



Compass

November 2011

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Lincoln Hills ... page 9**

**New Year's Eve 2012
The Real Deal ... page 3**



**Living Single in
Lincoln Hills ... page 15**

Be Fit Bingo ... page 11

**New Resident Website
Launches... page 23**

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On the cover

A wild turkey in Lincoln Hills' Open Space photographed by De Cahill. See Al Roten's article about the return of wildlife to Lincoln Hills on page 9

My Final Board of Directors Report

Bill Kassel, Director, SCLH Board of Directors



Over the last four years of my time on the Board of Directors, the residents have elected Board members who are conservative and focused on funding new assets or projects which have proven to be needed and which may also have possible paybacks in savings to the Association. Because the Board deals with these and other issues, I hope that you will carefully evaluate the five candidates for the Board and again use your good judgment to select the three best. Remember it starts at the top.

The Board may start the "fiscal train" on the right track, however, for me, the real credit goes first to our Executive Director "to get and keep things on the right track." He gives direction to his Senior Directors who work with their staff to reduce costs or institute measures to bring in more revenue.

This wonderful teamwork, together with the Finance Committee, is responsible for the first drop in dues since SCLH's inception.

I would encourage you to thank Bob Cook, Jeannine Balcombe, and Chris O'Keefe and their Association staff for

the fine job they do for us.

Another issue that our Board has been focusing on is the ongoing legal matter involved with construction defects related to the Americans with Disabilities Act (ADA) guidelines dating to Pulte/Del Webb construction.

More than three years ago, we recognized that time was of the essence and went after Pulte/Del Webb before the statute of limitations expired. Peter Gilbert, along with our attorneys, has led tough negotiations with Pulte/Del Webb with the hope that these defects and problems can soon be resolved.

As I end this article, my last one before I go off the Board in February, I would like to express my appreciation and gratitude to all the residents who cast their votes for me four years ago. Thank you for allowing me to serve you.

I also thank you all for giving me the pleasure of working with a dedicated, focused and congenial group of Board members over the years whom I now call my friends.

Board of Directors Election News

The Elections Committee is announcing five candidates running for three open positions in the election for Board of Directors to be held in February.

- Gay Mackintosh
- Ken Silverman
- Denny Valentine
- Marcia VanWagner
- Gary Younger

To learn more about these candidates and how they will represent you, attend one or more of the Candidate Fo-

runs to be held on the following dates:

- **Tuesday, January 10, 2012** — Candidate Forum Session #1
- **Friday, January 13, 2012** — Election Ballot mailed
- **Saturday, January 14, 2012** — Candidate Forum Session #2
- **Wednesday, January 18, 2012** — Candidate Session #3
- **Thursday, February 16, 2012** — Election Ballots counted and results posted

Holiday Happenings

Lincoln Hills Community Association Celebrates the holidays with you Thursday, December 15, between 3:00-5:00 PM. Mark your calendars and plan to attend our **Annual Holiday Open House**. Full details on page 49.

Canned Food and Gift Donations are being collected at Orchard Creek and Kilaga Springs Lodges for Lincoln families in need. Details on page 21.

Upcoming Association-Related Meetings

Date • Time • Place November 15-December 15

Finance Committee	Wednesday November 16, 9:00 AM, Oaks
Board of Directors Executive Session	Wednesday, November 16, 1:00 PM, Solarium
Golf Cart Registration	Thursday, November 17, December 1 & 15, 8:00 AM, OC Lodge
Board of Directors Meeting	Thursday, November 17, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, November 17, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, November 17, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, November 28, 9:00 AM, Heights
Elections Committee	Friday, December 2, 9:00 AM, Multimedia
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, December 6, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, December 6, 1:30 PM, Oaks
Compliance Committee	Wednesday, December 7 10:30 AM, Oaks
ARC/Architectural Review Committee	Monday, December 12, 9:00 AM, Heights
Properties Committee	Tuesday, December 13, 1:00 PM, Fine Arts
Finance Committee	Wednesday December 14, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, December 15, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, December 15, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, December 15, 11:00 AM, Placer Room (KS)

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

Lincoln Hills Community Forums are found on page 84.

Connections

A New Year's Eve Invitation

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Staff has created a truly magnificent celebration this year, and this is one party you won't want to miss, **REALLY!** This party offers the best from previous New Year's Eve events, all under one roof on Saturday, December 31.

Chef Roderick is preparing a **Wine Maker's dinner for 40 in the Solarium** featuring the best wines and food pairing from his 2011 events. The Solarium's secluded seating will create a perfect ambiance to enjoy fantastic food, drinks, conversation and is a great place to watch the midnight fireworks show. The Ballroom will seat, at round tables of ten, 160 guests to enjoy **dinner and comedy show with comedian Sean Peabody**. Afterwards, the Ballroom will be turned over for **dancing with Disc Jockey Greg**, our longtime favorite electronic spin doctor for all

to enjoy. If you prefer to gather with your friends for an evening of socializing, Meridians offers 120 seats in different table configurations in the restaurant and another 80 seats at tables of 10 in the Pre-Function Area just outside the Ballroom. In all of these areas, you can mingle freely throughout the evening, and enjoy **dancing in the Ballroom, comedy in the Sports Bar, or Karaoke in the Community Living Room**. We plan for another beautiful night sky to view spectacular fireworks whether you are watching from indoors or outdoors. Last year the grand display of colors and variety in the fireworks show took our breath away, and they will be equally dazzling this year.



New Year's Eve tickets on sale now, see pages 38 & 50 for more details

continued on page 5

Calendar of Events

November 15-January 31

Date	Event	Page #
11/15	"Plans for the new Lincoln Blvd."	31
11/16	"How You/Loved One Can Enjoy Holidays"	24
11/16	Bus Trip: San Francisco Shopping	54*
11/17	Book Discussion: <i>The Glass Castle</i>	26
11/17	Speaker: Col. Douglas W. Barron, Beale AFB	37
11/17-19	Players Group "Christmas Belles"	33, 43
11/21	"Genealogy Internet Archives/Online Books"	30
11/21	"Fact to Fiction... Benicia & Prohibition Era"	34
11/21	Bus Trip: SF International Auto Show	43
11/22	Bus Trip: Apple Hill & Jodar Winery	43
11/22	Community Forum: "Tablet Computers"	84
11/28	Bus Trip: Gold Country Casino, Oroville	43
11/29	The Mentalist Mark Stone ESP/Mindreading	43
11/29	Speaker Series: David Gergen	54*
11/30	Auditions "Disappearance/Three Little Pigs"	33
12/02	Holiday Dinner Dance with Freestyle Band	43
12/04	Bus Trip: 100 Yrs. of Broadway/Three Stages	54*
12/05	KS at the Movies: "DaVinci Code"	44
12/09	KS Music Night: Doug Pauly Group	44
12/09	Bus Trip: Cornish Christmas/Grass Valley	44
12/10	Bus Trip: Champagne Brunch/Home Tour	44
12/10	Bus Trip: Winter Crush	54*
12/11-13	LH Chorus "Celebrate the Season"	45
12/12	"Review of Local Birds"	26
12/14	Bus Trip: "Every Christmas Story Ever Told"	45
12/15	Holiday Community Celebration	49
12/17	Bus Trip: San Francisco for the Day	45
12/18	Bus Trip: Victorian Christmas/Nevada City	49
12/18	Bus Trip: Hometown Christmas/Three Stages	54*
12/22	Bus Trip: San Francisco Shopping	49
12/29	Bus Trip: Red Hawk Casino	49
12/31	New Year's Eve Spectacular	3, 38, 50
01/03	Bus Trip: Masters of Venice/de Young	49
01/06-07	Cavalcade of Stars/Vaudeville Troupe	37, 49
01/10	Bus Trip: Silver Legacy/Reno	50
01/16	Bill Richardson, "You Make the Call"	34
01/17	New Resident Orientation	50
01/17	Comedy Night at KS	50
01/19	Bus Trip: Pissarro's People/Legion of Honor	50
01/23	David Burnham, "Mostly Broadway"	53
01/26	Bus Trip: Benicia Glass Tour & Lunch	53
01/31	Bus Trip: Horizon Casino/S. Lake Tahoe	53
01/31	KS Music Night: Patchouli Trip	53

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

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Activities News & Happenings

Change to Activities Department's RSVP Procedure

Lavina Samoy, Lifestyle Program Manager

After you've done a thing the same way for two years, look it over carefully. After five years, look at it with suspicion. And after ten years, throw it away and start all over.

~Alfred Edward Perlman, *New York Times*

While the Activities Department isn't "throwing" all things away, we have made a significant change to our RSVP procedure for In-house Events.



Beginning with January In-house Events and onward, we have removed the RSVP date and are providing a discount to residents who purchase tickets within the first month they are offered.

What does this mean to you? By eliminating the RSVP date, you may now purchase unlimited tickets (no more two per household and/or waiting until after the RSVP date before inviting friends and family). This also means the public can purchase tickets at the more expensive "public rate" as soon as the event goes on sale. Residents who purchase tickets within the first month of sale will receive an "early registration" discount. After the first month, tickets will go up to their regular price. All event announcements will indicate the price structure and duration of the discount.

These procedural changes encourage and reward early commitment to sales. Getting a reading on ticket sales within the first month improves staff's ability to

better plan and execute programmed events, and cancel unpopular events in ample time. The original purpose of the two per household rule and RSVP date was to provide residents priority and equal access opportunity to purchase tickets. Since our events don't sell out as quickly, the rule and RSVP are no longer relevant. We are pleased to pass savings on to you when you buy your tickets early and purchase tickets for all of your guests at one time. This new procedure starts with January events and is noted with an aqua-colored background on In-house Events in this *Compass* starting on page 50. Tickets for these shows are on sale Thursday, November 17.



Why are residents Carole Calderhead, left, and Judy Belville smiling? Because Deirdre, seated, just advised them RSVP rules are changing for In-house Events slated in January and beyond

Because Trips and Classes offer fewer spaces, and often sell out, we will continue to use the RSVP and two per household rule. Classes, unless indicated, remain for residents only. Change isn't always easy but it allows us to grow and prosper.

As Pauline Kezer said "Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights." With your support, together we can reach new heights.

New Year's Eve

continued from page 3

I envision this New Year's Eve to be the best yet. Chef Roderick and his entire team have proven their commitment to providing you with quality food, service and presentation. See full menu and pricing in this month's *Compass* insert. **The meal alone will**

be worth coming out for but the real deal is the variety of activities offered throughout the evening, free flowing champagne at 11:30 PM and fireworks show as midnight strikes.

New Year's Eve celebrations become tradition. We hope you will make, or continue to make, New Year's at Sun City Lincoln Hills your tradition.

Holiday Hours / Thanksgiving

	Wednesday, November 23	Thursday November 24	Friday, November 25	Saturday, November 26
Administration:	8:00 AM-4:30 PM	Closed	Closed	Closed
Activities Desk:	8:00 AM-5:00 PM	Closed	10:00 AM-4:00 PM	8:00 AM - 8:00 PM
Fitness Centers:	5:30 AM-8:30 PM	6:00 AM-11:30 AM	6:00 AM-5:30 PM	7:00 AM-8:00 PM (The Wave)/6:30 AM-6:00 PM (KS)
The Spa at KS:	9:00 AM-6:00 PM	Closed	9:00 AM-6:00 PM	9:00 AM - 6:00 PM

Holiday Hours / Christmas & New Years

	Saturday, December 24	Sunday, December 25	Monday, December 26	Saturday, December 31	Sunday, January 1	Monday, January 2
Administration:	Closed	Closed	Closed	Closed	Closed	Closed
Activities Desk:	8:00 AM-1:00 PM	Closed	10:00 AM-4:00 PM	8:00 AM-1:00 PM	Closed	8:00 AM-8:00 PM
Fitness Center:	7:00 AM-3:30 PM	Closed	6:00 AM-5:30 PM	7:00 AM-3:30 PM	7:00 AM-3:30 PM	6:00 AM-5:30 PM
The Spa at KS:	9:00 AM-2:00 PM	Closed	9:00 AM-6:00 PM	9:00 AM-2:00 PM	Closed	9:00 AM-6:00 PM



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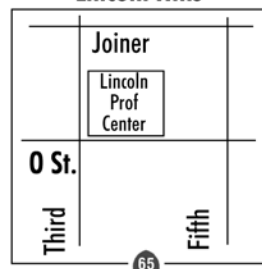


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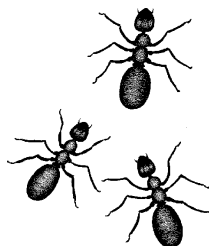
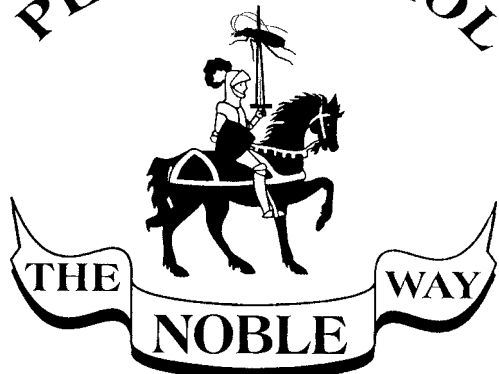
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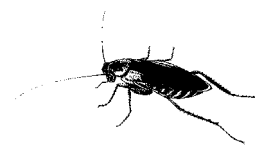


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Don't be late in making your reservations at Meridians for a wonderful feast for family and friends on Thanksgiving Day, November 24, from 11:30 AM to 4:00 PM. Reservations are limited. Adults are \$25.95, children under 12 are only \$12.50, and everyone under 6 – or over 90 – are free! Come enjoy the slow roasted free range turkey & prime rib, stuffing, seasonal vegetables, and much more! Always leave room for one of Chef Roderick's wonderful desserts. All non-alcoholic beverages are included at no additional charge. The entire menu is available at the hostess stand or Meridians website: www.meridiansrestaurant.com.



It's not too late to include Meridians in your plans for the holiday season. Call Sales Manager Meghan Louder at 625-4043 to reserve your room and finalize all the details of your successful holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer simple luncheons to elaborate dinner parties, and Orchard Creek Lodge is able to help with food or bars for every event. Enjoy the holidays with family and friends and let us do all the work.

Call Sales Manager Meghan Louder at 625-4043 to reserve your room and finalize all the details of your successful holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer simple luncheons to elaborate dinner parties, and Orchard Creek Lodge is able to help with food or bars for every event. Enjoy the holidays with family and friends and let us do all the work.



It's not too late! ... Orchard Creek Lodge and Meridians can handle all of your holiday wishes... Enjoy the holidays with family and friends and let us do all the work.

handle all of your holiday wishes. We offer simple luncheons to elaborate dinner parties, and Orchard Creek Lodge is able to help with food or bars for every event. Enjoy the holidays with family and friends and let us do all the work.

Pies for the Holidays is back! Chef Roderick and his culinary team are baking pies everyday starting November 20 until December 30. Last year Meridians sold over 1,000 freshly baked pies. The Meridians *Ye Old Pie Shoppe* will be open before you know it. To order a warm, out-of-the-oven pie, please call 625-4040. We will be offering pumpkin, apple, and pecan pies. All pies are only \$7.75.

Come to Meridians on Tuesday nights for *Super Saver Tuesdays*. Meridians will be offering 10 different entrees for under \$10. Dinners include entrees like: *Chicken Picatta, Shrimp Louie, Pot Roast, Liver & Onions*, and many more. Top off a wonderful meal with homemade apple pie for only \$1! The entire Sports Bar menu will also be available. Go to www.meridiansrestaurant.com/special-events for all the entrees and details.

Keep Meridians in mind for all of your holiday dining festivities.

~ Please see our ad on page 46. ~

Financial Results Continue Ahead of Budget

Volunteers are Needed

Hank Lipschitz, Finance Committee Chair



At our October 20 Finance meeting your Association Staff reported another excellent month. Operations for September were \$45,069 better than budget. We were very pleased to learn that the Spa at Kilaga Springs turned a profit again bringing the Spa to show a year-to-date profit of \$2,361. In addition, thanks

to an exceptional month in Catering, the Food & Beverage Department made \$36,710 in September, which reduced our year-to-date loss to \$63,641. This shows the significant improvements that Staff has accomplished. Congratulations and keep up the good work, and let's all keep supporting our facilities! This brings our favorable variance-to-budget for nine months to \$379,556 with all departments doing better than budget.

As of September 30, we had a balance of \$3,924,501 in our Operating Fund, of which \$587,912 was in Restricted Funds. The Reserve Fund balance was \$5,462,765. In accordance with our policy, virtually all of our funds are in

FDIC-insured accounts or US Treasuries.

We had 138 homes with past due assessments totaling \$103,000, compared to the prior month's \$110,000 and \$85,000 in June. This shows that our community appears to have stabilized during these trying economic times.

Our Association is successful thanks to the dedication and commitment of our volunteers. Currently we have one opening and are looking for a volunteer to join our committee. If you have an interest in helping our community and can dedicate the time we would like to hear from you. Having a Business or Financial background would be ideal but we consider all candidates who feel they can contribute to maintaining the financial health of our Association. To apply please pick up an application form at the membership desk).

If you have general questions or need information on the chart to the left, I may be reached at finance.committee@suncity-lincolnhill.org. The monthly and

continued on page 37

Statement of Operations YTD 9/30/2011

Budget vs Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$5,788,755	\$5,797,031	(\$8,276)
Administration (expense)	(1,401,923)	(1,509,570)	107,647
The Spa at Kilaga Springs	\$2,361	(\$7,993)	\$10,354
Fitness	(320,961)	(322,925)	1,964
Activities	(\$146,938)	(\$173,357)	\$26,419
Rec. Center / Maintenance	(1,754,288)	(1,844,722)	90,434
Landscape Maintenance	(\$1,836,985)	(\$1,947,805)	\$110,820
Food & Beverage	(63,641)	(103,835)	40,194
Capital Asset	\$106,832	\$106,832	\$0
Net Revenues (Expense)	\$373,212	(\$6,344)	\$379,556



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The Wild Side of Lincoln Hills

Al Roten, Roving Reporter

Our home overlooks the Northeast Preserve Trail and wetlands. The developer constructed four shallow ponds downstream from the old stock pond. These ponds were mitigation for ponds filled in elsewhere. It has been a joy to watch this small glade mature to healthy wetland. During building of our community the sounds of construction were constants, preventing the natural



inhabitants of wetlands from coming back. Now it is delightful to share our view with an ever-increasing array of birds and beasts as they reclaim their natural habitat. While working in the yard we are watchful for snakes, but watch with glee while lizards cavort on the rocks.

On spring mornings we see clouds of blackbirds rise from the reeds to circle in their mating routine. Sparrows and finches cluster like bees on our feeders. Visits by the egrets and Great Blue Herons, as they patiently pursue

their next meal, bring us smiles. The odd gulping sound of the American Bittern draws us to search the valley for the source of their call. We enjoy seeing and hearing the ducks and geese as they congregate in the ponds. The call of the male Ring-necked Pheasant often echoes across the valley. At night a Great Horned Owl perches on our roof and calls for company. A covey of California Quail lives under a large bush in our yard. A sentinel comes out to watch for safety; then others emerge to prance across the yard. One day, the



sentinel quail suddenly disappeared; then, a gorgeous hawk came to take his perch. Recently a family of wild turkeys has invaded the yard to graze for meals.

The first furry creatures other than rodents to return to our location were the rabbits. It is fun to watch their gangly ramblings as they graze on the lawn. Occasionally, the yip-yap of a pack



Wild turkeys grazing for meals in our backyard

of coyotes on the hunt may be heard. We are alerted to the presence of both bobcats and mountain lions in the preserve. A deer was spotted grazing on a neighbor's rose bushes. The ramblings of skunk and raccoon can be determined by torn lawn and muddy prints. The dam which retains the old stock pond was rebuilt because of damage by beaver lodge construction. We also see



River Otter and muskrat in the ponds.

It is a delightful privilege to be living here with civilized good friends while enjoying close communion with nature.



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Be Fit Bingo is Back!

Fitness Center News

Brandy Garcia, Director of Fitness

Get fit playing bingo in the Fitness Centers this holiday season, and you have the opportunity to win great prizes.

Starting November 14, you can sign up to play Bingo at either Fitness Center. The rules are simple:

- 1) Sign up at either Fitness Center and pick up your *Be Fit* Bingo playing card;
- 2) Workout at either Fitness Center for a minimum of 20 minutes;
- 3) Pick up the *Be Fit* number of the day and place the sticker on your card if it's a match.



Both Fitness Centers will have the same number each day. There will be “strategic” double day and triple days throughout the duration of the game. *Be Fit* Bingo numbers will be chosen each day from November 21-December 29.

Every person who makes a Bingo, by completing five boxes in a row, column, or diagonally will be entered into our prize drawing on December 30 for a chance at one of five different gift cards. Once you receive a *Be Fit* Bingo, turn it in to the Fitness Center and sign up for a new playing card, for more chances to win. All Bingo cards must be turned in by closing on December 29 to be entered in the drawing. See either Fitness Center front desk for details.

**Group Exercise Class
Schedule: page 71
Complete listing of Fitness
classes: pages 69-75**

New Wellness Center Services Available in January

Be Inspired, Be Engaged, Be Well!

Megan Cowart, Wellness Program Coordinator

“A journey of a thousand miles must begin with a single step.” — Lao Tzu

In 2011, Sun City Lincoln Hills took some of its first steps in leading residents to a better quality of life through the Wellness Program: *Be Inspired, Be Engaged, Be Well*. As we enter 2012, we ask you to take another step forward toward your personal wellness goals. We are expanding our official Wellness Center located inside The Wave Fitness Center; our hope is that it further provides you with the tools to become engaged in your community and to seek out what truly brings you health and happiness.

In January of 2012, we will be expanding our current services provided in the Wellness Center. Currently, the Wellness Center contains a Sutter Health physical therapy clinic. The physical therapy services will continue and we will be offering additional services during the hours it is not in use by the physical therapy clinic: health education classes and information, group therapy work, individual professional counsel-

ing, and dietetic counseling.

In addition, we are looking to launch our new Resource Connectors’ program. Its goal is to inform residents about resources in Placer County, the city of Lincoln, Lincoln Hills, and the many organizations available to help seniors. This program is designed to help with current issues and also anticipate resources needed in the foreseeable future.

It is the desire of Sun City Lincoln Hills Wellness Program to promote independence and longevity in the community. We are pleased to offer new services to help you fulfill your goals.

Don't miss Shirley Schultz's article on page 15 about the Wellness Program's lecture series on the Beautiful Mind. ~ Wellness classes will resume in January. Please check your January *Compass* for listings.



Neighborhood Watch

A Year of Accomplishment

Pauline Watson and Larry Whitaker Honored

Patricia Evans

Executive Director, Allen Gillespie, is ending his term of office with mission accomplished! We are now ready for another year full speed ahead with seven board members elected at our November 10 meeting: Mary Cranston, Gloria Leathely, Joan Brant-Love, Shirley Guzman, Rocky Rockwell, Elaine Small, and Ron Wood. Continuing on the Board are Nancy Whitaker and Larry Wilson.

A major goal for this year was establishing **ongoing training classes for Mail Box Captains**, with over 200 participants. The easy way is the right way, and these workshops were dedicated to lightening the load of our faithful Captains. This information is also available on *continued on page 19*



Pauline Watson and Larry Whitaker, left, were honored at the Lincoln Hills Foundation Hats Off celebration for their volunteer contributions. See page 23 for more details about the event

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Committee Tackles Projects Large & Small

Gay Mackintosh, Properties Committee Chair

“The Properties Committee is responsible for the appearance, maintenance and care of all of the Community Association’s physical properties. The Committee shall inspect, report on, and make recommendations to the Board of Directors and Executive Director on the Association’s physical properties including buildings, systems, equipment, and grounds.”

Sounds pretty dry, right?

In actuality, our work is anything but dull. Each month we’re involved in an

array of projects large and small. The photos show two recent examples.

We collaborate closely with Senior Director of Facilities Chris O’Keefe to help keep all our common property in top shape — safe, attractive, and responsive to Community Members’ changing needs. Upcoming major projects include renovation of Meridians Restaurant/Bar and investigation of solar power options for the outdoor pools.

Interested in helping maintain the value of our Association’s



Small but important project: Safety railings installed at ramp trip hazard on Bocce Court #1

physical assets? We invite you to apply for the Properties Committee. Pick up an application at the OC Membership Desk or download from the SCLHCA Website (Document Library). Engineering, facilities management, or construction experience is a plus. Call me at 408-5092 for more information.

Our next Committee meeting is Tuesday, December 13, at 1:00 PM.



Huge project: LED street light retrofit project now underway will generate substantial savings

Dog Owner Rules

Heather Peters, Community Standards/Marketing Manager

Recently, our office has experienced an increase in the number of complaints regarding barking dogs and dogs off leash. I’d like to take this time to address the rules regarding pets in your community.

Barking Dogs. Sun City Lincoln Hills Governing Documents do not have

anything specific as to the time limit dogs are allowed to bark. However, CC&R Section 6.02 (f) provides that the Board of Directors may establish and enforce rules and regulations imposing standards for the reasonable control and keeping of household pets to ensure that they do not interfere with the quiet, peaceful enjoyment of other owners and residents.

Because SCLH Governing Documents have no specific rule about dog barking, the Association relies on the city of Lincoln Ordinance section 6.08.020, which provides for citations and fines if dog barking continues for an aggregate 20

minutes out of one hour.

Dogs on Leashes. Pet owners are reminded that while walking pets in the community, including the park areas and trails, pets must be controlled by a leash. The city of Lincoln’s **six-foot leash length limit** must be observed



SCLH is a dog-friendly community

and expandable leashes must be kept at six feet or less when in use. Owners must expedite the removal and disposal of solid pet waste. In addition, per SCLH Rules and Regulations, pets, except “service” or guide dogs, are not allowed in any part of the Orchard Creek Lodge,

the Fitness Center, or Kilaga Springs facilities.

If you should experience a dog barking issue or a dog off leash, please fill out a Complaint Report form and submit it to the Community Standards Department. Complaint Report forms are available online at the resident website www.lincolnsuncity.org/document-library/forms/ under “Association Resident Forms.” You may also get a form from the Membership Desk located in Orchard Creek Lodge.

Please understand, Sun City Lincoln Hills is a dog-friendly community but that aspect must be balanced against the rights of our neighbors to their quiet enjoyment of their homes. If you have dogs with barking problems, there are some remedies you can employ, such as bark collars, pet obedience classes, and not leaving your dogs outside while you are not at home. We have found that some residents are not aware of the problem when they are absent and their pets express their loneliness with constant barking.

Thanks for your help in keeping SCLH dog-friendly without annoyances!

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Living Single in Lincoln Hills

Some Advice on "Stepping Out"

Joan Logue, *Roving Reporter*



You must admit that we live in a wonderful place, with a multitude of activities and opportunities. Many of us moved here just for this lifestyle. Some others moved here to be close to their adult children and grandchildren and the lifestyle was an added bonus.

Many of us moved here with our spouse or partner. However, hundreds of us have become "suddenly single" due to death or divorce. Some of us were single before moving here hoping there would be other singles. If you check any page of our directory, about 18% of the listings are singles.

It is very scary to suddenly become single, especially if you are far from family and old friends. Sometimes singles are not eagerly sought out by couples

Many of us moved here with our spouse or partner. However, hundreds of us have become "suddenly single" due to death or divorce. Some of us were single before moving here hoping there would be other singles.

in the neighborhood or by other groups such as a dance group that you may have been part of as a couple. A person new to singlehood needs to recognize this fact and look for activities that are accepting of singles. Change is hard and the only way through this is to accept your situation and find ways to meet more people. Finding a friend with the same needs is helpful at this point as it gives you a buddy to socialize with, and someone to call anytime you feel like it.

Making new friends is really quite easy in Lincoln Hills! Just find an activity, club, or trip that you enjoy and you will find others who share your interests. There is even a group that connects singles who want to travel together. The Singles Group and the Bereavement

Group are two places to join others who are single. By just going for a walk many residents have found new friends. Even better is to invite several new friends over to start a bunco, bridge, or lunch group.

So, now that we're all here, what is it like to be single in Lincoln Hills? Obviously, there is so much to do and everything is conveniently close to home. From fitness to fashion shows, clogging to ceramics, softball to scrabble, there is never a dull moment. A bonus of living here for singles is

that they are welcome in most situations. The biggest bonus, however, is the services available, like the Handy Helper program! Where else could you live and have free access to folks that can take care of your "honey-do" lists? There are clubs and groups here for any need we may have. And as one single person put it, "I feel safe and secure here. I can walk anywhere and drive my golf cart home at night and feel safe."

The key to being happily single here is that you must "step out" and do things. If you just stay in your house, then you could live anywhere. So, for whatever reason you moved here, you didn't go wrong choosing to live in Lincoln Hills!

Minding Your Mind: Part I

Four "Laws of Good Brain Health

Shirley Schultz

Your mind is a remarkable and unique asset belonging solely to you. Therein lies your ability to choose. No matter what situation you are in, no matter what mental anguish you suffer from, your beautiful mind has infinite potential and capability to deal with it. According to psychologist Kelley Dulac, who recently spoke at the Wellness Program's lecture series called "Beautiful Minds," it is unacceptable to say, "I cannot." We always have a choice. Recent science has shown that the brain has the ability to restore itself, so we can always change. What we feel is not important; what we do is what will make the difference.

When the brain works well, you feel good. The thoughts in your mind have a powerful impact on the brain. To enrich your brain in order to feel happy, there are some "laws" that must be followed.

- The first is **stimulation** through such things as exposure to sunlight, reading a good book, listening to good music, penmanship, and family outings.

- The second law is **use it or lose it**. For many people, the older we get the more we like to remain the same. Life-long learning and adaptation needs to be our goal.

- **Competition** is the third law. Whatever brain functions you use the most will tend to take over, and "squeeze" out other functions. This makes it more difficult to think and do things differently. Many people give up too soon. Keep your brain "competitive" by trying new things.

- The final law for good brain health is **repetition**. In some cases, it may take years to develop new brain tracks, but it can be done by conscientiously "practicing" those new skills. Fundamentally, we need to take care of our brain health for the rest of our lives.

There are other factors essential to improve and preserve brain health. **Physical exercise** is one of the most

continued on page 84



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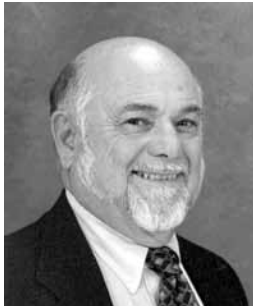
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Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Massage arrived on the scene in 500 AD. It was taught by physicians because they realized the effectiveness of treating the body as a whole. Holistic health addresses the body on physical, mental, and spiritual levels. Meditation, exercise, and body treatments are preventative and restorative.

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for deep tissue or therapeutic massage.

- **Swedish** – long soothing strokes for relaxation and stress reduction, light to firm pressure.

- **Deep Tissue** – Deep focused pressure to release extremely tight muscles, heal sports injuries, frozen areas.

- **Myofascial Release – Push – Freeing** – holding pressure on specific areas until the fascia releases, thereby releasing tightness of the muscle and restoring range of movement.

- **Reflexology** – Working on the feet and nerve endings to restore homeostasis of the entire body.

- **Shiatsu** – An ancient Asian method of body work that uses the same points as acupuncture on the body to release energy blocks.

- **Hot Stone Massage** – Combines hot stones and hand work for a deeply soothing massage releasing tight muscles.

- **Sports Massage** – Combines different techniques to enhance sports performance and recuperation.

- **Reiki** – Channels energy to restore

order to the body when vital energy has become exhausted.

- **Lomi Lomi** – long full body strokes that are deeper with each stroke as the body tension begins to release.

If you are seeking relief from neck, back or other body pain, consider massage as your alternative healing method.

In-Home Massage? Sorry! We occasionally get a request to perform in-home massages, which on the surface sounds like a convenient possibility. However, according to the laws of the city of Lincoln, it is illegal to permit a massage therapist to come to your home or to offer massage therapy from their home. Participating in this could cause legal ramifications for the therapist.

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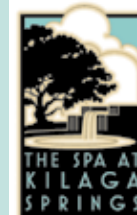
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Neighborhood Watch

continued from page 11



our website, www.lincal.net/watch. Just click on Documents and Captains Workbook. The committee was chaired by Barbara Moss and included Elaine Small, Bob Varley, and Pauline Watson.

Did you miss the standing-room-only **Safety and Home Security Symposium** in August? For valuable information, go to our website, www.lincal.net/watch, click on Documents and Safety and Home Security Tips. Barry Johnson is our Lincoln Police liaison and may be reached at 434-6538.

Hats Off to Pauline Watson and Larry Whitaker! The Lincoln Hills

Foundation recently honored two of our stalwart, super-star volunteers. Pauline Watson is our secretary who also recruits and assists Village Coordinators and Mail Box Captains, and is our annual National Night Out Coordinator. Larry Whitaker served on our Board, established our website, and serves as our webmaster.

Please turn to page 32 for more information about additional ongoing, popular projects included in our accomplishments this year.



Residents of Village 24C, Mail Box Units 1 and 2, decorate Halloween pumpkins to display in front of every home

Neighborhood Watch Contacts

- Allen Gillespie, 434-5979
allenm40@ymail.com
- Pauline Watson, 543-8436
frpawatson@sbcglobal.net

Neighborhood Watch Website
www.lincal.net/watch



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Our Guests Say The Nicest Things . . .

I highly recommend Dr. Wong. My wife who has had a vast history with dentists, has found complete satisfaction with Dr. Wong's professionalism and performance with her implants. He handles his patients with great care.

During a visit to Dr. Wong's office, my wife had a fainting spell. He checked her blood pressure and found it dangerously low. He wanted to call an ambulance but she refused. When I arrived he advised me to take her directly to the emergency room. When her BP was stabilized and after remaining overnight for observation, she was released.

Thank you Dr. Wong. We are very grateful for all the service you and your staff provide. — Jim and Kishi McKee, Sun City Lincoln Hills



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Holiday Giving in Lincoln Hills Clubs, Neighborhoods, Association Donate to Needy Families

Doug Brown, Roving Reporter

In a few days, the aroma of roasting turkeys will be wafting through the neighborhoods of Lincoln Hills. Thanksgiving, and then Christmas holiday parties will bring tots and toys and tinsel, drumsticks and delicacies and desserts into our celebrative homes. What bliss! We live for these moments.



The RV Group collects toys for Lincoln Fire Dept.'s Toy Drive

If only every family in Lincoln and vicinity could enjoy such bounty during these festive occasions. With a sagging economy, jobless workers, and former homeowners with “foreclosure” signs staked in front of their houses, the 2011 holidays will be difficult.

Remember when you were growing up your parents made you finish the food on your plate by reminding you of the “starving Armenians”? Well, you may not have even known where Armenia is (and they *were* starving, by the way), but you were starkly reminded that not everyone in the world had food

on their plates.

What are we doing, collectively, in Lincoln Hills to “give back” at this time of year? To share some of our bounty? You might be surprised to learn the results!

A recent informal poll of SCLH clubs, neighborhoods, and the Association yielded an astounding number of charities, nonprofits, and public institutions that receive generous donations of money, goods, and volunteer time in the holiday season and throughout the year.

Here’s the list of only the *local* (Lincoln and vicinity) organizations — we



Lady Lincsters donate gifts to Lincoln Manor residents

eliminated a number of national charities — that receive our donations.

- Adopt-A-Child Christmas Program
- Boxed meals for needy Lincoln families
- Friends of Lincoln Library
- Harvest Food Bank
- Home Start, Roseville
- Kaiser Foundation Medical Center
- Lincoln Cemetery
- Lincoln Fire Department
- Lincoln High School: Girls’ Golf Group; Theater; Agriculture Farm;

Select Choir; Relay for Life (American Cancer Society benefit)

- Lincoln Hills Foundation
- Lincoln Manor
- Lincoln Meadows
- Lincoln Open Space Committee
- Lincoln Rotary Club
- Loomis Homeless Shelter
- Loomis/Rocklin Soroptimist
- One More Dog Rescue
- Peace for Families
- Placer County Breast Cancer Group
- Placer County PFLAG
- Police Athletic League
- Salt Mine Food and Clothing Closet
- Schools: Creekside Elementary; First Street; Fruitvale; Sheridan; Twelve Bridges; Western Placer Unified School District
- Secret Santa for Seniors
- Senior Café
- Sutter Medical Center
- Lighthouse Counseling and Family Resource Center
- Toys for Tots
- Twelve Bridges Library



The Needle Arts Group makes quilts for needy in Lincoln

Wow! What a list. Kudos to the clubs, Association, and other groups who collaborate to provide money, food, toys, and time for needy families in our area!

And, due to the demand for a quick turnaround on our plea, we heard from only a fraction of all the clubs and potential neighborhoods, so this is only a *partial* representation of organizations that residents donate to. If it hasn’t happened already, it’s not too late for your club or neighborhood to become a part of this groundswell of generosity.

May this upcoming holiday season, in tough economic times, be as festive as possible for as many local families as possible! Thank you to so many here in Lincoln Hills for your outpouring of kindness.

The Holiday Tradition of Giving Continues at SCLH Collection Containers at Four Lincoln Hills Sites

Families in need this season will receive bountiful donations of canned food from our community. Distributed through the Salt Mine and Placer Unified Schools, members of our Senior Softball Club and Lincoln Host Lions Club will collect canned food now through December 17 in four locations: Orchard Creek Lodge and Fitness Center and Kilaga Springs Lodge and Fitness Center. If you prefer to donate money for the purchase of fresh turkeys, please contact Bob Day at 543-8429. Thank you for your generosity.

Toys for Tots also have collection boxes in the Lodges for donations of new and unwrapped toys and gifts for young people. Thank you for your donations and to the US Marine Corps Reserves for collecting and distributing your gifts to children in need in Lincoln. Collections will be picked up through December 23. Please call Frank Neves at 408-7205 or Harry Maker with any questions at 408-3797.



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Hats Off to Volunteers!

Lincoln Hills Foundation Recognizes Exemplary Service

Vern Chong, President,
Lincoln Hills Foundation

What a great way to pay tribute and honor volunteers who make a difference in our Lincoln Community! On Friday, October 14, the Lincoln Hills Foundation hosted the 2011 Hats Off II ceremony in the Ballroom, paying tribute to volunteers who provide time, service and talents to serve others. With pictures and narrative portraying the many contributions of the honorees provided by the Master of Ceremonies, Doug Brown, those in attendance marveled at the many deeds and talents of the honorees.

There are untold numbers of volunteers among neighbors and friends who are willing to give of themselves to help others. It is not often that we take time to recognize and thank them, and it was time to do so.

Following music provided by the Hills Brothers octet, guitar music by Bill Sveglini, and a brief presentation about the Foundation, an excellent meal was provided by the Meridians staff. The highlight of the evening, of course, was the presentation of the awards to the honorees (see photo) and a brief



Honorees for 2011 Hat's Off

First row from left: Shelly Ebenholtz, Bob Free, Gay Mackintosh, Pearl Chang, Pauline Watson, Joan Brant-Love representing Neighbors InDeed, Marcia VanWagner.

Second row from left: Mark Dentinger, Ken Silverman, Vic Freeman.

Third row: Dan Larsen, Denny Valentine, Mark Burke, Jim Datzman

Fourth row: Larry Whitaker, Michele Hutchinson, Dan Karleskint, Rich Ragan. Not pictured SCLH Community Association Board of Directors, past and present

narrative of what each had done for the community. Our Hats Off to these remarkable individuals and groups! They are people who care!

The Foundation thanks the staff of the Community Association and Meridians for their support and great food service, as well as the Hills Brothers, Bill Sveglini, and the Photography Group

for their help in making the evening a special one.

Please consider a donation to the Foundation's Annual Fund Drive. Your contribution will help to provide services for the senior residents in the Lincoln Community.



Resident Website Launches November 28

Jeannine Balcombe, Senior Director of Lifestyle and Communications

The new Lincoln Hills Community Association Resident Website located at: www.suncity-lincolnhills.org/residents, will go live Monday, November 28. You will have access to the website no later than 5:00 PM.

If you have not yet registered, you may submit a paper registration form (available at both Fitness and Activities Desks in both Lodges). Staff will enter your information in preparation for the launch. If you register online, you will need to enter your email address, full name, and member ID located on your Membership ID card. Each resident that has a log-in must have a unique email

address. Prior to the launch, you will only see the registration screen.

There are many great features in this new resident website including a home page with an "at a glance" view of meetings, current events, classes and special offerings. The interface is easy and will feature Association information including: **Board and Committee agendas, minutes and reports;** Events including webpage links for full details about **events, trips and classes;** and a Club interface which includes **club news, events, photographs, videos and a club file space.**

Beginning January, 2012, you will have the ability to **purchase events and classes online.** To access areas specific to residents, you will need to log in with your unique email address and password.

The current website will redirect you to our new site until January 1, 2012. Afterwards, the old website address will no longer be available. Please bookmark our new website address. A year of planning by members of the Communications and Community Relations Committee (CCRC) website taskforce, along with staff, has become a reality. We look forward to your review and feedback.



Club News



• Alzheimer's/Dementia • Caregivers Support Group

The Group's final meeting of 2011, will be held on Wednesday, November 16, at 1:00 PM in the Multipurpose Room (OC). "How You and Your Loved One Can Enjoy the Holiday Season" will be the topic of the caring/sharing session with Elizabeth Rawson our Family Advisor from Del Oro Caregiver Resource Center. You will find helpful suggestions from Elizabeth and the group as you make your holiday plans. Something as simple as setting aside a quiet area for your loved one to visit with friends and family, rather than being part of a large, noisy group may be an easy solution for some situations. And don't forget *you* may need to ask for help.

November and December can be stressful for caregivers. Join us on November 16 and let us help make it easier.

Meetings are open to all Lincoln Hills caregivers.

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



• Antiques Appreciation •

Our October program was a very lively and informative presentation by John Schuch of Roseville Numismatics. Afterwards members asked questions and showed their own treasures which John talked about and even gave his opinion of value. An old 1880 \$5 gold piece found on the ground, an old album of typesets, old coins, paper money and gold jewelry were some of the things brought by members. A great time was had by all!

In November, two of our members brought in and talked about their collection of articles used by the homesteaders found in an old abandoned store in eastern Colorado. There were things such as ledger books, a butter churn and many other interesting items. Members also brought their collectables for show and tell.

The December meeting will be our annual Christmas Brunch in the Ballroom (OC) from 10:00 AM to 12:00 PM. For information, contact Ann Renyer.

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



• Arts Association •

November means elections and the Arts Association follows that trend. At our general meeting, members will elect our 2012 slate of officers.

Also at the November meeting is the final President's Challenge of the year. The theme chosen is "Colors of Fall and Winter." Entries will be divided into two categories – traditional fine art and non-traditional art. Prizes will be given to the winner in each category.

The November general meeting is Monday, November 28, at 2:00 PM in P-Hall (KS).

Consider joining the Arts Association for the new year. Join in November or December and your dues carry through all of 2012. \$15 covers all members of a household and you can join either by signing up at a general meeting; downloading, completing and mailing the membership form from our website; or contacting Suzanne Schmidt at dichrogal@yahoo.com or 543-9569.

And finally, Happy Thanksgiving to all from the LHAA.

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



• Astronomy •

The Lincoln Hills Astronomy Group, LHAG, is a shared interest group providing residents, from beginners to experts, a forum to increase their knowledge in Astronomy and improve observational skills.

Monday, November 21: Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM.

Sunday, December 11: In place of the regular December meeting, there will be Holiday luncheon in the Social Kitchen (KS) starting at 12:00 PM. Nina

Mazzo will provide more information to members in November. Cost is \$10 per person.

Wednesday, January 4: Join Nina Mazzo as she discusses "Meteors and Meteorites: Where do they come from and how are they found?"



*Tom Eason
presenting "The
Origin of our
Moon" at the
October Meeting*

Meetings: Regular Astronomy Group meetings are 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**

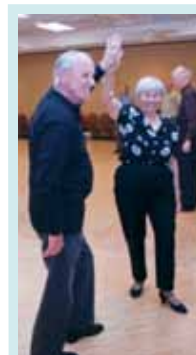


• Ballroom Dance •

If you think you can't dance, or it's been a very long time, don't worry. Our ballroom dance sessions on Tuesdays from 2:00 to 5:00 PM are geared for you. The first hour takes you through the basic moves for the dance, the second open hour gives time to practice, the third hour teaches more advanced steps. Ballroom Dance exercises the mind as well as the body.

You'll tone nearly every muscle in your body, improve balance and boost brainpower. We enjoy getting together socially, traveling to other dance locations with big bands. Twice a year we have potluck dinners with music to accompany dancing.

Our annual membership dues are only \$5. That includes weekly lessons — it's the best bargain you can find. Come join us in the Multipurpose Room (KS) during November to learn the EC Swing!



*Dancers Paul &
Johann Kiesil*

Our December Potluck is December 6. Be sure to put it on your calendar.

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



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be November 16 and December 14. 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. Last month there were 20 at our lunch at *Woody's*. Our next lunch will be Monday, December 5 at *Mimi's*. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



• Billiards • 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 October 5 — AM Winner Nick Correale; Runners-up Oscar Alvarez, J T Long, John Myres, Ted Baker, Dick Perry and Joe Perez; PM Winner Bob Doney; Runners-up: Les Birch, Phil Delaney and Bob Maske
- Nine-Ball Singles October 11 — AM Winner: Ted Baker; Runner-up Bob Armour; PM Winner Phil Delaney; Runners-up: Allan Peters and Dale Hurlbut
- Eight-Ball Doubles October 19 — Winners Oscar Alvarez and Norm Hagerty; Runners-up Joe Ferrando and Bob Doney

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

Challengers Billiards

During this Thanksgiving season, it is fitting to acknowledge the commitment and energy that Rita Baikauskas makes on behalf of the Challengers, Players, and Upstarts Billiard Groups. Rita's involvement, leadership, and service to her fellow players are exemplary and for that, we want to extend a special Thank You!

Our annual holiday gathering is scheduled for December 12.

It is Friday, 10:00 AM. Over the next two hours each of us will play seven games with seven different partners as we rotate through the play schedule. Hopefully each of us will improve our play. But, even if we struggle with our skills this day, we will all have had a good time. And having fun is what it is all about.

Congratulations to our recent winners: Seven games — Joe Perez, Oscar Alvarez; Six of seven games — Peshu Irani, Ron Weech, Chiquita Fratto, Ted Baker, George Black.

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

Couples Billiards

If you are interested in playing in our Couples Billiards Group, you need to sign up in the book on the fireplace at KS. We usually have a full house, so you need to sign up early. We play every Wednesday from 4:00-6:30 PM.

Winning five games and losing one this first week were: Joe/Nicki Hobby and Joe/Shirley Varner. Tied with four wins and two losses were: Rita Baikauskas/Joe Perez and Bob/Shyrl Dougherty and Ron/Sherry Weech.

This second week, Carlos Barrantes/Bob Rand and Joe/Nicki Hobby won five games losing one. Dale Houck/Chiquita Fratto and Ron/Sherry Weech and Joe Perez/Rita Baikauskas all won four games and lost two.

With a three-way tie were Bob Hodge/Sylvia Gutierrez and Roger Corley/Gail Harmon and Ron/Sherry Weech winning five games and losing two.

The only six game winners for this reporting period were Joe/Shirley Varner. Congratulations! Ron/Sherry Weech won five games and lost one.

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

Players Billiards

Take a break from Holiday shopping and join us for some fun! We play six games of Eight Ball every Thursday from 2:15-4:30 PM in the Billiards Room (KS).

For the Mid-level player, our tournaments are free but the rewards are plenty... honor, glory, practice, victory! Sign-up for the following month is on the last Thursday of every month. The sign-up and rules binders are kept on the fireplace.

Congratulations to our recent winners — Six games: Rita Baikauskas; Five of six games: Wille Wright, Bob Wehner, Carlos Barrantes, Joe Perez, Larry White, Howard Skulnick;

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

Upstarts Billiards

"Stripes roll here and solids roll there; We sink balls till the table is bare."

Who would like to come join in the fun? Upstarts Billiards is for beginners-to-average players; we play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM in the Billiards Room (KS). There is room for more players if this is something you could have fun at!

Winners Six games: Gary Averett, Bob Rand; Five games: Bob Bienkowski, Bill Clark, Rande Janzen, Jim McCarthy, Dan Oden, Jutta Reckling.

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

Our annual Holiday potluck is scheduled for Monday, December 12 at 5:00 PM at KS; mark your calendars!

**Contacts: Rita Baikauskas
408-4687; Dan Oden 408-2687**

Instruction Group

Learn to play pool or sharpen your games. Take advantage of the expert help second and fourth Mondays, 9:00-

11:00 AM. Please sign up in advance in the Billiards Room (OC).

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



• **Bird** •

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

At the December 12 meeting, a review of local birds will be presented to coincide with the annual Christmas Bird Count later in the month.

The field trip to Gray Lodge Wildlife Preserve in Live Oak will be on November 18. This is a great place to view geese and ducks with a drive-through area and a platform area over the lake.

All are welcome!

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



• **Bocce Ball, Mad Hatters** •

We would like to thank Donna Malone and the Red Hats for making our tenth annual Mad Hatters/Red Hats Bocce Tournament a very enjoyable success. Both sides had eight teams of two ladies, which made for a wide selection of dishes at the potluck afterwards. Not surprisingly, the Mad Hatters won again, although the Red Hats actually won the first two games which had us running scared for a while. Our current trophy has fallen apart, so if the Red Hats will agree to a competition again next year we will purchase a new trophy as added inducement... perhaps something with red on it.

We decided to experiment with a 10:00 AM Thursday start time for two months to see how people like it — it began on November 3. Please ignore the



10th Annual Mad Hatters/Red Hats Tournament

notice of a switch to 1:00 PM published last month. Please call us if you have any questions.

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



• **Book Group, OC** •

In *The Glass Castle* by Jeanette Walls — our book for November 17, the author describes her childhood with nonconventional parents (which ran the gamut from adventure to poverty and misery) in a graphic yet loving way. She got out, made a success of her life, and after hiding her past for years exposed it in this compelling story.

Our holiday luncheon will take place on December 15 with guest speaker JoAnna Philips, “The Savvy Shopper.”

It is the time of year again when we select our books for next year. Check our website for recommendations and come to our November 17 meeting to vote. We meet on the third Thursday of each month from 1:00 to 2:30 PM in the Multipurpose Room (OC). Newcomers are always welcome.

**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

Our special day at The Spa at Kilaga Springs in October was an exciting one. In addition to the wonderful food that was part of the wine tasting/buffet, each attendee was treated to a five-minute hand massage, neck massage and lip treatment. Our November 10 meeting was a very informative meeting. Speaker Dave Whitt, city of Lincoln fire chief, discussed fire safety and an evacuation plan in case of an emergency. Stay tuned for a fun-filled Christmas party on Thursday, December 8, at President Patty McCuen’s home. *Happy Thanksgiving!*



Bosom Buddies Day at The Spa at Kilaga Springs

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



• **Bowling** •
Rocklin Tuesday AM

Approaching first position round and we already have some very close competition. First: High Hopes — Oscar & Gloria Alvarez, John & Diane Bensi. Second: Hill Toppers — Stillman & Joan Gates, Al & Betty Jones. Men Scratch Game: Davis Peyton; Women’s Scratch Game: Bobbie Spiess; Men’s Scratch Series: Jerry Gordon; and Women’s Scratch Series: Pat Fisk. We have one opening and need subs again. Please contact Joan Gates 253-9415.

**Contacts: Frank Schmidig
434-5972; Jerry Gordon, 408-5989;
Margaret Peyton 543-7344;
Joan Gates 253-9415;
Kathy Chapin 543-3475**



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

Thursday night bridge continues to gain in popularity. To play, either call 434-6165 to get on the list or just show up a few minutes early. No calls needed for cancellations. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and finish by 8:30 PM. We use party bridge scoring similar to the other Thursday night bridge group.

October 6 Winners — First: Don & Santa Anderson; Second: Delores Marchand and B.J. Parkinson; Third: Stan Mutnick and Bruce Fink.

October 20 Winners — First: Bob & Kathy Brynjulson plus high round score; Second: Gay Gladden and Neal Wilson; Third: Sasha & Tom Eason; Fourth: Delo-

res Marchand and B.J. Parkinson.

Contact: Rose or Joe Phelan
408-4066, joephelan@sbcglobal.net,
roseph@sbcglobal.net

Thursday Evening Second & Fourth

September 22 Winners — First: Gay Gladden and Robbie Duggan; Second: Dolores Marchand and Stan Mutnick; Third Linda Theodore and Janet Pinnell; Fourth Bob & Cathy Brynolson. October 13 Winners — First Del & Ed Page; Second Erika Wolf and Olga Garodat; Third Gay Gladden and Robbie Duggan; Fourth Gerry & Warren Sonnenburg. Please come and join us for a fun night of bridge, we have a high round pot and everyone has a good time. The Terra Cotta Room (KS) at 6:00 PM on the second and fourth Thursday nights. Contact Ken and Chris to add your name to the list.

Contacts: Chris & Ken Jacobson
408-8709



• Bridge, Duplicate •

The SCLH Duplicate Bridge Club Champions for summer 2011 were: Wednesday — Laurie Vath and Rab Puri; Friday — Sandra L Anderson and Jean Piazza; Saturday — Cynthia Turner and Squeak Conner.

President Kent White has become the club's third member (along with Tom & Carol Ross) to achieve "Gold Life Master" status.

The Wednesday lesson schedule:

November 16 — Two Club Bids with fewer than 22 Points

November 30 — Q & A with a panel of our Directors

Social Chair Barbara Loweree has planned our gala holiday celebration to be held the evening of Wednesday, December 7, in OC Ballroom.

We play duplicate bridge three times per week:

- 12:30 PM Wednesdays;
- 5:00 PM Fridays;
- 12:30 PM Saturdays.

All games at Kilaga Springs.

In December, any duplicate sessions will be on an "if facilities are available" basis.

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



• Bridge, Social •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come and join us for an afternoon of fun. *Check-in time is no later than 12:50 PM.* If you do not check in on time, you may not be able to play that day. You do not need a partner, but you do need to make a reservation to play. You can make a reservation by calling B.J. Acosta-Anderson at 408-7115.

Winners September 23-October 21 — First: Ron Ross, Jane Nichols, Harry Collings, Phil Sanderson and Peg Schmidt; Second: B.J. Acosta-Anderson, Febe Harrington, Jim Henricks and Gerry Sonnenburg; Third: Shirley Bry, B.J. Acosta-Anderson, Harry Collings, Ralph Madsen; Fourth: Jane Nichols, Gerry Sonnenburg, Ruth Werfel, Febe Harrington; Tied for Second & Third: Shirley Bry and Harry Collings; Tied For Fourth: Beryl LeVine and Phil Sanderson

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



• Bunco •

December 15 will be the annual club-sponsored Christmas Party to be held at Mimi's Café in Lincoln from 11:30 AM-2:00 PM following Bunco. There will be a "take away" gift exchange for those wishing to participate who bring a \$10 gift. Also, we are asking that everyone bring a pet supply (food, toys, bedding) for the SPCA. There is the opportunity to win door prizes for bringing an item for the SPCA and an extra ticket will be given for each item brought. Dog bedding can be used blankets or towels. Hope to see everyone there!

Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. Entry fee is \$5 with no annual membership fee. New players are welcome.

Last month's winners: Most Buncos Claire Frenna; High Score Ginna Marti-

nez; Most Wins Marsha Pimentel; Low Score Lottie Prather; Most Losses Paulette Rhoads; Traveler Bev Fedder.

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



• Ceramic Arts •

The Annual Potluck Meeting combined fabulous food and friendship. New Business included ratification of Steering Committee members for two-year terms effective November 1: Marti Berntsen – Earthenware; Paul Alderete – Pottery; and Ed Hanson – Pottery.

Thank you all for supporting your fellow CAG members during the Holiday Arts & Crafts Fair. This annual event provides a wonderful opportunity for LH artists to display and sell the arts and crafts created in the classes offered here at Lincoln Hills. We appreciate your support.

CAG "Workshops" are held at OC on Saturdays, 9:00 AM-3:00 PM, and Sundays, 12:00-4:00 PM; KS workshops are Monday, 1:00-4:00 PM for Earthenware, and Sundays 1:00 PM-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. *Check bulletin boards for holiday closures.*

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Margot Bruestle 434-9575; OC Pottery — Paul Alderete 408-7798 and Ed Hanson 253-3950

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



• Chorus (Formerly Singers) •

You're invited to come "Celebrate the Season" with the Chorus's Holiday Concert, directed by Bill Sveglini, with songs in celebration of a season of jingling bells, caroling by candlelight, singing angels, and following stars in the sky. Oh, yes, Elvis will be in the house with "An Elvis Christmas," sung



*Chorus
Accompanist John
Hersch, pausing for
a Kodak moment*

by the tenors, basses, and baritones! And the sopranos and altos will sing a wonderful arrangement of "Lullay Alleluia." All this will be accompanied by the masterful John Hersch at the piano (see photo).

Tickets for the three performances in OC Ballroom are now on sale: Sunday, December 11 (matinee, 2:00 PM); Monday, December 12 (7:00 PM); Tuesday, December 13 (7:00 PM). Show-only prices: \$12 for residents, \$16 for non-residents. Meridians Dinner/Lunch + Show packages for \$41 are also available for all three concerts.

Contact: Bill Sveglini 434-5655
Website: www.lincolnhillschorus.org



• **Cloggers** •

Some members had a smashing time at the "Late Harvest" workshop in Santa Rosa. It is one of the best. Do you notice when you have a great time that you want to do it again? Consider spending "Thanksgiving" at the Gaylord Hotel near Dallas, TX, November 24-26. Cloggers will have a special room rate at the hotel. All classes are in the Gaylord. Of course, don't overlook the Southern Hospitality you'll enjoy. Check for flyers.

When you enjoy something, you like to share it; so it is with cloggers. Give us a try! As residents, you have the right to be a "guest" and try out an activity before signing up. Just show up on a Tuesday, 12:00-1:00 PM, a Beginner/Tech class, give it a try!

Those in the "Performance Team" can enjoy the challenge of clogging and sharing it with the audience.

See page 62 for class information.

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



• **Computer** •

There will be no formal meetings or clinics by the Lincoln Hills Computer Club for the month of December. However our Walk-In-Workshop will be open and staffed by a few volunteers. Merry Christmas and Happy New Year from us to you. See you

in January!

Walk-In-Workshop: December 20, 1:00-3:00 PM in the *Computer Lab* (OC). Our more experienced computer members will provide assistance to any of our club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

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



Mac User

General meeting is Tuesday, November 15, (note date change due to Thanksgiving). Member, Irwin Maloff, will present Photography Applications, encompassing digital photography, Apple applications and the iPad. Just in time to implement for the holiday photo shots. Our meetings start with Ask the Tech from 6:30 PM and Irwin will begin at 7:00 PM in P-Hall (KS).

We will also be voting this evening for our Board Officers slate for 2012.

Please bring non-perishable food items for Lincoln's Food Bank. Also we are taking donations of iTunes cards for the Lincoln City Schools.

Is an Apple product on your mind to purchase for the holidays and you're not sure what to get that will fit your needs? Contact our tech support hot line and members will be happy to consult with you (668-0684).

Contacts: Bill Smith, wsmith986@gmail.com;



The Mac User Group enjoying their annual Picnic in the Ballroom BBQ; Video chat with Steve "Woz" Wozniak at the BBQ. Photos courtesy of Bob Gentry

Support Help Line: 668-0684

Website: www.lhmug.org



• **Country Couples** •

Once again Country Couples Group enjoyed the hospitality of SC Roseville and Jim & Jeanie Keener who arranged a great dinner and dance workshop in the SCR Ballroom Saturday, October 15. It was well attended by our Group as well as a few SCR residents. The meal was enjoyed by all with plenty of food for seconds. As always, the Keeners provided a variety of music that kept most of the Group on the dance floor all evening.

As a reminder, the Group's Holiday Dinner Dance is scheduled for Sunday, December 4, 5:00 to 9:00 PM at the Timber Creek Ballroom in SC Roseville. Tickets are currently available through Ernie & Linda Wilson, Tom Hargis, or Arlene Lawrence.

If you enjoy dancing and friendly people, you should give CC's a try. You are welcome to observe the Monday evening classes at KS, 7:00-9:00 PM.

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



• **Cribbage** •

The Cribbage Club 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, adding a two-handed game or having a sit-out 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.

Urgent: If you are willing to help Jack and some of the other regular helpers, contact him. We can always use additional helpers.

Contact: Jack Poshepny 543-8463



• **Cyclist** •

We cyclists hate to see drivers on their cell phones. It means, among other things, they're not paying much attention to us.

We cyclists love our bike computers



Riding in the rain; on the road again



and GPS units. But are we creating more of a problem by using these gadgets and diverting our attention from riding safely?

Here are some tips to follow so you don't get a CWD (Cycling While Distracted): Set and reset your computer only when stopped. Don't touch or look at your gizmo while in a pace line. Check around you to be sure it is safe to look at or scroll through the screens of your computer. Take only a quick look, don't stare. Check only one bit of information at a time. Don't review your ride metrics until you get home.

We need to remain alert and responsive to what is going on around us, every time we ride.

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

The rain is here for the year and the leaves are gone. You can't work in the garden so it is time to come and learn Mexican Train Dominoes. It's a lot of fun and we have a good time.

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

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

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



• **Eye Contact** •
Low Vision Support

Eye Contact does not meet in December.

The new schedule of video-casts for the year 2012 will be available soon!

If you want to learn more about the group, look for the Eye Contact flyer in the December issue of the *Compass* or contact Barbara or Cathy (below).

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



• **Fibromyalgia/CFS** •
Chronic Fatigue Syndrome

If you, a loved one or friend suffer from Fibromyalgia or Chronic Fatigue (CFS), join us on Thursday, November 17 from 1:00-2:30 PM in the Fine Arts Room (OC). We will be discussing sleep issues.

Our December meeting will be a festive potluck "finger-food" luncheon at the home of Sandy Barry on Thursday, December 15 at 12:30 PM. Please bring your favorite finger food or baked item for at least 15-20 people. In addition to lunch, we will discuss ways to enjoy the hustle and bustle of the holidays while staying well and feeling the joy of the season. Please call or email if you plan to attend.

Our purpose is to provide positive support for residents with these conditions. We offer information and educational material as well as emotional support. We also offer information on exercise options. Join us to share your experiences as we move through this journey together. If you are interested or have questions please call Jackie or Sandy.

Contacts: Sandy Barry 521-2309 Jackie Wilson 253-3744



• **Garden** •

There will be no General Meeting in November.

Friday, December 2. Holiday Brunch at KS, *Elegant Catered Menu with No-Host Bar*, Entertainment, Door Prizes. Contact Chair Judie Leimer (408-4308) to make arrangements for tickets, \$15.



Happy holidays to you all!



Community Service Workers-Marie Salers, Burna Jamieson, Madelynn Mossar, and Karen Wilson;

Happy Thanksgiving!

The 2012 Membership Drive begins at the January 26 general meeting. Membership is \$15 per year, per household, payable to SCLH Garden Group. Joan Scarper (434-7233) is membership chair.

One of the Garden Group's community service projects is "light gardening" at the 100-year-old Fruitvale Community School — one of the original country schools that is still used today for community meetings and after-school programs in Lincoln. Members plan work parties three to four times a year to help maintain the grounds. The Committee Chair, Burna Jamieson, can always use helpers! For more information check this site. <http://fruitvaleschool.org>.

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



• **Gem and Mineral Society** •

The new officers of the Gem and Mineral Society taking office on January 1 are: Dave Fisk President, Marie Glover Vice President, Ron Clawson Secretary, John Neil Treasurer. No club meetings are scheduled for November or December. The Octo-

ber 31 Show and Tell was interesting and fun. The next meeting will be the last Monday in January at 4:00 PM. The shop will still be open both months on Mondays from 8:00 AM to 12:00 PM.

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

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



• **Genealogy** •

The November 21, General Meeting will be held in P-Hall (KS) from 6:30 to 8:30 PM. Speaker will be Linnea Brown speaking on "Internet Archives and Online Books." A mini social will follow the meeting across the hall. This meeting will end the club year with no meetings in December other than the use of the Computer lab for all members.

Please visit our website (below) often to keep up on what is new in the club and look for presentations new and past. Many helpful websites are listed on this site for your use.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376 (computer workshop)

Website: www.webflavors.com/lincoln



• **Golf, Ladies** •

Lincster Lady Niners

The annual Breast Cancer Tournament, co-sponsored by the Lincsters and the XVIII Ladies Golf Group, was a huge success. Through individual donations,



Marcia Bush and her committee; First Place Team: Bev, Judy, Bonnie and Phyllis

drawings and the sale of mulligans, Chair Marcia Bush reports that over \$2500 was raised in support of the Placer Breast Cancer Endowment Fund. This event has grown in popularity in recent years and for a great cause.

In first place with low team score were: Bev Ansbro, Judy Naragon, Bonnie Devers and Phyllis Patrick.

Second place team: Wanda Ivaldi, Nancy Hastings, Mary White and Pat Dangerfield. This team also took low score/Pink Ball.

Third place: Reta Blanchard, Sherry Weech, Joyce Thomsen and Lois Gilbert.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

Our Club Championship was the big event in late September/early October. After two days of play, Elaine Kalani posted the best scores to become our new Club Champion. Michele Poirier had two great games to win Low Net Over the Field honors. Congratulations to these ladies and to all the flight winners!



Elaine Kalani, 2011 Club Champion

This wonderful tournament was chaired by Edda Ashe, Rita Drinkard, and Judy Dong. They also organized a lovely dinner at Mimi's Cafe, where our awards for the tournament were presented, and delicious dinners were enjoyed. Thanks to all of you for a job well done.

Check our website for information on the upcoming Turkey Shoot, November 17, and our Christmas Luncheon on December 1. Each promises to be a fun event.

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



• **Golf, Men's** •

LHMGC Members continue to impress with late season displays of talent, witnessed by the team

of George Booker, Duane Hansen, Arnie Garcia and Robert Keller (-22) who took first place in the October 4 Lone Ranger event!

Close behind (-21) was the team of Stan Hing, Mercer Tyson, Carl Zierman and Allen Garfein; good shooting you guys!!!

Watch for the results of the October 25 Monster Tournament and the season ending Tournament of Champions to be contested November 15; good luck to all participants!!!

The Board of Directors wishes to remind all members that renewals are now due for the great upcoming 2012 season!! Be sure to get in your fees before the end of December; tell your friends and neighbors and get ready for some fun events next year!!!

"Hit 'em straight guys"

Contacts: Ken Jacobson

408-8709, jakemust@sbcglobal.net;

Steve Brown 626-9075,

sebusaman@aol.com

Website: www.lhmgc.com



• **Hand & Foot** •

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

Contacts: Jim Brittain 408-5524;

Jerry Watkins 408-7899,

sandpusher@sbcglobal.net;

Denise Jones 543-3317,

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

lufoxhollow@aol.com



• **Hiking and Walking** •

Walkers: The Walking Group invites you to join us in our walks. Walks are invigorating, healthy and the fall weather is delightful. Early morning is a great way to begin the day. Walks begin at 8:00 AM.

Hikers: It is most gratifying to see so many new hikers join our ranks!

With the weather changing, the days of hiking in the Sierras are over for this season. That means we are hiking closer to home and the hikes are typically shorter and easier. Upcoming hikes



From top: Frank Burkhead at Upper Loth Leven Lake; Headed to Rattlesnake Bar; Rock hop to Dardanelles Lake

include some old favorites, including Sugar Pine Reservoir in Forest Hills, Lake Clementine and the Mountain Quarry Railroad trail in Auburn. Several of these hikes are ideal for first-time hikers or for walkers looking to enjoy the treat of a trail alongside a scenic river or spectacular lake.

Check out the schedule of fall hikes where just the right hike is waiting for you.

Contacts:
Hiking: Dennis Ratay 543-9935, Denratay@sbcglobal.net

Walking: Margie Campbell 408-0713

Website:
<http://lincolnhillshikers.org/>



• **Investors' Study** •

"Based on the information received at the last Investors Study Group (ISG) meeting (regarding Social Security rules), my family member was able to double their monthly check!" This news was conveyed by a meeting attendee to Russ Abbott, the group's consultant, who brings experts like Abhi Kamerkar and Rob Kron to SCLH.



Information learned at ISG meetings strengthens member's financial know-how, each meeting has a different topic. Ron Kron shown here

What news-you-can-use or understanding gained makes your attendance so worthwhile? \$15 to join now gets you all of 2012 plus a discount on the Holiday Party December 1, held at 4:30 PM at Turkey Creek Golf near Oak Tree Lane.

Contact Doug or Rachel (434-6459). Semi-dressy attire encouraged. A guest-expert and prizes are being planned.

Mark your calendars for KS meeting January 5; there is no December main meeting. Active Investor class meets second Monday of each month, 3:00 PM Multimedia Room (OC); Options class, the third Monday, same location at 5:00 PM.

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



• **Lavender Friends** •

Several members had a great time at our second Game Night at Claudia's house. We had a large turnout at our luncheon that was held at the Olive Garden. A few of the members just came back from their RV trip and it was great to hear their stories.

Our biggest event of the year will be our Christmas Dinner and Dance at Turkey Creek Golf Course. The dance music will be provided by Jammin' Jo who is a great DJ.

I, for one, can't wait for Thanksgiving as the day after, it's time to decorate our homes for Christmas.

If you want more information on our club, check our website. Have a happy and safe Thanksgiving.

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



• **Line Dance** •

Our ice-cream social held at the Sports Pavilion in October was a huge success. We had over 60 dancers. Along with all the line dancing, it was make your own sundae. There were lots of choices and toppings to please everyone.

Our next event is the holiday potluck to be held on Monday, December 5 at KS. This has been a huge success to maximum capacity of 120 every year. All the instructors will be there to lead dances that we have learned all year and some older favorites as well.

Featured in our photo, from left, are



Line Dance Steering Committee members with Donna Jenkins (center) winner of the Line Dance Logo Contest

Steering Committee members with Donna Jenkins, winner of our logo contest: Dennis Dawson, Kathy Lopez, Donna, Karen Jolliff and Terry Schultze.

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



• **LSV/NEV** •

Low Speed Vehicles/Neighborhood Electric Vehicles

Lincoln City Councilman Tom Cosgrove was unable to speak at our October meeting, so he will be our guest speaker at the November meeting. We will hear about the exciting plans for the new Lincoln Boulevard.

Come join us on the third Tuesday — November 15 — at 10:00 AM in P-Hall (KS). Circle December 1 on your calendar and plan to attend our annual Holiday Party. We will have reservation forms at the November meeting. If you miss the November meeting, contact Diane Maker at 408-3797. Our holiday dinner will be held in the Ballroom (OC) and this will be our December meeting.

Membership dues are \$12 per household per year and are now being collected by Jill Karr. Happy Holidays from the LSV/NEV Group!

Contact: Buzz Rognlien 408-4540



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game of tiles that is similar to playing rummy. We welcome anyone who would like to learn this fascinating game. Come join the fun every Monday at 8:45 AM in the Cards Room (OC).

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



• **Mah Jongg, National** •

Our group meets every Tuesday in the Card Room (OC), 12:30 to 4:00 PM. Please join us for an intense afternoon playing this fascinating tile game. We welcome all skill levels and have a great instructor for anyone wanting to learn. A great activity for winter fun.

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



• **Motorcycle RoadRunners** •

A review of the riding season for 2011 is about all that is left to be done as fall progresses into winter. We've had an active touring program this year, with mostly day rides taking place. The Grand Finale was the Oregon Coast tour with a five-day adventure. Other club rides took us from the Delta backroads, onto Sonora back country, up to Elk Creek, over to Copperopolis, around Lake Berryessa and through Sutter County to Brownsville — we've covered a lot of territory! The one missing ingredient is, "where will the Mystery ride take us to finalize the 2011 riding season?"

Stay tuned for the final year-end update of our riding year.

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/rettavincent>



• **Needle Arts Threads of Friendship** •

The Wearable Art Breakout Group again presented the Annual Fashion Show held in OC Ballroom. Thank you for a wonderful show.

December 13 is the Members Holiday Tea at KS. Mark your calendar and plan to attend. There will be reserved seating and reservations are now being taken. Six Lincoln High School students will again be assisting.

Programs for next year have been

planned and again promise to be inspirational to anyone interested in Needle Arts. Membership is now open for 2012.

General meetings are held at KS, 1:00 PM on the second Tuesday of each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Linda Moran, at 543-4401, to join us and see how fiber arts thrive in our community!

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



• **Neighborhood Watch** •

Being involved in Neighborhood Watch activities enriches our lives. When we total what we accomplished by working together during the past year it is very impressive!

Three of our ongoing projects continue to be very popular. Over 250 Welcome Packets have been distributed to new residents this year by Mail Box Captains. We have given residents almost 500 Vial of Life Kits, and over 700 Personal Medication Record Cards. You may contact Bobbie Swenson at ronbobbi@aol.com, 543-6362, for either of these.

We welcomed seven new Village Coordinators/Co-ordinators and 75 new Mail Box Captains during this year. However, normal attrition and life changes have left us needing Coordinators for Villages 5AB, 8A, 14, 20D, 30A, 30B, 30C, 32B, 35B, and 39. We also always have Mail Box Units which would appreciate a Captain. Can you help? You'll find the personal benefits fulfilling! Please call our contacts below.

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



• **Painters** •

Our October 4 Art Supply Rummage Sale featuring very effective auctioneers, Diane, Bonnie, and Paulette, was a rousing success. In addition to the art supplies provided by members, we are very grateful to an

anonymous LH resident who donated a large number of frames belonging to his wife who recently passed on. We thank him and send our condolences. The proceeds will be used to finance the remuneration of outside speakers. Chuck Ellis won the drawing for an original Jim Brunk painting.

Our November 1 meeting featured an Art Challenge focused on "snow scenes" and we learned more about our planned Mentoring Program.

On December 6 we will enjoy "An Artists' Christmas Brunch" in the Solarium (OC).

We thank Liz Shelton for taking over from interim treasurer, Gordon Powers. Thanks, Gordon, for filling in.

Anyone interested in membership in the Painters Club, please contact Lynne.

**Contact: Lynne Fee, lynnefee@aol.com;
Diane Pargament 408-0221
Website: www.lhpainters.org**



• **Paper Arts** •

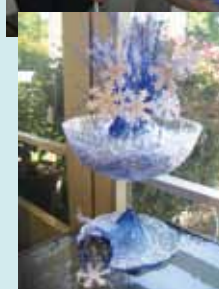
The Christmas spirit highlighted our November meeting, with members crafting the centerpieces for our Christmas luncheon. Our thanks to



Barbara, Reg and Claudette arranging parts of the centerpiece;



Dottie, Sue, Jan and Paulette preparing materials for luncheon decorations;



*Ta-dah!
An original centerpiece for our Christmas luncheon*

Sue Manas, Reg Fabian, Jan Williams, Dottie Olsen, Claudette Kinman, Barbara Lund and Paulette Rhoads for their advance planning and preparation. We're looking forward to seeing our lovely centerpieces and decorations on our luncheon tables.

Our renewed focus on sharing ideas and techniques has been a great success. The creative use of stitch-witchery, foil and wrapping paper has given us new ideas to make lovely cards. Mina Bahan gets the "first prize in organization" for sharing her methods of cataloging and organizing all her craft supplies.

Members enjoyed the Scrapbook Expo in Sacramento last month and were eager shoppers at the opening of Hobby Lobby in Roseville. So many paper crafting supplies, so little time!

Check out our Thanksgiving themed window display at OC!

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



• **Pedro** •

Pedro is a fun, slightly challenging bidding game and we are a fun group. If you have never played, or if it has been a long time, we are happy to teach you the basics or refresh your memory. We play in the Cards Room (OC) on the first and third Friday of each month at 9:00 AM and 12:00 PM. We hope to see you there.

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



• **Photography** •

Serious photographers look to capture common things differently or to photograph uncommon things exclusively. This usually means being at the right place and time, with the right equipment, and being ready to shoot. Next March, we're going to put on a "Show & Be Told" as well as a "Show & Tell." That is, some thick-skinned souls will bare all by holding their images up for scrutiny by a panel of more experienced photographers. It's really not that bad – it just feels like it. It'll be interesting to

see, because no one in their right minds would offer a schlub shot for comment, except a schlub. It'll be more like hearing different perspectives or what emphasis each panelist might suggest, or perhaps a change in one's medicinal regimen. Speaking of one's regimen, best wishes for a Happy Thanksgiving with no antacids or the like required. Enjoy.

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



• **Players** •

Newly-elected officers for the Players Group are: President Steve Garavito, Vice-President Bob Murdock, Treasurer Alan Lowe, and Secretary Corrine Ehlers.

Auditions will be held for "The Disappearance of the Three Little Pigs," a mini-musical directed by Dolly Schumacher James, on Wednesday November 30 at P-Hall (KS) from 5:00-9:00 PM. She will be casting: B.B. Wolf, Jack B. Nimble, Miss Muffet, Mother Goose, Mrs. Pig (Gristle), and other fairytale characters. The performance dates are February 29 and March 1.



The pigs are missing — so what?

Rehearsals continue for the November production of "Christmas Belles," a hilarious story of a Christmas Program gone wrong. Performances are on November 17, 18 and 19 at 7:00 PM and November 19 at 2:00 PM. All performances are in OC Ballroom. Tickets are getting limited so don't miss out on this wonderful production.

Players Group meetings: Second Mondays, 4:00 PM, KS.

**Contact: Steve Garavito 434-6725
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 are separate tables available both days, same times. The Quarterly Hold'em tournaments are open to all residents, first come-first served, as they usually fill up quickly with a 48-player cap.

Winners of the October 15 tournaments were: Eighth Ron Bond; Seventh Lou Himelhoch; Sixth Dave Jensen; Fifth Jim Bloedorn; Fourth Mike Goldstein; Third Keith Prouhet; Second John Vass; and the winner Creighton Fong (congrats!)

The next tentative tournament will be January 14.

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

**Contacts: Mike Goldstein 543-8238;
Ginger Nickerson 253-3322;
Steve Kriner 295-8012**



• **RV** •

The members who participated in the trip to Plymouth had a great time, according to wagonmaster Ron Wasch in his report to the group at their meeting in P-Hall (KS). There was wine tasting at the Wine Crush put on by 35 participating wineries, a tour of the Preston Castle, dinners at the Pizza Factory and Colina de Oro, and a golf tournament among the activities at the four-day event.

Corey Menear, assistant manager at Les Schwab Tires, Roseville, was a guest speaker at the meeting and provided tips on the best methods of protecting RV tires, especially from the heat when the rigs are in storage. He stressed the importance of keeping the tires inflated to the manufacturer's specifications. He also said tires should be rotated every 3,000 to 5,000 miles and should be replaced every six to eight years.

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



• **SCHOOLS Volunteers** •

**Sun City Helping Our
Outstanding Lincoln Schools**

It is hard to believe that our Lincoln

Schools have been in session for two months. We have done our best to fulfill our teacher requests but there are still more teachers that want and need help in their classrooms. If you have an hour or two a week to spend some time in the classroom, contact us. Here are some important facts! You do not have to be a teacher. We will provide you with training that will help you get the process started. Travel during the school year is no problem, we all do it. Just let the teacher know that you will be away. If you can't volunteer every week, you can help the schools with their special projects, such as Book Fairs and Holiday Boutiques. Want to make a difference? SCHOOLS is a great fit for you and a great way to meet new people!

Contacts: Sandy Frame 408-1453 or sflincoln4fun@starstream.net
Elementary: Eileen Marks 409-0320, emarks@aol.com; Cindy Moore 408-1452, cindysmoore@me.com



• **SCOOP** •
Sun City Organization of Pooches

SCOOP's October Meeting was well attended at the Sports Pavilion for an Ice Cream Sundae Social, prepared by Judy Bond and Diane Rice. Ice cream and all the toppings imaginable, combined with the beautiful weather, made for an awesome afternoon!



Terri Rafferty and Shirley Mohler present Maggi Forte, center, with a SCOOP lifetime Membership in honor of all she and her late husband have done for SCOOP

Mark your calendar! *December 16* Potluck, KS – Dinner, no host bar, “*Hills Brothers*,” *Santa, Piano Player*, opportunity drawing, and live auction will take

place. *All* funds raised go to “*One More Dog Rescue*,” representing the last chance for the abandoned and usually sick/injured dogs rescued. *OMDR* provides medication, treatment, and foster care to help heal these dogs and give them a chance to be placed in a “forever” home. Their mission statement is “Failure is Only Temporary.” We raised \$1,800 last year and hopefully will break that record for this year’s nonprofit. Members/interested members may attend. Contact a SCOOP member or our website.

Contact: scoop@scfh.com
Website: www.scfh-scoop.com



• **Scrabble** •

Lincoln Hills has four or five players who consistently get bingos (playing all seven tiles) amongst the group. Rita and Sandy, in particular, usually have multiple bingos over the span of three or four games. It is certainly fun to watch them rack up the points. However, in this year’s World Scrabble Championship, Nigel Richards of New Zealand, clinched the title of World Champ for a record-setting second time, with two bingos in the last game, in a best-of-five format. Altogether in the final series, he had 13 bingos, while his opponent had eight. Rita and Sandy have each counted at least seven bingos on a Monday. Watch out Nigel, they are comin’ for ya.

Why not come play? Scrabble is really a combination of skill and luck. It may be your lucky day on any given Monday. We typically play from 1:00-4:00 PM, in the Cards Room (OC).

You are welcome to join us. Late arrivals find a game, too. Inquiring minds may call Candy.

Contact: Candy Koropp 409-5017



• **Second Cup of Coffee** •

On Monday, November 21, resident Bruce Robinson will be our featured speaker. Bruce has developed a 30’ slide show “Fact to Fiction... Benecia and the Prohibition Era.” Bruce’s recently published historical novel “Legends of the Strait” serves as a backdrop, as the presentation will highlight

Benecia’s architecture, and its place in history during this unusual American period. Q&A follows. This session starts at P-Hall (KS) at 9:00 AM.

There will be no December meeting, as the Holiday season fills everyone’s calendar.

In 2012, we will have our usual third Monday, P-Hall (KS) but 10:00 AM starting time.

On Monday, January 16, our traditional kick-off speaker and resident Bill Richardson will entertain the audience with his latest DVD “2011 College Football Update, You Make the Call!” Q&A will be continuous and entertaining.

Contact: Wolf Oplesch 408-1788
oplesch@sbcglobal.net
Website: http://sites.google.com/site/secondcupofcoffeegroup



• **Shanghai** •

Join us in learning how to play Shanghai, a fun group card game. We are offering free lessons. We play every Thursday at 12:00 PM, and every second and fourth Friday nights at 5:45 PM. Contact one of the names listed below.

Contacts: Howard Beaumont 408-0395; Ann Holbak 408-2061



• **Ski** •

This season’s first general membership meeting was held in October and we had an impressive turnout, including about ten first-timers! The meeting focused on the club’s planned activities for the next six months, with an entertaining intermission as Past President Bill Smith projected beautiful ski pictures and had us guess the locations. Contact us for details if you missed out.

Our next activity following the November 15 meeting (see last month’s *Compass*) will be the Holiday Social on December 20, at 5:00 PM, to be hosted by Chuck Frevele and Jean Benson in their lovely home. Watch for details and RSVP instructions to be emailed to all members; we can tell you that the club will provide the dinner entree and a

short but informative program amongst the merriment!

Our new website will debut November 28. Information and assistance in setting up your login IDs will follow soon.

Contacts: Mike Hilton, Sue Worrall, Chuck Frevele 258-2150, lhskiclub@gmail.com

Website: www.lhskigroup.org



• **Singles** •
Dynamic Singles

The holidays are creeping up and singles are busy getting ready for parties...

Members enjoyed another superb Halloween Costume Party with great food, prizes, costumes and Michael Rappa's Magic Show.

The Old Sac Underground Tour proved to be an educational look back into the time of the gold rush days.

Members enjoyed the bus trip to Golden Gate Fields for the Breeders Cup races for a day filled with fun.

For \$15 a year you can attend the upcoming events:

~~ November ~~

17) 5:00 PM Table for Eight, Ruth Chris at Galleria (Darline 434- 6472)

~~ December ~~

- 01) 4:30 PM Cocktail Time TBD
- 04) 4:30 PM December Birthday Party, Meridians Sports Bar
- 10) 9:00 AM Second Saturday Breakfast, Meridians Sports Bar
- 17) 11:00 AM-2:00 PM Holiday Luncheon Buffet, OC Ballroom
- 29) 6:30 PM Pre-New Years Buffet/ Dance, KS

Wishing all members a very Happy Thanksgiving Day.

Contact: Marty Joseph 543-0803

Website: www.lincolnhillssingles.org



• **Softball, Senior League** •

As the Fall League winds down, players are looking forward to playing next spring. There are open practices Sunday mornings. In spring, there will be various hitting and fielding drills for potential players. A draft of players next March to fill out teams and



From left, George Bungarz delivers; Dale Hurlbut makes good contact; Bill Fagan makes the catch

teammates will get the league started. The bulletin board at the Field has updates about softball activities for the rest of the year as does the website (below).

Contact: Mike Hilton 408-0346,

Mhilton14@aol.com

Website: LHSSL.org

Coyotes

70s: Traveling to Las Vegas in September to play in the 2011 World Masters, the team came from behind and won



Coyotes 70s after winning the 2011 World Masters in Las Vegas, from left, front: John Wible, Bob Hunter, Wally Etterbeek, Jim Sandin, Forrest Burkett, John Parks; back: Ed Sorensen, Jim Haworth, Jim Mikaelson, Pete Savoia, Bob Napoli, Rowan Carlson, George Bungarz

the championship by playing four games the final day in 100+ temperatures. The hitting by Jim Mikaelson, who led the team in every offensive category, Forrest Burkett, John Parks, George Bungarz, Jim Haworth, and Ed Sorensen, solid defense by Parks, Mikaelson, and Burkett helped secure the win along with Jim

Sandin pitching all eight games. Their final record for 2011 was 50-22 (six first place finishes, four second places out of 13 tournaments).

60s Black: In Medford they took second place going 4-1. Yuba City saw the

team going undefeated (6-0) led by Steve Lambert, Ed Zazarek, John Gho, Carlos Zavala, Mike Hilton, and Bec Cannistraci.

60s Blue: They took third place in Medford and just missed the medal round in St. George with a 3-4 record.

Contact: Bob Hunter,

bluespritzer@yahoo.com



• **Sports Car** •

We went on our annual trip to Mendocino October 11-13. Floyd & Joyce Painter led 18 cars, as-

sisted by Bob & Ginny Shadle. We stayed at the beautiful Little River Inn that has the best ocean views along the Mendocino coast. The weather was absolutely beautiful, with brilliant sunshine and warm weather unusual for the coast.

On October 1 we held our Oktober Fest party at KS. Suzanne & Chuck Schmidt assisted by Karla Penman went way above and beyond all expectations preparing huge quantities of food that included bratwurst, sauerkraut and homemade apple strudel for

desert. Some people dressed in leder-



Sports Cars through the forest; Veranda in Little River



hosen and authentic German costumes and brought their German beer steins.

The year is coming to a close, but we still look forward to our annual Holiday Party, which this year will be a dinner dance at OC Ballroom on November 30.

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



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

The beginner's class started on September 12 and the new dancers are busy learning the square dance calls. If there are any people that have moved into Lincoln Hills and used to square dance, now is the time to come check our club out. You could brush up on your calls with the new square dancers and meet a very friendly club.

We now have over five squares dancing on Monday afternoon. It is definitely more fun to dance in the afternoon than to seek an out of town square dance club and dance at night.

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, papafrank@yahoo.com



• **Super Seniors** •

'Twas the month before Christmas and all through our town, Super Seniors waited for their holiday party to come rollin' around. The room will be sparkly with decorations galore and what fun to greet dear friends as they waltz through the door. There's Carolyn, Shirley, Anita, Elaine and Jim.

Oh, there's "what's-his-name," I know I've met him!

The Clubs at Sun City always provide a most generous feast—

Look there's turkey and ham and oh my! that's roast beef!

The songs of the season will be played by our own Peter & Pete,

And this year The Hills Brothers will also bring us harmony sweet.

Oh, when and where will these festivities be...?

Thursday, December 8, at Kilaga from noon until three.

But reservations are needed—this much we know.

So dash to your phone and call the numbers below!

As many of you know, this party will be the last meeting of Super Seniors. More information is being mailed to members. Reservations Barbara Kelley 645-2720 or Shirley Schultz 645-7539.

Contacts: Marsha Hathaway 408-0228; Chit Chatters: Dani Van Tatenhove 543-9194



• **Table Tennis** •

Please note date change: The Valley View Church has asked us through the Association to give up our play date for Sunday, November 20, to which the steering committee has acceded. The Association has given us Thursday, November 17 as a substitute.

On another note, please wear your name tags to our play sessions. If you forget, we will provide stick-on tags.

The steering committee is currently planning our Christmas party for early December and will have a sign-up sheet at our meetings.

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

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



• **Tap Company** •

Grab your calendar! Now, let's get these dates written down before you forget.

Holiday party: December 6 at 11:00 AM in the Front Ballroom. We're trying

something new this year...a brunch. Because of the change, we are able to reduce the price to \$20 per person. You're not going to want to miss seeing all your friends and wishing Alyson a Merry Christmas. We are hoping for a great turnout of alumni as well as current dancers.

Talent Show: March 29, 30 and 31. The tap performing groups are up and running and everyone is excited about their new music and costumes. The auditions proved once again that Lincoln Hills has talent. This year the show is going to be a humdinger. Don't be left out when all your friends and neighbors are talking about the fabulous show and you missed it because it's all sold out.

Contacts: Becky Sprong 408-1389, beckysprong@sbcglobal.net; Muriel Menig 434-2634, murielmenig@att.net



• **Tennis** •

Perfect weather was enjoyed by the 40 teams competing in our Oktoberfest Mixed Doubles Tournament. Winners were:

- 4.0 Winners Linda Burke/Jerry Dong; Second Bente Camahort/Stillson Judah
- 3.5 Winners Lisa/Mark Snapp; Second Barb Profitt/Jack Williams
- 3.0 Winners Sue/Rich Huskey; Second Donna Bunyard/Dave Rodgers

Drop-in courts have been changed to court #5 for Challenge Court and courts # 6 and #7 for drop-in. Remember: Due to time change, drop-in is now 9:00-11:00 AM, every Wednesday and Saturday. Come join the fun. Open to all residents. No partner needed.

Remaining social events: Men's Christmas Luncheon – December 7; Women's Christmas Luncheon – December 8.

Our December General Meeting will be held December 2, 2:00-4:00 PM in P-Hall (KS). Dues of \$12 per member for 2012 will be collected at the door payable by check or exact cash. For further information, see our website (below).

Contacts: Carl Braganza 408-2898, cfbraganza@gmail.com; Christy Link 543-6504, aclink@aol.com
Website: www.sclhtg.com



• Vaudeville Troupe •

Vaudeville Show Tickets on sale November 17, Activities Desks (OC/KS). The “outrageously entertaining” Vaudeville Troupe will be returning January 6 and 7, to the “Cabaret-style” stage (P-Hall [KS]) to present their old-time Vaudeville Show “The Cavalcade of Stars.” Shows on



Vaudeville Troupe having fun at OC Halloween Dance October 21

Friday and Saturday 2:00 PM and 6:00 PM both days.

This high-energy theatrical extravaganza encompasses all genres of entertainment from hilarious Vaudeville comedy skits, talented vocalists, creative novelty numbers, exotic and sexy dancers, stand-up comedians, stunning classical opera to our Musical Tribute to “South Pacific,” including our favorite numbers from this classic Broadway show.

The Vaudeville Troupe is well-known for outrageous fun and performers that engage and interact with the audience. The Troupe always draws sell-out crowds. Don't Miss This Show!!

Tickets only \$10 for the ‘Best Show in Town!’ Always new and high energy acts as you like them! See you at the performances in January!!

Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net
Troupe Website: [YouTube.com/user/marinaeugenios](https://www.youtube.com/user/marinaeugenios)



• Veterans •

Colonel Douglas W. Barron, commander of the Ninth Mission Support Group at Beale AFB, will be the featured speaker at the November 17 general membership meeting at 1:00 PM in P-Hall (KS).

He manages a cadre of 1,400 military and civilian personnel, with an annual operating budget of \$33.5 million. The Ninth Mission Support Group provides facilities and infrastructure, communications and computers, security and law enforcement, recreation and services, human resources, contracting and logistics readiness in support of the Ninth Reconnaissance Wing and other units at Beale.



A crew chief prepares a Global Hawk reconnaissance aircraft for launch at Beale AFB (U.S. Air Force photo)

Col. Barron is a master cyberspace operations officer and served as chief of command and control for the Air Force's only B-2 bomber wing. He also served as commander of the presidential communications command at the White House.

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. The current league ends soon, but there will be another one after the holidays. We're looking forward to our annual Christmas Banquet on Saturday, December 9.

During the upcoming busy holiday season, make sure to take time to play.

Come join us in the pool for some good clean fun, get a good low-stress workout, and meet new people. See you in the pool!

Play available (KS):

Open Play: Saturdays 9:00 AM; second, fourth, (fifth) Mondays 5:30 PM

Open/League Play: (all levels): Wednes-

days, 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 •

Our Annual Holiday Dinner Dance & Dessert Buffet will be held on Saturday evening, December 3, at KS (no dance lesson). This event is free to members, guests are \$10. Reservations by RSVP only (no sales at the door). For additional information or to RSVP, contact Dottie (below).

The Tea Dance & Ice Cream Social held in September, and our Halloween Dance & Potluck held in October, were both huge successes.

We will be on a holiday break from the Friday evening West Coast Swing Dance practices during the months of November, December and January. Practices will resume again in February 2012.

If you would like a schedule of our club events for 2012, please contact Dottie.

On behalf of the West Coast Swing Dance Club, we wish all of you Happy Holidays.

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



Kathy & Rene Lopez at the September Tea Dance & Ice Cream Social

Finance

continued from page 7

year-to-date financial statements are available on the Association's website under “Document Library/Financial.”

Due to the Thanksgiving holiday, the next regularly scheduled Finance Committee meeting will be held on Wednesday, November 16, at 9:00 AM.

Sun City Lincoln Hills

New Year's Eve 2012

Saturday, December 31st, 2011

Orchard Creek Lodge

Evening Packages \$65 - \$120

Best of Winemaker's Dinner

This First-Class Experience Includes Four-Courses, Each Expertly Paired and Served at 7:30 in the Cozy Atmosphere of the Solarium.

Comedy Show with Dinner

Laugh Your way into the New Year as Comedian Sean Peabody Takes Center Stage during the 7:30 Dinner in the Ballroom.

Intimate Dinner

Whether You like to Ring in the New Year with a Few or Many, this Dining Package is Sure to Suit Your Needs! Various Dining Accommodations are Available in Meridians & the Pre-Function Area for 8:00 Dinner.

Dancing in the Ballroom 9:00-12:30

Karaoke in the
Community Living Room 9:00-12:00

Mini Comedy Shows at 9:30 & 10:30

Flowing Champagne and Fireworks at
Midnight!

Register at Activities desks. See *Compass* insert for full menus.

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.

Glaucoma Support Meeting

December 14, 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.

LH Retired Law Enforcement Officers Group

Our quarterly breakfast meeting will be November 18, at 9:00 AM at Mimi's Café in Lincoln. Guest speaker will be John Monaco, President of the Placer County Grand Juror's Association and former foreperson for the 2010-2011 Placer County Grand Jury. Call Bob J. McCollum, 408-0621, if you plan to attend.

Italian Club

There may be a chill in the air now but the weather in Reno was perfect for The Great Italian Festival. Everyone enjoyed many traditional foods, events, music, and Italy-related items for sale in the booths set up along downtown streets. Thanks to tour leader Adele Ranellone for making this bus trip a huge success. Can't wait to share the review of our fabulous November Turkey Bingo. This is one fun-filled day no Italian Club member should miss! Our eight-week enrichment course, "Wings Over Italy," began early this month. I will personally attend every class and share the experience with you. If you or your partner is of Italian descent, please do join us. Contact Membership Chair Rose Cesarz at 434-5301. Check our website www.lhitalianclub.com to enjoy all the great photos of past events with their musical presentation and read "il Bollettino," our Club newsletter. Salute!

Lincoln Hills Foundation

Please help us in our continuing effort to fund the many groups that assist our Lincoln seniors by supporting the Lincoln Hills Foundation. Our Annual Fund Drive is in full swing, and your donations enable us to provide solutions to meet the physical and social needs of senior residents in the Lincoln community. Visit our website www.lincolnhills-foundation.org for more information. Donor Forms are also available in the OC forms display rack. You might want to consider an IRA Charitable Distribution (for those over 70½). Contact your financial

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.

November 21 • 2:00 PM Bankers Life, Medicare Changes, Oaks

November 29 • 6:00 PM Dr. Toft, Facial Plastic Surgery, Oaks

December 14 • 9:00 AM-5:00 PM Lifeline Screening, Heights

advisor for further information or call Bob Free at 645-5380.

Lincoln Hills Residents Golf Club

Nine and Dine (in the Sports Bar). LHRGC is hosting its second "all resident golfers invited — handicap or no handicap" holiday tournament on Sunday, November 20. Shotgun tee-off time 1:30 PM Hills course. Non-Summit \$32. Summit \$3. We will meet in the Sports Bar after the tournament for awarding of prizes and dinner from the "Happy Hour" menus which have some great one-half off selections. The name of the game: "Three Blind Turkeys." Make up your own foursome or we will do it for you. Applications are in the Golf Shop or you may request an application from Nadine Buchmiller, nadine@starstream.net. Any interest in golfing in Los Cabos? We are sponsoring a trip February 14-21, 2012 with ILT. Fly non-stop on Virgin America Charter. Only eight spots left. We're happy to send you an information packet. Contact Nadine.

Open Play

Every Sunday from 12:00-4:30 PM in the Cards Room (OC). Bring your cards, board games, dominoes and dice. "Rummikub" "Nationals" and

Mah Jongg tile games are also played. This is an opportunity to meet new friends and have a fun afternoon. All residents are welcome. Tables are first-come, first-served.

Racquetball Group

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

Shalom Group

The fall season started with some rain and then we went back to Indian summer. On Thursday, November 17, we carpool to the former McClellan AFB to visit the Aerospace Museum, where we have a guided tour scheduled at 2:00 PM. I hope that you made your reservation with Gloria Kenma, and that the weather stays dry for the day. December starts with a Woman's Group meeting at Oracle on the 12th at 11:00 AM. Men's Club is taking a pass
continued on page 41

The Lincoln Hills Players

Announce

Auditions

for

"The Disappearance of the Three Little Pigs"

By Billy St. John

Wednesday, November 30

5:00 to 9:00 PM Presentation Hall (KS)

Nursery Land characters, both human and animal, coexist in this goofy 1940's spoof of classic film noir detective stories for grown-up kids. When her triplets disappear, Mrs. Pig hires detective Jack B. Nimble to find them. Jack and his klutzy secretary, Miss Muffet, suspect B.B. Wolf. Characters from Humpty Dumpty and Henny Penny to Jack and Mrs. Sprat become involved in the investigation before Jack finds the missing boys and earns a dubious reward: a kiss from a pig!

For more information, contact Director Dolly Schumacher James at 408-0136, or Producer Marge Sage at 408-0585



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Shari McGrail
916.396.9216



Vicki Pikul
916.257.6788



Gay Sprague
916.316.6845



Holly Stryker
916.960.3949



Mercer Tyson
916.408.1250



Penny Carolan
916.871.3860

Visit our website at: www.CarolanProperties.com for the most current information on the community.

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until next year. Instead of a regular meeting, we are having a Channukah celebration on Tuesday, the 27th, at KS. The festivities start at 6:00 PM. Check the calendar on www.shalomsg.org for updates. Use contactshalomgroup@gmail.com to communicate questions to the group. Membership info: Natalie Flynn.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Fall and winter months we meet at 9:00 AM. For shooting schedule hours, please contact Michael Pargament (info below). Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Each month we also gather at a member's home for hors d'oeuvres and drinks. A great opportunity to enjoy each other's company and meet the members' spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 or Michael Pargament 408-0221, jdparg@inreach.com.

The Travel Group

The Travel Group (www.lhtravelgroup.com) meeting is Thursday, November 17, 7:00 PM, KS. Guest speaker Jay Fehan of Collette Vacations. Trips with openings: Rose Parade (Dec 2011), Hawaii Cruise (Apr 2012), South Africa (Apr 2012), Philly-DC-Williamsburg-Baltimore (May 2012), New Orleans-Memphis-Nashville (May 2012), Northern Europe Cruise (Aug 2012), Amsterdam-Istanbul Cruise w/Turkey Tour (Sep 2012), Sicily (Oct 2012), Palm Springs New Years (Dec), Vietnam / Cambodia/Mekong River Cruise (Jan 2013), South America (Jan 2013), Spain's Costa del Sol/Portugal's Riviera (Apr 2013), Prague-Paris w/ Nuremburg-Luxemburg River Cruise (Sep 2013). Friends and family may



Members of the Travel Group: Italian Lakes Tour and Greek Isles Cruise

join us on any of our trips. See website for details on trips. You don't have to be a member to attend our meetings so please join us for an interesting and informative evening in a travelogue-like format. Committee Member Contacts Karen Foley 645-5411, kfandedf@starstream.net; Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, Sheron5@sbcglobal.net; Louise Kuret 408-0554, lkuret@sbcglobal.net.

Ukulele Club

Do you have an old ukulele lying around and wish that you had someone to play it with or teach you how to play? The little ukulele is enjoying a huge renaissance all over the world. It is easy to play (four strings — four fingers) and fun! A new club is being formed in Sun City Lincoln Hills. It's a club with no invitations or club dues. Just show up and play with us. Making music with friends is infinitely more pleasurable than watching someone else play. We'll play everything from Hawaiian to the Beatles! So come join us on Wednesday, November 30 at 1:00 PM in the Multipurpose Room (KS). Call Ron Peck at 409-0463 if any questions.

In Memoriam

Sandy Frankel

Born and raised in Brooklyn in 1939 and a Californian since 1973, Sandy enjoyed the varied lifestyle of Lincoln Hills. She was especially active in the Ladies Nine-Hole Golf, Tennis, and Bridge Clubs and was a whiz at Mah Jongg. Highly intelligent, she loved to entertain and was a gourmet cook and hostess with a fine artistic ability. She leaves her husband, Arthur, just 12 days shy of their 50th wedding anniversary, their two daughters and one granddaughter, and her sister.

Stephen Postle

Steve had a very interesting life moving from Montana to Haiti, to Venezuela for his schooling, then to Maryland for Prep School. He attended the Montana School of Mines and then went on to study Speech Pathology and then to Law School. He finally settled on teaching special education in Union City, CA where he eventually became an Administrator and Director of Personnel. Steve and his wife, Cleo retired to Lincoln Hills where he was a founding member of the Sports Car Club, President of the Democratic Club, on the board of the Duplicate Bridge Group, and active in the Unitarian Church of Auburn. He and Cleo just celebrated 50 years of marriage. They have one daughter, one granddaughter and many friends.

Paul William Vinson

Paul grew up in South Carolina and enlisted in the U.S. Navy in WWII. He served in the allied invasions of Sicily and several other islands. At Iwo Jima, he witnessed the raising of the U.S. flag from his landing craft. Paul married Faye and they lived in San Francisco and then Concord. He enjoyed the outdoors, hunting and fishing and all kinds of music. He was also active in the Methodist Church. Paul is survived by Faye, his wife of 66 years, one daughter, five grandchildren and one great-grandson.

Robert (Bob) Wilson

Born and raised in Warren, Ohio, Bob graduated from Kent State after proudly serving in the U.S. Navy during WWII. He was very patriotic and enjoyed history, traveling, music and antiques. While working for Physics International in San Leandro, he volunteered as an usher at the San Francisco Opera. Here Bob participated in "Music Just For Fun" and attended SIRS meetings. He leaves his dear wife, Barbara, two daughters, two stepsons, eight grandchildren and four great-grandchildren.

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



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Special Events & Bus Trips

The Players Group Presents — "Christmas Belles"

Thursday, November 17, 7:00 PM

Show Only — 5131-9A

Friday, November 18, 7:00 PM

Show Only — 5131-9B

Saturday, November 19, 2:00 PM

Matinee Show Only — 5131-9C

Saturday, November 19, 7:00 PM

Show Only — 5131-9D

Get in the mood for the holiday season with the Lincoln Hills Players Group presentation of *Christmas Belles*. This is a southern farce featuring squabbling sisters, family secrets, a surly Santa, vengeful sheep and a reluctant Elvis impersonator during a church Christmas program that spins



hilariously out of control in Fayro, Texas. The outrageously funny cast includes Bob Dale, Jeri Ferris, Steve Garavito, Judith Jesness, Bob Murdock, Ken Reiss, Peggy Schechter, Pat Shafer,

Ginny Sutherland, Barbara Swerdlow and Karen Ulijohn, and the fabulous Red Hat Carolers. The show is written by one of America's most popular comedy writing teams and directed by Diane Bartlett. Evening performances start at 7:00 PM, with doors opening at 6:30 PM. Doors will open at 1:30 PM for the 2:00 PM matinee on Saturday, November 19. \$12. OC Ballroom. Now open to guests.

San Francisco International Auto Show at Moscone Center

Monday, November 21 — 1761-09

A new destination! For new car enthusiasts and the curious, we are off



to San Francisco for the 54th annual San Francisco International Auto Show. The

show features the newly-designed 2012 vehicles from over 30 major manufacturers. There are no advance ticket sales; you must purchase your

own admission (\$9 per person) upon arrival at the Moscone Center. Food options available within the Center or have your hand stamped for readmission and enjoy dining anytime at one of the nearby restaurants. Leave OC 10:00 AM, return ~ 7:30 PM. \$37 (does not include admission). RSVP

◆◆ Now.

Apple Hill and Jodar Winery

Tuesday, November 22 — 1820-09

First stop on this beautiful fall ride to the foothills' Apple Hill area is High Hill Ranch. Purchase fresh apples and apple products — maybe an apple pie for Thanksgiving — and other specialty items in their shop. Enjoy a hosted lunch at the Pie House Restaurant complete with *Quarter Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, Apple Pie a la Mode* and



beverage. There will be time for more shopping before departing for Jodar Vineyard and Winery tasting room. Taste handcrafted wines produced in small lots to achieve the Jodar-style balance of bold fruit with graceful oak tones. This winery specializes in red wines and has limited tastings of white wines. Leave the Lodge 9:30 AM, return ~ 5:30 PM. \$50 (includes lunch, an apple fritter to take home, tastings, wine glass). RSVP ◆◆ Now.

Gold Country Casino in Oroville

Monday, November 28 — 1920-09

A new gaming opportunity — Gold Country Casino in Oroville — about 70 miles north of Lincoln. The ride takes about one and a half to two hours and is followed by a four-hour visit at the Casino. Many gaming options are available along with dining on your own at the buffet or other fine dining options.



Upon arrival, you will receive \$10 play card. A great, inexpensive getaway for the day! Leave OC at 9:30 AM, return ~ 5:30 PM. \$18. RSVP ◆◆ Now.

Second Show Added! The Mentalist Mark Stone:

"ESP and Mindreading Show"

Tuesday, November 29,

4:30 PM — 5059-09B

7:00 PM — Sold Out

Residents describe the past two sell-out shows as the most amazing and entertaining demonstration of mental gymnastics ever! Don't miss *Mentalmania!* Mark Stone performs the "funniest mindreading and E.S.P. show in



America today," astounding audiences as he read minds, makes predictions, and "sees" with his fingertips while blindfolded. He leaves audiences in

disbelief demonstrating super memory, clairvoyance, and telekinesis. Mark has made television appearances with Johnny Carson, Oprah, Regis Philbin, and Maury Povich. Do not confuse him with a psychic, this is a thought-provoking experience with a world renowned performer. New surprises are in store for repeat patrons! Performance 4:30 PM, P-Hall (KS) \$13.

Holiday Dinner Dance with The Freestyle Band

Friday, December 2 — 5012-10

Celebrate the holidays with friends and loved ones while you enjoy a delicious plated dinner and dancing with this live band. Cheryl Tiburzi and The Freestyle Band are back with their unique variety of musical styles:



classic rock, big band, contemporary pop, blues, Latin and jazz. If you are buying a table

with others, please have a complete list of guests at your table and their food choice upon registration. Complete menu at the Activities Desk. No-host bar at 5:30 PM, dinner at 6:00 PM, dancing 7:00 -10:00 PM. OC Ballroom. \$39. Tickets are selling fast! Now open to guests.

**Kilaga Springs — At the Movies!
“DaVinci Code”**

Monday, December 5 — Free



PG; 127 minutes. “DaVinci Code” stars Tom Hanks and Audrey Tautou. Mystery/Thriller. Show 1:30 PM. P-Hall (KS). Free.

**Eldorado “Peter Pan”
and Vintage Car Museum
Overnight • Wednesday/Thursday,
December 7-8 — Cancelled**

Treat yourself to dinner and show at the Eldorado Hotel & Casino in downtown Reno, located three blocks from the Truckee River. Arrive at the Casino with time for gaming or a river stroll before enjoying a delicious buffet dinner, followed by a performance of “Peter Pan” **CANCELLED** magical story of a boy who never grew up. After the show, join the cast for holiday caroling. On Thursday, start with a breakfast buffet (included), followed



by a visit to the world-famous National Automobile Museum (formerly the Bill Harrah collection). Step into a fantasy world of period street scenes from the 20th century featuring over 200 rare, experimental and one-of-a-kind cars. The collection includes Al Jolson’s 1933 Cadillac V-16, Lana

Turner’s 1941 Chrysler, and James Dean’s 1949 Mercury from “Rebel Without a Cause.” Next, we’ll stop at the “Legends” outlet mall in Sparks for lunch-on-your-own and Christmas shopping before heading home. Hotel, show, dinner, breakfast, museum ticket, taxes, hotel portage and gratuities included. Leave OC at 1:00 PM December 7, return ~ 6:00 PM on December 8. \$145 per person double occupancy; \$165 single.

**Kilaga Springs Music Night
Presents the Doug Pauly Group
with Meleva Steiert
Friday, December 9 — 5050-10**



The most requested group from our Music Night line-up is back for a repeat performance, the Doug Pauly Group with guest vocalist Meleva Steiert. The program includes various styles of American song: jazz, contemporary, Latin and some holiday tunes. A professional guitarist since 1971, Doug Pauly arranges and performs his own music, from George Gershwin to Jimi Hendrix. Meleva Steiert is a vocal instructor with the Sacramento Music Circus Summer Workshop and performs with many local groups. Concert 7:00 PM. P-Hall (KS) \$11. Now open to guests.

**Cornish Christmas at Grass Valley
Friday, December 9 — 1854-10**

Lots of walking, uneven crowded streets, wear comfortable shoes; dress warmly in layers. Recapture the spirit of Christmas past in historic



downtown Grass Valley. Downtown will be closed to motorized traffic and filled with tiny white lights and sights & sounds of an old-fashioned Christmas — carolers, gospel music, carriage rides, cloggers, bell ringers, harp music and, of course, Santa Claus. Delicious food and drink can be purchased (on your own) from a number of fine restaurants or food vendors who share the streets with hand-craft vendors and holiday shoppers. Leave the Lodge at 4:30 PM, return ~ 10:00 PM. \$23. RSVP ♦♦ by 11/15.

**Champagne Brunch & Loomis Basin
Holiday Home Tour
Saturday, December 10 — 1852-10**

Get into the holiday spirit on the Loomis Basin Holiday Home Tour. Five homes decked out for the holidays will be featured including charming, historic homes along with lavish, modern homes. Begin with a special seating in the Sports Bar at Meridians



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. Resident I.D. is required for registration. *If an activity/class is cancelled, a refund will be given. No other refunds will be given.*

WANT TO SELL? Please contact the Activities Desk (OC/KS) if unable to attend an event, trip or class.

WEATHER: Association trips and events

REMINDERS

are held regardless of inclement weather.

RSVP DATE ♦♦: If a RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After that 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. If no RSVP date is listed, residents may purchase an unlimited number of tickets. 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.

for Champagne Brunch followed by the tour. Featured on the tour is the historic English Colony Clubhouse once the social headquarters for Citrus Colony in what is now Penryn. Constructed from locally-quarried granite, the home has been restored and has great valley views. The tour is supported by Loomis Basin Education Foundation for the improvement of educational opportunities for the district's children. We will tour each home for about 30 minutes. Wear comfortable walking shoes and be aware there may be steps on the tour. Brunch begins at 9:45 AM. Leave the Lodge following brunch at 11:00 AM and return ~ 5:00 PM. \$72 includes the champagne brunch and tour. RSVP ♦♦ by 11/21.

Lincoln Hills Chorus Presents "Celebrate the Season"

• **Sunday, December 11**
2:00 PM Show Only — 5011-10ASH
Meridians Lunch &
Show Package — 5011-10APK

• **Monday, December 12,**
7:00 PM Show Only — 5011-10BSH
Meridians Dinner &
Show Package — 5011-10BPK

• **Tuesday, December 13,**
7:00 PM Show Only — 5011-10CSH
Meridians Dinner &
Show Package — 5011-10CPK

"Celebrate the Season" with the 120-member chorus performing an



eclectic blend of holiday songs. Hear favorites such as "When I Hear Those Jingle Bells," "Angels We Have Heard On High," and "There's No Place Like Home For The Holidays." The tenors / baritones / basses will sing "An Elvis Christmas," and the sopranos and altos will harmonize "Lullay Alleluia." The chorus is directed by Bill Sveglini with piano accompaniment by John Hersch along with guest instrumentalists. For those who wish to have lunch or dinner at Meridians before

the concert, including the convenience of reserved front section Ballroom seating, we offer limited show packages for all performances. Please visit the Activities Desk for the special menu and provide a meal choice of *Salmon Fillet* or *Pork Tenderloin* when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Matinee, 2:00 PM and Evening shows, 7:00 PM. OC Ballroom. Show-only tickets \$12. Show Package \$41. Now open to guests.

"Every Christmas Story Ever Told... and then some" at Capital Stages Wednesday, December 14 — 1851-10



Instead of performing Charles Dickens' beloved holiday classic for the umpteenth time, three actors decided to perform "Every Christmas Story Ever Told" – which is a fast, fond, and furious look at the holiday traditions we all remember (and a few we'd like to forget!). From Tiny Tim to the Grinch, from Frosty to "It's a Wonderful Life," nothing is spared in this rollicking tour de farce! See Christmas traditions around the World! Discover the origins of Fruitcake! No holiday tradition is left out of this classic to end all holiday classics at the new Capital Stage's midtown

home, 2215 J Street. Arrive in time for dinner on your own prior to the 7:00 PM performance. Check your receipt for the popular restaurant options in the area. Leave OC at 4:15 PM, return ~ 10:30 PM. \$48. RSVP ♦♦ by 11/18.

San Francisco for the Day Saturday, December 17 — 1842-10



See San Francisco at its finest with holiday lights aglow and music in the air. These

REMINDERS

SPECIAL ACCOMMODATIONS: We strive to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. For **Events**, special needs patrons will be seated first. For **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 beyond the OC Fitness Center (The Wave) unless noted otherwise. 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.



*Meridians
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Feast*

*Thursday November 24th
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- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

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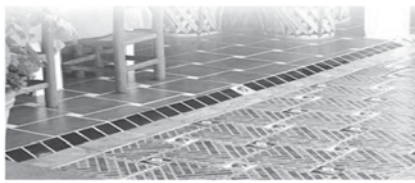
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Holiday Community Celebration • Thursday, December 15 — Free

Appreciate the beautifully-decorated OC Lodge, visit with neighbors and enjoy light refreshments during a Holiday Community Celebration from 3:00-5:00 PM in the Community Living Room (OC). Staff, Board, Committee members and other



volunteers will be on hand to share in the joy of the season and celebrate work well done in 2011. Enjoy music by the Lincoln Hills Brothers and Sunny Singers. The Tour de Lights event held last year was very popular. If you plan to decorate the outside of your home and want to make your address public for the Tour de Lights at Lincoln Hills, please submit your address and Village number to our Activities

Desk or email the information to Sarah.Ebster@sclhca.com by December 11. Staff will compile a list of decorated homes and make the list available to residents during this Holiday Community Celebration. Unfortunately renting buses to tour us around the neighborhoods like last year is too costly, so we encourage you to carpool with friends and neighbors to see the lights in the community.

day trips are yours to do as you wish. There will be opportunities for last-minute holiday shopping as this trip will drop you off at Westfield Shopping Center in downtown San Francisco. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ by 12/2.

Date Change! Victorian Christmas Sunday, December 18 — 1862-10

Lots of Walking, uneven crowded streets, wear comfortable shoes, dress warmly in layers. A favorite with our residents. During the event, Nevada City's landmark historic district is closed to motorized traffic and transformed back in time to capture



the romance of an old-fashioned holiday. Holiday celebrants fill the streets, sampling outdoor fare of friendly hawkers and vendors

with food and goods offered by downtown restaurants and specialty shops. Christmas melodies, costumed characters and the glow of gas street-lights remind visitors of another time and place. Dinner on your own. Leave OC at 12:30 PM, return ~ 7:30 PM. \$23. RSVP ♦♦ by 11/30.

San Francisco Shopping Thursday, December 22 — 1841-10

Lots of Walking! Last chance for last-minute holiday shopping! See San

Francisco at its finest with Union Square stores decorated for the



holidays. Join in the holiday hustle and bustle without having to worry about driving and park-

ing. Get your Macy's 10% discount card for the day as you board the bus. Our coach will meet you at 2:00 PM in front of the St. Francis Hotel (Post & Powell) to load your packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:30 AM, return ~ 7:00 PM. \$34. RSVP ♦♦ by 12/9.

Red Hawk Casino Thursday, December 29 — 1940-10

Ready to get away for the day? Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a nonsmoking extensive buffet and offers our passengers \$15 free play money. 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 12/15.



Masters of Venice at de Young Museum Tuesday, January 3 — 1762-11
Renaissance Painters of Passion and Power is a worldwide exclusive presenta-

tion of 50 paintings by 16th century Venetian painters Titian, Giorgione, Veronese, Tintoretto, Mantegna and more, all on loan from Kunsthistorisches Museum in Vienna. Featured are outstanding examples of the work of these artists — collected by archdukes and emperors of the Habsburg family — which are among the most



celebrated holdings in the Museum's collections. Together these paintings represent the range of Venetian accomplishment in Renaissance-era painting. Bring your own lunch or enjoy lunch at the museum café. Price includes audio headset for use at the museum. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$63. RSVP ♦♦ by 12/9.

The Vaudeville Troupe's "The Cavalcade of Stars"

Friday, January 6
2:00 PM Show — 5006-11A
Friday, January 6
6:00 PM Show — 5006-11B
Saturday, January 7
2:00 PM Show — 5007-11A
Saturday, January 7
6:00 PM Show — 5007-11B

Lincoln Hill's popular and "outrageously entertaining" Vaudeville Troupe returns to the Presentation Hall (KS) "Cabaret-style" stage to present their old-time Vaudeville Show, "The Cavalcade of Stars." This



high-energy, non-stop action extravaganza encompasses all entertainment genres from hilarious never-before seen Vaudeville comedy skits and

Lincoln Hills New Year's Eve Spectacular
Saturday, December 31, Orchard Creek Lodge
Solarium Winemaker's Dinner — 5031-10WM
Ballroom Comedy Dinner Show — 5031-10COM
Meridians — 5031-10MER
Pre-Function — 5031-10PF

New Year's Eve 2012 will be "Spectacular!" at Lincoln Hills with new party options for you and your guests. Customize your celebration with food, music and laughs before the clock strikes midnight. For wine lovers, experience the "Best of Winemaker's Dinner" with a four-course meal and an exceptional pairing of wines from Chef Roderrick in the Solarium. Headliner Sean Peabody will have you laughing during the one-hour Comedy Dinner Show in the Ballroom. For those who would like to have an intimate dinner with close friends, select your favorite entrée and seating in either the Pre-Function Area or Meridians. After dinner, everyone will enjoy dancing with DJ Greg of Music to Go, karaoke in the Community Living Room and 30-minute comedy stints in the Sports Bar. Champagne will flow before the clock strikes midnight

as you watch the night sky light up with a magnificent Amphitheater fireworks display to ring in the New Year. Guests may choose their tables during registration. Resident must provide all the names and entree selections as well as seating location for their party. Tickets for the Best of Winemaker's Dinner and Comedy Dinner show are exclusively available at KS; Tables at Pre-function and Meridians will be on sale only at OC. Tickets required for entry. No refunds. Menus available at the Activities Desks. For Winemaker's Dinner and Comedy Dinner Show guests, doors open 7:00 PM, dinner 7:30 PM. For Meridians and Pre-Function guests, doors open 7:30 PM, dinner served 8:00 PM. Dancing 9:00 PM-12:30 AM, Karaoke 9:00-12:00 AM, Mini-Comedy Shows at 9:30 PM and 10:30 PM, Fireworks display at midnight. Tailored dinner options start at \$65 per person. Join friends and family for a night like no other!



Vaudeville Ponies to talented vocalists and creative novelty numbers. The program includes a stunning tribute to "South Pacific," including "Bali Hai," "A Cockeyed Optimist," "Ain't Nothin' Like a Dame," and more. The Vaudeville Show is outrageous fun with a Troupe of performers that engage and interact with the audience. Four shows only that always draw sell-out crowds. Arrive early as seating is first-come, first-served for all shows. P-Hall (KS) Shows at 2:00 PM and 6:00 PM. \$10.

Reno – Silver Legacy
Tuesday, January 10 — 1775-11

Take in beautiful views of wonderful snow-capped mountains as your coach takes you to Reno. We are again offering a trip to the Silver Legacy for a day of sight-seeing, gaming, lunching, people watching and excitement. You will receive \$10 cash back and a \$5 food coupon to enjoy during the day. Leave the Lodge at 8:00 AM, return ~ 6:30 PM. \$27. RSVP ♦♦ by 12/19.



New Resident Orientation
Tuesday, January 17

Offered quarterly and designed for all new homeowners to 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.



Comedy Night at Kilaga Springs
Tuesday, January 17

6:00 PM performance — 5017-11A
8:00 PM performance — 5017-11B
 Headliner Del Van Dyke is the winner of the Sacramento, Spokane and Alameda County Comedy Competitions, as well as Reno Harrah's Search for the Stars Competition. For over 20 years he has performed in comedy clubs, casinos and for troops overseas. Del has appeared on Showtime, A&E and Comedy Central. Show opener Mike Betancourt. P-Hall (KS). Early registration discounted rate November 17-December 14, \$8. After December 14, \$10.



Pissarro's People at Legion of Honor

Thursday, January 19 — 1841-11

This exhibition offers a ground breaking perspective on Camille Pissarro (1830-1903), the painter and print-maker best known for his large body of landscapes and urban views. This



exhibit brings together more than 100 oil paintings and works on paper from public and private collections around the world. He died a Danish citizen in Paris on November 13, 1903. His lifelong interest in the human condition is unique among impressionist landscape painters. Enjoy a coffee break, lunch or afternoon tea on your own at the Legion of Honor Cafe and Garden Terrace overlooking the Pacific Ocean. If you wish you may bring your own lunch. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$56 includes audio headset for use in the museum. RSVP ♦♦ by 12/30.

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"Mostly Broadway" with Award-Winning Broadway Star David Burnham

Monday, January 23 — 5023-11

The critically-acclaimed New York Broadway Star you couldn't stop talking about is back! Award-winning singer and actor, David Burnham, has starred in the mega-hit "Wicked,"



"The Light in the Piazza," "Joseph and the Amazing Technicolor Dreamcoat," and most recently "Les Misérables."

In "Mostly Broadway" he delights the audience with tales of the Great White Way and the millions of lights on theater marquees and billboard advertisements that illuminate Times Square and beyond! Experience David's astounding vocals and original works, as he presents songs from his new CD produced with television and film composer Mark Vogel, who will accompany him on the piano. Ballroom (OC) 7:00 PM. Early registration discounted rate November 17-December 14, \$13. After December 14, \$16.

Benicia Glass Tour and Lunch

Thursday, January 26 — 1763-11

Join us for our second exciting and educational tour of Benicia Glass Factory in charming downtown Benicia.



Begin with a private glassblowing demonstration at world-famous Nourot Glass Studio that specializes in Venician-style techniques brought from Italy. You'll have time to shop for fine art gifts — exquisite vases, bowls, glasses and paper weights before lunch at the historic Union Hotel for lunch. Gabriel, chef-owner of the hotel's restaurant, will prepare a delicious meal, your choice of *Ravioli*, *Fettuccine with Filet Mignon Nuggets* or *Penne Pasta with Chicken Breast, Cheesecake with Raspberry* or *Chocolate Sauce and coffee, tea or soft drink*. After lunch, stretch your legs and wander through quaint an-

tique stores, art galleries and shops. Tour, meal, tax and tip are included. Leave OC at 8:00 AM, return ~ 5:00 PM. \$61. RSVP ♦♦ by 1/3.

New Destination! Horizon Casino at South Shore Lake Tahoe

Tuesday, January 31 — 1800-11

Walking distance from Harveys, Harrahs and MontBleu, this new



destination for us has an exciting arcade, an eight-plex movie theatre and restaurants The Town Square Buffet, Four Seasons Coffee Shop and Starbucks.

Trip includes a six-hour stay and the scenic ride to and from Lincoln. Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. RSVP ♦♦ by 1/6/12.

Kilaga Springs Music Night Presents Patchouli Trio

Tuesday, January 31 — 5031-11

Music Night brings back the Patchouli Trio to play all the songs you love to sing along to. After many years of playing in "The Cast Musical Band,"



they decided to follow their passion and go acoustic. Their specialty is old and new folk music with vocals, guitars and bass, with featured electric guitar and drums prerecorded by Terry. The program includes The Beatles' "In My Life," Aretha Franklin's "Chain Of Fools," the Jeff Healy Band's "Angel Eyes," Simon and Garfunkle's "Mrs. Robinson," and many more. The lead vocals of Sana Christian and Terry Allwein won you over after their Ballroom performance last year and will bring some new harmonies for this performance. Concert 7:00 PM. P-Hall (KS). Early registration discounted rate November 17-December 14, \$10. After December 14, \$12.

Chinese New Year

Sunday, February 19 — 1920-11

Come celebrate Chinese New Year with popular step-on guide, Jerry

Moorman who will lead the enchanting tour of San Francisco's Chinatown. Chinatown is one of the oldest and most colorful neighborhoods of San Francisco. Learn how the Chinese have influenced the development of California. After a wonderful



Chinese family-style lunch at Louie's, take a short walking tour with Jerry. We end the day with a special drama performance of "Profession Ming's Mansion." This play follows the life of a prominent physician whose compassion and generosity to the poor seem to inspire all around him. But what schemes are being plotted behind those walls? Presented in English and Cantonese, this play is filled with music, song, dance and action. Leave OC at 8:30 AM, return ~ 7:00 PM. \$72, includes lunch and performance. RSVP ♦♦ by 2/1.

Rigoletto by Giuseppe Verdi at Sacramento Opera

Sunday, February 26 — 4600-11

A court jester procures women for the amusement of the Duke of Mantua, but he carefully guards his daughter, Gilda, from the evils of the world. She falls prey to the charismatic Duke, however, and nothing can fully prepare us for the horror *Rigoletto* discovers while exacting his revenge on the Duke. One of the most frequently performed operatic works in the international repertory. We have obtained orchestra tickets for the 2:00 PM performance. Leave OC at 12:30 PM, return ~ 6:30 PM. \$91. RSVP ♦♦ by 2/3.



Broadway Sacramento 2011-2012

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of

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



• **West Side Story**
Tuesday,

January 24, 2012 — 4563-05C

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



• **Mamma Mia!**
Tuesday,

March 13, 2012 — 1790-06

Mamma Mia!, the ultimate feel-good show, has audiences coming back again to relive the thrill. Have the time of your life at this smash hit musical that combines ABBA's greatest hits, including "Dancing Queen" and "The Winner Takes it All," with an enchanting tale of love, laughter and friendship. RSVP ♦♦ by 2/24/12.

• **Million Dollar Quartet**
Tuesday,

April 17, 2012 — Sold Out!

• **Wicked • Tuesday,**
May 29, 2012 — Sold Out!

• **Additional Date and Price**
Wicked • Tuesday,
June 12, 2012 — 4563-05E1

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One — born with emerald green skin — is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow



to become the Wicked Witch of the West and Glinda the Good Witch makes for a wonderful musical. On Broadway and around the world, Wicked has worked magic on critics and audiences alike. \$101. RSVP ♦♦ by 4/1/2012.

Sold Out Trips/Events Thru December 20

Trip/Event • Date • Departure Time

- San Francisco Shopping November 16, 8:30 AM
- The Mentalist Mark Stone: "ESP and Mindreading Show" Tuesday, November 29, 7:00 PM
- Speaker Series – David Gergen – November 29 – 6:45 PM
- 100 Years of Broadway at Three Stages – December 4 - 5:30 PM
- Winter Crush – December 10 – 8:00 AM
- Hometown Christmas; Three Stages December 18, 12:30 PM

Art Classes

—Drawing—

Contour Drawing and Other Lines
Wednesday,

January 4-25 — 1013-11A

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions). Do you want to draw anything quickly and successfully? Discover contour drawing and express form, mass, weight, space and distance effortlessly. Expand your drawing technique through enjoyable exercises and a variety of themes, Explore many types of lines available: organizational, expressive, structural, curving, intuitive, intellectual, empathic, calligraphic, spatial, free-spirited, rhythmic, etc. All levels welcome. A supply list will be available upon registration. RSVP ♦♦ by 12/28.

Portrait Drawing from the Model
Wednesdays,

January 4-25 — 1013-11B

1:00-3:30 PM (OC). Instructor: Claire Michelet, cmichelet@earthlin.net if

questions. \$60 (four sessions). Model fee \$12-20 (depending on number of students). Sketch and draw portraits from a live model. Find the essential of an expression or movement by doing quick sketches. Practice lines, values, shading, and volumes drawing longer poses. Model present during all sessions. RSVP ♦♦ by 12/28. *Note: If interested in becoming a model for class, contact the instructor.*



Ornamental Letter

Saturday, January 14 — 1013-11C

9:30 AM-3:30 PM (OC). Instructor: Claire Michelet. \$39. Discover the beautiful art of decorative motifs and ornamental lettering. Create a special project: a large ornamental initial letter, with colors of your choice. Learn how to compose your letter and use watercolor, colored inks, or acrylic paint, with a touch of gold if you like. All levels welcome! A supply list will be given upon registration. RSVP ♦♦ by 1/7.

—Oils, Pastels & Acrylics—

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November 30-

December 28 — 1031-10

Or January 4-February 1 — 1031-11
9:00-11:30 AM (OC). Artist and resident Tom Proctor. \$52 – November class (four sessions, no class December 21) or \$65 – January class (five



sessions). Choose Oil or Acrylic. Complete original paintings based on own or instructor's photos. Analyze ("read") paintings by well-known artists. Understand what makes an ideal composition. First-time students will be contacted by instructor to spend time with him reviewing a notebook composed for their use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ♦♦ by 11/23 or 12/26.



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

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Painting Pastels and Oils with Joan Mondays, November 28-December 19 — 1050-10
Or January 2-30 — 1050-11

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$52 – November class (four sessions). \$65 – January class (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 ♦♦ 11/21 or 12/26.

Watercolor Batik Painting Demo with Anthony Rogone
Wednesday, February 8 — 1110-11

1:00-3:00 PM (OC). Free. Watch local artist Anthony Rogone demonstrate the ancient art of Batik, a watercolor



painting technique adapted from what is traditionally done on silk with dyes and wax. Anthony will show the infinite possibilities of this art form using Japanese rice paper, watercolor paints, paraffin and beeswax. Depending on resident interest and participation shown at this demo, we hope to announce future classes of this unique art form. RSVP ♦♦ by 2/1.

—Mixed Media—

Mixed Media Collage • Thursdays, January 12-26 — 1140-11

9:00 AM-12:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and improvisational fine art class will show you how to turn "found objects" and recyclables such as magazine pages, wrapping paper, beads and trinkets into mixed media collage art and unique 3-D pa-

per assemblages, suitable for framing. Collage art is free-spirited and inven-



tive, using your favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there

is no possibility for a mistake in creating this artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists. Ask for a supply list at registration. Questions? Call Jo at 543-1357. RSVP ♦♦ by 1/5.

Bridge Classes

Beginning Bridge with Gayle
Tuesdays, January 17-
March 20 — 1510-11A

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$60 (10 sessions.) This class is an introductory course for people who have never played Bridge but think they might like to learn it.



Bridge is considered by many to be the most challenging card game in the world. Have you ever held a handful of diamonds? Do you have a heart? Would you like to have two black suits? How about a dummy for a partner? Sign up and check it out. You may discover a new passion that gives your brain a workout! RSVP ♦♦ 1/10.

Bridge Plus with Laurie
Thursdays, January 19 -
March 22 — 1510-11B

12:30-2:30 PM (KS). Instructor: Laurie Vath. \$60 (10 sessions.) Previously called Beginning Bridge Plus, this class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This is the same syllabus as the class previously taught by Gayle. This ten-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time per-

mits. Learn more to help you enjoy the wonderful, challenging game of bridge. RSVP ♦♦ 1/12.

Ceramics Classes

—Lladro—

Lladro Workshop • Wednesdays, December — 2063-01L
January — 2064-01

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.

Spanish Oil Painting • Wednesdays
January 4-February 1 — 2061-11

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



classes in order to complete first-time instruction and project. Lladro requires a steady hand and 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 12/28.

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—Pottery—

Beginning/Intermediate Ceramics with Jim • Tuesdays

January 3-31 — 2012-11A

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



ics make Jim an excellent instructor with expertise

in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 12/26.

Advanced Ceramics • Tuesdays

January 3-31 — 2012-11B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 12/26.

Beginning Hand Building Potter's Wheel Techniques with Terry

Thursdays,

January 5-26 — 2011-11

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions).

Open to all skill levels. This class will introduce hand building techniques and working on the potter's wheel for those interested. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you



work independently on any project you choose. Frequent demonstrations are given introducing new and exciting projects. **New students:** please ask for supply list when you register. RSVP ♦♦ by 12/29.

Computer Classes (PC & Mac)

iPad Class

Sunday, January 8 — 2523-11

1:00-4:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad than you ever thought possible. Learn all about iOS5 (the operating system for this device) settings, like Air Play and Air Print. This class will demonstrate the many settings and applications on the large screen in P-Hall. Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that 'stuff' into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad; we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP ♦♦ by 12/26.



—Microsoft 2007—

Excel Basics

Mondays & Wednesdays,

January 9-18 — 2640-11

9:00-11:00 AM. (OC). Instructor: Angela Blas. \$50.(four sessions). It's the first of the year and you know what that means! Time to get your "stuff" together for 2009 Taxes. This class introduces the basics of Microsoft Excel. With this knowledge you can begin to organize your tax information as well as many other financial papers such as Budgets whether personal or for a group. During class we will review Excel 2007 and go over the differences you need to know for 2010. You will learn how to use Excel, everything

from entering data into a spreadsheet to simple formulas and basic arithmetic functions. We will also practice formatting the 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 — see, not too scary. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 1/2.



MS Word Mail Merge Mondays & Wednesdays, November 28-

December 7 — 2650-10

9:00-11:00 AM (OC). Instructor: Angela Blas. \$48 (four sessions). **Prerequisite:** Some experience with MS Word. Designed to provide students with knowledge and practice to execute Microsoft Word's mail merge, learn to create labels, form letters, club documents, etc. Mail merge is a great tool to use for all the holiday cards you will be sending. RSVP ♦♦ by 11/21.

— Social Networking —

Facebook 1: Getting Started Tuesday & Thursday

December 6 & 8 — ~~Cancelled~~

9:00 AM-12:00 PM (OC). Instructor: Cami Cordell. \$36 (two sessions).

Prerequisite: Student must have an email account and bring their email password to class. Want to reconnect with long lost friends but don't know how or where to **CANCELLED** Get into Facebook, a fun way to search and reconnect with friends, old school chums, grandchildren and family across town or continents. Learn the basics: how to sign up, set up a profile, post first comments. Create an event, post a picture, and invite friends to your Facebook site; more if time permits. Class will offer two hours of lecture and one-hour lab practice per meeting. \$2 fee for handouts payable to instructor.



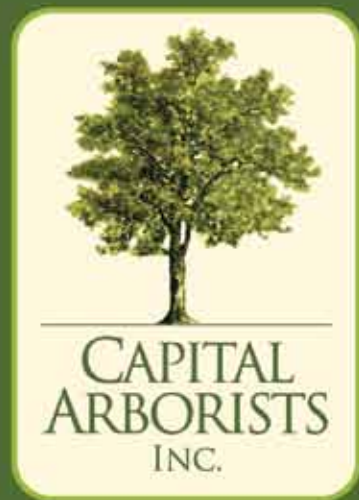


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—Genealogy—

Genealogy is the fastest growing hobby in North America. The following three classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives. Each session will include two hours of lecture and one hour of



student-monitored exercise with the instructor available for questions and answers. Please bring

a flash drive to class with you so you can take home any work accomplished during class. **Prerequisites:** You should possess basic computer skills and feel comfortable using an Internet browser before enrolling in these classes. For the GEDCOM class you should also feel comfortable using one of the popular family history programs.

GEDCOM – Exchanging Data Between Family History Programs **Friday, January 6 — 2690-11A**

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. GEDCOM, an acronym for Genealogical Data Communication, is a specification to provide a flexible, uniform format for exchanging computerized genealogical data. The purpose of a GEDCOM file is to foster the development of a wide range of inter-operable software products to assist genealogists, historians, and researchers. Most popular genealogy family history programs support importing from and/or exporting to the GEDCOM format. In this class you will learn how to import and export information between the three most popular family history programs — Family Tree Maker, Legacy Family Tree, and RootsMagic. RSVP ◆◆ by 12/30.

Getting More out of Ancestry.com **Friday, January 13 — 2690-11B**

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these

millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ◆◆ by 1/6.

Searching Like a Pro **Friday, January 20 — 2690-11C**

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. In the fall of 1999 the Google search engine went live and immediately changed the way researchers searched the web. At the same time the electronic availability of family records on the Internet literally exploded.



Today millions of genealogists use Google to search the Internet not only for family surnames but also information about the lives of their ancestors. In this class you will learn how to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class, tips and tricks presented in this class will be equally applicable to anyone searching the Internet. RSVP ◆◆ by 1/13.

—Digital Photography—

Digital Photography **Monday, Wednesday, Friday** **January 9, 11, 13 — 2620-11**

9:00-11:30 AM (OC). Instructor: Roy Salisbury. \$45 (three sessions). Are you tired of not knowing how to use your digital camera? Take this class and learn from our new instructor! Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, as well

as what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. \$2



handout fee payable to instructor. *About the instructor:* Roy got his first camera as a young boy and fell in love with the hobby. He is an adjunct instructor at many

local schools and American River College for the past 12 years and came highly recommended by residents. RSVP ◆◆ by 1/2.

Photoshop Elements 9 – Level I **Monday, Tuesday & Wednesday** **January 23, 25 & 27 — 2522-11**

10:00-12:30 PM (OC). Instructor: Roy Salisbury \$45 (Three sessions). The number one consumer photo editing software, Photoshop. Learn hands-on how to improve and be creative with your photos. Repair or restore photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 10.0 owners. After class, students may access PC lab to work on photo projects. **Prerequisite:** Basic computer knowledge recommended. \$2 handout fee payable to instructor. RSVP ◆◆ by 1/16.

Picasa **Thursday, Friday & Saturday** **January 19, 20 & 21 — 2570-11**

9:00-10:30 AM. Instructor: Len Carniato. \$60 (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, an excellent, intuitive and free program to organize, edit, email and share your pho-

tos. 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, Copy and Paste. RSVP ♦♦ by 1/12.

Dance

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

—Clogging—

Clogging with Janice • Tuesdays, January 3-31 — 3571-11A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). **Prerequisite:** Instructor's approval and/or previous clogging experience. Must be proficient in Beginning Clogging steps. This fun class will stimulate your dancing skills. More steps and dances, an ongoing class. RSVP ♦♦ by 12/27.

Beginning Clogging/Technique Class • Tuesdays,

January 3-31 — 3571-11B

12:00-1:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). Open to new students. Clogging helps reduce dementia and stimulates the brain. Returning students can hone their skills during technique time. Janice is a certified clogging instructor with 30 years of teaching experience. Clogging is an American Folk Dance with roots in many dances traditions — Irish, Scottish, German, African, Indigenous Peoples of America and it's one of our noisiest traditions. Clogging is a toe-tappin', hand-clapping good time for all. It is not as hard as you think and we give you low impact

clogging. No special shoes required; flat-soled shoes recommended or "tennis" shoes. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we'll have lots of fun. RSVP ♦♦ by 12/27.

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, January 10- February 28 — 3573-11A

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 1/3.

Clogging Performance • Tuesdays January 10- February 28 — 3573-11B

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 1/3.

—Line Dance—

Intro to Line Dance Thursdays, January 5- February 23 — 3605-11A

4:30-5:30 PM. (KS) Instructor: Yvonne Krause. \$48 (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 Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future.

RSVP ♦♦ by 12/29.

Line Dance I/Beginner with Audrey Thursdays, January 5- February 23 — 3603-11A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). Class is not for newbies in the dance. Class reviews fundamentals of line dancing, including basic steps such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, you should start with Intro to Line Dance (above). RSVP ♦♦ by 12/29.

Line Dance II — Beginner- Intermediate with Audrey Mondays,

January 9-February 20 — 3603-11B

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$35 (seven sessions.) **Prerequisite:** Completion of Line Dance I/ Beginning Line Dance. This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. **Note:** November 21 & 28 will be at OC from 5:00-6:00 PM. All other classes are at KS. RSVP ♦♦ by 12/26.

Line Dance III • Intermediate with Audrey • Thursdays, January 5-February 23 — 3603-11C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower

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pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ♦♦ by 12/29.

Line Dance IV/Advanced with Audrey • Mondays,

January 9-February 20 — 3603-11D
3:45-4:45 PM (OC). Instructor: Audrey Fish. \$35 (seven sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 12/26.

Line Dance Beginner Plus with Sandy • Tuesday,

January 3-24 — 3705-11A
9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$24 (four sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. 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 execute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 12/27.

Line Dance II Beginner-Intermediate with Sandy Wednesdays,

January 4-18 — 3705-11B
9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$18 (three sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. Under-

standing 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 12/28.



Line Dance III with Sandy Wednesdays,

January 4-18 — 3705-11C
10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$18 (three sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts, many more. At this level, there is no limit on the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 12/28.

Line Dance I/Beginner with Yvonne Mondays,

January 2-February 27 — 3605-11B
(No class on February 20.) 9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). As with the other beginner classes, this class will teach the basic fundamental steps of line dance. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ by 12/26.



Line Dance Beginner Plus with Yvonne • Mondays,

January 2-February 27 — 3605-11C
(No class February 20.) 6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from line dance I

into line dance II. The dances become a bit more challenging but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting providing exercise for mind and body at the same time. RSVP ♦♦ by 12/26

Line Dance II/Beginner-Intermediate with Yvonne Thursdays, January 5-February 23 — 3605-11D

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). What our settlers started back in the 1800's has spread throughout the world. In addition to the great choreographers in the USA, 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 line dance steps. RSVP ♦♦ by 12/29.

Country Couples Western Dance — Beginner Level 1 & 2

Mondays, January 2-23 — 3531-11A
7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western Dancing is done to many types of music, Country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. In addition, we do freestyle dances like Two Step, Country Waltz, and Cha Cha. Instruction will be at a slower pace for beginners and those wanting a review of previously taught dances. If you don't have a partner many of the dances could be done as an individual. Dances being taught in January: Cowboy Cha Cha, Continental Cowboy, and Renegade. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 12/27.

Country Couples Western Dance — Intermediate Level 3 & 4

Mondays, January 2-23 — 3531-11B
8:00-9:00 PM (KS). Instructors: Jim &

Jeanie Keener. \$20 (four sessions). This class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns.



Classes will be taught at a pace consistent with difficulty and length of dance. Dances being taught in

January: Mexican Wind, Caribbean Cadence, Shadow and Waltz Turns. All are subject to change as we try and go at a pace suitable for participants. RSVP ♦♦ by 12/27.

—Tap Dance—

Tap Classes with Alyson!

Enjoy Tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout

northern California and is currently Artistic Director of the award-winning Sound Out



Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students, Beginners to Advanced, may choose from several technique classes.

Choose any of the classes below that fit your schedule and comfort level. Performance classes are taught from October to March and begin again, each as a continuation, the following October.

Advanced Performance

Mondays, January 2

February 20 — 3555-11A

10:00-11:00 AM (KS). \$56 (eight sessions). This class is by invitation only. RSVP ♦♦ by 12/26.

Technique Class

Mondays, January 2 -

February 20 — 3555-11B

11:00 AM-12:00 PM (KS). \$40 (eight sessions). RSVP ♦♦ by 12/26.

Technique Class

Mondays, January 2-

February 20 — 3555-11C

12:00-1:00 PM (KS). \$40 (eight sessions). Class is only for advanced students approved by instructor. RSVP ♦♦ by 12/26.

Beginning Tap

Tuesdays, January 3-

February 21 — 3555-11D

9:00-10:00 AM (KS) \$40 (eight sessions). Introduction to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Or, if you are not feeling comfortable, you can remain in the beginning class until you choose to move on. Register now if you are interested in trying Tap Dance! *Minimum of 10 students required for the class.* RSVP ♦♦ by 12/27.

Technique Class

Tuesdays, January 3-

February 21 — 3555-11E

10:00-11:00 AM (KS). \$40 (eight sessions). RSVP ♦♦ by 12/27.

Technique Class

Thursdays, January 5-

February 23 — 3555-11F

11:00-12:00 PM (KS). \$40 (eight sessions). RSVP ♦♦ by 12/29.

Performance

Thursdays, January 5-

February 23 — 3555-11G

10:00 AM-11:00 AM (KS). \$56 (eight sessions). **Prerequisite:** Residents who wish to be part of a tap performance for the 2012 Talent Show must enroll in any of the September performance class sessions. RSVP ♦♦ by 12/29.

Performance

Thursdays, January 5-

February 23 — 3555-11H

12:00-1:00 PM (KS). \$56 (eight sessions). Residents who wish to be part

of a tap performance for the 2012 Talent Show must enroll in any of the September performance class sessions. **Prerequisite:** RSVP ♦♦ by 12/29.

Tap for Fun with Judy!

Join us and enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. Not a performing group, it is designed for people who love to dance and kick up their heels!

Mondays, January 2 -

February 20 — 3551-11A

4:45-5:45 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 12/26.

Fridays, January 6 -

February 24 — 3551-11B

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 1/2.

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

West Coast Swing class with Dottie Lovato-Macken will begin on February. Be sure to check the December Compass for information on the classes.

Driver Training

AARP Driver Safety Program

Monday, January 16 & Tuesday,

January 17 — 6055-11

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 upon registration 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 AARP Driver Safety

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- **Cardiology:** Heart healthy solutions, prevention and treatment of heart conditions
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- **Neurology:** Skilled diagnosis and advanced treatment of complex conditions effecting the brain, spine and central nervous system
- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery



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Course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course covers how to adjust your driving to accommodate normal age-related physical changes in vision, hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver's license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 1/2.

Fitness

Register for these classes at the Fitness Centers starting November 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-Ski Conditioning Mondays & Wednesdays, November 28-

December 21 — 835000-S5

5:00-6:00 PM, (KS) Aerobics Room.

Instructor: Julia Roper. Ski conditioning small group training has been designed specifically for skier's looking to get in shape for a more enjoyable, injury free season. Training will consist of strength exercises specific to the

muscle groups that are used on the mountain, as well as cardio specific exercises that mimic the movement

patterns of skiing. This training is open to all levels of skiers, and all levels of fitness!!! Four week session \$135. Register/Fitness Centers.

SGT-Yoga Basics and Beyond Mondays & Fridays November 28-

December 23 — 835000-Y2

12:00-1:00 PM (KS) Aerobics Room. Instructor: Wendy Devore, RYT certified yoga instructor. This one hour small group yoga class will focus on establishing a basic understanding of essential yoga poses, alignment, strength, flexibility, and modifications. All levels welcome, especially the newer yogi who wants more attention to detail and injury prevention. **Four week session \$135.** Register/Fitness Centers.

SGT-TRX Interval Training Mondays & Wednesdays, December 12-21 &

January 9-18 — 835000-T9

(No class December 26 thru January 4.) 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 – “Fun”ctional Fitness Tuesdays & Thursdays, December 1-20, &

January 3-5 — 835000-2F

(No class December 22-29.) 12:00–1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled small group strength training great for beginners or anyone looking for a

new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. Four week session \$135. Register/Fitness Centers.

SGT – Aligned & Defined Pilates Mat Training • Mondays & Fridays November 28-

December 23 — 835000-P6

7:00-8:00 AM (KS) Aerobics Room.

Instructor: Paula Ainsleigh. Transform the way your body looks, feels and performs and join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the Fitness Center or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format. As participants prog-

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ress, variations and intensity options will be given. Enrich the quality of your life with a body that is more fit and functional that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

Reach for the Top/Stretch & Tone!
Mondays, 12:00-1:00 PM,
December 5-19 — 805000-11
Tuesdays, 11:30 AM-12:30 PM,
December 6-20 — 801000-11
Thursdays, 11:30 AM-12:30 PM,
December 8-22 — 80300-11

Aerobics Room (The Wave). Instructor: Lin Hunter. This class combines stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your energy level up, help you become stronger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep your mobility. Lin is a former licensed nurse and AFFA-certified group exercise instructor;



she has been teaching for 40 years! Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Make-up days are allowed. **Three-week session, one day/week \$22.50.** Register/Fitness Desks.

Balletone • Tuesdays,
 Will resume in January 2012.

—Dance/Fitness Centers—

Zumba KS • Monday,
December 12 — 810000-11

3:45-4:45 PM, Aerobics Room (KS). Instructor: Nicole Robinson. Experience an absolute blast in one exhilarating class of calorie-burning, heart-racing, muscle-pumping, energizing movements meant to engage your entire body and help you achieve long-term benefits. A cardio-aerobic class that fuses musical rhythms and moves to create a dynamic workout designed to be fun and easy to do! **One-day session \$8.** Register/Fitness Desks.



Performance Dance with Dolly, Friday,
December 9-30 — 771200-11
 2:30-4:00 PM, (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. **Four week session \$46.** Register/Fitness Desks.



Jazz/Musical Theatre Wednesdays, December 7-28 — 770300-11
 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 Desks.

Ballet • Thursday,
December 8-29 — 770400-11
 6:00-7:00 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. For some reason when the word ballet is used, many women are in-

Group Exercise Class Schedule!

Purchase a Punch Card at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works	Hi-NRG Cycle*	Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Step It Up	Low Imp. Hi-NRG Cyc*	Step It Up	Low Impact	Low ImpactHi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Cyc&Strength*Water Wks	
9:00 AM	Low Impact	Core & Strength	Low Impact	Core & Strength	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	
10:00 AM	Cardio Dance&Sculpt	Yogafied	Cardio Salsa	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works		
10:30 AM	Joint Efforts		Joint Efforts		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Splash Dance	Basic Joint Efforts	Step/Sculpt* Splash Dan.	Basic Joint Efforts	Splash Dance	
12:45 PM	Arthritis Found. Aqua		Arthritis Found. Aqua			
1:00 PM	Chair with Flair		Chair with Flair		Basic Chair	The WAVE Classes Indoor Pool WAVE Classes at KS- No Charge \$
2:15 PM	Fall Proof\$		Fall Proof\$			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM		H2O Circuit		Cardio Salsa* H2O Circuit		
5:30 PM	Dance Fit		Dance Fit			
6:00 PM		Aqua Tone		Aqua Tone		



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timidated. Ballet is the fundamental training for every type of dance: Jazz, Ballroom, Musical Theater, Tap, Country Line Dance, Folk Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength! It's not about dancing for the stage, or on pointe; it develops posture, core strength, grace, footwork, timing — it's the best all-round exercise conditioning program and it's fun! **Four week session \$32.** Register/Fitness Desks.

—In the Pool—

Core-N-More Suspended Aquatic Exercise

Wednesdays,

December 7-28 — 760000-11

Thursdays,

December 8-29 — 760100-11

Wednesdays AM & Thursdays PM

December 7-29 — 760200-11

Wednesdays 9:35-10:30 AM; Thursdays 4:00-5:00 PM, Indoor Pool (The



Wave). Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class combines exercises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, 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 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week.** Register/Fitness Desks.

—Nordic Walking—

Beginning Nordic Walking.

Wednesdays

Will resume in May and June 2012.

—Yoga—

Evening Yoga (Hatha-Traditional Yoga) • Tuesdays, December 6-27 — 711000-11

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

Instructor: Susan Hayes. The seasons are changing, and so should your fitness regime! Yoga has been



proven to increase energy, flexibility, balance, and strength — all while reducing stress. As the days get shorter and the nights get longer, an evening

yoga class is the perfect way to keep your body moving! Everyone is welcome to this fun-filled, informative class — from absolute beginners to aspiring yogis. If you've never tried yoga before, this is the class for you! **Four-week session \$40.** Register/Fitness Desks.

Evening Yoga and Meditation Thursdays,

December 1-22 — 711100-11

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

Instructor: Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and optional meditation. Each student receives individual attention. Limit: 13 students. **Four-week session \$40.** Register/Fitness Desks.

—Tai Chi—

Tai Chi

Tuesdays, November 29-

December 13 — 730100-11

Saturdays,

December 3-17 — 730200-11

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00

AM, Aerobics Room (The Wave).

Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relax-

ation which brings about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been



a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Three-week session \$30.** Register/Fitness Desks.

Gem Stone Cutting

Intro to Gem Cutting • Mondays, January 2-23 — 3082-11A

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil of Gem & Mineral Society. Class \$20 (four sessions). Supply fee \$15 payable



to instructor. Limit: six students. This “hands-on” class provides

instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. Questions contact Dave Fisk, 434-0747. RSVP ♦♦ by 12/26.

Lost Wax Jewelry Casting Mondays,

January 2-23 — 3082-11B

1:00-3:00 PM (class weeks one, two, & four); 8:00-9:00 AM and 12:00-3:00 PM (week three—January 16) (KS).



Instructor: Dave Fisk. \$80 (four sessions). Materials fee \$20 payable to instructor first day of class. Learn

basic techniques of millennia-old craft. Create wax model of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the

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metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions, contact Dave Fisk, 434-0747. RSVP ♦♦ by 12/26.

Jewelry Fabrication

Mondays, January 2-23 — 3161-11
1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$75 (four sessions). Learn the basic techniques of metal jewelry sawing and soldering, and more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler's buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshop for a nominal fee to use equipment. No makeup classes. Maximum six students. Materials fee of \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). About the Instructor: First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at the LA County Fair, at lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 12/26.

Glass Art

—Fused Glass—

Fusing Glass Workshops • Mondays

December — 3102-01L

January — 3103-01A

4:00-6:30 PM except for 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-inch square kiln space.

Fusing enthusiasts: Bring glass and fusing projects and work on your designs. Students will share workshop time with stained glass enthusiasts. Sierra Room (KS). Pay at Activities Desk each day you attend the workshop.

Fused Glass Jewelry & Other Small Treasures For Beginning & Continuing Students • Tuesdays January 10-24 — 3098-11

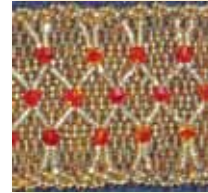
9:00 AM-12:00 PM (KS). Instructor: Kate Uppal. \$60 (three sessions). Wondering how to make beautiful dichroic glass jewelry? Dichroic glass' ethereal, opal-like quality makes jewelry unforgettable. In this fun, creative class, beginning students use regular and dichroic glass to learn fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. Learn finishing techniques and proper methods for applying various findings to complete designs.



Continuing students are encouraged to take their designs to the next level, explore new techniques, improve on basics and invent a new look. Students receive individual attention to accomplish their goals. Students will have an opportunity to create several pieces including: pendants, earrings, bracelets and more. Beginning students pay \$40 supply fee to instructor on first day of class for project materials. Continuing students may bring their own 90 COE glass and supplies to class or purchase it from the instructor. All students bring paper and pencils and tweezers; optional: camera. Sign up early, class size limited! *About the instructor:* Kate has been working and exploring different forms of fused glass and precious metal clay artwork for six years. She has studied under leading experts in glass fusing as well as dichroic jewelry and glass frit artwork. Her portfolio of jewelry and glass artwork expresses her fun-loving character. RSVP ♦♦ by 1/3.

—Jewelry—

Reduced Price! Netted Bracelet • Tuesdays, January 10-24 — 3012-11
9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$30 (three sessions). A base of beads peeks through a delicate net highlighted by pearl or crystal accents on this eye-catching bracelet. A dressy accessory but it can



go casual depending upon the beads chosen. Check out the samples in OC and KS to see this beautiful bracelet in person.

Bracelet is relatively easy to construct but students must be comfortable working with smaller beads. If you have questions about the project or your ability to construct it, contact Cathie at billcats1@earthlink.net or 434-6667. When you register for class, be sure you get the materials list. RSVP ♦♦ by 1/3.

—Stained Glass—

Stained Glass Workshops

Mondays,

December — 3102-01L

January — 3102-01A

4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12 each day.



Workshop is for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. If you have experience working with glass but have not had instruction, inform monitor prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

Beginning Stained Glass – Copper Foil

Tuesday, January 3-17 — 3091-11
1:00-4:00 PM (KS). \$60 (three sessions). Instructor: Bill Sutherland. Class fee plus \$10 for basic kit pay-

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November 1st, 8th, 15th, 29th & December 6th

Intermediate Class • 4 Lessons \$75 • Thursday 8:30–10am
November 3rd, 10th, 17th & December 1st

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able to instructor. Students will be instructed in pattern construction and orientation, glass cutting and grinding, panel construction, soldering and finishing. Attention will be given to starting point, came cutting and joint construction, glass "fit," patina and hanging system. Students will complete a two-dimensional glass panel in class. Students must wear closed toe shoes, no sandals allowed. RSVP ♦♦ by 12/27.

Movies

Christmas at the Movies Thursdays, December 1 & 8 — 4271-10

9:30 AM-12:30 PM (KS). Instructor: Ray Ashton. \$10 (two sessions). Help us celebrate this holiday season as we present a mini-course on "Christmas at the Movies." We will begin with different interpretations of the classic Dickens story "A Christmas Carol." Second session will present the great Frank Capra's "It's a Wonderful Life" (in its entirety) and discover a great behind-the-scenes look at this classic Christmas story. Join us and a merry time will be had by all! RSVP ♦♦ by 11/24.



Music

— Guitar —

Guitar I – Introduction to Guitar Fridays, January 20- March 9 — 4262-11A

8:30-10:30 AM (OC), Instructor: Bill Sveglini. \$70 (eight sessions). This class is designed for the person that has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have

more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help in selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 12/30.

Guitar II — Intermediate Thursdays, January 5 – February 23 — 4262-11B

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). This class continues the course of study in Guitar I. Course of study will include: reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. Students will learn proper vocal techniques of posture, breathing, warm-ups and sight singing and the technique of using Moveable-DO. The class promises to be a lot of fun. **New students:** ask for Supply List when registering. RSVP ♦♦ by 1/5.

Guitar III – Advanced Thursdays, January 5- February 23 — 4262-11C

10:00 AM-12:00 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions).

Prerequisite: Students must have instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 10/7.



—Keyboard—

Play In a Day Keyboard Class Tuesday, January 3 — 4270-11A

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 bring 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 a few other songs arranged for beginners. Class provides 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 12/27.

Play In a Day Keyboard Continuation Class • Tuesdays, January 10-24 — 4270-11B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). **Prerequisite:** Must have completed Play In a Day Keyboard Class. From the successful Play In A Day Keyboard class, this three-week class covers 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. Also learn the basic setup of all keyboard brands. The one-and-a-half hour class provides lecture and hands-on. Key-

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boards provided. Class fee includes basic music book and handouts. RSVP ♦♦ by 1/3.

—Voice—

Beginners Singers Vocal Boot Camp • Wednesday,

January 18-March 7 — 6132-11

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions).

Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow

the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. You do not need to be a member of the LH Community Chorus to enroll in this class. This is a beginners' class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ♦♦ by 1/11.



Singers Vocal Boot Camp Continuation • Fridays, January 20-March 9 — 6132-11B

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$70 (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 very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 1/13.

Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room.

Bernina Serger Certification Monday, January 9 — 4059-11A

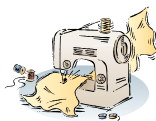
1:00-2:00 PM (OC). Instructor: Sylvia

Feldman. \$15. All supplies provided. Class limited to three. RSVP ♦♦ by 1/2.

Bernina Sewing Machine Certification

Monday, January 9 — 4059-11A1

2:30-3:30 PM (OC). Instructor: Sylvia



Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 1/2.

Janome Sewing Machine Certification • Monday, January 9 — 4059-11A2

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13. Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 1/2.

—Creative Hardanger—

Norwegian Embroidery "Creative Hardanger" for Beginners Tuesdays,

December 6-27 — 4022-12L

3:30-5:30 PM (OC). Instructor: Ana Bertha Valbuena. \$28 (four sessions). Want to acquire a new and easy hobby? Instructor Ana Bertha shows you techniques in this beautiful Norwegian embroidery form. First hour provides general embroidery instruction. Remaining class time geared to practicing basic Kloster stitches. You will need to purchase a kit the first day of class: small \$12.50, large \$20. RSVP ♦♦ by 11/29.



Norwegian Embroidery "Creative Hardanger" Workshop

Every Tuesday — 4022-12L

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.

—Knitting—

Intermediate Knitting

Mondays, January 9-30 — 4071-11

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions). **Prerequisite:** Must know how to Knit, Purl and Cast On. Class is for anyone who knows how to knit but would like help reading instruc-



tions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. *About the Instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for yarn companies and writes articles and knitting designs for major knitting magazines and written nine books on Knitting and Crochet and two books on Quilting. Class is limited to 10 so sign up early. RSVP ♦♦ by 1/2.

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**Tablet Computers -
Tuesday, November 22 — Free**

1:00-3:00 PM, Ballroom (OC). There is so much talk about Tablet Computers, so many different kinds and sizes. Are

you wondering if one of the new tablet computers is for you? What will they do? What won't they do? What is an 'App?' Resident Ken Silverman will explain what these devices are and what they can do. The iPad will be featured and demonstrated and the Android Tablets will be discussed. Don't miss this Community Forum if you are considering a tablet for the holidays.

Minding Your Mind

continued from page 15

important factors for increasing the chemicals in your brain such as serotonin, norepinephrine, and dopamine that allow you to feel good. Aerobic exercise helps prevent and treat depression, and it alleviates anxiety. In most instances and for the long term, this is better than any pill.

Part II of this article next month will discuss food for your brain and your mood chemistry.

Wellness classes will resume in January. Please check the January *Compass* for listings.

Community Forums	Date, Time, Location
• Tablet Computers	Tuesday, November 22, 1:00 PM, Ballroom (OC)
• Personal Survival	Tuesday, January 17, 10:00 AM, Multimedia (OC)
• Becoming a Caregiver	Wednesday, January 25, 7:00 PM, P-Hall (KS)
• My Racing Heart	Tuesday, February 15, 7:00 PM, P-Hall (KS)

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Library News

Nina Mazzo, Library Volunteer

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Author James Rollins newest book

in his Sigma Force Series is titled *The Devil Colony* and as always, his book is packed with suspense, great characters, and adventure.

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Remembering the Light Through Prose by resident Andy Petro is available in our Non-Fiction section. Using a combination of Prose and Poetry, Andy



takes a unique life experience and shares with the readers how he coped and prospered in later years.

We appreciate the residents who have donated the above books and continue to donate their gently-used books published after 2003. Our KS Library is well used and this month we are asking for more movies on DVD (no VHS videos).

Contacts: donations: Sally Scotch (543-0792); volunteer opportunities: Sandy Maloff (408-2368); investment materials: Cleon Johnson (408-5648) and Community Living Room (OC): Nina Mazzo (408-7620)

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Sun City Lincoln Hills Community Association

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OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

www.lincolnsuncity.org

Public Website:

www.suncity-lincolnhills.org

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tim.mulligan@schca.com

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Sr. Director, Lifestyle & Communications

Jeannine Balcombe 625-4020

jeannine.balcombe@schca.com

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Christopher O'Keefe 645-4500

christopher.okeefe@schca.com

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Heather Peters 625-4006

heather.peters@schca.com

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Club Article Editor • Wendy Slater

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625-4031 brandy.garcia@schca.com

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Kilaga Springs 408-4013

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625-4002 kay.kerenyi@schca.com

Class Coordinator • Diane Kemper

408-4585 diane.kemper@schca.com

Club & Room Booking Coordinator

Judy Hogan 625-4021 judy.hogan@schca.com

Lifestyle Program Manager

Lavina Samoy 625-4073 lavina.samoy@schca.com

Special Events Coordinator

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

Membership

Membership Clerk • Bertha Mendez

625-4000 bertha.mendez@schca.com

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408-4290

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408-4071 tina.ginnetti@schca.com

Wellness

Wellness Program Coordinator • Megan Cowart

625-4032 megan.cowart@schca.com

Hours

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Sunday 8:00 AM - 5:00 PM

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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. — The Wave 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 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

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Chartered Clubs & Community Organizations

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Elections Committee

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Compass — A monthly magazine established August 1999 **Editor:** Jeannine Balcombe 625-4020

Associate Editor/Club Article Editor: Wendy Slater wslater@surewest.net **Advertising:** Judy Olson 625-4014 **Resident Editor:** Doug Brown

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Photography: DeAtley Cahill **Contributing Photographers:** Steve Greenfield, Bob Reed, Patrick Vath

Layout/Design: Aspen TypoGraphix **Printing:** Fruitridge Printing

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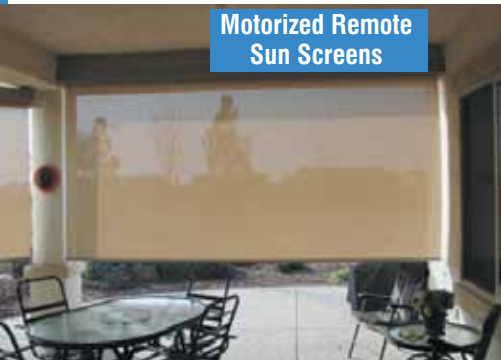
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