



Compass



Be

Inspired ~ Engaged ~ Well



Wellness Days — May 23, 24 & 25... *pages 4, 11 & 84*
Summer Concert Series... *pages 44-45*

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On the cover

This month's cover depicts three themes to Wellness – being inspired, engaged, and well: Members of Jill Boone's Yoga class, residents attending the Business Showcase, and Chef Roderick showing us how to prepare healthy meals. We hope to see you during Wellness Days, May 23-25. Photos by DeAtley Cahill

Why My Wife & I Wouldn't Live Anywhere Else

Board of Directors Report

Gary Younger, Vice President, SCLH Board of Directors



We live in a premier Del Webb Community. It is not the biggest or the smallest Del Webb Sun City, but is certainly the best. Some people say it is like living at a resort or a country club. With all of the amenities that we enjoy, they are right! When you think about it, Sun City Lincoln Hills has hundreds of acres of open space, with walking trails, a fishing pond, two premier golf courses (owned by others), and two great Lodges with fitness and activities centers. We have meeting rooms, Meridians Restaurant/Kilaga Springs Café and about 80 clubs for all types of interest, plus all of those beautiful rolling hills! Our staff and all of the volunteers keep working to make it better. It also takes a hard working management team to keep it all running smoothly and looking good all the time. Most importantly, we are in very good finan-

cial shape and this keeps it all on track.

It's hard to think that at first I was a person that would not consider living in one of those places. I know a number of other people that shared the same thinking. All of the rules and regulation in this type of place would be just too much to have to deal with! After talking with friends that were living here at Sun City Lincoln Hills, my wife and I started visiting *age-restricted communities* and decided that Sun City Lincoln Hills was the best. Now that we have been here for seven years, there is no way that I could be pulled away from our community! So yes, it is a wonderful place to live and enjoy — just like living at a beautiful country club resort... and all I can say is, "my wife and I love being here!"



Roving Reporter

Highly Requested Landsharks Lead Off This Year's Summer Concert Series

Group booked year in advance for June 10 date

Gay Sprague

Our Summer Amphitheater Concert Series, one of my favorite activities of the year, is almost here! This year's series, now raised to seven concerts, offers some new performers and outstanding entertainment.

Tamara Coil, our Special Events Coordinator, enthusiastically shared details with me about our 11th consecutive year of Summer Series Concerts, explaining that this year's list provides a broader spectrum of entertainment including a Santana Tribute, a Motown Review, and true Country and Blue Grass bands. Also featured will be

Sugah Daddy Swing Band, comparable to Big, Bad Voodoo Daddy, which has a tremendous international following. The Air National Guard Band of the

continued on page 17

Right, a Summer Concert Series audience enjoying a show



Upcoming Association-Related Meetings & Presentations

Date • Time • Place May 15-June 26

Golf Cart Registration	Thursday, May 19, June 2 & 16 — 8:00 AM, OC Lodge
Finance Committee	Thursday, May 19, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, May 23, 9:00 AM, Heights
Board of Directors Meeting	Thursday, May 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, May 26, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, May 26, 11:00 AM, Oaks
Compliance Committee	Wednesday, June 1, 10:30 AM, Oaks
CCOC/Chartered Clubs/Community Orgs.	Tuesday, June 7, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, June 7, 1:30 PM, Oaks
Listening Post	Wednesday, June 8, 9:00 AM, Solarium
CERT	Thursday, June 9, 10:00 AM, Heights/Gables
ARC/Architectural Review Committee	Monday, June 13, 9:00 AM, Heights/Gables
Properties Committee	Tuesday, June 14, 1:00 PM, Fine Arts
Finance Committee	Thursday, June 16, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, June 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, June 23, 10:30 AM, Oaks
Board of Directors Executive Session	Thursday, June 23, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, June 27, 9:00 AM, Heights/Gables
Lincoln Hills Community Forums:	
Adult Immunization	Wednesday, May 18, 7:00 PM, Presentation Hall (KS)
Put Green\$ Technology/Your Pockets	Thursday, May 26, 1:00 PM, Ballroom
Erectile Dysfunction	Wednesday, June 15, 7:00 PM, Presentation Hall (KS)
Mysteries/Peruvian Nazca Lines	Monday, June 20, 10:00 AM, Front Ballroom

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

Connections

Misrepresentation in recent LA Times article

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Last month I reported on the visit of a reporter and a photographer from the *LA Times* documenting our community as contributors to the 2010 census report listing Lincoln as the fastest growing city in California. The much anticipated article went online April 28 (www.latimes.com/business/la-fi-old-town-20110428,0,912702.story). Much to our disappointment and anger, the reporter chose to use our community as fodder for her own storyline stating “Lincoln is a town without commerce — Its mature population is one challenge — Older people tend not to splurge as much on apparel, entertainment and food as their younger counterparts, and they don’t have the same demands on a pocketbook as families with children.”

As is so often talked about, the *LA Times* reporter made nonfactual statements and took information out of context. How maddening that is for all of us!

Being on the internet, the article has been picked up and published in other media, and a counter to this story can hardly do it justice. We have sent an open letter to the *LA Times* and to the *News Messenger* for print that responds to the reporter’s statements. You can read this letter on page 5.

You know you contribute to the vitality of the city of Lincoln by shopping in our local supermarkets, banking at community and national banks, patronizing local restaurants and businesses, as well as our own. You know that we contribute mightily to the greater community giving our time, money, precious expertise and energy. We are volunteers in city government, the schools, and service and support organizations. In fact, I will add a page to our public website describing all the



continued on page 5

Calendar of Events

May 15 - June 15

Date	Event	Page #
05/16	“History & Nature of the Universe	20
05/16	“Wills, Estates, and Guardianship”	26
05/16	Panel: Breakfast Options/Lincoln	31
05/16	KS at the Movies: “Seabiscuit”	43
05/17	Speaker: Interim Dir. Public Svcs. Lincoln	28
05/18	Forum: “Adult Immunizations”	82
05/19	Book Discussion: <i>Undaunted Courage</i>	22
05/19	Speaker: “Doing Business/the Middle East”	34
05/19	Evening Community Social Dance	43
05/20	Bus Trip: Chorus in Folsom	59*
05/23	Bus Trip: San Francisco Shopping	43
05/23	KS Music Night: Keith Williams Sextet	43
05/23-25	Wellness Days	4, 11, 84
05/23	Fitness Palooza	4, 11
05/23	“Am I Going Crazy/Getting Older”	4, 11, 84
05/24	Health Screenings	4, 11
05/24	“Nutrition Rx”	4, 11, 84
05/25	Charity Walk	4, 11, 84
05/25	“Dare to Be 100”	4, 11, 84
05/25-26	Bus Trip: Chukchansi Resort/Yosemite	59*
05/26	Annual Home Garden Tour	26
05/26	Players Auditions “... Three Little Pigs”	30
05/26	Forum: “Put ‘Green’ in Your Pocket”	82
05/28	Bus Trip: Guide Dogs Graduation/Sausalito	43
05/30	Gem/Mineral Society Social Event	26
06/01	“Search for Extraterrestrial Intelligence”	20
06/01	Bus Trip: Balenciaga & Spain deYoung	46
06/02	“Potential Future Inflation”	28
06/02	Dream Analysis Workshop	84
06/03	Hula Dance Performance “Wahines”	33
06/04	“Tales of Snow White”	30
06/05	Bus Trip: Colorado Rockies vs. Giants	59*
06/06	“More Basic Tools/Tips Genealogy”	26
06/06	Concert: Simon Garfunkel Tribute	46
06/06	“Want to Have Your Cake & Eat it Too?”	84
06/07	Bus Trip: “Mary Poppins”	59*
06/08	“Intro to Adobe Photoshop Elements 9.0”	24
06/08	“How to Indoor/Outdoor Floral Portraits”	30
06/09	“Update on Mac. Degeneration Research”	25
06/09	“Talking Closed Circuit TV”	25
06/10	“Windows Live Photo Gallery”	24
06/10	Summer Concert Series: Landsharks	46
06/13	“Photos of New Zealand, more”	22
06/14	Speaker: Noted Quilt Artist	29
06/14	Comedy Night at KS	46
06/14	“A Little Bit of Economics”	84
06/15	Forum: Erectile Dysfunction	19, 82
06/15	Bus Trip: Silver Legacy Reno	46

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

Sun City Lincoln Hills Wellness Days



Monday, May 23

9:00AM - 1:00PM: Fitness Palooza

- * **FREE!** 25 minute classes
- * Try a new class or format
- * Classes held at OC Living Room, Amphitheatre, & Wave Fitness center

2:00 - 3:00 PM:

Am I Going Crazy or Just Getting Older?

- * **FREE!** Educational talk presented by Trish Gremulla, LFMT
- * Learn about how your individual and shared experiences affect your outlook and emotional well being
- * Discuss trends in aging
- * Front Ballroom

Tuesday, May 24

10:00AM - 2:00PM: Health Screenings

- * **FREE!** (Except hydrostatic weighing)
- * Blood Pressure * Balance * Agility
- * Cardiovascular Health * Spirometry (lung function)
- * Vision and hearing test in the Ballroom

2:00PM - 3:00PM: Nutrition Rx: Herb and Botanical Healers Role in Your Health

- * **FREE!** Educational talk presented by Dr. Carol Jong, RD
- * Learn about the natural healers in the food world
- * Front Ballroom

Wednesday, May 25

8:30AM - 9:30AM: Charity Walk

- * A minimum \$10 donation. All participants receive Wellness Days T-shirt
- * A portion of all proceeds go to the Lincoln Hills Foundation
- * Bagel breakfast afterwards for walkers!
- * Starts @ the Wave

10:00AM-11:30AM: Dare to be 100!

- * **FREE!**
- * Presented by National Speaker Dr. Walter M. Bortz
- * Expert on longevity and successful aging
- * Be motivated to live life to the fullest!
- * OC Ballroom

8:00AM-12:00PM: Farmer's Market

- * Season opening event
- * Fresh fruits, vegetables, bread, and other goodies
- * OC Parking Lot

Thanks to our sponsors:





An Unrecognizable Snapshot

Bob Cook, Executive Director, SCLH Community Association

The letter below was sent earlier this month in response to a recent *LA Times* article. Jeannine Balcombe reports the background on this letter in her article on page 3. Update: In Sunday, May 8's *Appeal Democrat*, the article had been softened significantly by the reporter suggesting that our letter made a difference.

An Open Letter to *Los Angeles Times* Reporter Alana Semuels

May 2, 2011

Dear Ms. Semuels:

Thank you for visiting Lincoln and reporting on the city's recognized claim as the fastest growing city in California. The snapshot you presented of Lincoln, however, was unrecognizable. It's true Sun City Lincoln Hills residents make up a substantial portion of Lincoln's population, and the resort-like community does include just about anything active seniors could want. But the comment claiming the mature population is a challenge to vital commerce in the city is simply not true.

Sun City Lincoln Hills residents not only shop and dine in downtown Lincoln, some are business owners. Kathy Dorsey, proprietress of the Wardrobe boutique and her husband Terry Dorsey, owner and president of Dorsey Capital Management are examples of mature business owners. Sam and Sherri Melchner, owners of AAA Optical Outlet, are also residents of Lincoln Hills and Lincoln proprietors. Danny and Debbie Avila do not live in Lincoln Hills but own and operate a very successful hair salon and day spa located in downtown Lincoln that counts upward of 50 percent of its clientele as Sun City Lincoln Hills customers.

You mentioned the commerce that does exist is not exactly big box. Please, Ms. Semuels, surely you do not suggest Lincoln's promising historic downtown should include a big box store in its core. There are popular big box and chain stores located a few miles away within Lincoln, and you will find plenty of Lincoln Hills residents sliding their credit cards at our local Lowe's, Home Depot, and Target. You'll also see seniors conducting lucrative transactions in the local banks, filling grocery carts in Lincoln supermarkets and frequenting the outstanding major medical facilities that sprang up in Lincoln thanks to the number of mature residents who are known to prefer to use local shops and services. Think about it – retirees don't shop miles away on their way home from work. They shop where they live.

As for contributing to the city's coffers, the renowned Citizens on Patrol (COPS) program consists of retiree volunteers who save the city a significant \$300,000 per year by taking over the non-hazardous police responsibilities so the sworn officers can perform duties critical to public safety. That's just one of many cost-savings Sun City Lincoln Hills residents provide to their community.

The mature and junior populations in Lincoln may not splurge on the same things but seniors do contribute greatly to Lincoln's commerce and should not be hidden in the shadows of your inaccurate snapshot.

Sincerely,
Robert Cook, Executive Director
Sun City Lincoln Hills Community Association

Transforming Good Ideas into Community Assets

Gay Mackintosh

Properties Committee Chair

One of the pleasures of serving on the Properties Committee is working with Chris O'Keefe, Senior Director of Facilities and Maintenance. Chris gives us an update at each meeting on what he and his staff have been up to—always



an impressive list.

Highlights for March:

- Trash Service Area/Compactors project completed
- Secret Garden landscaping enhanced (see photo below)



- Pole lighting added at Amphitheater
- Fencing repaired at Del Webb Field

continued on page 17

Connections

continued from page 3

ways we give back to the community.

My thanks go out to Charla & Gary Kopay, Ron Olson, Doug & Mary Brown, Sheila Safley and others who took time to talk with the reporter and photographer from the *LA Times*.

Wellness Days are approaching and we hope to see you during our three-day event, May 23-25. Beginning the 17th of this month, you can now register for all Wellness programs at both the Fitness and Activities Desks. Wellness is, after all, a combination of both. For more information, see pages 4, 11, and 84.

Have a great month! See you in the Lodge.

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Got Shade?

Bill Attwater, Architectural Review Committee Chair

Hot days are coming. These options will help protect your property and lower summertime utility bills:

1. Plant trees. The ARC has a list of acceptable and unacceptable trees. All tree plantings require ARC approval. All trees must be set back from the property line between five and fifteen feet depending on the tree height and spread of the canopy at maturity. (ARC checklist #16). ARC staff has information on how to properly stake a tree and when to remove the stakes.

2. Drop shades are a popular home addition. They can be raised and lowered manually or by electric motor. They must be made out of sunscreen or mesh material of a solid or blended color compatible with the exterior body color of the house. Shades are allowed only at the rear and sides of the house; no wood, bamboo or canvas material is allowed. Also no material with stripes or patterns is allowed. (ARC checklist #4.) ARC approval is required.

3. Window screens do not require ARC approval but must be in bronze, charcoal or grey sunscreen material and must be installed in a frame compatible with the color of the house. Aluminum screens are strictly prohibited as are aluminum screen doors.

4. Awnings are popular but only allowed on the back and sides of the house. Retractable awnings cannot have fixed poles or other visible support. Awnings can only be made of mesh or sunscreen material. Special rules apply to awnings adjacent to golf courses and open spaces. (ARC checklist #4.)

5. Temporary shade items such as umbrellas do not require ARC approval. However homeowners who want to put up a patio canopy for the summer

must get ARC approval. The size of the structure is limited to 10 by 10 feet and height of 10 feet above grade. (ARC checklist #25.)

6. Many home owners have installed

permanent lattice or solid patio covers. These require ARC approval. Patio covers come in many styles and are acceptable in the back and front of a home. (ARC checklists #19 and #20.)



First Quarter Results Continue To Be Favorable

Hank Lipschitz, Finance Committee Chair

We held our Finance Committee meeting on April 21 and accepted the March 2011 Financial Statements and recommended the Board accept them.

Our first quarter results continue to show favorable results with spending \$111,312 less than budget as indicated in the summary report shown below. So far this year Revenue is \$28,079 in excess of expense. As a result of the mild wet weather we had there was no need to run the air conditioning systems or water our landscape resulting in lower Landscape and Maintenance expense. Food & Beverage fell slightly behind budget mainly due to cancellation of a wedding and cancellation of two golf tournaments. As of March 31 we had \$3,547,000 in our Operating Fund accounts and \$5,229,000 in our Reserve Fund.



We also continued to make progress on past due assessments with the number of homes past due declining from 281 in February to 174 at the end of March. Total past due assessments declined to \$83,700.

Many of our meetings have agenda items that impact our residents and I encourage you to attend our meetings. We welcome comments and questions from residents and are looking for your feedback on how our Association is being managed. We may not all agree but it is important that we hear from all sides.

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

The next regularly scheduled Finance Committee meeting will be held on Thursday, May 19, at 9:00 AM.

Statement of Operations YTD 3/31/2011

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$1,923,297	\$1,926,338	(\$3,041)
Administration (Expense)	(505,941)	(538,967)	33,026
Kilaga Spa	(11,760)	(11,445)	315
Fitness	(109,109)	(112,346)	3,237
Activities	(61,934)	(72,121)	10,187
Rec. Center/Maintenance	(552,705)	(586,349)	33,644
Landscape Maintenance	(559,359)	(600,855)	41,496
Food & Beverage	(130,021)	(123,099)	(6,922)
Capital Asset	35,611	35,611	0
Net Revenues (Expense)	\$28,079	(\$83,233)	\$111,312

TUNE UP YOUR GOLF GAME

Golf Classes

For Beginner and Intermediate Players
Programs \$75 per person

Women's Beginners

8:30 – 10am • June 3rd, 10th, 17th & 24th

Mixed Beginners

8–9:30am • June 2nd, 9th, 16th & 23rd

Intermediate Class

10–11:30am • June 2nd, 9th, 16th & 23rd

Saturday Two Day Intermediate Class

8–11am • June 4th & 11th

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Lincoln Hills Golf Club and Meridians

Nine and Dine

June 6th, June 27th,
July 11th, July 25th,
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Wellness Days

Be Inspired, Be Engaged, Be Well!

Megan Cowart

Wellness Program Coordinator

The purpose of *Wellness Days* is to help residents jump start their wellness goals. This event will provide the opportunity to do some “soul searching” regarding everyday life choices and overall wellness. Participating in *Wellness Days* will help you maximize your potential for a great life through classes, health screenings, and seminars.



Checkout pages 4 and 84 and Brandy’s article below for more information.

Traditionally, wellness can be defined as good health and viewed as freedom from disease. This perspective is changing. Wellness is a positive ap-



proach to living that emphasizes the whole person, incorporating the body, mind, and spirit, and the appreciation that everything you do, think, feel, and believe has an impact on your health.

Being content with where you have been, happy with where you are, and having a positive outlook on where you are going is key to personal wellness. Wellness is: a morning bike ride or yoga class; that feeling you get when your dog welcomes you home; taking the time to read your favorite book once more; a long distance phone call to an old friend.

Abraham Lincoln said, “It’s not the years in your life, it’s the life in your years.” Wellness Days are designed to give you the tools to seek out what brings you joy and a passion to become engaged in your community and achieve lifelong satisfaction.

An Event Where You Can Try Newest Classes

Fitness Center News

Brandy Garcia, Director of Fitness

Our *Be Inspired, Be Engaged, Be Well* Wellness Days are May 23-25! Don’t miss your chance to try the newest and latest fitness classes at the Fitness



Palooza on Monday, May 23. We follow up the Fitness Palooza at 2:00 PM with a talk entitled “Am I Going Crazy or Just Getting Older?” in the Ballroom. On Tuesday, May 24 we will be having health screenings in the Ballroom and then a talk at 2:00 PM on herbs, botanicals, and supplements and the roles each can play in your health. Make sure to sign up for the Wellness Walk for Charity on Wednesday. A portion of the proceeds will benefit the Lincoln Hills Foundation, see page 19 to learn more about this wonderful charity. To wrap up all the action we have national presenter and motivational speaker, Dr. Walter M. Bortz who will dare each of us to live to be 100! Dr. Bortz’s presentation will be at 10:00 AM in the Ballroom. We encourage everyone to register for each of the talks, but you are also welcome to

just show up! Bring your adult guests as well. See pages 4 and 84 for more information on this worthwhile event.

Group Exercise News

Take a look at the exciting changes coming to our group exercise schedules:

- **New!** Starting **Friday, June 3, at 1:00 PM — Basic Chair & Balance** (The Wave). This class is designed for the beginner to intermediate exerciser, or the exerciser who does not like to spend a long time on their feet. The chair exercises done will be to increase your muscular strength and endurance. Balance exercises will be incorporated into this 55-minute class as well so that you stay steady on your feet.
- **Returning!** Due to the tremendous success of last year’s outdoor pool class, H2O Circuit, we are bringing it back! **H2O Circuit** will be held on Tuesdays and Thursdays from 4:30-5:30 PM in the outdoor lap pool at The Wave June 2 to September 1. This class provides a full body workout with strength training, muscular

endurance, and cardiovascular components. Come join us for a party in the pool!

- **New!** **Arthritis Foundation Aqua classes** will now be offered on **Mondays and Wednesdays at 12:45 PM** at the indoor pool at The Wave. These classes will be 45 minutes in length and are considered a punch card class. Arthritis Foundation aquatic classes have been developed and tested by doctors, patients, and people with arthritis for years and thus are considered evidence-based programs. We are excited to provide this opportunity to Lincoln Hills residents. This class is designed for anyone who may have one of the 100 kinds of arthritis that exist and will give you easy-to-do exercises to increase range of motion with controlled fluid movement. Come see how easy it is to exercise!
- **Change!** **Fall Proof** on Mondays and Wednesdays will be moved to The Wave starting June 1. Class times will also change to 2:15 to 2:45 PM but the days will stay the same. This class will continue to be free! Don’t miss your opportunity to work on your balancing skills.
- **Change!** On the Ball on Fridays at 8:30 AM at Kilaga Springs will become **Yoga I**. This will be effective June 3.

See the Group Exercise Class Schedule on page 77 and pages 71-79 for a complete listing of Fitness classes.

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Spa Club of the Month is the LINCSTERS, Lincoln Hills Lady Niners Golf Club

Tapas, a Brew Master Dinner, and More at Meridians!

Jerry McCarthy, Director of Food & Beverage



Meridians is coming off a very exciting April! We celebrated one of the most successful Easter Brunches ever at Sun City Lincoln Hills. Attendance continues to grow for all the special holidays. In addition, hundreds of residents took advantage of the E-coupon that was sent out for "Buy one Dinner; Get the Second Dinner for Free." Make sure you are signed up for the SCLHCA E-Bulletin to receive special resident-only offers from Meridians. The E-Bulletin and visiting our website are the best ways to stay informed about special offers and events.

~ Please see our ad on page 9 ~

Tapas Tuesdays are very exciting evenings at Meridians. Items start at only \$3.95. The word "tapas" originally comes from Spain and means a variety of bite-size appetizers. Tapas are

"Make sure you are signed up for SCLHCA E-Bulletin to receive resident-only offers from Meridians. The E-Bulletin and visiting our website are the best ways to stay informed about special offers and events."

snacks, canapés or finger foods with rich bold flavors. They are so much a part of the culture and social scene that the Spanish people invented the verb *tapear* which means to go and eat tapas. Traditionally guests choose multiple hors d'oeuvres for the table and enjoy them in a more casual setting. Order tapas like the Spanish do: order one or several, then enjoy them with a beverage of choice and a relaxed attitude.

We have many fun and exciting events coming up. Chef Roderick is hosting a **Brew Master Dinner** in which he is pairing five wonderful courses

with five hand-selected brews from the Gordon Biersch Brewery. This dinner will be held June 6 with limited seating. Make your reservations now. Meridians has also partnered with Lincoln Hills Golf Club to bring you *Nine and Dine* program. For one low price of \$29 you will get to play nine holes of golf

and enjoy a buffet dinner on the patio. Check our website for dates this summer. Space will be limited.

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

The Spa at Kilaga Springs

Improve Your Quality of Life and Achieve Pain Reduction at the Spa

Tina Ginnetti, Manager, The Spa at Kilaga Springs

Spring is in the air! Time to recharge your skin and body. In the spotlight this month is Crystal Schuring. While growing up, Crystal started massaging her babysitter's feet and by the time she got to high school she was helping her friends by massaging their shoulders. She knew then that she was destined to become a massage therapist. She graduated from the Body Institute in Granite Bay at the top of her class and continued her training at the Western Career College. Crystal operated her own business as a massage therapist on the Oregon coast for five years before moving back to California and now resides in Penryn. Her highlights are her son, cooking, and crafts and she also works on her family ranch.

Crystal specializes in deep tissue, sports massage, and stretching. What is Crystal's formula for success? She does a complete intake on her clients and does research in her anatomy books to create a pain management program for future treatments. Her goal is to assess each issue her clients

are dealing with and work with them to achieve better **range of movement, pain reduction, and a better quality of life.** Crystal is available Monday, Tuesday, and Thursday 9:15 AM – 6:00 PM and Saturday 9:15 AM – 5:00 PM.

Please see our full-page ad on the adjacent page for a list of our services.

On another note... Book your appointment today for one of our facials or massages with an added **Caribbean Body Scrub.** Gift cards for all occasions can be purchased on-line through our website. **New products:** SPF 15 Tinted Moisturizer for the face and Sun Veil to protect your hair in the summer months.

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Did You Know?

The Community Forum Presentations are becoming even more interesting with news we can use. Check out Thursday, May 26's free presentation on "Put Some 'Green' In Your Pocket." Noted author Robert Christopherson and his wife Bobbé will

lead a discussion with a panel of residents about sustaining our environment and resources: specifically energy, water, waste and landscaping. Experiences will be shared about solar, hybrid cars, recycling, conservation and other related topics.



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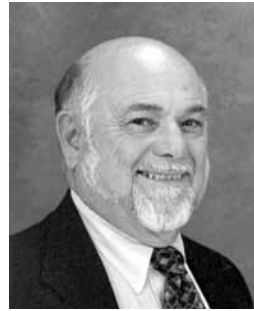
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New Assistant Executive Director Brings Fresh Enthusiasm To Board

Patricia Evans

“Neighborhood Watch is about community and friendship insuring the safety and security of SCLH,” explained Larry Wilson, the new Neighborhood Watch Assistant Executive Director. “These goals involve the active participation of around 800 residents, including Mail Station Captains, Village Coordinators, Executive Board members, and Advisory and Support Group members. In addition, every resident is automatically a member of Neighborhood Watch and can contribute by reaching out to neighbors with a caring and helpful hand.”

Larry’s major assignment is to locate new Executive Board members.

Our by-laws limit the time they can stay in office, so that we will constantly have an input of fresh ideas and energy. Each Board member is assigned the overview of a cluster of Villages, insuring that Coordinators have a communication tree for assistance. If you, or someone you know, is interested in learning more about this fulfilling community service, please contact Larry at 408-0667, or mvw6@sbcglobal.net.

It has been ten years since Larry and his wife Marcia moved from Portland, Oregon to SCLH, and they still maintain a second home there to enjoy a precious grandson and his parents. Larry is a twice-retired dentist who spent 22 years in the army and 20 years in private practice, as well as teaching at the Oregon Health

Sciences University. Ask Larry to share some of their world traveling adventures!

Mail Station Captains Workshop, held April 12, was filled within 24 hours of our announcement, with a long waiting list. If you are interested in attending the next workshop, please call one of the contacts below.

Please see page 29 for more Neighborhood Watch information.



Larry Wilson, new Neighborhood Watch Assistant Executive Director

Summer Concert Series

continued from page 2

West Coast from Moffett Federal Airfield will present a patriotic program to celebrate our July 4th holiday. Tamara got it right – there is absolutely something for everyone!

Of worthy note is the broader menu for this year’s Dinner Package (two menu choices at each event with no repeats during the season). The Food & Beverage stations within the Amphitheater consists of two full bars and a “grab ‘n go” concession stand. An added feature this year is a chair rental option. (Details included in the Special Events section of the *Compass*.)

The vast capacity of our Amphitheater, making tickets available to the public immediately, and the fact that they sell rapidly, makes it possible to book the caliber of talent for our summer concerts that we have come to enjoy and expect.

The 2011 kick-off performance will

be Friday, June 10, featuring the Landsharks, a high-energy Buffet/Beach Boy Tribute band, back by popular demand. They have actually appeared with Jimmy Buffet and the Beach Boys in Key West at Margaritaville. And, just in case you are curious, as I was, how far in advance Tamara must work, the Landsharks were booked one year in advance!

Our outdoor concerts play an im-

Properties Committee

continued from page 5

- Drainage repairs at Village 21 and 38 trails
 - And for April:**
 - Firebreaks courtesy mow six feet from kneewalls
 - Hand dryers installed at Sports Pavilion
 - Bocce Courts renovation completed
 - Outdoor pools opened
 - Benches installed along Canyon Oaks and Elderberry Trails
- (see photo to the right)

portant role in defining our “sense of community,” our ongoing theme this year. The camaraderie and commonality we share, side by side, chair to chair, at these outdoor events play a big role in enhancing the heart of our community values here in SCLH. Get your tickets now!

Some of these projects are routine maintenance, some are staff initiatives, some are requests through the Properties Committee that may proceed to the Finance Committee and the Board. Then it is our dedicated and creative staff that make it happen, transforming good ideas into community assets we all can enjoy. Thank a staff member today!



Our apology to the Bird Group, pictured to the left, which was incorrectly identified as the Photography Group in last month’s Group Expo article in the *Compass*. Shown here are John & Else Redmond who were helping out at the Bird Group exhibit.

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Lincoln Hills Foundation Benefits Many; Annual Fund Drive is Underway

Doris Petro

Your Lincoln Hills Foundation is already hard at work in 2011 providing grants that serve seniors and their organizations in the greater Lincoln community. How can you be a part of these excellent efforts? Consider these:

- **First, the Annual Foundation Fund Drive starts now** — look for the donation form inserted into this *Compass*. Make a donation. Our volunteer Board of the Lincoln Hills Foundation depends on you for our support. Does your past or present employer match donations? Please provide that information along with your donation check and we will be happy to check our list of matching donors, or you can contact Bob Free, Treasurer@LincolnHillsFoundation.org.
- **Second, come and have some fun at one of our Bingo events** in OC Ballroom! The next one will be on Wednesday, May 18, at 1:00 PM.
- **Third, in June, our new Dine Around Shop Around Lincoln coupons will be available** from Foundation mem-

bers and at the main entrance to Orchard Creek Lodge on the 17th of June, July and August from 8:00 AM until 12:00 PM. They support local businesses, save you money, and support the Foundation.

- Fourth, is *Hats Off II*, our event honoring the volunteers so important to our community. ***Hats Off II* is requesting nominations for honorees from the Lincoln Hills community at large this year.** If you know of someone who should be recognized, nominate them by sending an email to: President@LincolnHillsFoundation.org. Provide their name, your contact information and theirs, and a short statement telling why you think they should be honored. Help us identify the volunteers that make this a great community. **The deadline for nominations is May 31.** *Hats Off II* will be held on Friday, October 14.

Since 2003, the Foundation has made grants in excess of \$115,000 to the community. One of the many recipients is the Alzheimers/Dementia Caregivers Support Group. Lincoln Hills



Vern Chong, President LH Foundation, presents a check to the steering committee of the Alzheimer's/Dementia Caregivers' Support Group: Thelma Larson, Cathy VanVelzen, Judy Payne, and Nancy Mitchell

Foundation President, Vern Chong, is shown above presenting a check to their Board.

The Seniors First Group (Meals on Wheels, Senior Café in downtown Lincoln, Door to Door Rides) is a recipient of more than \$47,000 in grants since 2003. Would you be surprised to learn that the Meals on Wheels component delivered 2510 meals to community members last year?

So please help us to help all of you. Send in your donation today.



Aging is Normal

What's Up with Erectile Dysfunction?

Shirley Schultz

Anyone who watches TV has likely seen ads for Viagra, Cialis, or Levitra to treat erectile dysfunction (ED). These ads over-simplify the issues when talking about ED, and they often lead the listener to think that this is a pop-a-pill situation to immediately enjoy a satisfying sexual response.

Sexual arousal in men is actually a complex process that involves the brain, emotions, hormones, muscles, nerves, and blood vessels. A problem at any one of these levels may cause the inability to sustain an erection long enough to have sexual intercourse. The list is long:

heart disease, clogged arteries, high blood pressure, diabetes, low testosterone, alcohol or other substance abuse, Parkinson's disease, Multiple Sclerosis, and other causes. In addition, there is a strong psychological overlay to sustaining an erection, and stress or anxiety or other mental health issues can cause or worsen ED.

Risk factors that may contribute to erectile dysfunction include the medical conditions listed above as well as tobacco use, obesity, and some medications used to treat a variety of medical or mental health conditions. Even prolonged bicycling can compress nerves

and affect blood flow to the penis causing temporary ED.

Treatment options for ED include the class of oral medications listed at the beginning of this article. There are also nutritional supplements sold over-the-counter that are touted to treat ED. TV ads even suggest testosterone replacement as a simple cure. Some may benefit from psychological or relationship counseling. And for those who cannot treat ED by one of the foregoing methods, there is still hope for improving erectile function with a penis vacuum pump, implants, or blood vessel surgery.

Dr. Carolina Alvayay, MD, Urologist will discuss "Erectile Dysfunction – Common and Treatable" on June 15 (see page 82 for details). Mark your calendar now!



Club News



• Alzheimer's/Dementia • Caregivers Support Group

Wednesday, May 25 will offer another opportunity to attend a sharing/caring session with Elizabeth Rawson, our Family Advisor from del Oro Caregiver Resource Center. Caregiving is hard, but having the opportunity to spend time with others who truly understand and are going through similar situations does help. Elizabeth is excellent in drawing people out and drawing them into the conversation, so that the sessions are helpful to all. Elizabeth gives a focus to each of her sessions and this one is called "Communicating Effectively." If you are a caregiver, please join us at 1:00 PM in the Multipurpose Room (OC). Meetings are held the fourth Wednesday of each month and alternate between caring/sharing sessions and an invited speaker.

The topic for the June 22 program will be Laura Wayman's, presentation "A Loving Approach to Dementia Care."

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



• Antiques Appreciation •

We had a delightful trip to Roseville's Telephone Museum on May 2. Following a brief meeting, members car pooled to the Museum for a guided tour where we were shown a fabulous collection of antique telephones and telephone memorabilia. It was a wonderful walk down memory lane. If you haven't toured this museum, it's well worth the time.

We had a very successful Spring Potluck at KS on April 29. Good turnout as always, delightful theme ("The First Nantucket Tea Party") and good food. Members brought antique and whimsical teapots for display. Thanks again to our social chair for a great event.

On June 6, our program will feature antique/vintage coffee-themed collectibles (grinders, pots, tins, accessories,

etc.). Members are invited to bring and share any like items.

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 LePage 543-9564;
Jane Delno 543-6855
Antique Appraisals: 408-4004**



• Arts Association •

If you picked up your *Compass* at OC on the 15th this month, hope you took some time to visit "Artisans in the Lodge," our successful show by our members.

May means it's "Challenge Time" at our monthly meeting. President Bill Szabo has chosen "pastel colors" as the theme. To see how this theme has inspired folks, come to our meeting on Monday, May 23, at 2:00 PM in the P-Hall (KS).

In the future, June's meeting will feature metal sculpture by Beryl Spurling. Also, details on September's Studio Tour will be given. More on this next month.

Want to join the fun of the Arts Association? Are you an artist or do you love art in any form? Then the Arts Association wants you! Contact Ron Clawson at cearon1@yahoo.com or 543-0065 for details on membership. Or come to the meeting on May 23 and see the fun for yourself.

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



• Astronomy •

• Monday, May 16. Cosmology Interest Group, Fine Arts Room (OC), 7:00 PM. A DVD lecture series is being presented on "The History and Nature of the Universe." Contact Morey Lewis (408-4469) for information.

• Wednesday, June 1, 6:45 PM, P-Hall (KS). The mission of the SETI Institute (Search for Extraterrestrial Intelligence) is to explore, understand and explain the origin, nature and prevalence of life in the universe. Jon Richards from SETI will present the history of SETI, describe



Participants at April 6 Mini-Expo/Social Meeting

the Allen Telescope Array used to search for signals, and explain how signals are detected. Jon will also describe seti-Quest, SETI's latest initiative to involve the public in software development and the analysis of received signals.

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

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



• Ballroom Dance •

Stay active. Stay fit! Research shows that ballroom dancing wards off dementia, controls weight, blood pressure, cholesterol and blood sugar. All this while having fun! Come join us to learn the East Coast Swing in May. June will feature the sultry and romantic Tango! The atmosphere is fun, casual, and supportive. And it is the best bargain in town! It's *free!* Qualified instructors teach residents a new dance every month, and May is for the Swing.

Beginning lessons are held each Tuesday 2:00-3:00 PM in the Multipurpose 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



Sal & Ruth Algeri teaching the East Coast Swing

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 Support 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 May 18 and June 15. 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, June 9 at *Sunrise Grill* in Lincoln Hills. We meet in front of OC Lodge and leave at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



• Billiards • The Shooters

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

Tournament Winners:

Eight Ball Singles April 6

- AM Winner: Oscar Alvarez
- Runners-up: Dick Perry and Ted Baker

• PM Winner: Phil Delaney

• Runner-up: Joe Hobby

Nine-Ball Singles April 12

• AM Winner: John Myres

• Runner-up: Ted Baker

• PM Winner: Tom Augustine

• Runners-up: Bob Armour,
Hal Berman, Norm Hagerty

• Jim Pacini, Ed Ryan, Allan Peters,
John Sefakis, and Richard Beck

Eight-Ball Doubles April 20

• Winners: Flavio Lombella and Jim Pacini

• Runners-up: George Black and Bob Armour, Doyle Coker and Joe Perez

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

Challengers Billiards

In the Billiards Room (KS), each Friday from 10:00 AM to 12:00 PM we play seven games of Eight Ball (1/15) that are timed at 17 minutes each. For mid-level and advanced skill players, this is a very strategic game. We have different partners and opponents most games. We use the American Poolplayers Association rules. There is a rule book on the fireplace along with our advanced sign-up book. Sign up to play the following month on the last Friday of the month. Come join us... it is free and fun!

Congratulations to our recent winners:

- Seven games: Oscar Alvarez
 - Six of seven games: Joe Hobby, Johnny Johnson, Ron Weech, Doyle Coker, Ken Klein, George Black, Joe Heruty, Bill Kim
- Contacts: Joe Hobby 253-9633;
Rita Baikauskas 408-4687;
Dan Oden 408-2687**

Couples Billiards

Every Wednesday from 4:00 to 6:30 PM we play couples billiards at KS. Sign up in the book on the fireplace in advance.

This first week Joe Perez dazzled us by running the table. Three teams tied winning five games and losing one. They were Joe & Nicki Hobby, Jim & Barb Conger, and Ron & Sherry Weech.

The second week we also had three teams with five wins and one loss. Those players were Al & Betty Jones, Bob Hodge & Sylvia Gutierrez and Jim & Barb Conger.

This week we had two teams winning five games and losing one. Those players were Rita Baikauskas & Bob Rand and Al & Betty Jones.

Week four we had four teams winning four games and losing two. Those play-

ers were John Sefakis & Bob Wehner, Gail Harmon & Roger Bryan, Ron & Sherry Weech and Al & Betty Jones.

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

Players Billiards

Our *new* tournaments play Eight Ball Thursdays, 2:30 to 4:30 PM in the Billiards Room (KS). For the mid-level player, we play six games, 20 minutes each, with different partners and opponents most games. Sign up on the last Thursday of the month for the following month. The sign-up binder is on the fireplace with the rule book.

Congratulations winners:

- April 7: Six games — Dan Oden
Five games — Bob Rand
 - April 14: Five games — Rita Baikauskas
 - April 21: Six games — Jim Frederick
Five games: Dan Oden, Willie Wright, Doyle Coker
- This group split from the Upstarts Group which plays only five games now per tournament. Here are late March winners for Upstarts:
- March 24: Five of six games: Larry White, Doyle Coker, Al Gutierrez
 - March 31: Six games: Gary Averett, Sylvia Gutierrez, Larry White, Bob Rand
- Come join us... it is fun and *free*.
- Contacts: Rita Baikauskas 408-4687,
Dan Oden 408-2687, or
Joe Hobby 253-9633**

Upstarts Billiards

In April we successfully kicked off our reconstituted Upstarts Billiards Group. We welcomed seven first-time players to the group. We look forward to adding even more residents who want to play pool with other beginner and casual players. Men and women players are welcome.

Each year we give an award to players who win all their games during a play day. This year's six-game award winners were: Willie Wright, Bob Rand, Gary Averett, Larry White, Doyle Coker, Dan Oden, Carlos Barrantes,

Johnny Johnson, Sandy Pavlovich, Del Torres, Jim Frederick, Jennie Wright, Bob Wehner, and Sylvia Gutierrez. A special award was presented to our Pool Shark of the Year, Hugh Duberley, who won all his games six times during the year.

Congratulations to recent winners:

- Five games: Richard Gsell, Dan Oden, Margrit Blanc
- Four of five games: Lydia King, Gary Averett, Jim McCarthy, Rita Baikauskas, Bill Clark

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

miniature golf tournament at Golfland in Roseville on April 20. The Divas consider Golfland home turf so the outcome was not surprising. Average score for the Red Hats was 54 compared to a 67 average for the Mad Hatters. Diane Vincent had best score (37) for the Mad Hatters and



Dazzling Divas Red Hats and Mad Hatters — Mini Golf Tournament

Susanne Dean led the Divas with a 43. We won't mention the worst scores or the people who wound up in the water.

Many prizes were awarded at a pizza luncheon afterwards. Most notable were the best hat prizes awarded to Mad Hatter Gala Constancio for her delightful "Pink Piggy," and Red Hatters Karen Sarver, Lynn Metcalf and Nancy Reed.

We would like to thank Ninette Murray for the invitation and time she and Sue Speno spent organizing the event. Red hats can expect payback in October!

Contacts: Glen Stanphill, 408-8885;

Paul Mac Garvey 543-2067,

pmac1411@aol.com



• Book Group, OC •

For all you history buffs, the Orchard Creek Book Group will feature *Undaunted Courage* (the adventures of Lewis and Clark) by Stephen E. Ambrose and Barrett Whitener at our May 19 meeting. On June 16, the group will review *The Girl with the Dragon Tattoo* (a dark Scandinavian mystery) by Stieg Larsson. Check out our websites for more information on these books.

We vary our readings and invite recommendations for future selections. Please join us on the third Thursday of each month in the Multipurpose Room (OC) from 1:00 to 2:30 PM. Newcomers are always welcome.

Future Readings:

- 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;**
Dale Nater 543-8755,
Darlis Beale 408-0269;
Linda Derosier 543-6307
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



• Bosom Buddies • Breast Cancer Survivors

The May 12 meeting was a great success. Our guest speaker, Gloria Stroemer, a member of the Garden Club, entertained us with flower arranging. Her lovely arrangements in tea cups were a big hit. Also a tea cup was given as a door prize to a lucky winner. The Lincoln Relay for Life will be held May 21/22 at 9:00 AM at the Lincoln High School football field. Bosom Buddies participants will meet at 9:00 AM on the 21st for the survivor's lap. Anyone who wishes to get luminaria bags to honor cancer survivors or in memory of one who lost the fight to cancer can contact Cheryl Karleskint at 408-2731. The Luminaria ceremony will be at 9:00 PM on the 21st. Bosom Buddies meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

Contacts: Marianne Smith

408-1818; Sally Lewis 434-7381

**Websites: www.lincolnsuncity.org
www.lincolnhillsbosombuddies.org**



• Bowling •

Rocklin Tuesday AM
Congratulations League



• Bird •

The Bird Group meets on the second Monday of each month at P-Hall (KS) at 1:30 PM. The next meeting is on June 13 and will feature photos of New Zealand, Australia and the South Sea Islands. Our own expert club photographers, Carol Haskell and Phil Robertson, will be presenting. Please come and join us.

Some club members will be traveling to the eastern Sierra area May 19-21 looking for hawks and bird species found in the mountainous areas. Then on Friday, June 10, the Bird Group will locally visit Loomis Horse Park. This is a morning walk in a forested area to search for a variety of birds found in the spring such as orioles, kingbirds, grosbeaks, warblers and vireos.

This is a fun group for nature lovers.

Contacts: Ruth & Don Baylis,

rbaylis2@yahoo.com

Website: www.lhbirdnest.org



• Bocce Ball, Mad Hatters •

The "Dazzling Divas Red Hats" hosted the Mad Hatters in a

Champions! Team #12, the Split Ends — Mike & Marty Hart and Sally & Bill Bjorge. A close second place went to the Alley Katz. Congratulations also goes to them for winning the first half. A special thanks to all committee members. Highlights of our last week: Tom Naylor picked up the 4-7-10 split. Jerry Gordon 267. Horace Snowden 224. Mild Hart 214 and Bill Cunningham 204. High Series and High Game honors went to Jeanne Zincke. High average for women went to Pat Fisk at 152.96. High series and high average went to Jerry Gordon at 672 and 184. High game went to Horace Snowden at 275. Our Banquet at the Elks Club in Roseville was a success and a good time was had by all. We have a few spots open so come and join our happy group. For information, call Betty, below.

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

Strikes Thursday PM

A fun day was had by all at the nine-pin no-tap tournament held March 25, especially Paul Carroll who bowled not one, but two 300 games. Wow!

During regular bowling, Bob Barrows rolled a 234, Dick Bronson a 224 and Rex Miller a 220 and Steve Pizzo enjoyed a 700 handicap series. Roy Hackman rolled a 24 1ending with a 672 scratch series.

Pat Fisk led the ladies with a 215 scratch game, followed by Janet Ruiten with a 103 and Pat Osborne 192 with handicap series going to Sharon Doney with a 707. Jeanne Janis had a 517 scratch series followed by Barbara Scurto with a 515 and Bev VanBell a 507. Mona Wheeler's 734 handicap series was tops for the week. Congratulations to all!

With the season ended, we enjoyed our awards banquet held at the Sports Pavilion in May and are looking forward to next year.

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



• Bridge, Partners • Thursday Evening First & Third

April 7 results:

- First: Ben & Kay Newton
- Second: Olga & Nora Charles
- Third: Gay Gladden and Neil Wilson who also had high round and a grand slam
- Fourth: Ruth Molitor and Stella

April 21 results:

- First: Barbara Kelly and Hal Meyer who also had high round
 - Second: Joe & Rose Phalan
 - Third: Roger & Karen Lopossa
 - Fourth: Sasha & Tom Eason
- Congratulations all winners!

For competitive, social bridge, join us on the first & third Thursday evenings.

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

Thursday Evening Second & Fourth

Winners for March 24:

- First: Dede Ranahan and Sue Machle
- Second: Ginny McGuire and B.J. Parkinson
- Third: Ed & Del Page
- Fourth: Jean Patterson and Barbara Bryan

Winners for April 13:

- First: Cathy & Bob Brynjulson
- Second: Leif & Darlene Andreasen
- Third: John & Diane Maranta
- Fourth: Gail & Harry Ramsden

Come join us for a fun night of bridge Terra Cotta Room 6:00 on the second and fourth Thursdays.

Contacts: Chris & Ken Jacobson
408-8709



• Bridge, Duplicate •

During May and June, information of interest to SCLHDBC members can be found on the "Bridgewebs" internet site. Log onto www.bridgewebs.com/lincolnhills. It is anticipated that this service will become permanent as of July.

Organize your teams for the "eight

is enough" format Swiss team session scheduled for Saturday, June 11. Our mid-year potluck dinner follows that evening in the Multipurpose Room (KS.)

Congratulations to winter quarter Club Champions: Wednesday, Ron Towne and Mehdi Javaheri; Friday, Joan & Bob Rouse; and Saturday, Sheldon Fein and Jack Uppal.

Wednesday lessons schedule:

- May 18 & 25—Balancing Doubles
- June 1, 8 & 15—To Be Announced

All residents are cordially invited to participate in Lincoln Hills duplicate bridge. Sessions are played three times weekly in the Multipurpose Room (KS): 12:30 PM Wednesdays; 5:00 PM Fridays; 12:30 PM Saturdays. On Wednesdays we include a section for players with less duplicate bridge experience.

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 1:00-4:00 PM in the Terra Cotta Room (KS). Come and join us for an afternoon of fun. Check in time is no later than 12:50 PM. You do not need a partner, but you do need to make a reservation to play. You can make a reservation or cancellation by calling Joan or Les Schabillion at 253-7569.

Winners from March 25 thru April 15:

- First: Shirley Bry (Twice), Harry Collings, Lois Burke
- Second: Jim Collart and Tom McKay (tied), Jack Henricks, Gene Huntley, Ardith Standlee
- Third: Jim Collart & Tom McKay (tied), Beryl LeVine, B.J. Anderson, Ann Franco
- Fourth: Neil Wilson, Helen Helm, Neil Wilson, Jeri Nesbitt

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



• Bunco •

With three of the steering committee members absent in April, the assistance of Sara Klesius and Ginna

Martinez was greatly appreciated. Please consider being a member of the steering committee. It takes very little time except on game day setting up, awarding gift cards to the winners and cleaning up afterwards. One of the steering committee members purchases the gift cards each month which is pretty easily accomplished at the SCLH Activities Desk.

If you enjoy meeting new friends and experiencing the excitement of the luck of the dice, please join us every third Thursday in the Cards Room (OC) at 9:00 AM. The entry fee is \$5. There is never an annual membership fee.

Last month's winners:

- Most Buncos – Ruth Lantosh
- High Score – Bev Fedder
- Most Wins – Marion Glidewell
- Low Score – Sharon Chipman
- Most Losses – Claire Frenna
- Traveler – Yvonne Rand

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



• **Ceramic Arts** •

This fall there will be three Steering Committee openings — one in Earthenware and two in Pottery. These are each two-year appointments. If you have a desire to be involved in planning and governing the group, consider running for one of these positions.

Also seeking volunteers to Chair the Elections Committee and the Holiday Potluck. If you have any questions or wish to volunteer, contact Mike Daley (543-9449), Janice Davisson (408-8542) or Terry Pisani (408-4037).

CAG workshops 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” available to all residents: OC *Fridays only*, 1:00-5:00 PM, and KS *Sundays only*, 1:00-4:00 PM.

Access will be granted only when registered monitor is present. *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** •

The Performance Team can now enjoy a break after a great clogging rendition of “Down at the Twist and Shout,” in the Annual Talent Show. The show is and remains a favorite of residents. To *all* who worked in the production, we give a “Big Thanks” and hats off to you!

Those members attending the workshop in Orangevale were well rewarded with new steps, prizes and a delicious dinner. It's great to know NCCA members not only clog but are also good cooks! The next workshop will be Saturday, August 13, in Belmont, CA, sponsored by the “Blossom Hill Cloggers.”



From left: Alice Martig, Robin Olney, Jackie Lamb, Barbara Conner, Jeri Ferris, Anita Tyson, Zettlee Noga

Look for refreshments, drawings, and several top instructors cueing dances. Flyers in class. Registration deadline is July 30 (\$5 more at the door).

We invite residents to come in as a guest to our classes. Give clogging a try! Beginners class is 12:00-1:00 PM; higher levels from 11:00 AM-12:00 PM and 12:00-1:00 PM.

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



• **Computer** •

• Main Meeting, June 8, 6:30 PM: “An introduction to Adobe Photoshop Elements 9.0,” including new features in this latest version, by Tony Fry. The focus is mainly on updates to the editing side only in this session, as other programs also cover

the organizing of images and have been presented at recent meetings. Some new features of Photoshop Elements include: Content Aware, Recomposing, Photomerge, Scene Cleaner, etc.

• Clinic, June 10, 3:30 PM: “Windows Live Photo Gallery,” it's a snap to get your photos and videos from your camera to your PC. Find your favorite photos and share them with friends and family. Make your great photos look even better, and even create impressive panoramic photos. Bob Ringo will show how easy it is to acquire and become a competent user of Photo Gallery.

• Ask the Tech: June 27, 10:00 AM: Informal Q & A session for any and all technical questions.

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



Mac User

Got APP? The Macintosh User Group extends an invitation to all residents to “There's An App For That” Night. Join us May 24 at 7:00 PM in OC Ballroom. Have fun discovering new Apps for your iPad, iPhone, or iPod Touch. This is a social to see, share and find your new favorite App. Check out Apps for Photography, Travel, News and Games to name a few. Join in the fun, this will be fabulous, don't miss “App Night!”



Macintosh May 24 App Night!

Group website: If you haven't lately, log on and check out our website, www.lhmug.org. For example, log in, click on *Tips*, then click on *Click here for Seminar and Sig Handout*, then choose a title of interest, click on it and read and learn something new. That simple.

Contacts: Bill Smith, wsmith986@gmail.com; Bonnie Esker, gesker@att.net Website: www.lhmug.org



• **Country Couples** •

Friday, April 29, was another Country Couples (CC) Dance in Sun City Roseville hosted by

Jim & Jeanie Keener, CC's dance instructors. It was well attended by SCLH CC who enjoyed a catered barbecue and lots of dancing. It is difficult to stay seated when Jim Keener's choice of music gets us on the floor dancing Cowboy Cha Cha, Waltzing Across Texas, Horse Shoe, Side Kick, River City Cha Cha, Drifter, Mexican Wind, Country Two Step, Mixers, Line Dances and even West Coast Swing and Night Club Two Step.



Members dancing at Sun City Roseville

Sound like fun? It is! If you would like to come out and observe what it is all about, you are welcome to sit in on one of the Wednesday night lessons at KS 7:00-9:00 PM or the Saturday practices at OC 4:00-6:00 PM. We would enjoy introducing you to this enjoyable activity.

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



• **Cribbage** •

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

Come out and join us. We welcome new players. Despite the unusual weather, we continue to have around 20 players on a Tuesday morning, but we have room for more players.

Contact: Jerry Wilcox 543-3117, jerry.wilcox@gmail.com; George Funk 543-4206, 06viper@pacbell.net



• **Cyclist** •

An on-line cycling e-zine recently asked its readers: "What's the most you would

pay for a pair of bike shorts? It was pretty evenly split. Fifty-four per cent said less than \$100, 46% more. Five per cent didn't faint at \$200. Experienced riders will tell you not to skimp on shorts. If you ride often and/or for longer distances, you will appreciate the fit, comfort and padding of the better shorts. Our rule of thumb: spend \$1 for



Hey, it's Norm! The view from Big Ben

every mile you want to ride. A century equals \$100 shorts (retail).

For most people, the brand doesn't make much difference, albeit one might find a short with the right combination of fit, cost and look in order to make it a favorite. Colors? Shorts are black so you can wipe chain grease on them. Red? White? Check yourself in the mirror before you leave the house.

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



• **Dominoes Mexican Train** •

Most of the spring yard work is completed. This is a great time to start something new, learning to play Mexican Train Dominoes for example. 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: June 9, 1:00-3:00 PM, P-Hall (KS).

1:00 PM: "Update on Macular Degeneration (MD) Research." Dan Roberts, Director of MD Support Group will share information on the latest research presented at recent meetings he has attended. This meeting is always a favorite.

2:00 PM: "The Talking Closed Circuit (CC) TV." Peter Poscio from Innovative Rehabilitation Technology Inc. (IRTI) in Grass Valley will demonstrate the Orabis and Vocatex — the first high definition CCTV that talks. Just touching one button, it will read and follow the spoken words on the screen. GW Micro is the American distributor and has selected Peter as their representative. GW Micro is an adaptive technology vendor, providing high quality solutions for blind and visually impaired. It is a talking CCTV, not a computer. This is a miracle for those with any eye disability. Go to www.gwmicro.com to watch a video about the machine.

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



• **Fishing** •

With the bad weather and cancelled trips hopefully behind us, the stars seem to be properly aligned for some pretty good fishing. Recent outings to Oroville, Pardee and a fly fishing trip to the Redding area produced fantastic results for those who broke out of the gloom. The fish seem bigger, stronger and very hungry this year (see photos on the next page).

Reports are that local lakes like Folsom, Oroville, Pardee and Berryessa are full and fishing quite well. So dispel that gloomy feeling and get outside for some good fishing. The Fishing Club has trips



Recent outings

scheduled for Collins, Shasta, Pardee, Donner, Fuller, Davis and more in planning so opportunities exist.

Finally, it's spring-time and time for the annual spring barbecue to be held on May 23 at the Sports Pavilion. There is also a rumor floating around that the menu will be significantly upgraded this year, so be prepared for a surprise.

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



• **Garden** •

Thursday, May 26, 10:00 AM-2:00 PM — SCLH Annual Home Garden Tour. We invite the community to attend this well-received event

that the Garden Group sponsors each year through the generosity of home owners who are willing to share their yards. Drive through OC Lodge entrance portico between 10:00-11:00 AM and pick-up a flyer with a map, addresses, and descriptions of each yard — \$3 per packet. There is no need to park and get out as volunteers will be there to hand you a copy. (Please bring exactly \$3, if possible.) Each yard will display a sign denoting its involvement. Out of respect for the home owners, please stay within the designated walk areas and be sure to end the tour by 2:00 PM. There will be 10 yards to view this year! Contact: Fran White 408-4628.

Thanks to all the volunteers and participants who made the Rose Show such



Annual Home Garden Tour

a colorful, fragrant, and pleasant event!

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

Flower Arrangers Group

Chair Gloria Stroemer will be taking a travel break in June and July and we will post the next Arrangers Group and information in future articles.

Contact: **Gloria Stroemer 645-4699**



• **Gem and Mineral Society** •

The Gem and Mineral Society will host an informal social event on Monday, May 30, at 4:00 PM at the Social Kitchen (KS). Members will provide refreshments and anyone interested in learning more about our group is welcome and encouraged to attend. RSVP to Deanna Hanks 543-3013 by May 23.

Feel free to visit us on Mondays and/or Wednesdays at the Sierra Room (KS) from 8:00 AM to 12:00 PM to meet our members and see our shop machinery in action.

Please also visit our group's current display outside the Multipurpose Room (OC).

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: Monday, May 16, 6:30-8:30 PM, P-Hall (KS). Topic: "Wills, Estates and Guardianship." Speaker: Cath Madden Trindle. Hear how to obtain the most information about these topics and how and where to retrieve them.

Computer Workshop: Monday, June 6, 6:30-8:30 PM, Computer Room (OC). Topic: "More Basic Tools and Tips." Instructor: Bob Ringo. Space is limited, sign up early. Individual help will be available in the Multimedia Room next door. The club library will be open for members to borrow or return reference books / magazines.

Steering Committee Meeting: Mon-

day, June 13, 12:30 PM, Multimedia Room (OC). Club members welcome.

Contact: **BJ Ollas 543-4682; Kathleen Propersi 543-0376**
Website: www.webflavors.com/lincoln



• **Golf, Ladies** •

Lincster Lady Niners

Our membership is growing. Three new Lincsters were introduced at our April general meeting: Patty Alderete and her husband Paul moved here from Los Banos this past July. Patty was an English instructor at Merced College.



Clockwise, from upper left: Laverne Malkin, Patty Alderete, Pat Shafer

Laverne Malkin and her husband David have been here since January 2010. From Bend, Oregon, Laverne was a software company project manager. Pat Shafer and husband Dick moved here from Benicia. She worked at Macy's in the cosmetics department where a few Lincsters were her clients. You may also recall Pat from her role in the recent SCLH production of Rumors.

Contact: **Carol Golbranson, 543-8647**
Website: <http://www.lincsters.com>
Contact: **Carol Golbranson 543-8647**
Website: www.lincsters.com

Ladies XVIII

Our main April event, Spring Fling, had 84 players enjoying a beautiful day of golf, camaraderie, and a wonderful barbecue. Big winners were: Harriet & Jack Orlove and Lissi & Keith Bedford in the Couples Flight, with a score of 121. Ladies Flight winners Carol Perry,



Elva Clark, Ida Cicci, and Beverly Alden topped the list with a score of 120. Nice going!



Many thanks to Marti Fitzpatrick and her able assistants for another "blooming good" LHLGX-VIII event.

Couples Flight winners — Keith & Lissi Bedford and Jack & Harriet Orlove; Ladies Flight winners — Elva Clark, Carol Perry, Ida Cicci, Beverly Alden

Other news: Norma Milligan, Sandy Tamanti, Cheryl Wong, and Sybille Carlson

held first place March 31 in our "Double Trouble" playday. On April 7, Lois Adams scored 41 points to win first place in a Stableford format. For our April 14 "Tax Time" playday, Ofra Unger and Carol Perry took top honors in a one better ball of the twosome event with a 56.

Well done, one and all!

Contact: Lani Dodd
doublebogey1@att.net
Website: lhlgxviii.com



• **Golf, Men's** •

The LHMGC sends congrats to the team of Walter Burke, Dennis Niemeyer, John Murphy and Bill Bowen for capturing top honors in the NCGA four-person qualifier; good luck in Monterey guys!!

First flight winners: Cliff Slotsve, John Vass, Jason Hong and Don Barnett. An extra "cookie" to Mr. Don Barnett for shooting his age (81)!! Good shooting young man!!

Second flight winners: Dick Jurgens, Henry Olsen, Ed Morgan and Roy Craig. Great tournament with some really low scores as well!!!

The north/south tourney was contested on May 10; results posted at the Golf Shop! The Club Championship (two-day) will be played on May 23-24

and the Senior four-ball (two-person BB) NCGA qualifier is coming on June 14. Good luck to 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** •

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: *Alert* — Winter 2011 is now in the past! Spring is showing its greenery and color. Summer is approaching! During the hot weather, June through August, our walks begin at 7:30 AM.



Gold Discovery site; Lake Berryessa; on the unique Ridge Line Trail

Hikers: The tremendous variety of hikes offered by the Hiking Group was once again recently demonstrated. The stroll along the Cascade Canal in Grass Valley and the short hike around Coloma to relive John Marshall's discovery of gold was enjoyed by many members, several being brand new additions to the group with no recent hiking experience.

The difficult and challenging climb to the Ridge Line Trail high above Lake Berryessa, coupled with the unique trail structure of boulder patches and rock jumbles, created a new hiking experience for our veteran hikers.

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

Check the website for the upcoming hike schedule and hike descriptions.

Contacts: Hiking:
Dennis Ratay 543-9935,
Denratay@sbcglobal.net
Walking: Margie Campbell 408-0713

Website:
http://lincolnhillshikers.org/



• **International Folk Dance** •

We still meet Tuesdays in the Social Kitchen (KS) but our time has changed. We now meet a half-hour later — from 2:30 PM until 4:00 PM. We do circle dances, line type dances, and partner dances — some are easy, some harder, but all are lots of fun.

The afternoon begins with easy



One of our favorite dances

dances and progresses to more difficult ones. There is instruction with new dances and often with familiar dances we haven't done for a while.

Join us and celebrate with people all over the world as we participate in the dances that define the various countries. While the majority of our dances are

international, we have learned some American dances, too.

Dancing is good for health, memory, and balance, as well as the reduction of stress — all while having fun. It can't get better than that!

Contacts: Lois Eckhoff, 434-8643;
Ingrid Lapin, 543-3012
Website: <http://schlfolkdance.tripod.com>



• **Investors' Study** •

2011 meetings, P-Hall (KS) 2:00-4:00 PM, first Thursday of the month.

• June 2 meeting: a representative from Pimco Investments will be speaking on potential future inflation and how to best position your portfolio; home of Bill Gross.

• The July 14 Barbecue at the Sports Pavilion has been cancelled and will be scheduled for a different date.

• Active Investor Class, Bill Ness (OC), 3:00 PM, second Monday, June 13.

Options, Steve Greenfield, Multimedia Room (OC), 5:00 PM, third Monday, May 16 & June 20.

All residents welcome.

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



• **Lavender Friends** •

Good socializing was done by all at our May breakfast at Patti's house. Want to share some information on two of the original members. Sharon serves as Co-Chair of the Community Service Committee (commonly known as the "Lavender Hearts"). Committee members encourage Lavender Friends members to make local holiday non-cash donations of food and goods to needy residents of Lincoln, volunteer at fundraisers to help a variety of non-profit groups, hold fundraising events to provide cash donations to a charitable organization, and provide for charitable events serving the needs of local communities.

Marie has served as Chair of The Sunshine Committee, asking volunteers to assist members with medical, emo-

tional or physical needs to regain their well being. This may include preparing pre-cooked meals, driving to medical appointments, shopping for basic groceries, managing mail, bill paying, or taking people to social events.

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



• **Line Dance** •

Want to avoid your risk of dementia, and control your weight, blood pressure and cholesterol? Start dancing! Dancing has been shown to have numerous health benefits in various studies. The studies have also shown a strong link to a decrease in the development of dementia among older participants who danced, a whopping 76%. These all come from a study on aging that was published in the *New England Journal of Medicine* back in 2003 and excerpts from a recently published article in *The Sacramento Bee*. Dancing is the only physical activity that reduced dementia. No reduction was shown in golfers, tennis players, swimmers, bicycling, walking or even doing housework. It is contributed to using our cerebral cortex and hippocampus which is critical to dancing. They rewire themselves based upon their use. This is literally a "use it or lose it" phenomenon.

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



• **LSV/NEV** •
Low Speed Vehicles/Neighborhood Electric Vehicles

It's only a few days until our Spring Barbecue and Car Rally. The club will do the burgers and dogs, and you bring a side dish or dessert. For only \$3 you can have a fantastic Sunday afternoon. We will meet at the Sports Pavilion at 12:00 PM on May 22. After lunch we will have a Scavenger Hunt and then return for dessert and the awarding of prizes.

The prizes will be gift cards to various venues around town. The last day to sign up will be at the meeting on May 17. Contact Diane Maker at 408-3797 for more information.

Our general meeting will be in P-Hall (KS) on Tuesday May 17 at 10:00 AM and will feature Mark Miller, Interim Director of Public Services for the city of Lincoln. Please join us and find out what is new about town!

Contact: Buzz Rognlien 408-4540
Website: Lincolnhillslsv.com



• **Mah Jongg, Chinese** •

Spring is a great time to get out and try a new activity. Chinese Mah Jongg is played with tiles that have different symbols on them. It is an interesting game of logic but mostly luck. Come see what it is all about. We play every Monday morning at 8:45 in the Cards Room. (OC) We have lots of fun and if you have any questions about the game, please call one of the contact ladies. See you there.

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



• **Mah Jongg, National** •

Our Group meets in the Card Room (OC) every Tuesday from 12:30 to 4:00 PM. We have a great time playing this wonderful tile game. We welcome all skill levels and have a great instructor to teach beginners. You'll be glad you came.

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



• **Motorcycle** •
RoadRunners

The ride season has come into full swing with our second scheduled tour taking us to Williams and the famous Granzalla's restaurant with its extensive game trophy mounted interior. Eight bikes participated in the ride with a tour of Sutter Buttes before riding into Williams for an enjoyable luncheon. The trip was led by Road Captain Peter Boyle

Our scheduled rides include back road



Road Captain Peter Boyles (left) and Dale Brinsley on ride to Williams

touring, social activities and museums/special events participation during the riding season. A couple of overnight trips have been proposed to complete the agenda.

Although our season has started, it's not too late to join us in our adventures. We have trips planned for the second Saturday of each month. Occasional impromptu rides add interest in the off weekends.

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

"Ride safe, ride with friends!"

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

Website:

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



• Music •

The Music Group is in the midst of its membership campaign, present members coming back for more; new members giving it a try. Annual cost is \$5 and everybody gets a chance to perform every month at the group's meetings.

The group held its annual spring party May 14 at the Sports Pavilion. With members playing their instruments as soloists or in groups and others singing, and with good food to go along with the music, all had a wonderful time.

The second Open Mic event was held April 29 in P-Hall (KS) and musicians and singers performed and welcomed any non-members on the stage to give it a try. The free event is gaining momentum.

The group's regular meetings are held every fourth Wednesday except November and December, Fine Arts Room (OC) at 6:30 PM. Walk-ins welcome.

Contacts: Ralph Chatoian 408-2375, ralphchatoian@sbcglobal.net; Julie Rigali 408-4579, jrrigali@yahoo.com
Website: www.lincolnsuncity.org, Groups, Music



• Needle Arts • Threads of Friendship

Our annual spring luncheon and silent auction was held at Orchard Creek Lodge and was a sold out success. Many needle arts persons were able to go home with wonderful auction items.

The June meeting speaker will be Judy Mathieson, a noted quilt artist and certified National Quilt Association judge whose work has won numerous awards. Mariner's compass quilt designs and variations are Judy's specialties. In addition to being our featured speaker, she will also hold a workshop on the Mariner's compass quilt. Please join us at Kilaga Springs on Tuesday, June 14, at 1:00 PM for what promises to be a very inspiring talk.

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

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



• Neighborhood Watch •

Eight hundred is an awesome number, but that is the total number of volunteers Neighborhood Watch needs to completely staff our positions. If you live in one of the following Villages, please consider volunteering to be their Coordinator: 1AB, 5AB, 8A, 9, 13, 24D, 30B, 35B, 39. If your area needs a Mail Station Captain, please consider this important "grass roots" contribution to making SCLH a wonderful place to live!

Sometimes residents hesitate to volunteer because they do not want to feel tied to this responsibility. We do not expect a lifetime commitment, as we understand that life events happen and availability changes. To those who can no longer serve, we give a heartfelt

"Thank you!" We are always looking for new residents to fill these positions. Please call one of the contacts below for more information about a fulfilling community service experience which would enrich your life!

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



• Painters •

On April 30, members enjoyed a luncheon in lieu of our regular monthly meeting. We thank Paulette Pesavento and Bonnie Dunlap for organizing this event which gave us a chance to socialize and share some "artists' hints" with one another.

Painters Club Show at the Umpqua Bank, sponsored by the Placer Arts League will begin June 14 and continue through July 12. Plan to participate in this event. It is a great opportunity if you have never shown your art or to continue to gain recognition if you have shown before. More details will be given at meetings and via e-mail. There is no fee for entering this show.

Our next meeting is June 7, at 2:00 PM, Fine Arts Room (OC). Art Challenge, "Favorite Vacation Places." So, mark your calendar and plan your entry.

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



• Paper Arts •

Phyllis Hunter has organized the beautiful spring theme cards in the display window (OC). It is amazing how many different flowers and colors are used to show the time of year and talents of the members.

Claudette Kinman and Paulette Rhoads led the meeting project that followed the spring theme. The project for the day was a lovely peony card. Beautiful and well thought out to teach to the group. We always go home with something we are proud to send to family and friends and a method to expand on.

The Annual Rubber Stamp Convention in Sacramento was excellent and so much fun. A big group from SCLH attended and then had lunch together at Diane Jackson's home where everyone shared the treasures they found.

Keep those appreciation cards coming for the Armed Services!

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



Pedro

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

We play in the Card Room (OC) on the first & third Friday of every month from 9:00 AM to 12:00 PM. Our next play dates will be May 20 and June 3.

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



Photography

Thom Brommerich is the featured speaker at our June 8 meeting, talking about how he makes indoor and outdoor floral portraits. Thom's photographic background spans some 50 years, including



Photos from Auburn Art Walk Exhibit in April by jeffa

learning from — then being asked to teach at — the Glen Fishback School of

Photography, plus running a commercial photography business.

While we enjoy and in some cases are very dedicated to our hobby photography, it's really interesting to hear from folks who have earned their living by their photographic wits. April's presentation by Jeff Burkholder, for example, was a wonderful lesson in portraiture lighting and the level of detail he pursues prior to taking the shot.

You can now see the shots some of us have taken at two venues: Mina's Coffee House until June 13 and the Needle Arts display case (OC) ending June 7.

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



Pickleball

Playday is coming to the Pickleball courts Monday, May 16, from 1:00-3:00 PM. If you are a novice or casual player who would enjoy some structured play that's more social and informative than competitive, this is the event for you. The "mixer" format will move you into different foursomes after short periods of play, so you'll get to meet and play with the whole group. Experienced players will be on hand to answer questions and provide informal coaching. Refreshments, paddles, and balls will be provided, and the club's equipment manager will have paddles to try out and buy if you want your own.

If you want to participate, just come to the courts (next to the Sports Pavilion and tennis courts) on May 16 at 1:00 PM and sign up. You don't have to be a club member; everybody is welcome to join the fun. Article by Jim Westby.

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



Players

The next Players production will be a Readers Theater presentation called "Tales of Snow White." Norah Prouhet will direct.

Come and watch this humorous modern day interpretation of the classic story. Production dates are June 4 (7:00 PM)

and June 5 (2:00 PM). Both performances are at P-Hall (KS). Admission is free.

The Players August production is called "The Disappearance of the Three Little Pigs." This production, directed by Dolly Schumacher-James, brings to life some of the characters you remember from your childhood. Come meet Henny Penny, B.B. Wolf, Humpty-Dumpty and many others. Auditions will be held May 26 (5:30-8:30 PM) at P-Hall (KS). Scripts and information for this "mini-musical" are available by contacting



B.B. Wolf

dancrdolly@yahoo.com or calling 408-0136. Production dates are August 3, 4, 5 & 6 at P-Hall (KS).

Contact: Ron Morris 434-6534 Website: www.lincolnhillsplayers.com



Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM and Tuesday, 5:00-8:30 PM in the Multipurpose Room (OC). Games are played using script, 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-served, as they usually fill up quickly with a 48-player cap.

Winners of the April 16 tournament were:

- Eighth place: Rula Griffin
- Seventh place: Ray White
- Sixth place: Judy Schmidt
- Fifth place: Jan Ballantyne
- Fourth place: Marty Dorsey
- Third place: Patti Croft
- Second place: Jackie Sklarew
- First place: Frank Katzl (first three-time winner, congrats!).

Our next tournaments will be Saturday, July 16 and October 15, 1:00-5:00 PM.

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



RV

The NASCAR Infinion Raceway Rally in Marin County is June 23-27. Wagon Masters: John, Larry and Les have 10 sites secured and raceway tickets are on the Earnhardt Ter-



March RV Rallies,
photos by Rich Acosta

race... a prime location. Those attending have the option of a three-day pass or just Sunday.

Porto Bodega RV Park Rally, August 14-19 (five nights). Wagon Masters: Ricki & Ed Montoya and Elsa & John Redmond. Only 17 sites were available and this rally "sold out" very fast. Ricki has a waiting list if there are cancellations. The group plans to visit Korbel Winery & Garden tour; golfing at Bodega Harbor GC & Northwoods GC; plus a potluck dinner and brunch is planned.

Remember to save this date: Friday, July 15 we will celebrate Summerfest with a potluck dinner in the Pavilion. More details at meetings and website.

Contact: Bob Zielinski 408-1852

Website: www.lhrvg.com



• SCHOOLS Volunteers • Sun City Helping Our Outstanding Lincoln Schools

Thanks to all the residents who stopped by our display at the Inspire by Example Fair held April 4 during National Volunteer Week. Volunteers perform countless acts of service and are one of America's most valuable assets. Our SCHOOLS volunteers motivate residents to give of their time and talent to reach out to students in WPUSD, our local school district. One of our volunteers

recently said, "I'm really enjoying myself and am feeling useful. I also think that the teachers feel the same about me. The children, of course, are delightful. It's truly rewarding to watch their progress and to know that in some way, however small, I'm contributing to their education."

Why not give tutoring "a go" next fall?

SCHOOLS Appreciation Picnic: Tuesday, June 7, 5:30-8:00 PM at Sports Pavilion.

Contacts:

**Sandy Frame 408-1453 or
sflincoln4fun@starstream.net**

**Elementary: Eileen Marks 409-0320,
emarks@aol.com; Cindy Moore
408-1452, cindysmoore@me.com**

**High School: Rita Gruenwald
larita@wavecable.com**



• SCOOP •

Sun City Organization of Pooches

Broken Backs and Rattlesnakes! Veterinarians Warn Us! At our March meeting, Dr. E. from Banfield Veterinary gave an informative presentation on common dog injuries and ailments. He emphasized that little dogs were not made to fly. Serious injuries often result! Train them to use steps, to limit these disasters.

In April, Dr. Ann Lesch-Hollis cautioned us that rattlesnake season is here! She recommended getting rattlesnake vaccine for your pet, if there is the slightest chance you might cross their paths. She also recommended carrying Benadryl with us. Both protocols buy time until you can get your pet to a veterinarian.

The Pooches on Parade committee worked hard to coordinate another great success. Kudos to Jacquie Lemke, Linda Derosier, Marilyn Ruiz, Dianne George, Jill Mallory, Gay Sprague and Terri Rafferty. Ladies, you were terrific!

SCOOP meetings: third Thursday of the month, 3:00 PM, (OC). Article by Dianne George.

Contact: scoop@scfh.com

Website: www.scfh-scoop.com



• Scrabble •

A game in Massachusetts a few years ago had the highest single turn score (365), the highest score by a player (830), and the highest total points scored in a game (1,320). Several bingos (50 points for using all seven tiles) were scored, including *flatfish*, *josted*, *ladylike*, and *quixotry*. This shows using compound words and adding a suffix can be good strategies.

There were also triple-triples, where one word covers two triple word score tiles. This means the word score is essentially nine times the point value of the word plus 50 points for using all the tiles. This is rare, but we do see a few double doubles, where a word may cover two double word score spaces on the board.

We are a social, not tournament, group. We play for fun and enjoy each other's company. We meet every Monday in the Cards Room (OC) at 1:00 PM.

Contact: Darlis C. Beale 408-0269



• Second Cup of Coffee •

On Monday, May 16, moderator Jean Richards will introduce a panel of people from several Lincoln restaurants who will address today's theme "Breakfast Options When Waking-up in LH." Meridians/Kilaga Springs Café, *Awful Annies*, Mimi's, and others, will "showcase" their options. We continue to reach out to the Lincoln community. Q&A follows. This meeting takes place at 9:00 AM P-Hall (KS).

On Monday, June 20, moderator Stan Silva will re-introduce Tom Fisher, the Rocklin-based entrepreneur/Sierra educator, presenting an unusual visual show on "Mysteries of the Peruvian Nazca Lines... who, Space Aliens??" *The Community Forum PR support has also provided the Front Ballroom (OC), with a 10:00 AM starting time.* Q&A.

There will be no July meeting.

**Contact: Wolf Oplesch
408-1788,**

oplesch@sbcglobal.net

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



• **Singers** •

The Singers had successful concerts on May 1, 2, and 3. The music with the theme “America: Sweet Music Here” was well received by the audience. Many people enjoyed dinner/lunch before the concerts and particularly enjoyed special seating for the show. The Sunny Singers and the Hills Brothers Chorus were exceptional. Lincoln High School Select Chorus also presented several songs and joined in the grand finale of Battle Hymn of the Republic.

A group party featuring a barbecue dinner with all the fixings was held on May 7, in Kilaga Springs Lodge. Members furnished dessert and appetizers.

The Singers will resume practice on September 6 after a three-month summer break.

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



• **Singles** •

Dynamic Singles

Why it's a perfect time to join Dynamic Singles:

- 1) Nearly 250 Members!
- 2) A *new* Board of Directors – no one is an incumbent so there are *lots* of fresh ideas! Names will be announced at our General Meeting, 6:00 PM, June 9, OC.
- 3) Our fourth Annual Casino Royale, May 26, OC, at 6:00 PM, with Black Jack, Craps, Roulette, Texas Hold ‘em, and lots of *fab* prizes. Only \$22/person starts you off, you may order food & libations from Meridians, then wander around admiring the *dressy attire!* *Everyone* at SCLH is invited, member or no! Join the fun, Lucky!

Also, there is dancing on May 17 at Meridians... Table for Eight on May 29 at La Provence... Cocktails on June 2 at Fats... Birthdays on June 5 at the Sports Bar... Breakfast on June 11 at Meridians... Tennis, Bocce Ball, Golf, & Hiking.

Contact: Sarah Lambrose 543-0035
Website:
www.lincolnhillssingles.org



• **Ski** •

Epic, awesome and spectacular are but a few of the words that would describe this ski season. As of late April, Donner Summit still had well over 300 inches of snow.

Approximately 50 folks attended our April 19 end-of-season party with many already talking about our fifth annual ski trip for 2012. Thanks to Bill & Lillie Smith for hosting the event and to Sylvie Roberts, event coordinator.



End-of-season party

This season had much to offer but the highlights had to be our après ski meal at Rainbow Lodge and our trip to Mount Bachelor, Oregon, with 30 residents participating.

The 2011-2012 season will see a regime change with Mike Hilton as president; Chuck Frevele as vice president and Sue Worrall as treasurer. Congratulations to these folks and a big vote of thanks to our outgoing officers: president Bill Smith, vice president Audrey Morse and treasurer Mike Connolly.

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



• **Softball, Senior League** •

There are 14 teams playing this season at Del Webb Field on Mondays and Wednesdays. There have been some lopsided games and many one run games already in the early going. There are a handful of players that can launch home runs over the fences. All teams will have a shot to play for the league Championship in late August. If you are new to LH, there are still opportunities to play this season. Contact Mike or come out to a Sunday practice 10:00 AM to 12:00 PM. Softball is a great way to meet a fun group of new friends!



Clockwise from top: action between third & home; Doc Leibgold makes good contact; Nick Fox gaps one to right center

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

Coyotes

The rain stopped long enough for the 60s Black to play two tournaments and the 60s Blue to play one. The Black played in Turlock and went 2-3 against tough teams. Top hitters were J.R. Jackson, Bec Cannistraci, and Carlos Zavala. The Hayward tournament was very successful as they went undefeated (5-0). Two games were won in the last inning: one by one run and one with nine runs scored in the last inning. Tom Westlake pitched all five games and led off the 5th game with a double, then came up again in the inning with the bases loaded and knocked in the 9th and winning run. There were 13 homers hit: Carlos Zavala (4), John Griffin (3), John Gho and Ed Lazarek (2), and one for Mike Hilton and Bec Cannistraci. The 60s Black, 60s Blue, and the 70s played in Lodi at the end of April.

Contact: Bob Hunter,
bluespritzer@yahoo.com



LINCOLN HILLS COYOTES
8TH ANNUAL INVITATIONAL
SOFTBALL TOURNAMENT

When: June 18 & 19
Where: Del Webb Field
Teams: 70+
Food, fun & prizes
Games start at 8:00 AM
There is nothing like a day
at the old ballpark



• Sports Car •

We are having a very fun summer. The April 2 trip along the Sacramento River and Delta to Rio Vista was a great success. Weather cooperated, views along the Delta were wonderful, and lunch and wine tasting were a lot of fun.

The trip to Pacific Grove April 14-16 was attended by 21 cars. Again the weather was wonderful, and the view of the ocean from Seven Gables Inn



*The Berrys at Le Normandie;
amazing giant octopus at
Monterey Bay Aquarium*

was spectacular. Everyone enjoyed the behind-the-scenes tour at Monterey Bay Aquarium.

Other April and early May trips/events included a trip to Lodi's Lucas Winery April 27 with dinner at Woodbridge Crossing Restaurant, a buffet dinner at Gladding McBean's Feats of Clay April 30, a trip to the California Auto Museum in Sacramento May 9, and a Kentucky Derby Party on May 14.

Meetings: 6:30 PM, first Monday, P-Hall (KS).

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

Website: LHsportscars.com



• Square & Round Dance •

Sun City Squares

The Square Dance Club is starting a new beginner's class on September 5 at 2:30 PM. Come and learn the Official American Folk Dance. All residents are invited, but it is preferred that you bring a dance partner with you (male or female) as square dancing is a couples dance.

Look for a Flyer in the July *Compass*.

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

- Mainstream/Plus Instruction
Mondays, 2:30-4:00 PM (KS)

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

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



• Super Seniors •

Aloha! Hawaii calls! Please come and enjoy the dance and music of the Hawaiian

Islands at our June meeting. Our guests will be SCLH's Hula Wahines who will perform many of the dances they've learned as students of Naomi Kalama, a master of teaching and performing the Hula Dance. This special meeting will be Friday, June 3, 10:00-11:30 AM in the Gables Room (OC). In the spirit of the day, feel free to dress in Hawaiian or beach attire. There'll be time to share your fondest or funniest Island memories and to test your knowledge of all things Hawaiian. Guests and friends are invited to join the fun.

Also, mark your calendars for our Fourth of July Ice Cream Social on Saturday, July 2, 12:00 PM at KS.

Our Chit-Chatters, a group within Super Seniors, meets for friendly conversation on the third Friday (June 15) at 10:30 AM in the Multipurpose Room (OC).

**Contacts: Phyllis Griffin 408-2291;
Marsha Hathaway 408-0228
Chit Chatters: Dani Van Tatenhove
543-9194**



• Table Tennis •

An article in the Parade section of January's *The Sacramento Bee*, "That Piing You Do," is worth repeating, at least in part.

"Ping Pong has moved out of the basement and into the big time. In fact, with 19.3 million devotees, it's now the fifth fastest-growing sport in America, ahead of soccer, baseball, and football. And it's garnering a slew of new young

stars, including Ariel Hsing, who won the U.S. national championships last month at 15.

"Susan Sarandon loves the game so much she's co-founded a chain of table tennis clubs called *Spin*. 'I'm helping it come out of the closet,' the Oscar winner said before *Spin* Milwaukee opened last fall."

While we know no one in Lincoln Hills lives in a closet, nevertheless, come out of thy abode and join us at one of our play sessions at KS: Tuesday 6:00-9:00 PM; Friday 8:00-11:00 AM; Sunday 12:30-5:00 PM.

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



• Tap Company •

Even though the amazing 10th annual Talent Show has ended and the jazz dancers have performed at the Kings game, Lincoln Hills Tap Company continues to be very active. Nominations are now underway for a slate of new officers for the upcoming 2012 year, which will be announced at the June 24 luncheon. Still searching for a director/directors for the 2012 Talent Show as well as committee members for the Christmas luncheon and the 2012 spring luncheon.

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



• Tennis •

Our Sutter Health Tournament will be May 27. This is one of our most popular events of the year. Every entrant is guaranteed four matches, two doubles and two mixed. Individuals play with new partners and against different opponents for each match. A sumptuous catered dinner along with music and dancing follow afterwards at the Sports Pavilion. For future events, visit our website (below).

Winners of our April Women's Doubles tournament were:

- 4.0 Division – Bente Camahort and Kris Chiosso

- 3.5 Division- Katie Didion and Laurie Schuler
- 3.0 Division – Barbara Davis and Jan Boatwright

Those winners each received a gift certificate for a spa treatment generously donated by our Spa at Kilaga Springs. The Spa will also be at our next tournament giving anyone who is interested a five-minute free promotional massage.

Drop-in tennis is on Wednesdays and Saturdays from 8:00-10:00 AM for all residents.

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



• **Travel** •

The Travel Group's status has changed to a shared interest club therefore information for this and future *Compass* issues will be found on the Bulletin Board pages.



• **Vaudeville Troupe** •

Mark your calendars for these important Vaudeville dates:
 May 17: *Tickets on sale for The Vaudeville Troupe's Show: "The Cavalcade of Stars."* Our performances sell out fast!!! *Don't miss out on the fun!* April auditions added new members to our loyal and truly amazing "Family of Vaudevillians;" you will be entertained with the five Sinatras, dancers, illusionists, stand-up comedians, our West Side Story Tribute, the Sinatrettes, vocal-



Troupe founder/director Marina Eugenios invites you to our fantastic "Cavalcade of Stars" Vaudeville Show in July! Cavalcade performer Hugo Solano will mesmerize with his voice and charm

ists, novelty numbers, duets, quartets, Pirates (Aaaarggggh!!) and many other surprises you won't want to miss!! Buy tickets at the Activity Desks (OC/KS). All of our Shows are in the comfort of P-Hall (KS) which we like to call "Vaudeville's Cabaret-style Theater"!!

July 8 & 9: Vaudeville Show: 2:00 PM and 6:00 PM performances (Friday and Saturday). Tickets are only \$10.

Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net
Troupe Website: YouTube.com/user/marinaeugenios



• **Veterans** •

The May 19 speaker at 1:00 PM in P-Hall (KS) will be Lincoln Hills resident Ray Patterson. He joined the Marines at age 17 in 1950. Although he shipped out for Korea, the armistice was signed before he arrived and he was diverted to Fuji, Japan. He was discharged at Treasure Island in January 1954 as a corporal.

Ray started his career with Safeway Stores, Inc. in 1954. In 1985 he was assigned as an operations manager to oversee the building and opening of a supermarket in Cairo, Egypt. It is the fascinating, and sometimes challenging experiences of doing business in the Middle East that will be the subject of his presentation.



Ray and his walking pal, Ginger, enjoy daily LH excursions

The Veterans Group encourages everyone to fly the American flag and to make a special effort to show the colors on May 21 and 30, Armed Forces Day and Memorial Day, respectively.

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 league will be starting soon. Also, look for us playing outdoors at the lap pool over the summer. Next month, we'll also be playing "land" volleyball at the Sports Complex combined with a potluck.

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** •

Dance alert! Our next dance is Saturday evening, June 4 (KS) with a WCS lesson at 6:00 PM followed by dancing from 6:45-8:45 PM. The music for the evening will be a variety of West Coast Swing, Ballroom, Latin, and Country.



A Friday evening practice, Ed & Julie McVey; on-site instructor Dottie Macken with Ed and Julie

Our practice sessions on the second and fourth Fridays continue to be wildly popular. Here's your chance to practice your West Coast Swing dancing with a

teacher always on site. The next practice sessions are May 27 and June 10 from 5:30-7:30 PM, Fine Arts Room (OC).

We staged several exciting events this past month with much more to come throughout the spring and summer. We encourage all levels from beginners to experienced dancers to enjoy a "smooth" dance that is very versatile and fun and can be danced to a wide variety of music from contemporary to rock and country.

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



• Woodcarvers •

Sage Advice to "Wannabe"

Wood Carvers...

- "Don't ever think you can't do a project." *John Russell*
- "Join the Lincoln Woodcarvers." *Rick Currier*
- "Start with a small project and a few good tools and join a carving group." *Doris Ellison*

- "Come to the meetings; it's a great way to meet people."

Richard Madsen

- "Learn not to hurry, use sharp tools, and to wear a glove."

Woody Woodburn

- "Don't try to catch a falling knife."

Dick Howard

- Keep the band-aids handy."

Geoff Dodson's wife Jean

- "There's another eye under the one you just screwed-up."

Al Weidlick

- "Stop before it's Perfect."

Everyone in the group

The group meets every Wednesday between 1:00 and 5:00 PM Sierra Room (KS).

Contacts: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



2009 Capital Woodcarvers Association Awards



• Writers •

The Writers Group was pleased to have some new members drop in to share their thoughts in writing. New styles of expression and targeted audiences make for some interesting listening, so we are often surprised by what these talents are presenting. President Alan Lowe announced that there will be another "Voices of Lincoln Poetry Contest" this year. The contest is open not just to residents, but to writers of all ages. Last year 11 winners came from SCLH, two of whom are members of the Writers Group. Entry forms are available at the meeting or at www.libraryatlincoln.org. If you write stories, articles or poems, please join us at one of our regular meetings. We meet the second and fourth Monday each month at 6:30 PM in the Ceramics Room (OC).

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

Investment Resource Materials Available for Novice or Pro

Stocks, Bond, Funds, Newsletters, More

Nina Mazzo

The Investment Materials section in our Library contains resource materials for you whether you are a novice investor or one who reads the financials daily:

The Value Line Stock Service: This covers 1700 stocks, with analyst comments for each. The index contains rankings for each stock for type of performance desired such as timeliness, dividends, safety, etc., and have portfolios based on their various rankings.

Morningstar Mutual Fund Service: This performs the same function for 1500 Mutual Funds as Value Line Service does for stocks. Their rankings are by stars, five down to one with five being the best. Analyst comments are included for each.

Morningstar Fund Investor: This is a monthly booklet which covers 500

Analyst recommended funds of the Morningstar Service, with star rankings and statistical data for each. These are grouped by type of fund which assists in making a choice between funds.

Income Securities Investor Newsletter: This is a monthly newsletter for investors seeking current income, and advises on Bonds, Preferred Stocks, and Treasury Issues.

Bob Brinker's MarketTimer: His monthly newsletter comments on stock market conditions and the current investing climate. Additionally, a resident is currently donating another Brinker newsletter, **Fixed Income Advisor**, (in a separate binder).

The Vanguard Independent Adviser: This monthly newsletter advises solely on Vanguard funds, and gives an independent opinion regarding buy, hold or sell for each.

Navelliers Blue Chip Growth Letter: Louis gives buy and sell advice based on a portfolio of stocks he recommends, with monthly buy and sell updates for each.

The subscription costs for all of the above are paid by our Association for the benefit of all residents and were chosen to appeal to a wide variety of investor interests. They are stored in binders near the computer station. They are not to be removed from the Library, but the Activities Desk will make page copies for 10 cents.

Investment materials questions? Call Cleon Johnson (408-5648). Books to donate? Call Sally Scotch (543-0792). Want to volunteer to help? Call Sandy Maloff (408-2368).



Cleon Johnson manages the Investment Materials section of the Library





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Bulletin Board

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

The 12th Annual Holiday Craft Fair

will be held November 11 & 12. Vendor tables available \$78 per table. **Vendor registration:** Wednesday, July 27, 5:30-6:30 PM, OC Ballroom. Questions to: LHArtCraftFair@aol.com You must be a resident to participate in the Arts and Craft Fair.

Fibromyalgia/Chronic Fatigue Syndrome

Do you or your loved one suffer from Fibromyalgia or Chronic Fatigue Syndrome? Join us in the Multimedia Room (OC) Tuesday, June 21, 3:00-4:30 PM to discuss starting our very own support group for information, education, and positive support. Questions? Marcia VanWagner at 408-0667 or mmvanwagner@gmail.com.

Glaucoma Support Meeting

June 8, 4:00-5:30 PM, Multipurpose Room (OC). We meet the second Wednesday of every month, please come and join us. More info: Bonnie Dale, 543-2133.

Italian Club

On Saturday, May 21 we'll have our annual Bocce Ball tournament and barbecue at the Sports Pavilion, with prizes and squirt guns to cool off! If you're new to Bocce, we'll teach you. On Sunday, June 12, we'll be enjoying wonderful Italian food, great wine, and good company at Il Fornio in the Roseville Galleria. In July, another new year starts for our club when we welcome our new 2011-12 Board at our popular annual Inaugural Dinner Dance Sunday, July 10 at OC Ballroom. Something new is planned for August 13, so save the date. Our events are for Italian Club members and their guests. If you would like to know more about the Italian Club, check



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Call Judy Hogan 625-4021

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.

May 17 • 10:00 AM Solarecity Electric, Oaks Room
Compass advertiser, see page 38

May 26 • 9:30 AM Get Skin Fit for Summer, Vitality Medical, Oaks Room

June 14 • 6:00 PM Spinal Aid Presentation, Dr. Zorich, Oaks Room

our website www.lhitalianclub.com or contact Membership Chair Rose Cesarz at 434-5301. Single members may always bring a guest. Ciao!

Neighbors InDeed

offering free services to residents, reminds you that with the spring/summer season upon us, outdoor irrigation needs are changing. With warmer, dryer days ahead, you should adjust your timers appropriately. Neighbors InDeed suggests watering about three times a week (most yards do not need daily watering). And, to conserve water usage, consider dialing down the number of minutes per station for now, then when hot months (July, August, September) come, add a few minutes. Do you need help re-programming your timer? Call 223-2763 and a Handy Helper will come assist you. While you're about it, has your furnace/AC filter been cleaned in the last six months? Call Neighbors InDeed (223-2763) and a Handy Helper can do both jobs in one call.

Open Play

Every Sunday 12:00-4:30 PM "Open Play" in the Cards Room (OC). Bring cards, board games, domi-

noes, or dice. This is an opportunity to meet new friends and have a fun afternoon. All residents welcome. Tables are first-come, first-served.

Racquetball Group

We play Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to the club 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 welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Retired Law Enforcement Officers' Group

Guest speaker: newly Appointed Roseville Chief of Police Daniel Hahn. Quarterly Breakfast Friday, May 27, 9:00 AM Mimi's Café in Lincoln. All law enforcement personnel (active or retired) in the Lincoln, Rocklin, and Roseville area are invited to attend. RSVP: Craig Shuey, 408-5966. Attendees should plan to arrive at 8:45 AM and be seated at 9:00 AM. After Chief Hahn's remarks, there will be a Q&A. Breakfast off the menu and each attendee will

continued on page 41

Drive Through Free E-Waste Collection

Saturday, June 25 • 9:00 AM-1:00 PM • Fitness Center Parking Lot (OC)

The Community Association is partnering with CLEAR to offer you the opportunity to recycle all of your collected e-waste. CLEAR is a California state-approved collector and recycler of electronic waste. They **completely shred all hard drives** at their securely monitored facility.

They accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines, small household ap-

pliances such as toasters, mixers and blenders, and vacuum cleaners with the dust bag removed.

They do not accept: large household appliances, (i.e., refrigerators, washers, dryers microwaves, etc.), furniture, hazardous household waste including batteries, car batteries, paint, pesticides, used oil, cleaning supplies, fluorescent light bulbs, tires, etc.

For your security, all hard drives are completely shredded at the CLEAR facility.



Questions? Call
Judy Hogan, Activi-
ties Department,
625-4021

Know how the tax rules change for Senior Taxpayers



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

- A higher standard deduction at age 65
- A 15% tax credit at age 65 (income limitations)
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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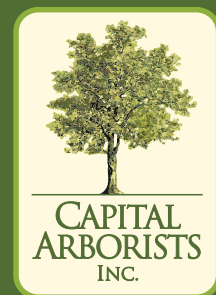


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 Ann Renyer 408-7008	 Michael Renyer 343-6044	 Loree Risi 716-0854	 Terri Stevenson 316-4811	 Rudy Svetal 580-9693	 Margaret & Karl Thompson 508-0152	 Doreen Traxel 698-0801	 Tangi Walker 316-1112	 Tony Williams 521-3400	 Sharon Worman 408-1555

Visit our Website at www.CBSunRidge.com for all current listings.



Lincoln Hills Foundation Bingo

Wednesday, May 18 • OC Ballroom

Doors Open 12:30 PM • Bingo Games 1:00 PM

\$20 for 12 games, 12 cards with six cards each. Up to \$1350 prize money.

Pop-ups four for \$1; daubers \$1 each; cold bottled water available. No food or alcohol allowed. No one under 18 admitted. Group of 10? Reserve your own table!

Info: Karen Foley, 645-5411.

Lincoln Hills Foundation website: www.lincolnhillsfoundation.org.



continued from page 37

receive a separate check. Chief Hahn, 42 years, a 23-year veteran of the Sacramento Police Department was sworn in as Roseville's Chief of Police March 4.

Sequoia High School Reunion

Save the date September 17. Sequoia High School reunion barbecue, formerly the Foothills picnic. This year holding it at the Sports Pavilion. Invitations to be mailed later. Contacts: Jane 408-0565, Norma 645-917, Jackie 434-6070. Hope to see you there.

Shalom Group

Nothing is planned for the rest of May. I hope that you got your reservations to Bob Hyman for June 3 RiverCats game. If not, give him a buzz. June is busy. After RiverCats night, bowling season starts the 8th, at 12:45 PM at Rocklin Lanes. More info: Al Malkin. Sunday, May 12, 12:00 PM, SSG picnic at Sports Pavilion. The 13th Women's Group at Oracle. On the 27th, 7:00 PM, General Meeting at KS. Please check email for updates. Schedule changes may occur after this goes to press. Questions to the group or the board: contactshalomgroup@gmail.com. Our website for pictures, calendars, and items of general interest is www.shalomsg.org. Membership info: Membership VP Natalie Flynn Membership VP, 434-5470.

Shooting Group

Our purpose is to make friends among residents

interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Spring and summer months we meet at 8:00 AM. For 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 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. Interested in joining us, contact John Kightlinger 408-3928 for details of our next get together. Contact: Michael Pargament 408-0221 or jdpar@gmail.com.

Travel Group

Next meeting: Thursday, May 19, 7:00 PM, KS. Ilene Ferguson of Alamo Travel is guest speaker. The following trips this year have openings: Russia River Cruise (Jul); Canadian Rockies (Sep); New York City and Rose Parade (Dec). Trips in 2012: Reno Snow Train (Feb or Mar); Hawaii Cruise (Apr); Washington D.C./Mid-Atlantic Tour (The Travel Group May); Northern Europe Cruise and Turkey (Sep). See our website (www.lhtravelgroup.com) for details on all our trips. You do not have to be a member to attend meetings so please join us for an interesting evening showcasing our trips with information and visuals in a travelogue-format. Contacts: Karen Foley 645-5411; Teena Fowler 543-3349; Linda Frazier 434-8266; Louise Kuret 408-0554; Sheron Watkins 434-9504.

The Wildlife Heritage Foundation

will be hosting a nature walk in SCLH's Northeast Preserve Tuesday, May 27, 9:00 AM. Meet at the flagpole at KS. A guided nature walk with one of WHF's Biologists, free for residents. Questions: Kelly at 434.2759. Limited to the first 25 residents who sign up at the Activities Desk. Come join us for this fun walk!

The Players Auditions May 26

The Lincoln Hills Players will be holding auditions for the Wild & Wacky, mini-musical production of "The Disappearance of the Three Little Pigs" on Thursday, May 26, from 5:30-8:30 PM in Presentation Hall (KS).

Performances for this grown-up nurseryland farce will be August 3-6.

Contact director Dolly Schumacher James for script & information: dancrdolly@yahoo.com or 408-0136.

In Memoriam

Manfred Bayer

Fred was born and raised in Munich, Germany. At 14 he was sent to Argentina for school and worked for a newspaper as a printer. He then came to the U.S. to join his sister and he joined the National Guard. He married, had two children and worked for the SF Chronicle. Fred enjoyed traveling, soccer, playing tennis and red wine! He is survived by his sister, his two children and their Mother.

Larry Bryan Newman

Nine years ago, Larry and Lydia moved here from Santa Rosa. He worked for Safeway Stores for 30 years. Married for 52 years, they met in Hawaii where they were high school sweethearts. They loved going back to Hawaii to visit. You may have seen a guy in shorts driving his "Raider" golf cart around: that was Larry. He is survived by his wife and three children.

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.

Did You Know?

It is the rule of SCLH and the law of the city of Lincoln that dogs must be walked on no more than a six-foot, non-retractable leash. This is for the protection of you and your dog.



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Chili Showdown Winners!

The chili is gone and the votes are in! The Judges' Choice winner is the team of Jean Cartier and Pat Kightlinger with their 'Four Chile Chili.' The People's Choice winner was a tie between Meridians Chef Roderick and Gary Leonard's Rocky Mountain Hoya

Chili. Team Jean and Pat's Chili will be the Featured Special of the Week in Meridians May 17 -23 so stop by and have a taste! Congratulations to all contestants and we look forward to next year's competition.



Special Events & Bus Trips

Kilaga Springs — At the Movies! "Seabiscuit"

Monday, May 16 — Free



PG; 140 minutes. "Seabiscuit" stars Toby McGuire and Jeff Bridges. Drama. Show 1:30 PM. P-Hall (KS). Free.

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. Enjoy a no-host bar throughout the evening. Dancing in the Ballroom 6:30-9:30 PM. \$10. Now open to guests.



Evening Community Social Dance provides singles and couples with a low-price event

San Francisco Shopping Monday, May 23 — 1845-03

Lots of Walking! Shop 'til you drop at Union Square! Don't worry about driving, the bridge or parking! Shop/browse/people watch. Get your Macy's 10% discount card for the day as you board the bus. To make your shopping more comfortable



and fun, the bus will meet you at 2:00 PM at the St. Francis Hotel (Post & Powell) to load your packages so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$35. RSVP ♦♦ Now.

Kilaga Springs Music Night Presents Keith Williams Sextet Monday, May 23 — 5051-04

Amazing jazz music fills the air during our monthly Music Night with the Keith Williams Jazz Sextet. Program includes standards of the Great American Songbook to more contemporary tunes. The sextet features keyboard, drummer, guitar, more. One show only. 7:00 PM performance in P-Hall (KS). \$12. Now open to guests.

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. Next stop is nearby Sausalito for shopping/dining/ocean watching time. Depart



Summer Amphitheater Concert Series 2011

New Performers • More Concerts
Expanded Dinner Package Menus

We are ushering in the 11th year of Summer Series Concerts and a new era of amazing performers, local greats and exciting new offerings. Celebrate summer and music outdoors in our beautiful Amphitheater. A Dinner & Concert Package is available offering seasonal menus created by Chef Roderick with more entrée choices. Package guests will eat dinner in the Ballroom prior to the concert and enjoy pre-set seating in the front middle section of the Amphitheater. Concert Only patrons have the option to bring their own lawn chairs or rent a chair from the Amphitheater kiosk for \$3. Advanced purchase is required for chair rentals and ticket required to claim a chair the day of the concert. Amphitheater event menus available at Activities Desk; entrée selection required at time of purchase. Please refer to the Amphitheater Guidelines below for rules and ticket information. The Summer Concert Series is open to the public so you may purchase tickets for family and friends anytime.

Landsharks • Friday, June 10

Concert Only — 5202-4ACON

Dinner & Concert Package — 5202-4APKG

The high-energy, interactive Jimmy Buffett and Beach Tribute Band that made their debut performance during our 10th Anniversary celebration, *The Landsharks*, opens our summer concert series with their popular play list. The Landsharks have appeared with the Beach Boys and Jimmy Buffett in Key West as well as at Margaritaville. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$18; Dinner & Concert Package \$51.



Motown Revue with Top Shelf featuring La Chic • Tuesday, June 28

Concert Only — 5202-4BCON

Dinner & Concert Package – 5202-4BPKG

Top Shelf will take you on a toe-tapping, finger-snapping narrated journey from the early days of Motown up to the '80s. La Chic will also be featured in the program including songs of Stevie Wonder, the Temptations, the Four Tops, Smokey Robinson, Diana Ross and more. Doors open at 6:45 PM for a 7:30 PM concert. Concert Only \$13; Dinner & Concert Package \$45.



Air National Guard 4th of July Concert Friday, July 1

Concert Only – 5202-4CCON

Dinner & Concert Package – 5202-4CPKG

The Air National Guard Band of the West Coast from Moffett Federal Airfield, CA, presents a patriotic program to celebrate the July 4th holiday. The concert and jazz band is one of the Air National Guard's premier bands and will perform under the direction of *Captain Vu Nguyen*. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only free; Dinner & Concert Package \$33.

Air National Guard Concert and Jazz Bands



Santana Tribute with the Rhythm Vandals

Tuesday, July 26

Concert Only — 5202-4DCON

Dinner & Concert Package — 5202-4DPKG

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



Buck Ford Pure Country Band

Wednesday, September 7

Concert Only — 5202-4FCON

Dinner & Concert Package — 5202-4FPKG

A rising country star, the *Buck Ford Pure Country Band*, has a traditional, timeless country sound that never goes out of style.

Playing all over the country, songs will include original pieces written by Buck himself as well as covers of many other artists including

George Strait, Merle Haggard and George Jones. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$14; Dinner & Concert Package \$47.



Sugah Daddy Swing Band • Friday, September 23

Concert Only — 5202-4GCON

Dinner & Concert Package — 5202-4GPKG

Sugah Daddy, a contemporary swing revival band delivers the best in swing, boogie and blues music. With the talent of five fabulous lead vocalists, a poppin' horn section, and the band's utilization of up to 15 different instruments, you will be on your feet for a vast selection of tunes with one of the best known swing bands in southern California. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$15; Dinner & Concert Package \$48.



The Grascals • Thursday, August 18

Concert Only — 5202-4ECON

Dinner & Concert Package — 5202-4EPKG

2010 SPBGMA Bluegrass Band of the Year, *The Grascals*, will make a return performance to our stage based on overwhelming resident requests! The

band's innovative and upbeat bluegrass sound has become a hallmark on the Nashville scene. The band has played at The Grand Ole Opry, Radio

City Music Hall and Ryman Auditorium to list a few. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only \$17; Dinner & Concert Package \$50.



Amphitheater Guidelines

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

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 ♦♦ Now.

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 designers, Cristobal Balenciaga. Over 100 pieces of Balenciaga clothing, accessories and materials provide a view of historical 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 ♦♦ Now.

Simon & Garfunkel Tribute Concert featuring AJ Swearingen and Jonathan Beedle

Monday, June 6 — 5040-04

Described as one of the best performances of 2010, we bring back AJ Swearingen and Jonathan Beedle for an encore performance of their remarkable tribute to the music of

“Simon & Garfunkel.” As two of the most popular recording artists of the



1960's, this magical duo will present a 25-song program including “Mrs. Robinson,” “Strawberry Fields,” “Sounds of Si-

lence” and “Scarborough Fair.” 7:00 PM performance in the Ballroom (OC). \$14. Now open to guests.

Amphitheater Summer Concert Series: Landsharks

Friday, June 10

Concert Only — 5202-4ACON

Dinner & Concert

Package — 5202-4APKG

The high-energy, interactive Jimmy Buffett and Rock ‘n’ Roll Tribute Band that made their debut performance at



LH during our 10th Anniversary celebration, *The Landsharks* opens our Summer

Concert Series with their popular play list. Doors open at 6:15 PM for a 7:00 PM concert. Concert only \$18; Dinner & Concert Package \$51. See concert details and Amphitheater Guidelines on page 45. Friends, family and guests are welcome!

Comedy Night at Kilaga Springs

Tuesday, June 14

6:00 PM performance — 5053-04A

8:00 PM performance — 5053-04B

Headliner Dan St. Paul has been fea-



tured on several episodes of “An Evening at the Improv,” MTV, and Comedy Central. He has opened for superstars Jerry Seinfeld, Natalie Cole and even the San Francisco Symphony.

Dan's show is described as “combining a sharp, clean wit with an outstanding talent for creating characters.” Show opener will be Bob Fernandez. P-Hall (KS) doors open 30 minutes prior to show time. \$9. Now open to guests.



Silver Legacy in Reno

Wednesday, June 15 — 1770-04

Head over the mountains to Reno's Silver Legacy Hotel & Casino for a day of sightseeing, lunching, people watching, and excitement. Receive



\$10 cash back and a \$5 casino food coupon. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$26. RSVP ♦♦ by 6/1.

Just added! Kilaga Springs — At the Movies! “The Proposal”

Monday, June 20 — Free

PG; 108 minutes. “The Proposal” stars



Sandra Bullock, Ryan Reynolds and Betty White. Comedy/Romance. Show 1:30 PM. P-Hall (KS). Free.

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-

Crocker Art Museum**Wednesday, June 22 — 1760-04**

The Museum, newly-remodeled and expanded, 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. Arrive for an 11:00 AM docent-led tour with plenty of time to also view the 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 have the option of eating at the Crocker Park across the street. The cafe does not allow outside food. Leave the Lodge at 9:30 AM, return ~ 5:30 PM. \$33. RSVP ♦♦ by 6/1.

**Summer Pavilion Dance****Friday, June 24 — 5250-04A**

Guest DJ: DJ Tom. Summer nights mean dancing outdoors! Join friends and neighbors for our first outdoor dance of the year with DJ Tom at the Sports Pavilion. Whether you like rock, country, oldies or something in-between, DJ Tom will have all your favorites and play audience requests through the evening. The large dance space will be set-up for all genres of dancing or sit down and



socialize with friends as you enjoy the no-host bar. For singles, couples and groups. Pavilion check-in 6:45 PM, dancing 7:00-10:00 PM. \$11. Now open to guests.

San Francisco for the Day**Saturday, June 25 — 1840-04**

Shop, have lunch and/or dinner, visit a museum, Chinatown or anywhere else you like. We do this trip the fourth Saturday of each month. This trip drops you off at Union Square. These day trips are yours to do as you wish. Leave the Lodge at 8:00 AM, return ~ 8:00 PM. \$45. RSVP ♦♦ by 6/13.

**Amphitheater Summer Concert Series: Motown Revue with Top Shelf featuring La Chic****Tuesday, June 28
Concert Only — 5202-4BCON
Dinner & Concert**

Package — 5202-4BPKG
Top Shelf will take you on a toe-tapping, finger-snapping narrated journey from the early days of Motown to the '80s. La Chic are featured singers with *Top Shelf* to provide songs of Stevie Wonder, the Temptations, the Four Tops, Smokey Robinson, Diana Ross, more. Doors



open at 6:45 PM for a 7:30 PM concert. Concert only \$13; Dinner & Concert Package \$45. See concert details and Amphitheater Guidelines on page 45. Friends, family and guests are welcome!

Air National Guard 4th of July**Concert • Friday, July 1****Concert Only — 5202-4CCON****Dinner &****Concert Package — 5202-4CPKG**

The Air National Guard Band of the West Coast from Moffett Federal Airfield, CA presents a patriotic program



to celebrate Independence Day. The concert and jazz band will perform under the direction of *Captain Vu Nguyen*, as one of the Air National Guard's premier bands. Doors open at 6:15 PM for a 7:00 PM concert. Concert Only *Free*; Dinner & Concert Package \$33. See concert details and Amphitheater Guidelines on page 45. Friends, family and guests welcome!

Picasso Exhibit at deYoung Museum**Wednesday, July 6 — 1760-05**

The deYoung hosts an extraordinary

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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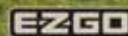


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exhibition of more than 100 masterpieces by Spanish artist Pablo Picasso from the permanent collection at Paris' Musee National Picasso. The exhibit, made possible by the museum's temporary closure due to renovation, comprises paintings, sculptures, drawings, and prints drawn from every phase of the artist's career. Bring your own lunch or enjoy lunch at the museum cafe. Price includes audio headset for use at the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$59. RSVP ♦♦ by 6/10.



Hornblower Cruise and Lunch
Thursday, July 7 — 1830-05
Viewing Sacramento from the River is different and special! Board the Empress Hornblower at Old Sacramento and enjoy the scenery as this two-hour cruise takes you down river past the Tower Bridge and up river past the rail bridge. These bridges



will open for your ship to pass through. During the cruise, enjoy the buffet lunch which includes *roasted chicken, vegetarian pasta, vegetable, rice pilaf, green and shrimp salads, fruit and bread*. Dessert, coffee or tea is included. The ship has three levels for great sightseeing. Steps required for upper levels. Ship has elevator access for main deck. After the cruise, discover Old Sacramento for shopping, etc. Board the bus for LH at 4:30 PM. Leave OC at 11:00 AM, return ~ 6:00 PM. \$83. RSVP ♦♦ by 6/10.

The Vaudeville Troupe's "The Cavalcade of Stars"
Friday, July 8
2:00 PM Show — 5133-5A
6:00 PM Show — 5133-5B

Saturday, July 9

2:00 PM Show — 5133-5C

6:00 PM Show — 5133-5D

Lincoln Hill's popular and "outrageously entertaining" Vaudeville Troupe is returning to the Presentation Hall's "Cabaret-style" stage to present their



old-time Vaudeville Show, "The Cavalcade of Stars." This high-energy and non-stop action extravaganza encompasses all genres of entertainment from illusionists, stand-up comedians, vocalists, novelty numbers and July Brides in full wedding regalia. See performances including a motley crew of swarthy, handsome pirates, a stunning classical opera, and a musical/dance tribute to "West Side Story." This show is known for its creative energy, fast-paced acts, outrageous fun and a Troupe of performers that engage and interact with the audience. Four shows only that always draw sell-out crowds. P-Hall (KS) doors open 30 minutes prior to listed show time. \$10. RSVP ♦♦ by 5/29.

Comedy Night at Kilaga Springs

Tuesday, July 12

6:00 PM performance — 5054-5A

8:00 PM performance — 5054-5B

Headliner Albert Valejo performs regularly at *Punchline, Improv, Comedy Store* and others. Opening for countless performers like Tower of Power and Rick Springfield, Albert touches on life as one of five children growing up in the East Bay. Opener will be Tony Castle. P-Hall (KS). Doors open 30 minutes prior to show time. \$9. RSVP ♦♦ by 5/29.



Patrons enjoy KS Café discount.

San Francisco Shopping

Tuesday, July 12 — 1840-05

Lots of Walking! Escape the heat! Don't worry about driving, the bridge, or parking! Shop, browse and/or people watch in beautiful San Francisco receiving a Macy's 10% discount card for the day as you board the bus. Leave OC



at 8:30 AM, return ~ 7:00 PM. \$35. Same trip details as 5/23 trip on page 43. RSVP ♦♦ by 6/24.

Red Hawk Casino

Monday, July 18 — 1941-05

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our passengers a \$25 Reward Card for slot play or a \$20 certificate for match play (Blackjack, etc.). Be sure to bring your personal identification to receive your Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ by 7/1.



New Resident Orientation

Tuesday, July 19

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

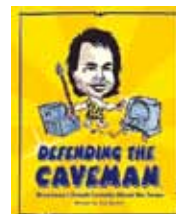


Defending the Caveman at

Cosmopolitan Cabaret

Thursday, July 21 — 1794-05

The Cosmopolitan Cabaret at 10th and K Streets in downtown Sacramento seats 200 people in upscale yet casual space allowing a more intimate theater experience. Join our group to see and hear the



talented Paul Perroni perform in the longest running one-man show on Broadway. With hilarious insight on contemporary feminism, masculine sensitivity and the erogenous zones, "Defending the Caveman" makes us laugh at ourselves and find humor in all the ways men and woman fight, laugh and love. Showtime is at 7:00 PM. Arrive in time for dinner on your own. Located close to the Crest Theater, the area boasts many restaurants — Cosmo Café, Esquire Grill, Crest Cafe and more. Leave OC at 4:00 PM, return ~ 10:00 PM. \$50. RSVP ♦♦ by 6/10.

Polynesian Revue Show
Friday, July 22 — 5040-05

Aloha! We're bringing you the island breeze with a Hawaiian Show in our beautiful Amphitheater featuring live music, dancing and festivities. Grab your Hawaiian clothes and enjoy



authentic island entertainment with the award-winning Spirit of Polynesia. A live two-piece band will fill the air with an array of conch shells,

Tahitian & Tongan drums, nose flutes and more, as you watch performers in beautiful costumes present Hawaiian, New Zealand, Samoan and Tahitian dances. Tickets are \$18 and include a keepsake lei and choice of a Special Hawaiian drink: *Blue Hawaiian*, *Pina Colada* or *Mai Tai*. OC Amphitheater opens at 6:00 PM for 7:00 PM show. RSVP ♦♦ by 5/29.

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

Here's another convenient opportunity to experience San Francisco as



you wish! We do this trip the fourth

Saturday of each month. This trip drops you off at Westfield Shopping Center on Market Street. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ by 7/1.

State Fair
Monday, July 25 — 1931-05

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



California State Fair. Join us

for the day celebrating our state at Cal Expo – strolling through the exhibits, eating at any number of food concessions, visiting the livestock areas, checking out the Carnival midway, relaxing under a big shade tree – more things to do and see than you can imagine., Leave OC at 11:00 AM, return ~ 6:00 PM. \$39 (includes Fair entrance fee). RSVP ♦♦ by 7/1.

Santana Tribute with the Rhythm Vandals • Tuesday, July 26
Concert Only — 5202-4DCON
Dinner &

Concert Package — 5202-4DPKG
The Rhythm Vandals present a fiery tribute to the timeless music of Carlos Santana, a musician who helped shape the sound of rock and Latin since the late 60's. From searing guitar solos, to amazing horn sections and the rhythmic beat of congas and drums,



this set list plays like a greatest hits CD. Playing for over 10 years, the Rhythm Vandals have opened for Eddie Money, WAR and Tower of Power. Doors open at 6:45 PM for a 7:30 PM concert. Concert Only \$14; Dinner & Concert Package \$47. See concert details and Amphitheater Guidelines on page 45. Friends, family and guests are welcome!

Strauss Festival
Thursday, July 28 — 1821-05

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



Strauss Festival in Vienna, organizers of the produc-

tion offer this show free of charge. However, due to the high cost of the production, we have included a \$5 donation per person in the price of our tickets. Donations will be sent to the organizers after the performance. Food and drink vendors are open during the festivities or you may choose to bring your own picnic dinner. The setting is a grassy knoll at the edge of a lake; please bring lawn chairs or blankets for grass non-reserved seating. Evenings can be chilly. Wear comfortable shoes and be prepared to walk some distance from the bus parking lot to the venue. Leave OC at 5:30 PM, return ~ 11:00 PM. \$27. RSVP ♦♦ by 7/8.

Summer Pavilion Dance
Saturday, July 30 — 5250-05

Guest DJ: DJ Daryl. Join friends and neighbors at the Sports Pavilion for outdoor summer night dancing with DJ Daryl and hear all your favorites throughout the evening. Whether you



like rock, country, oldies or something in-between, the large dance space will be set-up for all genres of dancing and audience requests. Enjoy the no-host bar and socialize with friends. For singles, couples and groups. Pavilion check-in 6:45 PM, dancing 7:00-10:00 PM. \$11. RSVP ♦♦ by 5/29.



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Billy Elliot at Orpheum in San Francisco

Sunday, August 28 — 1790-03

“Billy Elliot the Musical” is a joyous celebration of a 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 community. A performance you do not want to miss!! Orchestra seating. Leave OC at 2:00 PM, dinner on your own at Union Square, 4:30-7:00 PM, 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 air-conditioned Wells Fargo Pavilion in Sacramento has lined up a wonderful mix of Broadway blockbusters and seven musical theatre classics never before performed at the Pavilion. All shows will be done “Theatre in the Round.” Please note new performance time of 7:30 PM. \$65 each show. Leave the Lodge at 6:00 PM, return ~ 10:30 PM.



The Producers

Wednesday, July 13 — Sold Out!

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 — Sold Out!

Camelot

Wednesday, August 3 — Sold Out!

Annie Get Your Gun

Wednesday, August 10 — 4531-02E

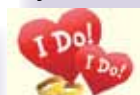
Sharpshooter Annie Oakley joins Buffalo Bill’s Wild West Show and tries to win the love of chauvinist Frank Butler without changing who she is. Features Irving Berlin songs “Anything You Can Do, I Can Do Better,” “There’s No Business Like Show Business.” RSVP ♦♦ by 7/25.



I do! I do!

Wednesday, August 17 — 4531-02F

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



2nd Bus | Different Price

Miss Saigon • Wednesday, August 24 — 4531-02G2

A tale of love during tumultuous times from the creators of “Les Misérables,” Alain Boublil and Claude-Michel Schönberg, this 1991 Broadway musical and international hit ran for 4,000+ performances. \$70. RSVP ♦♦ by 8/8.



Sacramento Speaker Series 2011 – 2012 Series

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

Theatre by 7:30 PM, so Bronze should get a good choice for seating.

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

David McCullough — A Tuesday, October 11

David McCullough is a two-time winner of both the National Book Award and Pulitzer Prize. In 2006, he received the Presidential Medal of Freedom. His widely-read biography, *John Adams*, was turned into a critically-acclaimed mini-series on HBO in 2008. On May 26, 2011, he publishes “The Greater Journey: Americans in Paris,” a story of American artists and scientists who studied in Paris and how their experiences changed America.



David Gergen — B Tuesday, November 29

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



Condoleezza Rice — C Wednesday, January 11, 2012

Condoleezza Rice served as Secretary of State, as well as National Security Advisor, under President Bush. Dr. Rice pioneered a policy of Transformational Diplomacy with a focus on the Middle East. She is involved in humanitarian pursuits and has authored several books. She



is a professor of Political Economy in the Graduate School of Business, the Thomas and Barbara Stephenson Senior Fellow on Public Policy (Hoover Institution) and Professor of Political Science at Stanford University.

Richard Roeper — D
Wednesday, February 1, 2012

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



Peter Greenberg — E
Thursday, March 1, 2012

Peter Greenberg is America’s most recognized, honored and respected front-line travel news journalist. He is a travel editor for CBS News and appears on *The Early Show*. He is an Emmy-Award-winning investigative reporter and producer and was named one of the most influential people in travel by *Travel Weekly*. He also hosts a nationally-syndicated radio show that is broadcast each week from a different remote location around the world.



Lisa Ling — F
Tuesday, April 3, 2012

Sacramento native Lisa Ling is the field correspondent for the *Oprah Winfrey Show* and former contributor to ABC News’ *Nightline* and *National Geographic’s Explorer*. Ling got her start in journalism at age 21 when she covered the civil war in Afghanistan for Channel One News. She later became a co-host of ABC



Daytime’s Emmy-winning show, *The View*. This year, she will have her own series on the Oprah Winfrey Network called *Inside with Lisa Ling*.

Broadway Sacramento
2011-2012

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



Shrek the Musical • Tuesday,
September 27 — 4563-05A

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



Rain, a Tribute to the Beatles
Tuesday, December 27 — 4563-05B

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



West Side Story • Tuesday,
January 24, 2012 — 4563-05C

More than 50 years ago, one musical changed theater forever. Now, it’s back, and mesmerizing audiences once again. From the first note to the final breath, “West Side Story” soars as the greatest love story of all time. It remains as powerful, poignant and timely as ever. The score includes such favorites as “Tonight,” “I Feel Pretty,” and “Somewhere”. RSVP ◆◆ by 12/16.



Million Dollar Quartet
Tuesday, April 17, 2012 — 4563-05D

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



Wicked
Tuesday, May 29, 2012 — 4563-05E

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One – born with emerald green skin – is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for a wonderful musical. On Broadway and around the world, Wicked has worked magic on critics and audiences alike. RSVP ◆◆ by 4/6.



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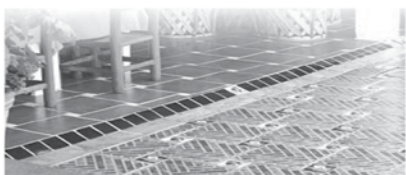
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Sacramento RiverCats (Raley Field, Sacramento)

Same as last season, these seats are in Senate Box (the bowl area directly behind home plate). Game begins at 7:05 PM. OC at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ Now.



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

Sold Out Trips/Events thru June 20

Trip/Event · Date · Departure Time

- Chorus in Folsom, May 20, 6:30 PM
- Chukchansi Resort/Casino/Yosemite Overnight, May 25-26, 8:30 AM
- Colorado Rockies vs. Giants, AT&T Park, June 5, 10:00 AM
- Mary Poppins, June 7, 6:30 PM

Adventure

Nature Walk

Friday, May 27 — 6500-04

9:00 AM. Free. Hosted by the Wildlife Heritage Foundation (WHF) discover the Northeast Preserve of Lincoln Hills. Guided by one of WHF's biologists, free for residents. Meet at the flagpole at Kilaga Springs. Questions? Please call Kelly, 434-2759. Limited to the first 25 residents who sign up at the Activities Desk.

Art Classes

—Drawing—

Portrait Drawing from the Model Wednesdays,

June 1 - 15 — 1013-05

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$45 (three sessions). Learn to sketch and draw portraits from a



live model. Train your eyes and go to the essential of an expression or movement by doing

quick sketches. Practice lines, values, shading, and volumes while drawing longer poses. Model fee: \$12-20 (depending on the number of participants). Model will be present during all three sessions. **New students:** email instructor at cmichelet@earthlink.net for information or questions. RSVP ♦♦ by 5/25.

Drawing Birds • Wednesdays

June 1-15 — 1015-05

9:30-12:00 PM. (OC) Instructor: Claire Michelet. \$45 (three sessions). Join us for this very fun class! Get your pencils, color pencils, and watercolor pencils ready and discover the many sizes, shapes, colors, and the various personalities of birds. This class is also open for beginners. A supply list will be provided upon registration. RSVP ♦♦ by 5/25.

Color Pencils Workshop

Saturday, June 11 — 1011-05

9:00 AM-3:30 PM (OC). Instructor: Claire Michelet. \$60 (one day class/workshop). Create and experiment with the multiple aspects of color pencil technique. Review color principles and apply them with fun visual color pencil exercises. Learn how to choose color pencils, use different strokes, experiment with papers and surfaces, how to use blending, tonal layering and burnishing, and how to combine color pencils with other media. A supply list will be provided upon registration. RSVP ♦♦ by 6/4.



—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Joan Mondays,

May 23-June 27 — 1052-04A

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). 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 5/16.

Corrected Dates! Impressionism and Landscape Painting with Oils and Acrylic • Wednesdays, May 25-June 22 — 1031-04

9:00-11:30 AM (OC). Instructor: resident artist Tom Proctor. \$65 (five sessions). Choose Oil or Acrylic.



Complete original paintings based on students' photographs or instructor's large photo selection.

First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Included: a suggested supply list, palette layout of color and the Munsell Color Theory. Learn to analyze or "read" paintings by well-known artists. Strong emphasis placed on understanding an ideal composition using art structure elements. Continuing students encouraged to enroll. *About the instructor:* Tom was an art instructor for 35 years in Walnut Creek School District and taught extension classes in art for six years for Cal State Hayward and the University of California, Berkeley. He has a master's degree in art from Colorado State College. RSVP ♦♦ by 5/18. (Note: April Compass listed wrong dates for this class. Dates above are correct.)

Oil Painting with Frank Ordaz – Fridays

July 8 - 29 — 1016-05

9:00 AM-12:00 PM (OC). Instructor: Renowned and award-winning portrait artist Frank Ordaz. \$130 (four



sessions). Learn to see values and the planes of the face. Study John Singer Sargent's timeless successful techniques in portrait painting. For the intermediate to advanced painter in oils. Learn the Flemish

approach and Alla Prima Technique. Frank's teaching style combines entertainment and knowledge for a fun learning experience. See Ordazart.com for Frank's sample portraits. Questions? Email: Frank@frankordaz.com. RSVP ♦♦ by 7/01.

Ceramics Classes

—Lladro—

Spanish Oil Painting Wednesdays,

June 29-July 27 — 2061-05

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). A beginning and continuing class on



how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend five consecutive classes in order to complete first-time instruction and project. Lladro requires a steady hand and 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 6/22.

Lladro Workshop • Wednesdays, May — 2063-01E

June — 2063-01F

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, June 7-28 — 2013-05A

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 5/31.



Advanced Ceramics • Tuesdays, June 7-28 — 2013-05B

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 5/31.

Beginning Hand Building Potter's Wheel Techniques

**with Terry • Thursdays,
June 2-23 — 2015-05**

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). This class will introduce you to using the potter's wheel and hand-building with clay. Work at your own pace and receive individual instruction to achieve your goals. Terry 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 5/26.

Computer Classes (PC & Mac)

iPad Class

Saturday, May 28 — 2660-04

9:00 AM-12:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad then you ever thought possible. Learn all about iOS4 (the operating system for this device) settings, like Air Play and Air Print. Class demonstrates the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and syncing your information; how to get all that 'stuff' into the unit and discover additional tools and reference areas. Learn to make folders on your device. Bring your iPad– we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. \$5 class material fee payable to instructor at the class. RSVP ♦♦ by 5/21.



Computer Classes (PC)

—Operating System—

Computer II/Guide to Internet Tuesday & Thursday

May 24 & 26 — 2541-04A

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, using a browser to locate websites



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Thursdays, May 19, June 2 & 16**

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and search for information. Optional: Bring a USB drive to save your work. \$2 handout fee due at class, payable to instructor. RSVP ◆◆ by 5/17.

—Microsoft 2007—

Word Phase 2 • Mondays & Wednesdays, May 16-25 — 2651-04

9:00-11:00 AM (OC). Instructor: Angela Blas \$48 (four sessions). Prerequisite: lots of practice with Microsoft Word, Word Phase One or Word Basics. This fun class will provide student with 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 tasks that previously seemed daunting. RSVP ◆◆ Now.



Excel Basics Class Tuesdays & Thursdays, May 31-June 9 — 2641-04

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). Learn the basics of Microsoft Excel so you can begin to organize your financial papers such as budgets for your personal use or a group. Learn to use Excel — from entering data into a spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting an Excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple things like add, subtract, multiply, divide, average and sum. RSVP ◆◆ by 5/24.

Word Phase 1 Mondays & Wednesdays June 20-29 — 2651-05

9:00-11:00 AM (OC). Instructor: Angela Blas, \$48 (four sessions). This class teaches some of the basic features of Microsoft Word 2007. Now that you know how to enter data and do some

simple editing, it's time to learn the "good stuff." If you have been using Word, this class will introduce you to new shortcuts and tips. We will cover auto correct; the format paintbrush; the show hide mark; the smart tag; copying and moving text; switching between more than one document; formatting techniques; and especially paragraph formatting, line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. RSVP ◆◆ by 6/13.

—Social Networking—

The World of Facebook Monday & Wednesday June 20 & 22 — 2540-05

1:00-4:00 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. Facebook is a fun way to search and reconnect with friends, old school chums, and family. 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 combines lecture and practical application. Students are provided one-on-one coaching 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 6/03.

Facebook Lab Friday, June 24 — 2693-05B

1:00-3:00 PM (OC). Instructor: Cami Cordell. \$13. Two hours of lab help. Students can take this course *after* they have completed The World of Facebook class. Residents will be able to log in and ask questions accordingly. RSVP ◆◆ by 6/17.

—Digital Photography—

Picasa 101 Monday, Wednesday & Friday, June 6, 8 & 10 — 2523-04

9:00-10:30 AM (OC). Instructor: Len Carniato. \$50 (three sessions). 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 can be confusing, then touching up and sharing with friends and family can be daunting.



Learn how to use Picasa in class, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, 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:** 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 5/30.

Downloading and Resizing Digital Photos

Wednesday, June 8 & 15 and Monday, June 13 — 2622-05

1:00-3:30 PM (OC). Instructor: Roy Salisbury \$45 (three sessions). Do you have problems downloading your photos? Do people send you photos that are too large for your computer screen? Do you have a problem emailing photos? Learn how to download/transfer photos from your camera to the computer, resize photos for emailing to your family, or posting to your desktop or the internet. Class will teach you how to name your photos and organize your photo files in folders. \$2 handout fee payable to instructor. RSVP ◆◆ by 6/01.



Windows Movie Maker
Tuesday, Thursday & Friday
June 21-24 — 2570-05

9:00 – 10:30 AM – Instructor: Len Carniato. \$45 - \$5 material fee to instructor (three sessions). With Windows Movie Maker, [included with Vista and Win7] you can turn your photos and videos into polished movies. In this 3 part Lecture/Lab class, you will learn and have plenty of time to practice how to: organize and select the photos and videos you want to use in your movie, add special effects, text, transitions, narrative, music, and captions to help tell your story, share with friends and family using the web, a computer, mobile device, or burn a DVD that will play on any TV. Bring your photos to class and leave with your own DVD. RSVP ♦♦ by 6/14.

Cooking

Cooking with Chef Roderick
Summer Salads
Tuesday, June 14 — 4014-05

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Chef's class this month features four to five unique and delectable salads using summer ingredients. These salads can be served as a healthy snack, appetizing lunch or a tasty dinner. Students receive great tips as well as sample his wonderful creations. Recipe copies are provided to students during class. RSVP ♦♦ by 6/17.



Crafts

One Stroke™ Rose Technique
Sunday, May 22 — 1041-04

1:00-4:30 PM (OC). Instructor: Carol Sveglini. \$25. Class will focus on learning to paint the One Stroke Rose and leaves that go well with it. This is a beginner class and includes a review of One Stroke basics so all levels

are welcome. Students will review technique on paper with no specific project to finish. However, instructor will have limited supply of miscellaneous surfaces for sale (\$3-\$7) for students who want to finish a project while in class or take home. Students are not required to purchase a surface. RSVP ♦♦ by 5/16.



—Mosaic—

Mosaic 101:
Stepping Stone Stained Glass
Tuesday, July 12 — 3093-05A

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 day of class. Join this fun class and discover the art of glass mosaic. This beginning mosaic class will teach students how to create a stepping stone with stained glass in a concrete setting. Resident Bill Sutherland, who has 30 years of glass work experience both in stained glass and fused glass art, will lead students in making an eight-inch square stepping stone with a beautiful pattern that will be a great addition to your garden or as a gift.



Though design pattern is provided, each project will be unique based on the choice of colors and cuts of glasses used by student. For those who have taken this class before, you may bring your own pattern that fits a 7½" x 7½" size stepping stone. Pattern should be on printer paper enlarged to desired size. Join us in this easy, fast, and friendly project that you can duplicate at home after the class. Men and women are encouraged to join. Class size limited to 10. All materials needed for class are covered by the materials fee and include nippers, stained glass pattern, glass, concrete, mold and step-by-step directions. If you have a nipper, please bring to class. See project sample in OC dis-

play window. RSVP ♦♦ by 7/05.

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 — Bolero
Saturdays, June 4-25 — 3519-05A

10:00-11:00 AM (KS). Nancy & Steve Fontaine \$20 (four sessions). The slowest of all the Latin Dances, romantic and sensual. You will love this dance! Dance steps are easy and a pure joy to watch and learn. We will work on beginning moves as well as style and technique. If you are new to Bolero, this class is for you. RSVP ♦♦ by 5/28.



Intermediate Ballroom —
Waltz

Saturdays, June 4-25 — 3519-05B
 11:00 AM-12:00 PM (KS). Nancy & Steve Fontaine \$20 (four sessions.) Take your slow waltz to the next level! This class will help you enhance your Waltz with beautiful moves and combinations. We will work on style and technique, more of the true elegance of Waltz. RSVP ♦♦ by 5/28.

New! Summer Workshop —
Beginning Rumba

Thursdays, June 2-23 — 3519-04C
 11:00AM-12:00 PM (KS). Instructors: Nancy & Steve Fontaine. \$20 (four sessions). We will work on the first half of an eight-week routine in Rumba, a beautiful Latin Dance. We will put together a routine to a specific song and learn the moves step-by-step during the four-week workshop. Students who wish to do the intermediate portion of the routine that continues in July will need to enroll in this class. RSVP ♦♦ by 5/26.

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—Clogging—

Clogging with Janice • Tuesdays, June 7-28 — 3571-05A

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. More steps and dances, an ongoing class. Join fellow cloggers and dance the hour away. RSVP ♦♦ 5/31.

Beginning Clogging • Tuesdays, June 7-28 — 3571-05B

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 5/31.

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.

Clogging II • Tuesdays, June 28-August 30 — 3573-05A

(No class July 12 & August 9.) 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 6/21.

Clogging Performance • Tuesdays, June 28-August 30 — 3573-05B

(No class July 12 & August 9.) 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 6/21.

—Hula Dance—

New! Beginning Hula • Thursdays, June 2-30 — 3901-05A

12:15-1:15 PM (KS). Instructor: Auntie Naomi Kalama \$40 (five sessions). No prior experience necessary. Naomi Kalama is a well-known instructor and performer. She will teach basic hula, the dance of the Islands. Join us for a fun and relaxing class while experiencing the easy sounds of the Hawaiian music. Wear comfortable clothing and be prepared to remove your shoes. RSVP ♦♦ by 5/26.



Hula Continuation • Thursdays, June 2 - 30 — 3901-05B

1:15-2:15 PM (KS). Instructor: Auntie Naomi Kalama \$40 (five sessions). Continue to polish your graceful hula moves with Auntie Naomi. Class is for students who have finishes at least two sessions of Beginning Hula. RSVP ♦♦ by 5/26.

—Line Dance—

Intro to Line Dance with Audrey Thursday, June 2-July 21 — 3602-05

4:30- 5:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). This new class meant for real beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 5/26.



Beginner Line Dance Summer Workshop with Sandy

Fridays, June 3 - 24 — 3701-4D1
12:00-1:00 PM (KS). Instructor: Sandy Garetto. \$20 (four sessions). **Prerequisite:** Must have completed Introduction to Line Dance class. Class is a step up from the Introduction to Line Dance class, designed to improve your line dancing skills. Continue to learn basic line dance steps, such as vines, triple steps, coaster steps, pivot turns, lock steps and jazz boxes plus many more combination steps. Workshop will run from May-August, students required to enroll monthly for the class. RSVP ♦♦ by 5/27.



Line Dance Beginner Plus with Sandy • Wednesdays,

June 1-July 6 — 3701-04A
8:00-9:00 AM (KS). Instructor: Sandy Garetto. \$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. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and exe-

cute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. You don't need a partner to line dance, so join the fun while exercising. RSVP ♦♦ by 5/25,

Line Dance II Beginner-Intermediate with Sandy Wednesdays,

June 1-July 6 — 3701-04B

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 5/25.

Line Dance II/Beginner-Intermediate with Yvonne Thursdays,

June 2-July 21 — 3703-05

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 US 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 the fundamental steps. RSVP ♦♦ by 5/26.

Watch for other Line Dance classes with Yvonne in next month's Compass.

Country Couples Line Dancing — Intermediate Continuing Mondays, June 6-27 — 3531-05

7:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$4 per person for one

hour or \$8 for two hours per session. We offer hourly or two-hour sessions for the class. Schedule of type of dance to be taught for the month is available for review at Activities Desks. Enroll only in classes you want to learn. Class size limited so pre-registration is important. This class



is for continuing students ready for more challenging routines. Intermediate level includes waltz, cha cha, swing, two-step, and circle dances that are more complicated and require greater skills than the beginner class. Music is combination country and types that fit the dances. Class format: 45 minutes of instruction and 15 minutes of practice with assistance from instructor for each hourly segment of class. Different dance lessons are taught every hour. To receive schedule of dance classes, email diane.kemper@schca.com. RSVP ♦♦ by 5/30.

—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.



New! Summer Technique Session Mondays,

June 27-July 25 — 3554-05

11:00 AM – 12:30 PM (KS). \$30 (four sessions, no class July 4). RSVP ♦♦ by 6/20.

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

Beginning West Coast Swing Levels I & II • Wednesday,

June 8-29 — 3513-05A

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 Lovato-Macken. \$24 (four sessions). 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 6/01.



Intermediate West Coast Swing Levels I & II • Wednesdays,

June 8-29 — 3513-05B

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 6/01.

Advanced West Coast Swing Wednesdays,

June 8-29 — 3513-05C

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 6/01.

Driver Training

AARP Driver Safety Course Tuesday & Wednesday,

July 5 & 6 — 6056-05

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 Card when



you register and pay at the Activities Desks to receive the discounted class fee. In cooperation with AARP, the Association brings back the convenience of attending a Driver Safety Course in our community. This eight-hour course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course covers how to adjust your driving to accommodate normal

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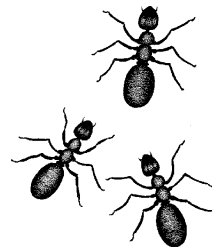
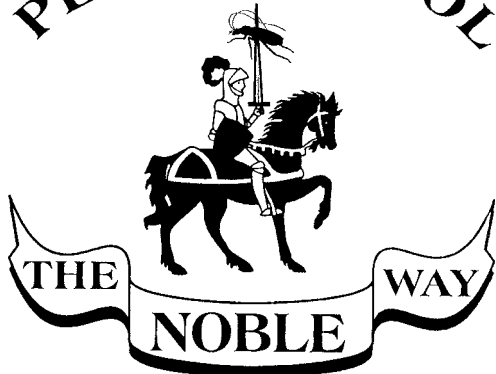
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age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver's license, your AARP Membership card or number, and a ballpoint pen (not 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 6/28.

Fitness

Register for these classes at the Fitness Centers starting May 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 – “Fun”ctional Fitness

**Tuesdays & Thursdays,
June 2-28 — 835000-F5**

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. Intensity is up to each individual, so all levels are welcome. **Four-week session \$135.** Register/Fitness Centers.

SGT — Bootcamp Mondays & Wednesdays, June 6-30 — 835000-B4

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 both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Designed for those who are tired of their same old routine, or anyone looking for a serious change to their current fitness level. **Four-week session \$135.** Register/Fitness Centers.

SGT-TRX Interval Training Mondays & Wednesdays, June 6-30 — 835000-T3

2:30-3:30 PM Aerobics Room (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.



SGT — Bodybugg Mondays & Fridays, June 27-July 25 — 835000-I

(No class July 4.) 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, **Four-week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with Weights • Tuesdays, July 26-August 30 — 750500-05

11:35AM-12:30 PM, Weight Room (KS). *Instructor:* Jill Boan. Want the most out of your workout? Join this six-week in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learning how to use the machines the *right way* and get a total body program focusing on proper set settings and correct form!



Learn *how, when & why* you need to change your program, the best sets, reps and exercises for your body type as well as learn free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. **Six-week session \$75.** Make-up days are available. Register/Fitness Centers.

Reach for the Top/Stretch & Tone! Mondays, June 6-27 — 805000-05 12:00-1:00 PM

Tuesdays, June 7-28 — 801000-05
11:30 AM-12:30 PM

**Thursdays,
June 9-30 — 80300-05**

11:30 AM-12:30 PM

**Thursdays,
June 9-30 — 80400-05**

12:30-1:30 PM, Aerobics Room (The



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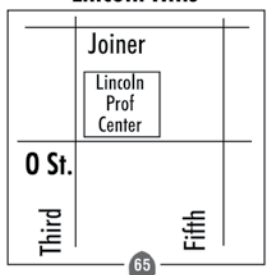


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Wave). Instructor: Lin Hunter. This class is a combination of stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to



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, June 7-28 — 700000-05

4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session \$35.** Register/Fitness Centers.

—Tennis Lessons—

Pro Tennis Lessons Sundays, June 12-July 31

Beginners

8:00-9:00 AM — 790700-04

Intermediate

9:00-10:00 AM — 790600-04

Advanced

10:00-11:00 AM — 790500-04

(No class June 26 and July 3.) Tennis

Courts #10/11. Instructor: Mike Garretto. Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves.



Proper doubles strategies are also covered. **Six-week session \$70.** Register/Fitness Centers.

Tennis Lessons with Bob Sundays June 9- July 14 Intermediate 3.0

6:00-7:00 PM — 790301-05

Advanced 3.5

7:00-8:00 PM — 790302-05

Tennis Courts #10/11. Bob Halpin is a former member of the USPTA, has taught tennis for many years, and lives in Lincoln Hills. The advanced class will focus on lobs, overheads, and strategy. The intermediate class will focus on forehands, backhands, and serve. You may call Bob at 916-742-2697 with questions. **Six-week session \$60.** Register/Fitness Centers.

—Dance/Fitness Centers—

Zumba KS • Monday,

June 27-July 25 — 810000-05

(No class July 4.) 3:45-4:45 PM, Aerobics Room(KS). Instructor: Nicole Robinson. A cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and easy to do! Integrating Zumba into every day, you can achieve long-term



benefits while experiencing an absolute blast in one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body. **Six-week session \$32.** Register/Fitness Centers.

Belly Dance

Mondays, June 6-27 — 770200-05

4:00-5:15 PM, Aerobics Room (The Wave). Instructor: Anna Woods.

Get a great core workout to fabulous rhythms and beautiful music. Through this dance, strengthen abdominal muscles, legs, back and more. Famous and graceful belly dancers come in all shapes and sizes. Wear comfortable clothing, exercise pants or tights. Anna has 15 years of stage performance and 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.

Performance Dance with Dolly Fridays, June 3-24 — 771200-05

2:30-4:30 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. For the dancer who loves to perform! These classes are a combination of 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,

June 1-22 — 770300-05

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, June 1-22 — 770400-05

5:30-6:30 PM, Aerobics Room (The

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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, May 18-

June 8 — 760000-05

Thursdays, May 19-

June 9 — 760100-05

Wednesdays AM & Thursdays

PM, May 18-June 9 — 760200-05

Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM. Indoor Pool (The Wave). Instructor Andrea. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercises are performed without touching the pool bottom, eliminating impact and increasing resistance. This high calorie burning, aerobic/interval class combines exercises



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 to their fitness

level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824. **Four-week session, \$35 one day/week or \$50 two day/week.** Register/Fitness Centers.

—Nordic Walking—

Nordic Walking for Beginners

Wednesdays,

June 1-22 — 750000-05

9:00-10:00 AM, outside back patio at The Wave. Instructor: 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—

Extra Gentle Yoga (chair)

Tuesdays, June 7, 14, 28 and July 12, 19, 26 — 710000-05

12:25-1:45 PM, Aerobics Room (The Wave). Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra



gentle class is an hour long and is adaptable to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Six-week session \$59.** Register/Fitness Centers.

Gentle Hatha Yoga

Tuesdays, June 7, 14, 28 and July 12, 19, 26 — 710100-05

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

Group Exercise Class Schedule!

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works		Water Works		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	Yoga I • 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*	Step It Up	Circuit*	
10:00 AM	Cardio Dance	Yogafied	Cardio Dance	Strict. Strngth* Water Wks	Cardio Dance	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Yogafied	Cardio Dance	
10:30 AM	Joint Efforts		Everybody Can*	Pilates* Water Works	Strictly Strength*	
11:00 AM	Everybody Can		Joint Efforts		Joint Efforts	
11:30 AM	Aqua Nice & Easy	Basic Joint Efforts	Piloga	Basic Joint Efforts	Piloga	Strictly Strength*
12:45 PM	Arthritis Found. Aqua+		Aqua Nice & Easy		Aqua Nice & Easy	
1:00 PM	Chair with Flair		Arthritis Found. Aqua+		Basic Chair+	
2:15 PM	Fall Proof\$+		Chair with Flair			
4:30 PM		H2O Circuit+	Fall Proof\$+			
4:45 PM		Shape Up		H2O Circuit+		
5:00 PM		Mixed Level Cycle*		Shape Up		
6:00 PM		Aqua Tone		Cardio Salsa*		
				Aqua Tone		

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well as yoga newcomers. Julie's motto is "Yoga is not supposed to hurt!" She offers a four-week series focusing on gentle yoga basics including



warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation.

Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not "easy;" strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Six-week session \$59.** Register/Fitness Centers.

Evening Yoga (Hatha-Traditional Yoga)

Tuesdays, June 7-28 — 711000-05

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. An enjoyable evening yoga class to keep you in shape, at a relaxed pace. Yoga has been proven to increase energy, flexibility, balance, and strength — all while reducing stress. Before the summer heat gets intense, get your body moving! Everyone welcome — from absolute beginners to aspiring yogis. If you've never tried yoga before, this is the class for you! **Four-week session \$40.** Register/Fitness Centers. (Free make-up class 5/31 at 6:30 PM, KS.)

Evening Yoga and Meditation Thursdays,

June 16-30 — 711100-05

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

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Instructor: Susan Hayes. This is a relaxed, early 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. **Three-week session \$30.** Register/Fitness Centers. (Free make-up class 6/2 at 6:00 PM, KS.)

Gem Stone Cutting

Gem Stone cutting classes will take a hiatus during the summer months.

Glass Art

—Fused Glass—

Fusing Glass Workshops

May — 3102-01E

June — 3102-01F

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.

Fusing 101: Coasters

Tuesdays, June 14 & 21 — 3099-04

8:30 AM-12:00 PM. Instructor: Bill Sutherland. \$36 (two sessions). Materials fee: \$20 payable to instructor at first class. Students will construct two coasters for fusing. Using cutting techniques which will be explained, coasters will be fabricated using a design chosen by the student which measures 4-1/2" square. After construction, the project will be fused; the next class will be spent cold-working to finish the edges. RSVP ◆◆ by 6/7.

—Stained Glass—

Beginning Stained Glass with Copper Foil • Tuesdays,

June 21, 28 & July 5 — 3093-05

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



instructor. Students will be taught stained glass using copper foil — pattern cutting, glass cutting, project

assembly and soldering, glass orientation and project framing. Students will work on an 8" x 10" stained glass project ready for display. No previous experience required, but should have fairly strong wrists. Students must wear closed-toed shoes to class as we will be working with glass. RSVP ◆◆ by 6/14.

Stained Glass Workshops

May — 3102-01E

June — 3102-01F

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 in-

struction, please inform the monitor prior to enrolling to obtain clearance for equipment use. Stained glass class will be offered next year. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Music

Guitar I — Continuation • Fridays,

June 24-August 12 — 4261-05A

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Must have completed at



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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 6/17.

Guitar II — Intermediate •

Thursdays,

June 23-August 11 — 4261-05B

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 6/16.

Guitar III — Advanced

Thursdays,

June 23-August 11 — 4261-05C

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$65 (eight sessions).

Prerequisite: 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 6/16.



—Keyboard—

Play In a Day Keyboard Class

Tuesday, June 7 — 4270-05A

10:00 AM-12:00 PM (OC). 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 bring-

ing their wonderful "Play In a Day" music program to our community. Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it's possible to play a



keyboard instrument. This fun class teaches students to read music, play chords

and familiarize themselves with the keyboard. At the end of the two-hour class, students will learn to play "Canon in D," "Ode to Joy" and several other songs arranged for beginners. Class will provide each student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ◆◆ by 5/31.

Play In a Day, Keyboard Continuation Class • Tuesday, June 14, 21, & 28 — 4270-05B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). \$15 material fee payable to instructor on first day. **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. RSVP ◆◆ by 6/07.

—Voice—

Singers Vocal Boot Camp Continuation

Fridays, June 24-August 26 — 6133-05

(No class July 8 or August 5.) 10:45

AM-12:45 PM (KS). Instructor: Bill Sveglini. \$65 (eight sessions). **Prerequisite:** Completion of first Vocal Boot

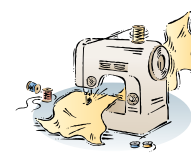


Camp or have studied music. This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 6/17.

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 Sewing Machine Certification • Monday, June 13 — 4057-12F



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 5/29.

Bernina Serger Certification Monday, June 13 — 4056-12E

1:30-2:30 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies will be provided. Class limited to three students. RSVP ◆◆ by 6/06.

—Creative Hardanger—

Norwegian Embroidery "Creative Hardanger" for Beginners

Tuesdays, June 7-28 — 4022-12F 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. Re-

maining 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 5/31.

Norwegian Embroidery "Creative Hardanger" Workshop

Every Tuesday — 4022-12F

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$5 per two-hour session. Workshop is for students who have taken the class in the past and require minimal instructor assistance. Class held in conjunction with Creative Hardanger for Beginners. Instructor will be present to answer questions and provide guidance for successful completion of your project. Enjoy the camaraderie and fun atmosphere at the workshop with friends who share your interest in the hobby. Students attending workshop must register and pay at the Activities Desk prior to start of workshop. Questions? Call Ana Bertha at 408-2670.

—Theatre—

New! Improvisational Acting—
Tuesdays, May 24 & 31,
June 14 & 21— 6180-04

9:00 – 11:00 AM (OC). Instructor: Harmony Byron —\$35 (four sessions). The one predictable thing about live theatre is that something will go wrong! Improv is your survival strategy on



how to handle crisis on the wing and have fun doing it. During the class, we will do theatre games and exercises for body, mind and voice.

Also learn breathing and relaxation techniques, emotional recall, sensory awareness, body acting and explore the links between drama and comedy. Class is great for *all* the performance modes and good for everyone, even non-actors because it's fun and good for self confidence. *About the Instructor:* Harmony wrote and directed for Disney Studios. RSVP ♦♦ by 5/17.



To Be Shot or Not – Adult Immunizations

Wednesday, May 18 — Free

7:00-8:30 PM, P-Hall, (KS). Do you know what immunizations are recommended for adults? Hear the latest about whooping cough, influenza, and shingles prevention. Dr. Kenneth Lee, M.D., Chief of Infectious Diseases at Kaiser Sacramento/Roseville and Clinical Professor of Medicine at UC Davis Medical Center, will discuss pros and cons of immunizations for adults and side effects of vaccinations; also travel immunizations if time allows. You won't want to miss this presentation by an expert who has over 30 years of experience in the field of infectious diseases.



Put Some 'Green' in your Pocket

Thursday, May 26 — Free

1:00-3:00 PM. Ballroom (OC). We are privileged to have author and teacher Robert Christopherson and his wife Bobbé speak to us about the sustainability of our environment and resources; specifically,



energy, water, waste, and landscaping. This Forum includes a panel of residents who share experiences with solar, hybrid cars, recycling, conservation, and related topics.

The Christophersons have lived here for 11 years and they continue to work and share their knowledge. They prepared handouts with resources and tips on 'green' living for attendees. Come learn how your decisions can make a difference

in your pocketbook as well as in our world.

Erectile Dysfunction— Common and Treatable

Wednesday, June 15 — Free

7:00-8:30 PM. P-Hall (KS). Urologist, Carolina Alwayay, MD. of the Sutter Medical Group will present causes, diagnosis, and treatment options for the common disorder Erectile Dysfunction (ED) or impotence. Dr. Alwayay treats a broad range of urological disorders of the male and female and has particular interest and experience in robot-assisted surgery using the da Vinci Surgery System.



Mysteries of the Peruvian Nazca Lines... from Space Aliens?

Monday, June 20 — Free

10:00 AM-12:00 PM, Front Ballroom (OC). Tom Fisher, entrepreneur and Sierra College educator, will be introduced by the Second Cup of Coffee in this presentation. What "alien theories" exist when viewing



these 1300-year-old geometric and bioform stone shapes discovered by air not before the 1920's? The presentation themes will focus on: who was responsible for their construction; how were they constructed (its technology); why were they made—for what purpose; and what was the role of aliens—if any? Using the Apple Keynote Software projected on our large Ballroom central screen, the color visuals will focus on relevant pottery and artist's drawings and on-site photographic investigations digging-up answers to this world renowned mystery. Because healthy discussion and interaction is meaningful, what do you think? Entertaining Q&A expected!



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Lincoln Hills Wellness Program, **Be Inspired, Be Engaged, Be Well**, is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.

Be
Inspired ~ Engaged ~ Well

~ Wellness Day's Program Highlights ~

Am I Going Crazy or Just Getting Older?

Monday, May 23 — 520110-04

2:00 PM, Ballroom. Speaker Trish Germulla is a licensed Marriage Family Therapist and Program Director for the Lighthouse Counseling and Family Resource Center here in Lincoln. Join Trish as we explore how the shared experiences of aging, as well the unique experiences in our individual histories, impact our emotional well-being. Trish will discuss current trends in the aging population, overview common transitions and challenges faced in this phase of life, and share ideas for maintaining strong emotional health. Register/Fitness or Activities Desks. **Free!**



Charity Walk • Wednesday, May 25 — 520112-04

8:30 AM, OC Parking Lot. Bring your walking shoes bright and early on Wednesday as we do a one-mile walk benefiting the Lincoln Hills Foundation. This charity provides grants to organizations that provide services to seniors in Lincoln Hills and Lincoln. Some organizations that have benefited from grant monies include Neighbors Indeed, Meals on Wheels and the Del Oro Caregivers Resource Center. For more information about this worthwhile organization, see page 19. Register/Fitness Desks only. **\$10 donation, includes Wellness Day's t-shirt!**



Nutrition RX • Tuesday, May 24 — 520111-04

2:00 PM, Ballroom. Dr. Carol Jong, RD will be giving a nutritional supplement seminar that will help us better understand the mechanism and role of herbal and dietary supplements in disease prevention and treatment. Register/Fitness or Activities Desks. **Free!**



Dare to Be 100 • Wednesday, May 25 — 520113-04

10:00 AM, Ballroom. *Wellness Days* go out with a bang as professor of medicine at Stanford University and author of the book *Dare to Be 100*, Dr. Walter M. Bortz, MD, gives a motivating speech on successful aging that is sure to inspire you to live a great life. Register/Fitness or Activities Desks. **Free!**



~ For information about more Wellness Days events, see pages 4 & 11 ~

Dream Analysis Workshop

Thursday, June 2-July 7 — 872000-05

1:00-3:00 PM, Gables/Heights Rooms. 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 and 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 or Activities Desks.



put into practice. Learn how to have that lasagna, wine, or cake and still manage to reach your goal. Goals can range from gaining, losing, or maintaining weight, or changing eating habits. All can be done with this program. This presentation is free so come and learn how to have it all. No registration necessary.



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 session 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. Residents are free to



Want to Have your Cake and Eat It Too?

Monday, June 6 — Free

10:00 AM, P-Hall (KS). Now you can! Come learn how to balance your energy equation. This **free** talk reviews ins and outs of the Bodybugg Program: how easy it is to set up and

take both sessions and should not worry about missing a month as each topic is independent of the other.

• **A Little Bit of Economics**

Tuesday, June 14 — 870000-05

11:00 AM-12:00 PM, P-Hall (KS). Economics is sometimes not a favorite subject but it is very important to know and can affect many aspects of our life. Learn some of the basics and how knowing this can add value to your life.

• **Hands-on Session • Tuesday, June 28 — 871000-05**

The detailed hands-on session will be held from 10:30 AM-12:00 PM in P-Hall (KS). Concepts in economics are introduced and discussed such as supply and demand, inflation and interest rates, and the dollar. \$5. Register/Fitness or Activities Desks.

Managing and Relieving Chronic Pain

Monday, June 20 — 874000-05

2:00-3:00 PM, P-Hall (KS). The lecture will cover speaker Robert Miller's personal struggle with chronic pain and the effective treatment he received at Stanford University Pain Management Center; the scope of chronic pain on the American population; the staggering health care costs related to chronic pain; the distinctions between acute and chronic pain; the concept of pain management; the effectiveness of multidisciplinary pain clinics and the treatment modalities for chronic pain from both the worlds of conventional



and alternative medicine. \$5. Register/Fitness or Activities Desks.

Am I Enjoying It? Pleasure, the Antidote to Sexual Issues Tuesday, June 21 — 873000-05

7:00-8:30 PM, P-Hall (KS) Sex doesn't have to go away as we get older, but it will change form. And Viagra isn't always the answer. Dr. Carol Ellison, a Roseville psychologist specializing in issues of sexuality and intimacy, will give you 10 tips — or more — for shifting the focus from performance to pleasure. Dr. Ellison is author of *Women's Sexualities. Generations of Women Share Intimate Secrets of Sexual Self-Acceptance*. \$5. Register/Fitness or Activities Desks.



Reversing Cancer Risk • Thursday, June 23 — 860000-05

11:00-12:30 PM, Gables/Heights Rooms. One third! That's the proportion of cancers that could be prevented with healthy nutrition and lifestyle changes. Dr. Carol Jong will help you discover foods that fight cancer, understand the workings of phytochemicals, and comprehend why the National Cancer Institute has named cabbage as one of the greatest anti-cancer foods. You'll understand whether supplements are friend or foe, and glean information on fighting cancer with every bite. \$5. Register/Fitness or Activities Desks.





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Class Coordinator • Diane Kemper
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Club & Room Booking Coordinator
Judy Hogan 625-4021 judy.hogan@schca.com

Lifestyle Program Manager

Lavina Samoy 408-4013x103

lavina.samoy@schca.com

Special Events Coordinator

Tamara Coil 625-4019 tamara.coil@schca.com

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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

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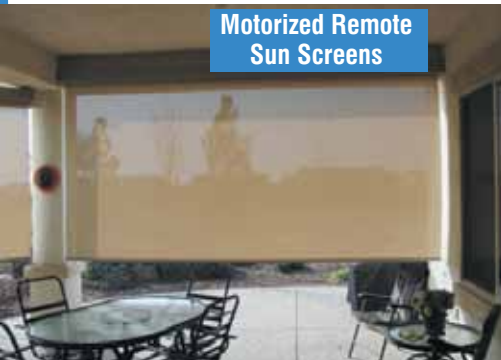
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