



Compass

April 2012

**Chorus to Feature “Notable”
Composers ... page 13**

**Strategic Advisory Committee
Accepting Applications ... page 2**

**Limited Time Special Offer on
Summer Concert Series ... page 5**

**Planning for Additional
Pickleball Courts ... page 11**



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On the cover

Lincoln Hills Chorus instrumental accompanists, from left: Cherilyn Duncan, piano; Bill Sveglini, Chorus Director, guitar; Mona Stryker, flute; Ellie Hoekenga, English horn; Mickey Bennett, bass.

Photo by Michael Noriega

Board of Directors Report

SCLH: A Different Kind of Wonderland

Marcia VanWagner, Director, SCLH Board of Directors



Alice: Which way should I go?

Cat: That depends on where you are going.

Alice: I don't know where I'm going!

Cat: Then it doesn't matter which way you go!!

Lewis Carroll, 1872
Through the Looking Glass

Sun City Lincoln Hills is a different kind of Wonderland from Alice's. Your Board of Directors is committed to knowing not only where we are going, but also how we will get there! It became clear during our election campaign that our residents have changing needs and preferences, yet want our spectacular setting and financial stability to continue. At the March 22 Board of Directors meeting, the Board passed Resolution 2012-02 to establish a Strategic Advisory Committee along with a listing of the committee's tasks and activities.

Both documents are on the home page of the Residents Website.

The Strategic Advisory Committee (SAC) will have an active year as they begin the process of long range planning for SCLH. One of the first tasks for the SAC will be to survey our residents. We need a clear picture of what fitness and lifestyle activities we use, how technology affects us and how we get our information, remembering that our population age range is almost 50 years!

Once we know who we are, then it's on to envisioning our future.

What will we need to continue our financial stability? How will we market our community to maintain home values in this economy? How will emerging technologies affect our future? How are we using our facilities and sports venues? The conclusions will include recommendations for a lifestyle appropriate for all. The SAC will map the route, identifying actions and resources to close the gap between what is currently in place and our future goals.

"We need a clear picture of what fitness and lifestyle activities we use, how technology affects us and how we get our information, remembering that our population age range is almost 50 years!"

Would you like to help all the Alices in our Wonderland know which way to go? The Board of Directors is accepting applications from residents who have a passion for this community, who have ideas on where we

should go, who have the energy to work with other visionaries in SCLH. Do you have a background in strategic planning, technology, communications, in health or social programs for aging populations? Applications are available at the Activities Desks (OC/KS) or download the Committee Application from the Resident Website homepage. Join us as we confirm our direction in this Wonderland of Sun City Lincoln Hills!



Bucket List

What's on yours?

Gay Sprague
Roving Reporter

While being photographed for the cover of the February 2012 *Compass*, featuring a gourmet dinner club get-together, Marilyn Oxford

Continued on page 19



Marilyn Oxford scratches an item off of her bucket list

Upcoming Association-Related Meetings
Date • Time • Place April 15-May 31

New Resident Orientation	Tuesday, April 17, 1:00 PM, Solarium
Golf Cart Registration	Thursday, April 19, May 3 & 17, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, April 19, 9:00 AM, Heights
Board of Directors Executive Session	Thursday, April 19, 11:00 AM, Fine Arts Room
Board of Directors Executive Session	Friday, April 20, 11:00 AM, Oaks
Board of Directors Meeting	Thursday, April 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, April 26, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, April 26, 11:00 AM, Oaks
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, May 1, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, May 1, 1:30 PM, Oaks
Compliance Committee	Wednesday, May 2, 10:30 AM, Solarium
Properties Committee Meeting	Tuesday, May 8, 1:00 PM, Fine Arts
Listening Post	Wednesday May 9, 9:00 AM, Solarium
ARC/Architectural Review Committee	Monday, May 14, 9:00 AM, Heights
Finance Committee Meeting	Thursday, May 17, 9:00 AM, Solarium
Board of Directors Meeting	Thursday, May 24, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, May 24, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, May 24, 11:00 AM, Multipurpose Room
ARC/Architectural Review Committee	Tuesday, May 29, 9:00 AM, Heights

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

“Somewhere over the rainbow, skies are blue, and the dreams that you dare to dream really do come true.”

Lyricist E.Y. Harburg may well have been talking about dreams at Sun City Lincoln Hills, as resident Phil Robinson captured the beautiful rainbow (below) stretched across our community the first week of April.

It’s what we do here; we live and explore our dreams. Some dreams are on a “bucket list” and in Gay’s article, starting on page two, she states; we’d like to hear about some of the items you have checked off. Please send to bucketlist@suncity-lincolnhills.org.

Last month we incorrectly attributed the “Grow Your Own Veggies” article to

David Stone, Chair of Compliance instead of its rightful author, **Bill Attwater, Chair of the Architectural Review Committee (ARC)**. My apologies and thanks to Bill for providing us with an informative article.

For those of you who read newspapers or website news from out of our area, please let me know when you see any **publicity regarding Sun City Lincoln Hills**. I have recently submitted several press releases to outside sources and would appreciate the additional eyes when you see them published.

I hope to see you at the **Business Showcase on Tuesday, April 17**, between 10:00 AM and 2:00 PM throughout OC Lodge where 89 vendors will be showing their products and services. Please thank them for their participation and support of your *Compass* magazine.

We have a full calendar of spring events described herein and ready for your participation. I look forward to seeing you in the Lodge.



April rainbow over Lincoln Hills. Photo by Phil Robinson

Calendar of Events

April 15-May 20

Date	Event	Page #
04/16	Detailed review of “Ancestry.com”	26
04/16	“Learn About Local Lincoln Jewelers”	31
04/16	KS at the Movies: “Pride & Prejudice”	44
04/17	Speaker from DMV; Driving As We Age	28
04/17	Home, Health & Business Showcase	44
04/17+18	Bus Trip: “Million Dollar Quartet”	59*
04/18	Forum: “How Nutrition Affects Health”	90
04/19	Book Discussion: <i>Still Alice</i>	22
04/19	Players Audition Preparation Class	30
04/19	Speaker from Sac. Valley Nat’l. Cemetery	34
04/19	West Coast Swing Wkshp/Nightclub Two-Step	34
04/19	Forum: “Community Snake Update”	90
04/20	Men’s & Women’s Fashion Show Event	44
04/24	Bus Trip: Half Moon Bay	59*
04/25	“Communication & Dementia”	20
04/26	“Mind-Body Connection” Fibromyalgia/CFS	25
04/26	“Amygdala Retraining Program”	25
04/26	“Help, I’m Gardening and I Can’t Get Up!”	26
04/26	Bus Trip: Reno Silver Legacy	44
04/27	Music Group Open Mic Night	29
04/28	Annual Parking Lot Sale	44
04/29-05/01	“Notes from Notables” Spring Concert	23, 45
04/29	“With Love From Russia” Mondavi Center	59*
05/01	Watercolor/Pen & Ink Demo	29
05/02	“Everything You Wanted to Know/Gravity”	20
05/02	Bus Trip: “Man in the Mirror” Reno Eldorado	45
05/02-03	Auditions for Readers Theater	30
05/03	“How to Protect Portfolio/Markets Dropping”	27
05/07	Pooches on Parade	31
05/08	Jim Martinez Trio in Concert	45
05/08-05/10	First Annual Pickleball Survivors’Tourn.	30
05/09	Speaker Photographer Patrick Jewell	30
05/09	Forum: “Financial Abuse”	90
05/09	“Safe Transfer Workshop”	92
05/09	Bus Trip: Wakamatsu Silk Farm	59*
05/10	Fun/Educational Quiz Games/Low Vision	25
05/10	“Preview of Newest Visual Aids”	25
05/11	Afternoon Tea Party/Fancy Hat Designing	45
05/12	Sr. Softball: Fan Appreciation Day	8, 32
05/12	Bus Trip: Placer Pops Chorale “Amer. Tapestry”	59*
05/14	Speaker/Native Wildbird Connection Rescue	22
05/14	Bus Trip: Rivercats vs. Iowa Cubs	47
05/14+16	Auditions for “The Lucky O’Leary’s”	30, 37
05/15	Comedy Night at KS	47
05/16	Bus Trip: Ferry to San Francisco Shopping	47
05/16	Forum: “Happy Feet”	90
05/17	Book Discussion: <i>The Fort</i>	22
05/19	Pooches on Parade	31
05/19	Bus Trip: Computer History Museum, Mtviev.	47
05/19-20	Relay for Life	22
05/20	Artisans in the Lodge	23

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



Mothers' Day Brunch

Sunday, May 13th
10:00am to 3:30pm

Adults \$29.95++
Children \$15.00++ (7 yrs to 12 years)
Adults over 90 and children under 6
are free. Reservations and
prepayment are requested

For reservations, call 625-4040



Meridians

Meridians' Kitchen Party

Get ready to put your apron and
hat on and party in the kitchen.

Monday, June 4th



The culinary team is going to show tricks of the trade. Get a sneak peek behind the scenes. There will be hands-on demonstrations, multiple stations with great food and drink available to all. Have a little taste of what it takes to work in YOUR Meridians kitchen.

\$55 per person (inclusive)
Limited space - reservations required

965 Orchard Creek Lane
Lincoln, CA 95648
Phone: (916) 625-4040



Meridians

Go to www.meridiansrestaurant.com for full menu and details

Karly Winemakers' Dinner

APRIL 26TH

Doors open at 5:30 PM

Chef Roderick creates a 5 course dinner with 5 delicious
wines from Karly Winery in Amador County. \$85.00 plus taxes
Go to www.meridiansrestaurant.com for details and full
menu. Reservations and prepayment are requested.



Meridians



965 Orchard Creek Lane, Lincoln CA 95648
www.meridiansrestaurant.com
(916) 625-4040

Wellness Days are Here!

Wellness News

Megan Cowart, Wellness Program Coordinator

Have you wondered how to improve your fitness, health, or emotional well being? We will have some answers to this question during our *Be Engaged, Be Inspired, Be Well* Wellness Days happening on May 22, 23, 24. Earn 50 reward points each time you sign up for one of these events:

Tuesday, May 22

Fitness Palooza: 9:00 AM-1:00 PM Fitness Center (OC) and Community Living Room (OC)

A Fun Fitness Event — Something for Everyone! A great way to “sample” a variety of classes, experience small group trainings, or join the fun. Examples of classes to sample: Aqua, Zumba, Step, Cycle, Chair Fitness, Brain Fitness, and Hot Hula. **Free! Class sign-ups available 45 minutes prior to class start time. Class schedule will be posted May 1.**

Aging with Power: 2:00-3:00 PM, Front Ballroom (OC)

Presented by Diana Nohr, M.S., creator of the Memory Academy. Learn how powerful you can be to positively affect many of the age-related changes in the body and brain. **Free! Register at the Fitness Centers, Activities Desk, or online.**

Wednesday, May 23

Health and Prevention Screenings: 11:00 AM-1:00 PM, Ballroom (OC)

A variety of screenings will be offered, some examples: Blood Pressure, Vision, Spinal Muscular Imbalances. Fitness Wave Company Center (OC) will be offering Hydrostatic Body Fat and Resting Metabolic Rate testing. Plus much more. **Details to come.**

Pain in My Butt — Where’s it Coming From?: 2:00-3:00 PM, Front Ballroom (OC)

Presented by Rex Owen, M.S. Create lasting change in your muscles, joints and connective tissue. **Free! Register at the Fitness Centers, Activities Desk, or online.**

Thursday, May 24

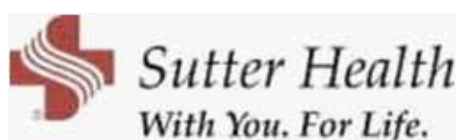
Charity Walk: 9:00 AM Fitness Center Parking Lot (OC).

Wear your walking shoes and join us! We will be walking a one-mile loop that can be done once or twice for those more serious walkers. Walk enrollment fee will support the “Seniors First” organization. The walk will conclude with a light breakfast for champions! **Register at the Fitness Centers, Activities Desk, or online. \$12 donation includes Wellness Days t-shirt!**

The Six Laws of Health: 11:00 AM-12:00 PM, Ballroom (OC).

Dr. Thomas W. Hopkins, M.D, Better known as “Dr. Tom” from Sutter Health, will present a motivational talk on how the “Six Laws of Health” can apply at any age. Learn about aging, longevity, and living a long, robust life from someone who walks the walk and talks the talk. **Free! Register at the Fitness Centers, Activities Desk, or online.**

A Big Thank You to This Year’s Sponsors!



Activities News & Happenings

Sizzling Summer Concert Series and Overnight Adventures!

Lavina Samoy, Lifestyle Program Manager

Oh, bring again my heart's content, Thou Spirit of the Summer-time!

~ William Allingham



I’m happy to introduce our new Trip Coordinator, **Katrina Ferland**. With over 12 years of travel experience, Katrina brings fresh ideas to our travel program. She presents a few “first” experiences to our residents starting with a trip to the **Sonoma Historic Motorsports Festival** on June 2, combining classic car displays and racing plus food and wine tasting. On June 7, join the expedition to Santa Rosa for a **Safari West** adventure to observe wild animals in their natural habitat.



Katrina Ferland

On June 20 and 21, head to **Fort Bragg** with your neighbors and enjoy the coast and redwoods for an overnight excursion. Observe glorious sceneries aboard the Skunk Train to Willits with a short stop at Colusa Casino on the way home. On August 7 and 8, beat the crowd to the famous **Hot August Nights in Reno** with an overnight stay at John Ascuaga’s Nugget and check out the vintage cars exhibit and food and craft vendors at Victorian Square.

We return to the **Benicia Glass Factory** for a tour to witness glass blowing on June 28. The always stimulating **Speaker Series** with President Bill Clinton as one of the prestigious speakers will be on sale with Gold, Silver and Bronze price options; details begin on page 55.

Travelling not for you? Share memorable summer nights with friends and

Continued on page 35

Would you like to learn how to Ballroom Dance?

The Ballroom Dance Group provides free lessons with membership.

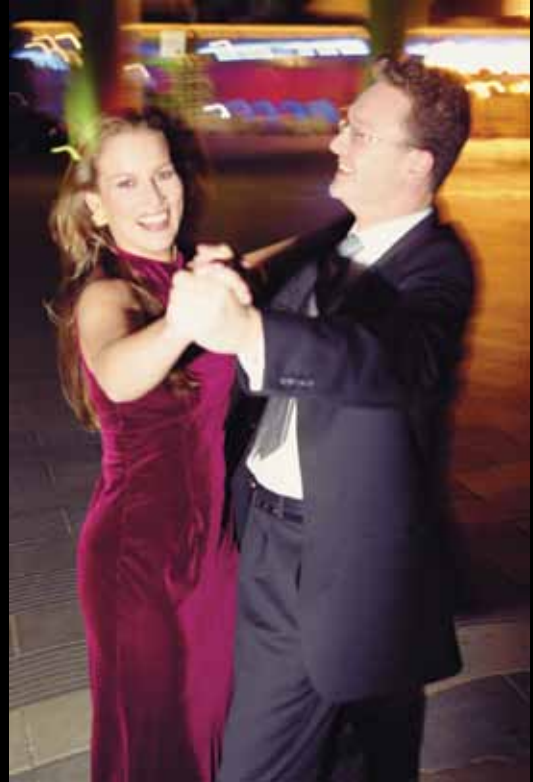
We teach all the popular dances like waltz, fox trot, cha-cha, rumba, swing, tango and night club two step.

Both beginner and intermediate levels.

Enjoy social events and parties.

Group meetings are held at Kilaga Springs on Tuesdays from 2:00-5:00 PM.

Contact Ruth Algeri 408-4752.



Pickleball



Survivors

May 8, 9, 10
Time: 9 - 4

Contact
Helmut Koehne
pickleballman@gmail.com

Tournament

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The 2012 Rally Schedule:

- May 3-7: Almond Tree RV Park — Chico
- June 30: Summerfest — Sports Pavilion
- July 9-13: Benbow Valley RV Resort — Garberville
- August 5-9: Santa Cruz Redwoods RV Resort — Felton
- September 10-14: Wine Country RV Resort — Paso Robles
- September 14-18: Garlic Farm RV Park — Gilroy
- December 16: Holiday Dinner — Orchard Creek Ballroom

General Meetings: Second Thursday of each month, 4:00 PM, Presentation Hall (KS). Guests are welcome.

For information contact:

Bob Zielinski , President — 408-1852

Marilyn Poole, Membership — 434-8902

Website: www.lhrvg.com



Sun City Organization of Pooches

SCOOP Presents

Pooches On Parade

May 7th

at the

Sports Pavilion

Registration at 9:30 a.m./Parade 10 a.m.



Lincoln Hills Senior Softball League

FAN APPRECIATION DAY

Enjoy the games, the fun, the food and the fabulous prizes!

Del Webb Field
Saturday, May 12
9:00 AM



Lincoln Hills Golf Club: General Plan for Maintenance of the Native Area

Sean Silva, General Manager, Lincoln Hills Golf Club, 543-9200, x 4

The Lincoln Hills Golf Club has prepared a "general plan" for maintenance of the Native Area. They will launch two crews simultaneously beginning with the Hills Course and finishing with the Orchard Course. The proposed launch date is Tuesday, May 1 with anticipated

completion date around June 1. These dates are tentative depending on weather and other contingencies out of their control. If you have any questions or concerns, please direct them to me at the phone number above.

Week 1:

- Hills Course: Holes 18, 17, 16, 15, 14, 13, 12
- coverage on the following Villages
1, 27, 30, 31A, 31B, 32A, 31B, 31C, 32B,33

Week 2:

- Hills Course: Holes 11, 10, 9, 8, 7, 6, 5, 4
- coverage on the following Villages
33, 25, 26A, 26B, 26C, 26D, 31A, 38B, 38D,
39, 30, 29

Week 3:

- Hills Course: Holes 3, 2, 1,
- Orchard Course: Holes 18, 17 & 16
- coverage on the following Villages
- 29, 28, 30, 27, 1B, 16, 13, 15

Week 4:

- Orchard Course: Holes 15, 14, 13,12, 11, 10, 9, 8
- coverage on the following Villages
5, 8, 7, 4, 6, 5B, 2, 1, 3B, 42B, 43B, 43A

Week 5:

- Orchard Course: Holes 7,6, 5, 4, 3, 2, 1
- coverage on the following Villages
43A, 43C, 42A, 4, 9,14, 16



How Our Newest Staff Member is Making a Difference

Spring Menu and Exciting Events Coming Up

Jerry McCarthy, Director of Food & Beverage



It is with great pleasure I announce the newest member of the Food & Beverage management team, **Chanell Hartman**, CFBE. Chanell is a Certified Food & Beverage Executive and in addition, she is working on becoming a certified Sommelier, a trained and knowledgeable wine professional, who specializes in all aspects of wine service as well as wine and food pairing.

Her duties will include the daily operations of Meridians Restaurant & Sports Bar, and she will oversee Kilaga Springs Café. Chanell's commitments to outstanding customer service and attention to detail have made a positive impact already since joining the team in the middle of March. She has an extensive background in the hospitality field. Most recently Chanell was the Director of Food & Beverage of The Cliffs Resort located in Shell Beach, CA. She has also worked at venues such as: Downtown Brewing Co. in Paso Robles, CA;

Elephant Bar in Valencia CA; and ESPN Zone/Disney Enterprises in Las Vegas. She has also played important roles in sales, marketing, and daily operations of these properties. I am confident that Chanell's positive attitude, warm personality, and attention to detail will make a great impact on the dining experience and financial outcomes of our Food & Beverage operations. Please take time to introduce yourself and welcome Chanell to the Sun City Lincoln Hills Community Association family when you are visiting your Meridians restaurant.

Chanell will be playing a large role in all of the exciting events coming up in Meridians:

"Chef Roderick has just released the new spring menu... fresh strawberry salad, pan roasted sea bass, and grilled rib eye steak and make sure to leave room for our new selection of petite desserts!"

• Karly Wine Maker's Dinner – April 26. Chef Roderick has created a wonderful five course dinner paired with five exceptional wines from Karly Winery located in Amador County.

• Mother's Day Brunch – May. Don't be left out for one of the best Meridians' events of the entire year. Our Easter Brunch was a huge success and many time slots sold out early.



Certified Food & Beverage Executive Chanell Hartman

• Kitchen Party – June 4. Chef Roderick opens his doors to a behind-the-scenes peak at your Meridians' kitchen. Learn new cooking techniques, recipes, and a better understanding of what it takes to bring your meal to the table. Very limited spaces, so make reservations now.

Chef Roderick has just released the new **spring menu**. Come in and try some of the new menu selections that include *fresh strawberry salad, pan roasted sea bass, and grilled rib eye steak*, and make sure to leave room for our new selection of petite desserts! Go to www.meridiansrestaurant.com for complete menus and details about other upcoming events. Join us for Happy Hour seven days a week, Sunday Brunch, Prime Rib Wednesdays, and great food and service, breakfast, lunch, or dinner.

~Please see our ad on page 4. ~

significant value to our Association. This project makes the most of scheduled reserve replacements.

During the month, Administrative Expenses were \$4,425 more than budget because of professional fees associated with upgrades to our computer systems. This will result in savings for future IT expenses. Food & Beverage did \$12,424 better than budget because Meridians revenue was 7.4% better than budget and 15.5% better than the same period last year.

As of February 29, we had \$4,817,965 in our Operating Fund. This includes \$396,004 in restricted funds and

Continued on page 35



All Departments Doing Well

Costs for the Meridians Improvements

Hank Lipschitz, Finance Committee Chair

February results continue ahead of Budget with all departments reporting at or ahead of Budget. For the month and year-to-date we were \$33,777 and \$69,494 favorable to budget respectively. With the Meridians project complete, the improvements came in at the high side of the project estimate but provide

Statement of Operations YTD 02/29/2012

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$1,248,073	\$1,244,757	\$3,316
Administration (expense)	(358,572)	(375,409)	16,837
The Spa at Kilaga Springs	(3,457)	(5,665)	2,208
Fitness	(71,107)	(74,582)	3,475
Activities	(44,398)	(47,108)	2,710
Rec. Center / Maintenance	(379,213)	(392,083)	12,870
Landscape Maintenance	(321,876)	(338,879)	17,003
Food & Beverage	(83,045)	(94,119)	11,074
Capital Asset	13,702	13,702	0
Net Revenues (Expense)	\$107	(\$69,386)	\$69,493



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The Spa at Kilaga Springs

April is National Stress Awareness Month

Tina Ginnetti, Manager, The Spa at Kilaga Springs

The National Center for Complementary and Alternative Medicine, part of the National Institutes of Health, is currently spending \$2.7 million on massage research, up from \$1.5 million in 2002. The research is being driven, in part, by massage therapy's popularity. According to a *Wall Street Journal* report, massage was expected to be a \$10 to \$11 billion industry in 2011.*

There is emerging evidence that massage can make contributions in treating things like pain, where conventional

“There is emerging evidence that massage can make contributions in treating things like pain, where conventional medicine does not have all the answers. The massage field hopes that the growing body of research will lead to greater insurance coverage for its treatments.”

medicine does not have all the answers. The massage therapy field hopes that the growing body of research will lead to greater insurance coverage for its treatments.

The benefits of massage therapy go beyond feelings of relaxation and wellness that people may experience after a massage. Research over the past couple of years has found that massage therapy boosts immune function in women with breast cancer, improves symptoms in children with asthma, and increases grip strength in patients with carpal tunnel syndrome. The American College of Physicians and the American Pain Society now include massage as one of their recommendations for treating low back pain.

New research is also starting to reveal just what happens in the body after a massage. One study found that a single 45-minute massage led to a small

reduction in the level of cortisol, a stress hormone, in the blood, a decrease in cytokine proteins related to inflammation and allergic reactions, and a boost in white blood cells that fight infections.

Massage is already widely used to treat osteoarthritis, for which other treatments have concerning side effects. Patients who had massages twice weekly for four weeks and once a week



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Planning Approval for Additional Pickleball Courts

Dan Hardesty, Properties Committee Chair

Please join the Properties Committee in welcoming **Alain Girard** to our committee. Alain joins us after a career in design, construction and quality control for international experimental fusion reactors. I can barely imagine how much fun that would be.

Documenting the need for additional **Pickleball courts** has been our focus for the past couple of months. Based on work by committee members Pete Savoia, John Schulte and Jim Luckey and a lot of input from Sr. Facilities Director Chris O'Keefe (plus past work from Bill Cooper and Bill Frazier), we learned that Pickleball is now included in the amenities for new Del Webb and Sun City communities.

Information obtained from other active adult communities shows that Pickleball is growing in popularity and that it is also being added in communities such as ours that have been turned over to the Homeowner's Association by Pulte. A sampling of the number of Pickleball courts per home at other communities, plus the data obtained directly from Pulte, shows that we are below average with our present four courts. Based on this information, it was agreed that our need for more Pickleball courts was demonstrated, and it was not necessary

for an additional four weeks had less pain and stiffness and better range of motion than those who did not receive massage.

We are proud to offer you a variety of massage therapies from our experienced technicians. If you're simply looking for stress reduction from massage, we can help you reduce physical, mental, and emotional stress. And we're still taking reservations for our first "Annual Spring Retreat" on April 22, call for details!

~Please see our ad on page 70.~

to hire a consultant to confirm this conclusion. Based on our committee recommendations, your Board of Directors authorized the Properties Committee to provide additional planning for development and construction of a total of six courts at the existing Pickleball site, including a plan to accommodate the community's need for a **basketball court**. The Committee will now move forward on plans for adding two more courts.

If you would like more information or to participate in Properties-related issues, please attend our monthly meeting the second Tuesday of each month, 1:00 PM, the Fine Arts Room (OC).



How a New Amenity Can Be Requested

Dan Hardesty

Properties Committee Chair

I was asked last month what the procedure is for getting a new amenity added to our community. In this case it turned out that we already have croquet equipment in the locker at the Sports Pavilion and a suggested

Continued on page 40

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Chorus to Feature “Notable” Composers

Spring Concert April 29, 30 & May 1

Doug Brown, Resident Editor



Have you ever written a song? Yes, maybe when you were a kid you did a little whimsical musical improvisation. But I’m talking about a *blockbuster* song, one that lasts for generations, that people hum in the shower, that downloads to your ringtone.

in a tribute to gifted composers whose music we have enjoyed for decades – songs like “Tea for Two” (Vincent Youmans), “Can’t Help Falling in Love,” “All of Me,” and “Skylark” (Johnny Mercer and Hoagy Carmichael). This will be a trip down Memory Lane.

Many of the song titles and tunes are familiar, but new arrangements will delight you! Everyone knows Carousel’s “You’ll Never Walk Alone” almost by heart, but Mac Huff’s soulful, gospel-style arrangement of the song will leave you surprised and breathless! And how about Anton Dvorak’s *New World Symphony*? Oh, yeah, you’re thinking, that sorta rings a bell... but how does it go? Well, when you hear the *choral*

arrangement of the “Largo” movement of the symphony, you’ll remember... and be thoroughly inspired by the lyrics to “Steal Away,” hauntingly woven into what was originally written for an orchestra.

Director Bill Sveglini will be in fine form, having guided the 130-voice Chorus into peak performance mode. Audiences see and hear the final “product,” but hours of sectionals (Soprano, Alto, Tenor, Bass) that meet in separate practice sessions (see photos) throughout the season belie the precision of the performance itself.

Not to be overlooked are accompanying musicians to a choral concert. A treat is in store for you with not just Paul Melkonian at the piano, but flautist Mona Stryker, bassist Mickey Bennett, and Chorus member Ellie Hoekenga playing the English horn. (See the cover photo.)

Seeing Red!!!

David Stone

Compliance Committee Chair

Just like a Spanish bull that goes crazy when he sees a red cape waved at him, so do some of our residents see red when they encounter certain violations of our governing documents. Two of those violations that get the most attention are pet waste and parking space issues.

We love our dogs and enjoy taking them out for walks in our scenic and safe community. They, of course, attend to their business as nature intended, by depositing their business on our paths, streets and trails. However, nature requires a little assist from our dog owners to remove the product from those public places. Residents do see red if they happen to step into the waste, see it piling up, or experience its odors. Please use the free waste bags provided at the 75 Mutt Mitt stations placed throughout our community and prevent the “seeing red” condition described above!

Thought you escaped parking space problems when you moved from the city to bucolic Lincoln Hills? Think again as we have been experiencing jammed

Continued on page 89

So step right up and get your tickets for a “notable” performance by your very own Lincoln Hills Chorus! Tickets (\$12) are on sale at the Activities Desks (OC/KS) and online at www.suncity-lincolnhills.org/ See page 45 for details, dinner/show packages (\$38) for excellent cuisine and front section seats.



Alto section, Ellie Hoekenga leading

So can you imagine being an Oscar Hammerstein, a Richard Rodgers, or the Gershwin brothers? Wow! What a feeling — and what *great* songs they wrote!



Soprano section

At the Spring Concert of the Lincoln Hills Community Chorus, these and other “notables” will be featured



Tenor section



Bass/Baritone section; Bill Sveglini, Marie Cooper standing



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Neighborhood Watch

How to Avoid Scams, Financial Abuse, and Fraud

Annual Neighborhood Watch Potluck Honors Volunteers

Patricia Evans

Did you know that, although violent crimes are down nationwide, scams against seniors are rising steadily? An opportunity to learn the latest information to protect our vulnerability and increase our awareness is being co-sponsored by the Community Forum Task Force and Neighborhood Watch.

On Wednesday, May 9, from 2:00-4:00 PM in OC Ballroom a panel of experts will present ways to guard against senior scams, financial abuse, and fraud. Panelists will be Suzanne Gazzanga, Supervising Deputy District Attorney of Victim Services; Sergeant Brian Whigram of the Placer County Sheriff's Office; Karen Bone from the Adult Protective Service; and Therese Adams, Esq., a Lincoln attorney who frequently assists victims of financial abuse and fraud.

The panelists are members of an educational team that gives presentations in Placer County regarding numerous problems perpetrated against elder victims. There continue to be victims in SCLH. The team is sponsored by the Community Agency Multidisciplinary Elder Team (CAMET), a partnership focusing on the prevention, education

and prosecution of crimes perpetrated against elders.

There will be an opportunity for questions and discussion following the presentation. (See page 90.)

The **Neighborhood Watch annual potluck dinner** on Thursday, May 10, 6:30-8:30 PM in the Multipurpose Room (KS) will have a Hawaiian theme. All residents interested in the latest Neigh-



Sergeant Brian Whigram, pictured with his grandmother, has a special interest in protecting seniors from scams

borhood Watch activities are invited to enjoy the evening together. The occasion honors our over 850 volunteers: Mail Box Captains, Village Coordinators, Board members, and advisory/support members.



Suzanne Gazzanga, left, and Theresa Adams will share experiences with senior vulnerability to financial abuse and fraud

Please send \$4 per person to Ron Wood before May 4 to reserve your spot for this evening of camaraderie. Space is limited and we encourage early reservations. A-J guests, please bring a salad/vegetable dish, and K-Z, a main dish, to serve 10 hungry diners. Dessert, coffee, tea, and water will be furnished. Dress Hawaiian if you wish.

The event will also kick off preparations for the annual National Night Out on Tuesday, August 7. It's the night we join the nation in partying with our neighbors to increase our friendship and dedication to mutual safety and security.

Please turn to page 29 to learn about our recent volunteers.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
- Nancy Whitaker, 408-7393
nsymmes@hotmail.com

Neighborhood Watch Website
www.lincal.net/watch

Preventive Maintenance

Nutrition: The Heart of the Matter

Shirley Schultz

Old subject, new slant! Many times have you heard, "You are what you eat." This basic truth underlies the **April 18 presentation, "How Nutrition Affects Your Health,"** by Dr. Stephen Peters, Cardiologist, and Janet Kaye, Health Coach (see page 90).

Food can be your medicine or poison, so it is vitally important to know the difference. A case in point is grapefruit. Many people take a statin drug to help manage their cholesterol level and protect their cardiovascular health. Those people should not consume grapefruit or grapefruit juice because it competes with the same liver enzyme system that handles the statin

Continued on page 89

Library News

Looking for Large Print Books

Nina Mazzo, Library Volunteer

Library volunteers have noticed an increased interest in large print books. This month we ask you to check your book shelves and if you have some gently-used hardback large print books, please donate them to KS Library. Also, we encourage you to take advantage of the easy-to-use enhanced reading machine located in the Community Living Room (OC) and KS Library.

Resident author Joey Chisesi has donated an autographed copy of his book titled *A Dollar's Worth* located in Fiction. The title fits this enjoyable story of how an individual can turn their life around and on occasion it is a mere chance of fate that intervenes.

Continued on page 35

WELLNESSDAYS

Be
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TUESDAY, MAY 22

Fitness Palooza, 9 a.m. to 1 p.m.
OC Group Exercise Room, OC Patio,
OC Living Room, Amphitheater

"Age with Power" Talk, 2 p.m. to 3 p.m.,
Diana Nohr, M.S., OC Ballroom

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Wellness

WEDNESDAY, MAY 23

Health Screenings from 11 a.m. to 1 p.m.
OC Ballroom

"Pain in my Butt - Where's It Coming From?" Talk,
2 p.m. to 3 p.m., Rex Owen, M.S.
OC Ballroom

THURSDAY, MAY 24

Charity Walk and Breakfast, 9 a.m.
Meet at OC Fitness

"The Six Laws of Health" Talk, 11 a.m. to 12 p.m.
with Dr. Thomas Hopkins, OC Ballroom





We Could Be Living in Gold Hill or Hungry Hollow

Al Roten, Roving Reporter

Lincoln, a town nestled into the edge of Gold Rush territory, has a very colorful history. From 1850 to the early 1860s, several towns were established between Lincoln and Auburn, mostly gold mining camps that grew into villages, while others became the centers of commerce and ranching. Most of the building sites have long



Dane Town Monument

since vanished but for an occasional foundation remnant or planted tree. What great opportunities these present to the curious and persistent historian among us!

In 1848, Claude Chana and his entourage on the way to Sutter's Mill camped in Auburn Ravine and found gold dust in their experimental panning. During the succeeding ten years **Gold Hill**, **Oro City**, **Virginia**, and **Fox's Flat** sprang up along Auburn Ravine.

Whiskey Diggins ditch was built to bring water to an area where gold had been found at the Whiskey Diggins Mine, which thrived at the end of this man-made ditch. Over the years, a village grew to support the mining of gold, silver, copper, platinum, zinc, and other metals.

An early town was **Hungry Hollow** located near Doty Ravine, which runs parallel to and about three miles north of Auburn Ravine. One can only imagine the hardships endured in a mining operation and town worthy of such a name!

Newtown, started in 1855, was a typical mining town with three stores, three boarding houses, three butcher shops, six saloons, and blacksmith shops

near current Mount Pleasant and Garden Bar Roads.

Off Highway 65 toward Wheatland, we cross Coon Creek, where the village of **Coon Creek** grew. When the gold that spawned the village ran out, its main functions became serving travelers along the several trails intersecting at that point.

At the intersection of McCourtney Road and Fleming, we find the **Dane Town** or **Daneville** monument, installed in September 2011, which tells us the town grew around a store built in 1858. The town name reflects that this trading center attracted many settlers of Danish roots.

These towns faded into history when gold was depleted and the railroad which temporarily ended at



One hundred and fifty year old fig tree at Newtown

Lincoln was built in 1862. Future articles will explore more of the founding of our home, Lincoln.

Thanks to Jerry Logan, our Lincoln native historian, and the Lincoln Area Archives Museum for source materials. You are encouraged to visit the museum and become a part of their historical preservation efforts. Call 645-3800.

Bucket List

continued from page 2

casually mentioned that she would love to ride a motorcycle. When she told *Compass* photographer DeAtley Cahill that it was at the top of her Bucket List, he assured Marilyn he could make it happen. He later introduced her to Bob Francisco, an experienced motorcycle-riding buddy of his. Within a few days, the Bucket List event was planned!

“Marilyn said her motorcycle ride was very special and thrilling, and she is happy she didn't listen to others who had told her she was too old to ride a motorcycle.”

Marilyn and Bob first cruised within SCLH, while De “clicked” away. After the photographs were taken, the two rode off to more exciting “open” spaces. After an hour of riding, and (unconfirmed!) reports of “90+ miles

per hour,” Marilyn checked one more item off her Bucket List

Marilyn said her motorcycle ride was very special and thrilling, and she is happy she didn't listen to others who had told her she was too old to ride a motorcycle. This makes five items Marilyn has crossed off her Bucket List, and she is now on to the next one!

What have you accomplished on your Bucket List? Send a paragraph or two of details to bucketlist@suncity-lincoln-hills.org and watch for future articles!



After the photographs were taken, the two rode off to more exciting “open” spaces



Club News



• Alzheimer's/Dementia • Caregivers Support Group

On April 25, at 1:00 PM in the Multi-purpose Room (OC), our speaker Carol Pickard, Regional Director of Operations for Emeritus Senior Living will present "Communication and Dementia: Can We talk?" Her presentation is based on over 20 years experience working with seniors.

Carol will discuss the impact each stage of dementia has on the communication process, and then explore how to problem solve and improve communication. It is up to those who are not memory impaired, namely caregivers, to learn ways to better communicate with those with dementia.

In addition to our monthly meetings you may use the resources of our Lending Library. We have many books and DVDs for you to borrow and share with family and friends as you try to understand Alzheimer's/Dementia.

**Contacts: Judy Payne 434-7864;
Cathy VanVelzen 409-9322;
Jean Ebenholtz 434-6852**



• Antiques Appreciation •

Our March program was a presentation by docent Karen Krenovsky of the Empire Mine in Grass Valley. She played the part of Katie Moriarty (era 1905) a housekeeper at Bourne Cottage. Karen told us about her life at the Cottage at the time and explained kitchen items including prices of the time. The Cottage is open May thru September; Living History Tours are available on weekends.

Our April 2 meeting featured a club member who has an extensive collection of 1950's memorabilia. We took a walk down "memory lane" with sheet music, records, kitchen items and a poodle collection. She even wore her own poodle skirt and white bucks! This was a wonderful presentation for those of us who fondly remember the 50's.

The annual Potluck will be on May 25.

Please join us at our meetings the first Monday of each month at 9:30 AM at OC Lodge.

**Contacts: Jan Robinson 408-7006;
Jane Delno 543-6855;
Antique Appraisals 408-4004**



• Arts Association •

The Lincoln Hills Arts Association will meet Monday, April 23, 2:00 PM, P-Hall (KS). This month's program is a win-win activity! Members will have fun adding their special touch to a collaborative collage that will be raffled off at Artisans in the Lodge on May 20 at OC Lodge. Proceeds from the raffle will again be donated to the Lincoln Hills Foundation.

At press time, space is still available for artists to display and sell their creations at Artisans in the Lodge. Check out the main Lincoln Hills website to download registration forms.

**Contact: Beryl Spurling 477-9149,
bsspurling@yahoo.com
Website: www.suncity-lincolnhills.org/residents/clubs/art**



• Astronomy •

Monday, April 16 and May 21. Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM. Contact Morey Lewis (408-4469) for more information.

Wednesday May 2. P-Hall (KS) 6:45 PM. Morey Lewis will present "Fatal (?) Attraction — Everything You Wanted to Know about Gravity but Were Afraid to Ask."

Tuesday, June 5. Patio (OC) 3:00-8:30 PM. Venus will transit the sun. Equipment will be provided to view the event. *Caution: Never look directly at the sun with your eyes or a telescope without adequate eye protection such as a solar filter.*



Joel Thomas "What's Up in the Night Sky;" Tom Eason presenting "Black Holes" at March Meeting

Thursday, June 7. SCLH Forum at OC Ballroom at 7:00 PM. Ken Crawford will share his world famous Astrophotography pictures.

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

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



• Ballroom Dance •

Do you want to add a little spice to your life? Come join us in April for the fun dance, the Rumba. In May, we'll be teaching the ever-popular East Coast Swing. The atmosphere is fun, casual and supportive. We meet Tuesdays, 2:00-5:00 PM. The first hour, dance of the month is taught. Even if you've never danced it before, it's not a problem, since it is taught at the beginner level. There's plenty of time to practice, with help from the instructors. The second hour is free dancing, with time to practice the new lesson and dance to a variety of music, geared to many dances. The last hour, 4:00-5:00 PM is for more advanced steps for the dance of the month. Annual membership dues: \$5 includes weekly lessons. Join us on Tuesdays; it's fun and it's free. See our ad on page 6.

**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 May 16 and June 20. Each month we



Instructors Kay & Clyde McMasters

go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, May 10, at Woody's. We meet in front of OC Lodge and leave at 11:30 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



Some of the 2011 Challengers Sharks, clockwise from



top left, Ron Weech, Dan Oden, Del Torres, Joe Hobby, Joe Perez, and Ted Komaki, Bill Kim, Joe Heruty, Oscar Alvarez

is usually filled from 2:15-4:30 PM with happy folks playing six games of Eight Ball. They get there a little early to practice and hone their cut shot and bank shot skills for the weekly tournament. They don't play with the same partner or opponent most games and sometimes play one against one or one against two. They may also sink the Eight Ball on the Break... always a thrill... just ask Dennis Dreiling who recently did it in a game! If this sounds like fun to you and you are a mid-level player,

sign up, show up and have fun with us! Congratulations to our recent winners — six games: Dan Oden, Frank DeMasi, Willie Wright, Gail Harmon, Bob Bienkowski, Joe Perez; five of six games: Willie Wright, Bob Bienkowski, Hugh Duberley, Dale Houck, Dan Oden, Dennis Dreiling.

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

Upstarts Billiards

"When dreaming of time to pass away *Think about Billiards; the game to play.*"

Have you played before? Would you like to? Our Upstarts Billiards is a group of beginners-to-average players who play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM in the Billiards Room (KS). We usually have room for more if you'd care to drop by!

All Billiards groups will hold an annual BBQ May 14 at the Sports Pavilion.

Winners five games: Gary Averett, Margrit Blanc, Phyllis Borrelli, Richard Gsell, Nicki Hobby, Jutta Bianca Reckling; winners six games: Bob Bienkowski, Dennis Dreiling, Peshu Irani.

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

**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**

• 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 March 7 — AM Winner: Jim Fulton; Runners-up: Joe Ferrando, Steve Fowler and Bob Wehner; PM Winner: Phil Delaney; Runners-up: Les Birch, Norm Hagerty, Ken Klein, Allen Peters and Bob Doney.

Nine-Ball Singles March 13 — AM Winner: Joe Ferrando; Runner-up: Norm Hagerty; PM Winner: Steve Brown; Runner-up: Dale Hurlbut.

Eight-Ball Doubles March 21 — Winners: Oscar Alvarez and Dennis Bist; Runners-up: none.

The Traveling Team held their tournament with Roseville on March 16 and maintains the trophy for Lincoln Hills — Congratulations!

**Contacts: Jim Immel 434-2918;
Les Birch 408-1045**

Challengers Billiards

Every year we give an award to players who win seven games in one play day.

Congratulation to last year's seven game award winners: Joe Hobby, Pool Shark of the year winning seven games four times, Oscar Alvarez; Bill Kim; Del Torres; Ted Komaki; Joe Perez; Wayne Bullen; Ron Weech; Joe Heruty; Carlos Barrantes; Dan Oden.

We play every Friday 9:45 AM-12:00

noon, Billiards Room (KS). Starting this year we will count tie games as half a game and recognize first and second place.

On February 24, Bill Kim ran the table, what an accomplishment.

Recent winners are six games: Bill Kim, Joe Hobby, Ron Weech; five and a half games: Bill Huth, Ed Welch, Del Torres; five games: Bob Wehner, George Black.

Contacts: Joe Hobby 253-9633;

Rita Baikauskas 408-4687;

Dan Oden 408-2687

Couples Billiards

We play at least six games every Wednesday from 4:00-6:30 PM at KS. We almost always have a full house, so you need to sign up early in order to play. The maximum players are 14 couples. If we have more than 12 couples in an evening, some players need to sit out one game. Those evenings we play seven games. We always have a lot of fun and competition is quite fierce.

We had a tie with five wins and one loss this first week. Those players were Dan Oden/Gail Harmon and Ron/Sherry Weech.

This time Joe/Nicki Hobby was the only team winning five games with one loss.

Week three Jim/Barb Conger and Joe/Nicki Hobby tied with six wins.

Al/Betty Jones was the only team to win five games this fourth evening.

Contacts: Jim Conger 434-1985;

Sherry Weech 408-1398

Players Billiards

Where's all the fun on Thursday afternoons? The Billiards Room (KS)



Bird

The Bird Group meets on the second Monday of each month at 1:30 PM at P-Hall (KS). The next Bird Group meeting will be held on Monday, May 14, with a lecture by Jenny Papka of the Native Wild Bird Connection Rescue. She will bring live raptors to showcase. What a treat!

The group will tour the Canyon Oaks Trail here in Lincoln Hills on Friday, April 27. Several species of birds including waterfowl are found in this habitat. Then on Friday, May 4, the group will travel to Spenceville Wildlife Management Area at Camp Far West (east of Marysville) to see a wide variety of birds. All are welcome.

Contacts: Ruth & Don Baylis,

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

Beginning Thursday, May 3, the Mad Hatters will start their summer season bocce sessions at 8:00 AM. In keeping with recent tradition we will offer free coffee and doughnuts (maybe a coffee cake) that morning to induce you to show up at that early hour. We would like some feedback about our experiment this winter with the 10:00 AM start time. Most people seemed to prefer it over the old 1:00 PM start time.

Ninette Murray has scheduled the Second Annual Mad Hatters/Red Hats Miniature Golf tournament for Tuesday morning, May 1. If you ladies wish to sign up for this fun event please call us. Everyone had a great time last year. It will be golf in the morning followed by a pizza lunch.

Contacts: Paul Mac Garvey

543-2067, pmac1411@aol.com;

Bob Vincent 543-0543



Book Group, OC

What would it be like to slowly lose your mind? Our April 19 reading, *Still Alice* by Lisa Genova, explores the topic of early onset Alzheimer's disease through the life of Alice Howland, a 50-year-old Harvard professor and

mother of three grown children. Come join the discussion of this "heartbreaking, terrifying, yet inspiring" novel. We meet the third Thursday of each month from 1:00 to 2:30 PM in the Multipurpose Room (OC); newcomers are always welcome.

Remaining 2012 Schedule:

- May 17: *The Fort* by Bernard Cornwell
 - June 21: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot
 - July 19: *Shanghai Girls* by Lisa See
 - August 16: *The Confession* by John Grisham
 - September 20: *The Glass Blower of Murano* by Marina Fiorato
 - October 18: *To America* by Stephen Ambrose
 - November 15: *State of Wonder* by Ann Patchett
- Contacts: Penny Pearl 409-0510; Dale Nater 543-8755, Darlis Beale 408-0269;**
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

Wow!!! Our "Getting to Know You" meeting on Thursday, April 12, was a fun, informative event. We are excited over many new members joining our group and decided we needed to get to know each other in a more personal way. We broke into groups of three to let others know more about ourselves, e.g., hobbies, jobs, past and present life experiences.

Also, we had the opportunity to decorate the luminaria bags for the "Lincoln Relay for Life" race on May 19 and 20 at Lincoln High School. The bags are in recognition of those who have lost their life to cancer and are remembered in the evening closing program.

Anyone wishing to participate in the "Lincoln Relay for Life" run May 19 and 20, please contact Val Singer for more information.

Our May 10 meeting will be at Pottery World. Please contact Marilyn Poole if you wish to attend.

Contacts: Marianne Smith

408-1818; Sally Lewis 434-7381

Website: www.suncity-lincolnhills.org/residents



Bowling

Season 2011-2012 is about to come to an end! Where does the time go? First, second and third place positions for winners of second half are too close to call, with only four games to Roll-Off for second half winners (Happee Hour, Hill-Toppers, All Spares and Hot Shots). All positions anxiously awaiting Roll-Off for season champs against first half winners, Alley Katz. Looking forward to next season. Happy spring to all! Article by Joan Gates.

Contacts: Frank Schmidg

434-5972; Jerry Gordon, 408-5989;

Margaret Peyton 543-7344;

Joan Gates 253-9415;

Kathy Chapin 543-3475



Bridge, Partners

**Thursday Evening
First & Third**

If you're interested in playing partners' bridge with a relaxed, fun group of people, please come join us. If you give us a call we'll put you on the list — or just show up and take your 50/50 chances.

We start promptly at 6:00 PM in the Terra Cotta Room (KS) and you will be done not later than 8:30 PM. Please be there a little early.

The March 1 winners were — First: Joe & Rose Phelan who also had high round; Second: Carol Mayeur and Dolores Marchand; Third: Kay and Ben Newton; and Fourth: Erica Wolf and Edith Kesting.

The March 15 winners were — First: Bev Ansbro and Reta Blanchard who also had high round; Second: Linda Theodore and Janet Pinnell; Third: Nancy Turrini and Lydia King; Fourth: Gerry & Warren Sonnenburg.

Contact: Rose or Joe Phelan

408-4066, joephelan@sbcglobal.net,

roseph@sbcglobal.net

Thursday Evening Second & Fourth

Thursday February 23 Bridge — First: Leif & Darlene Andreasen; Second: Janet Pinnell and Bev Ansbro; Third: Gail & Harry Ramsden; Fourth: Paul & Johann Kiesel

Thursday March 8 Bridge — First: Erica Wolf and Edith Kesting; Second: Leif & Darlene Andreasen; Third: Harry & Gail Ramsden; Fourth: Ben & Kay Newton.

Come join us for a fun night of Bridge in the Terra Cotta Room (KS) at 6:30 PM on Thursday evenings. Thanks to the Sonnenburgs for handling everything for the group the first three months of the year.

**Contacts: Chris & Ken Jacobson
408-8709**



• Bridge, Duplicate •

Results of the Roseville exchange were close to a 50-50 standoff. Lincoln Hills participants finished on top in four of six sections, but first overall was taken by the Roseville pair of Charles & Donna Gulland with a score exceeding 70%.

In our “gents vs ladies” session played March 10, distaff pairs swept each section. Winning were Lynne White/Joanne Mitchell and Denise Morgan/Alice Brown in the unlimited group, with Rosemary Hood/Una Lynch Long and Mel Rooney/Betty Remensperger taking the 299ers.

Squeak Conner has surpassed the 2000 Master Points level.

Duplicate bridge sessions are played three times weekly in the Multipurpose Room (KS):

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

There is a game for participants with fewer than 50 Master Points on Wednesdays, and on Saturdays for those with fewer than 300. Wednesday bridge lessons commence at 11:45 AM.

**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 join us for an afternoon of Social Bridge. You must make reservations to play and call in case you need to cancel the reservation. You do not need a partner. You can make a reservation by calling Beryl LeVine, 434-6638.

Grand Slam Winners this month were Eleanor Amar and Shirley Bry.

Winners for February 24-March 16 — First: Neil Wilson, Febe Harrington, Shirley Bry, Eleanor Amar; Second: Peggy Collings, Randy Rasmussen, Ann Jensvold, Dolores Marchand; Third: Lois Burke (twice), Harry Collings, Phil Sanderson; Fourth: Joann Holston, Arlean Parton, Dolores Marchand, Shirley Bry.

**Contacts: Lois Burke 409-0223;
Beryl LeVine 434-6638**



• Bunco •

March brought colder weather and rain so our numbers were smaller... or was it the daylight savings time change... or the fact our third Thursday snuck up on some players. For whatever reason, our group was smaller but Bunco play was no less fun for everyone. Make sure to mark your calendars especially with months that begin with a Thursday.

With that being said, Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. Entry fee is only \$5 with the opportunity to win a SCLH gift card if you are one of the lucky ones. There is no annual membership fee to participate, just attend when it fits in your busy schedule.

Last month's winners: Most Bunco's Vickie Cooper; High Score Phyllis Papagiannis; Most Wins Delores Hahn; Low Score Pamela Curtis; Most Losses Barbara Lynch; Traveler Gina Martinez.

**Contacts: Ginna Martinez 408-0288;
Ann Stults 543-6782**



• Ceramic Arts •

Happy Tax Day!!!

April is going to be a busy month with preparations for *Artisans in the Lodge* on May 20. If you're in town that weekend, plan on attending. It was a great show

last year and should be even better this year. Support your resident artists.

Friendly reminder: *Ceramic Arts Group* dues now due. Ed Hanson, Membership Chair asks that all dues be paid by mail; include changes to info, email, phone, etc. Forward info and check to Ed. We currently have close to 70 members.

CAG “Workshops” are held at OC *Saturdays*, 9:00 AM-3:00 PM and *Sundays* 12:00-4:00 PM. KS “Workshops” are *Mondays*, 1:00-4:00 PM for Earthenware and *Sundays*, 1:00-4:00 PM for Spanish Oils. “Open Studio” is available to all residents: OC on *Fridays only* 12:00-5:00 PM and KS *Sundays only*, 1:00-4:00 PM. Please check bulletin boards and studio windows for changes or closures.

Contacts: KS Earthenware — Terry Pisani 408-4037; KS Spanish Oils — Margot Bruestle 434-9575; OC Pottery — Paul Alderete 408-7798; Ed Hanson 253-3950; Mike Daley 474-0910

Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



• Chorus •

Please see page 13 for the feature article on the upcoming spring concert, “Notes from Notables,” featuring “notable” composers and songs. Concert dates: Sunday, April 29, 2:00 PM; Monday, April 30, 7:00 PM; and Tuesday, May 1, 7:00 PM in OC Ballroom.

Tickets at \$12 for residents are now on sale at the Activities Desks and online at www.suncity-lincolnhills.org/. Meridians lunch/dinner packages are also available for \$38.

**Contacts: Bill Sveglini 434-5655,
Sveglini@gmail.com;
Dave Machado 645-7867,
dlm1126@starstream.net
Website: www.lincolnhillschorus.org**



The Chorus booth at the Club Expo generated a lot of interest; members of the alto section show off the Chorus' new t-shirts



• **Cloggers** •

A busy time for the Lincoln Hills Cloggers Performance Team. They will be joining the Vaudeville Troupe May 20 at 2:00 PM in the Lincoln High School Theater for a benefit show; all proceeds will go to the Lincoln High School Choir. A \$10 donation provides two hours of entertainment.

Try and support this worthy cause. The cloggers will be doing a routine to "The Time (Dirty Bit)" by the Black Eyed Peas, choreographed by Michele Hill and adapted by instructor, Janice Hanzel.

Classes are progressing well. We invite residents to give clogging a try. Check page 67 for class information. As a resident, you do have the privilege of coming in to visit or to give clogging a try before signing up. Great exercise!

Looking ahead, May 18-19 is "California Spectacular" in Fresno, Ca. For more information contact, Barry Welch at doubledude@comcast.net.

Contact: Anita Tyson 543-5330, sheandme@starstream.net



• **Computer** •

• Main Meeting — Wednesday, May 9, 6:30 PM: "What's Appening?" The Android Story by David Whorf. Android, Inc.

was founded in Palo Alto, California, in October 2003 by Andy Rubin, Rich Miner, and Chris White. Their purpose was in Rubin's words "to develop smarter mobile devices that are more aware of its owner's location and preferences."

Google acquired Android Inc. on August 17, 2005, making Android Inc. a wholly-owned subsidiary of Google Inc.

What are some of the new wonders offered by this venture? What are "apps" and why do I need them? David will shed some light on these questions and showcase "Goggle Apps."

- Clinic — May 11, 3:30 PM; this is a continuation of May 9's meeting with more Q & A
- Ask the Tech — May 28, 10:00 AM: Informal Q & A session for any and all



David Whorf

technical questions. All meetings P-Hall (KS).

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



Mac User

Safari is the topic for the April 18 meeting at 9:30 AM. "Dropbox and Selected Topics" is the featured presentation for April 26 at 7:00 PM. Mail, the General Meeting topic, will be at 7:00 PM, May 8. iCal will be featured on May 3 at 7:00 PM and May 16 at 9:30 AM. All meetings are in P-Hall (KS).

The bus trip to the Computer Museum (Mountain View) is May 19. This exciting 25,000 square foot exhibition — Revolution: The First 2000 Years of Computing is a must see. Sign up now on the residents' website or at the Activities Desk.



Henry Sandigo, Health Apps for App Night. Photo by Irwin Maloff

"App Night in the Ballroom 2" was a huge success. There were 11 tables — each one featuring the Top 10 Apps in a specific area — Photography, Health, Travel, Food, and more. Copies of the top 10 Apps for each category are available on our website (below).

Contacts: Bill Smith, wsmith986@gmail.com;
Support Help Line: 668-0684
Website: www.lhmug.org

• **Country Couples** •

March was a very busy month for CC's. Thanks to all who set up, decorated and worked the Club Expo booth. Also, the efforts of Tom & Ern Hargis keeping Saturday practices going is greatly appreciated by the Group.

Good news from the Food & Beverage Department! It has initiated a monthly third Sunday Dinner/Dance in OC Ball-



Members explaining what our group is all about at Club Expo: clockwise from top left, Arlene Lawrence and Linda Wilson; Kathy & Rene Lopez; Dennis Lawrence and Ivan & Irene Hesson

room which premiered March 18, a sold out event. As long as attendance stays up, the event will be held monthly.

The April 13 Workshop/Dance in Sun City Roseville was well attended; everyone seemed to enjoy themselves, working on dance moves and dancing the night away. Thanks to event organizers Jim & Jeannie Keener.

Contacts: Ernie Wilson 434-6588; Ralph Lacaze 408-2365



• **Cribbage** •

The Cribbage Club plays from 8:30 AM until 12:00 noon 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.

Once again, we're sounding the call for members of the group to step up and offer to help with setting up the room before play, act as a tournament director during play and/or help put away the equipment at the end of play. If nobody volunteers, we may have to consider dissolving the group. If you have questions, give Jack a call, or call Jerry Wilcox at 916-543-3117.

Contact: Jack Poshepny 543-8463



• **Cyclist** •

Bike handling is a set of skills acquired over time, with

both practice and focus while riding in various situations (pacelines, groups, etc.). Keeping your focus sharp while riding, and being predictable in your actions goes a long way toward helping you avoid the dreaded reputation of being “squirrely” — the rider who can’t hold a straight line. Trying to predict where he will be is like trying to predict which way that squirrel is going to finally run when you are on top of it.

He might also be that guy whose upper body (and bike) sways so much he takes up the space of about five bikes when he is ascending a hill or sprinting. And it’s often that same guy who is out in the middle of the lane on McCourtney while everyone else is single file on the shoulder. Don’t be that guy.



Top left — and this season’s fashion color is...; flyin’ home; winter riding

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

I want to thank Joanne & Ron Thomas, Gail Moore, Richea Shockley, Frazier Caldwell, and Rande Janzen of the Mexican Train Group, all of whom helped with the Club Expo. It’s fun to have members who want to help our group expand. It is a nice way for new people to learn about our group.

Come and join us this month. This is a great time to learn to play Mexican Train Dominoes. It’s a lot of fun and

we have a good time. The morning and afternoon sessions of Mexican Train Dominoes continue to flourish. You are cordially invited to join one of our times: Wednesday at 9:00 AM or 12:30 PM in the Cards Room (OC). Free classes are held at the 9:00 AM session. It’s a great time of fun and social interaction.

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



• **Eye Contact** •
Low Vision Support

Next meeting: May 10, 1:00 PM, Let’s have fun! The first of a three-part series of fun and educational quiz games hosted by Ed Huggett, O.D., and ILVSG Director Dan Roberts; followed by Bruce Vasquez, Optical Services Manager, Kaiser Medical Center, previewing some of the newest visual aids available to the public.

FYI —

- Drusen deposits appear buried deep in the retina and appear conspicuously in AMD eyes. Whether they cause the disease or are results of the disease is yet to be determined.

- Zinc is found in high quantities in the retina due to the need for cell function. It is logical that it’s found in cellular waste deposits. Supplements with zinc are considered important in slowing progression of AMD. The dosage is much less than originally included in the AREDS formula. Now, 25-40 mg is sufficient.

- Kaiser is one of three clinics for treatment with Eylea.

Contacts: Barbara Smith 645-5516; Chelsea@starstream.net
Cathy McGriff 408-0169;
Margie Campbell (a ride) 408-0713



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

If you (or a friend or loved one) suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, April 26 in the Multimedia Room (OC). Jackie Wilson will give a presentation on the Mind-Body Connection, and Marjory Barlow will follow up to explain the Amygdala Retraining



The Fibromyalgia/CFS table at March’s Club Expo

Program for CFS, Fibromyalgia and MCS (Multiple Chemical Sensitivities.) A round-table discussion will follow.

Our purpose is to provide positive support for residents with these conditions. We offer information, educational material and emotional support, exercise options and other suggestions for your mental and physical well-being.

We meet on the fourth Thursday each month from 1:00 to 3:00 PM.

Contacts: Jackie Wilson 253-3744; Sandy Barry 521-2309
Contacts: Jackie Wilson 253-3744; Marjory Barlow 408-1400



• **Fishing** •

While the warm and dry spring opened most of the fishing venues early, the lack of rain and snow in the Sierra is leaving us well below normal again this year. But fishermen / fisherwomen always see the glass half full so we still anticipate a good season. Some early reports would seem to support optimism. Quality fishing on the Sacramento, Yuba, Mokulumne, and Feather Rivers has been reported.

An excursion to Lake Oroville found excellent fishing with limits of Coho Salmon in the 10 to 15 inch range while members fishing Lake Berryessa caught and released over 40 trout ranging from 13 to 16 inches. Also fly fishing at Henderson Springs produced its usual trophy class trout.

Upcoming events include trips to the Fall River, Shasta, Pyramid and Eagle Lakes and day trips still in planning. Next club meeting: 7:00 PM, May 14 in P-Hall (KS).

Contacts: Wally DellaBarre 434-1712, wallydb@att.net



Garden

Thanks to Chair Annie Herbert and helpers for organizing the Flower Show using SCLH's homegrown flowers!

Thanks to Chair Marie Salers and volunteers for running the Plant Sale successfully for many years!

Garden Tour — Wednesday, April 18, Nature Trading Company in Newcastle. Contact: Rita Grella, 408-2367.

General Meeting — April 26, 2:00 PM (KS). "Help, I'm Gardening and I Can't Get Up!" Nancy Kempt, Occupational Therapist, will speak about gardening techniques for seniors. We do not have to quit gardening as we age — just do it differently!



From top: Joan Scarper presenting \$500 check for Lincoln Open Space Project;



Flower Show — Joyce Higgins, Annie Herbert, Burna Jamieson;



Door Prize Winner Vivian Roberts with Bill & Joey Bear

Rose Show/Competition (members only) — Saturday-Sunday, April 28-29; registration Saturday (9:00-10:00 AM), show ends Sunday, 3:00 PM. Members may enter up to three single roses in categories (1-6) below and one arrangement (7-8). Contact: Gloria (645-4699) for a copy of the rules.

Roses accepted in eight categories: (1) Red/Purple/Maroon; (2) White/Cream/Yellow; (3) Pink/Peach/Mauve; (4) Orange/Coral; (5) Multi-colors; (6) Miniatures; (7) Floral Arrangements — Large roses; (8)

Floral Arrangements — *Miniature* roses

Contact: Lorraine Immel 434-2918, limmel@ssctv.net;

Flower Arranging Class

Meets the second Monday of the month. Next meeting: May 14, 1:00-3:00 PM, Ceramics Room (OC).

Contact: Gloria Stroemer 645-4699



Gem and Mineral Society

The April meeting will be a lunch and field trip to the CIJT Jewelry School in Carmichael. Watch your group emails and *Compass* for further details. Call Dave Fisk (below) or Marie Glover, 253-3779, for details. (Guests welcome but please let us know in advance.)

At the February meeting, a contest for best cabochon gemstone was won by Dave Fisk, and the contest for best jewelry piece was won by Marie Glover.

Guests for the March 26 meeting were Evolution Gem and Lapidary. They described their studio and brought gravel from Montana, and members were allowed to search for sapphires.

Member of California and American Federation of Mineralogical Societies. Dues: Not required.

Our club sponsors the Lapidary and Jewelry Shop. Hours: Mondays 8:00 AM to 12:00 PM. The charge is \$5 per each two hours spent in the lab. Funds go to refresh equipment and supplies.

Contact: Dave Fisk 434-0747, dave.fisk@yahoo.com (also for lab info & reservations)

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



Genealogy

Were you one of many who visited our Genealogy Table at the Club Expo last month? We hope you saw the enjoyment genealogists get in their family searches.

Our General Meeting is Monday, April 16, at 6:30 PM in P-Hall (KS). An expert genealogist, Trevor Thomas, has a detailed review of "Ancestry.com." He will also lead the hands-on Computer

Workshop on the same subject, Monday, May 7, at 6:30 PM in the Computer Room (OC).

Help sessions continue on the First Monday, May 7, 6:30-8:30 PM, Multimedia Room (OC) and on the second Monday, May 14, (6:30-8:30 PM in the Computer Room (OC) with most of the genealogy programs available for use. Bring your questions and family data and a flash drive to carry home results.

Our genealogy library is also open at the April 16 and May 7 meetings.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376

(computer workshop)

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

Lincsters are chipping with great finesse! Year-to-date, 23 chip-ins! We were off to an impressive March despite the very high winds. Darlynn Giorgi took



Darlynn Giorgi: Sharon Duley

First in A Flight (45, two pars, one bird, one chip-in, and 15 putts); Pat Ward First in B Flight (46, two pars); Sharon Duley First in C Flight (50, one par, 15 putts); Cheryl Yost First in D Flight (55, one par, 17 putts).

WNHGA update: Carol Sexton was awarded Charm Girl for January. Congratulations!

On April 11, the spring general meeting took place in OC. Marie Bossert provided an update on PWGA play dates. Check our new website. The highlight of our meeting was Steve Treadway's presentation on how to improve our game. Thanks Steve!

Thank you Ive Laske for your hard work coordinating our new Lincsters uniforms.

Contact: Carol Golbranson
543-8647
Website: www.lincsters.com

Ladies XVIII

The rain stopped the 18-hole ladies a couple of times in March but it didn't stop the planning of the Spring Fling to be held May 3, 7:30 AM shotgun on the hills. A Mexican theme with a buffet, door prizes, a cha-cha-cha format. Prizes for the first four teams in each flight. Remy Raquiza and her committee are working hard to make this first tournament of the year a big success. Come out Ladies and make up a team either of two women/ two men or four women. Support your Ladies Group and have some fun. Article by Chris Jacobson.

Contact: Chris Jacobson
Jakemust@sbcglobal.net
Website: lhlgxviii.com



• **Golf, Men's** •

Our NCGA four-ball (two man better ball) net qualifier and Just for Fun Tournament was held on March 20 with a great turnout. The winning teams that will represent our club in the next rounds were; First — Jess Linville and Frank Burkhead; Second — Bill Bowen and Walter Burke. Next they will compete on May 24 and if they are successful, then to Poppy Hills and Spyglass Hills in Pebble Beach. We wish them well.

Our next tournament was the NCGA Zone Qualifier and Just for Fun (four man two best balls) on April 10 with results listed in next month's *Compass* article.

CVS Members will play Cameron Park CC on April 16.

Results for our ABCD tournament were Flight One winners — Joe Mcleod,



Wind blown flag at ABCD Tournament

Duane Hansen, Dean Brumley and Gary High. Flight Two Winners — Rodger Oswald, Paul Hammar Gene Scallon and Dave Dennis.

See any BOD member about joining our club.

Contacts: Dave Jensen,
jansendw@sbcglobal.net; Gene Andrews,
eandgolf@sbcglobal.net
Website: www.lhmgc.com



• **Hand & Foot** •

Hand & Foot is a fun and easy-to-learn card game and we are always happy to teach new players. We meet 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** •

We'd like to thank all the interested potential hikers and walkers who stopped by our table at the Club Expo. And congratulations to Lynn Fraser who won the door prize, an REI gift card.

Walkers: The Walking Group invites you to join in our weekly Wednesday walks. Early morning walks are a great way to begin the day. Walks begin at 8:00 AM. Check the website for weekly starting locations.

Hikers: We have some interesting hikes coming up. Once again we are headed back to the Black Diamond Mines in Antioch. With 63 miles of trails to choose from, we are hiking in a new direction with options of both a moderately easy and strenuous hike. We are also exploring Discovery Park in Sacramento, a totally new destination.

Check out the schedule of hikes and the detailed descriptions on our website where just the right hike is waiting for you.

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

Walking: Glynna Widdows 408-4819,
Gwiddows@sbcglobal.net
Website:
http://lincolnhillshikers.org/



Stagecoach Trail



Table Mountain



View of the Delta from Black Diamond Mines



• **Investors' Study** •

What's going on in Europe, Iran, and North Korea? How can you protect your portfolio — or even have access to investments that prosper — when the markets are dropping? What changes can you make to your investment arsenal?

Representatives from Proshares will talk about investment opportunities in these turbulent times on Thursday, May 3, from 2:00 to 3:30 PM in P-Hall (KS).

Our consultant, Russ Abbott, will update us on the investment markets and provide his monthly financial "how to." Refreshments will be served afterward in the Social Kitchen.

We don't make



Member Joan Brenning discussing foreign markets with speaker Pierre Rogers, Prudential Investments

recommendations or discuss individual stocks. That's for the Active Investors, who will meet on Monday, May 14 at 3:00 PM in the Multimedia Room (OC). (Active Investors' Contact William Ness, 434-6564 bilnes@att.net)

Contact: Doug Hohman, 295-2446
djhohman825@yahoo.com



• **Lavender Friends** •

Just want to thank all the folks who stopped by our table at the Club Expo last month. Your positive feedback was greatly appreciated. Another great event was the Appetizer Potluck at Phil and Rich's house. We had 35 members attend and they were all pleased to hear from Jack Uppal the candidate running for United States Congress in California's Fourth District. Of course everyone arrived with their favorite appetizer to share.

Three of our members are working with PFLAG of Greater Placer County with their Gay/Straight Alliance Scholarship. They will participate in the "GSA" Review and Selection Committee.

If you want more information on our LGBT club, check our website (below). Also PFLAG of Greater Placer County holds its meetings on the second Monday of the month at 7:00 PM in Conference Room A at Sutter Auburn Faith Hospital, Auburn.

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



• **Line Dance** •

Our booth at the recent Club Expo was a huge success. Lots of residents stopped by to see what we were all about and several of them have already agreed to sign up for classes. Thanks to everyone that manned the booth.

There is a great workshop scheduled for Saturday, May 5. Scooter Lee, a well-known, worldwide entertainer is hosting the workshop at Oak Ridge High School Gym in El Dorado Hills this year. Guest instructors include, Michael Barr and Michele Burton. The workshop is geared

toward the beginner and includes snacks and lunch. Workshop price is \$50 and is tax deductible. It runs from 10:00 AM-4:00 PM. Call 1-800-531-4379 or you can register online at Scooter's website, "dancingforthedream.com."

Our group dance is Sunday, April 22 in OC Ballroom, 1:00-4:00 PM. The dance is free to all who want to join in. All levels will be reviewed.

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



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

At our March meeting, we enjoyed hearing City Engineer Ray Leftwich tell us about the plans for our downtown area after the bypass opens and seeing artistic drawings of the new Lincoln Boulevard.

In April, we are once again starting off the morning with a pre-meeting coffee hour in the Social Kitchen (KS). Come for coffee and goodies at 9:00 AM on Tuesday, April 17 followed by the general meeting at 10:00 AM. Our featured speaker will be John Locher, Senior Ombudsman for the Department of Motor Vehicles. As we are aging, we all have concerns about driving. John will be able to answer many of our questions. We are continuing to work on plans for a social event on May 20; details will follow.

Contact: Buzz Rognlén 408-4540



• **Mah Jongg, Chinese** •

We have celebrated the start of the Chinese Year of the Dragon. It is said that people who are born in the Dragon years are to be honored and respected, but they can also be tactless, conceited and quick tempered. However, the dragon tiles that we play with are not so contrary. There are three sets of dragon tiles and they are the white, green and red dragons. When played correctly, they are worth lots of points. Come join the fun of learning the different ways that these tiles may be played. We meet every Monday at 8:45

AM in the Cards Room (OC). Please call one of the contact people if you have any questions.

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



• **Mah Jongg, National** •

Within the United States, second in popularity to the traditional Chinese game is the game supported by the National Mah Jongg League, often referred to as "American Mah Jongg." Those of us who play this game in SCLH refer to it as "National Mah Jongg." Unlike Chinese Mah Jongg, we use the annual Official Standard Hands and Rules card issued by the National Mah Jongg League. Feel free to stop in to see the new 2012 card. We welcome anyone who might be interested in playing this delightful tile game for both women and men. You will find a beginner's table as well as tables for all levels of play. We meet Tuesdays, 12:30 to 4:00 PM (OC).

Contacts: Marnie Isherwood
543-0219; Kris Astone 543-8998



• **Motorcycle** •
RoadRunners

A great touring season began with the RoadRunners' first official club ride in March. Head Road Captain Dale Brinsley led 14 motorcycles with two passengers along the ever favorite Garden Highway to a delicious lunch at another of our group's favorite, Club Pheasant Restaurant in West Sacramento.

If you have a road-worthy motorcycle and are interested in back-road touring, come by and check us out. Our meetings are always short and informative. Members regroup following the meeting at any one of the many local restaurants for dinner and socializing. This is an excellent way for spouses who do not generally go on club rides to get to know each other and the more active members.

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

“Ride safe, ride with friends!”

**Contact: Peter Boyle 408-1955,
Boylep18@yahoo.com**
**Website: [http://web.me.com/
rettavincen/roadrunners_2012/
roadrunners_2012.html](http://web.me.com/rettavincen/roadrunners_2012/roadrunners_2012.html)**



• Music •

The group's popular Friday Night Open Mic will be held April 27, 6:30-8:30 PM in P-Hall (KS). Sign-ups begin at 6:15 PM. All styles and levels of musicianship are welcome. Come perform or just enjoy the music. Audiences are encouraged to sing along. Free.

The SC Ukulele Ohana group meets on Wednesdays in OC Lodge. Music includes everything from Hawaiian classics to Beatles. Free beginners' classes are offered. Call Ron Peck at 409-0463 for meeting times.

The SCLH Music Group's monthly meetings are held every fourth Wednesday of the month (except in November and December), in the Fine Arts Room (OC). Meeting times are from 6:30 until 8:00 PM, but drop-ins are welcome anytime. Bring your instruments and



Sun City Ukulele Ohana Group

perform, or just come to enjoy the music and socialization.

Contacts:

**Carol Percy 543-1365,
crpercy444@gmail.com; Julie Rigali
408-4579, jjrigali@yahoo.com**
**Website: [www.suncity-lincolnhills.
org/residents, Groups, Music](http://www.suncity-lincolnhills.org/residents, Groups, Music)**



• Needle Arts •

Threads of Friendship

Our Speaker for April was Margaret Linderman with a lovely presentation on wearable arts and wonderful appliqued quilts.

The May Meeting is Tuesday, May 15. It is our annual spring luncheon and silent auction. It will be held at Sun City Roseville's Timber Creek Ballroom to allow all members who wish space to attend. Reservations are now being taken. Contact Anne Garry if you have not yet secured your reservation. The silent auction promises to be bigger and better than ever.

General meetings are held at KS, 1:00 PM, the second Tuesday each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room Window for times. Please contact Membership Chair Anne Garry, 543-7151, to join and see how fiber arts thrive in our community!

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



• Neighborhood Watch •

It's a happy day when Neighborhood Watch reports 21 recently acquired captains, and three additional Villages that now have Coordinators!

Allen Gillespie, our recently retired Executive Director, accepted the "Adopt a Village" challenge and added Village 3A, just a few blocks away from his original Village 42B. Other Villages open for "adoption" are 8A, 14, 24D, 30A, 30C. and 39. If one of these Villages is near your area, we encourage you to "adopt" it. It is not necessary to live in the Village you serve.

Other new Village Coordinators are JoAnn Beard, 30B, and Kathy Gire, 5AB. We caught up with Kathy at the New Resident Orientation and the value of Neighborhood Watch appealed to her.

Neighborhood Watch promotes a friendly neighborhood as a safer neighborhood! It is also a more fun neighborhood! Call us at a contact number below to ask how you can participate. .

**Contacts: Larry Wilson 408-0667,
mvw6@sbcglobal.net;
Nancy Whitaker 408-7393,
nsymmes@hotmail.com**
Website: www.lincal.net/watch



• Painters •

We had another exceptional presentation at our March meeting when well-known artist Frank Ordaz presented a landscape oil demo featuring a fisherman. Those present were captivated and educated. Thanks Frank.

In April, Club Member Fred Eckman engaged our interest demonstrating his approach to creating outdoor paintings. This was very timely as many of us think about adding some artwork to our patios and yards. Thanks Fred.

In May (May 1), Terry Banderas will do a watercolor/pen and ink demo and in June, an "animals" art challenge will be featured. In July, we will have an Artists Table Luncheon.

We are organizing a 50/50 Fundraising Show for June and encourage members to donate a painting to be auctioned off with proceeds being used to bring in program presenters and to make a donation to the American Cancer Society as a memorial to artists we have recently lost. Article by Jacquie Hilton.

**Contact: Lynne Fee
lynnefee@aol.com;
Diane Pargament 408-0221,
dkpara@starstream.net;
Jacquie Hilton,
jacquiehilton@starstream.net**
Website: www.lhpainters.org



• Paper Arts •

Instead of our usual meeting this month, we enjoyed a "Demo Day" with members sharing their expertise with demonstrations of various tools and techniques used in paper arts. It was a great opportunity for us to learn from one another.

Another fun event this month was our get-together at Diane Jackson's home following the stamp convention in Sacramento. After a morning of scout-



June Paquette arranging the Paper Arts window display (OC)

ing out bargains at the convention, we enjoyed doing a “show and tell” of our purchases, while enjoying a hot dog barbecue. Shopping and eating – some of our favorite things!

Our group contributed 35 pounds of recycled Christmas cards to the Shriner’s Children’s Burn Center in Arizona. These cards are used by the children to craft cards and are sold as a fund-raising project for the hospital.

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



• **Pedro** •

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a long time since you played, we are always happy to teach you the basics or refresh your memory.

Pedro meets in the Cards Room (OC) on the first and third Fridays of the month from 9:00 AM to 12:00 noon. We hope to see you there.

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



• **Photography** •

On May 2, Vicki White’s Photo Enhancement SIG will be working on self-portraits, be they realistic, optimistic, or deserving of being beaten with a stick. This is in keeping, of course, with Rhonda Campbell’s portrait challenge for the month.



“Tools of the trade” by Patrick Jewell

The talented Patrick Jewell will be letting us “look over his shoulder” on May 9 to learn how he contemplates and captures images. Usually seen in the field festooned with his double bandler camera array, Patrick will share the

thought process he engages before grabbing his digital artillery. Ready-aim-fire rather than aim-fire-fire-fire-fire. Capice? If not, come listen to him and you may be rewarded with an epiphany.

And if you weren’t there last month at the Camera SIG, you missed the shtick on EVIL cameras. The contra-camera folks would venture that EVIL properly describes all of those contraptions, but these cameras may well suit the interests of many budding photographers.

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



• **Pickleball** •

Team Play ended with *The Marilyn Merlots* coming in first place. The team members were Mick Brown, Richard Holm, Lee Mallin, Judy Sykes, Dale Peterson, Linda Brandelius, Robin Olney and Sharon Klotz. Many thanks to Mona Wheeler for all her hard work in organizing the teams and to Bob Church



Mick Brown, Richard Holm, Lee Mallin, Judy Sykes, and Dale Peterson

for putting together the potluck on the last day of play.

The Lincoln Hills Pickleball Club’s season tournament opener will be held May 8, 9, 10. It will be sponsored by Wells Fargo Advisors. Mark your calendar to watch the “First Annual Pickleball Survivors Tournament” at the Pickleball Courts. All you will need to bring is a chair and sun screen. What a great way to spend the day in our wonderful community, cheering on your favorite pickleball player! (See our half page ad on page 6.) Article by Sherry Mosby.

Contact: Jerry Zimowske 408-1319 jzimowske@ssctv.net Website: www.lhpickleball.com



• **Players** •

On Saturday, June 2, at 7:00 PM and Sunday, June 3, at 2:00 PM, Readers Theater will present a showcase of three one-act plays in P-Hall (KS). Auditions are on Wednesday, May 2 and Thursday, May 3 from 6:00-9:00 PM in the Fine Arts Room (OC).

On Thursday, April 19 there will be an Audition Preparation Class for those who want to audition but do not know the process. It will be from 6:00 to 8:30 PM in the Fine Arts Room (OC). New actors encouraged to attend.

Auditions have also been set for “The Lucky O’Leary’s.” They will be held on Monday, May 14, and Wednesday, May 16. *Please note the date correction.* Both dates are in the Fine Arts Room from 6:00-9:00 PM.

Performance dates are August 1 and 2. Players meetings: Second Mondays, 4:00 PM, P-Hall (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, Tuesday, 5:00-8:30 PM, and *new* Fridays 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold ‘em players, there is a separate table available on Monday Tuesday and Fridays, same times.

The Quarterly Hold ‘em tournaments are open to all residents, first come-served, as they usually fill up quickly with a 48-player cap. Our next tournament will be Saturday, April 21.

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** •

Group president Bob Zielinski was all smiles after he and two other members manned a booth at the March 13 Club Expo. Zielinski, Hal Levin and John Eberhardt reported seeing much interest, and club applications were picked up by eight of those who stopped by.



From left, Hal Levin, John Eberhardt and Bob Zielinski at the Club Expo

Eleven members will attend a training class on automatic electronic defibrillators (AED) devices this month. The devices, used for emergency action in case of apparent heart attacks, will be available at the group's rallies.

First rally of the season will get underway May 3 at the Chico Almond Tree RV Park. Wagon masters for the four-day trip will be Dick and Judy Naragon, assisted by Larry and Joan Flood and Dennis and Carolann Meddles. Highlights will include a golf tournament and tours at the Sierra Nevada Brewery and Bidwell Mansion. There will also be a catered Mexican dinner.

See our ad on page 7.

Contact: Bob Zielinski 408-1852

Website: www.lhrvg.com



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

Time marches on and April took us to Spring Break which was held during the entire week of April 9-13. For those of you who have not yet signed up for our program, it is not too late!! You don't have to be a teacher to be a member of the SCHOOLS group, you just have to want to make a difference in the lives of the children! You can either be a regular classroom

volunteer or you can help out with special projects such as Holiday Sales, Mothers Day Boutiques or Book Fairs. Both types of positions offer our volunteers a great deal of flexibility when it comes to scheduling, and they are lots of fun! If you are new to the community, getting involved with our group is a wonderful way to make new friends! Call or email us if you want to help out!

Contacts: Sandy Frame 408-1453, sflincoln4fun@starstream.net (Elementary); Eileen Marks 409-0320, emarks@aol.com; Cindy Moore 408-1452, cindysmoore@me.com; La Rita Gruenwald, lariat@wavecable.com



• **SCOOP** •

Sun City Organization of Pooches

SCOOP's last monthly meeting was held on March 15 at KS and the spotlight for our second Recognition of Excellence Award was presented to Rachel LaForest. Rachel took on the mission, through SCOOP, of picking up all CA-CRCV recyclables from participating SCLH mem-



From left, Terri Rafferty, Rachel LaForest and Judy Bond

bers. She takes the recyclables to the Placer SPCA, a private non-governmental organization, and places them with others collected by the PSPCA. In 2011, a total of \$17,000 was raised by PSPCA from this entire program.

Funds were used in many areas, such as: adopting out 2,580 animals, returning 533 animals to their homes, providing 167 Humane Education programs, and providing 2,465 Spay & Neuter assistance vouchers. On the three days per week that Rachel drops off SCLH

recyclables, she volunteers with the animals. We are very proud of the work Rachel does!

Pooches on Parade — May 7 — Sports Pavilion. See our ad on page 7 and details on our website.

Contact: scoop@sclh.com

Website: www.sclh-scoop.com



• **Scrabble** •

The newest players to come on Mondays are continuing to attend and some have jumped right in with bingos. Anne and Lillie have joined our veterans, Barb, Darlis, Ira, Rita, Sandy, and Stan with bingos. And, they are winning games too. This makes Monday even more fun!

Come join the scrabble players each Monday at 1:00 PM, in the Cards Room (OC). Typically, we have two or three tables going. If you cannot make it at 1:00 PM, we always welcome late-comers. As usual, games run 45 minutes or so, some players time their entrance to arrive for the second round, around two o'clock.

If you are used to playing online, please come see how you would do in a real board experience. Many of our players are playing online, too, but enjoy the camaraderie of the group.

Contact: Candy Koropp 409-5017



• **Second Cup of Coffee** •

Second Cup of Coffee meets Monday, April 16, 10:00 AM at P-Hall (KS) with a program of Business Outreach, featuring local Lincoln Jewelers. Learn about their expanded services which include gold purchases, many types of repairs, and general education and history about their company. It's sure to be a 'gem' of a program!

That 'complimentary' second cup of coffee for the members at the March 19 meeting was a big success, as members sipped their coffee and took part in a Roundtable Discussion of contemporary, local and national subjects.

More unique programs being planned for May and June. May 21 we will hear from Sheriff Ed Bonner on "The Placer County facility, Lincoln Justice Center." June 18, the Gladding-McBean Story,

another one of our Lincoln Neighbors.

All residents are invited to these programs every third Monday of the month, 10:00 AM in P-Hall (KS).

Submitted by Lillian Nawman.

Contact: Wolf Oplesch 408-1788

oplesch@sbcglobal.net

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



• **Shanghai** •

Join us and learn how to play Shanghai, a fun group card game. We offer free lessons. We play every Thursday at 12:00 PM and every second & fourth Fridays at 5:45 PM. Contact one of the names listed below.

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



• **Ski** •

Where did winter go? Our annual post-season potluck party will be April 17, 5:00 PM, at the home of Jerry & Karen Johnson. If you have yet to RSVP, contact Sylvie Roberts at 408-0344, and very nicely ask her if she can still squeeze you in!

Late season snow storms have made for some great late winter/early spring skiing, and our members have made the most of it, sharing rides to the local resorts.

Our second of two presentations on



Skiers at Seattle Ridge, Sun Valley; Vince Congello at March Meeting; Jerry Johnson and Sue Worrall at Alpine

the 10th Mountain Division in March was well-received, thanks largely to Vince Cangello, a Lincoln Hills WWII veteran of the 10th, who shared his stories and mementos with club members.

The annual ski getaway trip, this year at Sun Valley in February/March was a smashing success with perfect weather and snow, comfortable accommodations near the lifts, and fine dining, including a sleigh ride under the stars.

Contacts: Mike Hilton, Sue Worrall, Chuck Frevele; 258-2150, suncity-lincolnhills.org/residents; Clubs; Ski Club



• **Singles** •

Dynamic Singles

April showers have finally arrived.

Upcoming Singles Events:

April

- 17) 7:00 PM – Let’s Dance, Meridians
- 19) 4:30 PM – Table for Eight, Lucille’s BBQ/Rocklin, RSVP Darline 434-6472
- 26) 6:30 PM – Casino Night, OC Ballroom, dressy attire; no food served, RSVP April 19 Sarah 543- 0035

May

- 03) 4:30 PM – Cocktail Time, Buonarroti’s, Lincoln
- 06) 4:30 PM – April Birthday Celebration, Sports Bar, Meridians
- 09) 10:00 AM Waste Management Tour, Lincoln, carpool, sign-up Lou 408-4422
- 10) 6:30 PM – General Meeting – Election, OC Ballroom
- 12) 9:00 AM – Second Saturday Breakfast, Sports Bar, Meridians
- 15) 7:00 PM - Let’s Dance, Meridians

Our weekly sports activities:

- Mondays at 2:00 PM – Tennis at the Sports Park (Dennis 408-2423)
- Wednesdays at 2:00 PM – Bocce Ball at the Sports Park (Dennis 408 – 2423)
- Fridays – Golf – 18 holes (Jerry 543-8776)

Join us for our events and plan to have lots of fun! Article by Kathy Shaddox.

Contact: Marty Joseph 543-0803
Website: www.lincolnhillssingles.org



• **Softball, Senior League** •

Thirteen teams consisting of a total of 179 players began games for the Summer League on April 2. Knowing that the weather is iffy at best in April, we decided to postpone the traditional “opening day” ceremonies and came up with an alternative. On Saturday, May 12, we will celebrate *Fan Appreciation Day*. It will be a great family outing, with a fun-filled one-pitch tournament, as well as hot dogs and drawings for many great prizes! So invite the grandkids over, call your neighbors, and join us for a terrific day. See our ad on page 8.

Also starting in April, The Coyotes travel teams have established a special Thursday League for players with higher skill levels than most of us have. Many of the players have competed on National Championship teams, so the games promise to be exciting. There are two games every Thursday starting at 8:30 AM. Come check ‘em out.

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

Coyotes

The 70s traveled to Manteca’s Big League Dreams fields to start their 2012 season. Finishing 3-2, and playing at Fenway Park and Angel Stadium, the 70s had a chance to win it all in their last game, but fell short and came in tied for second. Pete Savoia (.78 ba, 11 rbi), John Parks (.706, 4 hrs, 10 rbi, 14 runs), Gym Mikaelson (.706, hr, 13 rbi), and John Wible (.688, 11 rbi) led the offense, while Jim Sandin had two wins and Bill Stroh one. Next up: Rusch Park and Folsom. All the players have been chosen for the five Coyote Summer League teams which started April 5 . The Coyote All-Star Winter League has a record of 26-7-3 with two more Thursdays as of this writing. The 60s are playing in Hayward, Turlock, and Lodi, while the 65s play in Yuba City and Folsom.

Contact: Bob Hunter, bluespritzer@yahoo.com



• Sports Car •

Remember our 10th anniversary celebrations in May! Sign up for the May 9 party and the May 23 Tahoe ride.

The Berry's led their annual trip to the Lockeford Meat Company on March



At the Lincoln Foundation Benefit;

Karen & Jerry Johnson, Community Event Coordinators

14. The trip went through El Dorado back-roads, then to Frasinetti's Winery for lunch. It was raining all day, but everyone enjoyed the ride.

On March 17 we participated in the annual Lincoln Community Foundation benefit, a St. Patrick's Day party. All had a great dinner. There was a silent auction with lots of goodies and a live auction as well – very fun!

On March 27 the Widings led our annual trip to Rio Vista. The ride through the Delta, Clarksburg, Walnut Grove and Isleton offered spectacular views of the waterways, marinas, agriculture and vineyards. The Point Restaurant is right on the water. This year the group stopped at the Jelly Belly Factory in Fairfield.

Contact: Pat Heesch 408-1500,

pheesch@aol.com

Website: LHsportscars.com



• Square & Round Dance •

Sun City Squares

Sun City Square Dance Club is moving forward this spring helping our new dancers learn all the main-

stream calls. We are planning on starting a new class this fall starting *September 10*. Now is the time to check the club out and sign up for the next class. Call Chuck or Bob to sign up today!!!

We are always ready to add experienced Square Dancers or Round Dancers. Feel free to come in and watch or join, times listed below:

Meeting Times

- Mainstream/Full Plus Level
Mondays, 1:15 PM-3:00 PM (KS)

- Optional Levels
Mondays, 3:00-4:00 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;

Bob Grupp 408-1868,

Bob@GruppHomes.com



• Table Tennis •

On March 13, the Table Tennis Group participated in the Clubs Expo. It was very successful as we had many potential ping pong players approach our table wanting information on how to join our fun group. As you can see, many of our ping pong players vol-



Members of the Table Tennis Group at the Club Expo

unteered to furnish information to our residents. Our Ping Pong sessions are held in the Multipurpose Room (KS) every Sunday from 12:30-5:00 PM, Tuesday from 6:00-9:00 PM, and Friday morning from 8:00-11:00 AM. Please join us for a fun time playing Ping Pong during these sessions.

Contact: Howard Parker 408-4655

Joe De Souza 543-4868



• Tap Company •

Thanks to all for all the hard work provided for the annual Tap Company Talent Show. "Remember When," covering the decades from the Roaring 20's through the 1970's, was a huge hit! The house was packed for all performances and we thank everyone who came out to cheer us on! It's just more fun for those of us living here in Lincoln Hills!

We're back on the dance floor in our Technique Classes with the next session beginning the week of April 23. If you haven't signed up for tap classes in a while, come back. There are classes to fit everyone so dust off your tap shoes and re-join us!

Mark your calendars for the upcoming annual Spring Luncheon to be held June 22 in the Multipurpose Room (KS). We'll elect new officers and announce the particulars of the 2013 Talent Show.

Contact: Becky Sprong 408-1389

beckysprong@sbcglobal.net

Janet Becker 543-3493, becker

jm1962@yahoo.com



• Tennis •

LITT (Lincoln Intramural Tennis Teams) started April 4 and the Tom Isaac clinics have been occurring since April 2. Coming soon are the Women's Doubles and Men's Doubles Tournaments (blind draw format) on Friday, April 20, and Saturday, April 21, to be followed by a potluck dinner that Saturday evening. On May 18 will be the Sutter Health Mixed Doubles Tournament followed by an awards banquet and dance at OC Ballroom.

Of note, several changes have been made by your BOD to improve communications with and participation by more of our residents. We have reorganized the bulletin boards at the Pavilion and are supplying event entry forms in adjacent racks in labeled folders. We are also putting more information on our website — for easy access to LHTG Members — including the Members'

Roster, Women and Men Sub Lists, member player groups/schedules, and a monthly President's newsletter. Cheers. Article by Roger Clapp.

Contacts: Carl Braganza 408-2898, cfbrazan@comcast.net; Christy Roger Clapp 434-6687, rwclapp@hotmail.com
Website: www.sclhtg.com



• Vaudeville Troupe •

Mark your calendars: *Tickets on sale now for June 29 and 30 Vaudeville Troupe Show, "The Cavalcade of Stars."* Come enjoy and be part of our *Tribute to our Armed Services:* songs, dances, Vaudeville's USO Stage-Door Canteens of the 1940s and the 1960s, complete with Canteen Hostesses,

at P-Hall (KS) where every seat is a great, comfortable one!

Buy tickets today at Activities Desks (OC/KS), still only \$10.

May 20 — Vaudeville Benefit Show at Lincoln High School Theater, 2:00-4:00 PM, \$10 donation.

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



• Veterans •

Cynthia Nunez, director of the Sacramento Valley National Cemetery, will speak at the April 19 meeting at 1:00 PM in P-Hall (KS). Ms. Nunez is responsible for the oversight of all burial, maintenance and administrative operations at the cemetery.

The Sacramento Valley National Cemetery is the VA's 124th national cemetery. Since opening in 2006, about 60 of its 561 acres have been developed. It is one of eight national cemeteries in California. About 346,000 veterans live within the service area of the cemetery.

The cemetery is located about 57 miles southwest of Lincoln, off Highway 80 between Dixon and Vacaville. Its administrative office can be reached at (707) 693-2460.

Contact: Joey Chisesi, 408-1705, joeycathie@sbcglobal.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.

Water volleyball is a great way to safely exercise and increase your flexibility while enjoying good camaraderie and fun. You will be welcomed warmly when you join us in the pool!

Play available (KS):
 • Open Play: Saturdays 9:00 AM; first, second, fourth (fifth) Mondays 5:30 PM.
 • Open/League Play: (all levels):

Wednesdays, Thursdays 6:45 PM.

- Advanced Play (rated players only): Mondays 6:45 PM.
 - Training: third Mondays, 5:30 PM.
- Contacts: Jim Puthuff 543-0067, jputhuff@softcom.net; Jim Leonhard 550-7075, jhleonhard@gmail.com**
www.suncity-lincolnhills.org/residents



• West Coast Swing Dance •

We invite you to join us this Thursday, April 19, when we will be holding a workshop featuring Nightclub Two-Step, 6:00-9:00 PM (KS).

Our Club Night Out will be this Saturday, April 21, at the Capital Swing Dancers monthly dance at the Fair Oaks Park and Recreation Auditorium. A beginner lesson will be 5:30 to 6:30 PM and then dancing until 10:30 PM.

The next monthly Friday evening dance practice will be held on May 11, 5:30 to 7:30 PM, Fine Arts Room, (OC.) Here's your chance to practice your West Coast Swing dancing with a teacher always on site.

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

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



• Woodcarvers •

Woodcarvers Focus — Doris Ellison. Doris, an accomplished oil painter, who started carving in 1990 says, "I tried carving on my own and didn't have much success." She went to a Federal Duck Stamp Show and was fascinated with the work of the group at the show. "They invited me to join their group and I did."



Clockwise, Yvonne and Mike will perform in "Shady Ladies" at both shows; Director Marina

says, "Don't miss our May/June shows;" Vaudeville Troupe prepares for May Benefit show

swing dancers, 40s crooners and the Andrew Sisters! Hear songs like "White Rabbit" and "Imagine" along with Vaudeville "Hippies" in our 60s Canteen. *Veterans:* Please wear your uniform or just your cap so we may pay tribute to you for your love of country! Get ready for a one-of-a-kind, uplifting, high-energy and heart-warming Vaudeville Show! *Always "Entertainment Extraordinaire"* Performed



Woodcarvers Focus:
Doris Ellison

Doris advises aspiring carvers to “start with a small project and a few good tools and join a carving group to learn from those who’ve been carving for a while.”

Doris and Bill moved to Lincoln Hills in September 2001. Most of Doris’ nursing career was spent at Loma Linda University Medical Center. She and Bill retired to Pt. Townsend, WA, and then moved to SCLH.

With a quick smile, Doris says of Bill’s help with her carving, “he stays

out of my way... especially when I have a knife.”

Contact: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com

Finance

Continued from page 9

\$1,646,710 in the settlement account for ADA and construction defects. The Reserve Fund balance was \$5,489,718. In accordance with our policy, all funds are in FDIC-insured accounts or US Treasuries. It should be noted that we have still not paid for the LED Street Light Project (I guess they are in no hurry to bill us).

Homes with past due assessments at month end were 155 units and \$101,900 past due compared to 165 units and \$108,500 at the end of November (the comparable month in the last quarter).

The Reserve fund was scheduled to spend approximately \$235,000 in 2012 to replace worn out furniture, carpeting and other decorations as well as some serving equipment. The main



Writers

Last month’s Club Expo provided an opportunity for potential writers to see what our group is all about. Several of our members had their books on display showing the wide diversity of talent we have. Hopefully, this did not intimidate the timorous, as that is not our purpose. We encourage people to write for any reason they choose and our “editors” serve only as honest cheerleaders to those happy souls who want to

write. If you have a story to tell — about your life, or a fictional one, this is the place to start.

April is National Poetry Month, so if you fancy yourself a poet, by all means come and share your creations with us. We meet on the second and fourth Monday of each month at 6:30 PM in the Ceramics Room (OC).

Contact: Jim Fulcomer 543-9201;

jjfulcomer@mac.com;

Bruce Robinson, Bruce8177@att.net

Activities News

Continued from page 5

family listening to fabulous performers at our very own **Summer Amphitheater Concert Series**. Save big by buying the Series Package for only \$109. If you can’t see all seven shows, purchase individual tickets by May 14 and take advantage of the early registration discount. The series opens June 15 with the highly requested **Motown Revue**, followed by the Ultimate Abba Tribute from “**Adbacadabra**,” considered one of the best Abba tribute shows in the nation. Sing along with “Hotel California,” the Ultimate Eagles Tribute band scheduled July 19

and experience Hawaii with an authentic **Polynesian Revue** show and fire dancer, July 27. Reminisce your teen years listening to the original American teen Idol, **Frankie Avalon**, August 14. Two more bands complete the line-up with the **California Cowboys** singing your favorite country hits, September 7, and **Stompy Jones** closing the series with their jumpin’ rhythm on September 28. **Complete details on page 42.**

To paraphrase the Irish poet Allingham, “Bring on the Spirit of Summer-time!”

Large Print Books

Continued from page 17

PBS certainly has had a winner with the series *Downton Abbey*. There is a new book titled *The World of Downton Abbey* (see Nonfiction) by Jessica Fellowes. This book is interesting as it ties the social and historical aspects of the characters amid the chaotic World War I era along with cast and area photos.

Our library and reading rooms are well used and we are grateful to residents who donate their current and gently-used books. Criteria for donations: date of publication from 2004 forward (unless part of a series) and audio books on CD are also needed.

Contacts: Sandy Melnick (408-1035) for donations; Sandy Maloff (408-2368) to volunteer keeping our shelves in good order; Cleon Johnson (408-5648) maintains the investment materials.

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916.257.6788



Gay Sprague
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Holly Stryker
916.960.3949



Craig Carolan
916.275.8077



Penny Carolan
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916.813.9544

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Bulletin Board

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

Attn: All Club Leaders & Travel Planners

To eliminate confusion and possible congestion in OC Lobby, group/club organized trips originating from OC Lodge must gather attendees and load their bus from the OC Fitness Center side. The Community Living Room (OC) area is the gathering and bus loading location for Association trips only. Association trip buses load close to the portico entrance to the Lodge. Please be sure your group or club membership is aware of these trip arrangements.

Bingo, Lincoln Hills Foundation

The weather is warm and sunny and time to get out and have some fun!! Come join the Lincoln Hills Foundation for a chance to win big bucks and prizes. It's a great way to spend your afternoon. Wednesday, April 18, OC Ballroom doors open at 12:30 PM. Bingo games begin at 1:00 PM and end about 3:00 PM. Cost: \$20 for 12 games, 12 cards with six cards each. Up to \$1350 in prize money. Pop-Ups are four for \$1; Daubers are \$1 each. Cold bottled water available No food or alcohol allowed. No one under 18 admitted. It is always fun, fun, for all. Did I say fun!! Come join us and see. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984. Visit the Lincoln Hills Foundation website at www.lincolnhillsfoundation.org. We are Seniors Helping Seniors. Tell a friend.

Bocce Ball Summer Evening Mini-League

We are looking for 48 friendly, competitively-spirited bocce ball players, to play five consecutive Friday nights. Mini-league format, teams of four players (mixed blind draw). Goal: 12 teams. Play starts Friday, June 15, sign-in at the Courts at 6:30 PM; play at 7:00 PM. Two games, 12 points each, played. Friday night dates: June 22 & 29, July 6 & 13. If more than 48 interested players, we will have a drawing for the 48 places and those remaining will make up a substitute list. If you can't play all five nights, arrange for a sub from the list. Event organized by resident Brenda Spencer, former President of the Sun City Roseville Bocce Club. To sign up, please send email to ozfactors@att.net.

You are invited... To the following presentations:

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

- April 23** • 6:00 PM Medicare Made Simple by John Crump, Oaks (OC)
May 1 • 10:00 AM How Can Private Fiduciary Help You, P-Hall (KS)
May 8 • 6:00 PM Spinal Aid Presentation, Dr. Zorich, Solarium (OC)
 Please see our insert in this month's Compass

Chit-Chatters (Formerly Super Seniors)

If you're an older resident looking to expand your horizons, consider stopping by the Chit-Chatters for a cup of coffee and a visit. Chit-Chatters meet on the third Friday, 10:30 AM, KS Café (or, if the Café is full, in the Living Room area (KS)). This month's meeting will be on April 20. Guests, visitors, and newcomers are always welcome. More info: Marsha Hathaway, 408-0228.

Glaucoma Support Group

Multipurpose Room (OC). We meet the second Wednesday every month, 4:00-5:30 PM. Dr. Annie Baik, UC Davis Department of Ophthalmology, Glaucoma Services, will present information regarding cataract surgery for glaucoma patients. More info: Bonnie Dale, 543-2133.

Italian Group

Spring has sprung, the Easter bunny has hopped and the Italian Club is ready to put some "spring" in your step with our next two events – Bowling and Lunch, Strikes Lanes, Rocklin, Wednesday, April 18, and Club favorite – Bocce Ball BBQ, Saturday, May 19, right here at SCLH. Want to join in the fun? Make new friends? Find the latest social event flashing across the screen on our website: www.lhitalianclub.org. Click the banner and the event flyer pops up with complete details and sign-up form. This is where all club events will now be advertised as we make full use of our wonderful and beautifully artistic new website! If you/your

spouse/significant other are of Italian descent, join our active social club. Call Membership Chair Rose Cesarz, 434-5301, or visit www.lhitalianclub.org for all Club news and membership information.

Multiple Sclerosis Group

Meets monthly the first Tuesday at 1:00 Terra Cotta Room (KS). We usually have a topic for discussion or a speaker dealing with some aspect of Multiple Sclerosis. More info: Marilyn Sharp, 434-6898.

Neighbors InDeed: Golf Cart/NEV Clinic

Neighbors InDeed announces their third annual Golf Cart/NEV Drive-Through Clinic: Wednesday April 25, 12:00-4:00 PM, Sports Pavilion. To register for an appointment time, call Neighbors InDeed, 223-2763. This is an excellent chance to have NID volunteers check your tire wear and pressure, battery and terminal condition, lights, turn signals, horn, parking brake, seat belts, front shocks, oil leaks, and more. This is a free service from Neighbors InDeed.

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 & have a fun afternoon. All residents are welcome. Tables are first-come, first-served.

Continued on page 39



The Lincoln Hills Players

Announce Auditions For

"The Lucky O'Leary's"

A farce by Jim Brochu

Monday, May 14 and Wednesday, May 16

6:00 to 9:00 PM, Fine Arts Room (OC)

The New York state Lottery jackpot is climbing from 63 million dollars and is expected to reach 100 million dollars. Anxious to win the jackpot, members of the O'Leary family go to extremes to improve their odds. Someone has the winning ticket. Is it one of the O'Leary's, you will have to wait and see!

For more information contact Director Paul Schechter at 253-7492 or paul.schechter@pacbell.net



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Continued from page 37

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.

Retired Law Enforcement Officers Group

Will hold its quarterly breakfast meeting Friday, May 18, at 9:00 AM at Mimi's Café in Lincoln. Guest speaker: Therese Adams, Attorney at Law, who will be speaking on financial elder abuse.

Shalom

Passover is over, and all that is left are extra boxes of matzoh. I hope that everyone enjoyed their Seders. As this is written, there are no remaining events on April's calendar but Robin may have a Woman's Club meeting planned, and Judy Schane may have rescheduled the walk/brunch that was rained out in late March. Keep an eye on your emails and check the Shalom

calendar. The annual picnic will take place June 24 at the Sports Pavilion... mark it down. Use the Shalom calendar to keep up on date changes and occasional additions. Questions to the group: contactshalomgroup@gmail.com; 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 interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays, Thursdays for Skeet and Five Stand. Spring and summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number 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 members' spouses. If you are interested in joining us, contact John Kightlinger at 408-3928 for details of our next get together: johnnpat@sbcglobal.net.

Travel Group

Visit our updated website at www.lhtravelgroup.com. Next meeting: Thursday, April 19, 7:00 PM, KS. Guest speaker: Ilene Ferguson, Alamo Travel. Available trips: Northern Europe Cruise (Aug 2012), Alaska Cruise (Aug 2012), Italy (Sep 2012), Albuquerque Balloon Fiesta (Oct 2012), New England Colors (Oct 2012), Vietnam/Cambodia/Mekong River (Jan 2013), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013),



Travel Group Rose Parade Trip

Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013); Amsterdam to Vienna

Continued on page 40

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Continued from page 39

River Cruise (Sep 2013); Montreal-Quebec-Ottawa-Niagara Falls-Toronto (Sep 2013). Friends and family may join our trips. You don't have to be a member to attend our meetings. Committee Member Contacts 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.

New Amenity

Continued from page 11

area behind the Pavilion. Just ask and you may be delighted.

The question however led to a discussion of how a new amenity or additional amenities can be requested. The first step is to find out if the amenity already exists by contacting staff or a club leader that is doing something similar to the amenity. If your desired amenity does not exist, or is not planned for the immediate future, or if you want a current amenity expanded, you will need to discuss it with the Properties Committee. You may attend their meeting and speak during Open Forum, or if you want formal action to your request, it will need to be placed on the Properties Committee Agenda. To be on the agenda, complete the form ("Request to Be Placed on Committee Meeting Agenda") available at the OC Front Desk or on the website, www.suncity-lincolnhills.org/residents. Look under Library>Resident Forms>Request Form Committee Meeting. Turn the completed form in at the OC front desk. You will receive a call from the Association to advise that you have been placed on the agenda. When you come to the Properties Committee meeting, be prepared to present your request, have other interested residents in attendance or provide a list of residents in favor of the request. The committee will listen to your request and, based on the details of the request, either accept your request and make a recommendation to partner with staff to provide support or follow-up research; ask you to make a capital equipment request for the budget review process; or make a recommendation to the Board of Directors that the request is not appropriate at this time.

Ultimately the final decision for a new or additional amenity is made by the Board of Directors after review by both Properties and Finance committee recommendations.

If you would like more information, please plan to attend our monthly meeting the second Tuesday of each month, 1:00 PM, Fine Arts Room (OC).

In Memoriam

Dorothy Schuler

Dorothy moved here from South City in 2005. She enjoyed playing Bunco, Mexican Train, swimming, and an occasional trip to the casino. She will be missed by her husband Joe, son Brian and family, and many friends.

Stephen "Sully" O'Sullivan

Sully took a position as maintenance mechanic with Delta Airlines at SFO International Airport in 1973. He traveled with his family across country to settle in Sunnyvale. He retired from Delta in 1994 to enjoy golf and traveling. He and wife Barbara moved here in 2000. He will be dearly missed by Barbara and 16 children and grandchildren.

Joe Allan Barker

Born in Kansas, Joe moved to Corvallis, Oregon for high school. After graduating from Oregon State he married his first wife and served in the Vietnam War. After his marriage ended he moved to Eugene where he married Mary Ann. He had a long career as a food service manager before moving to Sacramento where he got into the world of computers. He worked as an IT Support Specialist for the City of Sacramento Police Department. After retirement he became the backbone to his wife's business. Joe volunteered for Neighbors InDeed and various charities. Besides his wife of 37 years, he leaves his daughter, sister, step-daughter, granddaughters, and many friends.

Marian Winegar

Marian, 92, was born in

Minnesota and moved to San Diego in 1940. She met her wonderful husband, Clifford, and they settled in Sacramento. They were married for 62 years until Clifford's death and she was a devoted Mother to Bruce and Gary and their families. She enjoyed homemaking and gardening. Marian was an active member of the Holy Cross Lutheran Church of Rocklin. Friends and family will miss this lovely lady.

Aspasia "Ace" Phillips

Ace passed away on February 20 in San Jose after suffering a few months with stomach cancer. She was a friend to many Lincoln Hills residents as she enjoyed Red Hats, bunco, bingo, Mah Jong, bowling, etc. Her move to San Jose in July was to be close to her only living relative, Lauri Hatfield, her niece, who took good care of Ace and misses her dearly. She finds comfort in knowing that Ace led a very full life and was loved by all who knew her.

Arthur Craig

A Native Californian, Art served in the US Navy during the Korean War. He had a BA in Electrical Engineering and worked for Lockheed-Martin for over 30 years. Art was known for his quick wit, kindness and helping others. During retirement, Art enjoyed traveling (27 cruises in 10 years) and spending time with friends and family. He leaves his lady friend, Mary, three children, four grandchildren, a niece and nephew, and four great nieces and nephews.

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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Summer Brings Big Stars to Sun City Lincoln Hills! Summer Amphitheater 2012 Concert Series

Mark your calendars for the 12th Annual Summer Concert Series at Sun City Lincoln Hills with big name stars and nostalgic music that will have you dancing and singing along. Each 2012 concert will take you on a musical journey back in time... and to help spark those fond memories of days past, we will announce a specialty theme food and drink item that can be purchased at the grab 'n' go and no-host bar stations in the Amphitheater once doors open. Two ways to save money and your seat to see the shows: Purchase the Summer Concert Series Package and watch all seven concerts for only \$109. This deal is available until May 14 *or* if you will be away on some of the dates, buy now to take advantage of the early registration discounted rate until May 14. Refer to individual articles in special events section for prices and menu items.

The Summer Concert Series is open to family, friends and the public with unlimited ticket purchase at the Activities Desks and online. Amphitheater Guidelines on page 44 for rules and ticket information. The exciting Amphitheater Summer Concert line up:

Seven-Concert Series Package (\$109) — 5100-04

Available for purchase until May 14.

Motown Revue with Top Shelf Friday, June 15 — 5100-4A

Top Shelf will take you on a toe-tapping journey from the early days of Motown to the '80s. Guest singers join *Top Shelf* to provide songs of the Temptations, the Four Tops, Smokey Robinson, Diana Ross, more. Concert 7:00 PM. Early registration discounted rate April 17-May 14, \$15. After May 14, \$18.



"Adbacadabra" — The Ultimate Abba Tribute Tuesday, June 26 — 5100-4B

If you love the hugely popular live musical production/movie of "Mamma Mia" and the 70's music of ABBA, the songs "S.O.S.," "Super Trooper" and "Dancing Queen" are among 20 of the group's greatest hits that will be performed with full ABBA fashion and flair. Concert 7:00 PM. Early registration discounted rate April 17-May 14, \$18. After May 14, \$21.



"Hotel California" The Original Eagles Tribute Thursday, July 19 — 5100-4C

Hotel California pays tribute to one of the most successful American rock bands of the 1970's, the Eagles. The great harmonies of their Grammy-winning hits will include "Lyn Eyes," "Witchy Woman," "Desperado," "Life In The Fast Lane," and many more.



Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$16. After May 14, \$19.

"Da Island Way" — Polynesian Revue Show with Fire Dancer Friday, July 27 — 5100-4D

Aloha! Feel the island breeze with a music and dance Polynesian Revue show from Tahiti and Hawaii. Experience "Da Island Way" with ten dancers in authentic costumes, a live band with five musicians and one amazing



fire dancer. Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$13. After May 14, \$16.

Frankie Avalon — America's Original "Teen Idol" Tuesday, August 14 — 5100-4E

Relive the 50's and 60's with America's original "Teen Idol" Frankie Avalon, as he lights up the stage with songs from three generations of music, television and motion pictures. Frankie rose to fame singing "Beauty School Dropout" and "Teen Angel" in *Grease*. Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$25. After May 14, \$28.



California Cowboys Friday, September 7 — 5100-4F

Have a boot scootin' good time with one of California's most successful country-western bands, the California Cowboys. Grab your jeans and cowboy hat for a band that has appeared on concert billings with Alabama, Merle Haggard, Willie Nelson, Alan Jackson, and more. Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$14. After May 14, \$17.



Stompy Jones Friday, September 28 — 5100-4G

Stompy Jones is a San Francisco-based sextet renowned for jumpin' rhythm, wailing improvisations and an explosive stage show. The golden age of rhythm and blues will be recreated as this jump band plays the jaunty blues sound of Louis Jordan and the Tympany Five. Concert 7:30 PM. Early registration discounted rate April 17-May 14, \$15. After May 14, \$18.



Amphitheater Guidelines

- **Chairs:** Residents may set up their chair anytime on the day of the event, but please be aware that sprinklers may go off any time before 7:00 AM. First-come, first-served.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.
- **Not Allowed:** No chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins.
- **Seating:** Seating is first-come, first-served. Please do not move chairs already in place. Chairs/blankets may be set up **on the day of the concert**. SCLHCA is not responsible for loss of chairs/blankets left unat-

tended. Please put your name on your chairs. **Lawn seating** for blankets will be in the grassy area at the left of the stage.

- **Ticket Pricing:** Series Package price available only until June 15. Early registration discounted price available until May 14. Standard ticket rate starts May 15. Tickets are non-refundable.
- **Tickets:** **Wristbands** must be worn during the concert. Online buyers must print and bring the eTicket that was emailed to them for wristband exchange two hours prior to concert in the lobby. One eTicket = one wristband.
- **Parking:** We have a limited amount of parking at OC. Please carpool or walk. The parking area in front of the Del Webb offices is available after 5:00 PM. Street parking is only permissible wherever permit signs are posted.

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

A World of Fashion with Macy's A Men's & Women's Fashion Show Event Friday, April 20 — Sold Out

Ballroom doors open 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. Even if you do not attend the show, come shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area 10:30 AM-2:30 PM.

Reno — Silver Legacy Thursday, April 26 — 1770-02

Ever popular with our residents, we offer another trip over the mountains to visit Reno's Silver Legacy Hotel & Casino for a day of sight-seeing, lunching, people watching and excitement.



The ride is beautiful and you will receive \$10 cash back and a \$5 food coupon. Leave OC at 8:00 AM, return ~ 6:30 PM. \$27. RSVP ♦♦ Now.

Kilaga Springs — At the Movies! "Pride and Prejudice"

Monday, April 16

PG; 127 minutes. "Pride and Prejudice" starring Keira Knightley and Donald Sutherland. Drama/Romance. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.



Home, Health and Business Showcase Tuesday, April 17



Stop by OC Lodge between 10:00 AM and 2:00 PM to learn about latest products and services and meet your *Compass* advertisers and other

Annual Parking Lot Sale • Saturday April 28 — Spaces Sold Out

Join us for a fun morning, 7:30 AM-12:00 PM to shop. Donuts and coffee on sale. Parking Lot facing OC Fitness Center.

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 90.

TWO FACILITIES: Orchard Creek Lodge (OC) & Kilaga Springs (KS)

RESERVATIONS: Reservations are required for all activities unless otherwise noted. Resident I.D. is required for registration. *All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.*

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

WEATHER: Association trips and events 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 for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. 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.

Lincoln Hills Chorus "Notes From Notables"

- **Sunday, April 29, 2:00 PM**
Matinee
Show Only — 5029-3AS
- **Meridians**
Lunch/Show — 5029-3AP
- **Monday, April 30, 7:00 PM**
Show Only — 5029-3BS
- **Meridians**
Dinner/Show — 5029-3BP
- **Tuesday, May 1, 7:00 PM**
Show Only — 5029-3CS
- **Meridians**
Dinner/Show — 5029-3CP

The Spring Concert "Notes from Notables," directed by Bill Sveglini, treats you to songs from "notable" composers: Gershwin, Rodgers, Hammerstein, Kern, and more. "Notable"



songs include "All of Me," "Tea for Two," "Skylark," and "You'll Never Walk Alone." Expect delightful selections ranging from 1940s swing style to an enchanting choral arrangement of Dvorak's "New World Symphony." Our "notes" of accompaniment? Paul Melkonian at the piano, bassist Mickey Bennett, flautist Mona Stryker, and

English Horn player Ellie Hoekenga. For those who wish to enjoy lunch or dinner at Meridians before the show, 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 with choice of *Asian Orange Chicken* or *Scampi Shrimp Skewer* and provide a meal selection when you buy your tickets. Meridians show package patrons must call Meridians, 625-4040, to reserve their tables prior to the show. Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). Show-only tickets \$12. Show Package \$38.

"Man in the Mirror" at Eldorado in Reno Wednesday, May 2 — 1775-02

This production celebrates the amazing music of the King of Pop, Michael Jackson, in a high-octane theatrical spectacular that spans over three decades of the greatest hits in pop history. Featuring Michael's number one hits, this spellbinding musical show takes the audience on a musical journey through the career of



one of the greatest entertainers of all time. Songs include: "Bad," "Thriller," "Beat It," "Man in The Mirror," "I'll Be There," and many more. This truly is the ultimate celebration of the pop music icon that will never be forgot-

ten. If you like the music of Michael Jackson, you will love this show! Arrive with plenty of time for gaming and a delicious buffet dinner (included) prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~ 10:30 PM. \$81. RSVP ♦♦ 4/16.

Jim Martinez Trio in Concert Tuesday, May 8 — 5008-03

By resident request, we are bringing back one of the most highly-regarded local jazz groups for an amazing evening of music featuring drums, bass, baby grand piano and vocals. Pianist



Jim Martinez, of the Jim Martinez Trio, began his musical career at the age of four and has shared the stage and recorded with legendary jazz trombonist

Sy Zentner, Lionel Hampton the Stan Kenton Alumni and the Nelson Riddle Orchestra. He has also performed with the Sacramento Symphony and toured as a featured guest with the U.S. Air Force Jazz Band. A trio performance you do not want to miss and new song selections for those you of you who attended last year! Ballroom (OC) 7:00 PM. \$16.

Afternoon Tea Party — Fancy Hat Designing & Guest Speaker Rebecca Black

Friday, May 11 — 5011-03

Every fanciful day should start with an Afternoon Tea Party! Legend has it

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 wheelchair 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 passengers off in that location 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 in-

cludes 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.

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that afternoon tea was started in the mid-1800s by the Duchess of Bedford and became a favorite pastime of ladies of leisure. In honor of Mother's Day, gather your mom, family, friends or neighbors for a traditional tea menu and ladies activities. Start off the day by designing and decorating a fanciful hat as a take-home keepsake from the party. Select from a colorful array of hats and then visit the decorating tables, where glue guns, scissors and other materials like dainty flowers, feathers, delicate trims and jewels are at hand. Scrumptious tea snacks, jams, mini sandwiches and delectable desserts will be at



your fingertips as you enjoy a variety of teas and admire the hats of your fellow guests. During the Tea Party, Rebecca Black will entertain you with a talk about "How-To Tea" etiquette and history. An educational, fun and interactive demonstration will touch on the differences between Low Tea, High Tea and Tea at the Ritz. If you are buying a table of ten, please have a complete list of guests at your table upon registration. Visit the Activities Desk or check our website online for menu. Celebrate all the wonderful women in your life by inviting them to this unique event. Ballroom (OC) 11:00 AM; Tea served 11:30 AM; Guest Speaker 12:00 PM. \$35.

Baseball • RiverCats vs. Iowa Cubs Monday, May 14 — 6273-12B

Let us take you out to the ballgame at the beautiful Raley Field in Sacramento. Exciting game begins at 7:05 PM. Leave OC at 5:30 PM, return ~ 11:00 PM. \$39. RSVP ♦♦ Now.



Comedy Night at Kilaga Springs Tuesday, May 15

6:00 PM performance — 5015-03A

8:00 PM performance — 5015-03B

Headliner Steve Smith got his show business feet wet at the early age of nine with a movie and as a regular



on local television. After moving to Los Angeles and appearing in the movies "Nightmare On Elm Street 2" and "Slaughterhouse Rock,"

he booked over 40 television appearances as a stand-up comic. He also started the critically-acclaimed improvisational group "The Bargain Basement Players" which played for three years at the Santa Monica Improv. Steve performs all over the world for companies and comedy venues and recently had a starring role in the movie "Nice Guys." Show opener Shane Murphy. P-Hall (KS). \$10.



Ferry to San Francisco Shopping Wednesday, May 16 — 1842-03

Lots of walking! Are you ready for a fun-filled and carefree day in beautiful San Francisco? Start the day with a



one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building for one-

and-a-half hours of shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping and/or lunch on your own. Get your Macy's Union Square 10% discount card as you board the bus. Leave OC at 8:00 AM, return ~ 7:30 PM. \$42. RSVP ♦♦ by 4/30.

Computer History Museum — Mountain View

Saturday, May 19 — 1751-03

Today's trip visits the heart of the Silicon Valley and offers a variety of exhibitions at the Computer History Museum. In addition to the landmark 25,000 square foot exhibition *Revolution: the first 2000 Years of Computing*, visitors can see *Mastering the Game: A History of Computer Chess*, the *PDP-1*, where visitors can play one of the earliest video games, *Spacewar!*, and the

Babbage Difference Engine #2, a Victorian-era computer with 8,000 parts weighing five tons and measuring 11 feet in length. Arrive at the Museum for an 11:00 AM docent-led tour, fol-



lowed by lunch at the Museum Café. Give the Monitor your choice of sandwich options: *Roast Turkey and Cheese with Avocado*, or *Black Forest Ham with Swiss or Roast Beef or Vegetarian*. Lunch includes chips, soft drink and a cookie. Following lunch, you will have the opportunity to witness a demonstration of the Babbage machine. Depart OC at 8:00 AM, departure from the Museum at 3:30 PM and return to LH ~ 6:00 PM. \$86 which includes lunch. RSVP ♦♦ by 5/2.

Baseball in Reno Reno Aces vs. New Orleans Zephyr Monday, May 21 — 6320-03

This trip, for all you baseball fans, is another unique opportunity to view



your favorite sport! Today we travel over the Sierra Mountains to the Aces Ball-

park in Reno. Enjoy a great view of the game from our Infield Reserved seats in Section 113 which is on the first base side over the Visitor's dugout. Monday night is \$1 hot dog night and each participant will receive \$10 diamond dollars to spend as you wish. Diamond dollars purchase food, drink, and items from the gift shop. Sounds fun! Game begins at 6:35 PM. Leave OC at 3:30 PM, return ~ 12:00 PM. \$66. RSVP ♦♦ by 5/1.

Kilaga Springs — At the Movies! "Mama Mia" • Monday, May 21

PG; 108 minutes. To get you in the mood for our June 26 Summer Amphitheater Concert Series perfor-

mance with Adbacadabra: The Ultimate Abba Tribute, enjoy “Mama Mia” starring Meryl Streep, Pierce Brosnan and Amanda Seyfried. Comedy/Musical/Romance. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.



Aquarium of the Bay at Pier 39
Tuesday, May 22 — 1840-03

This spring trip to Pier 39 will be interesting and informative: See eye-to-eye with a Sevengill shark, be mesmerized by jellies, stroke a Bat Ray’s back and experience the magic of San Francisco Bay. Your ticket includes



admission to the Aquarium and to the Bay Theater where there are five different movies to see if you wish. Go to <http://aquariumofthebay.org/plan-a-visit/bay-theater-1> for movie names and showing times. Be sure to get your hand stamped upon entering the Aquarium for in and out visits throughout the day. There are other special tours in the Aquarium available at additional cost; go to www.aquariumofthebay.org for details. Leave OC at 8:30 AM, return ~ 6:00 PM. \$50. RSVP ♦♦ by 5/7.

Just Added! Rock ‘n’ Roll
DJ Dance Night
Thursday, May 31 — 5031-04

Featuring Video DJ Ron West. Rock the night away with upbeat and danceable music! DJ Ron West will play all your favorite rock ‘n’ roll tunes complete with lights, music vid-



eos and over 60 thousand of the most popular song titles. Get together with friends, family or neighbors for a dedicated night of dancing! DJ Ron is one of the most booked DJ’s in the Sacramento area, so don’t miss out on this fun event. Multipurpose Room (KS). Dancing and no-host bar 7:00-10:00 PM. ♦♦ Early registration discounted rate April 17 – May 14, \$8. After May 14, \$10.

Santa Cruz Boardwalk with Jerry Moorman
Thursday, May 31 — 1921-03

Lots of walking! Our first trip to Santa Cruz beach boardwalk! Rise and shine with resident favorite step-on-guide, Jerry Moorman, who will keep you entertained during the drive with facts and trivia of things and places along the way to Santa Cruz. There will be



a short restroom break during the ride. Please feel free to bring a snack with you on the bus. Jerry will provide historical facts and trivia about the Boardwalk and will lead you on a visit to a unique lighthouse on the beach. There will opportunities for lunch on your own on the Pier and some time for a leisurely stroll on the Boardwalk if you wish. Residents native to the Bay Area can undoubtedly remember visiting the Boardwalk in your younger days. Be sure to wear comfortable shoes and bring a light jacket as the weather can be cool by the water. Leave OC at 7:30 AM, return ~ 7:00 PM. \$56. RSVP ♦♦ by 5/14.

New! Sonoma Historic
Motorsports Festival
Saturday, June 2 — 1761-04

Come experience a celebration of historic and vintage sports cars and witness the excitement of classic car racing. Classic cars include Alfa-Romeo, Ferrari, Jaguar, Morgan, Bugatti, Lotus, Porsche, McLaren, Corvette and many more! You will enjoy access

to the paddock area to get an up-close look at the race cars and view the various car displays throughout the raceway. Admittance includes



fine food and wine samplings at the Wine Country Pavilion and a souvenir program. Many lunch options on your own. **Lots of walking**, wear comfortable shoes and bring a hat and sunscreen. Leave OC~ 8:00 AM , return~ 6:30 PM. \$70. RSVP ♦♦ by 5/17.

The Cult of Beauty
at Legion of Honor
Tuesday, June 5 — 1764-04

The only U.S. Venue for this exhibition! Join us for a trip back to the late 1800’s Victorian Avant-Garde, showcasing the finest paintings, furniture and decorative arts of the



Aesthetic movement. Artists include Whistler, Rossetti and Burne-Jones, designs by Godwin, Morris and Dresser. Trace the evolution of this movement and its broad impact on fashion and the middle-class home. Bring your own lunch or enjoy a coffee break, lunch or afternoon tea at the Legion of Honor Café and Garden Terrace overlooking the Pacific Ocean on your own. Leave OC 8:00 AM, return~5:30 PM. \$63 includes audio headset for your use in the museum. RSVP ♦♦ by 5/21.

Safari West-Santa Rosa
Thursday, June 7 — 1752-04

Join us on a safari adventure! Safari West is the Spirit of Africa in the heart of the Wine Country. Upon arrival, we will enjoy a BBQ buffet lunch (included). The group then proceeds



to the adventure tour of the Sonoma Serengeti which includes a visit to the giraffe

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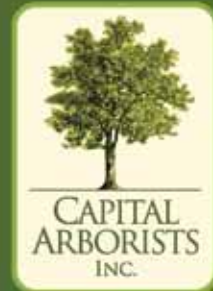


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and antelope exhibits. Ride on a trek vehicle through the grounds followed by an exploration on foot to the inner sites that include lemurs, cheetahs, and birds in their open-air aviary. Bring home some souvenirs from the gift shop on the grounds. Please bring a hat and sunscreen and wear comfortable walking shoes. Leave OC 9:00 AM, return~6:00 PM. \$89. RSVP ♦♦ by 5/5.

Beale Air Force Base

Friday, June 8 — 1762-04

Another popular trip to Beale AFB has been scheduled! Limited to 40 people, space goes fast! Residents must sign up in person and individually as security clearance by the Air



Force is required. It's a leisurely one-hour trip to Beale and we are anticipating touring the

Flight Line Tower and the Space Suit exhibits in the morning. We will enjoy a buffet lunch at the base dining facility. In the afternoon, we plan to have a working K-9 dog presentation, and a mission briefing by base personnel. When registering for this trip, each person must bring their driver's license or state I.D. card as the monitor will need to note name, driver's license/ID number, state, and date of birth for security purposes. **No name changes after 5/24.** We cannot register you for this trip unless you appear in person at one of our activity desks. No Online Sales. Leave OC at 8:15 AM, return ~ 4:00 PM. \$42 includes buffet lunch. RSVP ♦♦ by 5/21.

"Two's Company" — A Concert Performance Featuring Vicki Lewis & Joan Ryan

Saturday, June 9 — 5009-03

Two stars of Broadway and television team up for an amazing evening of unforgettable show-stopping duets by the greats... Carol Burnett, Julie Andrews, Judy Garland, Liza Minnelli, and more. You may recognize Vicki from the hit NBC series "Newsradio"

and "Three Sisters." Aside from her successful television roles on "Murphy Brown," "Grace Under Fire" and



"Seinfeld" to name a few, her list of Broadway roles is just as impressive with "Chicago,"

"Damn Yankees," "Snoopy," "Wind In the Willows" opposite Nathan Lane, "An Evening with The Pops" at Carnegie Hall and most recently as Fanny Brice in "Funny Girl." With standing ovations, Vicki is said to be a powerhouse singer who sparkles on stage. Joan Ryan's voice can be heard on the new "Glee" in-



spired television show "Smash." Her on-stage credits include "Footloose," "Little Shop Of Horrors," "Joseph And The Amazing Technicolor Dreamcoat" and "Suds." Joan starred in

the hit series, "Saved By The Bell" and "The Young and The Restless." Her voice has been declared a national treasure by critics. Together Vicki and Joan are a mesmerizing star duo that cannot be missed! The program will include songs from classics you love such as "Funny Girl," "Little Shop of Horrors," "Chicago," "Peter Pan," "Spamalot," "Gypsy," "The King and I," "Anything Goes" and more! Ballroom (OC) 7:00 PM Concert. \$19.

Amphitheater Summer

Concert Series:

Motown Revue with Top Shelf

Friday, June 15 — 5100-4A

Top Shelf will take you on a toe-tapping, finger-snapping narrated jour-



ney from the early days of Motown to the '80s. Guest singers will perform

with Top Shelf to provide songs of Stevie Wonder, the Temptations, the Four Tops, Smokey Robinson, Diana Ross, more. Don't miss the most requested group from 2011 to bring back for an Amphitheater concert! Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: A Motownphilly Cheese Steak Sandwich and a Sweet Tea or Hard Lemonade. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:15 PM; Concert 7:00 PM. Early registration discounted rate April 17-May 14, \$15. After May 14, \$18. See concert details and Amphitheater Guidelines on page 44. Friends, family and Guests are welcome! Remember, Concert Series Package available up to May 14 — \$109.

Comedy Night at Kilaga Springs

Tuesday, June 19

6:00 PM performance — 5019-04A

8:00 PM performance — 5019-04B

Headliner Karen Rontowski's network



debut on "The Late Show with David Letterman" and the great reviews on "Comedy Central" and "Comics Unleashed,"

have earned her headlining spots all over the world. She has opened for Bob Hope, Ray Charles, and the Monkees. When she is not



delivering her stand-up show in comedy clubs, she performs overseas for the troops. Show opener is Phil Johnson.

P-Hall (KS). Early registration discounted rate April 17-May 14, \$8. After May 14, \$10.

Overnight Trip:

Fort Bragg/Skunk Train

Wednesday, June 20 to Thursday,

June 21 — 1971-04

Cool off in the redwoods on the first day of summer! Join us in the luxury of our motor coach as we head around

Clear Lake and through the coastal redwoods for a visit to Fort Bragg and a ride on the Skunk Train. We will stay at the Emerald Dolphin Inn. (No elevator.) Lunch on your own at the Boatyard Center across the street which offers a variety of food options. After lunch, walk along Glass Beach and then head downtown for exploration



and dinner on your own. On Thursday, enjoy the hotel's complimentary continental breakfast of pastries, hot & cold cereal, juice, coffee, & tea. After check-out, board a covered or open observation car on the World-Famous Skunk Train for a leisurely trip through the redwoods, with a stop for a BBQ Buffet



lunch (included) and on to Willits, where we will meet our bus for the return trip

home. There will be a buffet dinner stop (included) at Colusa Casino. If you sign up for their rewards card, you will receive a \$20 gaming credit. We anticipate about a two-hour stay at the casino. **Lots of walking.** Wear comfortable shoes and bring a warm sweater or jacket. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM June 20, return ~ 9:00 PM June 21. No online sales. Purchase at Activities Desks (OC/KS) only. \$239 per person double occupancy. \$298 single. RSVP ♦♦ by 5/17.

Amphitheater Summer Concert Series: Adbacadabra:

The Ultimate Abba Tribute Tuesday, June 26 – 5100-4B

If you love the hugely popular live musical production/movie of "Mamma Mia" and the 70's music of ABBA, take a musical journey as the songs "S.O.S.", "Super Trooper" and "Dancing Queen" get you out of your seat and dancing. Adbacadabra: The Ultimate Abba Tribute performs 20 of the group's greatest hits in full ABBA

fashion and flair. Experience the authentic music and costumes that will have you excited and melancholy... at



the same time. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: Swedish Meatballs over Basmati Rice, Kettlecorn, and a Sangria. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:15 PM; Concert 7:00 PM. Concert Series Package available up to May 14 — \$109. Early registration discounted rate April 17 – May 14, \$18. After May 14, \$21. See concert details and Amphitheater Guidelines on page 44. Friends, family and guests are welcome!

Benicia Glass Tour Thursday, June 28 — 1763-04

Join us for an educational tour of the Benicia Glass Factory in lovely downtown Benicia. Enjoy a private glassblowing demonstration at the world-famous Nouro Glass Studio that has been glass makers to the Pope, US Presidents, and major corporations. You'll have time to shop



for fine art gifts and then off to the historic Union Hotel for lunch. Gabriel, chef-owner of the hotel restaurant, will prepare a delicious meal just for us. Meal choices are as follows: *Ravioli with Butternut Squash and Ricotta Cheese in Marinara Sauce. Fettucine with Filet Mignon Nuggets in Cream Sauce. Penne Pasta with Chicken Breast and Sun Dried Tomatoes.* Your entrée includes a *Napa Field Salad of Mixed Greens,*

Grapes, Caramelized Walnuts, Crumbled Blue Cheese in a Porto-wine Vinaigrette. Dessert of Cheesecake with a Chocolate or Raspberry Sauce. Beverages of coffee, hot & iced tea, lemonade and sodas. You'll have a couple hours on your own to explore and shop in downtown Benicia. Leave OC at 8:00 AM, return ~ 5:00 PM. \$63 includes lunch. RSVP ♦♦ by 5/24.

The Vaudeville Troupe's "The Cavalcade of Stars"

- Friday, June 29**
2:00 PM Show — 5029-04A
- Friday, June 29**
6:00 PM Show — 5029-04B
- Saturday, June 30**
2:00 PM Show — 5029-04C
- Saturday, June 30**
6:00 PM Show — 5029-04D

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 will be performing "An Armed Servic-

es Tribute" complete with Vaudeville's own USO Stage Door Canteens from the 1940's and the 1960's. Honor our veterans in uniform, sing-along to famous songs and tap your feet to some of the most memorable tunes from those eras. The program will encompass fast-paced acts of all entertainment genres including hilarious comedy skits, talented vocalists, creative novelty numbers and stunning classical opera. Vaudeville's Troupe of performers is known for their creative energy and outrageous fun to 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.

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"War Horse" at Curran Theatre
Wednesday, August 1 — 4550-02

At the heart of the War Horse production are life-sized puppets which bring a breathing, galloping, charging horse to thrilling life on stage. This



is a powerful story of a boy's horse Joey, who has been enlisted to fight for the English in World War I. A remarkable tale of courage, loyalty and friendship, a recipient of six 2011 Tony Awards. Orchestra seating. Following the 2:00 PM performance, the coach will drop you in Union Square for shopping/dining on your own. Leave OC at 11:00 AM, return ~ 10:30 PM. \$95. RSVP ♦♦ by 6/1.

is a powerful story of a boy's horse Joey, who has been enlisted to fight for the English in World War I. A remarkable tale of courage, loyalty and friendship, a recipient of six 2011 Tony Awards. Orchestra seating. Following the 2:00 PM performance, the coach will drop you in Union Square for shopping/dining on your own. Leave OC at 11:00 AM, return ~ 10:30 PM. \$95. RSVP ♦♦ by 6/1.

Overnight Trip:

Hot August Nights — Reno
Tuesday, August 7 to Wednesday,
August 8 — 1972-04

Hot cars & cool nights! We're making a trip up the hill on the first full day of Hot August Nights and staying overnight at John Ascuaga's Nugget in the recently renovated East Tower. You will receive a \$5 slot and \$3 food credit upon arrival. Lunch on your own. The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square. There will also



be a vendor and craft area. Dinner on your own at the casino — try

John's Oyster Bar or the Steakhouse. There are also many restaurants at Victorian Square including Mexican, Italian, and an Irish Pub & Grill. Breakfast on your own the following morning and then we're off to the Peppermill for more specialty car displays and vendors. Lunch on your own. Limited to 49 people. *A signed liability waiver is required for each participant.* Leave OC August 7 at 8:30 AM, return August 8 ~ 6:00 PM. \$102 per person double occupancy. \$139 single occupancy. RSVP ♦♦ by 7/9.

"Les Miserables"/Orpheum Theatre
Wednesday, August 22 — 4551-02

Based on Victor Hugo's classic novel, "Les Miserables" is an epic and uplifting story about the survival of the human spirit. The magnificent scores of this production includes the classic songs "I Dreamed a Dream," "On My Own," "Stars,"



"Bring Him Home," "Do You Hear the People Sing?" and many more. Cameron Mackintosh presents a new 25th anniversary production with glorious new staging and dazzling, reimagined scenery. We have acquired mid-orchestra seating for the 2:00 PM performance. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Early purchase requested. Leave OC at 11:00 AM, return ~ 10:30 PM. \$120. RSVP ♦♦ by 6/1.

2012 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals as well as the Sacramento Premiere of Disney's "The Little Mermaid." All shows will be done "Theatre in the Round." Please note performance time of 7:30 PM for all performances except "Music Man" which begins at 8:00 PM. \$71 each show.

- **Grease • Wednesday,**
June 27 — 4530-03A

Fun, friendship and humor abound in this nostalgic trip to Rydell High in 1959, complete with greasers, slumber parties, sock hops and lots of singing and dancing. Sandy and Danny's romance sparks hit songs like "Summer Night" and "You're the One That I Want." Leave OC at 6:00 PM, return ~ 11:00 PM RSVP ♦♦ by 6/18.



- **The Little Mermaid**
Wednesday,
July 11 — 4530-03B

Disney storytelling at its best! Unsatisfied with her life in the sea, young mermaid Ariel longs to experience the human world above, so she embarks on a fascinating journey to discover her true self. Featuring songs "Under the Sea" and "Part of Your World." Leave OC at 6:00 PM, return ~ 11:00 PM RSVP ♦♦ by 7/2.



Embarks on a fascinating journey to discover her true self. Featuring songs "Under the Sea" and "Part of Your World." Leave OC at 6:00 PM, return ~ 11:00 PM RSVP ♦♦ by 7/2.

- **The Music Man**
Thursday, August 2 — 4530-03C

Theatre's musical tribute to the optimism, warmth and stubbornness of small town America. There's trouble in River City when traveling salesman Harold Hill comes to town promising to form a children's marching band. Features "76 Trombones" and "Goodnight My Someone." Leave OC at 6:30 PM, return ~ 11:30 PM. RSVP ♦♦ by 7/23.



- **Fiddler On The Roof**
Wednesday,
August 15 — 4530-03D

Like the iconic rooftop musician, playful yet reverent Tevye teeters



between his respect for tradition and love for his daughters, each anxious to follow her heart after a suitor her father finds unsuitable. This beloved musical features "Tradition" and "If I Were A Rich Man." Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 7/30.

- **Crazy For You • Wednesday,**
August 29 — 4530-03E

So many unforgettable Gershwin songs, so much fabulous dancing! Everything you love about old-fashioned musical comedy — leggy showgirls, rousing dance numbers and a goofy boy-meets-girl love story. Features "Someone to Watch Over Me," "Embraceable You" and "I Got Rhythm." Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 8/13.



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\$450 Gold Seating — 4624-04
\$355 Silver Seating — 4625-04
\$265 Bronze Seating — 4626-04

Sanjay Gupta, M.D.

Tuesday, October 23 — A

Multiple Emmy-award winning chief medical correspondent for CNN. Dr. Gupta, a practicing neurosurgeon, has medical training and public health



policy experience that distinguishes his reporting on a range of medical and scientific topics including brain injury, disaster recovery, health care reform, fitness, military medicine, HIV/Aids, and other areas.

President Bill Clinton

Tuesday, December 4 — B

During the Presidency of President Clinton, the US enjoyed the longest economic expansion in its history, including the creation of more than 22 million jobs. After leaving the White House, President Clinton established



the William J. Clinton foundation with the mission to strengthen the capacity of people in the US and throughout the world to meet

the challenges of global interdependence. He is currently the UN Special Envoy for Haiti and has written three best-selling books.

Thomas Friedman

Tuesday, January 8, 2013 — C

Columnist for the *New York Times*, Pulitzer Prize winning author, TV

documentarian: these are a few of the hats worn by Thomas Friedman, an intellectual the man in the street can look to for straight talk about out



increasingly complex world. The titles of a few of his books say much about him: his newest, *That Used to Be Us: How American Fell*

Behind in the World It Invented and *How We Can Come Back* debuted at 32 on the *NY Times* bestsellers list; his earlier *Hot Flat and Crowded: Why We Need a Green Revolution—and How It Can Renew America* was a #1 bestseller; and *The World is Flat* has been called the best book on globalization.

Michelle A. Rhee

Tuesday, January 29, 2013 — D

Founder and CEO of StudentsFirst, formed in response to the increasing demand for a better education system for all of our children, in every zip code. Before leading StudentsFirst,



Ms. Rhee was a Teach for America corps member in Baltimore; founded the New Teacher Project to bring more excellent

teachers to classrooms by reforming hiring practices; and served as chancellor of the District of Columbia Public Schools, where she brought the worst performing school district in the country to double district growth in state reading and math scores in seventh, eighth and tenth grades and oversaw not only a rise in graduation rates, but the first increase in enrollment in 40 years.

Louise Leakey

Wednesday February 27, 2013 — E

Paleontologist, conservationist, educator and *National Geographic* explorer-in-residence, is the third generation of the famous Leakey family to dig for humanity's past in East Africa. She and her team have made discoveries that may rewrite humanity's evolu-



tionary timeline: her 2007 find of H. Hapli bones suggests that different species of pre-humans lived side-by-side for almost a half-million years. Her work in remote parts of Kenya has given her a unique perspective on that environment, and she works to preserve and protect the unique flora and fauna in its national park and UN-designated world heritage sites.

Robert Ballard

Tuesday, April 2, 2013 — F

Underwater archaeologist, geophysicist and educator, best known for his amazing deep-sea discoveries of the Titanic, the Bismarck and the



USS Yorktown (while on a secret mission for the Navy, with the Titanic as the cover story) and PT-109. He was in the first team of scientists to view the deep-sea vents, and has been on more than 120 deep-sea expeditions.

Baseball • RiverCats Baseball Games Now On Sale

We have five opportunities this season to watch RiverCats play at the beautiful Raley Field in Sacramento.



Same as last season, seats are located in Senate Box (in the bowl area directly behind home plate). All selected games

begin at 7:05 PM. Leave OC at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ by 2/17.

- **RiverCats vs. Iowa Cubs**
Monday, May 14,
\$39 — 6273-12B
- **RiverCats vs. Fresno Grizzlies**
Friday, June 22,
\$41 — 6273-12C
- **RiverCats vs. Tucson Padres**
Friday, July 20,
\$41 — 6273-12D
- **RiverCats vs. Memphis**
Redbirds Friday, August 3,
\$41 — 6273-12E

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fering four opportunities to watch the Giants in action. These dates were chosen because of the teams and afternoon starting time allowing us



to return home by ~ 7:00 PM. No cans, glass bottles, alcohol, or hard-sided coolers allowed

inside ballpark. Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave OC at 10:00 AM, return ~ 6:30 PM.

- **Giants vs. Texas Rangers**
Sunday, June 10 — 6260-01A

Seats located in Lower Box Section 131, \$102. RSVP ◆◆ by 5/10.

- **Giants vs. Atlanta Braves**
Sunday, August 26 — 6260-01B

Seats located in Lower Box Section 131, \$102. RSVP ◆◆ by 7/26.

- **Giants vs. Los Angeles Dodgers**
Sunday,
September 9 — 6260-01C

Seats located in Lower Box Section 135, \$102. RSVP ◆◆ by 8/9.

- **Giants vs. San Diego Padres**
Sunday,
September 23 — 6260-01D

Seats located in Lower Box Section 135, \$77. RSVP ◆◆ by 8/23.

Sold Out Trips/Events Thru May 20

- | Trip/Event | Date | Departure Time |
|--|---------|----------------|
| • 4/17 "Million Dollar Quartet," | 6:45 PM | |
| • 4/18 "Million Dollar Quartet," | 6:45 PM | |
| • 4/24 Half Moon Bay | 8:00 AM | |
| • 4/29 "With Love from Russia," | 1:30 PM | |
| • 5/9 Wakamatsu Silk Farm | 8:30 AM | |
| • 5/12 Placer Pops Chorale Presents "American Tapestry," | 6:00 PM | |

Art Classes

—Drawing—

Drawing Gardens • Wednesdays, May 2-23 — 1013-04A

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60 (four sessions).

Do you like gardens? And drawing? Join us to discover these memorable places where a civilized nature meets



architecture. Learn how to represent a variety of gardens: grand or modest, enclosed or with a view, famous or private, vegetable or flower gardens. Emphasis will

be placed on composition, light and shade, and space. All drawing mediums welcome: pencils, inks, pastels, and watercolor. A supply list will be supplied upon registration. RSVP ◆◆ by 4/25.

Color Pencils Workshop • Saturday May 5 — 1013-04B

9:30 AM-3:30 PM (OC). Instructor: Claire Michelet. \$39. In this hands-on workshop, experiment with the color, control and versatility of colored pencils. Learn basic technique and principles such as blending, tonal layering and



burnishing. Experiment with various papers and surfaces, discover how to use different strokes and combine colored pencils with other mediums. All levels welcome! Class requires art supplies not provided in the class. Students must bring own supplies to class. Pick up a copy of required art supplies at the desk anytime. RSVP ◆◆ by 4/28.

— Oils, Pastels & Acrylics —

Painting Pastels and Oils with Joan Mondays,

May 21-June 18 — 1050-04
9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Open to both pastel and oil painters. Under Joan's guidance, learn the art of



pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class

divided based on student's art medium. **New students:** Ask for supply at registration. RSVP ◆◆ by 5/14.

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays,

May 30-June 27 — 1033-04

9:00-11:30 AM (OC). Artist/resident Tom Proctor. \$65 (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 5/23.

-Mixed Media-

Mixed Media Collage Mondays, May 7-21 — 1140-04

12:00-3:00 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 paper assemblages suitable for framing. Collage art is free-spirited and in-

ventive, 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 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. **New students:** Ask for a supply list from the instructor. Ques-

tions? Call Jo at 543-1357. RSVP ♦♦ by 4/30.

Bridge Classes

Competitive Bridge (Intermediate Level) • Thursdays

May 17 – June 21 — 1520-04

12:30-2:30 PM (KS). Instructor: Laurie Vath. \$60 (six sessions). **Prerequisite:** Proficiency in the principles taught in Bridge Plus Class. Class focuses on



the competitive aspects of the game. It includes bidding and strategy such as balancing, sacrificing, and leads. The class is a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited. RSVP ♦♦ 5/10.

Ceramics Classes

— Lladro —

Spanish Oil Painting • Wednesdays May 23-June 20 — 2063-04

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 5/16.

Lladro Workshop • Wednesdays, April — 2064-01D May — 2064-01E

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.

— Pottery —

Beginning/Intermediate Ceramics with Jim • Tuesdays

May 1-29 — 2012-04A

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



ics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 4/24.

Advanced Ceramics • Tuesdays May 1-29 — 2012-04B

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 guid-

ance to further refine techniques and projects. RSVP ♦♦ by 4/24.

Ceramics – All Levels • Thursdays, May 3 - 31 — 2011-04

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$67 (five sessions). **Open to all skill levels.** This class teaches hand building techniques and working on the potter’s wheel. Students



are encouraged to work at their own pace receiving individual instruction to achieve 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:** Ask for supply list from the Activities Monitor when you register. RSVP ♦♦ by 4/26.

Computer Classes – PC

Android Tablet Basics

Friday, May 25 — 2531-04A

9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$30. Google’s Android is ideal for Tablet Computers. The “open” nature of this system makes it inviting for many hardware manufacturers such as Samsung, Sony, Acer, Toshiba, Kindle, Nook and others, to produce an Android-based device. Come to this seminar, bring your Tablet and discover how to connect to Free Wi-Fi in SCLH, McDonalds, Starbucks, at home, onboard ships and more. Learn how to customize your Tablet to “perform your way.” Navigate screens; secure your device; customize Email, Calendar, the Web, Music, Photos and other basic Apps. This class is designed for all Tablet owners. **Prerequisite:** Have Gmail account. RSVP ♦♦ by 5/18.

Android Tablet Intermediate

Friday, April 20 — 2531-03B

Or Tuesday, May 29 — 2531-04B

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

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—Digital Photography—

Picasa • Wednesday, Thursday, & Friday, April 25, 26 & 27 — 2570-03 Or May 30, 31 & June 1 — 2570-04
9:00-10:30 AM (OC). 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 photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Comfortable using your home PC and knowing basic skills such as Email, Internet, Copy and Paste. RSVP ♦♦ by 4/18 or 5/23.

Photoshop Elements 9 – Level I Wednesdays, May 9, 16 & 23 — 2520-03
1:00-3:30 PM (OC). Instructor: Roy

Salisbury \$49 (three sessions). This is the number one consumer photo editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore your 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 their photo projects. **Prerequisite:** Basic computer knowledge recommended. Handout fee (\$2) payable to instructor. RSVP ♦♦ by 5/2.



— Microsoft 2007 —

Basic Excel • Mondays, Tuesday & Wednesday, April 23, 24, 30 & May 2 — 2650-04A
9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class will introduce you to the basics of Microsoft Excel. With this knowledge you can organize things from your tax information as well as many other financial papers such as Budgets whether personal or for a group. Class introduces you to Excel 2007. Learn how to use Excel, from entering data into an Excel 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.. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 4/16.



Excel – Beyond Basics Mondays & Wednesdays May 14-23 — 2650-04B
9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). **Prerequisite:** Knowledge of basic Excel or

Excel experience. You have been asking for it, so here it is! **Excel—Beyond Basics.** This class will review Excel basics and move forward. The class will provide the student with experience using formulas and functions. Among the functions covered will be statistical functions, IF function (conditional statements and formatting), VLOOKUP and the Sort Command. Formatting, graphing, and the concept of Relative versus Absolute Addresses will be covered. Exercises will be provided giving the student experience working with large spreadsheets and combining data from different spreadsheets into a summary report. RSVP ♦♦ by 5/7.

Genealogy

Genealogy is the fastest growing hobby in North America. Classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives. Each session includes 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:** Basic computer skills and comfortable using an Internet browser. For the GEDCOM class you should also feel comfortable using one of the popular family history programs.

Searching Like A Pro Monday, April 23 — 2690-03A
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 for information about the lives of their ancestors. In this class, learn 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. The tips and tricks presented will be equally applicable to anyone searching the Internet. RSVP ♦♦ by 4/16.

Getting Started with Legacy Family Tree

Friday, April 20 — 2690-03D

1:00-4:00 PM (OC). Instructor: Bob Ringo \$10. **Prerequisite:** Basic computer skills. Legacy Family Tree is genealogy software for Windows that assists family historians in tracking, organizing, printing, and sharing family history. It is one of the best genealogy programs on the market today. RSVP ♦♦ by 4/13.

Getting More Out of Ancestry.com

Thursday, April 26 — 2690-04A

1:30-4:30 PM (OC). Instructor: Bob Ringo. \$10. Millions of genealogists use Ancestry.com every day to search for ancestors. Most of them simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away 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 4/19.

Getting started with Family Tree Maker

Friday, April 27 — 2690-04B

1:00-4:00 PM (OC) Instructor: Bob

Ringo \$10. **Prerequisite:** Basic computer skills. Family Tree Maker (FTM) is advertised as “the #1 selling genealogy software.” As with other genealogy software, FTM allows the researcher to keep track of information collected during family history research and to create reports, charts, and books containing that information. Beginners enjoy FTM's easy navigation and tree-building tools. In this class you will create a sample database with a few individuals in your family to get you up and running using FTM. At the end of the session, you will be able to add individuals, parents, spouses, and children to your personal database. RSVP ♦♦ by 4/20.

Crafts

Intro to Card Making 101

Tuesdays, May 8-29 — 3171-04

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$28 (four sessions). Have you ever wanted to make a card but you weren't sure how to get started? This beginners' class will be



a fun three hours of learning and showing you how to make greeting cards

along with a cute basket. Classes are small so you will get lots of individual attention. All supplies and tools will be provided. Class size is limited so sign-up early. RSVP ♦♦ by 5/1.

Card Making — Level 2

Friday, May 4-25 — 3170-04

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$28 (four sessions). **Prerequisite:** Needs to have completed Card Making 101, Level 1, or have instructor's approval. We will continue to build on our card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided, and class size will be small so that you will get lots of individual attention. Class size is limited so sign-up early RSVP ♦♦ by 4/27.

Intro to Nuno Felting

Monday and Tuesday

May 21 & 22 — 3042-04A

1:00-3:00 PM (OC). Instructor: Laura Healey. \$43. Nuno Felting is the fastest-growing technique in modern felt making. Small amounts of wool are layered on a base of silk. During the felting process, the wool migrates through the weave. The results are a fully-integrated and highly-textured



scarf. It is incredibly lightweight and has a beautiful drape. In this class, every-

one will learn different techniques to felt fibers, ribbon and yarn into the base of a scarf. We will cover layout, felting, fulling and finishing. Students will bring home a completed scarf. All supplies will be provided and are included in the material fee. Material fee \$12 due to instructor first day of class. RSVP ♦♦ by 5/14.

Wet Felted Flowers

Wednesday, May 30 — 3042-04B

1:00-3:00 PM (OC). Instructor: Laura Healey. \$25. Learn to create beautiful, delicate and colorful felt flowers and leaves. They will dress up an outfit,



scarf, purse or headband. We will use silk, wool rovings, prefelt and beads to create our flowers. The

techniques we use will make a strong and durable flower. At the end of the class, everyone will have made at least three unique flowers. Supplies will be provided by instructor. RSVP ♦♦ by 5/23.

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.

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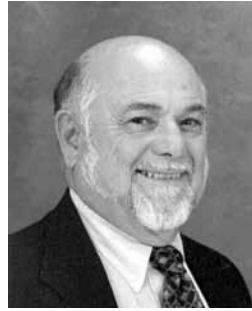


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To gain some needed perspective, it's highly recommended that you read the book *CONQUERING CANCER* by Susan Gorkosky. This book will give you a detailed understanding of these exciting new procedures. In her book, Susan explains how she recovered from inoperable brain cancer after she was told she was terminal and nothing more could be done for her.

Brain tumors appear to respond to these cleansing procedures better than any other condition. For instance, another patient, a little girl only three years of age, was also declared terminal by one of the largest cancer institutes, whose specialists said they had had thousands of cases like her and had not been able to save anyone. The little girl had a large brain tumor. When the detoxifying methods were first applied, she was semiconscious and had eaten nothing for three days. Within a few hours after she began to be cleansed, she started to eat and drink, and she has been improving steadily. She is now four years old.

By using these same methods, many other patients apparently have recovered from several types of cancer, MRSA, fibromyalgia, rheumatoid arthritis and various other conditions.

The most important devices used in these new procedures for cleansing the body are: the imprinter, the low-level laser, the ionic foot bath, infrared domes and others. The imprinter immediately clears the body of infections, parasites and chemicals. As a result it makes MRSA and other infectious conditions impossible. The low-level laser neutralizes or removes the metals which are implicated in causing cancer and other chronic modern diseases. The ionic foot bath, when used together with the electrical stimulator, is a wonderful way of cleansing the body of all kinds of wastes.

IMPORTANT NOTE: The reader should clearly understand that none of these new methods are meant to be used as substitutes for conventional medical practices. Anyone under the treatment of a medical doctor should continue as long as he or she is receiving positive results.

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—Clogging—

Beginning and Easy Clogging Tuesdays, May 1-29 — 3572-04A

1:00-2:00 PM (KS). Instructor: Janice Hanzel \$25 (five sessions). This class is meant for dancers who have never clogged before and those “returning to clogging” who want to refresh their beginning skills. Class introduces and moves through the eight basic traditional clogging movements: Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel. Learn fun clogging dances with basic steps like Push Off, Triple, Rock Back, Triple Kick, Basic, and Turn to name a few. Bluegrass to Big Band to Contemporary Pop will help round out music choices. If there is enough interest, Buck Dancing will be introduced. Join Janice, a certified clogging instructor with over 30 years of American Folk Dance teaching experience. No special shoes required; flat-soled shoes recommended. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we’ll have lots of fun. RSVP ♦♦ by 4/24.



Fun and Intermediate Clogging Tuesdays, • May 1-29 — 3572-04B

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$25 (five sessions). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. The next step beyond Beginner/Easy Intermediate Clogging, class introduces new dances taught at local/national workshops and steps to stimulate and bring your dancing skills to a new level. Music from Bluegrass to Lady GaGa and more. Learn and/or review Samantha, High Horse, Layover, Scotty, and many more — too many to list. If you’ve been away from clogging for a while, now’s the time to get back into it. Come join the fun. We’ll be learning dances from the National Clog Dancing List as well as popular dances from NCCA. RSVP ♦♦ by 4/24.

Performance and Technique Clogging • Tuesdays, May 1-29 — 3572-04C

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$25 (five sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take Fun/Intermediate Clogging. Janice brings her many years of expertise working with teams and groups. Performance routines will be created, fine tuned, and figures and movements added to enhance some of the dances taught in the Fun/Intermediate Class. Other routines will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner and team work will be part of the skills taught. Fine tune clogging skills during technique portion of class. Technique lessons are incorporated in each session to keep you dancing safely and hone feet movement so sounds are clean and clear. RSVP ♦♦ by 4/24.

—Country Couples Western Dance —

Country Couples Western Dance — Beginner Level 1 & 2 Mondays, April 30 – May 21 — 3532-04A

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. Classes taught in this session – Rumba Stroll; Continental Cowboy; Swing Mixer and Two Step



with basic moves. Some dances may be subject to change based on the experience level of students. RSVP ♦♦ by 4/23.

Country Couples Western Dance — Intermediate Level 3 & 4 Mondays, April 30- May 21 — 3532-04B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). 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. Classes taught in this session – Salty Dog Schottische; Caribbean Cadence; and Paradise Walk. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 4/23.

—Dancing with Dolly—

Choreographer-Director Dolly Schumacher James, joins our exceptional list of dance instructors. Her dance classes were previously offered through the Fitness Department Class curriculum. Schedule and class location will remain the same.

Jazz/Musical Theatre Wednesdays, May 2-23 — 3920-04B

4:15-5:15 PM Aerobics Room (OC). Instructor: Dolly Schumacher James. \$36 (four sessions). 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! RSVP ♦♦ by 4/25.



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Ballet • Thursday, May 3-24 — 3920-04C

5:45-6:45 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James. \$36 (four sessions). For some reason when the word ballet is used, many women are intimidated. 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 fun exercise conditioning program! RSVP ♦♦ by 4/25.

Performance Dance with Dolly, Friday, May 4-25 — 3920-04A

2:30-4:00 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James. \$50 (four sessions). 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. RSVP ♦♦ by 4/25.

—Hula—

Hula • Thursdays, April 26-May 31 — 3901-03

1:15-2:15 PM (KS). New instructor: Pam Akina. \$48 (six sessions). Learn the beautiful art form of Hula from the Hawaiian Islands. This class is appropriate for new as well as experienced dancers. Using the basic steps kaholo, ha`alewa (ka`o), hela, and ami, you will learn a beautiful hula auana (modern hula) from beginning to end. In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Hula is a wonderful workout



for mind, body, and spirit! *About the Instructor:* Pamaho`a (Pam) Akina began her hula training at age seven. As a young woman, she joined the Kailua Dancers professional entertainment group under Kumu Lokalia Stearns and performed with them for 16 years. She has 30+ years experience as a professional and competitive hula dancer. Pam is the director of Hula Pono dance school and performance group. RSVP ♦♦ by 4/19.

— Jazz —

Jazz Technique
Wednesdays, May 2-30 — Sold Out
6:30-7:30 PM (Aerobics Room, KS). Instructor: Melanie Greenwood.

— Line Dance —

Intro to Line Dance • Thursdays,
April 26-June 14 — Sold Out
4:30-5:30 PM (KS), Instructor: Yvonne Krause. **Note:** Class on May 10 will be held in Fine Arts (OC), all other classes held at KS.

Line Dance I/Beginner with Audrey
Thursdays,
May 3-June 28 — 3603-04A
2:30-3:30 PM (KS). Instructor: Audrey Fish. \$45 (nine 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 4/24.

Line Dance II —
Beginner-Intermediate with Audrey
Mondays,
April 30-June 25 — 3603-04B
5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). No class May 28. **Prerequisite:** Completion of Line Dance I/Beginning Line Dance. This class is one notch above the beginner class, offering more challeng-

ing beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 4/23.

Line Dance III • Intermediate with Audrey • Thursdays, May 3-June 28 — 3603-04C

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$45 (nine sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ♦♦ by 4/26.

Line Dance IV/Advanced with Audrey • Mondays, April 30-June 25 — 3603-04D

(No class May 28.) 3:45-4:45 PM (OC). Instructor: Audrey Fish. \$40 (eight sessions). Dances in this class are taught at a much faster pace than Line Dance II or III. Students should feel comfortable learning harder intermediate and advanced dances. Advanced dances may get into other styles of dance, i.e., hip hop, body rolls, arm movements, phrased dances, restarts, and more technical steps and rhythms. RSVP ♦♦ by 4/23.



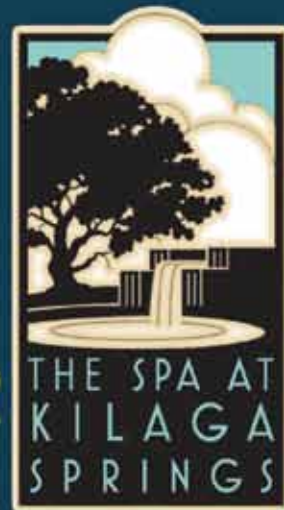
Line Dance Beginner Plus with
Sandy • Tuesday,
April 24-May 29 — 3705-03A
9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$36 (six sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. Class is a step up from the Beginner I Line Dance class. The steps are

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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 4/17.

Line Dance II Beginner-Intermediate with Sandy Wednesdays,

April 25-May 30 — 3705-03B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$36 (six sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning/intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 4/18.



Line Dance III with Sandy Wednesdays, April 25-May 30 — 3705-03C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$36 (six sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts, many more. At this level, there is no limit on the number of turns but caution is 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 4/18.



Line Dance I/Beginner with Yvonne Mondays, April 30-June 25 — 3704-03B

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions, no class May 28). 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 4/23.

Line Dance Beginner Plus with Yvonne • Mondays,

April 30-June 25 — 3704-03C

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$48 (eight sessions, no class May 28). 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 4/23.

Line Dance II/Beginner- Intermediate with Yvonne • Thursdays,

April 26-June 14 — 3704-03D

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 ♦♦ 4/19.



— 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.

All Performance Classes will be on hiatus until August. Please note change in schedule before registering for the Technique class.

Technique Class • Mondays, April 30-May 21 — 3553-03A

10:00-11:00 AM (KS). \$20 (four sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 4/23.

Advanced Technique Class Mondays, April 30- May 21 — 3553-03B

11:00 AM-12:00 PM (KS). \$20 (four sessions). Class is geared more for tappers with advanced skill level but class is open for all who wish for a more challenging routine and dance steps. RSVP ♦♦ by 4/23.

Beginning Tap Tuesdays, May 1-29— 3553-03C

9:00-10:00 AM (KS) \$25 (five sessions). Introduction to the basic steps and terminology of tap dance. This is



the perfect time to discover the joy of tapping. 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. Minimum of 10 students required for the class. RSVP ♦♦ by 4/24.

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Technique Class**Tuesdays, May 1-29 — 3553-03D**

10:00-11:00 AM (KS). \$25 (five sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 4/24.

Technique Class • Thursdays,**May 3-31 — 3553-03E**

10:00-11:00-AM (KS). \$25 (five sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 4/26.

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, April 23-**June 4 — 3551-03A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$42 (seven sessions). RSVP ♦♦ by 4/16.

Fridays, April 27-**June 15 — 3551-03B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 4/20.

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

Class description of each class has been updated. Please read description of each class before enrolling. If you have any questions, please contact Dottie at 543-6005.

Introduction to West Coast Swing Wednesdays, May 9-30 — 3513-04A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks).



Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Students must complete at least

three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 5/2.

Intermediate I and II West Coast**Swing • Wednesdays,****May 9-30 — 3513-04B**

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks).

Prerequisite: Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with Instructor's approval. RSVP ♦♦ by 5/2.

Intermediate/Advanced West Coast**Swing • Wednesdays,****May 9-30 — 3513-04C**

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks).

Prerequisite: Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 5/2.

Driver Training

AARP Driver Safety Program**Monday, May 7 &****Tuesday, May 8 — 6055-04**

8:30-1:00 PM (OC). AARP member (\$22) for two-day session; AARP non-member (\$24); Instructor: Roger Kane. Residents 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 provides residents with the convenience of attending the AARP Driver Safety Course right here within our community! The course provides instruction on defensive driving techniques and California motor vehicle laws. Information regarding the effects of normal age-related physical



changes in vision, hearing, and reaction time are also covered. The eight-hour course is specifically geared to persons 50 or over. Attendees may be eligible for a discount on their auto insurance (check with your provider to determine amount). Attendance at *both* days of the two-day course is required for a Certificate of Completion. Bring a valid Driver License, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The 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 4/30.

Fitness

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

—Small Group Training—

Small group training can be a great option when you want to enjoy more personalized attention, but spend less money than working directly with a personal trainer. Small group trainings are offered in a variety of formats and they provide much more focused attention to the participant's goals than traditional large classes. If you have a goal in mind, and enjoy having someone there to ensure that you are doing the exercises correctly, small group training is a great option for you! Sessions will have a minimum of four and maximum of six participants, and are held twice a week for four weeks.

**SGT — Posture Plus****Wednesday and Fridays,****April 18-May 18 — 835000-PA**

(No class May 2 & 4.) 1:30-2:30 PM, Aerobics Room (KS). Instructor: Domine Suchomel. Sit and stand with proper posture and you will physically look 10 years younger, and 10 pounds lighter. Psychologically good posture



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SGT — First Steps to Fitness
Mondays and Wednesdays,
April 30-May 21 — 835000-S1

10:30-11:15 AM, First class, Multipurpose Room (OC), remaining classes Oaks Room (OC). Instructor: Lisa S. Smith. Calling all beginners! This class is designed especially for anyone who hasn't quite mustered up the courage to step into the Fitness Centers here at Lincoln Hills. First Steps to Fitness is held in the Gables Room (OC), a room without windows, mirrors, or distractions. This is a perfect beginning for anyone who knows they need to exercise but are intimidated by the gym. Class will be 45 minutes in length with time for discussion and questions. We will cover basic chair exercises, beginning strength, cardio, and flexibility. The series will conclude with a 30-minute individual session in the gym with Lisa. **Four-week session, \$135.** Register/Fitness Centers. RSVP ◆◆ by 4/25.

SGT — Suspension Training for Golfers • Mondays & Wednesdays,
April 23-May 16 — 835000-G2

4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Train to play your best golf ever! This small group training will take your golf fitness to the next level. Golf requires a combination of strength, flexibility, timing, balance, power

and endurance. This class will incorporate TRX, Bosu, Medicine Ball and large Stability Ball to create appropriate range of motion, balance and strength. All levels welcome. **Four-week session, \$135.** Register/Fitness Centers. RSVP ◆◆ Now.

SGT — X-Train (cycle/row/TRX)
Mondays & Fridays,
May 4-June 1 — 835000-X4

(No class May 28.) 11:30-12:30 PM, Aerobics Room (KS). Instructor: Brandy Garcia. Don't miss this opportunity to enhance your fitness with cross training! Increase your strength and



decrease your body fat with X-Train. This class will incorporate the TRX bodyweight suspension trainer to increase your strength, stamina, and

energy. You will also learn to row and ride a spin bike with ease, efficiency, and have fun! Entry level to advanced participants are welcome. First class will be a technique and equipment settings class. Then the fun begins for eight straight classes. **Four-week session, \$135.** Register/Fitness Centers. RSVP ◆◆ by 4/27.

SGT — Bootcamp
Mondays & Wednesdays,
May 9-June 6 — 835000-B5

(No class May 28.) 5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four-week session, \$135.** Register/Fitness Centers. RSVP ◆◆ by 5/2.

SGT — TRX Interval Training
Mondays & Wednesdays,
April 23-May 16 — 835000-T4

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. RSVP ◆◆ Now.



SGT — "Fun"ctional Fitness
Tuesdays & Thursdays,
May 1-24 — 835000-F5

12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled small group strength training is 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. RSVP ◆◆ by 4/27.

SGT — Aligned & Defined Pilates
Mat Training • Mondays & Fridays,
May 14-June 15 — 835000-P5

(No class May 25 & 28.) 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 begin-



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ners. 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. Class will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, the club or when you travel. A variety of small props will be used and the last session will be a circuit format. As participants progress, variations and intensity options will be given. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. **Four-week session, \$135.** Register/Fitness Centers. RSVP ♦♦ by 5/18.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with Weights • Thursdays, May 10-June 14 — 750500-04

10:35 AM-11:30 PM, Weight Room (KS). Instructor: Julia Roper. Want the most out of your workout? Join this six-week in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learn-



ing how to use the machines the right way and get a total body program focusing on proper set settings and correct form! Learn how, when and why you need to change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. **Six-week session, \$75.** Register/Fitness Desks/Online. RSVP ♦♦ by 5/3.

Waves! Beginning Circuit Class Tuesdays & Thursdays, May 31-June 21 — 830000-04

2:30-3:00 PM; first class is one hour 2:30-3:30 PM. Weight Room floor (OC). Instructor: Megan Cowart. This class will take participants through a full body strength training circuit and



increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the class will progress with a few new exercises to include balance, core, and cardio stations. This class is for the beginner exerciser, or participants looking for assistance with a regular weight machine workout in a group setting. **Four-week session, seven classes, \$35.** Register/Fitness Centers/Online. RSVP ♦♦ by 5/24.

Basic Chair and Balance

Friday, May 4-June 1 — 806000-04 (No class May 11.) 1:00-1:45 PM, Aerobics Room (OC). Instructor: Megan Cowart. A beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio endurance, and brain exercise. This class is appropriate for people with limited mobility and various health issues. There will be no floor exercise. **Four-week session, \$15.** Register/Fitness Desk/Online. RSVP ♦♦ by 4/27.

Reach for the Top/Stretch & Tone! Mondays,

April 30-May 21 — 805000-04

Tuesdays,

May 1-22 — 801000-04

Thursdays,

May 3-24 — 80300-04

Monday classes 12:00-1:00 PM Aerobics Room (OC); Tuesday & Thursday classes 11:30 AM-12:30 Aerobics Room (OC); Tuesday, May 22 11:00 AM-12:00 PM Aerobics Room (KS). 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

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	Zumba	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	Low Impact	Yogafied	Zumba	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates• Water Works	Everybody Can*	Pilates• Water Works		
10:30 AM	Splash Dance		Splash Dance		Splash Dance	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Arthritis Found. Aqua		Step/Sculpt• Joint Efforts		Arthritis Found. Aqua	
1:00 PM	Chair with Flair		Chair with Flair			
2:15 PM	Fall Proof\$		Fall Proof\$			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM	Zumba	H2O Circuit	Zumba	H2O Circuit		

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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. **Four-week session, one day/week, \$30.** Register/Fitness Desks/ Online. RSVP ♦♦ by 4/26.

—Dance/Fitness Centers—

New Location & Time!

Hot Hula Fitness®

Tuesdays, May 1-22 — 814000-04

5:30-6:30 PM, Aerobics Room (KS)
Instructor: Maria Fe Cornejo. Hot Hula fitness® is a fun, new and exciting dance workout. It provides a “total body workout” in 60 minutes. Hot Hula fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, Hot Hula fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy Hot Hula fitness®. **Four-week session, \$40.** Register/Fitness

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Desks. RSVP ♦♦ by 4/24.

Balletone

Tuesdays, May 1-22 — 700000-04

4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session, \$40.** Register/Fitness Desks/ Online. RSVP ♦♦ by 4/24.

—In the Pool—

Core-N-More Deep Water Aerobics Mondays, April 30-

May 21 — 760100-04

Wednesdays, April 25-

May 16 — 760000-04

**Mondays PM and Wednesday AM,
April 25-May 21 — 760200-04**

Mondays 5:35-6:30 PM, Wednesdays 9:35-10:30 AM, Indoor Pool (OC). 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/Online. RSVP ♦♦ by 4/23.



—Walking—

Beginning Nordic Walking,

Tuesdays, May 1-22 — 750000-04

9:30-10:30 AM, Back Patio (OC). Resident Mike Barkhurst has three nationally-recognized personal trainer certifications and two advanced teaching certification in the American and European Method or Nordic Walking. In the beginner class, learn the American Method of Nordic Walking using Exerstrider Poles. Each participant will have use of a pair of these poles for the entire four week session. There is very little hiking in the class as technique will be taught and critiqued during the four instructor-led classes. Note: this class will only be offered four months out of the year. **Four-week session, \$55.** Register/Fitness Desks/Online. RSVP ♦♦ by 4/24.

Walk With Ease —

Arthritis Foundation

**Mondays/Wednesdays/Fridays,
May 14-June 22 — 752000-04**

1:00-2:00 PM, Fitness Center Lobby (OC). Instructor: Chris Richter. The Arthritis Foundation's *Walk With Ease* program is based on research and tested programs in exercise science, behavior change, and arthritis management. This program offers support, information, and tools to help make walking a regular part of your life. By using the *Walk With Ease* workbook and going to the classes, you'll learn how to manage pain and handle any challenges to your exercise plan. You'll get support and tools to help set and reach your goals. **Six-week session, \$45 (includes workbook); \$20 if a repeat participant.** Register/Fitness Desks/Online. RSVP ♦♦ by 5/7.

—Tennis—

Pro Tennis Lessons

Sundays, May 13-June 17

Beginners — 790700-04

Intermediate — 790600-04

Advanced — 790500-04

Beginners 8:00-9:00 AM; Intermedi-

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- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery



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ate 9:00-10:00 AM; Advanced 10:00-11:00 AM, Tennis Courts #10/11. Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. **Six class session, \$75.** Register/Fitness Desks/Online. RSVP ♦♦ by 5/6.

—Mind, Body, Spirit—

Extra Gentle Yoga (chair)

Tuesdays, May 1-22 — 710000-04
12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session, \$39.** Register/Fitness Desks/Online. RSVP ♦♦ by 4/24.

Gentle Hatha Yoga

Tuesdays, May 1-22 — 710100-04
2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. This class is offered in the Gentle Hatha Yoga Ananda Style. Having taught at OC since 2000, Julie offers an all-level class that is challenging yet “do-able.” For long-term students as well as yoga newcomers. Julie’s motto is “Yoga is not supposed to hurt!” This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable.

While a physically-gentle class, it is not “easy;” strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Four-week session, \$39.** Register/Fitness Desks/Online. RSVP ♦♦ by 4/24.

Evening Yoga (Hatha-Traditional Yoga)

Tuesdays, May 1-29 — 711000-04
6:30-7:45 PM, Aerobics Room (KS).



Instructor: Susan Hayes. Warm summer evenings and extended daylight have arrived! Yoga will give you increased energy, flexibility, balance, and strength — all while reducing stress. This early 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! **Five-week session, \$50.** Register/Fitness Desks/Online. RSVP ♦♦ by 4/24.

Evening Yoga and Meditation

Thursdays, May 3- 31 — 711100-04
6:00-7:30 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, so enrollment is limited. **Five-week session \$50.** Register/Fitness Desks/ Online. RSVP ♦♦ by 4/24.

Tai Chi Beginning

Tuesdays, May 1-22 — 730100-04
Saturdays, May 5-26 — 730200-04
Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). 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 relaxation which

bring 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. **Four-week session, \$40.** Register/Fitness Desks/Online. RSVP ♦♦ by 4/24 & 4/28.

Tai Chi Intermediate

Tuesday, May 1-22 — 730300-04
Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). This class is designed for the students of Ms. Fong’s Tai Chi class that have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and a greater understanding of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two White Crane qi gong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will then be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. **Four-week session, \$40.** Register/Fitness Desks/Online. RSVP ♦♦ by 4/24.



Spring Forest Qigong (SFQ)

Thursday, May 3-24 — 745000-04
2:15-3:45 PM, Aerobics Room (KS). Instructor: Elizabeth Wescott. SFQ is a simple, effective method for helping you heal physical, emotional pain and enhance your quality of life and the

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Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space) Sierra Room (KS). These work-



shops are open to experienced persons (after orientation) or those who have completed the Intro

to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

Intro to Gem Cutting • Mondays, April 30-May 21 — 3081-03

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil, 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: Dave Fisk, 434-0747. RSVP ♦♦ by 4/25.

Lost Wax Jewelry Casting Mondays,

April 30-May 21 — 3130-03

1:00-3:00 PM (class weeks one, two, & four); 8:00-9:00 AM and 12:00-3:00 PM (week three May 14), (KS).

Instructor: Dave Fisk. \$80. Materials fee \$20 payable to instructor first day of class. Learn basic techniques of millennia-old craft. Create wax model of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools.



Upon class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions, contact Dave Fisk, 434-0747. RSVP ♦♦ by 4/25.

Jewelry Fabrication • Mondays, April 30-May 21 — 3161-03

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$75. Learn basic techniques of metal jewelry sawing and soldering, more advanced techniques as time permits. Create a bezel setting for a cabochon gemstone and finish using jeweler's buff and other tools. Upon class completion, students may attend Gem & Jewelry Open Workshop for nominal fee to use equipment. No makeup classes. Maximum six students. Materials fee \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to silver & gold custom jewelry mountings at an evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at Los Angeles County Fair, lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 4/25.

Glass Art

—Fused Glass—

Fusing Glass Workshops • Mondays, May — 3103-01E June — 3103-01F
4:00-6:30 PM except for last Monday

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



—Stained Glass—

Stained Glass Workshops • Mondays,

May — 3103-01E

June — 3103-01F

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.



Jewelry

Dutch Spiral Necklace • Tuesday May 8 & 22 — 3012-04

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$25 (two sessions). Love the look of a twisted necklace, but tired of having to twist your necklaces to achieve that look? Here's the solution – a necklace with the twist built-in. A cascade of beads slowly twists along its length, showing off its pretty colored beads. Choose beads in the same color family or go for bold contrast – either way, the necklace will be spectacular. The



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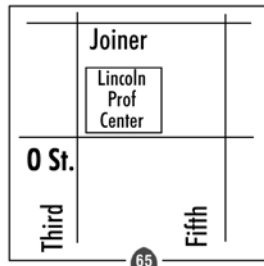
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necklace is relatively easy to make, requiring time once the basic pattern is learned. This is a good project for those who have some familiarity with working with smaller beads. **Note:** The classes are two weeks apart to give students sufficient time to complete their “spirals.” If you have any questions about the project or your ability to create it, contact Cathie at billcats1@earthlink.net or 434-6667. She'll be glad to answer your questions. RSVP ♦♦ by 5/1.

Music

—Guitar—

Guitar I – Introduction to Guitar Wednesdays, May 2-June 20 — 4262-04A

8:30-10:30 AM (KS), Instructor: Bill Sveglini. \$70 (eight sessions). Designed for the person that has not played guitar or hasn't played for 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.



Questions? Please call Bill at 899-8383. RSVP ♦♦ by 4/25.

Guitar II –Continuation Beginner Level • Fridays, May 11-June 29 — 4262-04B

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). This class will continue to improve on the knowledge and skills learned from Guitar I: note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. If you haven't taken Introduction to Guitar but think your skill level fits this calls, please contact the instructor Bill at 899-8383 to determine if your skills fit the requirements of the class and get supply list. RSVP ♦♦ by 5/4.

Guitar III — Intermediate Thursdays,

April 26-June 14 — 4262-03C

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). This class continues the course of study in Guitar II. 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. RSVP ♦♦ by 4/19.

Guitar IV — Advanced • Thursdays, April 26-June 14 — 4262-03D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). **Prerequisite:** Students must have instructor's approval to enroll in this class. 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 4/19.

— Keyboard —

Play in a Day Keyboard Class Tuesday, May 1 — 4273-04A

10:00 AM-12:00 PM (OC). Instructors: Karen Ramirez. \$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 4/24.

New Class! Learn More Music – Playing Keyboard by Ear Tuesdays, May 8 — 4273-04B

10:00-12:00 PM (OC). Instructors: Karen Ramirez. \$30. This new class is designed for residents who have taken the Play in a Day and its Continuation class in the last year and a half. This class will teach you how to play dozens of songs by ear. Continue with Karen and this monthly class will teach you a new style of music every time. Expand on what you learned and make your keyboard playing sound amazing. Class will be held every second Tuesday of the month and because we are presenting a different style each month, it is OK if you miss a class. The class is lecture and hands on. RSVP ♦♦ by 5/1.

— Movie Musical —

Four by Sondheim • Wednesdays, April 18-May 9 – 4272-03

2:30-5:30 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). Explore one of the world's greatest Broadway composers — Stephen Sondheim. In this four-week mini-course, we will explore four of Sondheim's amazing musicals including “Company,” “Sunday in the Park with George,” “Sweeney Todd,” and “Into the Woods.” In each three-hour class, we will discover the inspirations and people who made possible these legendary Broadway classics. After this introduction, we will watch each show in its entirety followed by a discussion. So, get ready to enjoy



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— Voice —

Beginners Singers Vocal Boot Camp • Wednesday, May 9-July 6 — 6132-04A

(No class June 29.) 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 5/2.

Singers Vocal Boot Camp Continuation • Fridays, May 11-June 29 — 6132-04B

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 5/4.

— Wardrobe Planning —

Suitcase Savvy

Wednesday, April 25 — 6160-02
9:00 AM-12:00 PM, P-Hall (KS). Instructor: Marcia Van Wagner, world traveler! \$15. Do you travel with too much luggage and too many shoes, but never the "right" outfit?

Do the airline regulations have you confused? Can you really travel with only a carry-on? Men and women: Learn about the categories of clothes and how to use your itinerary to plan a travel wardrobe from your closet whether your trip is one week or one month. Learn how to pack efficiently with unique packing aids in the smallest and fewest bags. And don't forget those 10 essentials we all need but rarely remember to pack. RSVP ◆◆ by 4/18.



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 (OC).

Bernina Serger Certification Monday, May 14 — 4059-11E

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ◆◆ by 5/7.

Bernina Sewing Machine Certification

Monday, May 14 — 4059-11E1
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 5/7.

Janome Sewing Machine Certification

Monday, May 14 — 4059-11E2
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 5/7.

Knitting

Intermediate Knitting • Mondays, May 7 – June 4 — 4071-04
(No class May 28.) 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 instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your



knitting skills. *About the Instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for 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 limit 10 so sign up early. RSVP ◆◆ by 4/30.

Seeing Red!!!

Continued from page 13

parking lots especially when popular events are taking place at our Lodges or at the sports complex. What gets residents seeing red, are vehicles parked in spaces they are not intended for – cars parked in golf cart spaces or golf carts taking up an entire full size space. The Board recently enacted a new rule that provides (1) golf cart/NEV designated spaces are exclusive for those vehicles and no other type may use those spaces, and (2) golf carts/NEVs must park in designated spaces if available, but if not available may park in a regular space in only half the space so that another like vehicle may share the space. The only exception is for vehicles that display authorized disabled person placards or license plates. Violations may result in a visit to the Compliance Committee and the possible imposition of fines.

Complying with these simple rules will keep our community free from those crazy "red seeing" bulls!



**How Nutrition Affects Your Health
Wednesday, April 18 — Free**

7:00-8:30 PM, P-Hall (KS). How to reduce your risk of cardiac disease will be the focus of this discussion by Board Certified Cardiologist, Stephen Peters, MD, and Certified Holistic Health Counselor through the American Association of Drugless Practitioners, Janet Kaye, CHC.



Dr. Peters focuses on lifestyle habits, exercise, reducing stress, and getting sugar out of your life.

Janet Kaye will stress health and wellness from the inside-out by changing diet through better food and lifestyle choices. Dr. Peters and Janet Kaye practice at Roseville Cardiology, a Sutter Independent Physicians practice.

**Community Snake Update
Thursday, April 19 — Free**

2:00-4:00 PM, Front Ballroom (OC). “Knowledge is the antidote for fear,”— *Ralph Waldo Emerson*. Are you one of the millions of people who fear snakes? David Rich and John Parks, DVM, want to help! If you missed last year’s outstanding presentation, come to this session. Our speakers use humor and facts to help you understand our local snakes and their role in our lives. Hear firsthand what it is like to be bitten



by a baby rattlesnake, and learn the truth behind the myths. There will be more room than last year, so bring your friends and come gain some knowledge. New handouts will be available. Q&A will be continuous.

**Financial Abuse: Investigation, Prosecution, Education, Prevention
Wednesday, May 9 — Free**

2:00-4:00 PM. Ballroom (OC). Neighborhood Watch and the Community

Forum Task Force are co-sponsoring the Community Agency Multidisciplinary Elder Team (CAMET) of Placer County District Attorney’s Office presentation of a case study on Undue Influence on an elderly victim of fraud and abuse in the community. Presenters, Suzanne Gazzaniga, Supervising



Deputy District Attorney, Sergeant Brian Whigam, Placer County Sheriff’s Department, Karen Bone,

Adult Protective Services, and Therese Adams, Elder Law Attorney will provide tips for preventing financial abuse and outline the current scams that plague our residents. There will be an opportunity for questions and discussion. See article on page 17.

**Happy Feet
Wednesday, May 16 — Free**

7:00-8:30 PM, P-Hall (KS). Are you putting your best feet forward? We demand a lot of our feet every day. Not taking care of them makes it that much harder for them to do their job properly. Hear from Mercy podiatrist, Amy Duckworth, DPM, about causes, symptoms, treatments and prevention of common foot ailments and recommendations to maintain a healthy stride. Dr. Duckworth will address common foot problems including bunions, hammertoe, neuroma, plantar fasciitis and aching feet. She will discuss surgical and nonsurgical treatment options including some “stylish” footwear modifications and orthotics.



**The Colors of the Night Sky
Thursday, June 7 — Free**

7:00-9:00 PM, Front Ballroom (OC). Internationally-known astrophotog-

rapher Ken Crawford images the sky from his Rancho Del Sol Observatory in Camino. He is also the Chief Docent for the Cameron Park Rotary



Community Observatory in Placerville. Ken’s images have been featured in numerous magazines, books, websites,

movies, and public displays, including the NASA “Astronomy Picture of the Day.” His presentation features a colorful tour of our universe using his award-winning images. Ken will also demonstrate how amateurs are contributing to science and research with images of colliding galaxies that reveal their cannibalistic ways.

**History is Alive!
Thursday, June 14 — Free**

2:00-4:00 PM, Front Ballroom (OC). Everything you always wanted to know about people who made America great! Don’t miss award-winning author Jeri Chase Ferris as she brings 11 people from 1776 back to life (okay, not really). Learn about the good and the awful



of researching people’s lives including a slide presentation on how an author gets the facts — on an ice floe in the Arctic, for example. Who wrote the best-selling book in the English language (after the Bible)? How did John Adams reply to Abigail’s “remember the ladies”? Who wrote almanacs, built the first wooden clock in America? Hint: first name Benjamin. Hint: *not* Benjamin Franklin. What escaped slave took one of God’s attributes as her last name? Why? And what *was* it? Hear the answers to these questions and more on June 14!

Community Forums, Date, Time, Location

- How Nutrition Affects Health, Wednesday, April 18, 7:00 PM, P-Hall (KS)
- Panel Revw: Local Snake Situations, Thursday, April 19, 2:00 PM, Fr. Ballrm (OC)
- Financial Abuse & Scams, Wednesday, May 9, 2:00 PM, Ballroom (OC)
- Happy Feet, Wednesday, May 16, 7:00 PM, P-Hall (KS)
- History is Alive, Monday, June 14, 2:00 PM, Front Ballroom (OC)
- Transcontinental Railroad, Tuesday, June 24, 1:30 PM, P-Hall (KS)
- Bat 21 Film Showing, Thursday, August 16, 1:00 PM, P-Hall (KS)
- Time is Brain; Stroke/How to Survive It, Wednesday, June 20, 7:00 PM, P-Hall (KS)



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Safe Transfer Workshop**Wednesday, May 9 — 8050200-04**

11:00 AM-12:00 PM, Multipurpose Room (OC). Presented by Pamela Carter, LVN, Elder Care Manager for Northern California. Do you provide care for someone who needs



help to get in and out of chairs, in and out of the car, in and out of bed? This workshop will teach you how to protect your back while safely performing transfers, strategies to preserve and increase your loved one's mobility, and strategies

to prevent falls and make your home safer. \$5. Register/Fitness Centers, Activities Desks, or Online.

Financial Wellness – Value Investing:**The Wisdom of Bruce Greenwald****Tuesday, May 22 — 870000-04**

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. The book *Value Investing* has been touted as one of the best investment books ever written for valuing and investing in stocks. We will explore

the book's findings and how this can be used in portfolios. \$5. Register/Fitness Centers, Activities Desks, or Online.

**The Fountain of Youth****Thursday, May 31 — 850100-04**

6:00-7:00 PM, P-Hall (KS). Presented by Frank Lieberman, PhD, psychologist and ultra runner. This information is pertinent and relevant to all individuals who wish to lead a healthier lifestyle. Goal setting for success; a prescription for anti-aging; eradicating self-defeating thoughts; confronting mental conditions during aging; the importance of laughter, fun, and play; pros and cons of hormone replacements; mind-body connection; and how to get started, and stay with a program are a few of the topics covered. \$8. Register/Fitness Centers, Activities Desks, or Online.

**Be**

Inspired ~ Engaged ~ Well

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

Wellness Program Highlights**Fitness Palooza • Tuesday, May 22**

9:00 AM-1:00 PM, Fitness Center (OC) and Community Living Room (OC). A Fun Fitness Event — Something for Everyone! A great way to “sample” a variety of classes, experience small group trainings, or join the fun. Examples of classes to sample: Aqua, Zumba, Step, Cycle, Chair Fitness, Brain Fitness, and Hot Hula. **Free! Class sign-ups available 45 minutes prior to class start time. Class schedule will be posted May 1.**

Aging with Power**Tuesday May 22 — 820600-04**

2:00-3:00 PM, Front Ballroom (OC). Presented by Diana Nohr, M.S., creator of The Memory Academy. In this presentation you will see how powerful you can be to affect many of the age-related changes in the body and brain. Discover what the changes are that come with age, and ways to improve or adapt to them. Learn what the latest research says about keeping strong, sharp and independent in the second half of life and reducing the risk of dementia. You will become aware of reversible causes of memory problems and medications that can affect the memory. Ways to improve balance will be practiced. You will walk away with what researchers call “the closest thing to the fountain of youth.” **Free! Register at the Fitness Centers, Activities Desk, or Online.**

Pain in My Butt- Where's it Coming From?**Wednesday, May 23 — 820700-04**

2:00-3:00 PM, Front Ballroom (OC). Presented by Rex Owen, M.S. Create lasting change in your muscles, joints and connective tissue. Get stronger without injury. Join us for an exploration of the cause of many musculoskeletal ailments such as soreness, pain and injury. Learn simple techniques to help prevent or alleviate pain from dysfunctional movement patterns and improper exercise technique. This session will identify the causes of muscle imbalances, the importance of posture and the components of a balanced activity/exercise program. Attendees will learn simple techniques to help them get started on pain free activity/exercise, and precautions and modifications for those already active. **Free! Register at the Fitness Centers, Activities Desk, or Online.**

Health and Prevention Screenings**Wednesday, May 23**

11:00 AM-1:00 PM, OC Ballroom. A variety of screenings will be offered, some examples: Blood Pressure, Vision and Spinal Muscular Imbalances. Fitness Wave Company will be offering Hydrostatic Body Fat and Resting Metabolic Rate testing. Plus much more. **Details to come.**



Megan Cowart
Wellness Program
Coordinator

Charity Walk

Thursday, May 24 — 820200-04

9:00 AM, Fitness Parking Lot (OC). Wear your walking shoes and join us! We will be walking a one-mile loop that can be done once or twice for those more serious walkers. Walk enrollment fee will support the "Seniors First" organization. The walk will conclude with a light

breakfast for champions! **Register at the Fitness Centers, Activities Desk, or online. \$12 donation includes Wellness Days t-shirt!**

The Six Laws of Health

Thursday, May 24 — 820300-04

11:00 AM-12:00 PM, OC Ballroom. Dr. Thomas W. Hopkins, M.D, Better known as "Dr. Tom" from Sutter Health, will present a motivational talk on how the "Six Laws of Health" can apply at any age. Learn about aging, longevity, and living a long, robust life from someone who walks the walk and talks the talk. **Free! Register at the Fitness Centers, Activities Desk, or Online.**

More on Wellness Days on pages 5 and 18.

Nutrition *Continued from page 11*

drug and could cause a dangerous elevation of statin drug in the body. This also applies to the nutritional supplement, Red Yeast Rice, which may be used instead of a statin drug.

Dr. Peters and Ms. Kaye are proponents of "The Anti-Inflammatory Diet" considering that inflammation is the underlying cause of most health problems including heart problems. This presentation will shed light on the many hidden culprits, mostly sugars, lurking in our food supply that lead to the inflammatory process.

These practitioners prefer to focus on lifestyle choices rather than on dietary restrictions in order to achieve one's health goals. Their emphasis is on empowering the individual to discover and create the life (and health) that he or she wants. The outcomes to a healthy lifestyle are numerous: increased energy levels, feeling good, achieving and maintaining your ideal weight, improved personal relationships, and self-confidence to name a few. Attend the presentation to get answers to your questions, including:

- For those tired of cooking, what are good nutrition options?
- What are some of the causes of loss of taste for good food?
- If food does not taste good, what are some options that might help the individual get proper nutrition?
- Do you advise taking nutritional supplements including vitamins?
- What are the best exercise options for seniors?

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KS Fitness Center 408-4683

Fitness Center Information Only 408-4634

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Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

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Kilaga Springs 408-4013

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408-4290

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Wellness

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625-4032 megan.cowart@schca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 8:00 AM-4:00 PM

Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

Dinner 5:00-8:00 PM

Sunday

Breakfast 7:00-10:30 AM

Brunch Buffet 10:30 AM-2:00 PM

Dinner 5:00-8:00 PM

Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

General Numbers

American Private Security

24 hour Dispatch 1-800-983-1932

Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

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SacReno@DelWebb.com

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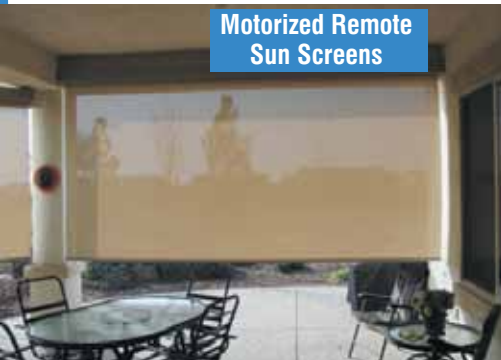
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