



Compass

January 2012



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**BOD Election Ballots
Due February 14 ... page 5**

**Are You Staying Fit
This Winter? So
Many Options! ... page 19**

**Meridians is Open
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On the cover

Members of the Lincoln Hills Cyclists are often seen riding throughout the community in their bright colors regardless of the weather.

Photo by De Cahill

New Year's Greetings!

Board of Directors

David Conner, Director, SCLH Board of Directors



Here we are once again, looking forward to another great year in Lincoln Hills, with anticipation and exhilaration. Our Association is closing out 2011 financially sound, with maintenance of our properties and common areas in good order.

This month, using a combination of reserve replacement funds and some capital monies we are renovating and making needed improvements to our Meridians Restaurant. With new furnishings and a few physical changes we think the membership will be impressed and the new look will add to your dining enjoyment. Although the final figures are not in, we are getting very close to breaking even in our Food & Beverage Department.

This is also the time of year that we will be electing new Board Members. There are three openings this year. Two of our Directors are termed out and one is eligible and running again. The good news is that we have a total of five candidates running for the three open positions. We have a very successful, low-cost Home Owners Association that has been able to promote value in the community by adding new amenities, installing many cost saving projects, and streamlining methods.

The credit for this success is shared by many, including our excellent committees, an outstanding staff and ideas presented by our residents. Your HOA Board of Directors sets policy, and is ultimately responsible for the financial well being of the Community. In addition, matters concerning personnel, legal issues, contracting and compliance to our governing documents and state laws is their charge. Your Board members are the only elected officials in our Community. For that reason and for the responsibilities inherent to this group I urge you all to get savvy on the issues and learn about your candidates and please vote. Last year we had about a 52% turnout for our election. I think we are better than that and am asking you to take an active part in determining the leadership of your community.

Peter Gilbert and Bill Kassel are completing four years on our Board of Directors and cannot continue due to term limits. When I recall the projects, the issues and the decisions made during this time... you have to give these two men some high marks... Gentlemen, God Speed and thank you for your work and leadership.

Have You Checked Out the "New and Improved" Resident Website Yet?

Detailed Instructions for Login

On November 27 we re-launched our Resident Website with a new look and feel, additional features and an improved layout. Many of you have visited the website and had the chance to both enjoy the new setup and provide us your feedback. We appreciate your input and are continuing to make improvements to give you the best web experience possible.

While most of the website is available to the public, there are certain areas (including resident forms, meet-

ing minutes, and classifieds) that are viewable only by residents of Sun City Lincoln Hills, and to view them you must be registered. Many of you have registered using the blue paper slips we provided prior to the site launch, and many of you have registered using the online form. **Please note: If you were registered for the old resident website, you must re-register in order to view the resident-only areas of the new site.**

If you have not yet visited the site,
continued on page 41

Upcoming Association-Related Meetings

Date • Time • Place January 15-February 29

New Resident Orientation	Tuesday, January 17, 1:00 PM, Fine Arts
Candidate Forum Session	Wednesday, January 18, 7:00 PM, P-Hall (KS)
Golf Cart Registration	Thursdays, January 19, February 2 & 16, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, January 19, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, January 23, 9:00 AM, Gables/Heights
Board of Directors Meeting	Thursday, January 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, January 26, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, January 26, 11:00 AM, Oaks
Compliance Committee	Wednesday, February 1, 10:30 AM, Solarium
Elections Committee	Friday, February 3, 9:00 AM, Multimedia
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, February 7, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, February 7, 1:30 PM, Oaks
Listening Post	Wednesday, February 8, 9:00 AM, Solarium
ARC/Architectural Review Committee	Monday, February 13, 9:00 AM, Solarium
Properties Committee	Tuesday, February 14, 1:00 PM, Fine Arts
Finance Committee Meeting	Wednesday, February 15, 9:00 AM, Oaks
Board of Directors Special Meeting	Thursday, February 16, 9:00 AM, OC Ballroom
Annual Meeting of Members	February 16, 2:00 PM, OC Ballroom
Board of Directors Organizational Mtg.	February 16, 3:00 PM, OC Ballroom
ARC/Architectural Review Committee	Monday, February 27, 9:00 AM, Heights

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

Connections

What Makes Our Website Unique

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Effective Tuesday, January 17, you will be able to register for events, trips and classes on-line. Don't want to come to the Lodge and stand in line to sign-

questions (FAQ's) that can be read on the website's home page: www.suncity-lincolnhills.org/residents. You do not need to login as a resident, just go to the bottom of the home page, look for the "Resources" header and click on FAQ's. If you have additional questions, please contact our webmaster at:

webmaster@suncity-lincolnhills.org
Another important thing to know about our website: it is very unique. Most homeowner association websites do not allow public access. This was also true of our first site but not

continued on page 11



Resident Website Home Screen

up for that performance you'd like to see? As of this Tuesday, let your fingers do the registering. Just make sure you have registered to use the new website. If you have not registered or are having difficulty with the login process, please see the article on page 2.

Our website is a work-in-progress and we appreciate your feedback. Staff has received questions about maneuvering through the site so we developed answers to some frequently asked



New Year's Eve at SCLH, more photos, page 11

Calendar of Events

January 15-February 20

Date	Event	Page #
01/16	Document Destruction	47
01/17	"LSV/NEV: Insurance Issues"	34
01/17	New Resident Orientation	47
01/17	Comedy Night at KS	47
01/19	Book Discussion: <i>Lizzie Bright/Buck. Boy</i>	26
01/19	Bus Trip: Pissarro's People/Legion of Honor	47
01/19	Speaker Retired Army Col. Dick Myer	40
01/19	Forum: "Personal Survival: Berlin Teenager"	90
01/23	"Camera Cruise/Travels to Africa"	24
01/23	David Burnham, "Mostly Broadway"	47
01/24	Bus Trip: "West Side Story"	61*
01/25	"Finding the Best Caregiver"	24
01/25	Forum: "Caring for the Caregiver"	15, 90
01/26	"Japanese Maple Trees"	30
01/26	Bus Trip: Benicia Glass Tour	61*
01/27	Neigh. Watch's Semiannual Gen. Board Mtg.	17
01/30	"Want To Have Your Cake and Eat It Too"	93
01/31	Bus Trip: Horizon Casino/S. Lake Tahoe	47
01/31	KS Music Night: Patchouli Trio	47
01/31	Bus Trip: Horizon Casino/S. Lake Tahoe	45
01/31	KS Music Night: Patchouli Trio	45
02/01	"Constellations Through Time"	24
02/01	Bus Trip: Speaker Series	61*
02/03-04	Reader's Theater: "Sherlock Holmes"	36
02/06	KS at the Movies: "Crazy, Stupid Love"	47
02/06-07	"Organizing Your Estate"	93
02/07	"Secrets to Longevity"	93
02/08	"Family Treemaker 2012"	28
02/08	"Posing Theatrical Subjects for Photos"	35
02/08	Bus Trip: "Forbidden Broadway"	47
02/09	"Monitoring Your Own Vision"	29
02/10	Live Demo "Family Tree"	28
02/10	Valentine's Dinner/Dance	48
02/11	Bus Trip: San Francisco for the Day	48
02/12	Bus Trip: Port & Chocolate Festival	48
02/13	"A Murder of Crows"	25
02/14	Musical Quilt Show, "Joe the Quilter"	34
02/15	Forum: "My Racing Heart"	15, 90
02/16	Book Discussion: <i>Half Broke Horse</i>	26
02/16	Bus Trip: Benise—Nights of Fire!	48
02/17	Org. Assists Blind Youths/Adults to Ski	38
02/17	Jeri Sager Cabaret-Style Broadway Show	49
02/19	Bus Trip: Chinese New Year/San Francisco	49
02/20	"Travel Industry, New Developments"	37

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

Lincoln Hills 9th Annual Fine Arts Show and Sale

Presented by the Artists of Lincoln Hills

Friday February 3rd
5 pm to 8 pm

Saturday February 4th
9 am to 7 pm

Sunday February 5th
9 am to 1 pm

Orchard Creek Ballroom
965 Orchard Creek Lane

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*Our Signature Painting
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Your Vote is Your Voice — And the Only Person Who Can Silence Your Voice is You...

Who is Running for the Board of Directors (BOD)?

Candidates for the BOD are:

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

Names arranged in random order from a drawing by the Elections Committee and will be placed on the ballot in this order.

Meet the Candidates

Attend the final Candidate Forum where you will meet the Candidates.

Have an opportunity to ask questions both in the Forum and in person.

- **Wednesday, January 18**
- **7:00 PM • KS**

Ballots

- Ballots will be mailed on January 13.
- Watch for yours! To insure that your vote is counted, follow the instructions on your ballot.

- Do Not sign the inside envelope.
- Any cross-outs will invalidate your ballot.
- Do sign the outside envelope.
- **What if I Mismatch my Ballot?**
Replacement ballots will be available at the OC front desk.

Ballots must be received by February 14.

Several Committees Have Openings

Communications and Community Relations Committee (CCRC) Openings

Communications and Community Relations Committee (CCRC) will have several openings during the next couple of months because current committee members are 'terming' out. CCRC members assist and advise the Board on matters relating to improved communications about programs and events within the Sun City Lincoln Hills Community. If you are interested in volunteering with the technical side of communications or are interested in the very popular Com-



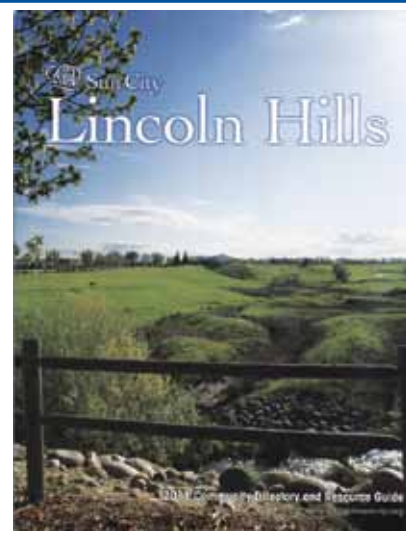
munity Forum series and it's process, then this Committee opportunity is for you. Applications are available at the Activities Desks (OC/KS) or they can be downloaded from our website (www.sun-city-lincolnhills.org/residents) if you are logged in as a resident. Click on Library at the top then go to: Forms – Association Resident Forms – Committee Application

SCLH Directory

All Changes Due by February 3

Any additions, deletions or changes to the name or telephone listings in the SCLHCA Community Directory and Resource Guide for 2012 need to be received at the Membership Desk by Friday, February 3, 2012, at 4:00 PM.

We anticipate the 2012 Resident Directory to arrive in late June.



Properties Committee Openings

Interested in helping to maintain and enhance the value of the varied properties that belong to our Association? This Committee regularly inspects our Community's physical assets from the Open Space to the landscaping, from the Lodges inside and out to the playground, from the restaurant to the sports complex. We make recommendations for improvements to ensure that all our facilities are safe, attractive and adaptable to the changing needs of our residents. Recent major projects included the addition of Pickleball Courts, expanded

Sports Bar and new Maintenance Building, and the conversion in progress to LED street lighting. The Committee has a vacancy coming up in March, 2012, and community members interested in joining our team are invited to apply for a two-year term. Engineering background or experience with facilities management or construction is a plus. Download a Committee Application from the SCLHCA website or pick one up at the Membership/Activities Desk.

Need more information? Call Committee Chair, Dan Hardesty at 434-1524.

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Activities News & Happenings

Got Music?

Lavina Samoy, Lifestyle Program Manager

*“And the night shall be filled with music,
And the cares that infest the day
Shall fold their tents like the Arabs
And as silently steal away.”*

Henry Wadsworth Longfellow



The Activities Department welcomes 2012 on a high note with critically-acclaimed performances here in Lincoln Hills or only a bus trip away, and classes to complement your active

lifestyle.

We are offering four great concerts on our Ballroom stage for the first quarter of the year: high-caliber Broadway star **David Burnham with his “Mostly Broadway” show on January 3**; international star Jeri Sager’s cabaret-style show in **“Jeri...Live” on February 17**; the highly-requested and electrifying **Tom Rigney and the Flambeau on March 6**; and **St. Patrick’s Day with maestros of music “Men of Worth”** featuring authentic Irish & Scottish music and stories including two of the best Irish dancers in the area. For those who love to dance and listen to swing music, the Metro Swing Band will provide the perfect romantic overture for you and your loved at our **Valentine’s Dinner Dance on February 10**.

Want to enjoy even more variety in your musical entertainment this quarter? Join us for a trip to El Dorado Hotel & Casino for **“Benise—Nights of Fire” on either February 16 or March 27**, a show that combines hot and spicy Spanish guitar playing with sizzling choreography. Then there is a trip to the Sacramento Opera to experience **Rigoletto by Giuseppe Verdi on February 26**. And finally, experience the full grandeur of the Auburn Symphony when they perform **“With Love from Russia” at the beautiful Mondavi Center on April 29**.

Starting on page 78, we have a variety of music classes taught by music experts. Lincoln Hills Chorus conductor

Bill Sveglini teaches **Guitar and Voice classes for all skill levels**. For those who wish to **learn the keyboard**, we offer Play in a Day classes that guarantee students can learn to play the keyboard within a day. And finally Ray Ashton, a favorite among residents, continues his multi-media presentation combining lecture

and video on the **History of Jazz**, taking his students on a musical journey that includes the great Swing Era.

According to former President Ronald Reagan, *“Life is one grand, sweet song, so start the music.”* We are here to make sure life in Lincoln Hills is nothing less than grand!

The Wave Upgrades+ Your 2012 Fitness Goals

Fitness Center News

Brandy Garcia, Director of Fitness

Happy New Year! Out with the old and in with the new! The Wave Fitness Center is undergoing a transformation. Each year certain designated items are deemed ready to be replaced through our Reserve Study. In 2011, the carpeting at The Wave is up for replacement as it is 13 years old. Here is what has been done and what is still to come:

The carpet in the entry way, the lobby seating area, the stair carpet, and the carpeted area upstairs by the track was replaced in early January with all new carpet.

On December 22, new flooring, vinyl hardwood, was put in the cardio area. I have heard comments like “it looks so big,” and “it’s so bright and open”. This will help keep our cardio equipment in top working condition due to a decrease in carpet fibers in the motors. Mats will be placed under each piece of equipment to protect the floor and decrease noise.

The carpet in the weight room will be replaced with a recycled rubber that

Class Changes for 2012 Effective February 6

Please see our brochures and flyers for detailed class descriptions.

The Wave Schedule:

- **Change!** Mondays 9:00 AM will be **Zumba**.
- **Change!** Mondays 10:00 AM *Cardio Dance & Sculpt* will be **Piloga Sculpt**.
- **Change!** Wednesdays 10:00 AM *Cardio Salsa* will be **Zumba**
- **Cancelled!** Wednesdays 5:30 PM *Dance Fit*
- **Change!** Mondays 5:30 PM will start at 5:00 PM and be **Zumba**

is very durable, easy to clean, and will withstand dropped weights and heavy equipment. We will do everything we can to keep disruption to a minimum on the last phase of this change. Thank you for your patience while we make these wonderful upgrades.

Made Your 2012 Health Goals?

Have you made your health goals for 2012 yet? If you haven’t but would like to, the fitness staff is here to help. Sign-up sheets are available at the Fitness Center front desks for 20-minute appointments during the week of January 23-27.

New Rewards Point Program

Do you think that coming to the gym doesn’t pay off? Starting in 2012 it will! Our brand new rewards point program began January 1. Residents can now earn points for each of the following activities: using the Fitness Center, buying group exercise punches, buying personal training sessions, taking a group exercise class, using a session with a trainer, purchasing specialty and wellness classes, and more! Please see the front desk for details on the reward program.



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The Upgrade to Meridians Has Begun

We're Open For Business Every Day

Jerry McCarthy, Director of Food & Beverage

We are looking forward to a very exciting 2012! **Meridians** has already begun its upgrade. Meridians and the Sports Bar are open every day for breakfast, lunch, and dinner during the upgrade process. The hostess stand is located in front of the Ballroom. Please use the entrance near the Ballroom. You can expect the same great food & service.

Super Saver Tuesday is going strong and you can't miss the slow roasted Prime Rib Wednesdays. In addition, we have dancing every Tuesday and live music on Wednesday, Friday, and Saturdays. We are working on menus that reflect local, fresh, and sustainable whenever possible that capture the winter season. We will be introducing them with our new re-launch of the restaurant upgrade in February. **Kilaga**

A Nag-Free Compliance Article

David Stone, Compliance Committee Chair

Often, when I meet someone who learns I'm on the Compliance Committee, I'll be asked, "How can you stand listening to all those complaints and dealing with all those issues?" My usual reply is "It's a nasty job but somebody has to do it!"

However I'm pleased to report that a lot of the "nasty" has been removed from the job in 2011. As a result, this article will not contain the usual nagging about all the things our residents should do, or not do, to avoid violating our governing documents. This has been a wonderful year for our community from a compliance standpoint. Let me count some of the ways this has occurred.

Compared to all previous years, 2011 has seen:

- Fewer violation notices were needed to be sent to homeowners
- Fewer cases were called to hearing before the Committee
- Fewer cases were referred to the Board for discipline
- Fewer homeowners were disciplined

Springs Café will now be opening at 6:00 AM. Come and enjoy a morning coffee and catch up on the news with *The Sacramento Bee* or *USA Today*.

"Meridians and the Sports Bar are open every day for breakfast, lunch, and dinner during the upgrade. The hostess stand is located in front of the Ballroom. Please use the entrance near the Ballroom. You can expect the same great food & service."

Visit our website. The best way to stay in touch with Meridians is by looking at our website at www.meridiansrestaurant.com. I will be announcing all of our special events for Meridians on the website. Make sure to check in



The reasons for this success can be attributed to many factors including our diligent staff, our dedicated Committee members, our supportive Board, and mostly our homeowners who have taken increased pride in seeing our community flourish. Even in these difficult economic times, we have come to realize that adhering to our governing documents benefits our individual property values as well as the community as a whole.

Special kudos go to Community Standards Manager Heather Peters and Administrative Assistant CeCe Dirstine, without whom the Committee would not have functioned as well. Unfortunately, Heather has left Lincoln Hills to pursue other opportunities and we wish her well in all her future endeavors.

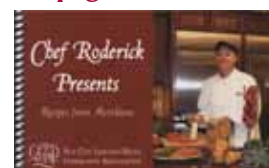
I hope you all had a wonderful holiday season and wish you a happy and prosperous new year. Let's keep the need for nagging to a minimum in 2012!

to see what exciting things we have planned. To give everyone a sneak peak for 2012, we already have plans for St. Patrick's Day, Mardi Gras, Easter Brunch, Crab Feed, Easter Brunch, Mother's Day Brunch and the list goes on and on. In addition, we will be announcing new menus, holiday events, and other special events on a monthly basis. Don't forget, you may also sign up to receive Food & Beverage e-Bulletins where you will find more of our very successful **e-coupons**. Keep your eyes open for more exciting discounts for residents only!

More 2012 happenings. We will be having our annual Super Bowl Party in the Ballroom and Sports Bar on Sunday, February 5. First-come, first-served, so don't be late. Super Bowl activities will start with the pregame. We will offer appetizer and drink specials along with complimentary snacks. Also, it's not too early to start thinking about Valentine's Day. Make your reservations now. Last year was a sellout and we had to turn guests away.

Once again, thank you for a great 2011 and we look forward to serving you in 2012. The entire team from the Food & Beverage Department wish you and your family a Happy New Year!

~Please see our ad on page 20 and information & corrections for Chef Roderick's Cookbook on page 21.~



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Bronze Medal • Pinot Noir Rose 2010

Winter Tasting Room Hours:

Thursday-Sunday 11:00 am - 5:00 pm



Inquire about our private
Wine Pairing Parties for
your next special event.

**Wise Villa is located 4 miles East on Wise Road
from Hwy. 65
(intersection of Garden Bar & Wise Road)**

SCLH Holiday Pictorial

December 15 Community Celebration and New Year's Eve



Connections

continued from page 3

anymore. If a non-resident goes to our resident website today, they are able to see current information about our clubs, events, classes, trips, fitness opportunities, Meridians, The Spa and governance by our Board of Directors and Committees — all of the things that represent and sell our Lifestyle. This was done deliberately to enable our website to be a highly effective marketing tool.

If you find yourself on the site and are unable to access something, you have probably neglected to login. Whereas non-residents have access to a large amount of SCLH information, they're restricted from looking at everything.



Our New Year's Eve party was true to its advertising. *Spectacular!* If you were sleeping at midnight, perhaps you were awakened by the sights and sounds of the magnificent firework display that helped us toast the New Year. Sincere wishes for good health and harmony in 2012.

See you in the Lodge.



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What It Means To Be "Your Wellness Destination"

Tina Ginnetti, Manager, The Spa at Kilaga Springs



This past year The Spa at Kilaga Springs has been educating our readers as to what is involved in our treatments and the different types of treatments we do. The trend we are seeing everywhere is a return to better quality of lifestyle, natural therapies, whole foods, and the removal of unnecessary chemical additives and pesticides in our food processing.

Alternative health treatments. The World Health Organization has an annual Global Summit where world health issues are discussed and decisions and laws are made about the health and safety of people. Billions of dollars are being spent on alternative health treatments, skincare/ facials to include laser, LED lighting, Botox, peptides, plant stem cells, meditation and more. This shift not only impacts the spa industry as a whole, it opens the door of opportunity for us as a spa to be able to offer more and different types of services that are aligned with scientific, clinically-based products and services. It also opens the door to the expansive types of bodywork we do at The Spa.

People are seeking out natural alternatives to feeling better. The body does not feel better if the joints are tight, if ligaments/tendons are shortened due to either inflammation in the body or former injuries, or if range of motion is impaired due to poor circulation and tight muscles. An anti-inflammatory may hide the pain but in the meantime the stress on the body is not relieved and permanent injury or damage will occur because the body has not healed correctly.

Therapeutic bodywork. Our goal for your Spa is to become a "wellness destination." We want it to be a place recognized for the many different types of therapeutic bodywork available in your search


for total body wellness. We want it to be a place recognized for the scientifically-based clinical skincare we offer with our "Hydropeptide" facials.

We look forward to serving you in 2012. Should you have any questions

about our different services, please feel free to stop in for a consultation with me.

Happy New Year!
~Please see our ad on page 42.~

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Happy New Year — 2011 Ending Well Ahead of Budget

Hank Lipschitz, Finance Committee Chair

As we leave 2011 behind we find our Association in excellent condition and look forward to a new and equally successful new year. I hope each of you had a joyful holiday season. The Finance Committee met on December 14 to review the November financial results and recommend insurance coverage for the next year. Results for November were \$7,973 ahead of budget, bringing the net favorable variance for the year to \$461,090. **Some of the highlights of the month were The Spa at Kilaga Springs showing a profit of \$2,880 or \$7,416 better than budget. We now have a year-to-date profit of \$6,105 demonstrating that this amenity is doing well. While Food & Beverage was \$10,943 less than budget the bottom line was \$31,934 better than a year ago.** All other departments did well with small pluses and minuses.

By the time you read this, the LED lighting project should be just about complete and we have not even had to pay anything yet! Also, I hope everyone remembered to change their dues payments to \$312 per quarter.

At the end of November we had \$4,020,384 in our Operating Fund which includes \$588,092 in restricted cash and our Reserve Fund had a balance of \$5,475,100. As always virtually all of our funds are in

FDIC insured accounts or US Treasuries according to our policy.

There was a small improvement in the number of homes with past due assessments. There are 165 homes that were behind totaling \$108,500 in past due payments. This compares favorably to the corresponding month of the previous quarter, August had 186 homes past due totaling \$110,000.

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

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



Statement of Operations YTD 11/31/2011

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$7,088,529	\$7,084,258	\$4,271
Administration (expense)	(1,680,785)	(1,824,883)	144,098
Kilaga Spa	6,105	(11,130)	17,235
Fitness	(386,556)	(390,110)	3,554
Activities	(182,852)	(203,605)	20,753
Rec. Center / Maintenance	(2,142,976)	(2,262,463)	119,487
Landscape Maintenance	(2,253,697)	(2,355,655)	101,958
Food & Beverage	(59,637)	(109,372)	49,735
Capital Asset	130,573	130,573	0
Net Revenues (Expense)	\$518,704	\$57,613	\$461,091



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Can We End Cancer, MRSA, MS, RA, Fibromyalgia, And Chronic Pain?

New methods of cleansing and detoxifying the body have now been found that make it possible to remove wastes, chemicals and toxins from the tissues faster and better than ever before. The results have been so encouraging that it appears these new methods might easily put an end to such chronic modern diseases as cancer, MS, rheumatoid arthritis, MRSA and others. If you cleanse your body in time by using these new detoxifying procedures, you are much more likely to prevent health problems or recover from any condition you may already have.

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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We Will Let You Look Over, Under & Around all the Facilities Projects in SCLH

Dan Hardesty, Properties Committee Chair

The Street Lights are bright and the Properties Committee renews:

It is with sadness and appreciation that we see Gay Mackintosh, Bill Frazier, and Sam Rahman complete their terms on your Properties Committee. They have served you well and are deserving of our collective thanks. The pickleball courts, Sports Bar, maintenance building, street lighting, and Meridians remodel would not be as functional or beautiful as they are without the hard and professional work of the SCLHCA facilities staff and the committee members. *Thank you very much!!!*

Three new members will be joining the committee. They have been nominated from an excellent group of volunteers and appointed by your Board of Directors.

Jim Luckey spent 37 years working over, under and around residential and commercial buildings doing data and communications installation for AT&T. As if that wasn't enough fun, he then became a professional handyman and did all kinds of work inside, over, under and around our Lincoln Hills residences.

John Schulte is an Industrial Engineer who managed construction projects ranging from relocating an electrical outlet to multimillion dollar cleanroom facilities for Silicon Valley companies including IBM. He also has worked over, under and around more projects than can be counted.

Chuck Vickers is returning to the committee after a couple of years rest. Chuck is a Civil Engineer who has managed big construction projects (is a port big enough?) and small projects around the world. He has been honored by his peers as a fellow of his civil engineering professional organization. He has worked inside, over and around projects I can barely imagine. Welcome back Chuck!

I am humbled to be associated with all the talent in Sun City Lincoln Hills.

If you would like to join the Committee we have one more opening coming in March, so be sure to contact me so that you can be considered along with the candidates we talked to in December. We will let you "look" over, under and around all the facilities projects in Lincoln Hills.



Caring for the Caregiver

How to take care of yourself too!

Shirley Schultz

Have you ever been a caregiver (for a spouse, parent, or child)? Do you think you might have to assume that role in the future? Or do you see yourself someday needing a caregiver? If so, this article is for you.

Did you know that more than 3 out of 10 households in the US have someone who is a caregiver – for a total of 34 million? Caregiving is a topic that many tend to avoid until the necessity arises either to become a caregiver or to need a caregiver. An understanding of the realities of caregiving can help you make plans and ease the stress when you find yourself in that situation.

Caregiving for someone else is often stressful. The most common reaction is denial that my loved one has a condition that is long-term or may not get better. Once the reality of the situation sets in, anger often follows because there is no effective treatment or cure, and major changes are required in the daily lives of the caregiver and the person being cared for. Caregivers often suffer from anxiety and begin to withdraw socially from activities that once brought pleasure. Depression and even exhaustion may ensue, affecting the ability of the caregiver to cope. Irritability, lack of concentration, and inability

The street lights are brightly shining. Yes, Christmas is over, but our street light project should be completed by this time. Can you imagine that a 55 watt light can provide all that illumination to our streets? Chris O'Keefe has made the measurements and the lights are providing the illumination expected in the right places at a fraction of the power of the previous lights.

to sleep may be manifested. All this may lead to mental and physical health problems for the caregiver.

An organiza-

tion called Caring For The Caregiver (telephone 516-921-0755) offers programs to help caregivers keep from shortchanging themselves. Many caregivers forget to take care of themselves. A Caregiver's Bill of Rights has been developed which declares, in part, that I have the right to take care of myself, seek help from others, and maintain facets of my own life.

For information about helping yourself now or in the future, plan to attend the January 25 Community Forum called "Caring For the Caregiver" by Dr. Irina Korman (see page 88).

This January forum and those involved with health, aging and wellness that follow in 2012 will focus on the theme of physical and emotional "preventive maintenance" as a way to "extend your warranty" on life. Mark your calendars now for the February 15 Community Forum to learn about problems with heart irregularities and racing rhythms. (See page 88.)



"An organization called Caring For The Caregiver (telephone 516-921-0755) offers programs to help caregivers keep from shortchanging themselves."

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New Board Promotes “Adopt a Mailbox Unit”

Captains’ Training Sessions Scheduled

Patricia Evans



We have some lonely Mail Box Units where the residents would like so much to have their very own Mail Box Captain! The new Executive Board has decided to make filling these vacancies one of their priorities for the coming year.

“Adopt a Mail Box Unit” is a special request to our current, valued Captains. Would you consider adopting an additional Mail Box Unit in your area? You already understand how life becomes more enjoyable when you have the safety and security of friendly neighbors looking after each other. Please contact us to discuss the advantages of this arrangement.

Of course, we jump for joy when new recruits volunteer to be a single unit Mail Box Captain. Along with other

New Year’s Resolutions to exercise more and eat more vegetables, please consider enriching your life by volunteering for this community service. Talk with your friends who live in active Neighborhood Watch areas about their quality of life. Please call for more information.

For an even lighter assignment, please turn to page 35 to learn how being a Co-Captain could be adaptable to your life style.

The very popular Captain’s Training Program will present four workshops this year: February 17, May 18, August 17, and October 26. Call one of the contacts to register.

You are invited to attend the Neighborhood Watch Semi-Annual General Board Meeting on Friday, January 27, at the OC Fine Arts Room from 10:00 AM to 12:00 PM. Be involved!



New Neighborhood Watch Officers prepare for the January 27 Board Meeting: (from left) Ron Wood, Treasurer; Joan Brandt-Love, Assistant Executive Director; Nancy Whitaker, Secretary; Larry Wilson, Executive Director.

Neighborhood Watch Contacts

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

Neighborhood Watch Website
www.lincal.net/watch

Home Maintenance Tips from Neighbors InDeed

A Midwinter Checklist

Doug Brown, Roving Reporter



We’re spoiled in Lincoln, California. Nary a blizzard or deep-freeze here — a little fog, a few frosty mornings, an occasional chilly wind, some rain, but that’s about it.

Nevertheless, we shouldn’t be complacent about common “winterizing” issues right here in our own homes. Now’s the time, before trouble hits, to check a few crucial items. Here are some suggestions from Neighbors InDeed’s Handy Helpers, who are quite busy this time of year with typical midwinter issues.

• Furnace Maintenance Check.

Don’t wait until after the furnace breaks down on one of those frosty nights to have an inspection by a qualified technician. If someone

says your furnace needs replacing (to the tune of several thousand dollars), beware! Our furnaces should be good for another ten years or so! PG&E will do free inspections — call 800-PGE-5000 or visit www.pge.com to schedule an appointment.

• **Programing Thermostats.** An efficiently programed thermostat can save

“Here are suggestions from Handy Helpers who are quite busy this time of year with typical midwinter issues.”

you lots of energy dollars. No need to heat your house at night while you’re nestled all snug in your bed. Going out of town for a few days? Turn the thermostat to “manual” and set the temperature to 62° -- your plants will be just fine. Need help programing your

thermostat? Call Neighbors InDeed at 223-2763.

• **Garage Door Openers.** January Handy Helper calls frequently ask for assistance with “frozen” garage door openers — the door goes up about six inches, stops, and nothing short of pulling the cord and lifting it manually will get it open. The problem usually stems from a poorly lubricated door opener rail. Have you lubed your opener? Or need help doing so? Call Neighbors InDeed.

• **Garage Door Mainspring.** Main-springs are breaking in some homes. If this happens to you, do not try to lift the garage door yourself! They are extremely heavy and a back injury will be a bigger pain than replacing a spring. Call a garage door company for this. Check out advertisers in this Compass.

• **Door and Window Seals.** Really? In our mild California winters? Despite what you might think, a significant amount of cold air could be entering your house around a poorly sealed door or window, so be sure to check them.

continued on page 21



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Are You Staying Fit This Winter?

So Many Options!

Gay Sprague, Roving Reporter



Winter has arrived and while our outdoor time is limited, most of us carry on with our exercise regimes. For some it's continuing outdoor exercising and working around inclement weather, while others may choose more indoor activities, or a combination of the two. Perhaps more so than anywhere, Sun City Lincoln Hills provides a vast number of winter exercise opportunities: bicycling within and outside our community (see front cover), playing tennis and pickleball, indoor-walking, line dancing, or doing yoga and pilates. And we can always



Water Aerobics Class at KS

get wet by using either of the indoor heated pools for water aerobics classes, swimming laps, or water walking.

Numerous fitness classes are offered and personal trainers are available to jump start or assist in ratcheting up our fitness level a notch or two. Many neighbors organize their own outdoor/mall walking and dog-walking groups to fit their particular fitness needs and time schedules. Our own All-Star Coyotes Softball Team (after just winning the 2011 World Masters Championship), continues to compete each winter through March. The list of possibilities is practically endless.

~ Some Tips for 2012 ~

- **Use TV commercial breaks** — One option we don't often think of is using



Billiards

TV commercial breaks to our advantage for a few moments of exercise.

A little strength training during commercials can become an excellent complement to your calorie-burning cardio exercise. Whether it's winter or summer, now we can watch TV guilt free! One football/basketball game

continued on page 23



Indoor Walking Track at The Wave (OC)



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Library News

Nina Mazzo, Library Volunteer

The legacy and uniqueness of Steve Jobs is truly captured in the biography written by Walter Isaacson and is simply titled *Steve Jobs*. Isaacson said, "His personality was reflected in the products he created. Just as the core of Apple's philosophy was the end-to-end integration of hardware and software, so too was the case with Steve Jobs: His passions, perfectionism, demons, desires, artistry, devilry, and obsession for control were integrally connected to his approach to business and the products that resulted."

It seemed appropriate that I would

read this book on my iPad but I thank the person who donated the hard copy to our library. You will find this book under "J" in Nonfiction.

This month Janet Evanovich's book titled *One For the Money* is being released in the theaters and we have noticed that the publisher is reprinting the same titled book. We would appreciate having a copy or two donated.

Thank you for the books you donate and with the start of a new year, here is our request list: books should be in gently used condition with date of pub-



lication from 2004 forward (unless part of a series); audio CD's; movie DVD's and music CD's. Current magazines are displayed and past issues placed in a box by the book return cart. We also have some slots open for volunteers to help us keep those shelves tidy, simply call Sandy Maloff (phone listed below). Rainy season is here so protect the books you borrow.

Contacts: book donations: Sandy Melnick (408-1035); volunteer opportunities: call Sandy Maloff (408-2368); investment materials are maintained by Cleon Johnson (408-5648) and the OC reading room contact is Nina Mazzo (408-7620).

Home Maintenance Tips from Neighbors InDeed

continued from page 17

Neighbors InDeed's Handy Helpers are on call five days a week offering free

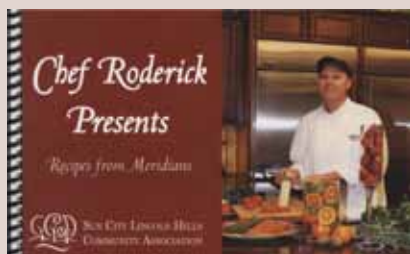


services for minor maintenance jobs. Pick up your phone and dial 223-2763.

May the rest of your winter be warm and cozy!

Chef Roderick's Cookbook

Meridians is proud to offer Chef Roderick's most popular recipes from 2011. In response to many requests, Chef Roderick has written down an assortment of starters, soups, entrees and sweet endings. The book is only



\$5 with all profits going to the Lincoln Hills Foundation. Come to Meridians and get yours before we run out.

Thanks to everyone who already bought a copy. We would like to make a correction to page 39:

Goat Cheese Ravioli Filling:

1 Small Red Bell Pepper-diced (charred black then de-seeded and skinned)
4 oz goat cheese
1 lemon zest
1 Tbsp chopped herbs
1 tsp salt
Pinch of pepper
1 Tbsp scallion-chopped

Method: Puree goat cheese with all other ingredients except red pepper. Fold in diced red pepper after puree. Make small marble size balls of mix and refrigerate for at least 1 hour. On full sheet of pasta place goat cheese balls in a row with 1 inch spacing and fold top half over bottom half. Roll and cut to desired shape and size.

In addition, the following recipe should have been included after page 39:

Sage & Cherry Tomato Brown Butter Sauce:

1 Tbsp butter (salted)
1-2 tsp garlic chopped
1 tsp sage chopped
10 cherry tomatoes cut in half

Method: Heat butter until it starts to foam. Once butter foams remove from heat and toss in garlic and sage, swirl around cooking ingredients. Toss in tomatoes and add raviolis or tortellini and serve.

Remember... always exercise your judgment when preparing food, and make sure you abide by all principles of safety in the kitchen.

Did You Know?



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 Margaret & Karl Thompson 508-0152	 Doreen Traxel 698-0801	 Tony Williams 521-3400	 Sharon Worman 408-1555		

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

Comedy Nights in Lincoln Hills

Laughter really is good medicine!

Doug Brown, Roving Reporter



What do Dana Carvey, Robin Williams, Whoopi Goldberg, and Jerry Seinfeld all have in common? Well, yes, they're all comedians, but that's the easy answer. Less obvious is that

some of our own Comedy Nights comedians have been "openers" for these iconic superstars!

That's quite a tribute to the quality of comedy we have here every month, and perhaps, along with the bargain rate of \$9 a ticket, why Presentation Hall is virtually sold out for every performance.



Brad Bonar

One of our recent Comedy Night headliners has a soft spot for Lincoln Hills audiences, having appeared here a number of times. Brad Bonar quickly reminded us his name is "bow - narr" and not to ever call him "boner," as his school chums teased in his growing-up years. Perhaps the easily miscued pronunciation of his name is what drove him into comedy?

Brad's not-quite-off-color but delightfully tasteful humor belies his Mormon traditions. He told us about the sweet "little old lady" who stood up in church one day and asked for prayer



A good-natured audience in Presentation Hall (KS), the venue for Comedy Nights

for her husband's scrotum. As parishioners suppressed giggles or winced in embarrassment, the red-faced husband stood up and stammered, "Dear, th-that's sternum, n-not scrotum." The congregation was relieved!

Brad owns his own company, Bonar Entertainment Group, and is SCLH's principal agent for booking comedians for our monthly doses of belly laughs. And that booking process is no simple task, as Tamara Coil, Lifestyle Events and Volunteer Coordinator, recently explained to me. "Comedians are booked about six months in advance, and must meet the criteria of being affordable, available on a designated night, and the 'right fit' for our senior audiences."

Tamara, a major in Marketing and Public Relations from Cal Poly (SLO), has found that experience in previous public relations positions in the Bay Area and Roseville has well-equipped her for the marketing research she performs here. All of our wonderful SCLH performance events – not just Comedy Nights – are the result of Tamara's behind-the-scenes work. "A

lot is involved in getting those final announcements into the Compass," Tamara noted. Thanks to Tamara's Event Assistant Lily McCray and other staff, we enjoy outstanding programs in Lincoln Hills for amazingly low prices.

Coming up on January 17 and February 21 are your next opportunities for Comedy Nights in Kilaga Springs. Come on out and treat yourself to an evening of laughter!

Are You Staying Fit?

continued from page 19

gives us at least 40 minutes to strength-train. (Naturally, Super Bowl Sunday is excluded from this practice!). A one-hour TV show allows us to squeeze in up to 20 minutes of strength training.

- **Track your workouts** – Keep a workout log to track your exercises, reps, sets and weights so you can see your progress from week to week.

- **Take your time** – It gets easier if you gradually build strength and endurance. If you are beginning, start with what you can handle – i.e., 15-20 minutes of cardio and a basic total body workout. Add a few minutes of cardio and more reps, weight or sets, to your strength training each week, at your own pace.

- **Enjoy the process** – Don't get impatient to see results as you build a strong foundation that will carry you through more exercise and help to avoid injury and burnout. Find a way to enjoy each workout for what it is.

Whatever your choice of exercise, be safe. A happy and healthy winter to everyone!



Speaking of comedy... This was the initial photograph Compass photographer De Cahill submitted for this article. The laugh was on us!



Club News



• Alzheimer's/Dementia • Caregivers Support Group

If you are caring at home for a loved one with memory impairment, we encourage you to join us on January 25, for the first Alzheimer's/Dementia Caregivers' Support Group Meeting of 2012. The focus of the meeting is "What can you do when you cannot do the caregiving by yourself."

Craig Falk, owner of Craig Cares will speak on "Safe and Sound at Home:" a guide to finding the best caregiver for your situation. Mike Bilger, a Certified Geriatric Care Manager, will speak on "Expectations of Nursing Home Functions." Material will be distributed and there will be time for questions.

When you leave the meeting, you should have some things to consider and some time to plan for what may be the next stage in your caregiving role.

The meeting starts at 1:00 PM in the Multipurpose Room (OC).

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



• Antiques Appreciation •

Our annual Christmas brunch was a huge success with 65 members and guests attending! Thanks to Ann Renyer and her committee, everyone enjoyed delicious food, beautiful decorations and delightful conversation. Each table had a drawing for its Christmas centerpiece containing jingle bells, which was the theme of the party. And we were entertained by the Sunny Singers singing an array of familiar Christmas songs! What a perfect way to kick off the Holiday Season!

Our January meeting was our annual "show and tell," and many interesting items from our members' vintage and antique collections were enjoyed by all!

In February the program will be on antique and vintage costume jewelry.

We would love to have you join us if you collect or just appreciate antiques.

We meet on the first Monday of every month at 9:30 AM in the Multipurpose Room (OC). Come join the fun!

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



• Arts Association •

The New Year offers new beginnings for those who are into creative arts or support the arts. We are already planning our May Artisans in the Lodge event as well as September's Artist Studio Tour. Association members include painters, photographers, those working in glass, fabric, beads, sculpture, ceramics, and other creative media. We also have many patrons of the arts who enjoy our meetings and assist in planning and supporting our events.

LHAA meets every fourth Monday at 2:00 PM in P-Hall (KS). Joe Propersi is our January 23 guest speaker, when he will present a camera cruise of his recent travels to Africa. Come enjoy Joe's beautiful photographs and narrative of this beautiful continent.

To join or renew your membership, contact treasurer Suzanne Schmidt, 543-9569 or dichrogal@yahoo.com, or send her your check payable to LHAA. Membership forms can be downloaded from our website. Dues are \$15 per household.

**Contact: Beryl Spurling 543-6232,
bsspurling@yahoo.com
Website: LHarts.org**



• Astronomy •

Wednesday, February 1, P-Hall (KS), 6:45 PM. John Neil will present "Constellations Through Time." Constellations, star pictures, have been part of the human culture long before there were written records. Some of modern constellations have roots that are 4,000 years old. Others, particularly in the southern hemisphere, are only a few hundred years old. This presentation will look at the evolution of constellations through time and how the current 88 "official" constellations came to be.

Mondays, January 16 and February 20. Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM. Contact Morey Lewis (408-4469) for more information. Meetings: Regular Astronomy Group

*Nina Mazzo
presenting
"M&M's from
the Sky" at
the January
Meeting*



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 •

Happy New Year! Perhaps one of your resolutions this year is to exercise more. What better way to do that than in a fun activity like dancing. We're here to help you. Come to Kilaga Springs on Tuesday afternoons. From 2:00 to 5:00 PM each week, our talented instructors give dance lessons. The first hour is for beginners, the second hour is a "practice" session where you can review what you just learned. For experienced dancers, the third hour teaches more advanced steps.

Research shows that Ballroom Dancing helps to control weight, blood pressure and cholesterol. All these benefits while having a good time! Join us in January for the fun Cha-Cha. In February we'll be dancing the popular Fox Trot. We really enjoy getting together every Tuesday,



*Dancers Dee Cole
and Ed Hartnett*

and always welcome new members to join us. Our annual dues are only \$5 — what a bargain!

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



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be February 15. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, February 9 at *Sterling Cafe*. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



• Billiards • The Shooters

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

Tournament Winners:

- Eight Ball Singles December 7 — AM Winner Hal Berman; Runner-up Ted Komaki; PM Winner Phil Delaney; Runner-up Bob Maske.
- Nine-Ball Singles December 13 — AM Winner Jim Yoest; Runner-up Joe Ferrando; PM Winner Dale Hurlbut; Runners-up Joe Perez, Ed Ryan and Flavio Lombella.
- Eight-Ball Doubles December 21 — Winners Norm Hagerty and Jim Yoest; No Runners-up.

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

Challengers Billiards

Happy New Year to all residents! Our

Group would like to begin the New Year by expressing to all residents how much we appreciate the wonderful facilities in which we enjoy our favorite pastime — pool. These great facilities belong to all of us so if you are a mid-level to advanced player, you are welcome to join in the fun on Fridays from 10:00 AM-12:00 PM at KS. And if you are a beginner or mid-level player you may want to check out the Upstarts or Players groups that play on Thursdays.

Congratulations to our recent winners: Seven Games — Ted Komaki, Joe Hobby; Six of Seven Games — Bill Huth, Joe Heruty, Ernie Recabaren, Bill Kim.

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

Couples Billiards

Happy New Year. We started it off with a bang playing billiards at KS.

The leaders of the pack this first evening were Jim/Barb Conger who tied with Ziggy Brian/Lisa Pabst with five wins. There were six other couples that won only four games.

It was a landslide with Bob Rand/Dale Houck winning all six games. Their closest competitors won only four games. Those players were Jim/Barb Conger and Ron/Sherry Weech.

This time Dale Houck/Chiquita Fratto and Ron/Sherry Weech won five games. There were two teams that won four games, they were: Del/Veronica Torres and Jim/Barb Conger.

The final evening with the grand slam win was Dan Oden/Roger Bryan winning six games. We had a three-way tie with five wins. Those players were Jim/Barb Conger, Dale Houck/Chiquita Fratto and Joe/Nicki Hobby.

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

Players Billiards

If you know how to play Eight Ball and are a mid-level player, come join us every Thursday from 2:15-4:30 PM. We play six games with different partners and opponents most games. Advanced sign up for February is on the last Thursday

of January at 2:00 PM. Standby players can frequently play as well. The sign-up binder is on the fireplace. We play by the American Poolplayers Association rules. They are in a binder on the fireplace or you can get them online. Start the year off with some fun!

Congratulations to our recent winners: Six Games — Ken Woodard, Ed Welch; Five of six games — Bob Wehner, Larry White, Willie Wright, Phil Berlenghi, Rita Baikauskas, Dale Houck, Bob Rand.

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

Upstarts Billiards

*"Practice is the name of the game;
Practice if you want to see your name
In the Compass, our own claim to fame!"*

Do you play billiards? Would you like to? Upstarts Billiards is composed of beginners-to-average players; we play standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM, Billiards Room (KS). We have room for more, if you'd like to join us. The more the merrier; you just may discover a newfound talent!

Winners six games — Margrit Blanc (yes, sirree! she's a star!); five games — Bob Bienkowski, Al Gutierrez, Jim McCarthy, Dan Oden, Bob Rand.

Sign-ups are the last Thursday of each month, 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**



• Bird •

The Bird Group meets on the second Monday of each month at P-Hall (KS) at 1:30 PM. The February 13 meeting will present an excellent DVD on "A Murder of Crows" from the PBS Nature series. Feel free to join us.

The next Bird Group field trip will be

on Friday, January 27, to Linden. This is a raptor trip east of Stockton. Then on Friday, February 10, the group will meet at Anglers Cove to walk the Ferrari Pond trail. This is a great bird walk for beginners as well as experts.

The old Bird Group website, www.lhbirdnest.org is closed down. Refer to the new Lincoln Hills website below.

Contacts: Ruth & Don Baylis,
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents



• **Bocce Ball, Mad Hatters** •

As an added inducement to encourage our membership to register for the new SCLH website I have posted some new pictures, taken by Carol McGara, of our Christmas Luncheon. In order to view the pictures you will need to log in to the new site. Click on "Clubs," scroll down to "Bocce Ball, Mad Hatters," then click on "subscribe."

Subscribing to our group allows us to communicate with you via the SCLH website. We would really like to get everyone who is on our mailing list

of each month from 1:00 to 2:30 PM in the Multimedia Room (OC). 2012 Schedule:

- January 19: *Lizzie Bright and the Buckminster Boy* by Gary Schmidt
- February 16: *Half Broke Horses* by Jeanette Walls
- March 15: *Unbroken* by Laura Hildenbrand
- April 19: *Still Alice* by Lisa Genova
- 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



Bosom Buddies' Christmas Party

The January meeting speaker, a local oncologist, was informative and inspiring. We welcome any breast cancer survivor to join us at our meetings the second Thursday of the month. May 2012 be a healthy, happy, fulfilling year for those of us fortunate to live in SCLH!

Contacts: Marianne Smith
408-1818; Sally Lewis 434-7381
Websites: Website: www.suncity-lincolnhills.org/residents
www.lincolnhillsbosombuddies.org



• **Bowling** •

Rocklin Tuesday AM

Team #11, Kris Elliot, Judy Hubbard, Jeanne and Jay Zincke, took a very commanding first place lead ending second half of season. Second place, Team #6, Hot Shots, Lois Dye, Rita Wilks, Betty and Fayne Tucker managed to hold their position, with third place coming up fast, team #8, Al & Della Sharief, Bill & Pat Cunningham. This season has really had several good games and series, with lots of friendly competition. Still need Subs, Joan Gates, 253-9415

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



• **Bridge, Partners** •

Thursday Evening
First & Third

Anyone is welcome to join us for a pleasant, casual night of partners bridge. Just give us a call to get on the list or



Club coordinator Penny Pearl and guest speaker JoAnna Philips, author of The Savvy Shopper, at our holiday luncheon

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

The new year is here. Many organizations, families, friends had wonderful holiday get-togethers. Truly, the best gifts this past season for me were those of giving: giving your time to an unfortunate shut-in, visiting people in the hospital, a smile to a stranger, opening the door for the elderly. Our group had a marvelous holiday party at President Patti's home in December. Love and caring were abundant.



Mad Hatter's Christmas Luncheon

registered on the new site. This will make communications, from and within the group, independent of a mailing list residing in one individuals email account (to be added to our email list send Paul, below, an email.)

For those of you who haven't been there yet, the new SCLH website is: www.suncity-lincolnhills.org/residents/

Contacts: Paul Mac Garvey
543-2067, pmac1411@aol.com;
Bob Vincent 543-0543



• **Book Group, OC** •

Join us on the third Thursday

just show up and take your chances. No need to call for cancellations. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish by 8:30 PM.

The December 1 winners — First: Lorraine & Bob Minke; Second: Ann Ulrice and Judy Barkhurst; Third: E. Wolf and E. Kestin; Fourth: Jeri Nebitt and Beryl Lason. Lorraine and Bob also took high round.

December 15 winners — First: Linda Theodore and Janet Pinnell who had a 7 Spade, Grand Slam and 7300 high round points; Second: Allan & Bev Blaine; Third: Jeri Nebitt and Beryl Lason; Fourth: Ben & Kay Newton.

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

Thursday Evening Second & Fourth

December 8 Winners — First: Allen & Beverlee Blaine; Second: Erica Wolf and Edith Kesting; Third: Sasha & Tom Eason; Fourth: Gail & Harry Ramsden.

December 22 Winners — First: Erica Wolf and Olga Girodath; Second: Beverly Vanderbeets and Barbara Moran; Third: Don & Santa Anderson; Fourth: Gay Gladden and Kaye Andrews.

Please join us for an evening of social bridge on the second and fourth Thursday Nights. We play in the Terra Cotta Room (KS) at 6:00 PM. Please call Gerry and Warren Sonnenburg at 253-3882.

Contacts: Chris & Ken Jacobson
408-8709



• Bridge, Duplicate •

Introducing our new 2012 SCLHDBC Board members: David Glasspiegel, Lydia King, Cleo Postle Dick Proffitt, Margaret Riegert, and Ann Ulrich; and the incumbents: Judy Beck, Gayle Koedel, Bob Schroeder, Barbara Wheeler, and Kent White.

The Roseville exchange will be hosted by Lincoln Hills on Wednesday, March 7.

Topping Lincoln entrants at the December Orangevale Sectional was the quartet of Dave Russell, Doug Allan, Judy Beck, and Tony Trigg, successful as “Swiss” team-mates.

The 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.

The Wednesday session includes a section restricted to those with less duplicate bridge experience, fewer than 50 Master Points; and during the Saturday session, a “299er” section is limited to players under 300 MPs. We cordially welcome all residents.

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



• Bridge, Social •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come and join us for an afternoon of social bridge. You must make a reservation to play and please call and let us know if you need to cancel your reservation. You do not need a partner. You can make reservations by calling Joan & Les Schabilion at 253-7569.

Winners from November 25 through December 16 were — First: Joan Schabilion, Febe Harrington, Lois Burke, JoAnne Holston; Second: Lee Holman, Ruth Werfel, Shirley Bry, Carol Mayeur; Third: Peg Schmidt (twice), Neil Wilson, Beryl LeVine; Fourth: Ruth Werfel, Beryl LeVine, Febe Harrington, Eleanor Amar.

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



• Bunco •

The December Bunco play and Christmas luncheon immediately following was very well attended. A gift exchange was held where stealing another person’s gift was par for the course and a big hit. Attendees were asked to donate gifts of pet food, toys and bedding for the SPCA and they did not disappoint as many items were then delivered to support the SPCA’s efforts.

During the luncheon the torch was

passed to our new Bunco president, Ginna Martinez, secretary Ann Stults and committee member Sandy Pavlovich. Thank you to Claudette Kinman-Rhoads, Paulette Rhoads, and Marian Skillman for their service to our club the past couple of years.

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

Bunco winners from December will be listed in February’s *Compass*.

Contacts: Ginna Martinez 408-0822;
Ann Stults 543-6782



• Ceramic Arts •

Happy New Year! Time to pay dues. Please watch for the email renewal that will be sent soon. Annual Ceramic Arts Group dues are a very reasonable \$12 per year. Dues help defray costs of studio supplies, needed equipment and the potluck dinner.

Dues cover the calendar year (January 1-December 31) and are due and payable January 1 and become delinquent January 31, so get them in the mail while you are thinking about it.

Let’s make a concerted effort to assist new membership chair Ed Hanson by renewing on time.

CAG “Workshops” are held at OC on *Saturdays*, 9:00-3:00 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 *Fridays only*, 1:00-5:00 PM and KS *Sundays only*, 1:00-4:00 PM. Check bulletin boards and studio windows for holiday times/closures.

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

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



• Chorus •

Rehearsals for the spring concert season began on Tuesday,

January 10, with Chorus members tuning up their vocal chords after a bit of a break over Christmas and New Year's. It's not too late to sign up if one of your New Year's resolutions was to improve your choral skills a bit – see contact information below.

We were proud to pay tribute at the December concerts to our beloved pianist John Hersch, who for health reasons is no longer able to accompany us. John took a well-deserved bow at the final Christmas concert performance. Thank you, John for your years of inspirational music! We'll miss you!

Mark the dates of April 29, 30, and May 1 for the upcoming spring concert performances, with a delightful variety of music for your enjoyment.

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



• **Cloggers** •

This year will bring a *change to Clogging Classes!*

Janice Hanzel will now instruct all clogging classes. Students know her remarkable teaching talents.

She breaks down difficult steps, making them easy; she alters steps for those whose movements are restricted; she stresses balance and provides a wide range of music. Her classes are never boring! Come,

start the New Year with something new. No partner needed. Men don't be shy, it's very laid back.

Classes are: *Beginning and Easy Clogging Fun and Intermediate Clogging Performance and Technique Clogging* (performing not mandatory)

All classes Tuesdays (KS). Check under *Compass* classes.

The first workshop, January 7 in Orangevale, was a big success with many top instructors from Northern California. Several members attended. There was food aplenty and lots of clogging to



Janice Hanzel

handle the calories.

Next clogging workshop: Saturday, March 10, Danville, CA. Mark your calendars.

Come, help us grow in 2012!
Contact: Anita Tyson 543-5330, sheandme@starstream.net



• **Computer** •

February 8, 6:30 PM: Family Tree Maker 2012 by

Bob Ringo If your families are making inquiries about their history, it's time for you to create and publish what you know about your history before it's lost forever.



Bob Ringo

Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2012 is a genealogy program designed to assist you in creating and publishing your family history. FTM is incredibly easy to use.

Clinic: February 10, 3:30 PM: Bob will give a live demonstration and create a typical family history from scratch. Showing how to add movies and pictures will make it come alive. Lastly, he will demonstrate several options for publishing your family history.

Ask the Tech: February 27, 10:00 AM Informal Q & A session for any and all technical questions, meetings at P-Hall (KS).

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



• **Mac User** •

Happy Anniversary to LHMUG — 2012 marks our 10th anniversary!

We will continue our six meetings each month. However, there are changes in our meeting schedule and focus so please *check the website for details*.

We have a new website – check it out! Same address but a great new look!

General meetings will now be held

on the second Tuesday of each month (instead of the fourth Tuesday) at KS except for the February General Meeting which will be on February 28.

Check out our exciting new *iDevices* monthly seminars on the first Tuesday of each month at KS. (*No meeting in February.*)

Mark your calendars for “App Night in the Ballroom” on March 13 and our Anniversary Banquet on October 9.

Members will continue to receive email reminders before each meeting. Please notify Bonnie Esker promptly of any changes in your email address.

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



• **Country Couples** •

A new year brings a new Steering Committee. First of all thanks goes out to the outgoing 2011 Steering Committee and to all of the members who voted in the election. The successful candidates were announced at the Holiday Dance in Sun City Roseville and are shown in the photo below. Congratulations to the



Top — 2012 Steering Committee, from left: Arnie Sondergard, Ralph Lacaze,



Kathy Lopez and Ernie Wilson (Arlene Lawrence unavailable); Festive dinner table at Holiday Dance at Sun City Roseville

newly-elected members. The positions on the Committee will be determined at the first Committee meeting sometime in January.

If you enjoy dancing and socializing with people, you should give CC's a try. To observe the dances, you are welcome

to contact one of the members noted below for times and locations of practices.

Happy New Year to all, and keep on dancing.

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



• **Cribbage** •

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

The club was saddened to hear that our oldest member, Mary Norris, suffered a fall at home and is now in assisted living. We miss you, Mary.

We really need people to step forward and volunteer to help run the Tuesday morning event in order to ensure that the club continues to operate. Let Jack know if you're willing to help.

Contact: Jack Poshepny 543-8463



• **Cyclist** •

We are not big on New Year's resolutions, but

setting a couple of cycling goals for 2012 might be a good thing for you to do. You might consider heading for that hill you have never conquered (Big Ben and/or Iowa Hill are calling). Or maybe 1000, 3000 or 6000 miles on your bike for the year. Ride 100 miles for the first time? Look for the Virgin Century in the spring. If you have never ridden an organized/supported ride there are the Tours de Lincoln, Cure and Rocklin, right in this area. Many club members participate in these rides, so you will have plenty of company.

Your current ride leader would appreciate an occasional opportunity to ride at the back of the pack. Why not set a goal of leading four rides in 2012?

Is it a goal to get a new bike? We think so.

**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

We are in the new year and need to make new resolutions. One resolution could be to learn to play Mexican Train Dominoes. Come and spend the new year with us on Wednesdays. This is a great time to learn to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

The morning and afternoon sessions of Mexican Train Dominoes continue to flourish. You are cordially invited to join one of our times: Wednesday at 9:00 AM or 12:30 PM in the Card Room (OC). Free classes are being held at the 9:00 AM sessions. 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: February 9, P-Hall (KS), 1:00-3:00 PM.

1:00 PM: Monitoring Your Own Vision: Mark Roser, developer of KeepSight will

discuss self monitoring of vision. Using tools he created for the free KeepSight program, he helps those with central vision loss, retinal conditions and AMD to monitor their own visual strength. Thus, early changes may be detected and can be treated immediately. Also, there will be discussion of various available tests including the individual use kit from KeepSight study in which he has asked our group to participate.

2:00 PM: Megan Cowart, SCLH Wellness Program Coordinator. This is not a repeat program. There was a mix-up with Megan's previous appearance; we are happy she will be with us at this meeting. This is a chance to discuss programs that may benefit SCLH low vision residents and propose some new ones.

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



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

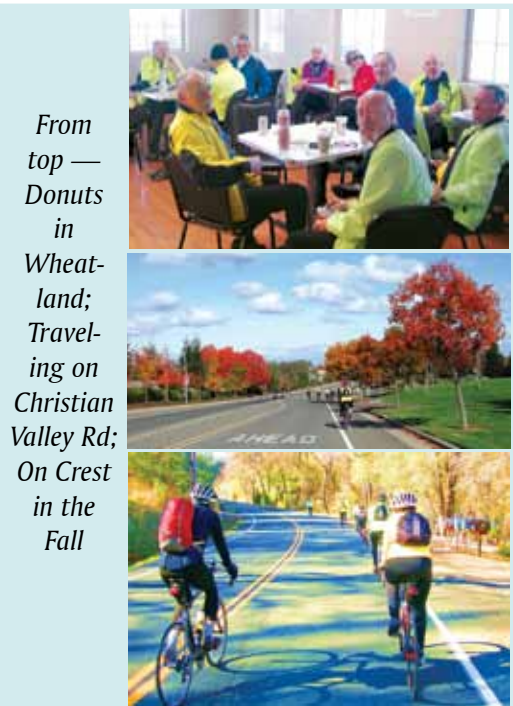
If either you, a friend or a loved one is facing the challenges of living with Fibromyalgia or Chronic Fatigue Syndrome, join us on Thursday, January 26 in the Multimedia Room (OC) from 1:00-3:00 PM. Greg Lieb will offer a presentation on nutrition. We continue to meet on a monthly basis, usually on the fourth Thursday of the month. The date is subject to change when it conflicts with major holidays. The meeting time is normally 1:00-3:00 PM. Our purpose is to provide positive support for residents with Fibromyalgia and/or Chronic Fatigue Syndrome. We offer information, educational material and support. We also discuss the importance of exercise and options offered here in Lincoln Hills. Join us and share your experiences as we all move through this difficult journey together.

**Contacts: Jackie Wilson 253-3744;
Sandy Barry 209-3247**



• **Garden** •

Officers for 2012: President Virgil Dahl; Vice President (rotating) Joyce Thomsen, Bob Logan, Marilyn Buckhorn, Rita Grella; Recording Secre-



From top — Donuts in Wheatland; Traveling on Christian Valley Rd; On Crest in the Fall

tary Marie Salers; Corresponding Secretary Madeleine Cunningham; Treasurer Linda Bringle.

Thursday, January 26: General Meeting, KS, 2:00-4:00 PM, Japanese Maple Trees by Barry & Sue Hoffer, Owners/Arborists, *Maples for All Seasons* nursery, specializing in Japanese Maples based in Pleasanton, CA. Barry serves as President of the Northern California Japanese Maple Society, conducts classes as "The Maple Guy" and has been on radio and TV programs.



Virgil Dahl-2012 Garden Group President; Japanese Maple January Presentation

Membership 2012 (new and renewal) will be available at this meeting. Please bring a check made out to SCLH Garden Group, \$15 per residence/per year. That entitles you to Presenters, Garden Door Prizes (donated by Home Depot) every month, Plant Sale, Flower Shows, Home Garden Tour, Socials, Flower Arranging Class, donations to Civic Projects and a monthly email update. Contact: Joan Scarper (434-7233).

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

Flower Arranging Class

Second Monday of the month. February 13, Ceramics Room (OC), 1:00-3:00 PM, \$3 registration. The focus will be on Valentine's Day, so bring whatever vase, flowers, greens and décor items you choose to use!

Contact: Gloria Stroemer 645-4699

• Gem and Mineral Society •

The purpose of the Club is to bring together those persons interested in geology, mineralogy, jewelry and lapidary work in an environment

focused on the enjoyment and comradeship associated with the rock-hounding hobby, provide a place where they can share knowledge and skills in cutting, grinding, polishing and displaying their collections. Hold meetings to share knowledge and activities related to the hobby; plan collecting trips; perform rock and mineral identification. Member of California Federation of Mineralogical Societies, American Federation of Mineralogical Societies. Club colors: Maroon and Gold. Dues: Not required.

Our club sponsors the Lapidary and Jewelry Shop. Hours: Mondays 8:00 AM to 12:00 PM. Wednesdays 8:00 AM to 12:00 PM, and 6:00 to 8:00 PM. The charge is \$5 per each two hours spent in the lab. All 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 •

General Meeting: The monthly general meeting is scheduled for Monday January 16, from 6:30-8:30 PM at P-Hall (KS). In addition to a regular informative speaker the night will welcome in new officers and committee members for the year 2012.

It is time to pay dues for the new year as well. Dues are \$20 per household and a membership form can be downloaded from the club's website: www.webflavors.com/lincoln or one can be obtained at the meeting.

Steering Committee Meeting: The next meeting will be February 13 in the Multimedia Room (OC) from 12:30-2:30 PM. All members are welcome to attend this meeting of the Board.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376

(computer workshop)

Website: www.webflavors.com/lincoln



• Golf, Ladies •

Lincster Lady Niners

In mid December, The Lincsters



From top — Lonni Crispen and Marilyn Britton; Kate Gold, most dedicated and Lois Gilbert, most improved; Linda Lowe, Golden Putter and Pat Ward, Captain's points

holiday luncheon took place in the OC Ballroom, beautifully decorated by Lonni Crispen, Marilyn Britton and committee.

Following lunch, awards were presented to the most improved golfer, Lois Gilbert and most dedicated Lincster, Kate Gold. The Captain's points award went to Pat Ward, the Golden Putter Award was presented to Linda Lowe, and the WNHGA's most improved golfer was Maureen Bailey. Congratulations ladies for a fabulous year.

It is the season of giving. With a generous spirit, Lincsters purchased gifts for each and every resident of Lincoln Meadows. Later that day, Lincster elf's delivered presents to the facility and were rewarded with many happy faces.

Golf will resume play on January 4 with a 1:00 PM shotgun start.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

Our 2011 golf calendar culminated in a wonderful Holiday luncheon at OC Ballroom. Donna Sosko and her team did an outstanding job coordinating the event again this year, and the meal provided by Meridians was delicious. Thanks to you all.

SCLH Club	Days / Times	Contact	Location
Alzheimer./Dementia Caregivers	4th Wednesday, 1:00 PM	Cathy VanVelzen 409-9332 / Judy Payne 434-7864	Multipurpose Room OC
Amateur Radio	3rd Wednesday, 7:00 PM	Douglas Thom 409-0757	Multimedia Room OC
Antiques Appreciation	1st Monday, 9:30 AM	Janet Robinson 408-7006 / Jane Delno 543-6855	Multipurpose Room OC
Arts Association	4th Monday, 2:00 PM	Beryl Spurling 477-9149 / Kate Uppel 543-6322	Presentation Hall KS
Astronomy	1st Wednesday, 6:45 PM	Ron Olson 408-1435 / Nina Mazzo 408-7620	Presentation Hall KS
Aviation	2nd Thursday, 7:00 PM	Marty Maisel 408-4803 / Georgia Vonk 408-0573	
Ballroom Dancing	Tuesdays, 2:00 PM	Ruth Algeri 408-4752 / Diane Biagini 253-3811	Multipurpose Room KS
Billiards	Mtg., 3rd Friday. 12:00 PM Every Other Month Tournament Days / Hrs. posted in Billiards Rm.	Sam Munoz 408-3037 / Jim Immel 434-2918	Multipurpose OC Billiards Room
Bird	2nd Monday, 1:30 PM	Ruth Baylis 408-7545	Presentation Hall KS
Bocce Mad Hatters	Thursdays, 10:00 AM	Paul MacGarvey 543-2067 / Robert Vincent 543-0543	Sports Plaza
Book, OC	3rd Thursday, 1:00 PM	Penny Pearl 409-0510 / Dale Nater 543-8755	Multipurpose Room OC
Bosom Buddies	2nd Thursday, 1:00 PM	Patty McCuen 408-4185 / Val Singer 645-8553	Multipurpose Room OC
Bowling	Tuesdays, 10:00 AM	Frank Schmidig 434-5792 / Jerry Gordon 408-5989	Rocklin Lanes
Bridge, Duplicate	Wednesdays, 12:30 PM Fridays, 5:00 PM Saturdays, 12:30 PM	Kent White 434-1699	Multipurpose Room KS Sierra/Terra Cotta Room KS Sierra/Terra Cotta Room KS
Bridge, Partners	1st & 3rd Thursday, 6:00 PM* 2nd & 4th Thursday, 6:00 PM*	Ken Gladden 409-0804 Ken & Chris Jacobson 408-8709	Sierra/Terra Cotta Room KS Sierra/Terra Cotta Room KS
Bridge, Social	Friday, 1:00 PM* *Reservations required to play	Lois Burke 409-0223 / Ruth Werfel 543-6054	Sierra/Terra Cotta Room KS
Bunco	3rd Thursday, 9:00 AM	Claudette Rhoads Kinman 543-6347	Card Room OC
Ceramics Art Studio	Saturdays, 9:00 AM-4:00 PM Sundays, 1:00 PM	Mike Daley 543-9449 / Marilyn Anhalt 408-8196 Terri Pisani 408-4037	Ceramics Room OC Terra Cotta Room KS
Chorus	Tuesdays, 2:30 PM	Dave Machado 645-7867	Presentation Hall KS
Clogging	Saturdays, 11:00 AM-2:00 PM	Connie Stephens 408-2625 / Anita Tyson 543-5330	Fine Arts Room OC
Computer	2nd Wednesday, 6:30 PM	Bob Ringo 543-5310 / Terry Rooney 543-9474	Presentation Hall KS
Computer / Mac User	4th Tuesday, 6:30 PM	Bill Smith 543-9957 / Henry Sandigo 434-7792	Presentation Hall KS
Country Couples	Monday, 7:00 PM	Ernie Wilson 434-6588 / Tom Hargis 434-6934	Multipurpose Room KS
Cribbage	Tuesdays, 8:30 AM	Jerome Wilcox 543-3117 / John Poshepny 543-8463	Card Room OC
Cyclists	Mondays, Wednesdays, Fridays 9:00 AM	Steve Valeriotte 408-5506 / Ken Corcoran 253-3413	Parking Lot KS
Dominos, Mexican Train	Wednesday, 9:00 AM & 12:30 PM	Carl Sabol 408-4365 / Marianne Cooper 434-5167	Card Room OC
Eye Contact	2nd Thursday, 1:00 PM	Barbara Smith 645-5516 / Joan Brant-Love 434-6095	Presentation Hall KS
Fibromyalgia/CFS	4th Thursday, 1:00 PM	Sandy Berry 521-2309	Multimedia OC
Fishing	2nd Monday, 7:00 PM	Tom Webb 408-0400 / Gardner Curtright 408-7160	Presentation Hall KS
Garden	4th Thursday, 2:00 PM	Virgil Dahl 408-3748 / Lorraine Immel 434-2918	Presentation Hall KS
Gem & Mineral Society	Last Monday, 4:00 PM	Dave Fisk 434-0747 / Marie Glover 253-3779	Sierra Room KS
Genealogy	3rd Monday, 6:30 PM	B.J. Ollas 543-4682 / Kathy Propersi 543-0376	Presentation Hall KS
Golf, Ladies Golf XVIII Golf, Lincster Lady Niners	Tee Time Thursdays — contact Golf Shop Meeting, 2nd Wednesday, 12:00 PM Tee time, Wednesday, 8:00 AM	Joyce Herrerias 543-9269 / Rebecca Shoaf 543-6846 Carol Golbranson 543-8647 / Pat Ward 253-7042	Golf Shop TBA Golf Shop
Golf, Men's	Call for Tee Time	Dave Jensen 408-1634 / Scott Shoaf 543-6846	Golf Shop
Hand & Foot (Card Game)	Thursdays, 9:00 AM	James Brittain 408-5524 / Denise Jones 543-3317	Terra Cotta Room KS
Hiking / Walking	1st & 3rd Tuesday; call contact for time	Dennis Ratay 543-9935 / Penny Williams 408-1681	Fitness Center Parking Lot
Investors' Study	1st Thursday, 2:00 PM	Rachel LaForest 434-6459	Presentation Hall KS

SCLH Club	Days / Times	Contact	Location
Lavender Friends	Call for details	Phil Washburn 408-7549 / Richard Wong 408-7549	
Line Dance	Sundays, 2:00 PM	Kathy Lopez 434-5617 / Dennis Dawson 408-7361	Fine Arts Room OC
Low Speed Vehicle / NEV	3rd Tuesday, 10:00 AM	Buzz Rognlien 408-4540	Presentation Hall KS
Mahjong, Chinese Mahjong, National	Mondays, 8:45 AM Tuesdays, 12:30 PM	Rita Yankee 408-4405 / Virginia Haradon 408-5536 Jolene Robinson 543-8162 / Valerie Gee 645-6816	Card Room OC Card Room OC
Motorcycle RoadRunners	4th Thursday, 6:00 PM	John Hanaway 847-1593	Multipurpose Room OC
Music	4th Wednesday, 6:00 PM	Mike Percy 434-7818 / Gary Sloan 434-5445	Fine Arts Room OC
Needle Arts	General Meeting, 2nd Tuesday, 1:00 PM Open Sewing, 4th Tuesday, 1:00 PM (Spec. Sewing Interest Groups. Schedule -----See Sewing Room Bulletin Board)	Linda Moran 543-4401 / Kristina Volker 543-9668	Presentation Hall KS Sewing Room OC
Neighborhood Watch	General Meetings OC, Varies	Pauline Watson 543-8436 / Al Gillespie 434-5979	
Painters	1st Tuesday, 2:00 PM	Diane Pargament 408-0221 / Joyce Bisbee 408-0240	Fine Arts OC
Paper Art	1st Thursday, 9:00 AM	Sue Manas 408-1711	Multipurpose Room OC
Pedro	1st & 3rd Friday, 9:00 AM	Phyllis Hunter 408-5843 / Denise Jones 543-3317	Card Room OC
Photography	2nd Wednesday, 8:30 AM	Klara Kleman 408-4496 / David Kaufman 543-3333	Presentation Hall KS
Pickleball	Every Day 8:00 AM-8:00 PM except Tuesday, closed 12:00-2:30 PM	Jerry Zimowske 408-1319 / Mona Wheeler 408-1454	Pickleball Courts
Pinochle -- Single Deck Double Deck	Wednesdays, 5:30 PM Fridays, 12:30 PM	John Winning 408-2745 / Phyllis Brill 408-1433	Card Room OC
Players	2nd Monday, 4:00 PM	Steve Garavito 434-6725 / Bob Murdock 408-8511	Presentation Hall KS
Poker	Mondays, 1:00 PM; Tuesdays, 5:00 PM	Mike Goldstein 543-8238 / Steve Kriner 295-8012	Multipurpose Room OC
Rummikub	Tuesdays, 12:45 PM	Xky Dixon 408-4240	Multipurpose Room OC
RV Travelers	2nd Thursday, 4:00 PM	B.J. Acosta 408-7115 / Bob Zielinski 408-1852	Presentation Hall KS
SCHOOLS Volunteers	TBA	Cindy Moore 408-1452 / Sandy Frame 408-1453	Breakout Rooms OC
S.C.O.O.P. Dog	3rd Thursday, 3:00 PM	Shirley Mohler 408-5788	Fine Arts Room OC
Scrabble	Mondays, 1:00 PM	Joan Spurling 543-6232	Card Room OC
Second Cup of Coffee	3rd Monday, 9:00 AM	Lillian Nawman 408-2184	Presentation Hall KS
Shanghai	Thursday, 12:30 PM & 2nd & 4th Friday, 6:00 PM	Ann Holbak 408-2061 / Chuck Kaul 408-4153	Card Room OC
Singles	Activities Planning & General Meeting 2nd & 4th Thursday, 6:00 PM	Marty Joseph 543-0803	Front Ballroom OC
Skiers	3rd Tuesday, 4:00 PM, October thru March only	Mike Hilton 408-0346 / Chuck Frevele 409-0828	Multipurpose Room OC
Softball	General Meeting, 1st Tuesday, 3:00 PM	Jim Stocker 253-7281 / Mike Hilton 408-0346	Breakout Rooms OC
Sports Car	1st Monday, 6:30 PM	Joe Hobby 253-9633 / Pat Heesch 408-1500	Presentation Hall KS
Square Dancing	Mondays, 1:00 PM	Frank Reina 543-3132 / Chuck Vickers 408-4082	Multipurpose Room KS
Table Tennis	Sundays, 1:00-4:00 PM; Tuesdays 6:00-9:00 PM Fridays, 8:00-11:00 AM	Howard Parker 408-4655	Multipurpose Room KS
Tap Company	Saturdays, 8:00 AM	Becky Sprong 408-1389	Fine Arts Room OC
Tennis	Wednesdays & Saturdays, 9:00 AM	Carl Braganza 408-2898 / Roger Clapp 434-6687	Tennis Courts
Vaudeville Troupe		Marina Eugenios 408-3654	
Veterans	3rd Thursday, 1:00 PM	Joey Chisesi 408-1705 / Doug Cooper 408-7173	Presentation Hall KS
Water Volleyball	2nd, 3rd & 5th Mondays, 5:30 PM; Wednesday & Thursday, 6:45 PM; Saturday 9:00 AM	Jim Putthuff 543-0067 Jerry DiGiacomo 408-7072	Swimming Pool KS
West Coast Swing	Thursdays, 6:45-8:45 PM	Dottie Macken 543-6005 / Eldon Davisson 408-8542	Multipurpose Room KS
Woodcarvers	Wednesdays, 1:00 PM	John LePage 543-9564 / Joe Propersi 543-0376	Sierra Room KS
Writers	2nd, 4th & 5th Monday, 6:30 PM	Alan Lowe 408-1274 / Jim Fulcomer 543-9201	Ceramics Room OC



Ladies XVIII Holiday luncheon

Awards were presented to ECC and Birdie/Chip-In winners, and the gavel was passed to new Captain Sylvia Feldman. We look forward to all the great events in 2012 that she and her able board will provide for us.

All of us wish to send our many thanks to outgoing Captain Joyce Herrerias and her board for leading us through another exciting, interesting year of golf events.

I will be passing along my column duties to Chris Jacobson for 2012. It has been my pleasure to provide you with "news and notes" about our Ladies' Club. Come and join us next year for more great playdays and tournaments.

Contact: Lani Dodd
doublebogy1@att.net
Website: lhlxviii.com



• **Golf, Men's** •

The Tournament of Champions in December had a great turnout with lunch and our annual meeting afterwards on the patio with beautiful weather. Walter Burke had the lowest overall net score and won the 2011 Tournament of Champions. Flight winners were Walter Burke, George Wuschnig, and Bob Keller. JFF winners were Bob Bonomini, Jack Smith, Al Martig, and



Making Men's Golf Club's donation to The Salt Mine in Lincoln, from left, 2011 President Ken Jacobson, Pastor Eric Long, LHMGC Director Bruce Hogan

Clyde Mills. We just played the Winter Slosfest and will report next month. 220 of our 277 club members (79%) participated in at least one tournament. Of those participants, 169 (77%) have won money and 67 (30%) have either won their flight or otherwise qualified to play in NCGA regional tournaments. Of those who played in six or more tournaments: 96% won some money and 60% won back their dues and more. Our club made a donation to the Salt Mine in Lincoln to help with their feeding of the hungry.

Contacts: Scott Shoaf,
scottshoaf@sbcglobal.net; Gene Andrews, eangolf@sbcglobal.net
Website: www.lhmgc.com



• **Hand & Foot** •

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

Contacts: Jim Brittain 408-5524;
Jerry Watkins 408-7899,
sandpusher@sbcglobal.net;
Denise Jones 543-3317,
djonesra@att.net; Lu Fox 408-1977,
lufoxhollow@aol.com



• **Hiking and Walking** •

Walkers: The Walking Group invites you to join us in our weekly Wednesday walks. Early morning is a great way to begin the day. Walks begin at 8:00 AM.

Hikers: The Hiking Group had some fun hikes over the Christmas season and into January. Hikes tend to be relatively close to Lincoln this time of year. Areas of our hikes included several in Auburn, the Humbug-Willow Trail in Folsom and a trek from the Nimbus Fish Hatchery to Willow Creek in Folsom.

Upcoming hikes include a San Francisco hike concluding with a trek over the Golden Gate Bridge, the Skyline Wilderness County Park in Napa and our own regional park at Hidden Falls. Finally a special docent-led tour in the Sutter Buttes is scheduled in February.

Check out the full schedule of hikes and the detailed descriptions on our



Clockwise, from left: the No Hands & Foresthill Bridges; Trestle supports from



the 30's along Mountain Quarries RR Trail; Under the Foresthill Bridge



website where just the right hike is waiting for you.

Contacts:
Hiking: Dennis Ratay 543-9935,
Denratay@sbcglobal.net
Website:
http://lincolnhillshikers.org/



• **Investors' Study** •

A Goldman Sach's representative is the guest presenter arranged by our group's consultant, Russ Abbott, for the February 2, 2:00 PM meeting. Potential topics are the BRIC countries (Brazil, Russia, India and China) outlook, Nigeria's potential influence, and lessons for the US from Germany regarding exports. Around 3:30 PM we move from the P-Hall (KS) to the Social Kitchen for refreshments and time for individual questions. Please also bring ideas for the March Expo and \$15 per year per household dues made out to LH ISG if you haven't already done so.

Contact: Rachel LaForest 434-6459,
laforest@gmail.com



• **Lavender Friends** •

Now that the holidays are behind us, we will ask our membership to volunteer to host one of these events for 2012. They are Coffee, Breakfast, Lunch or Dinner, and Potluck. Additional activities like poker night, game night, wine tasting, bowling, dog walking or

just a picnic at a park will be fun social activities. The only event scheduled for January was the General Business Meeting held on January 6. Since we are an LGBT organization, we will be working closer with the Placer County PFLAG organization to raise awareness in our schools and the general public that everyone is equal. If you want more information on our club, check our website (below). Again, may 2012 be a prosperous and safe year.

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



• **Line Dance** •

Here we are in the New Year with classes already getting off to a great start. There will a lot of new dances to learn this year as well as reviewing some of the good old standards. We will have our usual semi-annual dances in the Ballroom in April and August, and there will also be several workshops to attend throughout the year including a possible surprise workshop right here at KS.

The Line Dance Group recently had a choreographer contest. Each entry had to choreograph a dance and then



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

Happy New Year! After six years and nearly 17,000 miles, our LSV went into the hospital in November. But, we got it back for the holidays, and we are glad to have the BUZZBEV mobile back to start off our new schedule of events. January 17 will be our first general meeting of 2012. The festivities will begin in the Social Kitchen (KS) at 9:00 AM with our quarterly coffee hour. Come join us for refreshments and socializing before we meet in P-Hall (KS) at 10:00 AM for the business meeting. Julie Domenick from Allstate Insurance will bring us up-to-date on all of our insurance questions. We will also have announcements about the spring car rally, so you won't want to miss out!

Contact: Buzz Rognlien 408-4540



• **Mah Jongg, Chinese** •

Now that the hustle and bustle of the holiday season is over, consider joining our group and learning how to play an interesting and fun-filled game. We meet every Monday at 8:45 AM in the Cards Room (OC). If you have any questions, please call one of the helpful contact people.

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



• **Mah Jongg, National** •

Our group meets every Tuesday in the Card Room (OC), 12:30 to 4:00 PM. Please join us for a pleasant afternoon playing this great tile game. We welcome all skill levels and can help anyone who would like to learn. Make the rest of winter a little more fun.

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



• **Motorcycle RoadRunners** •

This is the first of the year and it's nice to look back on the fun we had last year. We had ten scheduled Saturday rides and one extended tour through Oregon. We had several



RoadRunners Motorcycle Club Officers for 2012

impromptu rides when the whim struck one of our members. The Saturday rides took us to such places as the Delta, Williams, Sonora, Stonyford, Lake Berryessa and Brownsville. One ride was cancelled due to weather. We also participated in the Lincoln July 4 Parade, dedicated one ride to Mother's Day and another to Father's Day. We had a nice touring year thanks to our VP/Chief Road Captain Dale Brinsley.

Our elected officers for 2012: John Hanaway President, Dale Brinsley VP and Head Road Captain, Peter Boyle VP/Membership, Sam Melchner Treasurer, and David Fernandes Secretary.

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

"Ride safe, ride with friends!"

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

Website: http://web.me.com/rettavincent



• **Needle Arts Threads of Friendship** •

Guest speaker for January was Nancy S. Brown. In addition to her wonderful presentation, she was kind enough to provide a workshop on her techniques.

Our Speaker for February is Joe Cunningham. His background is music, and quilt history. He has been inspired to create a musical quilt show called "Joe the Quilter." The show is comprised of songs, stories and original quilts created to tell the tale of an original Joe the Quilter of the 1700's. He will also present a workshop on his techniques.

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



Left, first place: Jill Mallory, Evelyn Cheselka, Janet Hamil, Gay Sprague, Diane Bradaric; second place: Jean Wilson, Jennifer Lauchner, Sharon Worman, Geta Tijsseling

perform it in front of a group of judges. The instructors were the judges and rated the dances on a point system in various categories. First place won \$50 and second place won \$25.

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

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



• Neighborhood Watch •

We have 574 Mail Box Stations and about 100 of them have Co-Captains. They say they double their pleasure, double their fun by working in tandem!

If you would consider being a Co-Captain, please call a contact below. If you are a Captain who would like a Co-Captain, please let us know. Co-Captains divide the work, but both participate in the fun. Vacations and down time are easily covered. Social activities are more easily arranged. It may surprise you to know that friendly neighborhoods are found to be safer neighborhoods!

Co-Captains can share the duties of ensuring that the latest email addresses, cell phone numbers, and emergency contact information are current. A new pet in the household is also important information. Neighborhood Watch wants to expect the unexpected so that emergencies can be handled with a minimum of stress.

Being a Co-Captain is a great way to start 2012!

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



• Painters •

In December we enjoyed an "Artists' Christmas Brunch" in lieu of our regular monthly meeting. Thank you Paulette Pesavento and Bonnie Dunlap.

The Fine Arts Show will be held February 3, 4, and 5 at Orchard Creek. Annual dues (\$15) are payable in the month of January and may be mailed to Lynne Fee. Anyone interested in membership, please contact Lynn.

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



• Paper Arts •

We started the New Year off right with a new and exciting project — making lovely tile coasters using our favorite stamps, coloring pens and chalk. It was a new twist on the use of some of our standard craft supplies. It is always fun to try something new!

We reminisced at our meeting about the wonderful success of our Christmas luncheon. We managed to fill both the Toys for Tots and Food for Local Families donation barrels at KS. It was heartening to share our good fortune with those in our own community.

As you can see from the photo, the event was well attended. Again, a big



Paper Arts members enjoying their Christmas luncheon at KS

thank you to Sue and her committee for a job well done!

Our January window display is "Winter." Fortunately for us in Lincoln Hills, there is more snow on the cards than there is on the ground.

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



• Pedro •

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

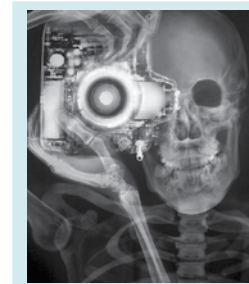
We play in the Cards Room (OC) on the first and third Friday of each month at 9:00 AM and 12:00 PM. We hope to see you there.

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



• Photography •

Part deux of the vignettes of portraiture mini-series will be given at our February 8 meeting: Steve Greenfield will be talking about how he poses his theatri-



"Bare Bones Photography" courtesy of Ed Whitehead

cal subjects for photos. At our January meeting, you surely recall, Lee Basham opined on capturing candid shots – pictures taken without the subject's apparent awareness of the camera. One could argue that candid shots are to revealing one's character, as posed shots are to picturing the character. One could also keep one's mouth shut, couldn't one?

If you've gotten a Christmas camera, you might consider showing up on January 18 (2:00-3:30 PM, Multimedia Room [OC]) for our Camera SIG. This is for folks who have a 'point-and-shoot' camera and want to learn how to use it. There's lots of power in pocket cameras – why be intimidated by it when you can learn to use it. Bring your camera, your manual, and your curiosity.

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



• Pickleball •

If your New Year's resolution is to get more exercise, meet new people and enjoy the outdoors then head to the Pickleball Courts! You would be surprised at how much exercise you can get just hitting around a plastic whiffle ball. With 243 members there are lots of new people to meet and the weather in California is great for sports all year round.

Joy Hunter and Chris Berney; Opening Day for the Women's League



This year is going to be a great year on the courts. Starting in January will be Team Play that will last 8-10 weeks. We already have mixed ladder play for all levels and a new women's ladder started in December. A tournament is planned for May that will be open for all residents to play or watch.

The new elected officers to serve in 2012 are: Secretary Sherrill Slotsve; Social Director Cheryl Lane; Publicity Director Sherry Mosby;

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



• **Players** •

Auditions for the next Readers Theater production, "Sherlock Holmes" were completed and the cast is as follows: Bill Becker, Joe Bennett, Paul Gardner, Marilyn Gold, Paul Krow, Rudy LaPorta, Alan Lowe, Sandra Mandolfo, Jeannine Newcum, Joy Reis, Bob Remensperger, Barbara Swerdlow and Bob Zimmerman.

Performance dates are Friday, February 3 at 7:00 PM and Saturday February 4 at 7:00 PM. Performances are free and



B.B. Wolf & Dancer; B.B. Wolf & Piggie

doors open one-half hour before show time.

The cast for "The Disappearance of the Three Little Pigs" was also announced. Playing these beloved nursery characters will be: Ken Reiss, Barbara Greenfield, Mary Brown, Bob Murdock, Frances Swanson, Geri Ferris, Sandy Klagge, Betty Gordon, Tom Qualick, Carol Murdock, Dick Rooney, Steve Garavito, Joanie Adams, Bud Schumacher, Bob Remensperger and Bettie McCarrel.

Performance dates are Wednesday, February 29 and Thursday, March 1. Get your tickets now!

Players meetings: Second Mondays, 4:00 PM, P-Hall (KS).

Contact: Steve Garavito 434-6725
Website: www.lincolnhillsplayers.com



• **RV** •

New officers for 2012 were installed at the RV group's Christmas Party on December 10. Bob Zielinski will continue as president for a second term. Other officers are Carol Perry, vice president; Larry Flood, treasurer; and Blance Eberhardt, secretary.



From left, Dennis Benedict, two of Lincoln's finest from local station #12 (outside the Del Webb gate near the Waffle Farm), Bob Free and Bob Zielinski

Also installed were Judy Naragon, sunshine-wellness; Ricki Montoya, webmaster; and Ralph Chatoian, publicity. Also recognized were all those who served as wagon masters during 2011 and the 2011 board and committee members.

All the members brought plenty of new toys to the party. The toys were collected by men of the Lincoln Fire Department who distributed them to needy children in the community. RV group members and the firemen made

Christmas just a little merrier for a lot of kids.

Plans are underway by wagon masters for a new slate of rallies for 2012.

Contact: Steve Garavito 434-6725
Website: www.lincolnhillsplayers.com



• **Poker** •

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

New — due to popular demand, games will also be played Fridays, 1:00-4:30 PM.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays and Fridays as well.

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, January 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



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

The members of the SCHOOLS Group are back in the classroom after winter break.

During the month of December, many of our volunteers had lots of fun helping the schools with Holiday Gift Boutiques. If you missed out, there are still opportunities to help with events such as Book Fairs and Mother's Day Boutiques.

We still need volunteers! If you have, an hour a week to help out in the classroom, call us!! 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!

We also get together socially so that we meet and greet our fellow

volunteers. All members of our group are invited to attend the following events:

- February 16, SCHOOLS Potluck Dinner 5:30 PM Kilaga Springs
- June 5, Annual Schools Picnic
Call today for details on how to get started!!

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



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

SCOOP hosted its annual holiday party December 16 at Kilaga Springs with 120 members attending. The Potluck entertainment was SCOOP's own Wayne Leslie on piano, and Santa Claus (a.k.a. Don Sweet). Special guests were *The Hills Brothers*, who performed Christmas



SCOOP Holiday Party, all from left: Jill Mallory, Gay Sprague, Marilyn Ruiz; Shirley Mohler, Cari Vinci, Dianne Conforti; OMDR Founder Marcy Lopez receives SCOOP check from Jacquie Lemke

carols during dinner. Maggie McGurk, SCOOP's official photographer, captured our event throughout the evening. www.maggiemcgurk.photorelect.com.

Thanks to the numerous vendors/artisans in Lincoln and surrounding areas, we raised an astounding \$3,600, 100% of which went directly to One

More Dog Rescue (OMDR), SCOOP's 2011 recipient. Being rescued by OMDR, means that most of its dogs receive one last chance to survive, by receiving veterinary treatment and medication. Marcy Lopez, founder of OMDR, who was present, stated her organization's hope is to place these dogs in "forever" homes, www.onemoredogrescue.com.

"Thank you!" to our members, whose generosity during the "drawing" and live auction portions of the evening, made our success possible.

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



• **Scrabble** •

The scrabblers have added a few new players. Nancy, Cyndi, Jayne, Marsha and Barbara. A



The annual Christmas potluck for the Scrabble Group

friendly welcome is extended to anyone who likes to play. Some of our newest players play on-line, too. Alec Baldwin and Oprah, look out.

The group held the annual Christmas-time potluck, December 19, hosted by Dottie. This was the time to talk about things other than Scrabble. It was a gabfest on topics ranging from art to real estate and travel; and a chance to meet spouses.

As a reminder, we play every Monday at 1:00 PM, in the Card Room (OC). If the Lodge is open, there will be a table to join. And, we have all of the Scrabble aids available to help score the big points.

Make a new resolution to come on board "live," for words with friends.

Contact: Candy Koropp 409-5017



• **Second Cup of Coffee** •

Mark your calendars to attend the February 20 meeting of the Second Cup of Coffee Group at 10:00 AM, on Monday, February 20 at P-Hall (KS). A new steering committee will be presented to the audience by the Election Chair and an ensuing vote will take place.

Following the vote, we will have a presentation on Travel Ideas, New Developments within the Travel Industry and a video on Small Ship Cruising in Europe.

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



• **Shanghai** •

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

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



• **Ski** •

With 50 people in attendance, the December Holiday Social was our biggest-attended party ever! A great time was had by all. Thanks to hosts Chuck Frevele and Jean Benson.



Holiday Social: A presentation updating us on latest ski equipment;

Sandy MacCullough modeling this season's hot ski jacket color

Join us Tuesday, January 17, in the Fine Arts Room, OC at 4:00 PM, when Bruce Johnson, President of the Sierra Regional Ski for Light, will give us a presentation on how his organization assists blind/visually impaired youth and adults to cross-country ski. This should be inspiring.

If you have paid your 2011/12 dues, then you should be getting weekly emails related to our car pool day trips to local ski resorts. (If not, then contact Sue Worrall.) Also check your emails for après-ski lunch dates in the mountains, and our Tahoe Region ski getaway trip!

Our next general meeting will be February 21; a very special program is in the works with details to follow.

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



• **Singles** •
Dynamic Singles

Singles continue to enjoy Second Saturday Breakfasts at the Meridians Sports Bar and our monthly birthday party celebrations.

Our December 17 Holiday Luncheon Buffet at OC Ballroom was a sold-out event featuring great food, spirits, prizes and outstanding entertainment by PST, a Barbershop Quartet.

Singles were celebrating the incoming New Year with a big blast at the Pre-New Year party on December 29 held at OC Ballroom. Singles were welcoming 2012 with fine food, good spirits and great friends and toasting in another wonderful year in Sun City Lincoln Hills.

Upcoming Singles events:

- January 17 – 7:00 PM – Let’s Dance at Meridians
- January 19 – 4:30 PM – Table for 8, Rubino’s, Rocklin (Darline 434-6472)
- January 26 – 5:30 PM – Pre-Super Bowl Party at KS
- February 9 – 6:30 PM – General Meeting at OC Ballroom
- February 11 – 9:30 AM – Second Saturday Breakfast at Meridians Sports Bar

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



• **Softball, Senior League** •

The December *Toy Drive* at Del Webb Field exceeded everyone’s expectations. A big thank you to the Lincoln Hills Lions Club which brought in approximately 100 toys! Bob & Sue Olin, Karl Wentzler, Jim Stocker, John Moran, Dennis Benedict and many others deserve a big round of applause for their efforts. Toys came in from the local car clubs, pickleball players, communities of Lincoln, Lincoln Hills & CHP of Newcastle.

Over 500 toys, games, dolls, sporting goods, etc., were collected as well as \$1,465 in cash and checks. This was enough to buy another 150 toys! Thank you to all from The Lincoln Hills Senior Softball League of Players, Umpires & Scorekeepers.

Sunday softball practice from 10:00 AM-12:00 PM, as well as ‘skill drills’ every Wednesday in February from 10:00 AM-12:00 PM, weather permitting. Come out & get ready for the draft of players in March!

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

Coyotes

The Ballroom at OC was the location of the annual Coyotes breakfast. Once again John Gho did all the arranging and came up with a fantastic breakfast buffet. Chair J. R. Jackson led the meeting which was held after the meal. He brought everyone up-to-date in reference to the upcoming summer Thursday Coyote League. Then each manager, Bob Hunter for the 70s, Carlos Zavala for the 60s Black, and Dale Hurlbut for the 60s Blue, gave a summation of their respective team’s performance for 2011. Next up is the Coyotes Banquet, which will be on January 30, and also at the OC Ballroom.

The Coyote All-Star team, which plays doubleheaders each Thursday through March against five teams from the Sac-

ramento area, is having another terrific year. As of this writing the team is 13-3 and has won six straight games and averaging 21 runs per game.

Contact: Bob Hunter, bluespritzer@yahoo.com



• **Sports Car** •

Our Christmas dancing party was a great success. This was the first time this club has had an end-of-year dancing party. We also did Christmas Wrapping on December 7. Christmas Promise has a veritable fleet of Santas who deliver presents to needy children. They can always use more help.

The new club board met on December 15, led by our incoming president, Joe Hobby. May 2012 will be the club’s



Thanks to the outgoing Board

10th anniversary. There will be a commemorative trip to Lake Tahoe and a large party with an Indy-car theme in May.

Our goals for next year include a new community event, new speakers for our monthly meetings, and the social committee is working on many events as well. The first social event will be a Mardi Gras party on February 21.

Please note it is time for dues. Dues are \$20 per household. You can mail to Vic Kremesec.

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



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

The Club celebrated the Christmas season with a grand Party that included a sit-down dinner and square dancing. Some of the square dancers are shown in the following photos.



Square dancers at Sun City Squares' Christmas Party

Meeting times:

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

Contacts: Chuck Vickers 408-4082, pjcvickers@starstream.net; Bob Grupp 408-1868, Bob@GruppHomes.com



• **Table Tennis** •

In this quarter's issue of *Paddle Palace* magazine in the Coach's Corner, Head Coach Massimo Costantini of the ICC Table Tennis Center, writes about why grip pressure is so important. He is not necessarily referring to whether one uses the shakehand or penhold. Nor is he talking about the Chinese, Japanese or Korean grips. He is talking about the pressure one applies when holding the paddle. If one holds the paddle too tightly causing the muscles in the forearm to be tense, then the ball is going to be played very hard with a lack of control.

"When a player is said to have great touch, what does that mean? Great touch means that a player holds the paddle in such a way that the paddle is

the same as their hand, or you can say the paddle is an extension of his or her hand."

So if you happen to experience tightness or cramps in your forearm, or conversely see the paddle fly away from your hand at times, it might behoove you to check your grip.

Sessions: Sunday 12:00-5:00 PM; Tuesday 6:00-9:00 PM; Friday 8:00-11:00 AM.

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



• **Tap Company** •

The Tap Company Talent Show — "Remember When" you danced the night away?

Sang along with the jukebox, listened in the moonlight to "our song?"

Whether it was the roaring 20's, swinging 30's, fabulous 40's, nifty 50's, hippie 60's or sensational 70's...

You won't want to miss humming along to the best of the best, being entertained by many of the talented folks from Lincoln Hills and tapping your toes along with the Tap Company Dancers!

Save the dates: Buy your tickets, bring



Tap Company's Hula Wahines from 2011, left, and a previous year



your friends and come to "Remember When"! Evening Performances at 7:00 PM on March 30 and 31 and a Matinee at 2:00 PM on March 31. Tickets \$13, available at Activities Desks (OC/KS). Tap Company Talent Show Contact: Carol Rose 543-8854.



• **Tennis** •

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

Christmas and the New Year's Holidays have passed swiftly, and cold weather was upon us most of December. But our stalwart tennis players continue to fill the courts and compete savagely at all levels.

In support of the many tennis players in our community, the LHTG Board continues to function smoothly under the calm leadership of our President and his newly-elected czars. On December 2 the following board members were elected: President Carl Braganza; Social Director Jean Cartier; Treasurer Sallie Jordan; Communication Director; and Tournament Director Pietrina Magna. Outgoing board members were thanked for their many contributions.

The Men's Christmas Luncheon at Old Town Pizza was attended by 35 hungry men, and the Women's Luncheon at Buonarrotti's was ravaged by 60 starving women. Cheers.

Info for Tennis Group ByLaws, Rules/Regs, Events, Photos, etc., may be found on our website (below).

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



• **Vaudeville Troupe** •

"The Best We've Seen"! "Totally Professional, High-energy Acts!" "So Creative and Original;" "Where Do You Get These Unique Ideas"?? Thank you all being our loyal fans and for your wonderful, truly welcome comments!! We hope we always deliver a terrific, professional, fast-paced and awesome show!! We love our audiences and enjoy performing "The Cavalcade of Stars" in Vaudeville's "Cabaret-Style Theater" at KS and are very anxious to start work on the next Vaudeville Show for June 29 and 30. Auditions will be in May (TBD). We were relaxing at our cast party on January



Finale of Show — Thank you, Loyal Fans!



• **West Coast Swing Dance** •

Following up on an action-packed 2011, we have even more activities planned for this year including dances, Sunday Tea Dance and Ice Cream Social, workshops, practice sessions, and “Club Nites Out.”

Our first Club Nite Out will be on Saturday, January 21, at the Fair Oaks Community Clubhouse as we join with the Capital Swing Dancers at their monthly dance.

The always-popular monthly Friday evening dance practices begin on February 10, 5:30 to 7:30 PM, Fine Arts, (OC.) Here’s your chance to practice your West Coast Swing dancing with a teacher always on site.

We will be participating in the Annual Swing Dance Convention in Sacramento on Presidents Day weekend, February 16 to 19. This is always a fun event regardless of your level of dance skill.

For further information or a copy of our Club Schedule for 2012, please contact us.

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



• **Woodcarvers** •

December found the Lincoln Hills Woodcarvers finishing their holiday projects and, enjoying some time together with their spouses, at their December 14 holiday potluck.

This shared interest group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. They’re also focused on developing friendships and, enjoying time together.

Group Leader John LePage and Steering Committee members Harvey Moss, Richard Madsen, Joe Propersi, and Al Weidlich are available to discuss the group or, just stop by any Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS) to observe or kibitz. Visitors are always welcome and, members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and large support

13 socializing, eating, dancing, and, of course, singing!

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



• **Veterans** •

Lincoln Hills resident and retired Army Colonel Dick Meyer will be the featured speaker at the general membership meeting at 1:00 PM on Thursday, January 19, in the P-Hall (KS).

Dick was commanding officer of the 1st Tank Battalion, 77th Armor from November 1970 through April 1971. During early 1971, he commanded a combined task force which supported a Vietnamese incursion into Laos by establishing forward logistical bases, keeping the main supply route within South Vietnam open to Laos, and covering the withdrawal from forward bases.

His presentation will describe the role his unit played as the nucleus of an armor-infantry task force that demonstrated the ability of a tank or mechanized battalion to provide a flex-

Dick Meyer was awarded the Silver Star for gallantry in action in Vietnam while serving as commander, 1st Battalion, 77th Armor during March 1971



ible, tailored force for a specific mission.

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 (new league coming soon).

We had a great time at our annual Christmas Banquet on December 9. Great food and great fun singing carols, with Gary Haight on piano. Congratulations to our newly-elected steering committee members: Jim Leonhard, Jim McDonald, and Phil Savio. A big thanks to outgoing officers Jerry DiGiacomo and Jerry Speno.

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

Play available (KS):

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

Contacts: Jim Puthuff 543-0067, jputhuff@softcom.net; Jerry DiGiacomo 408-7072, itsmrd@sbcglobal.net
www.suncity-lincolnhills.org/residents



Woodcarvers' December Potluck

library are also available for members.

Remember, Woodcarvers never die... they just keep chipping away!

Contact: John LePage 543-9564

Website: www.SCLHwoodcarvers.blogspot.com



• Writers •

After a fruitful three-year stint as President of the Writers Group, Alan Lowe is stepping aside. Alan can now enjoy the legacy of his tenure at the helm.

Our new President is Bruce Robinson, who will guide our band of scribes and chair the readings our members bring to the table for our evening meetings. Bruce is a published author and has considerable experience in the craft of writing. Our new Secretary will be Linda Bello-Ruiz, who replaces the long-serving David Perkins.

We can look back with pride at those members who have had their works published while they were members here at Sun City Lincoln Hills. If you have a story to tell, an opinion or an article, bring it in to a meeting and share it with us. We meet at 6:30 PM on the second

and fourth Monday each month in the Ceramics Room (OC). For more information, contact Jim or Bruce.

Contact: Jim Fulcomer 543-9201;

jjfulcomer@mac.com;

Bruce Robinson, Bruce8177@att.net

The "New and Improved" Resident Website

continued from page 3

or have had some difficulty logging on, please see below for instructions on how to access the site.

If you have never accessed the site before, and have not completed a blue registration form, please register:

- 1 Go to www.suncity-lincolnhills.org/residents
- 2 Click on "Register" in the upper right corner. This will take you to a registration form, which you will need to complete. Please include your name, email address, member number, and create a password that is easy for you to remember.
- 3 Click the "Register" button. You will receive an email entitled "Resident Website – Your Registration is Pending Approval." In that email is a link that you will need to click on in order to verify that your email is active.

Once you have clicked on that link, a moderator will need to approve your registration. You will receive another email entitled "Resident Website – Welcome to the Resident Website" informing you that you have been approved. **Please Note:** Do not attempt to log in before you receive this email. This will make it more difficult for you to log in and for us to assist you in the future.

You may now proceed to the login process, listed below.

If you have completed the Registration process, please follow the steps below to **Login:**

- 1 Go to www.suncity-lincolnhills.org/residents
- 2 Click on "Login" in the upper right corner,
- 3 Enter your email and password (If you registered yourself online, your

password is the one you provided in step three of the steps listed above. If you registered using a blue paper form, your temporary password is 123456, and you will need to go into your profile and change that password. Instructions are provided below.)

- 4 Click on "Login" to view the site.

If you have completed the registration process, but have forgotten your password:

- 1 Go to www.suncity-lincolnhills.org/residents
- 2 Click on "Login" in the upper right corner.
- 3 Click on the "Forgot Login?" link. Enter your email. A new password will be emailed to you.

To change your password once you are logged in,

- 1 Click the "Profile" link in the upper right corner
- 2 Click on the Gray box that says "Edit"
- 3 Click on "Update Your Profile"
- 4 Click on "Contact Info." You can now enter a password of your choosing. You will need to enter the same password twice to confirm.

If you have completed the registration process, and are still not able to log in, did not receive the confirmation emails listed above, or have any concerns or questions, please contact the webmaster at webmaster@suncity-lincolnhills.org. If you have registered once for the new website (either online or using the blue paper slip), you do not need to re-register.

THE SPA AT KILAGA SPRINGS

Your Destination for Health & Wellness

• Therapeutic Massage • Alternative Treatments • Clinical Skincare

Did you know the term "Complimentary Alternative Medicine" was created by The World Health Organization to address the fact that Massage, and other forms of natural healing, are proven to be effective health treatments?

In fact, massage was first taught by physicians in 500 AD because they realized the effectiveness of treating the body as a whole.

At Kilaga Springs we provide many types of massage treatments, including our customized Elemental Nature Massage personalized to fit your needs using Swedish, Deep Tissue, Trigger Point and Sports massage techniques.

Starting at \$65⁰⁰

Introducing . . . Feb 1, 2012

The Advanced Resurfacing Stem Cell Facial

Incorporate the power of nature's own stem cells and peptides to rejuvenate, revive and protect the skin. This advanced facial will re-energize your own skin cells, increase hydration, reduce wrinkles, firm and lift the skin.

Introductory offer \$110⁰⁰ Regularly \$135⁰⁰



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- Deep Tissue
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- Cranial Sacral
- Lomi Lomi
- Thai Massage
- Hot Stone
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Bulletin Board

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

AARP Tax-Aide Program

New Location! The Lincoln AARP Tax-Aide program's new location for the upcoming tax season is: Lincoln City Hall, third floor, 6th and "F" Streets. This program provides free tax return preparation and counseling for low to middle income taxpayers. This joint IRS and AARP Foundation administered program is staffed by volunteers from Lincoln who are trained in preparing income tax returns. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board, and clients' tax refunds can be deposited directly into their bank accounts. Appointments can be scheduled for Monday or Wednesday from 8:15 AM-3:30 PM in Lincoln by calling 878-6249. Intake/Interview Sheet is required of all clients, and may be downloaded or completed online from www.irs.gov by entering Form 13614-c in the search box and pressing enter, then clicking on the form.

Cancer Support Group

A support group for men and women experiencing cancer in their life, or as a caregiver, has been meeting at Lincoln Hills. Patients, caregivers and survivors are encouraged to attend to provide information, inspiration and support. This is an upbeat group that provides a neutral place to express frustrations and/or support while you are dealing with cancer issues as a patient or caregiver. Please plan to join us on the second Tuesday of each month at 10:00 AM in the Multimedia Room (OC). Join those that are pulling together to respond to this ever present need by providing an opportunity to support one another. Questions: Gayle Petersen 408-4671.

Chit Chatters

A subgroup of the former Super Seniors, the Chit Chatters will continue to meet on the third Friday of each month, 10:30 AM, at KS Café. In January they will meet on Friday, January 20 and in February on the 17th. Chit-Chatters are primarily older residents who enjoy getting out and visiting with their "Greatest Generation" contemporaries over a cup of coffee or tea. If you've made a New Year's resolution to stop being a hermit, the Chit-Chatters may be just the thing for you. Give it a try! All ages

You are invited... To the following presentations held in OC Lodge
 These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.
February 14 • 6:00 PM Spinal Aid Presentation, Dr. Zorich, Oaks
Please see our insert in this month's Compass
March 13 • 10:00 AM-2:00 PM Club Expo, OC Lodge

are welcome and it's just possible you may make a new friend or two. Our group will also be going to lunch on a quarterly basis. Our first "Lunch Out" will be in March in celebration of St. Patrick's Day. Watch for details next month. Further info: Marsha Hathaway 408-0228.

Citizens-On-Patrol (COPs)

The Lincoln Police Department will be hosting an orientation meeting for its Citizens-On-Patrol (COPs) Program. Participants will be introduced to the various volunteer opportunities: Patrol, Front Office, Neighborhood Watch, Bike Patrol, Traffic/Parking Unit, and the School Safety Program for Elementary Schools in Lincoln. The Program is open to Lincoln residents who are 18 years old or older. The orientation will be held on Tuesday, January 17. Two sessions will be available: 1:30 p.m. and 7:00 PM. The sessions will be held at Lincoln's City Hall, 5th & "F" Street, First Floor meeting room and will be 60-90 minutes long. More info: Rich Ragan 645-4081.

New Horse Shoe Group

Would you like to join a Horse Shoe Group? If you are interested, please call Russ McMillan, 408-4312

Italian Club

How did the LHIC Christmas dinner dance turn out? Well, here's a clue: "I come for the camaraderie, the music and to have a good time. I don't come for the food but if it happens to be good, I consider it a bonus," said Tom Freschi, Italian Club Board

Member. The food was terrific. The chatter in the room was lively and loud (we're Italian, after all!). We were entertained by the "Out of Line Dancers" line dance group, followed by vocalist Hugo Solano. They left us wishing for more. Dave Chelini provided the music for dancing. Our Activities Committee put together a wonderful evening — thank you Diane Balda, Judy Crews, Donna Tantillo, Rose Cesarz, Joanie Adams, and Jennifer Lauchner. If you/your spouse/significant other are of Italian descent, contact Membership Chair Rose Cesarz 434-5301 to join our active social club! Upcoming event info: www.lhitalianclub.com.

LH Retired Law Enforcement Officers

will hold their quarterly breakfast meeting on Friday, February 17, at 9:00 AM at Mimi's Café, Lincoln. Guest speaker will be Mr. Scott Owns, Placer County District Attorney. All retired enforcement officers are invited. To attend: Bob J. McCollum 408-0621.

The Multiple Sclerosis Group

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

Open Play

Every Sunday from 12:00-4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, *continued on the following page*

Fine Art Show & Sale

Artists from Lincoln Hills will participate in the Ninth Annual Fine Art Show at OC Ballroom. From painting and drawing to photography and sculpture, this show will ignite one's imagination. Works also include acrylics, watercolors, oils, pen and ink drawings and ceramics.

The show is a three-day event:

- Friday, February 3, 6:00-8:00 PM
- Saturday, February 4, 9:00 AM-7:00 PM
- Sunday, February 6, 9:00 AM-1:00 PM

Free Admission • Live Music



This year's program's signature painting, "Amongst the Aspens" by Jim Brunk

continued from the preceding page
dominoes and dice. "Rummikub" "Nationals" and Mah Jongg tile games are also played. This is an opportunity to meet new friends and have a fun afternoon. All residents are welcome. Tables are first-come, first-served.

Racquetball Group

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

Shalom

Hope you all enjoyed Chanukah. We had an excellent presentation from Marty Maisel in November, about Billy Mitchell, a pioneer of American naval aviation who predicted the Japanese air attack on the US navy in a 1920's book! By the time you read this, we will have had the Chanukah party and a Woman's Club meeting in December, and a Men's Club and a Woman's Club meeting in January. We have our general meeting at KS at 7:00 PM on Monday, January 23. In February, there will be a Desert Social on the 17th rather than a general meeting. Check the calendar for updates. Questions: contactshalom-group@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. Winter months we meet at 9:00 AM. For shooting schedule hours, please

contact Michael Pargament 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 gather at a member's home for hors d'oeuvres and drinks — a great opportunity to enjoy each other's company and meet member's spouses. If you are interested in joining us, contact John Kightlinger, 408-3928, for details of our next get together. Contact: Michael Pargament 408-0221 jdparg@inreach.com.

The Travel Group www.lhtravelgroup.com

The next meeting is Thursday, January 19, 7:00 PM, KS. Steve Avalos, AMA Waterways, is guest speaker. Available trips: Hawaii Cruise (Apr 2012), South Africa (Apr 2012), Philly-DC-Williamsburg-Baltimore (May 2012), New Orleans-Memphis-Nashville (May 2012), Northern Europe Cruise (Aug 2012), Alaska Cruise (Aug 2012), Turkey (Sep 2012), New England Colors (Oct 2012), Palm Springs New Years (Dec 2012), Vietnam/Cambodia/Mekong River Cruise (Jan 2013), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013). Friends and family may join us on 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; Karen Foley 645-5411, klfandedf@starstream.net.

Ukulele Players

The Ukulele Players will be meeting Wednesdays in January. Feel free to join us, with or without a Ukulele, January 18, 1:00-2:30 in the Multipurpose Room (OC) and January 25, same time, in the Multimedia Room (OC). Further info: Ron Peck 409-0463.

In Memoriam

Charles Bradshaw

Born in San Francisco, but raised in Sacramento, Chuck joined the Navy after WWII. After college, he had a career in aviation insurance in San Francisco. He and wife of 40 years, Sally, moved here in 2003. Chuck was active in bocce ball, cribbage, pool and his passion was flying his remote control airplanes. Besides his dear wife, he leaves five children, his grandchildren and great-grandchildren.

Ann Fisk

Ann was born in Illinois in 1920 on a 100-acre farm. She attended business school and during WWII, she rode out to California on a troop train to work for a General in the Bay Area. She met and married Elden "Buzz" Busby and they lived in Berkeley where their daughter was born. After losing her husband, she married her former high school boyfriend, Jim Fisk. When he died, Ann returned to California where she enjoyed golf, bridge, entertaining, church, and Charlie Rose. Recently, after an enjoyable and special day out with a close friend, Ann went into her garden to pick some roses, and passed suddenly. She will be especially missed by her dear daughter, Sara, her grandson, Jack as well as Sara's fiancé, Brian.

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.



The Lincoln Hills Players

Announce
Dancers in

"The Disappearance of the Three Little Pigs"

By Billy St. John

Performances February 29 & March 1

Oh heavens! What has BB Wolf done with the three little pigs? Do the dancers know the secret? Mary Albertazzi, Linda Snyder, Lynda Pooler, Helena Hanuscek, Meryle Bloom, Sallee Walsh and Marilyn Railsback.



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



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Special Events & Bus Trips

Document Destruction

Monday, January 16

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



New Resident Orientation

Tuesday, January 17

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



Comedy Night at Kilaga Springs

Tuesday, January 17

6:00 PM performance — 5017-11A
8:00 PM performance — 5017-11B

Headliner Del Van Dyke is the winner of the Sacramento, Spokane and Alameda County Comedy Competitions, as well as Reno Harrah's *Search for the Stars* Competition. For over 20 years he has performed in comedy clubs, casinos and for troops overseas. Del has appeared on *Showtime*, *A&E* and *Comedy Central*. Show opener is Mike Betancourt. P-Hall (KS). \$10.



Pissarro's People at Legion of Honor

Thursday, January 19 — 1841-11

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

of landscapes and urban views. This exhibit brings together more than 100 oil paintings and works on paper from public and private collections



around the world. He died a Danish citizen in Paris. Enjoy a coffee break, lunch or afternoon tea on your own at the Legion of Honor Cafe and Garden Terrace overlooking the Pacific Ocean or you may bring your own lunch. Leave the Lodge at 8:00 AM, return ~ 5:30 PM. \$56 includes audio headset for use in the museum. RSVP ♦♦ Now.

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

Monday, January 23 — 5023-11

The critically-acclaimed New York Broadway Star you couldn't stop talking about is back! Award-winning singer and actor, David Burnham, has starred in the mega-hit "Wicked," "The Light in the Piazza," "Joseph and the Amazing Technicolor Dreamcoat," and "Les Miserables." In "Mostly Broadway," he delights the audience with tales of the Great White Way and the millions of lights on theater marquees and billboard advertisements that illuminate Times Square and beyond! Experience David's astounding vocals and original works, as he presents songs from his new CD produced with television and film composer Mark Vogel, who will accompany him on the piano. Ballroom (OC) 7:00 PM. \$16.



New Destination! Horizon Casino at South Shore Lake Tahoe

Tuesday, January 31 — 1800-11

Walking distance from Harvey's, Harrah's and MontBleu, this new destination for us has an exciting arcade,



an eight-plex movie theatre and dining options: The Town Square Buffet, Four Seasons Coffee Shop and Starbucks. Trip includes a six-hour stay and the scenic ride to and from Lincoln.

Leave OC at 8:00 AM, return ~ 7:00 PM. \$22. RSVP ♦♦ Now.

Kilaga Springs Music Night Presents Patchouli Trio

Tuesday, January 31 — 5031-11

Music Night brings back the Patchouli Trio to play the songs you love to sing along to. After years of playing in "The Cast Musical Band," the Trio decided to follow their passion and go acoustic. Their specialty is old and new folk music with



vocals, guitars and bass, with featured electric guitar and drums prerecorded by Terry. The program includes The Beatles' "In My Life," Aretha Franklin's "Chain Of Fools," the Jeff Healy Band's "Angel Eyes," Simon and Garfunkel's "Mrs. Robinson," and many more. Expect excellent harmonies from lead vocals Sana Christian and Terry Allwein who will be adding new repertoire from last year's Ballroom performance. Concert 7:00 PM. P-Hall (KS). \$12.

Just Added! Kilaga Springs — At the Movies! "Crazy, Stupid Love"

Monday, February 6
PG; 118 minutes. "Crazy, Stupid Love" starring Steve Carell, Marisa Tomei, Julianne Moore and Kevin Bacon. A comedy romance. Doors open 1:00 PM for a 1:30 PM show, Presentation Hall (KS). Free.



"Forbidden Broadway" at Cosmopolitan Cabaret

Wednesday, February 8 — 1794-12

Cosmopolitan Cabaret's 2012 season opener is a wonderful musical com-

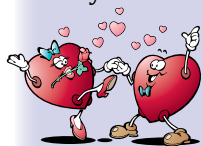
edy. Get ready to laugh all evening as you sing along to your favorite show tunes – reinvented – in this comedy that parodies Broadway’s biggest hits



like “Wicked,” “Hello Dolly!” and “Les Miserables.” Arrive in time for dinner on your own. Located close to the Crest Theater, the area boasts many restaurants — Cosmo Café, Esquire Grill, Crest Café, Pyramid Ale. Leave OC at 4:00 PM, show at 7:00 PM, return ~ 10:00 PM. \$51. RSVP ♦♦ by 1/17.

Valentine’s Dinner Dance
Friday, February 10 — 5011-12

Romance will fill the air as you dance the night away to the sweet sounds of the Metro Swing Band. The 14-piece band received rave reviews last year for their smooth and upbeat renditions of traditional big band music, Glen Miller, Harry James and fun selections like “New York New York.”



They will bring fond memories as you dance freestyle, fox trot, cha-cha, rumba or swing to popular their romantic ballads, classic standards and light rock on this special occasion. To complement the evening, Chef Roderrick will prepare these tantalizing plated dinner choices: *Ossu Buco with*

Butternut Squash Cassoulet or Roasted Salmon Fillet with French Lentils, Leeks and Andouille Sausage Tagine. No-host bar available throughout the evening. For a complete menu visit the Activities Desk. Ballroom (OC) doors open at 5:30 PM, dinner served at 6:00 PM, dancing from 7:00-10:00 PM. \$46.

San Francisco for the Day
Saturday, February 11 — 1842-12

Enjoy the beautiful City by the Bay without worries of traffic and parking. Relax in the comfort of our motor coach as you go over the Bay Bridge into San Francisco. This is your day to do as you wish. Shop, have a nice lunch or people watch on the Wharf. The stop this trip is Westfield Shopping Center downtown. Arrive around 10:30 AM and depart SF at 6:00 PM. Leave OC at 8:00 AM, return ~ 8:00 PM. \$39. RSVP ♦♦ by 1/25.



Port and Chocolate Festival –
Clarksburg

Sunday, February 12 — 1811-12
You won’t want to miss this trip to the Old Sugar Mill Winery in Clarksburg. The Port and Chocolate Lovers’



Festival is a fun place for a Pre-Valentine’s Day celebration. The charming farm town of Clarksburg is located close to downtown with the Sacramento River to the east and beautiful vineyards to the west. Participating in this event will be eight wineries with emphasis on port wine. There are plans to offer barrel samplings and educational sessions about the mysteries of port wine. A light “Bistro Menu” will be available for purchase on your own. Price includes entrance fee and souvenir wine glass. Leave the Lodge at 10:30 AM, return ~ 5:00 PM. \$43. RSVP ♦♦ by 1/25.

“Benise – Nights of Fire!” at the Eldorado Hotel in Reno
Thursday, February 16 — 1771-12

Emmy award-winning “Nights of Fire” is a hot and spicy journey of music and dance that brings the audience on an unprecedented and spectacular adventure through Spanish Nouveau Flamenco, Cuban Salsa, Brazilian Samba, Argentinean Tango, Indian Bollywood, Parisian Waltz, exotic African Drumming and more. Featuring renowned Spanish Guitar musician Roni Benise, an amazing world class band of musicians, lavishly decorated stage and elaborately choreographed dancers, be prepared to celebrate love, music and life in a show that appeals



ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 94.

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

RESERVATIONS: Reservations are required for all activities unless otherwise noted. Resident I.D. is required for registration. *If an activity/class is cancelled, a refund will be given. No other refunds will be given.*

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

WEATHER: Association trips and

events 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.

SPECIAL ACCOMMODATIONS: We strive

REMINDERS

to all ages, cultures and musical backgrounds. Arrive with plenty of time for gaming and a buffet dinner prior to the 7:00 PM performance. Leave the Lodge at 11:30 AM, return ~ 10:30 PM. \$80 (includes buffet dinner and show). RSVP ♦♦ by 1/24.

Jeri... Live! — A Cabaret-style Broadway Show with International Star Jeri Sager

Friday, February 17 — 5017-12

Based in New York with performances all over the globe, Jeri Sager is a singing phenomenon and world-class performer who musically and visually has been compared to a mix of Liza Minnelli, Julie Andrews, Mary Martin and Barbra Streisand.



The program includes "All That Jazz," "Somewhere Over The Rainbow" and other

selections from the great American songbook. Jeri enjoyed critical acclaim for her portrayal of Fantine in "Les Miserables" and Eva Peron in "Evita." Her funny & insightful banter is only outdone by her glorious voice and stage presence that will take you from laughter to tears. Ballroom (OC) 7:00 PM. \$17.

Chinese New Year

Sunday, February 19 — 1920-11

Come celebrate Chinese New Year with popular step-on guide, Jerry Moorman who will lead an enchant-

ing tour of San Francisco's Chinatown. Chinatown is one of the oldest and most colorful neighborhoods of San Francisco. Learn how the Chinese



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

Comedy Night at Kiloga Springs

Tuesday, February 21

6:00 PM performance — 5021-12A

8:00 PM performance — 5021-12B

Headliner Todd Paul performs at



thousands of comedy venues around the country including the Improv, Laughs Unlimited and The Comedy Stop in Las



Vegas, Nevada and Atlantic City. When he is not in a comedy club, he headlines events for corporations such as Ford Motor Corp., IBM, MGM Grand Hotel, and many more. Show opener Ellis Rodriguez. P-Hall (KS). \$10.

Pacific Orchid Exposition – San Francisco

Friday, February 24 — 1751-12

Attention all gardeners and orchid lovers! Attend the largest and most prestigious orchid show in the country at Fort Mason Center in San Francisco. The show boasts over 150,000



orchids in every color, shape and size. There will be docent tours, potting demonstrations, lectures and opportunity to purchase many orchid varieties. Enjoy live music,

photo opportunities in front of a miniature Golden Gate Bridge adorned with exotic orchids and several food options for lunch on your own during your visit. Leave the Lodge 8:00 AM, depart Fort Mason at 2:30 PM, and return ~ 5:00 PM. \$43. RSVP ♦♦ by 1/31.

Stitches West at Santa Clara Convention Center

Saturday, February 25 — 1781-12

Knitters and stitchers – this is your trip! Experience the annual Stitches

REMINDERS

to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheel chair bound passengers to the best of our abilities.

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

PARKING: For all trips, please park beyond the OC Fitness Center (The Wave) unless noted otherwise. The bus will drop off there on return to Lincoln Hills.

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

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

during the day when there are multiple stops. The Host passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver.

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

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West event at the Santa Clara Convention Center. You'll find ideas that are just crazy enough to inspire but not too crazy to knit. The bus will arrive around 10:30 AM for plenty



of time to visit the Market, filled with anything and everything pertaining to stitching and knitting. There will be classes available and opportunities for lunching on your own at the Convention Center. Depart the Convention Center at 4:30 PM. Leave the Lodge at 8:00 AM, return ~ 7:00 PM. \$52. RSVP ♦♦ by 1/20.

Red Carpet Oscars Party

Sunday, February 26 — 5026-12

Walk the Red Carpet just like the stars! Join friends and neighbors for the biggest movie event of the year at the Sun City Lincoln Hills Oscar Party. Dress the part in your glamorous red carpet attire to make our best dressed list and compete to win movie tickets and other prizes if you can accurately select the most winners in each major category. Each couple or group will receive a professional red carpet 5x7" photo as a keepsake souvenir.



Enjoy a three-course dinner while watching the televised pre-show festivities and 84th Academy Awards on the largest three-screen venue in Lincoln — the OC Ballroom. Dinner selections for the evening include choice of: *Seared Sea Bass with Tropical Crab Chowder* or *Chicken Kiev with Mushroom and Brie*. And the Oscar goes to... don't miss the winners for Best Picture, Best Actress and more. Pick up entry forms at Activities Desk starting February 1. Forms will be collected at the door prior to dinner service. Red Carpet photos will be taken by a professional photographer and available for pick-up from will call at OC Lodge March 6-9. Complete menu available at Activities Desk. No-host bar 4:30 PM, dinner 5:00 PM. \$38.

Rigoletto by Giuseppe Verdi at Sacramento Opera

Sunday, February 26 — 4600-11

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



Red Hawk Casino

Wednesday, February 29 — 1940-12

Are you ready for a getaway day? Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a nonsmoking extensive buffet and offers our passengers \$15 free play money. Be sure to bring your personal identification to receive your Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ by 2/17.



The Players Group Presents — "The Disappearance of the Three Little Pigs"

Wednesday, February 29, 7:00 PM

Show Only — 5001-1SA

Meridians Dinner/Show — 5001-1PA

Thursday, March 1, 2:00 PM

Matinee Show Only — 5001-1SB

Meridians Lunch/Show — 5001-1PB

Thursday, March 1, 7:00 PM

Show Only — 5001-1SC

Meridians Dinner/Show — 5001-1PC

Once again Dolly Schumacher James invites you to enter her world of fun and fantasy with her talented cast and crew in this whimsical adult fairy tale. A charming detective Jack Be Nimble is hot on the trail of the miss-



ing swine. Meet such intriguing characters as B.B. Wolf, owner of Howl Hole, plus dancing girls and cabaret singers. Numerous nursery rhyme figures add to this hilarious production. For an afternoon or evening of pure joy, don't miss the fantastic entertainment about what happened to the three little pigs. Three shows only. 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 and provide a meal choice 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 \$36.

Tom Rigney and the Flambeau

Tuesday, March 6 — 5006-01

In response to numerous requests, we bring back Tom Rigney with his fiery and energetic band Flambeau in the Ballroom. Cajun and Zydeco two-steps, low-down blues, funky New Orleans grooves, and heartbreakingly beautiful ballads and waltzes will



have you on your feet and singing along. Tom gives life to his violin with his original compositions as well as some of his favorite musical numbers. Caroline on the keyboards will amaze you yet again with her fast fingers. No-host bar available when Ballroom (OC) doors open at 6:30 PM, concert 7:00 PM. Early registration discounted rate January 17- February 14, \$13. After February 14, \$16.

Oakland Aviation Museum with Lunch at Francesco's with Jerry Moorman

Wednesday, March 7 — 1760-01

Note: Bring your umbrella if rain is anticipated. The Oakland Avia-

tion Museum, founded in 1981, is located in the historic Boeing School of Aeronautics hangar built in 1939 at Oakland International Airport's historic North Field. This hangar provides indoor and outdoor exhibition space, research library and aircraft restoration work areas. The Museum will offer a short



facility tour and Jerry Moorman will offer historical information and little known facts about the area. You will have some time on your own or with Jerry to visit smaller exhibits and the Museum Store if you wish. Lunch will be at nearby Francesco's Italian Restaurant, an Oakland tradition for over 43 years. Tell the Monitor your choice of *Francesco's Manicotti* or *Half Roast Chicken with Mushroom Sauce*. All lunches come with *Green Salad, Mashed Potatoes with the Chicken, in-season Vegetable, Dessert and coffee or tea*. Leave OC at 8:30 AM, return ~ 5:00 PM. \$80. RSVP ♦♦ by 2/15.

We're off to The Races

Thursday, March 8 — 1845-01

We're visiting Golden Gate Fields in Albany again to enjoy the heart-pounding intensity of live horse racing.



Enjoy the comfort and luxury of the Turf Club as you enjoy an

elegant elaborate buffet while watching the races. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM – 3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$63. RSVP ♦♦ by 2/15.

Broadway Sacramento:

"Mamma Mia!"

Tuesday, March 13 — 1790-06

"Mamma Mia!," the ultimate feel-

good show, has audiences coming back again to relive the thrill. Have the time of your life at this smash hit musical that combines ABBA's greatest hits, including "Dancing Queen" and "The Winner Takes it All," with an enchanting tale of love, laughter and friendship. Leave OC at 6:45 PM, return ~ 11:30 PM. \$78. RSVP ♦♦ by 2/24.



Bouquets to Art at deYoung Museum

Thursday, March 15 — 1761-01

Lots of Walking! The 28th annual Bouquets of Art exhibition returns to the deYoung Museum featuring floral displays complementing the



Museum's permanent collection. The deYoung houses one of the finest collections of American paintings in the country as well as oceanic and African art, sculpture, ceramics, textiles and more. Admission good for all exhibits. Audio self-guided tours available for a fee. Bring your own lunch or visit the Museum café for lunch on your own. Leave OC at 8:30 AM, depart the Museum at 3:30 PM and return ~ 6:00 PM. \$57. RSVP ♦♦ by 2/15.

"Men of Worth" St. Patrick's Day Concert, Saturday, March 17

Show Only — 5017-01

Meridians Dinner/Show — 5017-01A

To celebrate the luck of the Irish, we bring back the maestros of music, mirth and melancholy with Scotsman Donnie Macdonald and Irishman James Keigher. Donnie reveals his Hebridean heritage and humor



through the traditional music, singing in both Gaelic and English while James hails from County Mayo in Ireland and weaves the imagery of his homeland vocally

and instrumentally. A couple of the best Irish dancers in the area join Men of Worth on stage for an authentic St. Patrick's Day celebration. Critics around the country acclaim the duo's superb performance. Limited show package available with dinner at Meridians and reserved front section Ballroom seating. Please visit the Activities Desk for the show package menu and provide a meal choice when you buy your tickets. Meridians show package patrons must call Meridians, 625-4040, to reserve their tables prior to the show. OC Ballroom doors open at 6:30 PM including no-host bar, concert 7:00 PM. Early registration discounted rate January 17-February 14, Show only \$12, Dinner Package \$37. After February 14, Show only \$15, Dinner Package \$40.

Charming Healdsburg

Monday, March 19 — 1762-01

Head to the beautiful lush valley of Healdsburg in Sonoma County. Watch the scenery unfold as we drive through acres of vineyards. Enjoy the day on your own in this charming town that offers tasting rooms for the wine lovers in Downtown Plaza, excellent restaurants for lunch, and unique stores for the active shoppers.



For those in search of history, the local museum features fine examples of Pomo Indian basketry, and the Public Library is home to the county's Wine Library. Leave OC at 8:00 AM, return ~ 6:00 PM. \$37. RSVP ♦♦ by 2/24.

Comedy Night at Kilaga Springs

Tuesday, March 20

6:00 PM performance — 5020-01A

8:00 PM performance — 5020-01B

Headliner Leland Cotton Brown has been performing since 1979 when he started doing comedy sketches and music with three friends in a local pizza parlor in Walnut Creek, Ca. Starting in 1981 he placed in the



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Golf Cart Inspections at Orchard Creek Lodge



Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday at 8:00 AM. Free bicycle registration available same days 7:00-9:00 AM.

Golf Cart Registration (City/Lincoln)
8:00 AM at Orchard Creek Lodge
Thursday, January 19
Thursday, February 2
Thursday, February 16

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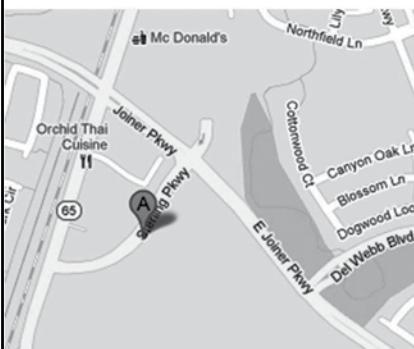
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San Francisco International Comedy Competition each year, with a second place win in 1983, coming in just behind Will Durst. Leland's act of music, impressions and comedy has been



perfected on the road while opening for Jerry Seinfeld, Dana Carvey, Ellen DeGeneres and more. Currently he is headlining comedy clubs throughout the US and regularly opens concert dates for groups like The Beach Boys and Righteous Brothers. Don't miss Leland's special knack for parody of musical styles from blues to Bach, country western, R.E.M, the B52's, Bob Dylan, Paul Simon and Nirvana. Show opener Alvin Williams. P-Hall (KS). Early registration discounted rate January 17- February 14, \$8. After February 14, \$10.

San Francisco Flower and Garden Show

Thursday, March 22 — 1750-01

Lots of Walking! See what's new, get fresh ideas for spring and learn how to create a garden that is beautiful



and healthy for the environment. Meet professional gardeners and nursery owners who can answer your questions and help solve garden and landscape problems. There will be a wide selection of specialty shops featuring unique flowers, plants, etc. Food is available at the Show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Leave the Lodge at 9:00 AM, return ~ 7:00 PM. \$61. RSVP ♦♦ by 3/1.

New Event! Ballroom Dance with Ballroom Dance Lesson

Friday, March 23 — 5023-01

Tango or waltz? In cooperation with our Ballroom Dance Group, take a spin around the beautiful OC Lodge dance floor for a dedicated evening

of ballroom dancing with the *Nutones*. This wonderfully-diverse musical quartet accompanied by excellent vocals will play a variety of your favorite ballroom music from tango and two-step to waltz, rumba and cha-cha. Open to all residents interested in



learning ballroom dance or new to the Ballroom Dance Group, join Ruth & Sal Algeri for a 30-minute dance lesson providing you the basics of American Waltz at the start of the party. For enjoyment and to gain more confidence in your dance steps, the lesson will close with the band playing the American Waltz to practice the lesson. Couples and singles are welcome. Ticket required to participate in dance lesson. No-host bar throughout the evening when Ballroom (OC) doors open at 6:15 PM, dance lesson 6:30- 7:00 PM, dancing 7:00 – 9:30 PM. Early registration discounted rate January 17- February 14, \$9. After February 14, \$12.

San Francisco for the Day

Saturday, March 24 — 1842-01

Shop, perhaps have lunch and/or dinner, visit Fisherman's Wharf or a museum, or check out Chinatown. This is your day to do as you wish. This trip will drop off and pick up at Pier 39. Use local transportation to get around the city – just be at Pier 39 in time for your return trip. Leave OC at 8:00 AM, leave Pier 39 at 6:00 PM, return ~ 8:00 PM. \$37. RSVP ♦♦ by 3/9.



"Benise – Nights of Fire!" at the Eldorado Hotel in Reno

Tuesday, March 27 — 1772-01

This is our second trip to see this Emmy award-winning production. See description February 16 trip, page 48.



Arrive with plenty of time for gaming and a buffet dinner prior to the 8:00 PM performance. Leave OC at 12:30 PM, return ~ 11:30 PM. \$86 (includes buffet dinner and show). RSVP ♦♦ by 3/8.

USS Hornet in Oakland

Thursday, March 29 — 1830-01

Lots of Walking! Suggested by the Veteran's Group, join us for an interesting and informative day aboard the USS Hornet, a Registered National Historic Landmark anchored at the former Naval Air Station in Alameda. Visit the navigation bridge, stand on the flight deck and take a close look at vintage aircraft including an authentic Apollo Capsule. Imagine life on a floating city as you walk through Officers' Quarters, Crew's Deck, Medical Spaces, etc. USS Hornet participated in two most significant events: World War II and the recovery of



the Apollo 11 manned lunar mission. **Be Aware:** Single elevator available to reach Flight Deck. To see other decks, other than the Main Deck where the Museum is will require climbing some ladders. Tour will be led by retired military docents providing a personal touch to your experience. Visit will include a hot lunch in the Officers' Mess. Give the Monitor your food choice between *Meat Loaf and Baked Chicken*. Lunch will include *Mashed Potatoes and Gravy, Mixed Vegetables, Roll, Cookie and soft drink or water*. After lunch, time for further ship touring on your own and a visit to the ship's store. Leave OC at 8:30 AM, leave the Hornet at 3:00 PM, return ~ 5:30 PM. \$55. RSVP ♦♦ by 3/9.

Lincoln Hills Tap Company Talent Show "Remember When"

Thursday, March 29, 7:00 PM

Show Only — 5029-1SA
Friday, March 30, 7:00 PM
Show Only — 5029-1SB

**Saturday, March 31, 2:00 PM
Matinee Show Only — 5029-1SC
Saturday, March 31, 7:00 PM
Show Only — 5029-1SD
Meridians Dinner/Show — 5029-1PD**

Take a walk down memory lane with the talented cast of the Tap Company's Talent Show. "Remember When" features song and dance from the 1920s through the 1970s. Directors Carol Rose and Isobel Hersch have gathered an impressive cast of highly-talented Lincoln Hills' performers, and are hard at work rehearsing their acts for the best show ever! There will be award-winning dancers and professional quality singers, some of whom you already know. Expect a few sur-



prises as talented new performers join the show. Whether you love the Charleston from the 20s, the jitterbug from the 40s, rock & roll from the 50s and 60s, or the disco fever of the 70s, you'll find something that gets your heart fluttering in this toe-tapping performance! For those who wish to have dinner at Meridians before the Saturday, March 31 performance, including the convenience of reserved front section Ballroom seating, we offer limited show packages. Please visit the Activities Desk for the special menu and provide a meal choice when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). Show only tickets \$13, Show Package \$39.

**"With Love from Russia" at
Mondavi Center
Sunday, April 29 — 1960-01**

The Auburn Symphony returns to the beautiful Mondavi Center with wonderful classical music. The magnifi-

cent acoustics will bring out all the glories of Rachmaninov's magnificent second Symphony, and combined choirs from Apollo Chorus and Sierra College Choir join for Borodin's thrilling *Polovetsian Dances*. The afternoon begins with Shostakovich's *Festive Overture*. A spectacular event! Performance is at 3:00 PM. Leave OC at 1:30 PM, return ~ 6:00 PM. \$68. RSVP ♦♦ by 4/2.



Broadway Sacramento 2011-2012

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

- **"West Side Story" • Tuesday, January 24 — Sold Out!**
- **"Mamma Mia! • Tuesday, March 13 — 1790-06**

Mamma Mia!, the ultimate feel-good show, has audiences coming back again to relive the thrill. Have the time of your life at this smash hit musical that combines ABBA's greatest hits with an enchanting tale of love, laughter and friendship. See full details on page 52. RSVP ♦♦ by 2/24.



- **"Million Dollar Quartet" • Tuesday, April 17 — Sold Out!**
- **"Wicked" • Tuesday, May 29 — Sold Out!**
- **"Wicked" • Tuesday, June 12 — Sold Out!**

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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 the Lodge at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ by 2/17.

- **RiverCats vs. Tacoma Rainiers Monday, April 16 — 6273-12A \$39.**
- **RiverCats vs. Iowa Cubs Monday, May 14 — 6273-12B \$39.**
- **RiverCats vs. Fresno Grizzlies Friday, June 22 — 6273-12C \$41.**
- **RiverCats vs. Tucson Padres Friday, July 20 — 6273-12D \$41.**
- **RiverCats vs. Memphis Redbirds Friday, August 3 — 6273-12E \$41.**

San Francisco Giants (AT&T Park)

Lots of Walking! This year we are offering four opportunities to watch the Giants in action. These dates 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 the Lodge 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**



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— 6260-01D

Seats located in Lower Box Section 135 S77. RSVP ♦♦ by 8/23.

Sold Out Trips/Events Thru February 20

Trip/Event • Date • Departure Time

- January 24 – “West Side Story” at Sacramento Community Theatre – 6:45 PM
- January 26 – Benicia Glass Tour – 8:00 AM
- February 1 – Speaker Series – Sacramento Community Theatre – 6:45 PM

Art Classes

—Drawing—

Live Clothed Model Drawing Wednesdays,

February 1-29 — 1013-01B

1:00-3:30 PM (OC). Instructor: Claire Michelet. \$60 (four sessions - no class February 8). This class replaces “Portrait Drawing from the Model” with minimal changes to the class. Draw directly from a real human being. Study the human figure with short and long poses. Observe the interactions of light and shade. Work with rhythm and movement.



Develop your visual ability to see and judge proportions. Simplify what you are seeing and express human nature in its many aspects. Model fee for four sessions: \$12-22 (depending on number of participants). Model will be present during all four sessions. Check supply list on your receipt. **New students:** email instructor at clmichelet@earthlink.net, for more information or questions. *Note: If interested in becoming a model for class, contact the instructor.* RSVP ♦♦ by 1/25.

Floral and Botanical Drawing Wednesdays,

February 1-22 — 1015-12

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

tor: Claire Michelet. \$60 (four sessions). Spring is full of vibrant colors and amazing creations. Observe and capture the beauty of daffodils, hyacinths, and other flowers as you create timeless drawings in class. All levels welcome! Bring your color pencils, watercolor and inks. A supply list will be given upon registration. RSVP ♦♦ by 1/25.

— Oils, Pastels & Acrylics —

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays,

February 8-March 7 — 1031-01

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 2/1.

Painting Pastels and Oils with Joan Mondays,

February 6-March 5 — 1050-01

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 1/30.

Watercolor Batik Painting Demo with Anthony Rogone

Wednesday, February 8 — 1110-11

1:00-3:00 PM (OC). Free. Watch local artist Anthony Rogone demonstrate the ancient art of Batik, a watercolor painting technique adapted from what is traditionally done on silk with dyes and wax. Anthony will show the infinite possibilities of this art form using Japanese rice paper, watercolor paints, paraffin and beeswax. Depending on resident interest and participation shown at this demo, we hope to announce future classes of this unique art form. RSVP ♦♦ by 2/1.

Bridge Classes

Beginning Bridge with Gayle Tuesdays, January 17-

March 20 — 1510-11A

6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$60 (10 sessions). An introductory course for people who have never played Bridge but think they might like to learn it. Bridge is considered by many to be the most challenging card game in the world. Have you ever held a handful of diamonds? Do you have a heart? Would you like to have two black suits? How about a dummy for a partner? Sign up and check it out. You may discover a new passion that gives your brain a workout! RSVP ♦♦ by 1/10.



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

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

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Ceramics Classes

— Lladro —

Spanish Oil Painting • Wednesdays February 8-March 7 — 2063-01

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 2/1.

Lladro Workshop • Wednesdays, January — 2064-01A February — 2064-01B

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

February 7-28 — 2012-01A

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics



make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 1/31.

Advanced Ceramics • Tuesdays February 7-28 — 2012-01B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 1/31.

Hand Building Potter’s Wheel Techniques • Thursdays, February 2-23 — 2011-01

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four 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 when you register. RSVP ♦♦ by 1/26.

Computer Classes — Mac

Creative Photoshop & iMovie Saturday, February 25 — 2523-01

9:00 AM-4:00 PM (OC). Instructor: John Campbell. \$45. **Prerequisite:** Students should have some knowledge of Photoshop and iMovie and must bring their own computers (Macs). Photoshop is not available on the OC computers. In this one day class, using Photoshop, students will learn how to automatically make line drawings involving a set of filters and other creative techniques. Other art incorporating the line art will be explained. Students will receive three AppleScripts that will aid in the development. In class, students will make three actions that will automate the line art and iMovie development. Students will learn how to automatically create dissolves that give the illusion of transitions from line drawings to images in full color. In iDVD, students will produce a disk image movie that will play on an HD DVD player or computer. There will be a handout detailing all the steps for future reference. RSVP ♦♦ by 2/21.

Computer Classes — PC

Android Tablet Workshop Friday, February 10 — 2531-12

9:00-11:30 AM (OC). Instructor: Len Carniato. \$30. Google’s Android is dominant and best alternative to iPad when it comes to Tablet computers. Unlike Apple’s closed system of hardware and software, the open-source nature of Android makes it inviting for many manufacturers to produce an Android-based device. Come to this seminar, bring your Tablet, connect to our free and fast Wi-Fi, and discover how to customize your Tablet to perform





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“your way”. We’ll go thru many of the settings that let your Tablet do amazing things, plus how to sync mail, contacts, calendar, data and much more. On the large screen, you will be able to see and preview the “Apps” we’ll be discussing. RSVP ♦♦ by 2/3.

–Digital Photography–

Picasa

Thursday, Friday & Saturday

January 19, 20 & 21 — 2570-11

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 know basic skills such as Email, Internet, Copy and Paste. RSVP ♦♦ by 1/12.

Picasa – Refresher Class

Monday, February 6 — 2570-12

1:00-3:30 PM (OC). Instructor: Len Carniato. \$30. This 2½ hour lab is for those who have already taken “Picasa 101” and need some additional help and review. This is also for those who are attempting or having trouble with certain tasks and just can’t figure it out. The agenda will review Basics, Advanced, Web Albums, Sharing, and also allow time for answers to your specific questions. **Prerequisite:** “Picasa 101.” RSVP ♦♦ by 1/30.

Photoshop Elements 9 — Level I

Monday, Wednesday & Friday

January 23, 25 & 27 — 2522-11

10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury \$45 (Three sessions).

Learn hands-on how to improve and be creative with your photos using



the number one consumer photo editing software, Photoshop. Repair or

restore photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 10.0 owners. After class, students may access PC lab to work on photo projects. **Prerequisite:** Basic computer knowledge recommended. \$2 hand-out fee payable to instructor. RSVP ♦♦ by 1/16.

Windows Movie Maker

Tuesday, Thursday & Friday

February 21, 23 & 24 — 2571-01

9:00-10:30 AM (OC). Instructor: Len Carniato. \$60 (three sessions). **Prerequisite:** Comfortable using your Vista or Win7 PC and know basic skills

such as Email, Internet, Copy and Paste. With Windows Movie Maker you can turn photos and videos into polished movies. Learn to customize and use special effects, such as transitions, music, captions, narrative, and much more, to tell your story in your way. In this lecture/lab class, you’ll get plenty of *hands-on experience* learning to make your own movie. Bring in your vacation, party or memorial photos and leave with a finished movie on DVD that will play on any TV, or to share via email, YouTube, Facebook and others. RSVP ♦♦ by 2/15.

–Social Networking–

LinkedIn • Thursday,

February 2 & 9 — 2532-12

1:00-3:00 PM (OC). Instructor: Roy Salisbury. \$30 (two sessions). In this hands-on workshop, learn to build your presence on LinkedIn and create your profile. LinkedIn is both a

professional and social networking site. You can build connections and find groups that share your interests. Learn to set personal custom settings and more. During the class you will build your LinkedIn site. Basic internet knowledge and computer skills recommended. RSVP ♦♦ by 1/26.

– Microsoft 2007 –

Excel — Beyond Basics

Mondays & Wednesdays

January 30-February 8 — 2640-12

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). **Prerequisite:** Knowledge of basic Excel or Excel experience. This class will review Excel basics and move forward and 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 1/23.

Word Phase One

Mondays & Wednesdays,

February 20 – 29 — 2650-01

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class is to provide you with some of the basic features of Microsoft Word 2007. Now that you know how to enter data and do some simple editing, it’s time to learn the “good stuff.” If you have been using Word, this class will introduce you to new shortcuts and tips. We will cover auto correct, the format paintbrush, the show hide mark, the smart tag; copying and moving text; switching between documents; formatting techniques and especially paragraph formatting,

line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. RSVP ♦♦ 2/13.

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: You should possess basic computer skills and feel comfortable using an Internet browser before enrolling in these classes. For the GEDCOM class you should also feel comfortable using one of the popular family history programs.



Getting More out of Ancestry.com Friday, February 10 — 2690-12A

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. Millions of genealogists use Ancestry.com each 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 from their search in frustration! Sound like you? While Ancestry.com may not have your ancestors listed in its databases, it does provide powerful search options that are often overlooked. Learn to become an Ancestry.com power searcher by using easy search tips and techniques you will learn in this class. RSVP ♦♦ by 2/3.

Searching Like a Pro

Friday, February 17 — 2690-12B

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 for family surnames and information about the lives of their ancestors. In this class, you will 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, tips and tricks presented will be applicable to anyone searching the Internet. RSVP ♦♦ by 2/10.



Getting Started with RootsMagic Friday, February 24 — 2690-12C

1:00- 4:00 PM (OC). Instructor: Bob Ringo \$10. Prerequisite: Basic computer skills. RootsMagic is a genealogy database program that provides a place to enter information about one's family history. RootsMagic is an easy program for beginners to learn and use and it is one of the most powerful genealogy programs on the market. RSVP ♦♦ by 2/7.

Crafts

New Class! Intro to Card Making 101 • Fridays,

February 24 – March 16 — 3170-01

9:00-11:00 AM (OC). Instructor: Dottie Macken. \$28 (four sessions). Have you



ever wanted to make a card, but weren't sure how to get started?

This beginners' class will be a fun two hours of learning and showing you how to make four cards and a cute box. Classes are small so you will get lots of individual attention. All supplies and tools will be provided for you. Class size is limited so sign up early. See display case for samples. RSVP ♦♦ by 2/17.

Spring Celebration Origami

Mondays,

March 5 – April 2 — 3040-01

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions, no



class March 12). In the year 1680 of the Edo era, records of butterfly-shaped models displayed at wedding ceremonies appeared. Then, nearly 300 years ago, the oldest book in the world, "Senbazuru Orikata," that describes ways to fold paper cranes was published. Thus the tradition of origami making was born and has been passed on through generations. Origami's shapes reflect the climate and culture of Japan and the aesthetic sensibilities of the Japanese people. March 3 is Girls' Festival Month and the class will celebrate a Girls' Festival to make a Hina Doll (a doll Emperor and Empress in ancient costume), Cherry blossom container, Iwaizuru-Celebratory crane, basket, and more. Please bring origami paper (6x6 inch), pencil, glue, and scissors. RSVP ♦♦ by 2/27.

Mosaic Stepping Stone Glass Tuesdays,

February 7 & 14 — 3094-01A

1:00-4:00 PM. (KS). Instructor: Bill Sutherland. Class fee: \$18. Materials fee: \$20 (with nipper) or \$5 (without nipper) payable to instructor on day of class. Make your garden dazzle with our Stepping Stone Stained



Glass Mosaic project! Join this fun class and discover the art of glass mosaic. This beginning mosaic class will teach

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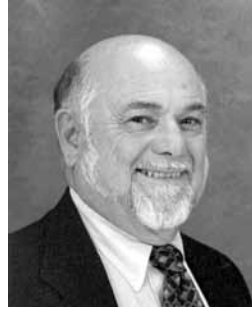
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beautiful pattern that will be a great addition to your garden or as a gift to friends. Though design pattern is provided, each project will be unique based on the choice of colors and cuts of glasses used by student. For those who have taken this class before, you may bring your own pattern that fits a 7½"x7½" size stepping stone. Pattern should be on printer paper enlarged to desired size. Join us in this easy, fast and friendly project that you can duplicate at home after the class. Men and women are encouraged to join. Class size is limited to 10. All materials needed for the class are covered by the materials fee and include nippers, stained glass pattern, glass, concrete, mold and step-by-step directions. If you have a nipper, please bring to class. See project sample in OC display window. Each class creates different project designs. RSVP ♦♦ by 1/31.

Cooking

Cooking with Chef Roderick Sweetheart's Valentine Menu Thursday, February 2 — 4014-01

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$20. Not sure what to



prepare for your sweetheart on Valentine's Day? Chef Roderick has hand-picked the perfect recipe for this special occasion. He will be demonstrating how to

prepare a complete menu with appetizer, entrée and dessert for your sweetheart's love and affection. As they say, the best way to a person's heart is through his/her stomach and this class will show how much you care for your sweetie. Call the Activities Desk for complete class menu. RSVP ♦♦ by 1/31.

Dance

For a smooth transition between all classes, dance instruction will finish five minutes prior to advertised ending time.

Please clear the room ASAP for the next class. Thank you.

—Clogging—

Fun and Intermediate Clogging Tuesdays,

February 7-28 — 3571-01B

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four 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 and national workshops and more steps to stimulate and bring your dancing skills to a new level. Music from Bluegrass to Lady GaGa and more. Come learn and/or review Samantha, High Horse, Layover, Scotty, and lots more – way too many to list. If you've been away for a while, now's the time to get back into clogging. Join the fun and exercise those extra holiday pounds away. We'll be learning dances from the National Clog Dancing List as well as popular dances from NCCA. RSVP ♦♦ by 1/31.

Performance and Technique Clogging • Tuesdays,

February 7-28 — 3571-01C

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are encouraged but not required to take Fun and 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 tech-

nique 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 1/31.

Beginning and Easy Clogging Tuesdays,

February 7-28 — 3571-01A

1:00 AM-2:00 PM (KS). Instructor: Janice Hanzel \$20 (four 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. Join Janice, a certified clogging instructor with over 30 years of teaching experience of American Folk Dance. 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 1/31.

—Country Couples Western Dance—

Country Couples Western Dance — Beginner Level 1 & 2

Mondays,

February 6-27 — 3531-01A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western dancing is done to many types of music, Country being most popular. Many of the dances are done in circles with some being mixers;



also some line dances are done with partners. In addition, we do freestyle dances like Two Step, Country Waltz, and Cha Cha. Instruction will be at

a slower pace for beginners and those wanting a review of previously taught

dances. If you don't have a partner, many of the dances could be done as an individual. Dances being taught in February: Drifter, Swing Mixer, Traveling four corners and two step. RSVP ♦♦ by 1/31.

Country Couples Western Dance — Intermediate Level 3 & 4 Mondays,

February 6-27 — 3531-01B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). This class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances being taught in February: Joe's diner, Sidekick, Additional Rumba stroll moves and a new circle dance. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 1/31.

—Dancing with Dolly—

Choreographer-Director Dolly 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.

Ballet • Thursday,

February 2-23 — 3920-01C

6:00-7:00 PM, Aerobics Room (The Wave). Instructor: Dolly Schumacher. \$35 (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 1/26.

Jazz/Musical Theatre

Wednesdays,

February 1-22 — 3920-01B

4:15-5:15 PM Aerobics Room (The Wave). Instructor: Dolly Schumacher. \$35 (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 1/25.

Performance Dance with Dolly, Friday, February 3-24 — 3920-01A

2:30-4:00 PM Aerobics Room (The Wave). Instructor: Dolly Schumacher.



\$49 (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 1/27.

— Line Dance —

Next session of Line Dance classes with Audrey will be announced in the February Compass.

Line Dance Beginner Plus with Sandy • Tuesday,

February 14-March 6 — 3705-01A

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$24 (four sessions). **Prerequisite:** Must have



completed at least six months of Beginner Line Dance I. Class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line

dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 2/7.

Line Dance II

Beginner-Intermediate with Sandy Wednesdays,

February 15-March 7 — 3705-01B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four 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 2/8.

Line Dance III with Sandy Wednesdays,

February 15-March 7 — 3705-01C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four 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 2/8.



Next session of Line Dance classes with Yvonne will be announced in the February Compass.



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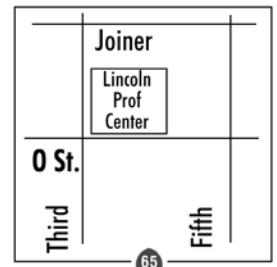


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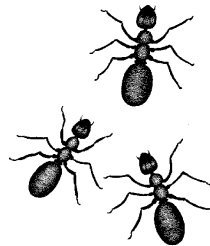
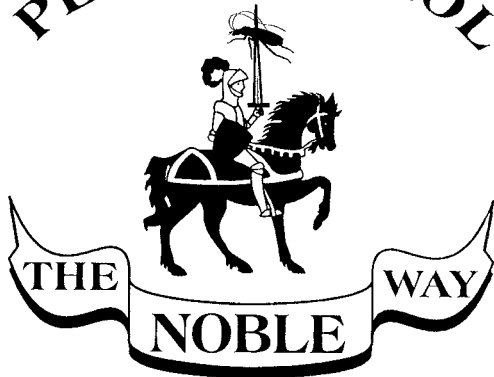
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— Tap Dance —

Tap Classes with Alyson

Enjoy tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students, Beginners to



Advanced, may choose from several technique classes. Choose any of the classes

below that fit your schedule and comfort level. Performance classes are taught from October to March and begin again, each as a continuation, the following October. Students enrolled in Performance class are encouraged but not required to enroll in a Technique class. Performance students who choose to enroll in Technique class in concurrent sessions will receive a 50% discount on Technique class. Students who are only enrolled in Technique class will pay the regular fee of \$40. *Please note the codes below for the different prices. Please remember, to take advantage of the \$20 Technique class (see *** on classes below), you must also enroll in a Performance class at the same time.*

Advanced Performance

Mondays, February 27

April 16 — 3555-01A

10:00-11:00 AM (KS). \$56 (eight ses-



sions). This class is by Instructor invitation only. RSVP ♦♦ by 2/20.

Technique Class

Mondays, February 27-

April 16 — 3555-01B (\$40)

*** — 3555-01B1 (\$20)

11:00 AM-12:00 PM (KS). Eight sessions. RSVP ♦♦ by 2/20

Technique Class

Mondays, February 27-

April 16 — 3555-01C (\$40)

*** — 3555-01C1 (\$20)

12:00-1:00 PM (KS). Eight sessions. RSVP ♦♦ by 2/26.

Beginning Tap

Tuesdays, February 28-

April 17 — 3555-01D

9:00-10:00 AM (KS) \$40 (eight 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 2/21.

Technique Class

Tuesdays, February 28-

April 17 — 3555-01E (\$40)

*** — 3555-01E1 (\$20)

10:00-11:00 AM (KS). Eight sessions. RSVP ♦♦ by 2/21.

Technique Class

Thursdays, March 1-

April 19 — 3555-01F (\$40)

*** — 3555-01F1 (\$20)

11:00-12:00 PM (KS). Eight sessions. RSVP ♦♦ by 2/23.

Performance • Thursdays,

March 1-29 — 3555-01G

10:00 AM-11:00 AM (KS). \$35 (five sessions). For continuing students only. New performance class will start in September. RSVP ♦♦ by 2/23.

Performance • Thursdays,

March 1-29 — 3555-01H

12:00-1:00 PM (KS). \$35 (five sessions). For continuing students only. New performance class will start in September. RSVP ♦♦ by 2/23.

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, February 27 -

April 16 — 3556-01A

4:45-5:45 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 2/20.

Fridays, March 2-

April 20 — 3556-01B

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 2/24.

West Coast Swing — (California's State Dance)

Beginning West Coast Swing

Levels I & II • Wednesdays

February 8-29 — 3513-12A

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four sessions). Learn the basics of this great dance from veteran WCS instructor



Dottie and how it can be applied to various types and styles of music. Students must complete at least three sessions of Beginning class in order to advance to next level. Join this fun and social class. RSVP ♦♦ by 1/31.

Intermediate West Coast Swing

Levels I & II • Wednesdays,

February 8-29 — 3513-12B

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four sessions). **Prerequisite:** Must have completed West Coast Swing Beginning levels one and two. RSVP ♦♦ by 1/31.

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Advanced West Coast Swing

Wednesdays,

February 8-29 — 3513-12C

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four sessions).

Prerequisite: Must have completed West Coast Swing Intermediate I and II. RSVP ♦♦ by 1/31.

Driver Training

AARP Driver Safety Program

Wednesday, February 8 & Thursday,

February 9 — 6055-01

8:30 AM-1:00 PM (OC). AARP member (\$22) for two-day session; AARP non-member (\$24); Instructor: Roger Kane. Resident must present current AARP membership card upon registration and pay at the Activities Desks to receive the discounted class fee. In cooperation with AARP, the Association brings back the convenience of attending a Driver Safety Course in our community. This eight-hour AARP Driver Safety Course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course covers how to adjust your driving to accommodate normal age-related physical changes in vision,

hearing, reaction time. Attendance at both days of the two-day course is required for a Certificate of Completion. Bring a valid driver's license, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 2/1

Fitness

Register for these classes at the Fitness Centers starting January 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 than working directly with a personal trainer. Small group trainings are offered in a variety of for-



mats 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 — Bodybugg

Tuesdays & Thursdays,

February 7-March 1 — 835000-B

3:30-4:30 PM, Aerobics Room (OC). Instructor: Lisa S. Smith. Don't just set a goal, make it a reality!! This small group training will teach you how to balance the energy equation between calories taken in and calories burned to effectively help you



reach your health and fitness goals. Receive nutrition information and small group support, and the workouts to kick start your success. Learn to train your body for maximum calorie burn and have results to prove it. Session includes discussion, maximal calorie burn and results! Bodybugg not required! New Years Promotion: Bodybugg Small Group Training, nutrition tracking software, plus Bodybugg device for \$279. For existing Bodybugg clients, or for residents who wish to participate without the use of the Bodybugg, **Four Week Session \$135.** Register/ Fitness Centers.



of attending a Driver Safety Course in our community. This eight-hour AARP Driver Safety Course is for persons 50 or over. Persons over the age of 50 may be eligible for a discount on their auto insurance (check with your provider to determine amount). Course covers how to adjust your driving to accommodate normal age-related physical changes in vision,

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	Piloga Sculpt*	Yogafied	Zumba*	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates• Water Works	Everybody Can•	Pilates• Water Works		
10:30 AM	H2O Circuit*		H2O Circuit*		Joint Efforts	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Splash Dance	Basic Joint Efforts	Step/Sculpt• Splash Dan.	Basic Joint Efforts	Splash Dance	
12:45 PM	Arthritis Found. Aqua		Arthritis Found. Aqua			
1:00 PM	Chair with Flair		Chair with Flair			
2:15 PM	Fall Proof§		Fall Proof§			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM	Zumba*	H2O Circuit		Cardio Salsa• H2O Circuit		

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

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

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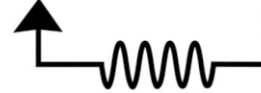
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SGT — X-Train (Cycle/Row/TRX)**Mondays & Fridays, January 20-****February 17 — 835000-X1****February 27-March 26 — 835000-X2**

11:30-12:30 PM (KS) Aerobics Room
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.

SGT — Bootcamp**Mondays & Wednesdays,****February 13-March 7 — 835000-B2**

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

Instructor: Shawna Buschmann.

Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts 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 that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135.** Register/Fitness Centers.

SGT — TRX Interval Training**Mondays & Wednesdays,****January 25-****February 22 — 835000-T1**

(No class February 20.) 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 builds power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four week session \$135.** Register/Fitness Centers.

SGT — “Fun” ctional Fitness**Tuesdays & Thursdays,****February 7-March 1 — 835000-F2**

12:00–1:00 PM, Aerobics Room (KS).

Instructor: Deanne Griffin. A fun-filled Small Group Strength Training great for beginners or anyone looking for a new method of training.

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

SGT — Aligned & Defined Pilates**Mat Training****Mondays & Fridays,****February 13-March 9 — 835000-P2**

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

structor: Paula Ainsleigh. Transform the way your body looks, feels and performs. Join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training includes an initial

postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format. 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 of condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Centers.

SGT — Yoga Basics and Beyond**Wednesdays & Fridays,****February 1-24 — 835000-Y2**

1:00-2:00 PM (KS) Aerobics Room

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

—Circuits, Weights, Stretches—**W.O.W. — Working Out with****Weights • Thursdays, February 2-****March 8 — 750500-01**

11:05 AM-12:00 PM, Weight Room

(KS). Instructor: Julia Roper. Want the most out of your workout? Join this six-week in-depth, strength train-



ing program that will take you from basic to advanced training techniques. You will begin learning how to use the machines the right way

and get a total body program focusing on proper set settings and correct form! Learn how, when and why you need to change your program, the best sets, reps and exercises

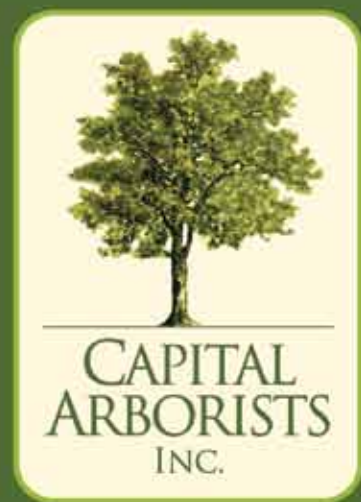


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for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. **Six-week session \$75.** Register/Fitness Desks

Waves! Beginning Circuit Class
Tuesdays & Thursdays,
February 23- March 15 — 83000-01
2:30-3:00 PM; first class is one hour 2:30-3:30 PM. Weight Room floor (The Wave). 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.

Reach for the Top/Stretch & Tone!
Mondays, 12:00-1:00 PM,
February 6-27 — 805000-01
Tuesdays, 11:30 AM-12:30 PM,
February 7-28 — 801000-01
Thursdays, 11:30 AM-12:30 PM,
February 2-23 — 80300-01
Aerobics Room (The Wave). Instructor: Lin Hunter. This class combines stretching, range of motion exercises, intervals of cardio movements, bal-

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ance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your energy level up, help you become stronger, strengthen



your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep your mobility. Lin is a former

licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Make-up days are allowed. **Four-week session, one day/week \$30.** Register/Fitness Desks.

—Dance/Fitness Centers—

Hot Hula • Tuesdays
February 7-28 — 814000-01
6:00-7:00 PM, Aerobics Room (The Wave). 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 Desks.

Balletone • Tuesdays,
February 7-28 — 700000-01
4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine tra-

ditional 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.

—In the Pool—

Core-N-More Suspended Aquatic Exercise • Mondays,
February 6-27 — 760100-01
Wednesdays,
February 1-22 — 760000-01
Mondays PM and Wednesday AM,
February 1-27 — 760200-01
Monday 5:35-6:30 PM, Wednesdays 9:35-10:30 AM, Indoor Pool (The Wave). Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while



increasing resistance. This high calorie burning, aerobic/interval class combines exercises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week.** Register/Fitness Desks.

—Walking—

Beginning Nordic Walking,
Wednesdays
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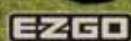


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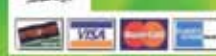
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New! Walk With Ease —
**Arthritis Foundation • Mondays/
 Wednesdays /Fridays, February 20-
 March 30 — 752000-01**

1:00-2:00 PM, Fitness Center Lobby (The Wave). 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 you 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 also get the support and tools you need to help set and reach your goals. **Six-week session, \$45 (includes the workbook). \$20 if a repeat participant.** Register/Fitness Desks.

—Tennis—

Tennis Lessons, Sundays
 Will resume in March 2012

—Mind, Body, Spirit—

Extra Gentle Yoga (chair)
Tuesdays,
February 7-28 — 710000-01

12:45-1:45 PM, Aerobics Room (The Wave). Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session \$39.** Register/Fitness Desks.



Gentle Hatha Yoga
Tuesdays,
February 7-28 — 710100-01

2:00-3:30 PM, Aerobics Room (The Wave). Instructor: Julie Boone. This class is offered in the Gentle Hatha Yoga Ananda Style. Having taught at The Wave since 2000, Julie offers an all-level class that is challenging yet "do-able." For long-term students as well as yoga newcomers. Julie's motto is "Yoga is not supposed to hurt!" She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not "easy;" strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Four-week session \$39.** Register/Fitness Desks.



**Evening Yoga (Hatha-Traditional
 Yoga) • Tuesdays,**
February 7-28 — 711000-01

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. The season is changing, and so should your fitness regime! Yoga has been proven to increase energy, flexibility, balance, and strength — all while reducing stress. As the days get shorter and the nights get longer, an evening yoga class is the perfect way to keep your body moving! Everyone is welcome to this fun-filled, informative class — from absolute beginners to aspiring yogis. If you've never tried yoga before, this is the class for you! **Four-week session \$40.** Register/Fitness Desks.

Evening Yoga and Meditation
**Thursdays, February 9-
 March 1 — 711100-01**

6:00-7:15 PM, Aerobics Room (KS). Instructor: Susan Hayes. This is a

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

Tai Chi • Tuesdays,
February 7-28 — 730100-01
**Saturdays, February 11-
 March 3 — 730200-01**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (The Wave). Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which brings about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been a teacher of Tai Chi and Chi Gong for over 15 years and focuses 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.



New! Spring Forest Qigong (SFQ)
Thursday,
February 2-23 — 745000-01

2:15-3:30 PM, Aerobics Room (KS). Instructor: Elizabeth Wescott. SFQ is a simple, effective method for helping you heal physical, emotional pain and enhance the quality of your life and the lives of others. Anyone, regardless of ability, age or beliefs, can practice the techniques of SFQ to become healthier and happier. In addition to the gentle exercises and meditation we'll get into philosophy and theory of SFQ. **Four-week session \$40.** Register/Fitness Desks.

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Glass Art

–Fused Glass–

Fused Glass Jewelry & Other Small Treasures For Beginning & Continuing Students • Tuesdays, February 21 & 28 — 3094-01C

9:00 AM-12:00 PM (KS). Instructor: Bill Sutherland – new Instructor. \$60 (two sessions). Wondering how to make beautiful dichroic glass jewelry? Dichroic glass' ethereal, opal-like quality makes jewelry unforgettable. In this fun, creative class, beginning



students use regular and dichroic glass to learn fundamentals of glass fusing: designing, glass cutting, compatibility, safety, and kiln forming. Learn finishing techniques and proper methods for applying various findings to complete designs. Continuing students are encouraged to take their designs to the next level, explore new techniques, improve on basics and invent a new look. Students receive individual attention to accomplish their goals. Students will have an opportunity to create several pieces including: pendants, earrings, bracelets and more. Beginning students pay \$40 supply fee to instructor on first day of class for project materials. Continuing students may bring their own 90 COE glass and supplies to class or purchase it from the instructor. All students bring paper and pencils and tweezers; optional: camera. Sign up early, class size limited! RSVP ♦♦ by 2/14.

Fusing Glass Workshops • Mondays January — 3103-01A

February — 3103-01B

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

Beginning Stained Glass – Lead Came Method • Tuesday, February 21 & 28 — 3094-01B

1:00-4:00 PM (KS) Instructor: Bill Sutherland. Class fee \$45 plus \$15 for basic kit payable to instructor. Students will be instructed in pattern construction and orientation, glass cutting and grinding, panel construction, soldering and finishing. Attention will be given to starting point, came cutting and joint construction, glass “fit,” patina and hanging system. Students will complete a two-dimensional glass panel in class. Students must wear closed-toe shoes, no sandals allowed. To view a sample of the glass panel, see the display case (OC). RSVP ♦♦ by 2/14.



Stained Glass Workshops • Mondays, January — 3103-01A February — 3103-01B

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–

Wrap Bracelet

Tuesday, February 7 — 3012-12

9:00 AM-12:00 PM. Instructor: Cathie Szabo \$20. It's the latest and greatest! And a lot of fun to make! It's a wrap bracelet that is so easy to make and to wear. At last – a real “one size



fits all.” The bracelet uses suede or leather “ties” and beads of your choice to make the bracelet that's become a favorite among celebrities.

Bracelet is perfect for all levels of beaders – from someone who's looking for a “first project” to the experienced beader who's looking for a project to use up some of her beads! Class is just one day – students may not finish the project in class but will have all the techniques to complete on their own. Come join the fun and walk away with a unique bracelet. Contact Cathie Szabo at billcats1@earthlink.net or 434-6667 if you have any questions. Be sure to get the materials list during enrollment. RSVP by ♦♦ 1/31.

Drop Necklace • Tuesdays, February 21-28 — 3012-01

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo \$25. Here's a class perfect for beginning or experienced beaders. The result is a necklace that's sure to complement an outfit. A simple stitch (right angle weave for those keeping count) combines with drops to create the design. Choose pearls for an elegant look or semi-precious stones for a more casual one. For beginning beaders, here's a chance to add to your repertoire of designs. For experienced beaders, here's a chance to learn and use right angle weave. Check the samples (OC/KS) for samples. Be sure to get the materials list when you register. RSVP ♦♦ 2/14.

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Music

— History —

Jazz 3 • Wednesdays, January 25-February 15 — 4272-12

4:15-5:45 PM (KS). Instructor: Ray Ashton \$25 (four sessions). In the next leg of our Jazz journey, we continue with the great Swing Era and then travel to Kansas City and discover a new and exciting Jazz. We will remember WWII and hear how Swing Music became America's Soundtrack to fight the war. Come along with us as we continue our American Musical Journey through the history of America's Art form — Jazz. RSVP ◆◆ Now.



Jazz 4 • Wednesday, February 29-March 21 — 4272-01

1:00-2:30 PM (KS). Instructor: Ray Ashton \$25 (four sessions). We will conclude our journey through the history of that truly American art form... Jazz. Picking up where Part 3 ended we will explore the many different forms of Jazz that emerged in the middle of the 20th century and show how great Jazz artists became ambassadors for their music in the fields of Education, Movies, Dance, and Broadway. We will hear those great musicians who experimented and expanded Jazz to have a great influence on every type of music we hear today. Join us as we take our final wild ride through the History of Jazz Part 4. RSVP ◆◆ by 2/15.

— Keyboard —

Play In a Day Keyboard Class Tuesday, February 7 — 4273-01A

10:00 AM-12:00 PM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard? If so, this is the class for you! The music experts of Music Exchange bring their wonderful "Play In a Day" music pro-

gram 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 1/31.

Play In a Day Keyboard Continuation Class

Tuesdays, February 14-28 — 4273-01B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). **Prerequisite:** Must have completed Play In a Day Keyboard Class. From the successful Play In A Day Keyboard class, this three-week class covers all topics needed to play the piano, keyboard or organ. Learn music terminology, read notes, count and play all of the major and minor chords. Also learn the basic setup of all keyboard brands. The one-and-a-half hour class provides lecture and hands-on. Keyboards provided. Class fee includes basic music book and handouts. RSVP ◆◆ by 1/31.

— Voice —

Beginners Singers Vocal Boot Camp • Wednesday,

January 18-March 7 — 6132-11
10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions).

Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. You do not need to be a member of the LH Community Chorus to enroll in this class. This is a beginners' class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ◆◆ by 1/11.



Singers Vocal Boot Camp Continuation • Fridays, January 20-March 9 — 6132-11B

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). **Prerequisite:** Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ◆◆ by 1/13.

Travel

Provinces of France, a Visual Tour Saturday, January 21 — 6161-12A

2:00-5:00 PM (KS). Instructor: Claire Michelet. \$23. Whether you've only traveled to France in your dreams or are a return visitor who can't get enough of it, this visual tour of France has something for you. Join us for a real Tour of France and visit each Province and Region. This two-hour slide presentation will be followed by an hour of Q & A. Watch for future presentations: 'Paris,' 'Provence/Côte d'Azur' and 'Versailles & Other Castles of Ile de France.' RSVP ◆◆ by 1/14.



Paris, a Visual Tour**Saturday, January 28 — 6161-12B**

2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Have you been to Paris or would you like to go? Join us to

visit delightful Parisian places and discover unfamiliar sites, learn about its history, its geographical setting and its *arrondissements*. This

two-hour slide presentation will be followed by an hour Q & A. Watch for future presentations: 'Provence/Côte d'Azur' and 'Versailles & Other Castles of Ile de France.' RSVP ♦♦ by 1/21.

Provence/Côte d'Azur, a Visual Tour**Saturday, February 18 — 6162-01A**

2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Did you visit in the past Provence and the Côte d'Azur? Would you like to go to Aix en Provence, Nice, Cannes, Marseilles, or any other Provence destination? Join us to visit (or revisit) renowned places and discover new sites. This two-hour

slide presentation will be followed by an hour Q & A. Watch for future presentations: Versailles & surrounding castles. RSVP ♦♦ by 2/11.

Versailles & Other Castles of Ile de France**Saturday, February 25 — 6162-01B**

2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Visit the fabulous Versailles Castle, its extended gardens including the Domaine of Marie-Antoinette, and also Vaux-le-Vicomte, Fontainebleau and other famous castles of Ile-de-France, the region surrounding Paris, and learn about their fascinating history. This two hour slide presentation will be followed by an hour of Q & A. RSVP ♦♦ by 2/18.

Sewing

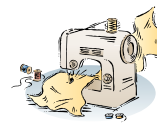
Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room (OC).

Bernina Serger Certification**Monday, February 13 — 4059-11B**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limited to three. RSVP ♦♦ by 1/2 or 2/1.

Bernina Sewing Machine**Certification****Monday, February 13 — 4059-11B1**

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 2/1.

**Janome Sewing Machine****Certification****Monday, February 13 — 4059-11B2**

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 2/1.

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Personal Survival: A Berlin Teenager's Story during and Post World War II
Thursday, January 19 — Free

10:00-11:30 AM, Heights & Gables (OC). The Community Forum is expanding topics to include personal memories! Resident Margit Lawrence endured war-time experiences as a young girl in Germany including family "secrets," allied bombings and a cruel Russian occupation. In 1947, Margit's family settled in Guatemala to start a new life. Her adult journey continued as an airline attendant based in New Orleans. Years later, with a few dollars and a bus ticket to San Francisco, Margit and her mother established another home, with work, marriage, and raising two daughters. Margit's family and friends have encouraged her to share "survival memories" in public presentations. Q&A follows.



Caring For the Caregiver: Difficulties, Challenges, and Realities of Becoming a Caregiver
Wednesday, January 25 — Free

7:00-8:30 PM, P-Hall (KS). Are you the primary caregiver for your spouse, parent, or adult child? Dr. Irina Korman will lead a frank discussion on the difficulties, challenges, and realities including the physical, emotional, and financial issues that accompany the caregiving role. Dr. Korman will help us learn how to take care of ourselves, how to find resources, and help us remain healthy as we continue to take



care of our loved ones. Dr. Korman practices Internal Medicine at Kaiser Permanente, Lincoln. Q&A follows.

My Racing Heart
Wednesday, February 15 — Free

7:00-8:30 PM, P-Hall (KS). Shortness of breath? Racing heart? Palpitations? Fatigue? These are just some of the symptoms related to atrial fibrillation that Dr. Jonathan Hemphill, MD, Cardiologist at Mercy San Juan Medical Center, will discuss. A-Fib is a common condition in which the heart beats irregularly. Learn how you can reduce your risk for A-Fib and the latest treatment options.



Smartphones: The Power of a Computer in your Hand
Wednesday, February 22 — Free

3:00-5:00 PM, P-Hall (KS). Presenter: Terry Rooney, Resident. In the last five years the so-called "smartphone" dominates the new technological developments. These handheld devices allow you to not only make phone calls but also to send text messages, view



websites, watch videos (movies, TV, etc.), listen to music and Internet radio, play games, do video-conferencing, and make shopping easier than ever. The Apple iPhone introduced in 2007 was the first really popular smartphone, but in the last two years the Android system from Google has given Apple tremendous competition due to Android's having multiple manufacturers (Motorola, Samsung, HTC, etc.), with bigger screens, real keyboards, and more flexible input-output (HDMI, USB, SD cards, etc.) This presentation will cover what's available in the market today and what you should consider when buying a smartphone.

How to Use the New Kindle Fire
Tuesday, March 8 — Free

2:00 PM, Front Ballroom (OC). Get your questions answered. Ken Silverman, resident, will speak to interested residents on this subject demonstrating through video screen how to use while addressing many audience questions.



Community Forums, Date, Time, Location

- Personal Survival Thursday, January 19, 10:00 AM, Heights & Gables (OC)
- Caring for the Caregiver, Wednesday, January 25, 7:00 PM, P-Hall (KS)
- My Racing Heart, Wednesday, February 15, 7:00 PM, P-Hall (KS)
- Smartphones, Wednesday, February 22, 3:00 PM, P-Hall (KS)
- How to Use Kindle Fire, Thursday, March 8, 2:00 PM, Fr. Ballrm. (OC)
- Prostate Health, Wednesday, March 21, 7:00 PM, P-Hall (KS)
- Landscaping/Irrigation - LH, Thursday, March 22, 1:00 PM, Fr. Ballroom (OC)

Commercial Presentation

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

Crystal Cruises • Cruise Presentation

Saturday, February 25 • 2:00 PM • Solarium (OC) • Free

Presenters: Diane Murphy-Dunn and Loretta Babich Slyh

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**Want to Have Your Cake and Eat It Too?
Monday, January 30**

10:00 AM, P-Hall (KS). Now you can! Come learn how to balance your energy equation. This *free* talk will review the ins and outs of the Bodybugg Program: how easy it is to get it set up and put into practice. You will learn how to have that lasagna, wine, or cake and still manage to reach your goal. Goals can range from gaining weight, losing weight, maintaining weight, or changing eating habits. All can be done with this program. This presentation is free so hurry in and learn about how to have it all.



**Getting Your Stuff Together:
Organizing Your Estate**

Monday & Tuesday, February 6 & 7— 863000-01

9:00 AM-12:00 PM, Gables/Heights (OC). Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? Expect the unexpected. One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to get your stuff together. The unexpected happens without warning.



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**Secrets to Longevity
Tuesday February 7—
860000-01**

6:00-7:00 PM, P-Hall (KS). Led by national seminar speaker and professor of Nutrition, Dr. Carol Jong, Ph.D., R.D., this timely and informative seminar provides you with a holistic understanding of the current theories of aging, its mechanisms and what you can do to optimize your real age. You will discover the secrets of the longest-living populations in the world, the single most important dietary change associated with longevity, the role of nutraceuticals, and other contemporary scientific findings about how you can influence your own life span — through nutrition, lifestyle and genetics — to live longer & live better. **\$10. Register/Fitness Centers or Activities Desks.**



Megan Cowart
Wellness
Program
Coordinator



Financial Wellness

**Your Money and Your Brain: Confidence, Risk, and Fear
Tuesday, February 28 — 870000-01**

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. The second of three classes devoted to a book by Jason Zweig. We will take three chapters at a time and explore his findings on how you think about money and ways this thinking affects other parts of your life. Attending all three is not mandatory as each will be specific to three chapters only. **\$5. Register/Fitness Centers or Activities Desks.**







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Fitness

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258-8289 lisa.scroggs@schca.com

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625-4043 meghan.louder@schca.com

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408-4290

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408-4071 tina.ginnetti@schca.com

Wellness

Wellness Program Coordinator • Megan Cowart

625-4032 megan.cowart@schca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Office

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

Membership Desk

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — The Wave 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30 3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

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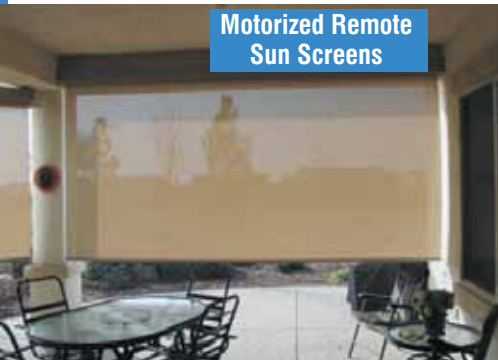
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