Studio 54? Dance to tunes from the Bee Gees, Donna Summer



and more with a live band—The Groove Thang Band. This seven-piece band has been called the best "get off your seat and dance" entertainment cover band in northern CA. Wear your 70's best leisure suit, platform shoes or afro wigs. Enjoy guest participation activities and best dressed contest. Start the night with a fabulous dessert trio plate created

by Chef Roderick. (Menu at Activities Desks.) Don't miss this bash from the past... Bell bottoms optional! No-host bar 5:30 PM, dessert 6:00 PM, dancing 7:00-10:00 PM. Ballroom. \$22. RSVP **◆◆** Now.

San Francisco for the Day
Saturday, March 26 — 1842-01

Shop, have lunch and/or dinner, visit Pier 39, a museum, or Chinatown.



Residents suggested we offer a bus trip to San Francisco the fourth Saturday of each month.

Drop off destination: Westfield Shopping Center on Market Street. These day trips are yours to do as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP **◆◆** Now.

"To Tell A Life" with Jackie Pels — Book Presentation
Tuesday, March 29 — 5300-02

Working as an editor at the *San Francisco Chronicle* in 1990, author and publisher Jackie Pels formed Hardscratch Press and published her 82-year-old stepfather's writings about his adventurous life in Norway and Alaska. With 20+ books published, Jackie will read and discuss favorite passages from *Any Tonnage*, *Any Ocean* and award-winning personal recollections of "real people's history." Highlights: post-World War II



letters from a hospital in Japan, boot-leggers and bridge-builders. Jackie's recent book, *Family After All: Alaska's Jesse Lee Home*, documents the light-hearted and tragic life of Native children in a small Alaska town. Several songs are included to demonstrate how "to tell a life." Includes Q&A and book signing. Jackie will donate half of book sale proceeds to PALS (Placer County Adult Literacy Service). 7:00 PM. Presentation Hall (KS). \$6. RSVP **◆◆** Now.

Casino Night at OC Lodge
Friday, April 1 — 5057-02

Blackjack, poker, craps or roulette, what is your game? Compete with friends and neighbors as our Ballroom transforms into a casino atmosphere for the night. Whether playing or cheering on others, enjoy casino gaming night with tables run by professional dealers. This year offers more sit-down tables, more dealers and a no-host bar in the Ballroom with lounge-style seating. Casino gaming 7:00-10:00 PM. \$20. Each ticket includes \$500 in casino chips; prizes awarded at the end of the evening. Additional chips available for purchase on-site. RSVP **◆◆** Now.



Just Added! Kilaga Springs — At the Movies! "Monster-In-Law"
Monday, April 4 — Free
PG; 101 minutes. "Monster-In-Law"



stars Jennifer Lopez, Jane Fonda and Michael Vartan. Romantic Comedy. Show 1:30 PM. Presentation Hall (KS). Free.

Inspire by Example!
Volunteer Symposium
Monday, April 4

From 10:00 AM to 1:00 PM, your Association is joining the National Volunteer Week efforts to encourage volunteerism in our community.



Please join over 35 Placer County nonprofit organizations in OC Ballroom as they showcase their organizations and volunteer opportunities in a fair-like set up. Please come by and see where your interests fit with the many needs that organizations have. Free. Judy Hogan 625-4021.

Ferry to San Francisco Shopping
Wednesday, April 6 — 1842-02

Lots of walking! Ferry across the Bay from Vallejo to the historic San Francisco Ferry Building where you will have approximately one and a half hours of shopping/lunch on your own. Then, our motor coach will pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping and/or lunch on your own. Get your Macy's Union Square 11% discount card as you board the bus. Leave OC



REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 86.
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-

at 8:00 AM, return ~ 7:30 PM. \$43.
RSVP ◆◆ by 3/21.

Lincoln Hills Tap Company Talent Show "10"

Thursday, April 7

7:00 PM Show — 5132-02A

Friday, April 8

7:00 PM Show — 5132-02B

Saturday, April 9

1:00 PM Show — 5132-02C

7:00 PM Show — 5132-02D

"10" Ten years – WOW – what an amazing history of fun memories! Get ready for our 10th annual not-to-be-missed fast-paced Talent Show. This



wonderful anniversary show will re-visit the themes of the past 10 years with new songs, fabulous costumes and new staging. Enjoy songs of Broadway, Hollywood, Rock'n' Roll, Disney and

much more. Because of technical advances and dedicated, hard working singers and dancers, the show has improved each year. The spotlight is on you to get your tickets early as this show will sell out quickly. OC Ballroom doors open 30 minutes before advertised show time. \$12. RSVP ◆◆ Now.

Harveys/Harrahs in Lake Tahoe Tuesday, April 12 — 1801-02

Spring in the mountains should be beautiful as our bus travels to South Shore Lake Tahoe. Enjoy plenty of time at Harveys/Harrahs for gaming,

eating, sight-seeing. You must present your Player's Card upon registration at the Activities Desk. If you do not



have one, be prepared to give your birth date, then receive your Player's Card at Harveys upon arrival.

If you forget your Player's Card the day of the trip, you will have to stand in line for another one. They track our gaming to determine our future package. Enjoy \$10 back (reward card) and \$5 food credit. Leave OC at 8:00 AM, return ~ 7:30 PM. \$31. RSVP ◆◆ by 4/1.

Comedy Night at Kilaga Springs Tuesday, April 12

6:00 PM performance — 5052-02A

8:00 PM performance — 5052-02B

Headliner Dennis Gaxiola has gained notoriety from his appearances with



Jamie Foxx on *Comedy Central*, *The Latino Kings of Comedy Tour* with Paul Rodriguez and *others*. When Dennis is not opening on

ShowTime at the Apollo or for Cedric The Entertainer, he is a minister at



youth conventions, and church services. Show opener Erik Clark travels throughout northern California and has performed with A-list comedians such as Dave Chappelle and DL Hughley.

Winner of the 2004 Sacramento Black

Comedy Competition, Erik also entertains our troops overseas. Presentation Hall (KS) doors open 30 minutes prior to show time. \$9. RSVP ◆◆ Now.

Crocker Museum

Wednesday, April 13 — 1761-02

Climb aboard our bus headed for the newly-remodeled and expanded Crocker Art Museum! The Museum exhibits the 1860's and 70's artwork



collection of Edward & Margaret Crocker as well as art purchased by the Museum since it was given to the city of Sacramento in 1885. Ar-

rive at the Museum for an 11:00 AM docent-led tour with plenty of time to view exhibits on your own. The Museum Café offers hot food options to order and "grab and go" selections for lunch on your own. If you choose to bring your own lunch, you may eat at Crocker Park across the street; the cafe does not allow outside food. Leave OC at 9:30 AM, return ~ 5:30 PM. \$33. RSVP ◆◆ by 4/1.

Olmec — Colossal Masterworks of Ancient Mexico at de Young Museum

Thursday, April 14 — 1762-02

America's oldest civilization and



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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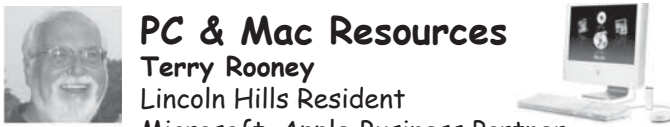

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Home Health & Business Showcase Friday, April 15

Stop by OC Ballroom between 10:00 AM and 2:00 PM to learn about latest products & services and meet your



Compass advertisers and other local businesses. Be sure to thank them for supporting the *Compass* and many of our Association and Club activities. Additional info: Judy Olson, 625-4014.

Semi-Annual Parking Lot Sale Saturday, April 16 – 5120-02

Join us for a fun morning, 7:30 AM-12:00 PM, to shop or sell at our semi-annual Parking Lot Sale in the lot



facing OC Fitness Center. The sale is for residents selling their unwanted household items. Spaces are \$25 each with a limit of

two spaces. Residents must inform monitor 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 & *The Sacra-*

mento Bee. Donuts and coffee will be on sale. Spaces go fast, reserve now. Vendors must abide by the guidelines they receive when signing up. RSVP ◆◆ by 4/2.

Jukebox Saturday Night Saturday, April 16 — 5022-02

Guest DJ: Greg Dills of 'Music To Go' Enjoy Saturday evening dancing with friends and neighbors at our popular



Jukebox Saturday Night at Kilaga Springs with DJ Greg of 'Music To Go'! Everyone who attends has a chance to get his/her song played. Like putting a quarter in the

Jukebox, each guest can make a single song selection which the DJ will play in the first half of the event. A printed playlist is available to browse dance favorites. All types and dance music genres played from rock 'n roll, to salsa, country to ballroom plus the never-omitted "YMCA." No-host bar available at 6:45 PM; dancing 7:00-10:00 PM. \$10. RSVP ◆◆ Now.

New Resident Orientation Tuesday, April 19

Offered quarterly and designed for all new homeowners, we will introduce you to new residents and the Com-



munity 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.

Capitol Corridor to Pier 39 in San Francisco

Thursday, April 21 — 1844-02 Seeking daring, fun-loving residents for a train trip adventure! Our trip



begins at OC Lodge, where we board our coach for the Roseville Train Station to catch Train No. 529 heading for the Bay Area. Arrive at Emeryville and

leave our train to board an Amtrak bus headed for San Francisco, arriving at Pier 39 around 10:00 AM. Enjoy time on your own to have lunch/shop/sight-see prior to catching the return bus. Bus leaves Pier 39 promptly at 4:00 PM for Emeryville in time to catch Train 540 heading for Sacramento. Upon arrival at the Sacramento train station, we board the Amtrak bus to Roseville where our coach to LH awaits. Sound fun? Food available on the train or bring your own snacks. Trip limited to 40 people and due to homeland security rules, no roster changes after April 10. Leave the Lodge at 6:30 AM, return ~ 8:00 PM. \$83. RSVP ◆◆ by 4/1.

Annual Spring "Egg Hunt" Saturday, April 23

Toddler 1-4 yrs. Old — 5400-02A
Kids 5-6 yrs. Old — 5400-02B
Kids 7-8 yrs. Old — 5400-02C

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor



Amphitheater terrace to enjoy our traditional egg hunt and festive surprises.

A creative balloon maker will twist and create crowns, flowers, bunnies and more! Fun egg hunt prizes await your grandchildren. Hunt begins sharply at 10:30 AM. Don't forget your cameras for great Bunny photo opportunities! Bags for egg hunting provided. Sign up your grandchildren, **toddler to eight years only please**, at the Activities Desk. Event will be cancelled if we do not have enough interest by RSVP date or if it rains. Wristbands required to participate in all activities. \$3 per child. Limited space. RSVP ◆◆ by 4/8.

San Francisco for the Day Saturday, April 23 — 1845-02

Shop, perhaps have lunch and/or dinner, visit a museum, Chinatown or anywhere else you like. Our fourth Saturday trip to San Francisco drops

Sun City Lincoln Hills Spectacular

JOIN US on Sunday March 27th

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you off at Pier 39. These day trips are yours to do as you wish. We will offer them as long as there is interest and participation. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ◆◆ by 4/11.

Just added! "Saxophobia" – Tribute To The Sax and Great Jazz Legends Monday, April 25 — 5051-03

Return engagement! This musical tribute to legendary artists who gave the sax its unique place in jazz provides a rare glimpse at some of the



most unusual saxophones ever made. Rob Verdi's "Saxophobia" brings over

ten instruments to our stage for an up-close view of a tiny curved soprano, slide sax, connosax, plastic alto, straight tenor, and even a six-and-a-half-inch tall contrabass saxophone. Hear a bit of "Yakety Sax," "Tequila," and "Pink Panther," including rich history and perspective about the sax. Rob has been a featured soloist with the Phoenix Symphony and performs with the Disneyland Resort jazz band, Side Street Strutters. Rob's 2009 performance met with rave reviews from residents; don't miss this show! Show 7:00 PM. Presentation Hall (KS). \$13. RSVP ◆◆ by 3/29.

Illuminaire at Eldorado in Reno Tuesday, April 26 — 1771-02

This original futuristic, multimedia show offers the latest in high-end technology. Surreal costumes, props and sets mix with fantastic choreog-



raphy, characters and scenes. Stage lighting, projections, lasers and pyrotechnics are some of the special

effects. Arrive with plenty of time for gaming and buffet dinner prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~ 10:30 PM. \$84 (buffet included). RSVP ◆◆ by 4/1.

Just Added! Capitol Steps at Crest Theatre

Wednesday, April 27 — 4620-03

Does the political scene and the people involved cause your blood pressure to soar? If so, it is time for an evening with The Capitol Steps – a musical political



satire group. The Steps began as a group of Senate staffers who set out to satirize the people and places that employed them and has been around for 25 years. Not all of the current members of the Steps are former Capitol Hill staffers but taken together, the performers have worked in a total of 18 Congressional offices and represent 62 years of collective House and Senate staff experience. They have recorded many albums and been featured on major news networks. Additional info at www.capsteps.com. Leave OC at 6:00 PM, return ~ 10:30 PM. \$62. RSVP ◆◆ by 4/11.

Ruth Bancroft Gardens in Walnut Creek

Thursday, April 28 — 1750-02

Lots of walking! Gravel paths! The Ruth Bancroft Garden occupies land once part of a 400-acre fruit farm that produced walnuts and Bartlett pears in the Ygnacio Valley. The Garden is



now owned as a nonprofit organization ensuring it will be preserved in the

spirit of its founder. Although interested in many plant groups, Ruth's long-standing passion has been growing succulents. More information: www.ruthbancroftgarden.org. Upon arrival, there will be a one to one-and-a-half hour docent-led tour of the gardens. Additional time will be

available to tour the garden on your own – there will be plants for sale if interested. We will then have lunch at Rocco's Ristorante, buffet-style including *Pasta and Sauce choices, Green and Caesar Salad, Garlic Bread, Cannoli, and non-alcoholic beverage*. Be prepared to give monitor your pasta and sauce preference when you register. Leave OC at 8:30 AM, return ~ 5:30 PM. \$56 (includes admittance and lunch). RSVP ◆◆ by 4/11.

New! Ultimate Chili Showdown – You vs. Chef Roderick

Friday, April 29 — 5600-03

Be part of the excitement of our first Chili Cook-off showdown! Calling all chefs for a simmering chili cook-off where you compete against our own Meridians Chef Roderick to win the title of Best Chili Cook! Grab your pot, your secret fixings and start mixing!



There will be two awards for the cook-off contest: *Judges' Choice* and *People's Choice*. Winner of the Judges' Choice will have their personal chili recipe featured at Meridians as the Special of the Week! Entries will be judged in a blind tasting by a committee of representatives and announced during the event. Winner of the People's Choice category will be announced in the *May Compass*. Your \$20 ticket to the event will get you into the cook-off to enjoy samples of each chili recipe, along with green salad and corn bread. And if hot chili wasn't great enough, enjoy the cool cars display in cooperation with the Sports Car Group and music with DJ Jerry Tatum. Open seating at tables in the Sports Pavilion during the event and a no-host bar. Sports Pavilion/ Parking Lot opens 4:45 PM; cook-off 5:00 PM; sports car display 5:00-7:00 PM; music 5:30-8:00 PM. \$20. RSVP ◆◆ by 3/29.

Chili contestants must be residents and must fill out the application at the Activities Desk or sign up with Tamara Coil, Events Coordinator, tamara.coil@sclhca.com



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by March 29. Chili contestants will supply chili in a crock pot, all appropriate toppings and a copy of recipe on the day of the event. Event is free to contestants.

The Mills Brothers in San Francisco Saturday, April 30 — 1790-02

The eloquent music of the Mills Brothers has adoring audiences worldwide. Their magic continues today under the leadership of John Mills, son, grandson and nephew of the original group's members. John Mills had



performed with his father, Donald Mills – the last surviving original – since 1982, and now brings to stage the newest generation of the Mills Brothers. The new duo includes the beautiful voice of Elmer Hopper, who spent 21 years with the Platters. Performance at The Razzz Room in the Nikko Hotel Union Square. Arrive at Westfield Shopping Center on Market Street in time for lunch/shopping on your own, then off to Nikko Hotel in time for 3:00 PM performance. Leave OC at 9:00 AM, return ~ 7:30 PM. \$86. RSVP ♦♦ by 4/1.

Lincoln Hills Singers "America: Sweet Music Here"

Sunday, May 1 - 2:00 PM Show

Show Only — 5130-3ASH

Meridians Lunch &

Show Package — 5130-3ALN

Monday, May 2 - 7:00 PM Show

Show Only — 5130-3BSH

Meridians Dinner &

Show Package — 5130-3BDN

Tuesday, May 3 - 7:00 PM Show

Show Only — 5130-3CSH

Meridians Dinner &

Show Package — 5130-3CDN

The 133-member Singers Group per-

form their annual Spring Concert, "America: Sweet Music Here," with familiar favorites "Ain't Misbehavin'," "As Time Goes By," and "Sweet Caroline" and new inspirational songs. New tunes include: "There is Sweet Music Here," "Ye Shall Have a Song," and "Riversong." Select the Show Package option and have lunch or dinner at Meridians before the concert with the convenience of reserved front section Ballroom seating for the show. Entree choice of *Prosciutto & Swiss Cheese Stuffed Chicken Breast Roulade* or *Almond Crusted Boneless Trout Fillets*. (Menu at Activities Desks.) Meridians show package patrons: Be prepared to provide your meal choice when you register and call Meridians, 625-4040, to reserve your table. Ballroom doors open 30 minutes prior to listed show time. Show-only \$12. Show Package \$40. RSVP ♦♦ by 3/29.

Lodi Street Faire

Sunday, May 1 — 1820-03

Lots of Walking! Lodi, a charming town boasting great shops and restaurants, is again hosting the Lodi Street Faire. The semi-annual Faire attracts vendors



from all over California selling antiques, arts & crafts, and commercial items in the quaint downtown area. Food, on your own, includes food vendors and restaurant options. Bring a light jacket for the cooler morning and the air-conditioned bus. Leave OC at 8:30 AM, return ~ 4:30 PM. \$28. RSVP ♦♦ by 4/18.

New Date! Treasure Island with Jerry Moorman

Wednesday, May 4 — 1841-01A —

Halfway over the San Francisco Bay Bridge lies Treasure Island, the site of a former naval base. Step-on guide Jerry Moorman will offer information and history about this unique locale.

Lunch will be served at the Job Corp Culinary Academy on the island at 12:00 PM. Following lunch, our coach



will take you to Pier 39 to sight-see/shop or tour for a

few hours prior to departure for Lincoln Hills. Leave OC at 9:30 AM, return ~ 7:00 PM. \$61 (includes lunch). RSVP ♦♦ by 4/15.

Cinco de Mayo Music Celebration with Dinorah

Thursday, May 5 — 5052-03

Celebrate Cinco de Mayo with a Latin-inspired music program presented by the Dinorah Band. During the show, enjoy a fiesta snack with a boat of



chips & salsa and a beer as part of your ticket.

Dinorah has shared the stage with Mariachi Vargas de Tecalitlan, Patti LaBelle, Stevie Wonder, and more. Influenced by

Latin rhythms and American Rock and Roll, the program includes merengue, bossa nova, cumbia, mariachi and salsa! Present your ticket at the Kilaga Springs Café for your fiesta snack during the show. Concert 7:00 PM. Presentation Hall (KS). \$18. RSVP ♦♦ by 3/29.

"Grand Night for Singing" at Cosmopolitan Cabaret

Friday, May 6 — 1794-03

For all Broadway musical lovers, this revue features songs from all 11 Rodgers & Hammerstein collaborations. The cast, consisting of three



women and two men, showcase Broadway's most beloved song-writing team. Showtime is at

8:00 PM. Arrive in time for dinner on your own. Located near the Crest Theatre, the area boasts many restaurants – Cosmo Café, Esquire Grill, Crest Café, more. Leave OC at 4:45



PM, return ~ 11:00 PM. \$58. RSVP ♦♦ by 4/15.

**Comedy Night at Kilaga Springs
Tuesday, May 10**

6:00 PM performance — 5053-03A

8:00 PM performance — 5053-03B

Headliner Milt Abel has 25 years of performances on “Comedy Central,” “A&E Network,” and “Showtime.” Opening for countless performers like Robin Williams, Whoopi Goldberg, Jerry Lee Lewis and Gary



Shandling, Milt delivers clean and clever comedy. Opener will be Moe Better Man. Presentation Hall (KS) doors open 30 minutes prior to show time. \$9. RSVP ♦♦ by 3/29. Patrons enjoy KS Café discount.



**Spring Fashion Show
Thursday, May 12 — 5111-03**

Spring will be in bloom in the Ballroom as friends and neighbors showcase the latest designs from *Catherine’s*, *Sun River*, *White House Black Market* and more. Luncheon includes



choice of *Roasted Steelhead Salmon Farfalle* or *Chinese Chicken Salad* served

with mimosa beverages prior to show. Buying a table with friends and neighbors? Please have a complete list of guests at your table as well as their food choice upon registration. Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman’s table. (Menu at Activities Desks.) Lunch served in the Ballroom 11:30 AM; show 12:30 PM. \$29. RSVP ♦♦ by 3/29. Even if you do not attend the show, come shop unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.

Announcing Model Call for Ladies and Gentlemen & Fashion Show Committee

If you would like to wear the latest fashions and walk the runway for our 2011 Spring Show, please attend the open model call. We are looking for both ladies and gentlemen to participate in the show. We are also looking for volunteers to assist with show planning as part of the resident committee. Meeting for models and volunteers: Tuesday, March 22, 10:00 AM, Multimedia Room (OC). Meeting will review basic guidelines and event information. If you cannot attend the meeting, contact Tamara Coil, Event & Volunteer Coordinator, by March 22 at 625-4019 or tamara.coil@sclhca.com.

**Beale Air Force Base
Friday, May 13 — 1762-03**

Have you seen the jets from Beale fly overhead and wondered what goes on at this nearby Base? Originally suggested by the Veterans Group, this trip is popular with residents. Limited to 40 people, residents must sign



up individually by May 1 as security clearance by Beale is required for each participant. Your coach heads north from Lincoln Hills for approximately one hour and will arrive at Beale in time for a buffet lunch (included) at the Base Club. The afternoon includes a tour and presentations by base personnel covering subjects such as *UMB* – an overall look at what happens at Beale; *U-2/RQ-4 Static* – the two aircraft that Beale flies and the people that work on them, and the Flight Tower where you can witness takeoff and landings of base aircraft. When registering for this trip, each person must bring their driver’s license as the monitor will need to note name, driver’s license number and state and date of birth for security purposes. You will not be registered for this trip unless you appear in person at one of our Activity Desks. Leave OC at 10:00 AM, return

~ 5:30 PM. \$42. RSVP ♦♦ by 4/15.

**Cirque du Soleil presents Quidam at Power Balance Pavilion
Friday, May 13 — 4562-03**

Young Zoe is bored; her parents, distant and apathetic, ignore her. Her life has lost all meaning. Seeking to fill the void of her existence, she slides into an imaginary world – the world of Quidam –



where she meets characters who encourage her to free her soul. Quidam: a nameless passer-by, a solitary figure lingering on a street corner, a person rushing past and swallowed by the crowd. It could be anyone, anybody. This unique production promises to be different and interesting. We have reserved seating in Lower Section 124 for the 3:30 PM performance. Leave OC at 2:00 PM, return ~ 7:15 PM. \$86. RSVP ♦♦ by 4/11.

**Evening Community Social Dance
Thursday, May 19 — 5020-03**

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, pop, ballroom, west coast swing and line-dancing. The *Nutones* is a wonderfully diverse musical quartet accompanied by excellent vocals, whether you like to tango, cha-cha, swing, two-step, or simply show off your own dance steps. Enjoy a no-host bar throughout the evening. Dancing in the Ballroom 6:30-9:30 PM. \$10. RSVP ♦♦ by 3/29.

**San Francisco Shopping
Monday, May 23 — 1845-03**

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meet you at 2:00 PM at the St. Francis Hotel (Post & Powell) to load all your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$35. RSVP ◆◆ by 5/2.

Chukchansi Resort and Casino Overnight/Yosemite Wednesday, May 25/ Thursday, May 26 — 1771-03

Spring is the most beautiful time of year to visit Yosemite! 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 be in possession of a valid



driver's license and sign up for a Players Card upon arrival. Upon receipt of Players Card, you are eligible for two \$5 food coupons and \$10 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 Tram Tour of the Valley floor. Popular points of interest include Yosemite Falls, El Capitan, Bridalveil Falls, Half Dome, etc. Following the tour, lunch (included) will be at the Yosemite Lodge Food Court. Following lunch, we head for the Hilmar Cheese Company to tour their facility followed by a half sandwich buffet including Cheese Chowder, green salad, side salad, dessert and coffee or tea

(included). Limited to 48 persons. Leave the OC on May 25 at 8:30 AM, return May 26 ~ 9:00 PM. \$199 per person double occupancy. \$236 single occupancy. RSVP ◆◆ by 4/15.

Guide Dogs Graduation and Sausalito

Saturday, May 28 — 1980-03

Lots of Walking. Feel free to bring a sack lunch to enjoy on the bus. Travel to San Rafael to attend a graduation ceremony at Guide Dogs for the



Blind. Witnesses to this event are urged to bring tissues because it's always a moving

event, commemorating the efforts of students and their dogs over their past weeks in class. Puppy raisers say goodbye to their graduating dogs and graduating class members bid farewell to return to their homes and families with new partners by their sides. Graduation is followed by campus tours. Our coach will then transport us to nearby Sausalito for shopping/dining/ocean watching time. Depart Sausalito at 7:00 PM. Leave the Lodge at 10:30 AM, return ~ 9:00 PM. \$43 includes a small donation to Guide Dogs. RSVP ◆◆ by 5/13.

Balenciaga and Spain at deYoung Museum

Wednesday, June 1 — 1760-03

The Needle Arts Group requested this trip but it has elements of interest for all. The deYoung presents the first exhibition to examine the impact of Spain's culture, history and art on one of the greatest 20th century design-



ers, Cristobal Balenciaga. This exhibition showcases over 100 pieces of Balenciaga clothing, accessories and materials providing a view of histori-

cal and regional Spanish dress. Bring your own lunch or enjoy lunch at the Museum café. Price includes headset for use in the Museum. Leave OC at 8:00 AM, return ~ 5:30 PM. \$57. RSVP ◆◆ by 5/1.

Mary Poppins

Tuesday, June 7 — 4562-05E

This is the last Broadway Sacramento Series show available for purchase.



This Tony award-winning production is produced by Disney and Cameron Mackintosh. Hear wonderful songs like "Chim Chim Cher-ee," and, "Supercalifragilisticexpialidocious." Reserved orchestra seating for 8:00 PM performance. Leave OC at 6:30 PM, return ~ 11:30 PM. \$82. RSVP ◆◆ by 5/1.

Blue Man Group at Golden Gate Theatre in San Francisco

Thursday, June 9 — 1791-03

Attending a Blue Man Group show, you don't see a show, you have an experience. This unique theatrical



production complete with Grammy-nominated live music, outrageous perfor-

mances, and colorful paint is unlike anything you've ever seen. Dubbed "visually stunning," "wildly inventive" and "hysterically funny," experience a multi-sensory journey to explore music, art and your connection to the world around you. Our coach will drop you off at Union Square for dinner on your own and then transport you to the Golden Gate Theatre. Leave OC at 2:00 PM, dinner at Union Square from 4:30 – 7:30 PM and then on to the theatre for the 8:00 PM show. Orchestra seating. Return ~ 12:30 AM. \$93. RSVP ◆◆ by 4/29.

Billy Elliot at Orpheum in San Francisco

Sunday, August 28 — 1790-03

"Billy Elliot the Musical" is a joyous celebration of one young boy's journey



to make his dreams come true. Set in a small town, the story follows Billy as he stumbles out of the boxing ring and into a ballet class discovering a surprising passion that inspires his family and his whole community. This is a performance you do not want to miss!! Our tickets are orchestra seating. Leave OC at 2:00 PM, dinner on your own at Union Square from 4:30 – 7:00 PM and then on to the Theatre for the show at 7:30 PM. Return ~ 12:30 AM. \$130. RSVP ◆◆ by 5/27.

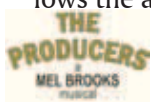
2011 Music Circus Series

This year's Music Circus summer season at the 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 Wells Fargo Pavilion. All shows will be done "Theatre in the Round." Please note new performance time of 7:30 PM. \$65 each show. Leave the Lodge at 6:00 PM, return ~ 10:30 PM.

The Producers

Wednesday, July 13 — 4531-02A

Winner of a record-breaking 12 Tony Awards, this outrageous musical follows the adventures of a down-on-his-luck producer and his beleaguered accountant as they attempt to bilk investors by staging the worst Broadway show ever, only to find themselves with a hit on their hands. RSVP ◆◆ by 6/27.



Oliver

Wednesday, July 20 — 4531-02B

This dramatic 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 the loved "Food, Glorious Food" and "Consider Yourself (at Home)." RSVP ◆◆ by 7/5.



Anything Goes

Wednesday, July 27 — 4531-02C

Sold Out!

Camelot

Wednesday, August 3 — 4531-02D

Arthur, Guinevere, Lancelot and Merlin are the key players in this musical of intrigue, idealism, magic and England's most fabled love triangle. RSVP ◆◆ by 7/18.



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.



Miss Saigon

Wednesday, August 24 — 4531-02G

From the creators of "Les Miserables," Alain Boublil and Claude-Michel Schönberg, this 1991 Broadway musical and international hit ran for 4,000+ performances with its tale of love during tumultuous times, a testament to the human spirit. RSVP ◆◆ by 8/8.



Sacramento RiverCats (Raley Field, Sacramento)

We plan to attend four RiverCats games this season. Like last season, all RiverCats games' seats are in



Senate Box (the bowl area directly behind home plate). Games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. RSVP ◆◆ by 2/21.

RiverCats vs. Oklahoma City RedHawks

Thursday, May 19 — 6270-01A
\$38.

RiverCats vs. Reno Aces
Monday, June 27 — 6270-01B
\$38.

RiverCats vs. Fresno Grizzlies
Friday, July 15 — 6270-01C
\$40.

RiverCats vs. Albuquerque Isotopes
Tuesday, August 16 — 6270-01D
\$38.

San Francisco Giants (AT&T Park)

The Giants had a wonderful season last year and plan a repeat this year. Anticipating much interest in their games, we offer the following opportunities to see them in action. Dates



chosen based on teams and afternoon start times allowing us to return

home by ~ 6:30-7:00 PM. No cans, glass bottles, alcohol, large bags (over 16x16x8") or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.

Giants vs. Colorado Rockies

Sunday, June 5 — 6260-02A

1:05 PM game. Leave Lodge at 10:00 AM, return ~ 7:00 PM. \$74. Lower Box Section 132. RSVP ◆◆ by 5/20.

Giants vs. Chicago Cubs

Wednesday, August 31

Section 104/107; \$94 — 6260-02C1
Section 132; \$79 — 6260-02C2

Both sections are Lower Box. 12:45 PM game. Leave the Lodge at 9:30 AM, return ~ 6:30 PM. RSVP ◆◆ by 8/1.

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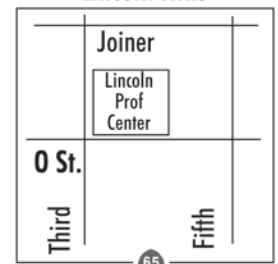


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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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Sold Out Trips/Events thru April 20

Trip/Event · Date · Departure Time

- Sacramento Community Theatre
"9 to 5 the Musical," March 15,
6:30 PM
- Eldorado Hotel — Buddy Holly
Story, March 29, 12:30 PM
- Treasure Island — March 30,
9:30 AM
- Speaker Series — April 4, 6:30 PM

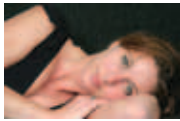
Art Classes

—Drawing—

Portrait Drawing from the Model Wednesdays,

April 6-27 — 1014-03A

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn to sketch and draw portraits from a live model. Train your eyes to go to the essential



of an expression or a movement by doing quick sketches. Practice lines, values, shading, and volumes while drawing longer poses. Model fee: \$12-20 (depending on the number of participants). Model will be present during all four sessions. Check supply list on your receipt. **New students:** email instructor at clmichelet@earthlink.net for information or questions. RSVP ◆◆ by 3/30.

See the Art Exhibit from students of instructor Claire Michelet's Drawing Class on Saturday, March 26 at the Orchard Creek Lodge Community Living Room and Main Lobby, free! One day exhibit, 9:30 AM to 4:00 PM.

Drawing Trees • Wednesdays, April 6-27 — 1014-03B

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Learn how to draw trees, one of the most beautiful works of nature. Experiment with a variety of drawing techniques from pencils, color and

watercolor pencils, chalks, and pastels, to pen & ink & wash. All levels welcome. A supply list will be given upon registration. RSVP ◆◆ by 3/30.

Chalk Pastels & Charcoal Workshop

Saturday, April 23 — 1014-03C

9:00 AM-3:00 PM (OC). Instructor: Claire Michelet. \$60. Learn everything you want to know about chalks pastels and charcoal media. Discover new ways to manipulate and make them permanent, up to painterly effects. We will cover use of red sanguine chalk, compressed and stick charcoals, mixed-media combinations with water-based media (inks and watercolor) and with oil media, and chalk pastels pencils. Class is for those who have taken basic drawing class/workshop! A supply list will be provided upon registration. RSVP ◆◆ by 4/16.

—Oils, Pastels & Acrylics—

Oil Painting with Frank Ordaz

Next four-week session will start May 2 and will be announced in the April *Compass*.

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, April 20- May 18 — 1031-03

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



First-time students will be contacted by instructor to spend time with

him reviewing a notebook composed for their use. Included will be a suggested supply list, palette layout of color and the Munsell Color Theory. New students will learn to analyze or "read" paintings by well-known artists. Strong emphasis is placed on understanding an ideal composition using elements of art structure. Con-

tinuing students encouraged to enroll. *About the instructor:* Tom was an art instructor for 35 years in Walnut Creek School District and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley with a master's degree in art from Colorado State College. RSVP ◆◆ by 4/13.

Painting Pastels and Oils with Joan Mondays,

April 18-May 16 — 1052-3A

Or Tuesdays, April 19-

May 17 — 1052-03B

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 4/11 or 4/12.

Ceramics Classes

—Lladro—

Spanish Oil Painting Wednesdays, April 20- May 18 — 2061-03

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 re-

quires a steady hand and concentration. 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 4/13.

**Lladro Workshop • Wednesdays,
March — 2063-01C
April — 2063-01D**

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,
April 5-26 — 2013-03A**

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four 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 ceramics 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 3/29.

**Advanced Ceramics • Tuesdays,
April 5-26 — 2013-03B**

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four 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 3/29.

**Beginning Hand Building Potter’s
Wheel Techniques
with Terry • Thursdays,
April 7-28 — 2015-03**

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. You will be able to work at your own pace receiving individual instruction to achieve your goals. She brings 34 years experience teaching Ceramic and Drawing and Painting to help you work independently on any project you choose. Terry gives frequent demonstrations introducing you to 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 3/31.



Computer Classes (PC)

—Operating System—

**Computer II/Guide to Internet
Tuesday & Thursday**

March 15 & 17 — 2541-02
9:00-11:30 AM (OC). Instructor: Cami Cordell. \$34 (two sessions). Intermediate level. Ask questions, experiment and review computer terms. Students will learn Windows 7 navigation features, file management, and customizing. Class also explores the Internet, use a browser to locate websites and search for information. Optional: Bring a USB drive to save your work. \$2 handout fee due at class, payable to instructor. RSVP ◆◆ Now.



**Intro to PC: Beginner’s Guide to
Computers • Tuesday &
Thursdays, April 5 & 7 — 2540-03A**
9:00-11:30 AM (OC). Instructor: Cami Cordell. \$30 (two sessions). Beginners — ask questions, experiment, learn what things are called and how they work. For brand new computer users who want to learn the very basics: how to use the mouse, when to click/double-click, how to copy/paste, save/print documents; how to find, move, copy, or delete files; and how to create folders. We will work on keyboarding skills as well. Class is combination lecture and hands-on. \$2 handout fee due at class, payable to instructor. RSVP ◆◆ by 3/29.

—Microsoft 2007—

**Word Phase Two
Mondays & Wednesdays,
March 28 – April 6 — 2651-03**

9:00-11:00 AM (OC). Instructor: Angela Blas \$48. Class provides additional practice with Word 2007. Explore advanced features of word, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels, tables. As always, Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. Join us for a fun class. Prerequisite: lots of practice with Microsoft Word or Word Phase One or Word Basics. RSVP ◆◆ Now.



**PowerPoint
Mondays & Wednesdays,
April 18 - 27 — 2670-03**

9:00 AM-12:00 PM (OC). Instructor: Angela Blas. \$48. Whether you are a club leader or own a small business, odds are at some time, you will need to make a presentation. Most presentations today are delivered via a computer projection display. PowerPoint is a presentation graphics program that enables you to prepare slide shows and present them with style

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and impact. PowerPoint's easy-to-use tools let you concentrate on presentation content instead of the design detail. Using PowerPoint's, built-in document themes, you can easily create effective professional presentations. The class teaches students to navigate the PowerPoint Window, use themes and review the new ribbon interface. Learn to jazz up presentations using animation, graphics, and multimedia components. At the end of class, students will create a slide show, complete with bulleted lists and clip arts. RSVP ◆◆ by 4/11.

—Social Networking—

Facebook Lab

Friday, March 18 — 2693-02B

9:00-11:00 AM (OC). Instructor: Cami Cordell. \$13. Two hours of lab help. Take this course *after* completing The World of Facebook class. Residents will be able to log in and ask questions. RSVP ◆◆ by 3/7.

Email Basics • Tuesday & Thursday, April 5 & 7 — 2540-03B

12:30-2:30 PM (OC). Instructor: Cami Cordell. \$30. **Prerequisite:** Familiarity with computer plus Internet and Windows experience recommended.



Today's world almost requires everyone to communicate with email for business and to keep in touch with family and friends anywhere! Learn how to open a gmail account or enhance skills with your own email provider using Outlook Express. Acquire basic knowledge of composing, sending, receiving and forwarding emails. We will also attach photos and documents to your emails. Make your emails interesting using different options — font, font size, color, backgrounds and your own signature. Organize emails by adding folders and creating an address book for contacts. Instructor will cover junk emails and how to block them. Class will be a combination of instruction and hands-on

experience. Additional \$2 payable to instructor for hand-outs. RSVP ◆◆ by 3/29.

The World of Facebook

Tuesday & Thursday

April 26 & 28 — 2540-03C

9:00 AM -12:00 PM (OC). Instructor: Cami Cordell. \$36 (two sessions). This three-hour class will provide two hours of lecture and one-hour lab each session. **Prerequisite:** Must have email account. Want to reconnect



with long lost friends but don't know how? Facebook is a fun way to search and reconnect with friends, old school chums, and

family. A way to stay up-to-date with life stories and photos. Learn to sign up, set up a profile, post first comments. Create an event, post a picture, invite friends to your Facebook site, more. Class is a combination of lecture and practical application. Students are provided one-on-one coaching with instruction tailored to skill level of each student on the last hour of the class. With the constant changes in Facebook, everyone is considered a beginner. \$2 fee for handouts payable to instructor. RSVP ◆◆ by 4/19.

—Digital Photography—

Photoshop Elements 9 – Level I

Tuesdays,

March 22 & 29 — 2522-02

9:30-11:30 AM (OC). Instructor: Roy Salisbury \$30. The number one consumer photo editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 9.0 owners. After class, students may access PC lab to work on photo projects. **Prerequisite:** Basic computer knowledge



recommended. \$2 handout fee payable to instructor. RSVP ◆◆ by 3/15.

How to Use a Digital Camera

Tuesday, April 26,

May 3 & 10 — 2624-03

6:00-8:30 PM, (OC). Instructor: Roy Salisbury. \$45. Tired of not knowing how to use your digital camera? Take this class and learn from our new instructor! Class covers basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using LCD screen, and what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. \$2 handout fee payable to instructor. *About the instructor:* Roy got his first camera as a young boy and fell in love with the hobby. An adjunct instructor at local schools and American River College for the past 12 years, he came highly recommended by residents. RSVP ◆◆ by 4/26.



New! Picasa 101 –

Monday, Wednesday & Friday

May 16, 18 & 20 — 2523-03

3:00-4:30 PM (OC). Instructor: Len Carniato. \$50. Photo editing using your computer is the rage these days and modern Digital Cameras make it easy to take great shots. Getting those photos stored and organized on your PC often confounds many folks, 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, you will 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:**



site: 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 5/9.

—Cooking—

Cooking with Chef Roderick – Breads & Spreads

Tuesday, April 12 — 4014-03

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. This month’s class features three deliciously different spreads. Learn to make Pistachio Tapenade, Eggplant Capanata, and Oven Dried Cherry Tomato Relish. Students receive great tips as well as samples of his wonderful creations. Recipe copies provided. RSVP ◆◆ by 4/5.



Crafts

—Mosaic—

Mosaic 101: Beginners Mosaic Class Stepping Stone Stained Glass Tuesday, April 12 — 3093-03

1:00-4:00 PM (KS). Instructor: Bill Sutherland. Class fee: \$18. Materials fee: \$20 (with nipper) or \$5 (without nipper) payable to instructor on first day of class. Discover the art of glass mosaic and create a stepping stone with stained glass as pattern medium in a concrete setting. Resident Bill Sutherland, with 30 years of experience in stained glass and fused glass art, will lead students in making an eight-inch square stepping stone with a beautiful pattern. Though pattern is provided, each project is unique based on student’s choice of colors and cuts of glass. For those who have taken this class before, you may bring your own pattern that fits a seven and a half-inch square stepping stone. Pattern should be on printer paper enlarged



to desired size. This easy, fast and friendly project can be duplicated at home after the class. Men and women encouraged to join. All materials needed are covered by the materials fee. If you have a nipper, please bring to class. RSVP ◆◆ by 4/5.

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 – Fox Trot Saturdays, April 9-30 — 3519-03A

10:00-11:00 AM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). Fox Trot is ballroom! If you don’t dance Fox Trot... you don’t dance Ballroom. This dance is the most popular ballroom dance characterized by music that makes you feel good and want to move across the floor with grace and style. We will work on the basic steps and rhythm of the beginning level Fox Trot. Come and improve your basic skills or learn the dance for the first time. A great way to start the day... dancing. RSVP ◆◆ by 4/2.



Intermediate Ballroom — East Coast Swing (Six Count) Saturdays, April 9-30 — 3519-03B

11:00 AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). Continuing where we left off last month with more moves, leading and following technique and great music. We will improve our Six Count Swing and put moves together into patterns for easy learning. Questions? Call the Fontaines, 773-2535. RSVP ◆◆ by 4/2.

—Clogging—

Clogging with Janice • Tuesdays, April 5-26 — 3571-03A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four 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. Continue with more steps and dances, an ongoing class. Join fellow cloggers and dance the hour away. RSVP ◆◆ 3/29.



Beginning Clogging • Tuesdays, April 5 - 26 — 3571-03B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$20 (four 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. 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, a friend, and we’ll have lots of fun. RSVP ◆◆ by 3/29.

Clogging with Susi

Instructor: Susan Thomas. Join this fun form of exercise and dance, clogging from Gaelic “clog” meaning “time.” Clogging is “time dancing;” your heels are the timekeeper. Experience the smooth transition from Clogging I to Clogging II where you will learn new dances and steps at the intermediate level.

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Clogging II • Tuesdays,**April 26-June 21 — 3573-03A**

(No class May 10.) 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 4/19.

Clogging Performance • Tuesdays,**April 26-June 21 — 3573-03B**

(No class May 10.) 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 4/19.

-Hula Dance-**Hula Continuation • Thursdays,****April 7-28 — 3901-03**

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama. \$32 (four sessions). A continuing, not beginning class. Naomi Kalama is a well-known instructor and performer who teaches Hula, dance of the Islands. En-



joy a fun, relaxing class while experiencing soothing sounds of Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ◆◆ by 3/31.

-Line Dance-

Next Line Dance Classes with Audrey will be advertised in April Compass

Intro to Line Dance with Yvonne •**Thursday, April 7-****May 26 — 3703-03A**

4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). This new class, meant for real beginners, is designed to introduce basic line dance steps and dances at a 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 3/31.

**Line Dance Beginner Plus with****Sandy • Wednesdays,****April 20-May 25 — 3701-03A**

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 I Line Dance class. Steps are



basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns and

more. Students are expected to understand and execute basic line dance terminologies 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 in on all the fun while exercising. RSVP ◆◆ by 4/13.

Line Dance II**Beginner-Intermediate with Sandy****Wednesdays,****April 20-May 25 — 3701-03B**

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 4/13.

Line Dance III with Sandy**Wednesday,****April 20-May 25 — 3701-03C**

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. Within this level, there is no limitation 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 4/13.

Line Dance II/Beginner-**Intermediate with Yvonne****Thursdays,****April 7-May 26 — 3703-03B**

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$40 (eight sessions). What our settlers started back in



the 1800's has spread. In addition to the great U.S. choreographers, there are thousands of line dances coming into the country from around the world. This class incorporates more

turns, shuffles, and syncopated steps as well as review of fundamental steps. RSVP ◆◆ by 3/31. *Note: Line Dance I and Beginner Plus Dance with Yvonne will be advertised in April Compass.*

Country Couples Line Dancing — Intermediate Continuing**Mondays, April 4-25 — 3531-03B**

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

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only in classes you want to learn. Class size limited so pre-registration is important. This class is for continuing students who are 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@sclhca.com. RSVP ◆◆ by 3/28.

—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

Mondays, April 25-

June 20 — 3554-03A

10:00-11:00 AM (KS). \$40 (eight sessions, no class May 30). RSVP ◆◆ by 4/18.

Technique Class • Mondays,

April 25-June 20 — 3554-03B

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

sessions, no class May 30). RSVP ◆◆ by 4/18.

Advance Performance

Mondays, April 25

June 20 — 3554-01C

12:00-1:00 PM (KS). \$50 (eight sessions, no class May 30). Class is only for advanced students approved by instructor. RSVP ◆◆ by 4/18.

Beginning Tap • Tuesdays,

April 26-June 14 — 3554-03D

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 4/19.

Technique Class • Tuesdays,

April 26-June 14 — 3554-03E

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 4/19.

Technique Class • Thursdays, April

28-June 16 — 3554-03F

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ◆◆ by 4/21.

Tap for Fun with Judy!

Join us on Monday or Friday afternoon to 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. If you have an hour or two, put on your tap shoes, feel the music beat and prepare to tap!

Mondays, April 25-

June 13 — 3551-03A

4:45-5:45 PM (KS). Instructor: Judy Young. \$35 (seven sessions). RSVP ◆◆ by 4/18.

Fridays, April 29-

June 24 — 3551-03B

(No class May 27.) 1:00-2:00 PM (KS). Instructor: Judy Young. \$40 (eight sessions). RSVP ◆◆ by 4/22.

—West Coast Swing— (California's State Dance)

Beginning West Coast Swing

Levels I & II • Wednesday,

April 6-27 — 3512-03A

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 3/30.



Intermediate West Coast Swing

Levels I & II • Wednesdays,

April 6-27 — 3512-03B

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 3/30.

Advanced West Coast Swing

Wednesdays,

April 6-27 — 3512-03C

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 3/30.

Driver Training

AARP Driver Safety Course

Monday & Tuesday,

April 18 & 19 — 6056-03

8:30 AM-1:00 PM (OC). AARP Member (\$22) for two-day session; AARP Non-Member (\$24). Instructor: Roger Kane. Resident must present current AARP Membership

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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 4/11.

Fishing

New! Beginning Fly Casting
Wednesdays, April 20 — 6280-03
10:00-11:30 AM (OC). Instructor Tom Peirano. \$50. This one-session, introductory class is designed for beginners or those looking to improve their



casting skills. We'll cover basics, from proper grip to various casting techniques, to prepare you to cast successfully on your own. Class size is limited to four students in order to provide more personalized instruction. Rods, reels and line will be provided for class. *About the instructor:* Tom Peirano has spent nearly 40 years fly fishing throughout the West and also serves as a fly fishing guide, www.tlpflyfishing.com,

focusing on the American Feather and Yuba Rivers. RSVP ◆◆ by 4/13.

Fitness

Register for these classes at the Fitness Centers starting March 17, 10:00 AM

—Small Group Training—

This program is designed to give the personalized workout of personal training with the effectiveness and excitement of working with a group.



Small group training sessions will have a minimum of four and maximum of six participants to guarantee success and individualized attention for everyone.

SGT — Bodybugg • Mondays & Fridays, April 8-May 2 — 835000-G

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 required! 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. \$135. Register/Fitness Centers.

SGT — "Fun"ctional Fitness

Tuesdays & Thursdays,
April 5-28 — 835000-F3
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 — Bootcamp Mondays & Wednesdays, April 4-27 — 835000-B2

5:00-6:00 PM, Aerobics Room (KS). 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 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 that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135.** Register/Fitness Centers.

SGT-TRX Interval Training Mondays & Wednesdays, April 4-27 — 835000-TR

1:00-2:00 PM, (KS). Instructor Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full-body heart-pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with

Weights • Tuesdays,

April 12-May 17 — 750500-03

11:30 AM-12:30 PM, Weight Room



(KS). Instructor: Jill Boan. Join this six-week in-depth, informational strength training program to take you from basic to advanced training techniques. Begin with a total body machine

program focusing on proper settings and correct form and progress into free weights and cables. Learn how, when and why you need to change your weights, the best sets, reps and exercises for your body type. You will run away with written programs to carry you through the rest of your life! Limit six people. Change your life. **Six week session - \$75.** Register/Fitness Centers.

Reach for the Top/Stretch & Tone!

Mondays, April 4-25 — 805000-03

12:00-1:00 PM

Tuesdays, April 5-26 — 801000-03

11:30 AM-12:30 PM

Thursdays, April 7-28 — 80300-03

11:30 AM-12:30 PM

Thursdays April 7-28 — 80400-03

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 you more mobile. 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 Centers.

Balletone • Tuesdays,

April 5-26 — 700000-03

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 that is perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increases cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four week session \$35.** Register/Fitness Centers.

—Tennis Lessons—

Pro Tennis Lessons

Sundays, May 1-June 5

Beginners

8:00-9:00 AM — 790700-03

Intermediate

9:00-10:00 AM — 790600-03

Advanced

10:00-11:00 AM — 790500-03

Tennis Courts #10/11. Instructor:

Mike Gardetto. Mike Gardetto is USP-



TA-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 also covered. **Six-week session \$70.**

— Qigong —

Qigong • Thursdays,

April 7-28 — 745000-03

3:30-4:30 PM, Aerobics Room (KS).

Instructor: Peter Petersen. Qigong (pronounced chi-gung) has been

around for 5000 years and originated in China. This class is gentle and easy to learn and can be practiced by anyone, at any age or fitness level. Using simple gentle body movements, it becomes the art of energy management and can balance and unblock stagnate energy. Physical benefits include helping eliminate chronic pain, increased strength, flexibility stamina, range of motion of limbs, and bolstering a vital immune system. Also, negative emotions and memories are released from the mind reducing stress and allowing one be more present in their everyday lives. **Four-week session \$40.** Register/Fitness Centers.

—Dance/Fitness Centers—

Zumba • Monday,

April 25-June 6 — 810000-03

(No class on May 30.) 3:45-4:45 PM, KS Aerobics Room. Instructor Nicole Robinson will lead you through 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 you entire body. **Four week session \$40.** Register/Fitness Centers.

Belly Dance

Mondays, April 4-25 — 770200-03

4:00-5:15 PM, Aerobics Room (The

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Wave). Instructor: Anna Woods. Come enjoy belly dancing and get a great core workout to fabulous rhythms and beautiful music. Through this dance, strengthen abdominal muscles, legs, back and more. The good news is that 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 instructing. There will be a \$15 charge on the first day of class for hip belt. Anna welcomes you to try one class for free! Limit: five participants. **Four week session \$36.** Register/Fitness Centers.

Greek Line Dance

Fridays, April 1-29 — 770100-03
4:45-6:00 PM, Aerobics Room (The Wave). Instructor: Anna Woods. Learn fun, easy dance steps that move beautifully to Mediterranean music. Also an awesome workout! These dances can be done at parties, another way to have fun with friends and get great exercise. Anna's 15 years teaching Mediterranean dances is an added plus. Gentlemen welcome. Anna allows you to try one class for free! Limit: five participants. **Five-week session \$45.** Register/Fitness Centers.

Performance Dance with Dolly

Fridays, April 1-29 — 771200-03
(No class April 8 or 22.) 2:30-4:30

PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. For the



dancer who loves to perform! These classes combine all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher's approval only. Two-hour classes. **Four week session \$46.** Register/Fitness Centers.

Jazz/Musical Theatre

Wednesdays, March 30-April 27 — 770300-03
(April 6, class one hour earlier; No class April 20.) 4:15-5:15 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater and lyrical styles. Something new in every class. Come watch a class and see how much fun dance can be! **Four-week session \$32.** Register/Fitness Centers.

Creative Dance • Wednesdays,

March 30-April 27 — 770400-03
(April 6, class one hour earlier; no

class April 20.) 5:30-6:30 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. This class explores the fundamentals of all dance through ballet technique and creative expression. Increase your body awareness, balance, strength and grace through this beautiful dance. **Four week session \$32.** Register/Fitness Centers.

—In the Pool—

Core-N-More Suspended Aquatic Exercise

Wednesdays, March 23-April 13 — 760000-03
Thursdays, March 24-April 14 — 760100-03
Wednesdays AM & Thursdays PM, March 23-April 14— 760200-03
Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM. Indoor Pool



(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 that will improve core strength, tone and strengthen major muscles, improve balance, flexibility, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific

Group Exercise Class Schedule!

Purchase a Punch Card at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works		Water Works	
8:00 AM	Low Impact	Core & Strength	Low Imp. Hi-NRG Cyc*	Mixed Level Cycle*	Low Impact	Card.Dnce. Hi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Core & Strength	On The Ball • Water Wks	
9:00 AM	Low Impact	Active & Fit	Low Impact	Low Impact*	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	Aqua Nice & Easy	Basic Joint Efforts	Aqua Nice & Easy	sic Joint Efforts	Aqua Nice & Easy	
1:00 PM	Chair with Flair		Chair with Flair			
2:30 PM	Fall Proof*§		Fall Proof*§			
4:45 PM		Shape Up		Shape Up		
5:00 PM		Mixed Level Cycle*		Cardio Salsa*		
6:00 PM		Aqua Tone		Aqua Tone		

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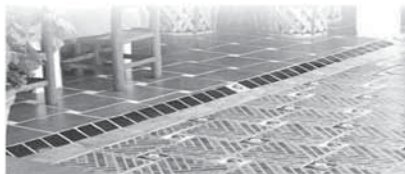
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to their fitness level. Contact Andrea about a free one-on-one trial session or with any questions, 844-8824. **Four-week session, \$30 one day/week or \$50 two day/week.** Register/Fitness Centers.

Aqua Zumba™

Mondays, April 4-25 — 813000-03
4:00-4:50 PM, Indoor Pool (Wave). Instructor: Christy Barry. Aqua Zumba™ is Latin fitness dance in the water. This is a fun and energetic way to dance salsa, meringue, cumbia and hip hop to the Latin music that makes Zumba™ so popular. If the pounding and twisting of land Zumba™ classes is too much for your knees and hips or you just want a high energy workout, Aqua Zumba™ is perfect for you! The gentle environment of the water makes movement and transitions smooth and easy for the body to handle. *But don't let that fool you!* Because of resistance, you will burn major calories. "Ditch the workout and join the Pool Party.™" **Four week session \$40.** Register/Fitness Centers.

—Nordic Walking—

Nordic Walking for Beginners Wednesdays,

April 6-27 — 750000-03

1:00-2:00 PM, Aerobics Room (KS). Instructor: LH resident Mike Barkhurst.



Train with the best, Mike is a part of the American Nordic Walking Association and holds three personal trainer certifications

in health/fitness. Walking with Nordic Walking poles allows you to gain stability and balance while walking and lessens stress on all your joints up to 40% as compared to normal or power walking. Class is split into four one-hour sessions. The first is held inside where you will be given instruction on various types and kinds of Nordic Walking poles available for purchase. The next three sessions are conducted outside at OC. You will be

taught the techniques of Nordic Walking. There is very little hiking done in the classes; it is left for you to do on your own as you get full use of a pair of Nordic poles for the four weeks. **Four-week session \$50.** Register/Fitness Centers.

—Yoga—

Gentle Hatha Yoga

Tuesdays,

April 5-26 — 710100-03

Thursdays,

April 7-28 — 710200-03

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 sup-

posed 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. Though all level are welcome, Tuesday class is more suitable for beginners while Thursday class is aimed at continuing students. Limit: 20 participants. **Four-week session \$49.** Register/Fitness Centers.

Chair Yoga • Tuesdays,

April 5-26 — 710000-03

12:25-1:45 PM, Aerobics Room (The Wave). Instructor: Julie Boone 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. The practice will include

gentle stretching, energizing breathing exercises, and guided relaxation. Limit: 20 participants. **Four-week session \$49.** Register/Fitness Centers.

Evening Yoga (Hatha-Traditional Yoga)

Tuesdays, April 5-26 — 711000-03

6:30-7:45 PM, Aerobics Room (KS).

Instructor: Susan Hayes. A fun evening yoga class designed to keep you in shape, at a relaxed pace. Yoga has been proven to increase energy, flexibility, balance, and strength – all while reducing stress. Spring is finally here, so start moving your body in anticipation of outdoor activities this summer. Everyone is 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 Centers.

Evening Yoga and Meditation

Thursdays, April 7-28 — 711100-03

6:00-7:15 PM, Aerobics Room (KS).

Instructor: Susan Hayes. This is a relaxed evening yoga class consisting of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and optional meditation. Each student receives individual attention. Limit: 10 students. **Four-week session \$40.** Register/Fitness Centers.




Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays and Wednesdays, the Lapidary Shop, Casting Shop and Fabrication Shop are open from 8:00 AM-12:00 PM (shared space), Sierra Room, (KS). Workshops are open to experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax





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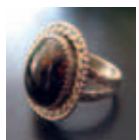
Lower Price! Intro to Gem Cutting Mondays, May 2-23 — 3082-03

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$20. (four sessions) Supply fee \$15 payable to instructor. Limit: six students. This “hands-on” class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. Questions: contact Dave Fisk, 434-0747. RSVP ◆◆ by 4/25.



Lost Wax Jewelry Casting

Mondays, May 2-23 — 3132-03
12:00-3:00 PM for class weeks one, two, & four; 8:00-9:00 AM and 12:00-3:00 PM for week three (May 16) (KS). Instructor: Dave Fisk. \$75. Materials fee \$20 payable to instructor first day of class. Learn basic techniques of millennia-old craft. Create wax model of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions: contact Dave Fisk, 434-0747. RSVP ◆◆ by 4/25.



Jewelry Fabrication,

Mondays, May 2-23 — 3161-03
(No class May 30.) 1:00-3:00 PM (KS). Instructor: Chuck Defrenzo \$60 (four

sessions). Materials fee: \$10 payable to instructor at first class. Learn basic techniques of fine jewelry construction, then wear your accomplishment. It's easier than you might think. Class requires additional small amount of metal purchase, (silver or gold) available in class. Class size limited to six students. No make-up classes. Students may continue to access the open workshop equipment upon completion of class for nominal fee. About the Instructor: Chuck has been creating custom jewelry mountings for 50+ years. His work has been displayed at the Los Angeles County Fair and numerous lapidary shows. RSVP ◆◆ by 4/25.



Glass Art

—Fused Glass—

Fusing Glass Workshops

March — 3102-01C
April — 3101-01D
4:00-6:30 PM on Mondays 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 in the Sierra Room (KS). Pay at the Activities Desk each day you attend the workshop.

—Stained Glass—

Stained Glass Workshops

March — 3101-01C
April — 3101-01D
4:00-6:30 PM on Mondays 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 attendance 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.



Beginning Stained Glass – Lead Came Method • Tuesday, April 19 – May 3 — 3091-03

1:00-4:00 PM (KS). \$45 (three sessions). Instructor: Bill Sutherland. Class fee plus \$15 for basic kit payable to instructor. Students will be



instructed in pattern construction and orientation, glass cutting and grinding, panel construction, soldering and finishing. Attention to starting point, came cutting and joint construction, glass “fit,” patina and hanging system. Students will complete a two-dimensional glass panel in class. Students must wear closed toe shoes, no sandals allowed. To view a sample of the glass panel, see the display case (OC). RSVP ◆◆ by 4/12.

Jewelry

—Beading—

Freeform Peyote Bracelet or Necklace

Thursday, March 17 & 24 — 3011-02
3:00-5:30 PM (KS). Instructor: Donnette Thomas. \$30. This technique is easy, requires some beading experi-



ence or if you think you can do it, you probably can. Your choices of color and bead shapes will determine the success of your first piece of jewelry. Not recommended as a first project; check out the window display at the

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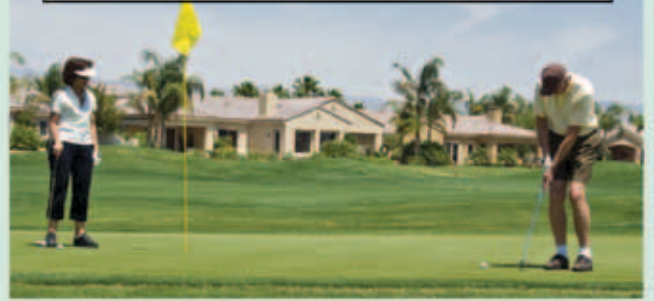
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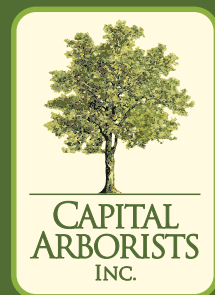


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Terra Cotta Room (KS) and see what you think. Check supply list on your receipt. Questions: Donnette at 425-3666. RSVP ◆◆ Now.

"Beading 101" — Basics of Beading Tuesday, April 5 — 3012-02

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$20. \$10 Materials fee due to instructor first day of class. **Ideal for beginners or good refresher for more experienced beaders.** Want to create your own unique jewelry, repair that favorite necklace, or pick up a new hobby? Spend a few hours and go home with two bracelets and a pair of earrings. Learn basics of bead stringing – color and composition, how to fasten clasps and more. Instructor will provide kits with all materials needed to create all three projects. You'll need a few basic items from home and some imagination. Cathie will share tips and techniques she's learned over the years. Check the display windows (OC & KS) for samples of the jewelry you'll create. Be sure to get the list of "Basics to Bring" when you register. Questions: Cathie at billcats1@earthlink.net or 434-6667. RSVP ◆◆ by 4/26.

"Question Mark" Necklace Tuesdays, May 3 & 17 — 3010-03

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30 (two sessions, no class May 10). **Must have some experience working with seed beads!** There's no "question" about it —



you'll garner tons of attention with this necklace. The necklace is a unique way to showcase a special bead. How does it keep its shape and stay in place without a clasp? Join us and find out. The class promises to be lots of fun as we use unexpected materials. Check out samples in the display window (OX) for ideas. Please note: sessions are two weeks apart! Be sure to get your materials list when you sign up for

class. If you have any questions about the class or wonder if you have skills to do the project, contact Cathie at billcats1@earthlink.net or 434-6667. RSVP ◆◆ by 4/26.

Movies

Four From Hitchcock Alfred Hitchcock • Thursdays, May 5-19, June 2 — 4271-03

9:00 AM-12:00 PM (KS). Instructor: Ray Ashton. \$20. We will discover what many feel are the four greatest films from the legendary director Alfred Hitchcock. We will experience, in their entirety "North by Northwest," "Rear Window," "Vertigo," and the unforgettable "Psycho." Before, during, and after the films there will be lecture and discussion about Hitchcock's amazing direction as well as his process in creating these incredible movies. Each class will be roughly three hours since the movies themselves run approximately two hours. So, buckle-up and get ready for a thrilling ride as we explore "Four" from Hitchcock. RSVP ◆◆ by 4/28.



Music

Guitar I — Continuation • Fridays, April 29-June 17 — 4261-03A



8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Pre-requisite:** 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 4/22.

Guitar II — Intermediate • Thursdays, April 28-June 16 — 4261-03B

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 4/21.

Guitar III — Advanced Thursdays, April 28-June 16 — 4261-03C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions). **Pre-requisite:** Students must have instructor's approval to enroll. Class is 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 4/21.



—Keyboard—

Play In a Day Keyboard Class Tuesday, April 5 — 4270-03A

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

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in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ◆◆ by 3/29.

Play In a Day, Keyboard Continuation Class

Tuesday, April 12-26 — 4270-03B

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 4/5.

—Voice—

Singers Vocal Boot Camp Continuation • Fridays, April 29-June 17 — 6133-03

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. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 4/22.

Sewing

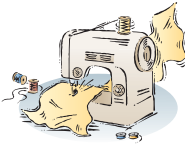
Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.

Bernina 440 Quilting Certification Monday, April 4 — 4058-12D

4:00-5:00 PM (OC). Instructor: Sylvia Feldman. \$50. Learn comprehensive free-motion stippling for quilting with fabric mover using our new Bernina 440 quilting machine. There will be instructions on the use and care of the machine with all features and enhancements it has to offer. This one-hour, one-on-one intensive training class will leave the student with confidence to use the machine. Class fee covers all materials needed including batting materials, thread, fabric and step-by-step instructions. RSVP ◆◆ by 3/28.

Bernina Sewing Machine Certification • Monday, April 11 — 4057-12D

3:00-4:00 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 4/4.



Bernina Serger Certification Monday, April 11 — 4056-12C

1:30-2:30 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies will be provided. Class limited to three students. RSVP ◆◆ by 4/4.

—Creative Hardanger—

Norwegian Embroidery “Creative Hardanger” for Beginners Tuesdays, April 5 - 26 — 4022-12D

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions). Want to acquire a new and easy 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 3/29.

Norwegian Embroidery “Creative Hardanger” Workshop Every Tuesday — 4022-12D

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop are 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.

—Knitting—

Intermediate Knitting • Mondays, April 4-25 — 4071-03

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions). **Prerequisite:** Must know how to Knit, Purl and Cast On. This class is for anyone who knows how to knit but would like help reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting.



Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. *About the instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for several yarn companies as well as writes articles and knitting designs for the major knitting magazines. Nancie has written nine books on Knitting and Crochet and two books on Quilting. Class is limited to 10 spaces so sign up early. RSVP ◆◆ by 3/28.

Travel

Travel to France

Sunday, April 17 — 6161-03

1:00-4:00 PM (OC). Presenter: Claire Michelet. \$24. Handout fee: \$5, payable to instructor on first day of class. Would you like to be prepared for your next trip to France? Learn



from a French native about planning worry-free itineraries and which cities and countryside to visit, what you should do before leaving, what to pack and wear, weather conditions and the French seasons, where to stay and your options for lodging (hotel, country inns, bed & breakfast, renting a villa or an apartment), what to expect on the road and French public transportation, finding out about shops, shopping and money matters, cultural landmarks, and an introduction to typical French habits and French culture. RSVP ◆◆ by 4/10.

—Visual Tour Presentations—

Versailles & Surrounding Castles, a Visual Tour

Sunday, March 27 — 6091-02

1:00-4:00 PM (KS). Instructor: Claire Michelet. \$20. Visit the fabulous Versailles Castle, its extended gardens including the Domaine of Marie-



Antoinette, and also Vaux-le-Vicomte, Fontainebleau and other famous castles of Ile-

de-France, the region surrounding Paris. Learn about their fascinating history. This two-hour slide presentation will be followed by an hour of Q & A. RSVP ◆◆ by 3/20.

The Castles of the Loire Valley, a Visual Tour

Sunday, April 10 — 6091-03

1:00-4:00 PM (KS). Instructor: Claire Michelet. \$20. Come and enjoy this breathtaking exploration of the Loire Valley and its amazing Renaissance Castles. Visit Cheverny, Chambord,

Blois, Chenonceaux, Villandry, Chillon, Azay-le-Rideau, and more. Learn about their history and how to visit them. This two-hour slide presentation will be followed by an hour of Q & A. RSVP ◆◆ by 4/3.

Wardrobe Planning

Suitcase Savvy

Tuesday, April 5 — 6160-02

9:00 AM-12:00 PM. Presentation Hall (KS). Instructor: Marcia Van Wagner, world traveler! \$15. Do you travel with too much luggage and too many shoes but never the “right” outfit? Do the airline regulations have you confused? Can you really travel with only a carry-on? Men and women: Learn about the categories of clothes and how to use your itinerary to plan a travel wardrobe from your closet whether your trip is one week or one month. Learn how to pack efficiently with unique packing aids in the smallest and fewest bags. RSVP ◆◆ by 3/22.



Writing

New! Set the Poet Free – A Workshop in Poetry Writing Mondays,

March 21-April 11 — 3190-02

9:00-11:30 AM (OC). Instructor: Harmony Byron. \$48. Set free the poet inside you! Welcome award-winning writer and seasoned writing professor, resident Harmony Byron, in a new class that covers a variety of poetic forms and techniques, symbolism and subtext, blending the unique and universal, and more. Explore different ways to set your observations of life to the music of language. Whatever moves you deserves a poem! Come, create *your* personal poetry. **About the Instructor:** Harmony has taught writing classes for 25 years at universities including UCLA, Cal State U, and Osher Lifelong Learning Institute. RSVP ◆◆ Now.



Fight The Bite — Know Your 3D's For Mosquitoes, Ticks & Yellow Jackets

Tuesday, March 15 — Free

1:00-3:00 PM, Front Ballroom (OC). Joel Buettner, General Manager of the Placer Mosquito and Vector Control District, will explain expanded services available from a new Roseville facility. Since 2001, their mission has been to reduce mosquito and vector populations, promote awareness of vectors and vector-borne diseases, and decrease health risks to Placer County residents. Those 3D's — Drain, Defend and District are their discussion points. Questions will be answered and published handouts provided.



Climate Science Update 2011 Thursday, March 24 — Free

3:00-5:00 PM, Ballroom (OC). Author and teacher, Robert Christopherson, highlights the latest global climate change science from the pages of his



latest edition of *Geosystems*, Eighth Edition, published February 2011. This is the leading physical geography text at colleges and universities in the U.S. and

Canada, with additional adoptions in 38 countries; first published in 1992. Robert and his nature photographer wife, Bobbé, completed 11 scientific expeditions to the Arctic and Antarctic regions since 2003. They returned May 2, 2010, from an Atlantic odyssey, going from Antarctica on an expedition north across the Atlantic Ocean to Cape Verde Islands off the coast of Africa, all to gather material

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**How Skin Changes with Age
Tuesday, April 5 — Free**

7:00-8:30 PM. Presentation Hall (KS). Donita Abangan, MD, Dermatologist with the Mercy Medical Group at Mercy San Juan Medical Center will discuss skin changes that occur with



aging, the most unwanted of which are wrinkles and sagging. Skin disorders are so common among older people that it is often difficult to tell normal changes from those related to a disorder. Many diseases such as diabetes, liver disease, heart disease, and arteriosclerosis can cause skin disorders. Dr. Abangan will also discuss how stress, reactions to medications, obesity, and nutritional deficiencies can cause changes to your skin. See page 9 for more information.

**Lighthouse to Help Lincoln Hills
Thursday, April 14 — Free**

1:00-3:00 PM, Front Ballroom (OC). Know someone struggling emotionally with aging issues? The Lighthouse Counseling Services in Lincoln Hills provides counseling and resource help to anyone in need residing in the area. There has been a tremendous increase in Lincoln Hills



residents seeking their help, as many are experiencing life changes that require emotional support, learning new life skills and/or obtaining new resources. In the 2011 calendar year, Lighthouse will work closely with the Lincoln Hills Wellness Coordinator to help integrate our services into the needs of the community. Register/Fitness Desks.

**Co-living With Wildlife In Lincoln Hills • Thursday, April 21 — Free
4:00-6:00 PM. Presentation Hall (KS).**

The Auburn-based Gold Country Wildlife Rescue (GCWR) non-profit organization will present an educational session on better understanding



injured and orphaned animals. Avian specialist Nancy Barbachano will answer questions such as what does one do with an injured bird falling from a nest or hitting a window, how to prevent ravaging raccoons from destroying yards, hummingbird feeders, etc. Audience Q&A will be major part of the session.

animal behavior and our ability to live together. Their mission is to rescue and rehabilitate

DMV Reviews Senior Issues Including Car-Fit Program Introduction

Thursday, April 28 — Free
1:00-3:00 PM. Front Ballroom (OC). Another opportunity for residents to hear and question DMV's Senior Ombudsman John Locher on issues. Examples:



Current Re-Licensing Timeframe; Is there a better time to take a required written/visual test at Rocklin/Roseville DMV offices? How can we talk to someone at DMV? What poor senior driving habits can be more easily corrected? Last year, it was recommended to discuss DMV's Car-fit Program; a specialist will present this informative program. Q&A will be welcome.

only your naked eyes; (2) "The Year of the Solar System" — Anthony Oreglia will present the newest images and missions exploring our solar system; (3) "21st Century Astronomy" — Tom Eason will discuss how astronomers today are discovering secrets of the universe; and (4) "Cosmology" — Mory Lewis will explain what the universe is composed of as well theories on its origin.

**More Local Snake Information: Help...! • Tuesday May 3 — Free
3:30-5:30 PM, Presentation Hall (KS).**

In spring, many residents begin sighting and encountering snakes; worries arise for themselves and their pets! Our wildlife includes venomous snakes! Last year, a baby rattlesnake bit one of our residents. A panel has been organized by resident Dave Rich, its purpose is to inform the audience

about our local snakes and address known misconceptions as well as provide resources for their removal



and required medical attention and help. The panel will consist of resident John Parks, retired veterinarian, a former local reptile business owner, and a local physician with information on how to treat yourself and access the required antivenom. Q&A and sharing experiences will be major part of the session.

**Our Cosmic Neighborhood
Wednesday, May 4 — Free**

7:00-9:00 PM, Front Ballroom (OC). The night sky is full of wonder and mystery. Exciting new discoveries are being made within our solar system and beyond. The Community Forum with the Lincoln Hills Astronomy Group invites residents to hear four short, interesting and informative



presentations: (1) "What's Up in the Night Sky" — Joel Thomas will take us on a tour of our local night sky that can be observed using

only your naked eyes; (2) "The Year of the Solar System" — Anthony Oreglia will present the newest images and missions exploring our solar system; (3) "21st Century Astronomy" — Tom Eason will discuss how astronomers today are discovering secrets of the universe; and (4) "Cosmology" — Mory Lewis will explain what the universe is composed of as well theories on its origin.

Did You Know?

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Dream Analysis Workshop

Wednesdays, March 30-April 20 — 872000-02

1:00-3:30 PM, Multipurpose Room (OC). Instructor: Harmony Byron, M.S., M.Ed. Come unravel your dreams and unearth your own hidden wisdom by learning to decode the mysterious language of your dreaming mind. It can be fun, it can be exciting, it's an entertaining pathway to personal growth and the expansion of consciousness. Learn about dreamwork throughout history and cultures around the world, different types of dreams, sensory images and symbolism, and why *not* to rely on "dream dictionaries." The Wisdomkeeper, who speaks to you every night in your dreams, awaits. **\$48 per person for all four sessions.** Register/Fitness Desks.



Financial Wellness University

Russ Abbott, a financial professional will lead eight sessions designed to help residents understand, interpret, and utilize the world of finance so it can add to your overall wellness and enrich your lives. The course is divided into eight monthly topics, each with two sessions. The first will provide a broad overview geared towards the resident who wants an overall knowledge of the monthly subject matter. The second session is geared towards the resident who wants to take a more detailed look at the various financial concepts surrounding that same subject matter. Residents are free to take both monthly sessions and should not worry about missing a month as each topic is independent of the other.



Some of the topics to be covered include: Understanding Risk, The Psychology of Money, Finance as a second Language (FSL), A Little Bit of Economics, Why You Need to Plan; Dealing with Personal Financial Stress; Dealing with Headline Financial Stress; Do-it-Yourself or Seek Advice; How to Get Financially Educated. **Student Requirements:** Come to learn and ask questions, this is meant to be an interactive course to generate discussion amongst the students. It is always suggested to bring a pen and even a calculator, although this is not required. Handouts will be provided.

The Psychology of Money

• Free Overview of Risk, Monday, April 4 — 870000-03

11:00 AM-12:00 PM, Presentation Hall (KS). How does one relate to money, what does it accomplish, and what role does it play in an individual's life. Learn about your relationship with your money and how it can enhance your well-being. **Free!** Register/Fitness Desks.

• Hands-on Session, Tuesday, April 19 — 871000-03

The detailed hands-on session will be held from 10:30 AM-12:00 PM in the Presentation Hall (KS). In this class you will learn how to build and monitor a budget, how to generate growth and income from a portfolio, and the basics of building one. **Cost is \$5.** Register/Fitness Desks.



Getting Your Stuff Together: Organizing Your Estate Thursday, April 14 and Friday, April 15 — 863000-03

1:00-4:00 PM, Fine Arts Room. Instructor: Marcia VanWagner. *The unexpected happens unexpectedly.* Are you organized and ready? *Expect the unexpected.* One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff."



Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to **get your stuff together**. The unexpected happens without warning. Be ready. **\$30 per person for both sessions.** Register/Fitness Desks.

Travel Wellness • Tuesday, April 19 — 876000-03

7:00-8:30 PM, Presentation Hall (KS). From diarrhea to ear pain, incontinence to medication, Travel Expert and Comfort Specialist, Anya Clowers, RN, prepares travelers for the practical issues of life on the go. Ms. Clowers is a former Mayo Clinic, Stanford, and Sutter Nurse with a passion for *quality* of life. Now an independent Nurse Consultant and Entrepreneur, Anya Clowers has been recognized internationally by:

- Travel Giants: NTSB, TSA, CDC, Rick Steves
- Medical, Travel, Boomer, Juvenile Market Leaders
- National Media: *NY Times*, ABCNews, FoxNews, MSNBC

Author of "Jet With Kids" (book, website, seminar, blog, newsletter), Anya traveled with her son to 17 countries before he finished kindergarten. In the April 19 seminar, she will also include tips for traveling with grandchildren. Travel is only as good as one feels. Protect your investment and travel with health, comfort, and peace of mind! **\$5 per person.** Register/Fitness Desks.



Sun City Lincoln Hills Community Association

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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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www.lincolnsuncity.org

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs 408-4013x4

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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

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

General Numbers

American Private Security

24 hour Dispatch 1-800-983-1932

Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

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Retractable Window Awnings On Sunrooms

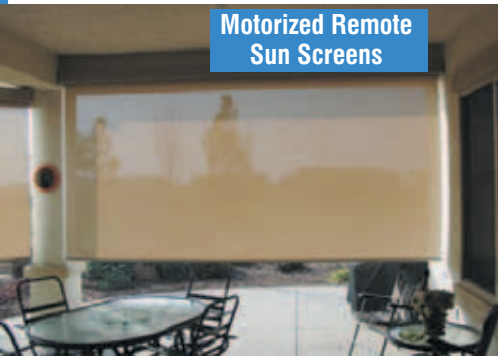
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Effective Sun Protection

UV Protection Sun Screens



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