



Compass

July 2012



**This is One Phone Call
Worth Answering ... page 5**

**New Retail Shop at
OC Fitness Center ... page 10**

Walk with Nature ... page 15

Community Profiles ... pages 19 & 21

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On the cover

Members of the Hiking Group exploring the Elderberry Trail, see pages 15 and 23 for details

Photo by De Cahill

Association Mid-Year Status

Board of Directors Report

John Snyder, Vice President, SCLH Board of Directors



The Association is now approaching the mid-point in its fiscal year. **Results of operations** are producing excellent results with a favorable variance to budget of approximately \$250,000 at the end of May. It is truly remarkable that virtually all operating segments are near or ahead of plan at mid-year. These results are positive testimony to the efforts of staff and the active support you are providing each operation.

Believe it or not, the Association's **Budgeting process for 2013** will begin shortly, with capital expenditure requests due by July 31. September is a big month for the development of the 2013 budget. Budget meetings are open to Members and the schedule will be broadly announced beforehand. The first budget meeting is scheduled for September 10 and after a series of meetings the budget will be finalized by the end of September. If you haven't already done so, you really should see the budget process and your segment managers in action, learn more about each of your Association's operations, and ask any questions you may have.

I can report that your Board has been non-stop busy, carefully considering new service proposals, several facility enhancements, multiple ADA improvements, interviewing and selecting professional service providers and key staff replacements along with the normal recurring and nonrecurring items and issues.

As part of the Stra-

tegic Advisory Committee's (SAC) charge, the selected sampling of **Resident Surveys** will take place this summer. In fact, it will have already started as you read this. See page 5 for full details. The Board of Directors contracted with BW Research Partnership, Inc. (BWR) to organize, carry out and analyze survey results. The survey will

"As part of the Strategic Advisory Committee's (SAC) charge, the selected sampling of Resident Surveys will take place this summer. In fact, it will have already started as you read this..."

The Board urges all residents, if called upon, to fully participate in the survey and have their voices heard. See page 5 for full details"

be very a useful tool for the SAC, the Board, and staff in developing future plans for Sun City Lincoln Hills. The Board urges all residents, if called upon, to fully participate in the survey and have their voices heard. Status reports on the survey details and the SAC status shall be reported in SAC *Compass* articles, on the resident website, and

in various e-Bulletin communications. I have found that every once in a while it's important to pause and consider our state of courtesy, civility and cordiality toward our fellow residents and Members. Be sure and smile, say hello, and just maybe help someone who is in need. Makes us all a little bit happier, comfortable, and it's contagious.

Wishing a happy summer to all.



A photo from a recent Lincoln Hills Garden Tour

Upcoming Association-Related Meetings

Date • Time • Place July 15-August 31

Strategic Advisory Committee	Monday, July 16, 11:00 AM, Oaks
New Resident Orientation	Tuesday, July 17, 1:00 PM, Solarium
Golf Cart Registration	Thursday, July 19, August 2 & 16, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, July 19, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, July 23, 9:00 AM, Heights
Board of Directors Meeting	Thursday, July 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, July 26, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, July 26, 11:00 AM, Oaks
Compliance Committee	Wednesday, August 1, 10:30 AM, Oaks
Elections Committee	Friday, August 3, 9:00 AM, Fine Arts
Strategic Advisory Committee	Monday, August 6, 11:00 AM, Gables
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, August 7, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, August 7, 1:30 PM, Oaks
Listening Post	Wednesday, August 8, 9:00 AM, Solarium
ARC/Architectural Review Committee	Monday, August 13, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, August 14, 1:00 PM, Fine Arts
Finance Committee Meeting	Thursday, August 16, 9:00 AM, Oaks
Strategic Advisory Committee	Monday, August 20, 11:00 AM, Oaks
Board of Directors Meeting	Thursday, August 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, August 23, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session	Thursday, August 23, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, August 27, 9:00 AM, Heights

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

I frequently receive compliments and thanks for making Lincoln Hills so wonderful. I understand these remarks are intended for my entire team and I always pass on your compliments. Nonetheless, I'd like to recognize this fantastic team of directors, managers and staff whose goals are to provide you with outstanding programs and customer service.

Lavina Samoy is your Lifestyle Program Manager providing day-to-day management of three coordinators who develop lifestyle experiences through Events, Trips and Classes. Lavina also manages the social facilities and 13 support staff at both Lodges where service is provided from 8:00 AM until 9:00 PM. Lavina has been with the Association for 12 years.

Judy Olson is the advertising coordinator for the *Compass* magazine. Working part-time, Judy works with over 150 *Compass* advertisers each month and coordinates two Business Show-

cases yearly. The revenue Judy brings in through advertising offsets the expense of producing our monthly magazine and goes to the operational bottom line of our Association. Judy has worked with the Association for nine years.



Bertha Mendez is our Membership Clerk. She is responsible for verifying proof of age, ownership or lease, entering homeowner information into our database, providing members with their picture identification card and name badge, and providing a cursory overview of Association information. Bertha strives to provide individual attention to each homeowner. Membership desk hours are from 8:00 AM to 4:00 PM daily and 8:00 AM-12:00 PM on the first Saturday of each month. While an appointment is not needed, you may make an appointment to conduct your membership business by calling Bertha at 625-4000. Bertha

Please see Connections on page 13

Calendar of Events

July 15-August 24

Date	Event	Page #
07/17	New Resident Orientation	47
07/19	Summer Concert: "Hotel California"	47
07/19	Book Discussion: <i>Shanghai Girls</i>	27
07/19	Speaker: Former Coast Guard Lt. Mike Bradaric	38
07/20	West Coast Swing Dance "Hot Summer Nights"	39
07/23	Artist Presentation: Maija Peeples-Brights	25
07/24	Forum: "The Transcontinental Railroad"	90
07/24	"Advance Health Care Directives"	93
07/24	"How to Buy and Should You Own Stocks"	93
07/24-26	Bus Trip: Two Nights Yosemite!	47
07/26	"Veggies Year Round"	31
07/27	Summer Concert: "Da Island Way"	48
07/28	Bus Trip: San Francisco Shopping	48
07/29	Bus Trip: Baseball in Reno, RiverCats	48
07/30	Film and Discussion on Diamonds	31
07/30	KS at the Movies: "Midnight in Paris"	48
08/01-02	Players: "The Lucky O'Learys"	12, 35, 48
08/02	Market Activity Year-to-date	32
08/02	Bus Trip: Music Circus "The Music Man"	49
08/03	Concert: "Close to You" Carpenters Tribute	49
08/06	Genealogy: "Using Facebook or Blogging"	31
08/07	"The Legal Aspects of Art"	34
08/07	Bus Trip: Hot August Nights/Reno	62*
08/08	"Making the Most of the Cloud"	29
08/09	Grandkids Camp	49
08/10	Demonstration & Discussion: "The Cloud"	29
08/10	West Coast Swing Friday Night Practice	39
08/10	Bus Trip: Wooden Boat Show/Lake Tahoe	50
08/12	Bus Trip: "War Horse" Curran Theater	62*
08/14	Speaker: Author, 30 Books on Quilts	34
08/14	Summer Concert: Frankie Avalon	50
08/15	"Flash Photography"	35
08/15	Forum: "The Poop on Colon Health"	44, 90
08/16	Book Discussion: <i>The Confession</i>	27
08/16	Bus Trip: Big Springs Gardens	50
08/16	Forum: "BAT-21"	90
08/17	Bus Trip: Amador Wine Tasting	62*
08/20	"Black Holes Explained"	25
08/20	Genealogy "Scanning Photos & Documents"	31
08/20	"Wall Street's Deepest, Darkest Secrets"	36
08/20	KS at the Movies: "Charade"	50
08/21	"Boost Your Brain"	93
08/22	Bus Trip: "Les Miserables" Orpheum Theater	50
08/24	Dance: "At the Hop"	53

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



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Questions — Do We Have Questions!

Jim Leonhard, Strategic Advisory Committee Chair, SAC@suncity-lincolnhills.org

The Strategic Advisory Committee (SAC) wants your feedback! From about July 12 through August 8 we will be conducting critically important Resident Surveys to understand better how you feel about our community today and what you envision for the future, including SCLH's



facilities, activities, relationships, communications, etc.

Affirming a proposal from SAC, our Board of Directors contracted with BW Research Partnership, Inc. (BWR) to prepare, conduct and analyze a statistically valid survey of residents to help us identify current trends, future needs and priorities of our community. BWR was selected based on their demonstrated competence and experience with surveys of other senior adult communities.

The telephone survey will consist of a 10-14 minute interview (conducted July 12-24) of approximately 600 randomly chosen residents, representative of SCLH's demographics. Why 600? Because, based on statistical probabilities, that sample size will give us 96% accuracy in results for the entire community. So, if you are one of those called by the BWR team, please give them your time and attention so the community can benefit from your valuable input. For those not interviewed, a self-selected online and paper survey (available at the Activities Desks from July 25 to August 8) will be offered to all residents who wish to have their opinions recorded.

BWR will compile survey data that is statistically representative of our resident population. We anticipate that BWR will present the final results in an open workshop sometime in early September. The information will be accessible and useful for a broad audience of stakeholders, including the Board of Directors and staff. Furthermore, the Survey results will provide

guidance to SAC as it completes its work on a comprehensive five-year Strategic Framework for delivery to the Board by January 2013 which will ensure that our community remains a model for success and an extraordinary place to live.

Over the next few months our articles will continue to inform residents of our committee's progress.



This Is One Phone Call Worth Answering — Sun City Lincoln Hills Survey

Telephone Survey dates: Thursday, July 12 through Tuesday, July 24. If you have caller ID, it will say "IHR Research Group." All information submitted will be held confidential by BW Research and only aggregate information will be published in BW's written report to SCLH. This is a legitimate research call sponsored by SCLH. The research firm

may ask certain personal questions, but they will never be the kind of questions that could be used to procure identities. No one will be asked information such as account or Social Security numbers. For those on government Do Not Call List, you may receive a survey call. This type of legitimate research is exempt under the Do Not Call Law.

The Dog Ate My Homework!

David Stone, Compliance Committee Chair

The above is the classic lame excuse that school kids have used for generations to try to get out of trouble. No real statistics, but I bet the chance of success of that excuse is close to zero.

Your Compliance Committee hears another version of a lame excuse when a homeowner, faced with a violation notice or hearing, states:

"My contractor, painter, handy man, landscaper, vendor, etc. said I could do this project without any approval or application to the homeowners' association. He told me he has done this project many times in Lincoln Hills and everyone else does it without worrying about the rules of the community."

If you hear a comment like this from a contractor or other, *run the other way and do not sign a contract or give him any money!*

Any responsible contractor should know that there are mandatory rules that must be followed to determine if a project is permitted in a community like ours and that it is subject to CC&Rs.

The consequences of proceeding with a project that needed prior approval are dire. The homeowner (not the contractor) will face continuing fines until the violation is remedied and could be required to undo the project at obviously great expense. Be aware that the Association has no authority to require the contractor to remedy the violation and the homeowner would probably face an uphill battle seeking recompense from the contractor.

Simply stated, before starting a project please contact Kimberly Parsons (625-4006) or Cecilia Dirstine (625-4008) who will give you a quick heads-up as to whether you need approval and how to go about it.

I'm sorry to say that the chance of success of the above excuse if presented to the Compliance Committee is absolutely zero!





2012 SUMMER AMPHITHEATER CONCERT SERIES



Thursday, July 19th
7:30 PM
\$19



Friday, July 27th
7:30 PM
\$16



Tuesday, August 14th
7:30 PM
\$28

California Cowboys, September 7th
Stompy Jones, September 28th

Full season line-up and tickets available at the Activities Desks or
at our website, www.suncity-lincolnhills.org

This season is sponsored in part by



Activities News & Happenings

Important Information for Our Fun-Loving Residents!

Lavina Samoy, Lifestyle Program Manager



RSVP dates, when indicated on a trip or class, are used to determine the status of the activity. By that date, we determine whether activity registration meets the minimum number required to continue without losing money for the Association. So, if you are on the fence about a trip or class, enroll by the RSVP date to help make it happen. If the trip has met its minimum, you may buy additional seats for the trip for your guests aged 18 and older (21 for casinos) after the RSVP date. Classes are exclusive to residents even after RSVP date. If you see **"RSVP Now"** on a trip or class, that means it is a go and we continue to accept registrations. For example, **Two-Night Yosemite Trip** (on page 47) and **Baseball in Reno, Rivercats on the Road** (on page 48).

The first two **Amphitheater Concerts** have been really successful. Thanks to all of you who came to the shows. There are five more fantastic Amphitheater performances coming this summer (see information on the adjacent page). You still have a chance to buy tickets and be a part of the experience. A couple of things to remember: **Wristbands are required** to enjoy our Amphitheater Concert Series. For those who purchase tickets online, turn in your eTicket confirmation to the Activities Desk to claim your wristbands. You may also exchange eTickets at the OC lobby two hours prior to the show. We encourage you to **set up chairs in the morning**

of the show. But if you choose to set them up after midnight, please be careful and bring a flashlight. Chairs are not allowed earlier than midnight.

Parking options: Two very popular concerts, the Eagles Tribute, July 19, and Frankie Avalon, August 14, have created new parking challenges for us to manage. To ease parking demands, we encourage you to carpool, walk, bike or drive your LSV or golf cart to the OC Amphitheater Concerts. To make room for concert parking, we will close the OC Fitness Center at 6:00 PM for both concerts. We have also requested permission from the city of Lincoln to park on Del Webb Blvd.

Shuttle Service: For the Frankie Avalon concert, we project about 2,000 attendees! Parking will be a challenge so we are offering free bus shuttles from KS to OC Lodge on August 14. The shuttle will provide service to OC beginning at 6:00 PM and will begin return trips to KS immediately following the concert. Guests arriving to KS after 7:00 PM cannot be guaranteed arrival to OC prior to the start of the 7:30 PM concert. Seats on the shuttle are first-come, first-served. *The KS social and fitness facilities will close at 6:00 PM to accommodate concert parking at KS.* Complete information regarding the shuttle service and available parking options are available at the Activities Desks. This is a great challenge to have! Thank you for your support.

Here are some snapshots taken during the last Amphitheater concerts. Enjoy!



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Many Lincoln Hills Referrals

Reminders!!

Bob Murdock, Chartered Clubs & Community Organizations Committee Chair



Not sure about you but I find reminders really help me get through the day(s) with a minimum of conflicts. Ah! You ask what does that have to do with Clubs, keep reading, we'll share how it could help any potential Club conflicts.

It is really easy to forget that we have Club By-Laws or Guidelines. As Club issues, concerns or conflicts occur, those By-Laws or Guidelines should be our first reference. Remember, they are your resource to help make fair decisions. You may even find you wish to clarify some point by updating those By-Laws or Guidelines.

You have done that and the issue is

not readily resolved – next step?

Remember, you can come to the CCOC for help. Email questions to ccoc@suncity-lincolnhills.org or ask to be on the agenda at a CCOC meeting. CCOC meetings are the first Tuesday of the month at 9:30 AM in OC Lodge.

As you may be aware, the city of Lincoln is currently enforcing an old city ordinance pertaining to **banners and business signs**. The Association is in compliance with the ordinance and encourages all Clubs interested in posting banners within the Association to work with staff two months prior to posting to ensure timely approval by the City. If the Club desires to place signs or banners outside of the Association, they must follow the current City Code Enforcement procedures.

As always remember to have fun!!

CCRC Openings

The Communications & Community Relations Committee (CCRC) has several openings 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 SCLH Community.

If you are interested in volunteering with the technical side of communications or are interested in the very popular Community Forum series and its process, this Committee opportunity is for you. Applications are available at the Activities Desks (OC/KS) or they can be found online www.suncity-lincolnhills.org/residents/login.html. For more information please contact CCRC@suncity-lincolnhills.org.

Association Management Continues to Find Improvements

Hank Lipschitz, Finance Committee Chair



Financial results through May demonstrate that your Association Management continues to find improvements in running our operations. As noted below, all departments except one are better than Budget. May results were \$58,578 better than Budget, making our year to date results \$250,960 ahead of Budget.

At our Finance meetings we hear

about improvements that Operations are making such as reducing IT costs and improved results at The Spa at Kilaga Springs and the Food & Beverage Department. This month The Spa and Food & Beverage showed profits of \$2,249 and \$39,463 respectively. While some items are more noticeable, all departments should be recognized for making contributions to keeping our costs down.

As of the end of May, we had \$4,770,696 in the Operating Fund

including \$396,035 in Restricted Funds and \$1,643,259 in the ADA & Construction Settlement Fund. Our Reserve Fund balance was \$4,942,153 at month end. Our policy is that all funds are in FDIC-insured accounts or US Treasuries.

May saw our typical decline in the number of homes with past due assessments to 155 homes for a total of \$99,900 past due. In the comparable month of February we had 155 homes late for a total of \$101,900.

At our next Finance meeting we will hear department mid-year updates and all are encouraged to hear what each department head has to say.

If you have general questions or need information about the chart to the left, I may be reached at finance.committee@suncity-lincolnhills.org. The monthly and year-to-date financial statements are available on the Association's resident website under Library/Financial/2012. You must be logged in as a resident to view Financials.

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

Statement of Operations YTD 05/31/2012

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$3,132,681	\$3,115,070	\$17,611
Administration (expense)	(820,091)	(869,023)	48,932
Kilaga Spa	2,804	(11,082)	13,886
Fitness	(172,573)	(181,012)	8,439
Activities	(90,056)	(86,684)	(3,372)
Rec. Center / Maintenance	(943,391)	(977,644)	34,253
Landscape Maintenance	(943,552)	(1,007,456)	63,904
Food & Beverage	(39,181)	(106,488)	67,307
Capital Asset	34,254	34,254	0
Net Revenues (Expense)	\$160,895	(\$90,065)	\$250,960

Fitness News

"It's the Lifestyle..."

Brandy Garcia, Director of Fitness



I have heard many residents and guests refer to Lincoln Hills as a resort. It certainly feels that way — there are countless ways to be entertained, for example, amazing concerts and shows, fabulous dinner/dances, classes, and informative talks. Plus, every resort boasts several ways to stay active and youthful. Lincoln Hills presents that opportunity through our extensive activities and fitness programs. I like to think that we are a resort with a fringe benefit: the community that is created and felt through our residents by their involvement. It is all these things

"What is one thing that all resorts have that we did not until just recently? Logo apparel and merchandise!

that make this community a desirable place to live and can be summed up with these three little words, "It's the Lifestyle."

What is one thing that all resorts have that we did not until just recently? Logo apparel and merchandise! You now have the opportunity to proudly wear or use items that boldly display the Sun City Lincoln Hills logo along with those three fantastic words... "It's the Lifestyle." The retail shop is located in the OC Fitness Center lobby and is open all week. (See photo on page 44.) Men's and women's apparel, hats, totes and bags, all imprinted with the SCLH logo, are available. If you don't see a color or size that you need, don't hesitate to ask; we do special orders. We also have other merchandise for sale, for example, license plate frames and fitness accessories. Make sure to stop by frequently as we are constantly bringing in new items. We would love to hear what other items you would like to see at the retail center, so let us know. See you there!

Softball, Hot Dogs, Pickleball, Tennis and Parking

Dan Hardesty, Properties Committee Chair



What can all these things have in common you ask? They all represent things we like to do at the Sports Pavilion. Of course, there are lots of other fun things to do at the Sports Pavilion like Bocce Ball, playing in the sand, Horseshoe, Basketball, Croquet, enjoying the beautiful view and parking.

As you may already know there is not enough parking at the Sports Pavilion when too many of our residents are having fun at the same time. When the parking lot is full, some of us have parked on Del Webb Blvd. The city of Lincoln has posted No Parking signs that say "No Parking at Any Time" or there may be consequences. Our request to allow parking has not been approved except for occasional special events.

- Park on Sun Park Lane. Parking is allowed during the day and it is a short walk to the Pavilion.
- Car pool with your friends during busy times.
- Schedule events for less busy times.



No Parking allowed on Del Webb Blvd. anytime

- Drive your golf cart instead of a car.
- Park in the lower parking lot behind OC Fitness Center and catch a ride to the Pavilion with others.



Daytime parking allowed on Sun Park Lane

I am sure you may even have a better idea. If so, please let me know at properties.committee@suncity-lincolnhills.org or better yet, come to our Properties Committee meeting the

Your Properties Committee is looking for a solution, but substantial additional parking at the Pavilion will require removing much of our beautiful landscaping which will detract from the ambiance of our lifestyle.

second Tuesday of each month at 1:00 PM in the Fine Arts Room (OC).

There are some things you can do now to make it better during busy times.

We will also be considering the pickleball court expansion, basketball, raising the softball fence and other exciting issues.

NEIGHBORHOOD WATCH PRESENTS

AUGUST SUMMER SYMPOSIUM

When: Tuesday, August 21, 2012

Time: 1:00 PM to 3:00 PM

Where: Orchard Creek Front Ballroom

Guest Speaker: Cynthia Spears

Placer Dispute Resolution Service



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Guest Speaker: Gary Leonard

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The Spa at Kilaga Springs

Meet Three Therapists and Learn about Their Specialties

Tina Ginnetti, Manager, The Spa at Kilaga Springs

Bonnie Shofer, CMT, specializes in **oncology massage**, which addresses the physical, psycho-social, and emotional consequences of cancer, as well as the side effects of treatments. Bonnie focuses on insomnia, nausea, pain management, scar tissue, boosting the immune system, lymphatic drainage, and neuropathy in the feet. This type of massage also helps those going through radiation, chemotherapy, and pre- and post-surgery issues. In addition, Bonnie performs all of the other massages we offer. (60 minutes, \$65; 90 minutes, \$85)



Bonnie Shofer, CMT

Matt Fries, CMT, offers **myofascial massage**, a safe and effective hands-on technique that involves applying gentle sustained pressure on myofascial tissue restrictions to eliminate pain and restore motion. Trauma, inflammatory responses, and/or surgical procedures create myofascial restrictions causing improper movement of body parts, poor posture, and body mechanics. Myofascial massage enhances strength, improves flexibility, and increases awareness of posture and movement. It is performed without oils or creams to enable the therapist to accurately detect fascial restrictions and to facilitate release. Myofascial massage should be done in a series to provide therapeutic correc-



Matt Fries, CMT

tion. Although Matt has studied a variety of massage techniques, his specialty is myofascial release because he can see the corrective results in his clients. (90 minutes, \$95; Series of four, \$340)

Sandi Perchal, Licensed Esthetician, specializes in **facial** massage. Why is it important to get a professional facial? A facial from your licensed esthetician can be considered maintenance for the health of your skin. Metabolism and circulation slows down as the skin ages, which results in dull and tired



*Sandi Perchal
Licensed Esthetician*

skin. A facial can help increase oxygen and circulation, resulting in glowing, healthy skin. This is just one of the many benefits of visiting and maintaining a habitual facial schedule. Healthy skin requires discipline and the use of effective products. Sandi likes to focus on long-term results with your skincare and encourages you to take the steps necessary to achieve your goals. (60 minutes, \$65; 75 minutes, \$85 and up)

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Delectable Summer Cuisine at Meridians

Jerry McCarthy, Director of Food & Beverage

Summer is here and with the change of temperature comes BBQ season. Meridians has brought back BBQ Mondays, featuring mesquite grilled entrees and the Sports Bar Menu. Come and watch as we cook your entree to perfection over the mesquite BBQ grill. Your barbecued entree comes with Summer Garden Salad, corn on the cob, Chef's Coleslaw, baked beans and bread. Entrees start at only \$11. Buy nine BBQ entrees and the next BBQ entree is free!

Chef Roderick has launched his new Summer Menu. Make sure to look for new favorites like *Grilled Pork Tenderloin, Miso Glazed Salmon, Pan Roasted Mahi Mahi, Grilled Beef Tenderloin, Spinach & Summer Corn Salad, Crab & Melon Cocktail*, and much more! A great ending to lunch or dinner is our new petite desserts. Try a petite peach cobbler or

a petite crème brûlée for only \$2. All six petite desserts are gluten-free for your enjoyment.

Keep in mind there are only three Farmers Market events left this season. Join Chef Roderick as he holds a personal cooking class for you and your guests in the Secret Garden. The



three events are: dinner July 26, lunch August 15, and dinner September 6. Go to our website for all the details.

"A great ending to lunch or dinner is our new petite desserts. Try a petite peach cobbler or a crème brûlée for only \$2."

While you are visiting our website www.meridiansrestaurant.com you will also see other Special Events that are coming soon. You'll want to circle the calendar for the remaining performances of the Summer Amphitheater Concert Series 2012, Deli Night is set for Thursday, August 30, and Crab Feed Night is *Please see Meridians on the following page*

✓ Bucket List

"Tickling the Ivories!"

Gay Sprague, Roving Reporter

Phyllis Hunter always loved live music, and especially so after moving to Sun City Lincoln Hills and enjoying live music performances. She always had a desire to play an instrument and found a class offered in the *Compass*, "Play in a Day Keyboard." She immediately signed up and bought a keyboard. She continues taking private lessons twice a month, and is "having the time of her life" playing. She is working towards recording a CD for her family as a Christmas surprise. While modest



about her keyboard ability, Phyllis is quick to say how much she enjoys it.

Phyllis also accomplished another "bucket list" item last year when she took a trans-Atlantic cruise from Barcelona to New Orleans.

Besides "tickling the ivories," Phyllis is very active in the community with her knitting and various card groups. An avid dog lover, she also keeps busy with Millie (Jack Russell) and Barney (Terrier mix).

What have you accomplished on your Bucket List? Send a paragraph or two of details to bucketlist@suncity-lincolnhills.org.



Phyllis Hunter takes private lessons twice a month

Connections

continued from page 3

has been with the Association for nine years.

Brandy Garcia is your Fitness Director managing both Fitness Centers, three coordinators including Specialty Classes and personal training, Group Exercise, and Wellness in addition to Assistant Fitness Director Lisa Scroggs-Smith who oversees the 17 monitors who greet you from 5:30 AM-8:00 PM. Brandy has been with the Association for eight years.

Judy Hogan is our Club and Room Booking Coordinator. Judy has been with the Association six years and communicates with the leaders of our 75+ clubs to ensure they have the support needed to help them be successful, including facility support. Judy is responsible for bringing the Wednesday Farmers Market to us and coordinating the vendors there to make the market a great experience.

Michael Noriega is our software developer responsible for the design, im-

plementation, and update of our four websites — public, resident, Meridians and Spa — and E-Bulletins. He also handles the implementation of our online registration and responds to webmaster inquiries. Recently Michael

posted a video clip on the resident website demonstrating the registration process and developed demonstration videos to respond to Frequently Asked Questions. Go to www.suncity-lincolnhills.org/residents and click on the FAQ link under Resources at the bottom of the home page to view these. Michael has been with the Association six years.

It is a pleasure to work with these professionals. Each one makes significant contributions to the overall success of our community. We are fortunate to have them with us. See you in the Lodge!



Clockwise from back left: Judy Hogan; Bertha Mendez, Lavina Samoy, Judy Olson, Michael Noriega, Brandy Garcia and Jeannine Balcombe

Meridians

Continued from the preceding page
Wednesday, October 10. Meridians will be hosting Spaghetti Sunday every Sunday during the summer. Come in for dinner and enjoy a plate of spaghetti for only \$7.

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

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Walk with Nature...

Lincoln Hills Hiking Group

Gay Sprague, Roving Reporter

John Muir wrote, "In every walk with Nature one receives far more than he seeks... Keep close to Nature's heart, and break clear away once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean."

What could be better than walking outdoors in our natural environment? Absolutely nothing, according to the Hiking Group here in Lincoln Hills. Founded in 2000, their membership has soared to approximately 140 members.

Hikes are typically scheduled weekly and are rated: *easy*, *moderate*, and *strenuous*. An "easy" hike could be four flat miles, and a "strenuous" hike could be up to twelve miles at a 1,500 to 7,500 foot elevation.

According to the Hiking Club President, Dennis Ratay, we are fortunate to live in "hiking heaven." Most hikes take place in the Sierras and the Auburn State Recreation area. Longer day trips can be up to 120 miles from Lincoln and include the Bay Area, Marin Headlands, Mt. Tam, San Francisco (via ferry), Carson Pass, Kirkwood area, and Lake Tahoe.

Local hikes/walks during the rainy season occur near Monte Azul, Catte Verdera, Orchard Creek Trail, and Roseville Miners' Ravine, and are from three-to-four miles long. The Walking Group is part of the Hiking Group and conducts regularly scheduled local walks on the trail systems within Lincoln Hills.

"Getaway" trips consisting of two-to-four nights are planned twice a year and some of the club's favorite areas are the Monterey Peninsula, Lassen National Park, Sequoia National Park, and Sierra Buttes. (Check their website for information on future trips.)

Dennis' twin brother is active in his hiking club at Sun City Carolina Lakes and they



The Pacific Ocean at Point Lobos

are planning a future east/west coast "home exchange" hiking expedition whereby members from Carolina would be guests of members here in Lincoln Hills and vice versa!

Now that you are ready to hike, it's strongly recommended you assess your endurance level, familiarize yourself with the "new hiker" information, and start slowly with easier hikes or walks.

Information pertaining to the Hiking and Walking groups, including guidelines, hike/walk locations, times, any schedule changes, and breathtaking photography are posted on the club's website and constantly updated, thanks to webmaster, David Wood.

Website: lincolnhillshikers.org



Margaret Ratay admires the Aspens on the Silver Lake Loop Trail

Editor's note: While no record was kept, it is widely believed that Otzi, the Iceman, climbed up the Alps about 5000 years ago and thus, the beginning of "hiking."



Up the Filbert Street steps to Coit Tower



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Neighborhood Watch Read All About It ...

National Night Out on Tuesday, August 7

Patricia Evans

“Summer time and the livin’ is easy...” It’s easier to visit with our neighbors when the air is warm and the sun is shining. And it’s a great time to celebrate National Night Out (NNO) with a party, large or small.



Most of our NNO parties are small, similar to my area where two Mail Box groups enjoy a casual evening together. We each bring an appetizer and a beverage, insuring plenty of food and drink for all, while exchanging our latest adventures.

Large parties planned for this year include Bob Varley’s Village 3B where the tradition is Karaoke lead by Mark

Barto, plus line dancers and hula dancers. The Village 16ABC celebration at Leavell Park will be “bigger and better than ever” according to Chairs Debi & Dennis Wagner.

Elaine & Will Small, Village 18, (joined by Villages 13 and 17) will have musical entertainment and skits by “My Reader’s Group” at Celebration Park. School supplies, food, and clothing will be collected for distribution by the LH Lions Club.

“Even a couple of neighbors celebrating the occasion can register as a party,” said Pauline Watson, NNO Chair. “Please contact me at frpawatson@sbcglobal.net or 543-8438.”

Neighborhood Watch Semi-annual Board Meeting will be held on Friday,



A capacity Neighborhood Watch crowd gathered to enjoy the recent Potluck Kickoff for National Night Out

July 20, in the OC Fine Arts Room, at 10:00 AM. Please plan to attend to learn about our latest plans and accomplishments!

One more thing... the bad guys are back. Please see page 34 to refocus on simple but important ways to disappoint the burglars!

Neighborhood Watch Contacts

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

Preventive Maintenance

The Scoop on Poop

Shirley Schultz

In the field of paleontology, finding fossilized feces called Coprolites from some ancient species is an exciting and wonderful clue about the dietary behavior of that creature. However, in the here-and-now, when you are so constipated that you think that you are pooping a Coprolite, it is neither exciting nor wonderful news. You will likely be suffering from significant abdominal pain and perhaps other symptoms. One thing is certain: the contents of your bowel are a clue to your flu-



ids, dietary intake, and other lifestyle behaviors.

The gastrointestinal process starts with what enters the alimentary canal, the mouth. A swallow empties it down the esophagus and passes through the cardiac sphincter into the stomach. Once mixed up with some hydrochloric acid, the stomach contents pass through the pyloric sphincter into the upper part of the small intestine called the duodenum. Those contents are then acted upon by bile from the liver, or from the gallbladder storage reservoir, and then by digestive enzymes from the pancreas. On its journey through the small intestine, the contents give up those digested parts that can be absorbed through the intestinal wall into the blood stream. From the small intestine, the unabsorbed contents pass through the ileocecal valve into

the large intestine. In the large intestine, also called the colon, the alimentary contents give up much of their fluid through the ongoing absorption process. Finally, at the end of the colon is the rectum where the contents are excreted through the anus.



Just as one can develop varicose veins on the legs, one can develop varicose veins around the anus, called hemorrhoids. Straining to poop and sitting on the toilet for long periods with the rectal muscles relaxed are common causes of hemorrhoids. Therefore, don’t sit and read on the toilet – poop or get off the pot!

Please see The Scoop on Poop on page 44

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Lincoln High School Farm

Teens Plant Their Feet in Two Worlds

Al Roten, Roving Reporter

Just a few years ago Lincoln was a small town centered on farm and ranch life. Now it is a city with a population of almost 43,000 and the challenges of growing urbanization. It is nice to note that some wholesome vestiges of the past are still here. One remarkable and lasting feature is the Lincoln High School Farm.

Throughout California there are several high schools with farms and agricultural curricula, but most of those claim just a few acres contiguous to the school campus. Lincoln High can boast the largest high-school farm in the West!

The 405-acre Lincoln High School Farm, a mile off Dowd Road west of Lincoln, got its start in 1974 when the McClellan Air Force Base donated 280 acres of its antenna farm to our Western Placer Unified School District. While it

took several years to get the land cleared for agricultural purposes, over the next 24 years, shops, a hay barn, fencing, and classrooms were added. In 2006, an additional 125 acres of wetlands were donated by Wildlands, Inc.

Today the farm has a small orchard, demon-



Entry to farm

stration forest, cold water aquaculture facility, pens and corrals, hay and rice fields, pastures, wetlands, vernal pools, and an extensive bird sanctuary, all of which support the Agricultural Technology and Environmental Science curriculum of Lincoln High School. The four teachers of the professional staff provide instruction in a broad range of academic subjects, including agricultural science, biology, chemistry, metallurgy, welding & fabrication, farm power, agri-



Future Farmers of America Leadership Group planning for the Fair

cultural economics, and government. In addition, leadership development is fostered by mentoring enrolled students in Future Farmers of America. Much of the livestock on the farm belongs to students who show and sell their animals at the Placer County Fair.

Tours and Day Camps are conducted for middle school children as an introduction to farm-related education. An open house for the community is held each spring. Plans are underway for a fall open house and pumpkin fair — keep your eyes open for this announcement. There may be volunteering opportunities available through our SCHOOLS Program.

Students spend part of their days at the in-town high school, then are bussed to the farm for the specialized agricultural courses. The farm is self-supporting, with only classroom support as a cost to the school district.

It is an outstanding opportunity to live in a community with feet firmly planted in two worlds.



Middle School Kids in Day Camp



Students spend part of their days at the in-town high school, then are bussed to the farm, above, for the specialized agricultural courses

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Open Sesame!

SCLH Volunteers Reach Out to the Lincoln Public Library at Twelve Bridges

Patricia Evans

Keeping the doors open at the Twelve Bridges Library is a challenge relished by many SCLH residents. The library is a magical place, full of adventures inside books of every variety. Browsing among the shelves of books brings pleasure to readers of all ages.

The volunteer "book elves" have been there, keeping the books easy to find and enjoy.

periences for pre-school children.

Mother Goose, a.k.a. SCLH resident Betty Gordon, says the children like to talk with and hug her puppet goose, saying hello to a good friend. As many as 100 children and caretakers attend each of the two sessions at 10:30 and 11:30 AM.

To encourage young readers, the Friends provide books to four local elementary schools, a value of \$3,500 annually. It is said that children learn to read through third grade, and then "read to learn." The gift of reading skills will enrich these children throughout their lifetime.

Are your grandchildren visiting this summer? The Friends are providing free movies made from family-friendly books on July 21, and August 18 at 5:30 PM.

If it were not for SCLH volunteers, Twelve Bridges Library would not be able to function, according to Shirley Russell, past president of the Friends. Books, many contributed by SCLH residents, are always for

sale in the library, courtesy of faithful volunteers who constantly refresh the inventory.

Persuading businesses and organizations to become patrons of the library is a passion of Friends VP Jeff



Mother Goose, a.k.a. SCLH resident Betty Gordon, says the children like to talk with and hug her puppet goose, saying hello to a good friend



As many as 100 children and caretakers attend each of the two sessions on Thursdays

Karen Jarrell, LH resident and President of the Friends of the Library, said volunteers contributed 12,000 hours in 2011, the equivalent of six full-time staff positions. The Friends also contribute \$7,500 annually to keep the library open for three hours on Thursdays when "Mother Goose on the Loose," which includes Lincoln Hills volunteers, provides educational ex-



Residents, from left, Mary Brown, Judy Bond, and Linda Derosier (Library Assistant) having fun with the children

Please see Open Sesame on page 23



Karen Jarrell, far left, LH resident and President of the Friends of the Library, said volunteers contributed 12,000 hours in 2011, the equivalent of six full-time staff positions. Shown here are other residents who are also volunteers, from left, Sally Petersen, John Glynn and Karen Kiisk



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Orienteering**Our Canyon is Grand!***Dee Hynes*

Are you curious about the mysteries of the Elderberry Trail's ponderous boulders? These aloof giants may smugly challenge you to guess their age and origin. If not lured to

sage leaves, the smooth silver and cinnamon bark of giant shrubs or teal and olivaceous lichen anchored to their rock harbors.

Audio senses may be entertained by myriad conversations from varied bird species. Our feathered friends entertain both individuals and groups, such as the Walking and Bird Groups. Ruth Baylis, Co-Leader of the Bird Group, reports that this nesting season we have had three species of raptors build their nests in the canyon: White-tailed Kites,

Sharp-shinned Hawks, and Red-Shouldered Hawks. There's activity here when you have time to look and discover.

Each trail route continues to neighboring Village sidewalks. See your Community Directory and Resource Guide Fitness Trail foldout maps for directions and path descriptions.

Did You Know?

Looking for information on use of facilities, fees, hours and rates for our Association? All of that and more about our wonderful community can be found within our *Lincoln Hills Community Directory and Resource Guide*. Haven't picked up your 2012 Directory yet? It's available at OC Lodge now.



The Hiking Group crosses one of the twin canyon bridges



Canyon Oak Trail leading to the oak forest

the Elderberry Trail by our immovable granite jewels, perhaps the Canyon Oak Trail's oak forest will capture your interest.

Both trails begin within our compact canyon, a very unique domain. In this popular habitat, your senses may be enhanced by these praised pathways. Your greatest midsummer sensation may be the occasional cover of shade. Visual senses may dance as you view kelly green and



One of two canyon narrative signs

Open Sesame

Continued from page 21

Greenberg. Recent support also came from the Lincoln Hills Foundation's contribution of \$1,500 for large print books plus two wheelchairs.

The Night for the Library fund-raiser in March netted over \$7,000. Residents who gave their time and talents included Lincoln Hills residents Dar

Galloway and Paul Krow, who served as auctioneer and emcee.

Our spacious, gracious library needs your help to keep the doors open. Call the Lincoln Library at Twelve Bridges at 434-2410, or the Friends of the Library at 434-2404, to volunteer or donate.

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Club News



• Alzheimer's/Dementia • Caregivers Support Group

We call it Open Forum Day at the Caring/Sharing Meeting of our Support Group on July 25. Come with your questions and concerns. If one person has a question it is often the case there are others who want to know the answer. There are caregivers who can offer a solution. Elizabeth Rawson our resource person from del Oro Caregiver Resource Center will be there to lead the way. That is part of what a support group can offer a caregiver. Because there are so many stages of Dementia, it is not surprising that the need for the support group continues over the caregiver's journey and that members can assist each other.

Our Support Group meets the fourth Wednesday of the month at 1:00 PM in the Multipurpose Room (OC). Books and DVDs are available for you to borrow and read in the comfort of your home.

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



• Antiques Appreciation •

The Antiques Appreciation Club is a fun-loving and friendly group of people who are interested in antiques and vintage collections of all kinds! We get together once a month on the first Monday at 9:30 AM in the Multipurpose Room (OC). There have been many great presentations planned by our program directors on subjects such as vintage costume jewelry, 1950's memorabilia, rare coins, docent from the Empire Mine in Grass Valley, Lincoln Archives Museum, Gladding McBean, and antique and vintage kitchen items to name a few! We also have "show and tell" meetings where members bring their own treasures. And twice a year there's a party planned by the social committee: a Christmas Brunch in December and a Potluck Dinner in the spring! If this is of interest to you, we'd love to have you join in on the fun

by coming to the meetings!

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



• Art Association •

The LH Art Association is happy to present Maija Peeples-Brights as our artist for the July 23 meeting. Among other things, Maija was one of the famous "Candy Store Gallery" artists with her whimsical and colorful paintings and sculptures. Her work is featured at the Crocker Art Museum. Please come to our meeting on July 23 at 2:00 PM in P-Hall [KS] and see the explosion of color and fun!



World renowned artist Greg Kondos, after speaking at a recent meeting, shown with fellow artist and 30-year friend from Lincoln Hills, Maggie McGurk

Contact: Maggie McGurk 543 5300



• Astronomy •

Monday, July 16. No July Cosmology Interest Group Meeting.

Wednesday, August 15: Planetarium Show, 7:00 PM, Sierra College. Professor Marasso will present "Cosmic Affects" and explore astronomical phenomena



Beautiful photo of Sun eclipse taken by Marilyn Thomas; Ken Crawford presenting "Colors of the Night Sky" at the Community Forum on May 7

and how they affect the Earth and the human condition. Sign up/more info: Ron Olson (408-1435). A small charge (\$5 per person) will be made and given to Sierra College.

Monday, August 20. Cosmology Interest Group, Fine Arts Room (OC), 6:45 PM. DVD lecture series "Black Holes Explained" is the subject of upcoming meetings. More info: Morey Lewis (408-4469).

Wednesday, September 5. P-Hall (KS), 6:45 PM. Don Wilson will present "The Big Bang — Greatest Show on Earth" a presentation on Cosmology.

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

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



• Ballroom Dance •

If it's been a while since you've danced, our Tuesday dance sessions, 2:00-5:00 PM are for you. The first hour covers the basic moves for the dance of the month. The second hour is "open dancing" for time to practice with help from the teachers if desired. The third hour gives experienced dancers the opportunity to learn more advanced steps.

Research shows Ballroom Dancing wards off dementia, controls weight, lowers cholesterol/blood pressure, tones muscles and improves balance. Dancing exercises the body as well as the mind, helping us to stay fit.

We enjoy getting together on Tuesdays and welcome new members at any time. Annual dues are only \$5, which includes all lessons at no cost,



Dancers Jonas Porup and Ann Keaton

a great bargain! Join us in the Multi-purpose Room (KS) for July, we'll be learning the classic Waltz. August look forward to learning the EC Swing.

**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 August 15. The July 18 meeting is cancelled.

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, August 9 at *Mary's Pizza*. 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 9:00-12:00 and 1:00-4:00 First Wednesday
- Nine-Ball Singles 10:00-12:00 and 1:00-4:00 Second Tuesday
- Eight-Ball Doubles 1:00-4:00 Third Wednesday

All games at KS

Tournament Winners: Eight Ball Singles, June 6 — AM Winner Ted Komaki; Runners-up Joe Perez and Al Jones; PM Winner Phil Delaney; Runner-up Joe Ferrando; Nine-Ball Singles, June 12 — AM Winner Les Birch; Runners-up Norm Hagerty, CV Orr and Hal Berman; PM Winner Sam Munoz; Runner-up Steve Brown; Eight-Ball Doubles, June 20 — Winners Joe Ferrando and Bob Armour; Runners-up Doug Porter and Clyde McFadden; Sam Parsons and Wayne Bullen; Peshu Irani and Sam Munoz.

We thank Jim & Lorraine Immel for opening their home again for The

Shooters' annual BBQ on June 1. The group presented Jim with a certificate in honor of his years of dedication to The Shooters. With the help of other volunteers he saw that all tournaments ran as smoothly as possible.



*Winners of
Eight-Ball
Doubles
June 20 Joe
Ferrando and
Bob Armour;
Certificate
awarded to
Jim Immel for
his years of
dedication*



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

Challengers Billiards

The Challengers Group is for mid-level to advanced players. We play every Friday from 10:00 AM to 12:00 PM at the Billiard Room (KS). The last Friday of each month is sign-up day for the following month. New players are welcome, please sign in or just drop in as a stand-by player.

June 15 was a special day for Joe Hobby; he had a full table run-out to win the game. Congratulations Joe!

Last Month Winners: First place: seven games — Ken Klein; six games — Joe Hobby, Doyle Coker, Bob Rand, Ted Komaki, Ted Baker; five-and-half games — Steve Fowler, Willie Wright. Second place: five-and-a-half games —

Oscar Alvarez; five games — Bill Huth, Carlos Barrantes, Frank Mahoney, George Black, Gail Harmon, Bill Kim.

Have fun, see you next month.

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

Couples Billiards

This first week we had a two-way tie

of five wins. Those players were Jim/Barb Conger and Al/Betty Jones. Sandy Pavlovich played without a partner and won four games. Five teams won three games.

Dale Houck/Chiquita Fratto was the only team to win six games this week. Joe Perez/Rita Baikauskas and Ron/Sherry Weech tied with five wins. Two teams won four games. Those players were Dan Oden/Gail Harmon and Joe/Nicki Hobby.

Howard Skulnick/Peshu Irani won five games this week. Ron/Sherry Weech won four games. Six teams won three games.

There was a two-way tie of five games won this week. Those players were: Joe Perez/Rita Baikauskas and Bob Hodge/Sylvia Gutierrez.

Joe/Nicki Hobby was the only team to win six games this last week of play. Two teams tied with five wins, those players were Dale Houck/Chiquita Fratto and Carlos Barrantes/Bob Soriano.

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

Players Billiards

Enjoy the thrill of victory! Have fun playing pool again! Every Thursday from 2:15-4:30 PM, we play six games of Eight Ball. We play by the American Poolplayers Association rules. There is an advance sign-up binder on the fire-place and standby players can frequently play. We sign up at 2:00 PM on the last Thursday of the month for the following month. Come join us!

Congratulations to our recent winners — Six games: Phil Berlenghi, Peshu Irani, Dan Oden, Oscar Alvarez; five of six games: Sylvia Gutierrez, Oscar Alvarez, Jennie Wright, Dan Oden, Howard Skulnick, Doyle Coker; four of six games: Howard Skulnick, Phil Berlenghi, Willie Wright, Jack Fabian, Ziggy Brien, Larry White, Carlos Barrantes, Del Torres, Joe Perez, Dale Houck, Bob Soriano, Peshu Irani, Hugh Duberley, Dennis Dreiling.

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

Upstarts Billiards

"Chalk can't walk, and chalk can't talk. We talk at whose fault— Who took the chalk?"

Calling all Billiards players, both real and wannabes. That's right; here's the place to perfect your skills, or learn a new one. We like new people! Our Upstarts Billiards Group is beginners-to-average players; we play standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM at the Billiards Room (KS). You're sure to have fun here.

Winner six games — Connie Hoetger, Pool Player Extraordinaire!; winners five games — Harold Alexander, Gary Averett, Bob Bienkowski, Doyle Coker, Frank DeMasi, Dennis Dreiling, Gary Hoffman, Peshu Irani, Rande Janzen, Bob Rand, Bianca Reckling.

Sign-ups are the last Thursdays every 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 once a month on the second Monday at P-Hall (KS) at 1:30 PM. Due to the hot weather and lack of local bird activity, the group will be taking a breather in August. No meeting or bird walks are scheduled for the month.

Other ongoing activities to do include programs at the Yolo Bypass Wildlife Area and Cosumnes River Preserve. While on a trip to the bay area recently, I visited Shoreline Park in Mountain View. Spotted were a Black Skimmer, several Forster's Terns, Black-neck Stilts, American Avocets, Brown Pelicans, Ruddy Ducks, Gulls, Pine Siskins, and a Black-headed Grosbeak. Happy Birding!

**Contacts: Ruth & Don Baylis,
Lh_bird_group@yahoo.com**

Website: www.suncity-lincolnhills.org/residents



• Bocce Ball, Mad Hatters •

Lost bocce balls!! If you are missing a green Bocce ball from your personal set please give us a call. We have a large box of miscellaneous Bocce balls, for which we would like to find a



Bocce picnic

home. They're of varying sizes with a couple of red balls thrown in.

Lots of activity on the courts this past month. We finished last month with a picnic at the gazebo and had 28 people on two occasions. The Italian Club has apparently started a summer tournament. The Summer Evening Bocce Ball Mini-League is underway. Friday nights are getting a little crowded. The Monday morning group has been welcoming more and more people. It seems like every time we drive by the courts there's another group playing Bocce. If you'd like to get in on the activity please join us every Thursday at 8:00 AM.

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



• Book Group, OC •

In 1937 the lives of two modern Chinese girls are changed forever when their wealthy father, having gambled away his fortune, is forced to sell his beautiful daughters to a Chinese family looking for wives for their sons in Los Angeles. As the Japanese are bombing their city they set sail for their shocking new lives, where nothing is as it was represented. You will have to read the book to find out what happens next. July 19 is the date for our discussion of *Shanghai Girls* by Lisa.

We meet the third Thursday of each month from 1:00 to 2:30 in the multipurpose room(OC) . Newcomers are always welcome.

Remaining 2012 Schedule:

- August 16: *The Confession* by John Grisham
 - September 20: *The Glass Blower of Murano* by Marina Fiorato
 - October 18: *To America* by Stephen Ambrose
 - November 15: *State of Wonder* by Ann Patchett
- Contacts: Penny Pearl 409-0510;
Dale Nater 543-8755,
Darlis Beale 408-0269;
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>**



• Bosom Buddies • Breast Cancer Survivors

We didn't have a meeting in July due to many folks vacationing. The August meeting will be a luncheon and installation of new officers. Enjoy these summer days!

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



• Bowling •

Looking forward to another exciting season of friendly competition and good fellowship. Mark your calendar for August 28 (*note corrected date*), General Meeting for beginning of the 2012-2013 season, 10:00 AM, KS. We have plenty of openings for teams, individuals and always of course subs! No matter, whether you never have bowled before and want to learn or just want to get back into the game, "come on down"!

**Contacts: Frank Schmidig
434-5972; Jerry Gordon, 408-5989;
Joan Gates 253-9415**



• Bridge, Partners • Thursday Evening First & Third

If you're a couple interested in playing partners' bridge with a relaxed, fun

group of people, please come join us. If you give us a call, we'll put you on the list – or just show up and take your 50/50 chances.

We start promptly at 6:00 PM in the Terra Cotta Room (KS) and you will be finished no later than 8:30 PM. Please be there a little early.

June 7 winners: First, Janet Pinnell and Susan Petersen; Second, Marge & Wayne Phillips; Third, Arlean Parton and Helen Helm; Fourth, Reta Blanchard and Bev Ansbro who also won high round with 2200 points.

June 21 winners: First, Kay & Ben Newton; Second, Gay Gladden and Neil Wilson; Third, Bob & Lorraine Minke; Fourth, Erica Wolf and Olga Hayden. High round of 2080 was won by Lydia King and Nancy Turrini.

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

Thursday Evening Second & Fourth

The second and fourth Thursday night social bridge is held in the Terra Cotta Room (KS). May 24 results: First Warren & Gerry Sonnenburg; second Harry & Gail Ramsden; third Janet Pinnell and Bev Ansbro; and fourth Sharyn Alexander and Judy Barkhurst.

June 14 results: First Ericka Wolf and Olga Hayden; second Bev Dwyer and Carol Mayeur; third Stan Mutnick and Bruce Fink; and fourth Nancy Turrini and Lydia King.

Come join us for a fun evening of Bridge. Call Chris or Ken.

Contacts: Chris & Ken Jacobson
408-8709



• Bridge, Duplicate •

Sacramento Unit 505 of the ACBL will host their annual awards event Saturday, July 21, in the Multipurpose Room (KS). "Swiss teams" format with a potluck get-together following.

Congratulations! Cynthia Turner has achieved "Silver Life Master" and Jim McElfresh earned "Bronze Life Master."

Eleven SCLHDBC members were winners during the California Capital

Regional in Sacramento. First placers included Lynn Puri, David Glasspiegel, Elise Homer, Margaret Riegert, Sue Schmidt, Lynne White and John White. Winners of two events were Tom Ross, Carol Ross, Steve Upadhye, and Dick Proffitt.

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.

Wednesday sessions include (for a two-month trial) a "199er" section restricted to those with less duplicate bridge experience, fewer than 200 Master Points; and during the Saturday session, a "299er" section is limited to players under 300 MPs.

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



• Bridge, Social •

We play every Friday from 1:00-4:00 PM in the Terra Cotta Room (KS). We start playing promptly at 1:00 PM so please arrive by 12:50 PM and be ready to play. Join us for an afternoon of fun. You do not need a partner to play but you do need to make reservations. Also, please be sure to call if you need to cancel your reservation. You can make reservations by calling Beryl LeVine at 434-6638.

Winners from May 25th-June 15th were first place — Chet Winton, B.J. Parkinson, Lee Holman and Shirley Bry; second — Dolores Marchand, Gerry Sonnenburg, B.J. Parkinson and Randy Rasmussen; third — Beryl LeVine, Shirley Bry (twice) and B.J. Parkinson; fourth — Lee Holman (twice), Jim Busey and Febe Harrington.

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



• Bunco •

Our Bunco Club had a fantastic turnout for last month's games and also for the potluck held after play. The food was fabulous and the opportunity

to visit with fellow players was greatly enjoyed. Thank you Ginna for hosting our potluck in your beautiful backyard and we all appreciate how much effort it took to make us feel so comfortable.

Since the temperatures are starting to rise, think about joining us in the Cards Room (OC) every third Thursday at 9:00 AM. It's always such fun for a very small cost. The entry fee is only \$5 and membership fees are never required.

Last month's winners: Most Buncos Bea Angel; High Score Lynda Fagan; Most Wins Barbara Conner; Low Score Claudette Rhoads-Kinman; Most Losses Sharon Chipman; Traveler Pam Curtis.

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



• Ceramic Arts •

Happy July!!! The fireworks have come and gone and now vacations take the stage. Check out the new opportunity to "drop in" for an art class during the months where you have a vacation scheduled. There are some special rules for these classes (see page 65) but it gives you the chance to go to your *regular class* on your *regular day* without paying for the entire month – you pay just for that day's class

Our next big event is the Holiday Arts and Crafts Fair. Sign-ups are being done by mail this year. You must meet some specific requirements and guidelines. For details, contact Terry Pisani at lvterryscar@aol.com.

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM, and *Sundays*, 1:00-4:00 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 any holiday times/closures.

Contacts: KS Earthenware Terry Pisani 408-4037; KS Spanish Oils Margot Bruestle 434-9575; OC Pottery Paul Aldrete 408-7798; Ed Hanson 253-3950; Mike Daley 474-0910
Website (see next page)

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

• **Cloggers** •

Residents — a chance to try something for free! Lincoln Hills Cloggers invite you to come experience “Clogging” — a dance that needs no partner! Wear flat heeled shoes, no sling backs or high heels. Experience “clog dancing;” no lecture, just fun activity! Instructor Janice Hanzel plans two hours of activity and dancing. Dates: Tuesdays, August 21 and 28; 11:00 AM – 12:00 PM. To sign up at the desk is helpful for the count. There is *no* commitment. Want to drop-in? do so and bring a friend. Fun awaits.

A workshop is scheduled for Saturday, August 11 at Barrett Community Center, 1835 Belburn Dr. Belmont, CA. Workshops 10:00 AM - 4:30 PM; Dance 5:00-7:00 PM. Save money by pre-registration — deadline July 27. Wooden floor, refreshments & an opportunity drawing.

Instructor Janice has many future plans for clogging students. Tech and Performance classes will work on formations and hone up clogging steps.

Join us!

Contact: Anita Tyson 543-5330



• **Computer** •

Main Meeting: August 8, 6:30 PM, “Making the Most of the Cloud” by Bob



*Cloud Computing;
Bob Ringo*

Ringo. By now most of us have heard of or employed the Internet for backup and media storage. The cloud provides a central location from which to upload and download videos, pictures, and documents from any web browser on any computer. This is called “Storage in the Cloud.”

You can also run online applications such as word processors, presentation makers, and accounting programs in the Cloud. This is called “Cloud Computing.” The primary advantage of Cloud Computing is that you can access your files from any Internet connected device using a web browser and an Internet connection.

Clinic is August 10, 3:30 PM, Bob will continue his discussion & demonstrations of the Cloud.

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

Contact: Bob Ringo

president@sclhcc.org

Website: www.sclhcc.org



Mac User

The fascinating but little known application, Text Edit, will be demonstrated at the July 18 (9:00 AM) Newbie meeting in P-Hall (KS) by Henry Sandigo and Bill Roberts. Members can practice using Text Edit at the Hands-on Workshop, July 18, 4:00 PM, in the Multimedia Room (OC).

“Downloading — The Lowdown on Downloading” is the topic for Andy Petro and Helen Rains on August 2 at 7:00 PM, and August 15 at 9:00 AM. The hands-on workshop is at 4:00 PM in the Multimedia Room (OC).

Irwin Mallof will demonstrate preparing a slideshow in iPhoto on July 26 at 7:00 PM.

Check the LHMUG calendar on our website (below) for more information on the August General meeting and Educational seminars.

The October 9 Tenth Anniversary Banquet seats are going fast! Contact Bonnie Esker immediately to reserve your spot. Great food, prizes and en-

tertainment are in store for 250 lucky people.

Contacts: Bill Smith, 543-9957,

wsmith986@gmail.com;

Support Help Line: 543-9957

Website: www.lhmug.org



• **Country Couples** •

Be sure to mark your calendars for the next CC’s Dance at KS. It will be the last CC’s Dance for this year at SCLH. It is scheduled for September 21 and further details will be forthcoming.

As a reminder, Linda & Ernie Wilson hold dance practice sessions on Thursdays, 6:00-7:00 PM, for new members who are taking lessons on Monday nights. Tom & Ern Hargis hold Saturday practice sessions, 4:00-6:00 PM for intermediate and advanced students of the Monday night lessons. Both practices are held in the Fine Arts Room (OC).

Non-members who are interested in observing the style of Country Couples dancing are welcome to contact one of the members noted below for times and locations of lessons and practices. Dancing is good exercise and an enjoyable social activity. Give it a try.

Contacts: Ernie Wilson 434-6588;

Ralph Lacaze 408-2365



• **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 the players rather than having a partnership stay together all morning.

We continue to have good turnouts for our weekly session and everyone is having a good time playing. However, *we still need volunteers to help run the group each Tuesday morning. Please consider becoming one of those volunteers.*

Contact: Jack Poshepny 543-8463



• **Cyclist** •

There has been quite a bit of discussion lately about tires. The general consensus (of both pros and folks in our club) is that one can deflate one's tires 10-20 lbs for more comfort, without sacrificing performance. While it is counter-intuitive, some studies have suggested slightly softer tires actually roll faster. One can also run slightly larger tires in the rear



Cyclists leaving town; looking for hills; out in the country

for more comfort without causing any problems. Generally speaking, 40% of your weight is on the front tire, 60% on the rear, which explains why more flats and faster tire wear occur in back. If you are going to put on just one new tire, put it on the front. A 23cm/25cm or 25cm/28cm configuration might even give you longer tire life, especially if you are not a 145 lb sprinter. However, some bikes do not have enough fork clearance for anything above a 25 cm tire.

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** •

If you don't have vacation plans this month and all your yard work is done, come see us about learning to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

The morning and afternoon sessions of continue to flourish. You are cor-

dially invited to join one of our times: Wednesday at 9:00 AM or 12:30 PM in the Cards Room (OC). Free classes are being held at the 9:00 AM session. It's a great time of fun and social interaction.

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



• **Eye Contact Low Vision Support** •

Next meeting: August 9, 1:00-3:00 PM, P-Hall (KS). Earn your IKWITA degree. The third in a series of three fun and educational quiz games hosted by Ed Huggett, O.D. and ILVSG Director, Dan Roberts.

Followed by: "What would you like?" Bring your ideas to an open discussion — topics, speakers, demonstrations, social activities; here's your opportunity to present possible future group meetings.

FYI: Scientists at Queen's University, Ontario, have found that patients who have had Avastin injections are 12 times more likely to develop pain and inflammation in their eye(s). The study was published in the June 2012 *Canadian Journal of Ophthalmology*. The study involved medical records of more than 1500 patients; they concluded that "significant concern still exists regarding the safety of Avastin. Patients receiving the off-label drug, should be examined regarding possible increased risk for serious adverse events."

To read the abstract go to: <http://tinyurl.com/d39rk33>,

Losing eyesight gives greater insight.

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



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

If you, a friend or a loved one, suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, July 26, in the Multimedia Room (OC), for our monthly support meeting. Our meeting for July will be an open discussion of personal experiences and planning the next six months of meeting topics.

Our group purpose is to provide positive support for residents with Fibromyalgia and/or Chronic Fatigue Syndrome. We offer information, emotional support, exercise options and suggestions for mental well-being as well as physical wellness. We meet the fourth Thursday of each month from 1:00-3:00 PM, except for major holidays.

Contacts: Sandy Barry 209-3247; Jackie Wilson 253-3744; Marjory Barlow 408-1400



• **Fishing** •

Lincoln Hills Fishing Group members report the following results for the early summer period. Things are heating up, with large numbers of kokanee salmon being caught in New Melones Reservoir. Members report the size of the fish this year as



Clockwise: Marv's king; Henderson Springs — Frog Lake in the rain; patio view Henderson

being quite small. In a reverse fashion, Lake Berryessa fishermen report the fish are larger but their early spring numbers have dwindled as the weather has warmed up. Meanwhile Oroville Lake is producing lots of really nice silver/Coho salmon.

Recent trips during the June-July period included multi-day trips to Heidelmann Lodge in the Sierras, Flaming Gorge on the Utah/Wyoming border and several float tube trips to Fuller Lake.

The June 11 LHFG meeting included updated Sierra Nevada fishing tips from professional fishing guide Ed Fisk of Fish Tales Guide Service. Also giving a report was Marv Bennett, winner of the 2012 \$5000 Wild Alaska Cruises fishing cruise.

Contact: Jerry Messier 434-6917,
jmessier@starstream.net



• **Garden** •

Garden Tip: Avoid blossom-end rot on tomatoes, peppers, and squash by maintaining uniform soil moisture. Plant veggies in well-drained soil and water deeply once or twice a week. Mulch will help the soil retain that moisture. Try not to disturb sensitive roots; avoid cultivating more than one-inch deep.

General Meeting, Thursday, July 26, 2:00 PM, KS. "Veggies Year Round" will be the presentation given by Dr. Robert Norris, UC Davis, Plant Science Department. He is currently teaching Vegetable



Grow your own veggies;
garden group survey

Gardening to Master Gardeners and has since 1980.

A survey (via email) has been sent to members from the Program Committee. They need your input on future programs. If you do not have access to this form, there are copies in the club information bins (OC).

Save the date! The Second Annual Ice Cream Social will be on August 23. A Hawaiian theme has been chosen for the Garden Hat Contest.

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

Flower Arranging Class

Second Monday, some months. Dates, time and place will be announced several months before the event.

Contact: Gloria Stroemer 645-4699



• **Gem and Mineral Society** •

Mel Huth from California Institute of Jewelry Training, and Gini Foster will present a film and discussion of diamonds at our July 30 meeting. Tentatively: August will be a presentation on John Neil's Nicaragua

volcano trip; September, Tim Unruh to discuss meteorites or tektites; November, a film from CFMS, along with show and tell and a rock sale.

Member, California and American Federation of Mineralogical Societies.

Lapidary and Jewelry Shop, Mondays 8:00 AM to 12:00 PM. First Monday also 12:00 to 2:00 PM. The charge is \$5 per two hours. Funds to refresh equipment and supplies. Monday Morning Shop Master is Dave Fisk; afternoon Shop Master is Ron Clawson.

Gem and Mineral Society meets last Monday, 4:00 to 5:30 PM. Sierra Room (KS). Guests welcome.

Lapidary and Lost Wax classes are taught in January, March, May, September and October. Sign up at the Activities Desk (OC/KS).

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

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



• **Genealogy** •

Here we are, half-way through 2012. Tomorrow, July 16, we celebrate with our Ice Cream Social in KS at 6:30 PM. Let us reflect on the past excellent meetings: Use of Googling; the 1940 Census; using Ancestry.com; ways to publish a book; and connecting via Facebook. Also, our many "Help Sessions" give us access to the major Genealogy Data Bases and Computer Programs.

Another Computer Workshop comes Monday, August 6, 6:30 PM in the Computer Room (OC). (Sign up — 12 computers available, or bring your laptop). Will cover more on using Facebook or blogging. At the same time, the Club Library will be open for checkout of books; and a Help Session will be available: bring your questions and a flash drive.

The August General Meeting, on August 20, at 6:30 PM in KS will show the use of different scanners helpful in scanning photos and documents.

Contact: BJ Ollas 543-4682;

Judy Hoffman 408-8878

Website: www.webflavors.com/lincoln

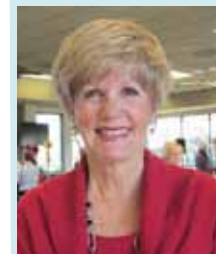


• **Golf, Ladies** •

Lincster Lady Niners

Lincsters are making very impressive putts. First place for putts were: May 2, Lois Gilbert with 16; May 9, Mary Cannistraci, Darlynn Giorgi and Bev Johnson with 16; May 23, Kathy Lindner with 14; and May 30, Darlynn Giorgi with 15. Keep up the good work.

Sherry Weech, 2011 Champion Charm Girl and now Golfer of the Month



Clockwise from top left:
Sherry Weech;
Marcia Bush;
Mary Cannistraci

for May, is at it again. Although busy taking pictures and attending photography classes for the Lincsters, she has really been working on her game. Congratulations!

WNHGA update: Congratulations to Marcia Bush, Charm Girl for May 2012. On May 23, she had a net 40 on the Orchard Course.

A large field is expected for the "Home and Home Beach Party Golf Tournament" scheduled for July 31. Carol Greene and her committee have invited Sun City Roseville, Lake of the Pines and Indian Creek to the annual nine-hole event.

Contact: Carol Golbranson
543-8647

Website: www.lincsters.com

Ladies XVIII

The May 24 ABCD flights winners: A gross Candy Koropp, net Nancy Miligan. B gross Margaret Hebert, net Ofur Unger. C gross Liza Bedford, net Donna Sosko. D gross Ida Cicci, net Judy Meyer. Almost a hole in one, Gisela

Zander one foot away.

May 31: Stableford points / four flights. Winners: Elaine Kalani, first; Linda Anselmo, second; Carol Perry, third; Bonnie Devers, fourth. June 14: Two-man match play tournament, five top winners. Candy Koropp, Peggy Carr +6 with five holes to go; Kristin Anderson, and Sandy Tamanti +5 with four holes to go. Joan Thompson, Sally Ennis +5 with three holes to go. Rita Blanchard, Mary Holland +4 with three holes to go. Dee Arts, Patti Page +4 with two holes to go. Next big event: Invitational June 21. Coverage next month's *Compass*.

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



• **Golf, Men's** •

In June we had our NCGA Senior four ball qualifier and Just for Fun tournament, followed by the NCGA Net Amateur Qualifier and Just for Fun. We sent two teams to regionals from the Senior four ball: George Wuschnig and Mercer Tyson, plus Steve Brown and Sam Munoz will play on August 9. Other flight winners were Ed Dell/James McCarthy, Bob Bonomini/Richard Yamasaki, Ken Northgrave/Vince Barrierio, David Dennis/Jim Anderson. The qualifiers from the NCGA Net Amateur were Rodger Oswald, Jerry Woodard, George Wuschnig and Bob Williams. They will play next on September 13. The other flight winners were Tom Hanlon, Glenn Arney, Don Sallan and John Duggan. The Central Valley Seniors also played Valley Hi and Stockton CC recently. The Presidents Cup Match Play tournament began July 3 and continues with matches until August 28.

If you are interested in joining we have reduced our membership fees for partial year rates.



• **Hand & Foot** •

Hand & Foot is a fun and easy-to-learn card game and we are always happy to teach new players. We meet Thursday from 8:30 AM to 12:00 PM in the Terra Cotta and

Sierra Rooms (KS).

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



• **Hiking and Walking** •

Walkers: Wednesday walks begin at 7:30 AM. Check the website for weekly starting locations.

Hikers: With summer here we are able to take advantage of great weather for some terrific hikes. Recent hikes included the Foresthill Divide, the Poorman Creek trail in the historic town of Washington, and the well known Matt Davis / Steep Ravine / Dipsea trail in the Mt. Tam / Stinson Beach area.

The Stinson Beach hike allowed us to escape the 100 degree temperatures of



From top:
 Hiking to
 Stinson
 Beach;
 Poorman
 Creek
 Trail

the Redwoods of the Steep Ravine Trail

Lincoln for the cool breezes of the coast. After a strenuous but most scenic hike up and down Mt. Tam, we were treated to a cookout on the deck of the summer cottage of our Hike Leaders, Jim &

Denny Fisher. The view from the deck overlooking the Pacific was a fitting end to a special adventure.

The new calendar of hikes is now on the website. Check it out!

Contacts:
Hiking: Dennis Ratay 543-9935,
Denratay@sbcglobal.net
Walking: Glynn Widdows 408-4819,
Gwiddows@sbcglobal.net
Website:
http://lincolnhillshikers.org/



• **Investors' Study** •

Our speaker at our August 2 meeting will be our consultant, Russ Abbott, who will update us on all market activity so far this year. Russ is a Senior Vice President of Investments, Portfolio Management Director, and Wealth Advisor at a major brokerage firm. He has taught investment courses here and at Golden Gate University, Sierra College, and Sacramento City College for the past 20 years. He holds a BA in Economics from UCLA and an MBA from Pepperdine University. He also has



*Photos
 from
 June's
 meeting
 with
 Pimco*



attained the title of Certified Portfolio Manager from Columbia University.

Our meeting will be from 2:00 to 3:30 PM at P-Hall (KS). Refreshments

will be served afterward in the Social Kitchen (KS).

The Active Investors will resume on Monday, October 8, at 3:00 PM in the Multimedia Room (OC). (Contact William Ness, 434-6564, bilnes@att.net.)

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



• **Lavender Friends** •

The Lavender Friends Club includes straight, gay, lesbian and transgendered Lincoln Hills residents and our purposes include having various social functions and contributing to our community. Social functions consist of coffee, breakfasts, lunches, dinner at various restaurants or members' homes, a Holiday Dinner Dance and varied other get-togethers. If you want more information about our club, check our website at www.lavenderfriends.com or contact Jackie Hilton or Herman Osorio. Several members participated with the PFLAG of Placer County group in the San Francisco Gay Pride Parade. Our Opportunity to Make A Difference Potluck in June was a great success. Our guest speakers were from PFLAG of Greater Placer County, Inc. and Peace for Families, Inc., two non-profit organizations receiving the club's support during the past six months. We contributed a cash donation for spring college scholarship awards and purchased holiday meals for victims of domestic violence residing at sponsored safe houses.

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

Lincoln Hills
— — — — —

• **Line Dance** •

I can't believe the year is half gone. As the old saying goes, "Time flies by when you're having fun." That's one of the main goals of line dancing. As we age, we really need to keep moving and line dancing affords us that opportunity. Not only is the music great but learning a dance helps our memory as well. It's all about having fun while moving our feet.

Our ice-cream social this year is going

to be in combination with our semi-annual dance in the Ballroom on Sunday, August 19, from 1:00-5:00 PM. Tickets are available now at \$6 pp.

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



• **LSV/NEV** •

Low Speed Vehicles/Neighborhood Electric Vehicles

We would like to thank Councilman Tom Cosgrove for his presentation at our June meeting. He had great insights on the state of Lincoln with regards to the bypass and future retail growth. Please join us for our July meeting and coffee time on Tuesday, July 17 (third Tuesday) at 9:00 AM in the Social Kitchen (KS). After our coffee hour, our meeting will follow at 10:00 AM in the P-Hall (KS) and will feature our own Lincoln Mayor Spencer Short. This is our last meeting before our summer break in August. September is the last meeting of our membership year, so please be thinking about joining our leadership team. We have openings, and need some people to step up! We want to keep our great club going! Our next social event will be in September, so watch for details!

Contact: Buzz Rognlien 408-4540



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game of tiles or as the Chinese call them, "cards." It is a fascinating game to learn and lots of fun to master. Come join the fun every Monday morning at 8:30 in the cards room.(OC) If you have any questions just call one of the contacts for answers.

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



• **Mah Jongg, National** •

If you are interested in playing National Mah Jongg, we have a treat in store for you. We are finding that more and more people want to learn this fun tile game. For others, Mah

Jongg has been part of their lives for almost as long as they can remember. Therefore, we have tables for all levels of play. We meet in the Cards Room (OC) every Tuesday from 12:30 to 4:00 PM. You don't have a National Mah Jongg Hands and Rules card? Don't you worry, we will loan you one for the day and tell you how a card can be ordered. Let us hear from you with any questions.

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



• **Motorcycle** •

RoadRunners

Our early June ride took us on a tour to Bucks Lake in the Sierra Mountains. Taking the country roads up to Oroville, we passed through the back of the lake into high country, passing snow drifts and scenic wooded mountains. A great way to escape Valley



RoadRunners enjoying mountain roads

temperatures! Our tour leader was Road Captain/President John Hanaway and he had 14 bikes in the group.

The social activities continue with our participation in the 4th of July festivities in Lincoln last week and our annual BBQ coming up next month.

If you have a road-worthy motorcycle and if our activities sound interesting to you, come and check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multipurpose Room (OC). Guests are always welcome.

"Ride safe, ride with friends!"

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

Website: http://web.me.com/rettavincen/roadrunners_2012/roadrunners_2012.html



• Music •

General Music Group meetings are held monthly, (except in November and December), every fourth Wednesday in the Fine Arts Room (OC) from 6:30-8:00 PM. Bring your voices and/or instruments and sign up to perform, or just come enjoy the music and socialization.

The popular, wildly-enthusiastic Ukulele Group meets every Wednesday at OC Lodge. Everything from Hawaiian classics to Beatles songs are performed and newcomers are warmly welcomed. Free beginners' classes available. Call Ron Peck at 409-0463 for details on meeting times and classes.

The next equally-popular, enthusiastic, and free "Friday Night Open Mic Night" will be held August 24 from 6:30-8:30 PM in P-Hall (KS). Sign-ups begin at 6:15 PM. Performers and music lovers are welcome. Sorry, no karaoke.

Contacts: Judy Skillings 253-7237,
kenskillings@gmail.com;

Julie Rigali 408-4579,
jjrigali@yahoo.com

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



• Needle Arts •

Threads of Friendship

Alex Anderson is our speaker on August 14. She is the author of 30 books on quilts. Her quilting instructions have appeared in numerous languages. She is a designer of her own fabrics and has served as host on HGTV, "Simply Quilts."

In July, there is an in-house workshop on Saturday, July 21. The project is a hobo bag with many pockets. Since it is a Needle Arts member presenting the project, cost is reasonable and is limited to members only. Contact Kris Volker.

General meetings are held at Kilaga Springs, 1:00 PM, the second Tuesday each month. Our various subgroups 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!

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



• Neighborhood Watch •

Heads up! We have had ten recent burglaries or attempted burglaries. Five were late at night when residents were home! The successful ones were all through unlocked doors, or a partly open garage door.

Typically, the first thing burglars do is walk around the outside of the house, looking for unlocked doors or windows. Failing that, they try prying open the garage side-door. Many residents have installed a removable bar inside the door to prevent opening.

If they gain entry, they often go to the master bedroom/bathroom to search for jewelry. They like items which can fit in their pockets. Please find an unusual place to hide your irreplaceable valuables!

Burglars sometimes arrive with paint cans or lawn equipment to look legitimate. They may have a pickup car waiting around the corner. If something doesn't seem right, please write down the license plate number, car description, and suspect descriptions.

Contacts: Larry Wilson 408-0667,
mww6@sbcglobal.net;

Nancy Whitaker 408-7393,
nsymmes@hotmail.com

Website: www.lincal.net/watch



• Painters •

Our June membership meeting was a luncheon in the Secret Garden at Meridians, planned by Paulette Pesavento and Bonnie Dunlap with help from Maureen Camozzi. This was a pleasant affair in every way, with delicious food and a fun and educational program which featured Paulette providing clues about famous artists and awarding correct responders with a gift of art supplies. Congratulations to winners Carol Mintz, Joan Arnest, Diane Pargament, Bob Porter, Barbara Molony, and Jim Brunk. Thank you Paulette, Bonnie, and Maureen.

For your information, you can currently view and purchase paintings by Painters Club members at Umpqua Bank in downtown Lincoln.

Future membership programs planned by Paulette and Bonnie include the following: August 7, a discussion of the legal aspects of art and pertinent copyright laws, presented by club member Bob Porter, and September 4, an oil painting demonstration, featuring returning resident Jan Saia. Guests are welcome.

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



• Paper Arts •

"Christmas in July" was the theme for our July meeting. Lorie Luchetti and Jackie Fong led us through three fun Christmas projects. Thanks, Lorie and Jackie, for putting us in the Christmas spirit.

Paper Arts is enjoying a surge in new membership as a result of the Group Expo and basic and advanced card making classes being offered (see pages 68-69). Two of our members, Dottie Macken and Mina Bahan are offering classes that have been enjoyed by beginners and experts alike.

Members enjoyed looking through our group's scrapbook prepared by Char Sly. And speaking of scrapbooks, we were so impressed with the treasured family scrapbook Betty Carol Smith shared with us at last month's meeting. It showed the value of creating a pictorial history for generations to come.

In honor of the Fourth, check out our Red-White-and Blue themed cards in the display window at OC.

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



• Pedro •

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

Pedro meets in the Cards Room (OC) on the first and third Fridays of the

month from 9:00 AM to 12:00 PM. We hope to see you there.

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



• **Photography** •

Klara Klemers is seen here beaming with uncontainable joy as she passes the Gavel of Garrulous on to the apparently still-dazed incoming president Gary Sloan. The inaugural cake is also pictured here prior to it being snarfed up by board members and their henchpersons. Let them eat cake! Not pictured were the cartoons of stuff that Gary also inherited with the office. You know – cups, mousepads, stale tea, 11 tongs. Stuff. Photos courtesy of Bob Crisp.



Klara to Gary; "Photography Group Cake" by Bob Crisp; "Wasabi Lips Ad" by Jeff Burkholder

The lips look like they wanted to sample some of that cake, but it's a shot from Jeff Burkholder who spoke at the June 11 meeting on compositing. He'll be back on August 15 to talk about flash photography and how to work with that dazzling light.

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



• **Pickleball** •

Even though the temperatures have been pretty warm, more and more people are playing pickleball. Our membership has reached 254. By joining the club and paying the \$12 yearly dues, you will be eligible to play in our tournaments and weekly ladder play. You can also attend the Christmas party

and any social events planned by our social director, Cheryl Lane. Member or not, everyone is encouraged to come to the courts for some exercise and fun play. Don't know the rules or how to play? Join Cal Meissen on the courts Wednesday and Saturday at 1:00 PM for instructions on the basics of the game. Don't want to play in the heat? Come play in the early morning or evenings under the lights. See you on the courts.

Article by Sherry Mosby.

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



• **Players** •

The cast for "The Lucky O'Learys" is in rehearsals. Playing the lead character, Peg O'Leary, is Peggy Schechter; her sister (Rose Cronin) Angela Blas; Peg's son (Brian O'Leary) Mike Cox; Brian's girlfriend (Amy Baviello) Becky Sprong; Amy's father (Frank Baviello) Ted Neely; (Monsignor) Paul Krow; Peg's husband (Martin O'Leary) Larry Carlson; and Karen Krenovsky as the Television Reporter.

Performance dates are August 1 at 7:00 PM and August 2 at 2:00 PM and 7:00 PM. Get your tickets now.

Reservations are now being taken for the 10-year Celebration on October 3. You may pay the \$5 at the Players Meeting on July 9 at 4:00 PM.

Audition dates for "Yankee Doodle Dandy" have been announced. They will be August 26 and 27 from 6:00-8:00 PM in the Fine Arts Room (OC). Many roles available, including *grandchildren!*

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

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



• **Poker** •

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

including Omaha, Stud and Draw.

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

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

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

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



• **RV** •

The RVers will be heading off to the Santa Cruz Redwoods RV Resort in Felton August 5-9. Wagon masters Bob & Hedy Hallums and co-wagon masters Bill & Pam Anthony have lined up activities that include a barbecue and potluck, pancake breakfast and a round trip ride from Felton to Santa Cruz Beach and Boardwalk on the Roaring Camp Railroad. Also planned is golf at the Valley Garden Golf Course.

The group held its second annual Summerfest at the Sports Pavilion June 30. Past and present members joined to share old stories and a potluck dinner.

At a recent meeting, photographer and member David Masche treated the group to a wonderful on-screen photo presentation of recent trips to places such as Zion, Yellowstone and Yosemite national parks, Mt. Rushmore, and scenes in Canada and North Dakota, in addition to some beautiful bird photos.

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



• **SCHOOLS Volunteers** •

Sun City Helping Our Outstanding Lincoln Schools

School is officially out for the summer and we are free to roam about Lincoln Hills. If you miss being with the kids, don't worry, summer will fly on by quicker than we can recite the words "Sun City Helping Our Outstanding Lincoln Schools!!" School will resume on August 22. If

you would like a copy of the 2012-2013 Student Teacher Calendar you will find it at www.wpusd.k12.ca.us/District/Calendars/index.html. It is a great way to keep track of the school year. If you are interested in joining the SCHOOLS Group feel free to call any of the contacts listed below and we will get you started. It is an amazing opportunity to make a difference in the life of a child as well as an opportunity to make new friends! Keep cool and have a wonderful summer.

Contacts: Sandy Frame 408-1453, sfincoln4fun@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

Our SCOOP Group has been exceptionally busy these past few weeks. After our successful "Pooches on the Patio," Meridians hosted a "Pooches in the Secret Garden" breakfast June 12 that was well attended. Stay tuned for



Top, from left, Employee, Placer County Animal Shelter, Marilyn Ruiz, Jim & Mary Harper, and Jacquie Lemke at Fund-raiser, Pet Food Express June 8; Pooches on the Patio May 22

our next dining venture!

Our small-dog backyard parties have begun! Well-behaved small dogs only and any SCOOP member may attend. SCOOP members with larger dogs that like to socialize are encouraged to host their backyard parties. These parties are a great way for our dogs to "gather," as well as the adults. Go to our website if you wish to host a SCOOP party. Details of these events are sent to members by email and the website.

Joining SCOOP is easy; dues are \$12 per household, per year. Meetings are the third Thursday at either 3:00 PM or 10:00 AM – watch for the notices!

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



• **Scrabble** •

Everyone is welcome for scrabble. We meet each Monday, at 1:00 PM in the Cards Room (OC). Everything is provided, just bring yourself and ease into an open chair. It is a free club.

Some of our commendable plays recently include: Candy scoring 112 for hooking the *s* in *doziest* to another word, Sandy adding 93 to her score with *titties*, Rita placing *exserts* on the board for 83, and Stan totaling 79 with *pagodas*. It is a good bet that a bingo will lead to a winning game, but those playing a bingo are also rewarded by a pick from the sack of chocolates. Remember, we encourage all residents to play and try for a pick of the chocolates.

In June, our group welcomed another player, Jean. We have happily added about five new players to our Monday get-togethers in the last few months.

Contact: Candy Koropp 409-0607



• **Second Cup of Coffee** •

The Second Cup of Coffee Group will be taking a break during July, and no meeting is planned.

You will want to be present on Monday, August 20, at 10:00 AM at P-Hall (KS) for an education session you don't want to miss. Jack Waymire, a Lincoln Hills resident and founder of Investor Watchdog provides an inside view of

"Wall Street's Deepest, Darkest Secrets."

He is the author of the highly regarded book *Who's Watching Your Money*, a columnist for *Worth* magazine, and is frequently quoted in *Forbes*, *Business Week*, *Bloomberg* and *Kiplinger*. Some of his insights will shock you when he describes Wall Street business practices that have cost retirees tens of billions of dollars. You can't avoid these practices if you don't know about them!

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



• **Shanghai** •

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

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



• **Singles** •

Dynamic Singles

The Singles enjoyed a bus trip to a River Cats Game on June 22. Our Social Event on June 28 was a night of games such as Rummikub, Mexican Train, Poker. Fun was had by all that attended.

Upcoming singles events:

July:

- 17) – 7:00 PM – Let's Dance at the Meridians (Carol 408-3061)
- 18) – 4:30 PM – Table for Eight, Crush 29, Roseville (Darline 434-6472)
- 26) – 6:30 PM – Social/TBD at OC Ballroom

August:

- 02) – 4:30 PM – Cocktail Time, TBD
- 05) – 4:30 PM – August Birthday Celebration at Sports Bar at Meridians
- 09) – 6:30 PM – General Meeting at OC Ballroom
- 11) – 9:00 AM – Second Saturday Breakfast, Sports Bar at Meridians

Our Weekly Sport Activities:

- Mondays, 7:00 PM – Tennis, Sports Pavilion (Dennis 408-2423)
- Wednesdays, 6:30 PM – Bocce Ball, Sports Pavilion (Dennis 408-2423)
- Fridays – Golf, 18 holes (Jerry 543-8776)
- First Tuesdays & third Wednesdays – Hiking (KS) (Richard 408-5376)

Contact: Linda Bacon 628-5158

Website: www.lincolnhillssingles.org



• Softball, Senior League •

We're halfway through the season. The All-Star games were a huge success and the Recreation League games resume tomorrow, July 16. As we work toward the playoffs, which run August 20 through 29, the top three teams are Golden State Collision, managed by Paul McClellan, Future Ford, managed by Karl Wenzler, and Umpqua Bank, managed by Mike Caporale.

If you still haven't discovered the fun of attending a game with your grandkids, you really should try it. We play every Monday and Wednesday, and the Coyote Thursday League games present softball at its finest. Most of those players are on our travel teams that have garnered all sorts of awards and recognition.

If you've ever thought about playing, come out and talk to some players. You don't have to be an all-star to play. Some haven't played for 40 years, and they have just as much fun as anyone.

Contact: Mike Hilton 408-0346,

Mhilton14@aol.com

Website: LHSSL.org

Coyotes

60s – Placed fourth in Reno with a 3-2 record with great hitting by *Carlos Zavala/J.R. Jackson/Steve Lambert/Bec Cannistraci* and *Tom Westlake*. Had a 3-2 record in Penn Valley led by *Bob Fernandez*. .909 batting average/and the team hitting 12 homers. Next up is Tuolumne.

65s – Came in second in Reno out of 10 teams with a 6-3 record, averaging 20 runs per game aided by *John Dambrosio*/.781/*Dick Hughes*/.769/*Nick*

Fox/.750/and *Jim Jones*/.724. *Ron Greeno/Jerome Bader* both made great defensive plays. Next up is Antelope & Coyote Invitational.

70s – Came in third in Reno out of seven teams led by *Rich Huskey*/.824/12 rbi/*Pete Savoia*/.778/7rbi/*Jim Sandin*/.750/2 wins pitching/*Gym Mikaelson*/.733/7 rbi/and homers by *Forrest Burkett/Rowan Carlson*/and great plays by *John Wible*. Went 2-3 in Penn Valley against major teams led by *Mikaelson*/1.000/13 rbi/2 homers/*Frank Pulino*/.813/*Pete Savoia*/.778/7 rbi/and *Jim Haworth*/.714. Next up is the Cal Cup Championship.

Contact: Bob Hunter,

bluespritzer@yahoo.com



• Sports Car •

On Tuesday, June 26, the club visited a unique destination for the wild at heart! Safari West is an authentic African wildlife preserve in the Sonoma foothills covering 400 acres. Our members stayed in deluxe tent cabins, had a two-hour jeep tour and a walking tour through the aviary. There was on site dining at the Savannah Grill and marshmallow roasting and s'mores after dinner. Hans & Becky Sprong and Ray & Linda Snyder led this trip – thanks to them.

Before that we were in Lassen Na-



Lassen trip leaders John and Al

tional Park. This overnight trip gave us a particularly wonderful view of Mt. Lassen, still covered with beautiful white snow. This and Mt. St Helens are the only two volcanoes to erupt in the continental US in the 20th century. The views at this time of the year are spectacular. Thanks to Al Gillespie and John & Joan Zehnder for leading this trip.

Contact: Pat Heesch 408-1500,

pheesch@aol.com

Website: LHsportscars.com



• Square & Round Dance •

Sun City Squares

July 10 thru 13 was fun-filled Blast Classes for all Sun City Square Dancers with a BBQ Party on Friday. All our dancers improve the skills in Plus & A1 levels; it was a great success.

We are planning on starting a beginners class this fall starting September 10. Now is the time to check the club out, drop by on Mondays after 1:00 PM (see below).

Call Chuck or Bob to sign up today!!!!

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

- Mainstream/Full Plus Level
Mondays, 1:15 PM-3:15 PM (KS)
- A1/A2 Levels
Mondays, 3:15-4:00 PM (KS)
- A-2 DBD Level
Thursdays, 1:00-3:00 PM (KS)
- Round Dancing
Fridays, 2:00-4:00 PM (KS)
- Round Dance Practice
Saturdays, 7:00-8:30 PM (OC)

Contacts: Chuck Vickers 408-4082,

pjclvickers@starstream.net;

Bob Grupp 408-1868,

Bob@GruppHomes.com



• Table Tennis •

There has been a misconception among certain portions of our residents that our group consists mostly of vicious slammers and overly-aggressive players. Like most misconceptions, this is mostly untrue. While we have three levels of play, there are at least two tables at all times which are designated for beginners and former players.

I can absolutely guarantee that you will have loads more fun joining us as opposed to walking or running on that treadmill, watching those sudsy soaps or the Bad News Bears who seem to proliferate our airwaves these days. You will get at the very least the same calorie-

burning results. Plus, there is an extra very important bonus: You will hone your reflexes and keep them sharp. You get all this, plus the camaraderie of the finest people in these Hills.

Play Sessions: Sunday, 12:30-5:00 PM; Tuesday, 6:00-9:00 PM; Friday, 8:00-11:00 AM.

**Contacts: Marc Fong 408-1826
Joe De Souza 543-4868**



• **Tap Company** •

The Tap Company is preparing for its 2013 show, *The Heart of Broadway*, a Broadway-type musical review complete with a script. It features five main characters and several smaller characters, along with a vocal ensemble whose members will participate in several choreographed production numbers. There are also opportunities for featured singing and dance groups. Auditions are on July 19 between 5:30 and 8:30 PM in the Fine Arts Room (OC), and open to all residents. To receive an audition



package, please contact Linda Marchus (lindamarchus@yahoo.com, 253-3880) or Peggy Schechter (lyricsop@pacbell.net, 253-7492).

Performance classes for *The Heart of Broadway* will start in October. Classes will start in August for those Performance Tappers interested in a production number in addition to their performance dance. Tap Company members — get your performance shoes polished and jump in if you're interested in performing this year!

**Contact: Becky Sprong 408-1389
beckysprong@sbcglobal.net
Janet Becker 543-3493,
beckerjm1962@yahoo.com**



• **Tennis** •

Summer is upon us. The General Membership Meeting of June 15 was sparsely attended (27), but positive and productive. Dates were announced for two tournaments: The Joe Camahort Tournament on September 8 and the Men's Doubles and Women's Doubles Club Championship Tournaments on October 28/29, in addition to Oktoberfest on October 13. Also a series of Tom Isaac clinics will be held September-November. Issues regarding play of non-residents on our competitive USTA teams have been widely discussed and largely resolved with support from Bob Murdock (CCOC). See our website <http://sclhtg.com> for details.

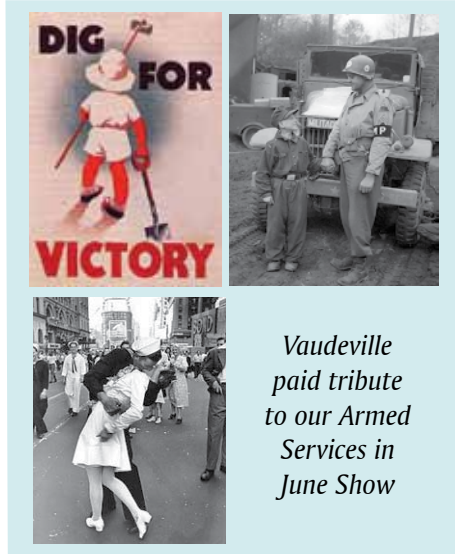
No summer evening LITT league is scheduled. However, Drop-In sessions will continue on Wednesdays and Saturdays 8:00-10:00 AM, and several new men's and women's SATA teams will be playing throughout the summer.

**Contacts: Roger Clapp
434-6687, rwclapp@hotmail.com;
Carl Braganza
408-2898, cfbraganza@gmail.com
Website: www.sclhtg.com**



• **Vaudeville Troupe** •

Another success for the Vaudeville Troupe!!! Thank you all so much! We truly appreciate your loyalty! In this show, we paid *tribute to our Armed Services*: Songs, dances, Vaudeville's USO Stage-Door Canteens of the 1940s and the 1960s, complete with Canteen hostesses, swing dancers, 40s crooners singing nostalgic songs like "I'll Be Seeing You," "Harbor Lights," and singing by the "The Andrew Sisters"! In our 60s Canteen, you enjoyed the songs like "White Rabbit," "For What It's Worth," and "Soldier Boy" along with Vaudeville "Hippies." It was another fantastic, fun, and heartwarm-



Vaudeville paid tribute to our Armed Services in June Show

ing show of shows!!! Always "Entertainment Extraordinaire." We had sell-out crowds who were treated to a one-of-a-kind experience and everyone said: "You topped your January Show... how do you guys do that??"... "Each Show is so unique, professional and so original!!!" See our Shows again in January 2013 for more special performances — all new, don't miss it! Thank you all!

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



• **Veterans** •

Former Coast Guard Lieutenant Mike Bradaric, graduate of the U.S. Coast Guard Academy and currently senior pastor of the Lincoln Hills Community Church, will be the featured speaker at the July 19 meeting in P-Hall (KS).

Mike was drawn to the Coast Guard Academy in part by the prospect of playing football under legendary Hall of Fame quarterback Otto Graham, then head coach and athletic director.



Mike Bradaric and his wife Diane live in Lincoln Hills and this July will celebrate their 44th wedding anniversary

As a cadet, Mike excelled in football and wrestling. He graduated and was commissioned in 1967

He served as damage-control officer and assistant engineering officer aboard the USCGC *Absecon* and the USCGC *Pontchartrain*. His tour aboard the *Pontchartrain* included five months off the coast of Vietnam in support of Operation Market Time, which denied the North Vietnamese a means of delivering war materials into South Vietnam by sea.

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 three times without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play.

On June 24 we held our annual potluck at the Sports Pavilion. Games, prizes and land volleyball attracted a good crowd and fun was had by all.

Our Club has a Welcoming Program for people who wish to try water volleyball. Just come at 5:30 PM on Mondays and introduce yourself. We look forward to seeing you in the Kilaga Springs pool.

Play available in the KS pool:

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

Contacts: Jim Puthuff 543-0067,
jputhuff@softcom.net;
Carol Cope 408-5596, cande@aol.com
www.suncity-lincolnhills.org/residents



• West Coast Swing Dance •

“Hot Summer Nights” is the theme for our next dance on Friday, July 20, with a WCS lesson at 5:30 PM fol-

lowed by dancing from 6:45 to 8:45 (KS). There will also be a dessert buffet. The music for the evening will be a variety of West Coast Swing, Ballroom, Latin, and Country.

The next monthly Friday evening dance practice will be held on August 10, 5:30 to 7:30 PM, Fine Arts, (OC.) Whether you're a beginner or expert, here's your chance to practice West Coast Swing dancing with a teacher on site.

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

Our Club Night Out will be Saturday, July 21, at the Capital Swing Dancers monthly dance in Fair Oaks.

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



• Woodcarvers •

This talented group of folks meets every Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS). Visitors are welcome and “kibitzing” is encouraged.

Contact: John LePage 543-9564
Website: www.SCLHwoodcarvers.blogspot.com



• Writers •

There is some exciting news to report from the usually staid activities of the Writers Group. A new sub-group has emerged with a slightly different focus which may provide a stimulating new direction for those who write. The new group is called the “Writers and Authors Resource Group” and will be meeting at a new time and place. The purpose of the W&ARG will be to assist writers in the

editing and publication of their creations — an evident outgrowth of the goals of the original Writers Group, their article is below.

Here's some exciting news for the poetic among us: It's time for the annual “Poets of Lincoln” contest, which is coordinated by Alan Lowe. Call Alan for details and entry forms at 408-1274.

Contact: Jim Fulcomer 543-9201;
jfulcomer@mac.com;
Bruce Robinson, Bruce8177@att.net

Writers & Authors Resource Group

The first meeting of the new Authors and Writers sub-group took place on Wednesday, June 20 at OC Lodge and was chaired by Linda Bella-Ruiz, President.

The purpose of the group is to provide an advanced resource for writers who seek information about book editing, publishing, and marketing. The focus will be on helping authors as they complete the writing phase, and then face the complexities of getting their material finalized and sent to market

Sally Watkins gave a presentation about our plan to use Yahoo Group as a database source. She also discussed Traditional Publishing versus Publish on Demand (POD) and provided interesting insight into the processes and economic implications of each type of publishing.

The attendees presented books they have published, or which are in various stages of completion. The group meets the first and third Wednesday of the month.

Contact: Leo Craton 600-0322,
cratonl@att.net



Above, the new Authors and Writers Group; Steering Committee, from left: Linda Bella-Ruiz, Leo Craton & Sally Watkins

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Brad Townsend, D.D.S., M.S.



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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.

Bocce Ball Fall Evening Mini-League

We are looking for 48 friendly, competitively-spirited bocce ball players to play five consecutive Friday nights. Mini-league format, teams of four players (mixed blind draw.) Goal: 12 teams. Play starts Friday, September 14. Sign in at the Courts at 6:30 PM; play at 6:45 PM. Two games, 12 points each, will be played. Friday night dates: September 14, 21, 28, October 4 & 12. If we have more than 48 interested players, we will have a drawing for the 48 places and those remaining will make up a substitute list. If you can't play all five nights, arrange for a sub from the list. Event organized by resident Brenda Spencer. For sign-up or more info: ozfactors@att.net.

Chit-Chatters

If you're a Seasoned Senior — an older SCLH resident — consider stopping by the Chit-Chatters for a cup of coffee and a visit. We meet on the third Friday, July 20, at 10:30 AM at KS Café or the KS Living Room if the Café is filled. If you are looking to "get off your rocker" and add some fun to your life, stop by and check out the Chit-Chatters. Guests, visitors, and newcomers are always welcome. More info: Marsha Hathaway, 408-0228.

The Democratic Club of Lincoln

will host Richard Pearl, Chair of the Lincoln City

You are invited...

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

Every Wednesday • 8:00 AM-12:00 PM, Farmers Market, Fitness Parking Lot (OC)

Friday, July 20 • 4:00 PM, Residential Solar, by Solar City, Oaks

Weds., August 1 • 5:00 PM, Senior Fraud Forum, Beth Gaines, P-Hall (KS)

Saturday, August 4 • 10:00 AM, Residential Solar, by Solar City, Oaks

Saturday, August 11 • 10:00 AM, Residential Solar, by Solar City, Oaks

Tuesday, August 14 • 6:00 PM Spinal Aid Presentation, Dr Zorich, Oaks

Please see our insert in this month's Compass

Wednesday, August 22 • 10:00 AM, Nautilus Society, Oaks

Council's Fiscal Sustainability Committee. The Sustainability Committee worked hundreds of hours to develop options for the City to consider and adopt to provide essential services and keep taxes as low as possible. Mr. Pearl will review the options and help us to understand the decisions being considered by the Council. The meeting is at 6:45 PM at KS on August 2.

Glaucoma Support Meeting

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

Grupo de Conversacion

Nos reunimos cada semana para practicar y mejorar nuestra español. We meet every Tuesday, from 4:00-5:00 PM, in the Living Room (KS). More info: 434-6898.

LH Holiday Craft Fair 2012

Save the Dates: Holiday Craft Fair, Saturday, November 10, one day only. Vendor Registration,

Wednesday, July 25, 5:30-6:30 PM, (OC).

Questions: LHArtCraftFair@aol.com.

Italian Club

heartily welcomes two new Board members: Marie Berlenghi and Will Crews! Will replaces Vic Albertazzi as Club Historian. We have valued Vic's insightful and gracious contributions establishing a permanent place for our Club History and will definitely miss him. Marie replaces Rose Cesarz as Membership Chair. Rose was dedicated to the success of our Club and her work with membership was her priority. Often the first person to speak to a new member, Rose will be fondly remembered by many of us. Wish Marie and Will great success while at our Inaugural Ball, Sunday, July 15 at Catta Verdera Golf & Country Club! Remember: Membership Applications and Membership Renewal Forms are on our website — www.litalianclub.org. If you, or your partner is of Italian heritage, join our active social club. Check the website for club information and upcoming events. Contact: Marie Berlenghi, 543-3731.

Multiple Sclerosis Group

meets monthly on the first Tuesday at 1:00 PM, 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"

is every Sunday from 12:00-4:30 PM in the Cards Room (OC). Bring your cards, board games, dominoes, or dice. This is an opportunity to meet new friends & have a fun afternoon. All residents are welcome. Tables are first-come, first-served.



Certified Farmers Market at SCLH!

Every Wednesday thru September

8:00 AM-12:00 PM

Fitness Center Parking Lot at Orchard Creek Lodge

• Local Certified Farmers selling fresh fruits & vegetables

- Local Vendors selling non perishable products
- **Available for rent:** space to sell handmade arts, crafts, jewelry and other hobby-related items (woodworking, paper art, etc.). Business vendor spaces also available.*
- **Wanted:** Musicians to play during the Farmers Market. This is an opportunity to advertise your group and sell your CDs. *

*Contact Judy Hogan for more information: 625-4021 or judy.hogan@sclhca.com

Continued on page 43



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Continued from page 41

Racquetball Group

We play on 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.

Republican Club

Join us for Tri Tip and Chicken BBQ at the Sports Pavilion on July 18 from 3:30 to 6:30 PM! So far we have confirmation that Assemblywoman Beth Gaines will be there to give a short presentation and meet and greet everyone. Bring your friends and neighbors too. Cost is \$10 per person. RSVP by July 15 to info@republicanclubslch.org. Checks should be made out to the Lincoln Hills Republican Club. The annual dues are due and are \$15 per member. Please note on the check if it is for the BBQ or membership. Let's build our Republican war chest! We need to take back the presidency and knock out Dianne Feinstein. The pundits say California is a Democratic state. Let's prove them wrong! Our regular monthly meetings are every third Wednesday of the month, 6:30 PM, in P-Hall (KS).

Shalom

June's Men's Club meeting at Al Malkin's was interesting, with a presentation by The Salt Mine, Nat Studin's pet project. They now supply

Did You Know?

Want to stop standing in line on the 17th of each month to purchase tickets? Then, you might want to consider purchasing tickets on-line through our secure resident website program.

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Scripts / Music & Information ~ Contact Dolly Schumacher, James, Director
dancrdolly@yahoo.com or 408-0136

a box of staples to each of 2000 families every month!!! On July 22, we will have a Poker Run. If you are in the dark about this, contact Sandy Klein for more information. On the 23rd, we will have a regular Gener. In August; we have the Woman's Club on the 13th, a Havdallah Service on the 25th (Contact Sandy Klein), and on the 27th, a general meeting. Use the Shalom calendar to keep up on date changes. Questions to group: contactshalomgroup@gmail.com. Membership info: Natalie Flynn.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During

summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger (below). Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net.

Single Diners, Lincoln Hills

First and third Monday nights at Meridians BBQ night, casual dining, 5:00 PM. Meet old friends, make new friends Outside dining, weather permitting, (no 105 degrees), look for Single Diners tables. Contact: Gloria 645-4699.

Travel Group

Our website has changed to www.lh-travelgroup.com. The next meeting is Thursday, August 16, 7:00 PM, KS. (The Travel Group BBQ, July 20, replaces the July meeting.) Guest speaker: Ilene Ferguson,

Continued on page 44



Travel Group Members on their Hawaii cruise

Continued from page 37

Alamo Travel. Available trips: Albuquerque Balloon Fiesta (Oct 2012), New Year's San Diego (Dec, 2012), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Panama Canal Cruise (May 2013), Paris to Normandy Cruise (May 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013); Mt. Rushmore (Aug 2013), Amsterdam to Vienna River Cruise (Sep 2013); Montreal-Quebec-Ottawa-Niagara Falls-Toronto (Sep 2013). Friends and family may join our trips. You don't have to be a member to attend our meetings. Committee Member Contacts: Teena Fowler, 543-3349, sfowler@starstream.net; Linda Frazier, 434-8266, fraz1774@sbcglobal.net; Sheron Watkins, 434-9504, Sheron5@sbcglobal.net; Louise Kuret, 408-0554, lkuret@sbcglobal.net. Karen Foley – Medical Leave.

Sun City Lincoln Hills Logo Merchandise Now Available in the OC Fitness Center Lobby

You now have the opportunity to proudly wear or use items that boldly display the Sun City Lincoln Hills logo along with three fantastic words... "It's the Lifestyle." Sun City Lincoln Hills Retail Shop is located in the OC Fitness Center lobby and is open all week. Men's and women's apparel, hats, totes and bags, all imprinted with the SCLH logo, are available. If you don't see a color or size that you need, don't hesitate to ask; we will special order. We also have other merchandise for sale, for example, license plate frames and fitness accessories. Make sure to stop by frequently as we are constantly bringing in new items.



Fitness Director Brandy Garcia shows off some of the new SCLH logo items

We would love to hear what other items you would like to see at the retail store, so please let us know.

The Scoop on Poop

Continued from page 15

From entry into the mouth until it comes out as poop usually takes one-to-three days. Many factors affect the transit of contents through the gastrointestinal system, includ-

ing fiber intake, exercise, and other factors that influence peristalsis (progressive wavelike movements of the intestinal walls).

You will want to hear about the many abnormal conditions that can occur in the alimentary canal, in-

cluding colon cancer, by attending the Community Forum "**The Poop on Colon Health**" on August 15 (see page 90 for more details). Mark your calendar now!

Library News

Ray Bradbury was the "Rocket Man"

Nina Mazzo, Library Volunteer

Ray Bradbury's work offered readers a chance to imagine lands and worlds that did not exist and yet felt familiar. He recently died at the age of 91 and Elton John said that he wrote his hit "Rocket Man" as homage to Bradbury. Bradbury once said he was influenced by a variety of authors including Shakespeare, Jules Verne, and Edgar Allan Poe. Many of us immediately think of *The Martian Chronicles* or *Fahrenheit 451*, yet he was a prolific writer with more than 30 books and numerous short stories to his credit. Readers are intrigued by his use of atmospheric fictions that explore life's puzzles. *Bradbury Stories* by Ray Bradbury in our Fiction



section was recently donated and it is packed with 100 of his short stories.

In an effort to stay current, we will no longer accept VHS tapes, however, we would like to build our DVD collection and would appreciate DVD donations. Volunteers ask that when you return a hardback, check that it is wearing its dust cover. When returning Audio Books either on cassette or CD, check the contents before returning.

Library contacts: Sandy Melnick (408-1035) for donations and questions on donation criteria; Sandy Maloff (408-2368) volunteers; Cleon Johnson (408-7620) maintains the investment section.

In Memoriam

Carole Youngsma

Carole grew up in Modesto where she went to school with George Lucas! She attended college in Michigan where she met her husband Steven. They had three children and eventually moved to Fremont, CA. Carole was a buyer/partner for a computer firm. She taught guitar, sang in the Church Choir, was an interior decorator and a great friend. After moving here they were active in Wine Tasting Groups, plays and concerts. She was also a member of Sunny Singers. Carole lost her husband in 2009, and will especially be missed by her three boys and many friends.

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.

Farwest

Join us for a Lunch Workshop

Mimi's Cafe
Thursday, July 19th, 11:30am
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Special Events

New Resident Orientation

Tuesday, July 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.

"Hotel California" The Original

Eagles Tribute

Thursday, July 19 — 5100-4C

Hotel California pays tribute to one of the most successful American rock bands of the 1970's, the Eagles. The great harmonies of their Grammy-



winning hits will include "Lyn' Eyes," "Witchy Woman," "Desperado," "Life In The Fast Lane," and many more. They've shared the stage with the Doobie Brothers, Lynyrd Skynyrd, Styx, REO Speedwagon, Gretchen Wilson and many more international

artists. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: *Barbecue Beef Brisket Sandwich* and a Beer Garden featuring a variety of beers. Food and drink items available for individual purchase, not part of ticket price. Concert 7:30 PM. \$19. See Amphitheater Guidelines below. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

Two Nights Yosemite! Chukchansi Resort & Casino

Tuesday July 24, Wednesday July

25, Thursday July 26 — 1771-05

With Golf Option — 1771-05A

The only trip to Yosemite this year, sign up now! Enjoy a full day in Yosemite with your Trip Coordinator Katrina on this two-night trip. Arrive at Chukchansi Resort and Casino in time for lunch (no host) and an afternoon on your own for gaming, or enjoy the pool or spa for pampering. For golfers, we are offering a golf option to the Sierra Meadows Country Club for twilight golf for an additional fee of \$50, includes round-trip transportation to the course, golf cart rental and 18 holes of golf. After no-host breakfast



on Wednesday, we head out for a full day of exploration in Yosemite. We start at the Mariposa Grove of the Giant Sequoias for a one-hour tram tour and some gift shop time. We'll then depart for lunch (included) at the Yosemite Lodge Food Court. After lunch, it's on to the two-hour Valley



Floor Tram Tour. Continue enjoying the views and sites Yosemite has to offer with free time and dinner on your own in the park until 7:30 PM when we head back to Chukchansi. Depart 10:00 AM on Thursday after no-host breakfast to the quaint and historic town of Murphy's for a two-and-a-half hour stop for lunch on your own, wine tasting and shopping. Lots of walking and we will be at high altitudes. To receive four \$5 food coupons (\$20) and \$20 slot play credit at Chukchansi, you must sign up for Player's Club upon arrival (a valid driver's license/ID card required for sign up). The food coupons can be used towards any meals. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM July 24, return ~ 6:00 PM, July 26. No online sales.

Amphitheater Guidelines

- **Chairs/Seating:** Guests must provide their own seating for the concert. Seating is first-come, first-served. Guests may set up their chair anytime **on the day of the event.** Be aware that sprinklers may go off any time before 7:00 AM. SCLH is not responsible for loss of unattended chairs/blankets. Please put your name on your chairs. Do not move chairs already in place. **Lawn seating** for blankets: the grassy area at the left of the stage.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.

- **Not Allowed:** Chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals with vest on).
- **Food & Beverage:** No outside food or drink is allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions will be available 45 minutes before concert begins.
- **Ticket Pricing:** Series package and early registration price are now closed. Please see individual articles

in Special Events Section for prices. Tickets are non-refundable.

- **Tickets: Wristbands** must be worn during the concert. Online buyers must print and bring the eTicket that was emailed to them for wristband exchange up to two hours prior to concert in the OC lobby. One eTicket = one wristband.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed wherever permit signs are posted.

Purchase at Activities Desks (OC/KS) only. \$305 per person double occupancy. \$409 single. \$50 additional for Golf option. RSVP ♦♦ Now.

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

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



dancer. Complete with leis and tiki torches, the night sky will light up as the fire dancer brings an exciting ending to a wonderful show. Visit the grab ‘n’ go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: *Sweet & Sour Pork with Grilled Pineapple over Basmati Rice and a Margarita*. Food and drink items available for individual purchase, not part of ticket price. Concert 7:30 PM. \$16. See Amphitheater Guidelines on page 47. Friends, family and guests are welcome! Concert series sponsored by

Natalie Kachmar Agency, Nationwide Insurance.

San Francisco Saturday Shopping
Saturday, July 28 — 1841-06

Don’t worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy’s Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 9:00 AM, return ~ 7:00 PM. \$31. RSVP ♦♦ Now.



Baseball in Reno —
RiverCats on the Road
Sunday, July 29 — 6270-05

RiverCats on the road! We have infield tickets above the visitor’s dugout under the overhang with game time at 1:05 PM. Enjoy a nice Sunday afternoon at the ballpark watching our Sacramento RiverCats take on



the Reno Aces at their home field. Leave OC at 10:00 AM, return ~ 6:00 PM. \$50. RSVP ♦♦ Now.

KS at the Movies! “Midnight In Paris” • Monday, July 30

PG; 94 minutes. Enjoy “Midnight In Paris” starring Owen Wilson, Rachel McAdams and Kathy Bates. Comedy/Romance. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.



A Lincoln Hills Player’s Production
“The Lucky O’ Learys”

- **Wednesday, August 1, 7:00 PM Show Only — 5001-6AS**
- **Meridians Dinner/Show — 5001-6AP**
- **Thursday, August 2, 2:00 PM Show Only — 5001-6BS**
- **Meridians Lunch/Show — 5001-6BP**
- **Thursday, August 2, 7:00 PM Show Only — 5001-6CS**
- **Meridians Dinner/Show — 5001-6CP**

The Lincoln Hills Players present The Lucky O’Learys, a hilarious comedy about family and competition to win the New York Lottery. Daffy Peg O’Leary and her cantankerous sister Rose have each invested heavily in lottery tickets, along with their good friend Monsignor Rafferty and other family members. The storyline includes Peg trying to convince her

REMINDERS

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. *All sales are final. No refunds unless activity is cancelled or request is received within 24 hours of purchase.*

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

WEATHER: Association trips & 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.

son to become a priest, but the only problem is he has an Italian girlfriend. There is general confusion over who has bought tickets and who hasn't. The confusion is compounded by the unexpected return of Peg's husband Marty who had disappeared three



years earlier. To find out if anyone has won the big prize, don't miss this show. 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 pack-



ages for all performances. Please visit the Activities Desk for the "Times Square" special menu including *Beef Tenderloin* and *New York Cheesecake*. No meal choice is required for this show package. 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. Meridians Show Package \$41.

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

Part of the 2012 Music Circus summer series, limited tickets still available.



Leave OC at 6:30 PM, return 11:30 PM. \$71. RSVP

◆◆ by 7/23. Read details on page 61.

"Close To You" A Carpenters Tribute Concert

Friday, August 3 — 5003-06

"Ticket to Ride," "We've Only Just Begun" and "Close To You" are a few of the most popular songs that you will hear in a moving tribute to the 1970's singing duo, The Carpenters. Karen Carpenter's unique and expressive alto voice and the overdubbed densely-layered harmonies creating



their signature sound put this group on the map. Michelle Whited performs a stunning reproduction of Karen's unique voice along with Don Stamey on piano plus a four-piece band who flawlessly attain the exclusive Carpenters' sound. The result is a memorable show that will keep you enthralled as you revisit the remarkable music from an era we cherish. Ballroom (OC) 7:00 PM. \$17.

Grandkids Camp — A Day for Grandparents and Their Grandkids Thursday, August 9

Active Camp Program

Toddler 2-4 yrs. old — 5009-6AT

Kids 5-12 yrs. old — 5009-6AK

Toddler 2-4 yrs. old — Sold out

Kids 5-12 yrs. old — 5009-6BK

Arts Camp Program

Toddler 2-4 yrs. old — 5009-6CT

Kids 5-12 yrs. old — 5009-6CK

Toddler 2-4 yrs. old — 5009-6DT

Kids 5-12 yrs. old — 5009-6DK

Mix 'n' Match Program

Toddler 2-4 yrs. old — Sold out

Kids 5-12 yrs. old — 5009-6EK

Toddler 2-4 yrs. old — 5009-6FT

Kids 5-12 yrs. old — 5009-6FK

Summer fun with your grandchildren is here! Grandkids Camp will provide the perfect opportunity to share your interests, hobbies and the Lincoln Hills community life. This year we offer six different programs that you



can select during registration for your grandchild based on their age and interests. Everyone will have a fun-filled camp-style day of grandchild/grandparent activities ranging from arts & crafts, fitness, and dance.

REMINDERS

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

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

Buses are air conditioned, please dress accordingly.

PARKING: For *all* trips, please park beyond the OC Fitness Center (The Wave) unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return to LH.

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

HOSTING A BUS TRIP: Interested in hosting the trip you are on? Please advise the monitor when you register. We always welcome volunteers to host the trips.

EVENTS THAT INCLUDE A MEAL: Ticket sales for special events that include a meal will close three business days prior to event date or upon sellout. All other special events are open for sale until show date unless sold out.

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.

Your favorite Fishing, Music & Sing and Gardening classes are back! We also added new classes to this year's program including: "On Stage," an interactive theater class presented by our Player's Group, and Water Activities presented by the Fitness Department. Classes are arranged by age groups of 2-4 years and 5-12 years. A child's lunch will be provided for each registered grandchild plus one adult meal as part of an interactive culinary experience during assigned lunch time. Camp schedule with programs and class descriptions available at the Activities Desks (OC/KS) and online. You will be required to select a specific program during registration on a first-come, first-served basis. We recommend selecting a second choice program in case registration is full for your first choice. For those who choose a program that includes Water Activities, bring a towel, appropriate outfit to get wet and change of clothing. All activities will be held at OC Lodge. General Ballroom free-play activities 9:00 AM-12:00 PM; classes and activities 9:00 AM-3:00 PM. \$15 per child. Children aged 2-12 years only please. *Important: Each child requires a wristband and must be accompanied by an adult for all activities/classes.*

Concours d' Elegance Wooden Boat Show at Carnelian Bay, Lake Tahoe Friday, August 10 — 1761-06

One of the most highly-acclaimed celebrations of wooden boats in the United States. Join us on a trip to the North Shore of Lake Tahoe at Carnelian Bay for the annual Concours d' Elegance Wooden Boat Show right on the



docks at the water. See historic, antique and classic boats such

as Chris Craft, Gar Wood, Century, Hacker, and Riva and have the opportunity to chat with the owners. Browse the vendors and the boat shop. Lunch on your own. Leave OC

at 8:30 AM, return 6:00 PM. \$61. RSVP ♦♦ Now.

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

Relive the 50's and 60's with America's original "Teen Idol" Frankie Avalon as he lights up the stage with songs from three generations of music, television and motion pictures. Frankie rose to fame singing "Beauty School Dropout" and "Teen Angel" in the hit movie "Grease." In 1959 alone Frankie had six hits in the top 40 and his music became one of the defining sounds of "Pre-Beatles" Rock and Roll. Never one to settle for one career,



Frankie has 30 motion picture credits and has played to sold-out houses in the best rooms in every major city in America including The Fontainebleau and Eden Roc Hotels in Miami

Beach, Rainbow Grill and Copacabana in New York. His induction into "The Rock and Roll Hall of Fame" in 1995 has led him to be one of the busiest nightclub performers in the country today, playing the nation's finest supper clubs and headlining top Las Vegas Hotel Main Rooms. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: *Soda Shop Burgers and Fries and Root Beer Floats.* Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:45 PM; Concert 7:30 PM. \$28.

We are expecting a Sold Out show, so buy your tickets early. Parking is limited so we ask residents to please carpool, walk or ride your bike to see the show. See Amphitheater Guidelines on page 47. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

Big Springs Gardens Thursday, August 16 — 1754-06

Back by popular request! Get out of the valley heat! Imagine the beauty of Claude Monet's Giverny gardens so close to home, there's even a replica of Monet's famous bridge. Find well-groomed and graveled trails, steps



of indigenous stone and easy walking on self-guided tours that takes into the slope of the land and the exquisite vistas. A scrumptious buffet lunch is included and

served on the outdoor dining terrace with umbrellas in a tree sheltered area. Some of the items included are salad bar, fresh fruits, pasta and sal-



ads, cold entrees, desserts and beverages. Wine and beer available for purchase. There is a slight

hill from the parking lot to the main area. There will be a stop in historical downtown Truckee on the return for a late afternoon snack and shopping. Leave OC at 8:30 AM, return ~7:30 PM. \$83. RSVP ♦♦ Now.

Kilaga Springs at the Movies! "Charade" • Monday, August 20

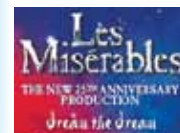


PG; 113 minutes. Enjoy "Charade" starring Audrey Hepburn and Cary Grant. Comedy/Mystery. Doors open 1:00 PM for a 1:30 PM show, P-Hall (KS). Free.

"Les Miserables" at Orpheum Theatre

Wednesday, August 22 — 4551-02

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



Dream," "On My Own," "Do You Hear the People Sing?" and many more.



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Cameron Mackintosh presents a new 25th anniversary production with glorious new staging and dazzling, reimaged scenery. Mid-orchestra seating for the 2:00 PM performance. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Leave OC at 11:00 AM, return ~ 10:30 PM. \$120. RSVP ◆◆ Now.

**"At The Hop" 50's Dinner Dance
Featuring Jan and the Studebakers
Friday, August 24 — 5024-06**

Blast back to the nifty 50's at the OC Sock Hop! Whether you're a greaser or a hipster, dress the part in poodle skirts, bobby socks and saddle shoes or rolled jeans, leather jackets, and converse sneakers. Music from "The Good Old Days" will be brought to life by Jan and the Studebakers rock 'n' roll band. Dance the night away to the real classics of the baby boomer generation and remember that Mama said "put on your Blue Suede Shoes" and you will find a "Whole Lotta



Shakin' Goin' On." Hear chart breakers including The Everly Brothers, The Shangri-las, Bobby Darin, and of course the King of Rock 'n Roll, Elvis Presley. Guest participation activities will include a twist contest and best dressed awards. After a plated dinner with choice of *American Lasagna* or *Short Ribs*, stop by for old fashioned root beer floats and ice cream. Complete menu at the Activities Desks (OC/KS). Ballroom (OC). Dinner 6:00 PM; Dancing 7:00-10:00 PM. \$38.

**Comedy Night at Kilaga Springs
Tuesday, August 28**

6:00 PM performance — 5028-07A

8:00 PM performance — 5028-07B

Headliner Mike Pace has appeared



Jerry Seinfeld,



on HBO's "Curb Your Enthusiasm," TBS - "Very Funny Live," PBS "Comedy Tonight" and more. He has opened for Bob Dylan, Jerry Seinfeld, Chris Rock and B.B. King. Show opener is Moe Better Man. P-Hall (KS). Early registration discounted rate July 17-August 14, \$8. After August 14, \$10.

**Best in the West-Rib Cook-off
At Victorian Square, Sparks**

Thursday, August 30 — 1824-06

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking com-



petition at Victorian Square in Sparks is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience one in person! This event also includes one of the largest arts & crafts fairs in Northern Nevada. Lunch on your own. Leave OC at 8:30 AM, return ~ 6:30 PM. \$32. RSVP ◆◆ Now.

New Overnight Trip!

El Dorado's "Jersey Nights"

**Tuesday, September 4 and
Wednesday,**

September 5 — 1971-07

Reward yourself this Labor Day! Join us for dinner, a show and a lovely room at the El Dorado Hotel and Casino in Reno. See the spectacular



production "Jersey Nights" celebrating the hit songs of Frankie Valli and the

Four Seasons with singers, dancers and video production. "Jersey Nights" delivers first class musical arrangements, perfect harmonies, authentic costumes and all of the Four Seasons greatest hits. Included is a buffet dinner before the show. Have a leisurely

start the following morning with a breakfast buffet. You have the whole morning to enjoy gaming, a dip in the pool, a spa treatment or exploring downtown Reno for shopping or lunch on your own. You decide your fun! Depart El Dorado Hotel at 2:30 PM. Leave OC 1:00 PM, Tuesday, September 4, return LH Wednesday, September 5 ~ 5:00 PM. A signed liability waiver is required for each participant. \$132 per person double occupancy. \$158 single. RSVP ◆◆ by 8/1.

**"Triple Espresso" at Cosmo
Cabaret in Downtown Sacramento
Thursday, Sept 6 — 1794-07**

Set in the Triple Espresso Coffee-house, the once-promising comedy team of "Maxwell, Bitternut and Bean" is back for a reluctant celebration of their ill-fated "big break." Audiences will laugh along with this three-man play and their comically disastrous performances at everything from club luncheons to rodeos – all leading up to the moment that cata-



pulted the trio right out of the spotlight, a tragically hilarious appearance on The Mike Douglas Show. Arrive in time for dinner on your own for a 7:00 PM show. Cosmo Cabaret is located close to Café Bernardo, Esquire Grill, Crest Café, Pizza Rock and more! Leave OC at 4:00 PM, return ~ 10:00 PM. \$51 RSVP ◆◆ 8/1.

Amphitheater Summer Concert

Series: California Cowboys

Friday, September 7 — 5100-4F

Have a boot scootin' good time with one of California's most successful country-western bands, the California



Cowboys. Grab your jeans and cowboy hat for a band that has appeared on concert billings with Alabama, Merle Haggard, Willie Nelson, Alan Jackson, and more. You will hear powerful three-part harmonies with original songs such as “We Ride’ em We Rope’ em” and “Double Shot of Hank,” with lead singer and songwriter, R.W. Together with drummer Hal Atkinson (CCMA’s Drummer of the year, 1994), guitar player Gary Potterton (producer of “Grandma got run over by a Reindeer”), bass player Cary Atkinson and legendary steel guitarist Bobby Black, experience one of California’s most successful country-western bands. Visit the Amphitheater’s grab ‘n’ go food concession and no-host bar to enjoy our specialty theme food and drink items: *Southwest Chicken Wrap, Corn on the Cob Sticks*, and a *Western Sling*. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:45 PM; Concert 7:30 PM. \$17. See Amphitheater Guidelines on page 47. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

**Museum of the Forgotten Warrior
Tuesday, September 11 — 1765-07**

Remembering the nation’s heroes, The Museum of the Forgotten Warriors and Library Center is dedicated to all veterans. There are over 46,000 artifacts and the museum continues



to grow. The items range from tanks, cannons, and helicopters, to the oldest relic, a remnant of a blanket from a soldier captured by the British in the Revolutionary War. All of the displays represent a personal tribute to

each person who has served our great nation throughout our history. There are uniforms, equipment, photos, papers and relics that have been dug



up from the ground after battle. There is also a library area with a large collection of war-related materials. This museum is just north of Marysville, so will be a nice trip with a Meridians’ hot lunch included: *Mixed Green Salad w/Choice of Dressing (Ranch or House Balsamic), Baked Ziti with Marinara Sauce, Bread Sticks & Bottled Water*, Depart OC 9:00 AM, return ~3:00 PM \$39 RSVP ♦♦ by 8/14.

**We’re Off to The Races
Saturday, September 15 — 1845-07**

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. \$67. RSVP ♦♦ by 8/14.

**Lodi Wine Tasting • Wednesday,
September 19 — 1822-07**

Do you enjoy 7 Deadly Zins & Earthquake wines at Meridians? Come and visit the winery where it all happens. We will be treated to a special seated tasting of five wines and lunch during our visit. There are Bocce Ball courts for your enjoyment or toss the



bags at the “Cornhole” game. Lunch choices are: *Roasted Turkey and Cheddar Sandwich, Greek Salad or Spinach Salad*. All lunches include *chips, fruit & bottled water*. (Complete menu available at the Activities Desks) After lunch our bus will take you on a private tour with a step-on guide at

Woodbridge Winery during their “crush” season. Tour ends with a tasting that includes a complimentary wine glass. We will end the day at the Lodi Wine & Visitor’s Center. Depart OC 10:00 AM, return~ 6:00 PM. \$61. RSVP ♦♦ by 8/14.



Woodbridge Winery during their “crush” season. Tour ends with a tasting that includes a complimentary wine glass. We will end the day at the Lodi Wine & Visitor’s Center. Depart OC 10:00 AM, return~ 6:00 PM. \$61. RSVP ♦♦ by 8/14.

**Tour of Champions Gymnastics —
Power Balance Arena**

Friday, September 21 — 1793-07

The Tour of Gymnastics Champions will be unlike any gymnastics tour ever produced, providing fans with a high-flying dynamic experience that will celebrate the sports’ beauty and



skill. Bigger and better than ever, the show’s format will pair elite gymnastics skill with

modern performance art that will push the boundaries of athleticism and keep fans cheering for more..Nastia Liukin, 2008 Olympic all-around champion, will lead an impressive cast including members of the men’s and women’s 2011 World Championships and 2012 Olympic teams. And with performances by local gymnasts in each market, the tour will highlight and celebrate the sport at every level. Bronze seating corner section 222 lower rows. Depart OC 6:15 PM, return ~10:45 PM \$75 RSVP ♦♦ by 8/5.

**An Evening of Ballroom Dancing!
Plus Dance Lesson**

Monday, September 24 — 5024-07

Fox Trot or waltz? In cooperation with our Ballroom Dance Group, take

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Reservations Required

Thursday, July 26 - Dinner

Wednesday, August 15 - Lunch

Thursday, September 6 - Dinner

Lunch at Noon

Dinner at 5:30 PM

For complete menus go to www.meridiansrestaurant.com

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New York Style Deli Night



Thursday, August 30

5 to 9 PM



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Wednesday, October 10

5 to 9 PM



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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 favorite ballroom music, 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 basics of Fox Trot at the start of the event. For enjoyment and to gain more confidence in your dance steps, the lesson will close with the band playing a Fox Trot to practice the lesson. Couples and singles welcome. Ticket required to participate in dance lesson. No-host bar throughout the evening when OC Ballroom doors open at 6:15 PM, dance lesson 6:30-7:00 PM, dancing 7:00-9:30 PM. Early registration discounted rate July 17-August 14, \$10. After August 14, \$12.

Taste of San Francisco

Tuesday, September 25 — 1844-07

Join our San Francisco step-on guide Gary Holloway as he takes you on a



“Taste of San Francisco” tour. Be prepared to have your senses tantalized. We'll start at Fisherman's Wharf for a

shrimp or crab cocktail with a short history walk and a visit to Boudin Bakery. Then off to Little Italy for Italian appetizers with wine available for purchase. Will you be ready for



Chinese Dim Sum at Canton Restaurant and then the fabulous finish at Ghirardelli Square with a

Hot Fudge Sundae? There will be free time available for anyone who would

like to join the guide for a short walk to the world famous Buena Vista Café for Irish Coffee (on your own). We'll handle the driving and parking, you partake and enjoy! *Association reserves the right to change itinerary in case of unforeseen circumstances.* Leave OC at 8:00 AM, return~7:30 PM. \$99. RSVP ♦♦ by 8/15.

Safari West-Santa Rosa

Thursday, September 27 — 1752-07

A hit with residents, we go back to Safari West. The ongoing mission of Safari West Preserve is wildlife preservation through breeding, education, research and public interaction. Safari West Wildlife Preserve is home to over 80 species of animals.



Upon arrival we will enjoy a BBQ buffet lunch. The group then proceeds to board a safari trek vehicle for a journey through the Sonoma Serengeti for a glimpse of majestic Giraffes and many

other four-legged friends and then on to visit the White Rhinos in their creek-side enclosure. The second half of your trek is by foot and you will be escorted into a large bird aviary, here you will come upon several beautiful and strange birds from around the world. On your walk you will encounter Cheetahs, Colobus Monkeys, and African Porcupines and have the pleasure of watching the Ring-Tailed Lemurs frolic on their very own island. Gift shop on the grounds. Please bring a hat and sunscreen and wear comfortable walking shoes. Leave OC 8:00 AM, return~7:00 PM. \$112. RSVP ♦♦ by 8/15.

Amphitheater Summer Concert

Series: Stompy Jones

Friday, September 28 — 5100-4G

Stompy Jones is a San Francisco-based sextet renowned for jumpin' rhythm, wailing improvisations and an explosive stage show. The golden age of rhythm and blues will be recre-

ated as this jump band plays the jaunty blues sound of Louis Jordan and the Tympany Five. Formed in 1998 at San Francisco's Hi Ball Lounge, their unique sound is a style of jazz that came to be known as Rock and Roll with a stand-up bass, drums, piano, trumpet, saxophone and vocals. Visit



the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: *Ribs and Slaw, and a Martini*. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:45 PM; Concert 7:30 PM. \$18. See Amphitheater Guidelines on page 47. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

Two Night Stay!

Hearst Castle & Cambria

Tuesday October 2, through Thursday Oct 4 — 1972-07

Highly requested trip to Hearst Castle! Visit Cambria and Hearst Castle with Katrina, your Trip Coordinator. October is one of the best months to visit Hearst Castle as there is usu-



ally not any marine layer or fog. Full menu descriptions for included meals

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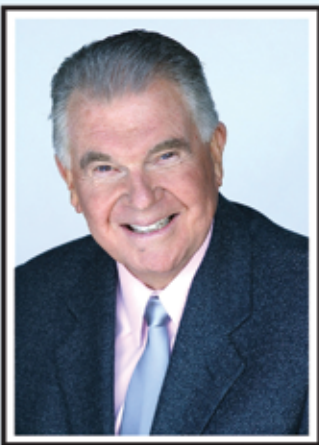
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Stan Atkinson
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- The Fees are too high - **Not Anymore**
- I can not do a Reverse Mortgage because my home is free and clear - **FALSE**
- Do you really understand how a Reverse Mortgage works - **Probably Not**

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



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available at Activities Desks. Trip Inclusions:

- Two night stay at Cambria Pines Lodge with hot buffet breakfast each morning
 - Hosted Welcome Dinner at hotel after “sunset on the beach” with an entrée choice of *Grilled Salmon or Chicken Teriyaki*
 - Hearst Castle Tours “Grand Rooms” and “Cottages & Kitchen” plus lunch
 - Hearst Castle – “Building the Dream” Film on a five-story screen
 - Time to explore village of Cambria
 - Paso Robles Winery Visit “Tobin James Winery” with included lunch
- Leave OC 8:00 AM, Tuesday, October 2, return Thursday, October 4 ~ 6:00 PM. *A signed liability waiver is required for each participant.* \$385 per person double occupancy. \$510 single. RSVP ♦♦ by 8/14.

2012 Music Circus Series

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

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

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

- **Fiddler On The Roof- (3 left)**
Wednesday,
August 15 — 4530-03D



Like the iconic rooftop musician, playful yet reverent Tevye teeters between his

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

- **Crazy For You — Wednesday,**
August 29 — Sold Out

Leave OC, 6:00 PM, return ~ 11:00 PM.

Broadway Sacramento 2012-2013

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation, 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 \$76 each, except where noted.

- **Memphis • Tuesday,**
October 30 — 4563-06A

From the underground dance clubs of 1950’s Memphis, Tennessee, comes a Tony Award-winning new musical that bursts off the stage with explosive dancing, irresistible songs and a thrilling tale of fame and forbidden love. RSVP ♦♦ by 9/14.



Tony Award-winning new musical that bursts off

the stage with explosive dancing, irresistible songs and a thrilling tale of fame and forbidden love.

RSVP ♦♦ by 9/14.

- **Rock of Ages • Tuesday,**
January 22, 2013 — 4563-06B

A hilarious, feel-good love story told through the hit songs of iconic rockers Journey, Styx, REO Speedwagon, Foreigner, Pat Benatar and others. An awesomely good time about dreaming big, playing loud and partying on! RSVP ♦♦ by 11/14.



Speedwagon, Foreigner, Pat Benatar and others.

An awesomely good time about dreaming big, playing loud and partying on! RSVP ♦♦ by 11/14.

- **Beauty and the Beast**
Tuesday,
March 12, 2013 — 4563-06C

The most beautiful love story ever told is a Broadway musical for all generations. Disney’s eye-popping spectacle is filled with unforgettable



characters, lavish sets and costumes, and dazzling production numbers. RSVP ♦♦ by 1/14/13.

- **Billy Elliot • Tuesday,**
April 9, 2013 — 4563-06D

Based on the international smash-hit film and featuring music by Elton John, this joyous celebration of one boy’s journey to make his dreams come true earned unanimous



critical acclaim on Broadway and won 10 Tony awards. RSVP ♦♦ by 2/14/13.

- **Save the Date!**
Tuesday, June 4, 2013

Due to contractual obligations, Broadway Sacramento cannot reveal until August what this show will be. It promises to be a brand new production of one of the most beloved and popular Broadway musicals ever, receiving high praises from critics and audiences alike on its wildly-successful tour. Watch for a further announcement in an upcoming *Compass*.

Broadway Mega-Hit to be Revealed in August!

Baseball • RiverCats Baseball Games Now On Sale

We have a few opportunities left this season to watch RiverCats play at the beautiful Raley Field in Sacramento. Same as last season, seats are located in Senate Box (in the bowl area directly behind home plate). All selected games begin at 7:05 PM. Leave OC at 5:30 PM, return ~ 11:00 PM. RSVP ♦♦ Now.



- **River Cats on the road!**
Reno Aces vs. Sacramento RiverCats
Sunday, July 29 at Reno
\$50 — 6270-05
- **RiverCats vs. Tucson Padres**
Friday, July 20,
\$41 — 6273-12D
- **RiverCats vs. Memphis Redbirds**
Friday, August 3,
\$41 — 6273-12E

San Francisco Giants (AT&T Park)

Lots of walking! Watch the San Francisco Giants in action! Game dates were chosen because of the teams and afternoon starting time allowing



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

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

- **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 — Sold Out
- **Giants vs. San Diego Padres**
Sunday,
September 23 — 6260-01C2

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

Sold Out Trips/Events

Thru August 20

Trip/Event • Date • Departure Time

- 8/7 Hot August Nights-Reno, 8:30 AM
- 8/12 "War Horse," 2:00 PM
- 8/17 Amador Wine Tasting, 9:00 AM

Art Classes**— Oils, Pastels & Acrylics —**

Painting Pastels and Oils with Joan
Mondays,

July 30-August 27 — 1051-07

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 list at registration. RSVP ♦♦ by 7/23.

Impressionism and Landscape
Painting with Oils and Acrylic
Wednesdays, August 15-
September 12— 1033-07

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 8/8.

-Mixed Media-

Mixed Media Collage Mondays,
August 6-27 — 1140-07

12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$72 (four sessions). This lively and improvisational fine



art class will show you how to turn "found objects" and recyclables such as magazine pages, wrapping paper, beads and trinkets into mixed media collage

art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your favorite colors, textures and images combined with acrylic paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake in creating this artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists.

New students: Call Jo at 543-1357 for supply list. RSVP ♦♦ by 7/30.

Bridge Classes

Bridge Plus with Laurie
Thursdays, August 2 –
September 20 — 1510-07

12:30-2:30 PM (KS). Instructor: Laurie Vath. \$60 (eight sessions.) This class is for players who want to improve their



knowledge, ability and enjoyment of

Bridge. This eight-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 and enjoy the wonderful, challenging game of bridge.

Ceramics Classes**— Lladro —**

Spanish Oil Painting • Wednesdays,
August 8 – September 5 — 2063-07

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 8/1

Lladro Workshop • Wednesdays,
July — 2064-01H
August — 2064-01I

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



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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

August 7-28 — 2012-07A

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 in-

dividual 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 7/31.

Advanced Ceramics • Tuesdays

August 7-28 — 2012-07

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 7/31.

Ceramics – All Levels •

Thursdays, August 2-30 — 2011-07

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$68 (five sessions). **Open to all skill levels.** This class teaches hand-building techniques and work-



ing 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. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list from the Activities Monitor when you register. RSVP ♦♦ by 7/31.

Ceramics Vacation Drop-In Session Tuesdays,

9:00 AM-12:30 PM — 2017-07A

1:00-4:00 PM — 2017-07B

Thursdays,

1:00-4:00 PM — 2017-07C

(OC). Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. \$17 per session. Are you going away on vacation this summer? For the months of July and August, we are offering vacation drop-in sessions for Ceramic artists who can work on their own but are unable to attend a full-time class. Students attending this sessions must have enrolled in either Advanced Ceramics class with Jim or a Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. This session is held in conjunction with the ongoing Ceramics classes. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for assuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to

make sure space is available and that they have met class prerequisite prior to registering at the Activities Desk. Registration for Drop-In sessions are only available within the hour prior to class start.

Computer Classes – General

iPad Class

Saturday, July 28 — 2523-06

9:00 AM-12:00 PM (KS). Instructor: Ken Silverman. \$36. Get more out of – and into – your iPad than you ever thought possible. Learn all about iOS5 (the operating system for this device) settings, like Air Play and



Air Print. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit

from learning system settings and syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad– we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP ♦♦ by 7/21.

Computer Classes – PC

More Tips & Tricks for Beginning PC Users

Wednesday August 15 — 2690-07B



1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. In this class you will learn over 50 additional PC tips and tricks that weren’t covered in the first session of “Tips & Tricks for Beginning PC Users.”

You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. RSVP ♦♦ by 8/8.



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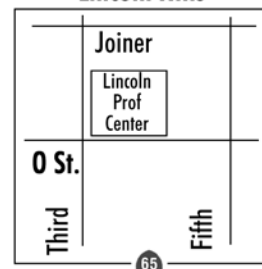


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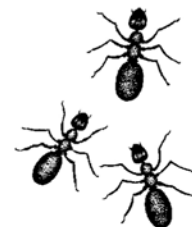


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Tips & Tricks for Beginning PC Users

Monday, August 20 — 2690-07C

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did *not* know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. RSVP ♦♦ by 8/13.

Digital Photography • Fridays, September 14-28 — 2520-07

10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury. \$49 (three sessions).



Are you tired of not knowing how to use your digital camera? Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the

LCD screen, as well as what all those icons do on your cameras. Handout fee (\$3) payable to instructor. Roy is an adjunct instructor at many local schools and American River College for the past 14 years and came highly recommended by residents. RSVP ♦♦ by 9/7.

Genealogy

Genealogy is the fastest growing hobby in North America. Classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives. Please bring a flash drive to class with you so you can take home any work



accomplished during class. **Prerequisites:**

Basic computer skills and comfortable using an Internet browser.

Searching Like A Pro

Friday, July 20 — 2690-06C

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. In the fall of 1999 the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class you will learn how to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented in this class will be equally applicable to anyone searching the Internet. RSVP ♦♦ Now.

Getting Started Family Tree

Tuesday, August 14 — 2690-07D

12:30 -3:00 PM (OC). Instructor: Bob Ringo \$12. **Prerequisite:** Basic computer skills. Family Tree Maker (FTM) is advertised as "the #1 selling genealogy software". As with other



genealogy software, FTM allows the researcher to keep track of information collected during family history research and to create reports, charts, and

books containing this information. Beginners enjoy the easy navigation and tree-building tools in FTM. In this class you will create a sample database with a few individuals in your family to get you up and running using FTM. At the end of the session, you will be able to add individuals, parents, spouses, and children to your

personal database. RSVP ♦♦ by 8/7.

Getting More Out of Ancestry.com Thursday, August 16 — 2690-07E

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ♦♦ by 8/9.

Cooking

Cooking with Chef Roderick Tapas Time!

Tuesday, August 14 — 4014-07

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Learn quick and easy



way to create yummy tapas that are nutritious and delicious. Chef Roderick will prepare bite size recipes like artichoke & polenta fritters, empanadas, stuffed piquillo peppers and more.

Students get to enjoy a sampling for each prepared dish and a copy of each recipe so you can try it in your home to impress your guests. Classes fill up fast so register right away. Limited to 40 students. RSVP ♦♦ by 8/7.

Crafts

Intro to Card Making 101

Tuesdays, August 7-28 — 3170-07A

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

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Card Making — Level 2

Friday, August 10-31 — 3170-07B

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$28 (four sessions).

Prerequisite: Needs to have completed Intro to Card Making 101, or have instructor's approval. We will



continue to build on our card-making skills in this fun three-hour class making greeting cards

and some 3-D projects. All supplies will be provided, and class size will be small so that you will get lots of individual attention. Class size is limited so sign up early. RSVP ♦♦ by 8/03.

Dance

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

—Clogging—

Clogging Class Demo/Open House Tuesdays,

August 21 & 28 — 3572-07C

11:00 AM-12:00 PM. KS. Instructor: Janice Hanzel. *Free.* Ever wanted to try clogging but didn't want to commit to a class. Here is your chance. Register and drop in either day and see the class in action and experience the fun without the fee! No special shoes required- flat shoes preferred, no heels or sling-back shoes. Clog-

ging is an action-packed, calorie burning, energy producing, dynamic dance filled with rhythm and sound. See you there and bring your friends.

Fun and Intermediate Clogging

Tuesdays, August 7-28 — 3572-07A

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/national workshops and steps to stimulate

and bring your dancing skills to a new level. Music from Bluegrass to Lady GaGa and more. Learn and/or review steps. If you've been away from clogging for a while, now's the time to get back into it. Come join the fun. We'll be learning dances from recent workshops and conventions. In order to be a participant in the new demo group, you must know the dances and have instructor approval. Bring your friends who have wanted to learn clogging to the last two Tuesdays in August for "Open House". It's free for them! RSVP ♦♦ by 7/26.

Performance and Technique Clogging • Tuesdays,

August 7-28 — 3572-07B

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students

are strongly encouraged to take Fun/Intermediate Clogging. A lot of our performance dances will be taught in the Fun and Intermediate Clogging class and only fine tuned in this class. Janice brings her many years of expertise working with teams and groups. Performance routines will be created, fine tuned, and figures and movements added to enhance some of the dances taught in the Fun/Intermediate Class. Other routines will be created for specific events. Movements such as Wheels, Tunnels, Stars, and

traditional Appalachian-style dancing involving some partner and team work will be part of the skills taught. Fine tune clogging skills during technique portion of class. Technique lessons are incorporated in each session to keep you dancing safely and hone feet movement so sounds are clean and clear. Instructor approval prior to each performance RSVP ♦♦ by 7/26.

—Country Couples Western Dance —

Country Couples Western Dance

— Beginner Level 1 & 2 • Mondays,

August 6 & 13 — 3532-07A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$10 (two 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 such as Two Step; Free Style



Waltz moves; Circle dance; and review previous dances as needed. Lessons have no pre-set dances per session. 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. Some dances may be subject to change based on the experience level of students. RSVP ♦♦ by 7/30.

Country Couples Western Dance — Intermediate Level 3 & 4, Mondays, August 6 & 13 — 3532-07B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$10 (two sessions). Class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Previous dances will be reviewed as needed. All are subject to change as we try to go at

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a pace suitable for participants. RSVP ♦♦ by 7/30.

—Dancing with Dolly—

Jazz/Musical Theatre Wednesdays,

August 8-29 — 3920-07B

4:00-5:00 PM. Aerobics Room (OC). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$36 (four sessions). Exercises and technique used to create simple



combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Strengthens balance, increases flexibility, co-ordination, rhythm and timing, all

the while students are having fun. You will be encouraged to learn different styles of dance: Traditional & Modern Jazz, and Musical Theater with an emphasis on developing versatility in dance. Something new every week, no memorization. Come watch a class, see how much fun dance can be! RSVP ♦♦ by 8/1.

Ballet • Thursday,

August 2-23 — 3920-07C

5:45-6:45 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James, Master teacher & Choreographer \$36 (four sessions). For some reason when the word ballet is used, many women are intimidated. Don't be! Ballet is wonderful fun and the basic foundation for all types of dance: Jazz, Ballroom, Musical Theater, Tap, Country Line Dance, Folk Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength. This special class develops beautiful posture, increases core strength, footwork and timing. Using beautiful inspiring music, students find spirituality and grace as they discover the dancer within. Ballet is the best all-round conditioning program! No experience required. RSVP ♦♦ by 7/26.

Advanced Performance Dance with Dolly,

Friday, August 3-24 — 3920-07A

2:30-4:00 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$50 (four sessions). For the dancer



who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 7/26.

and choreography. Routines are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 7/26.

Beginning Performance Dance with Dolly • Wednesday, August 8-

August 29 — 3920-07D

6:30-7:30 PM, Aerobics Room (KS). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$38 (four sessions). Ms. James brought musical theater to Lincoln Hills over 10 years ago after an extensive background with her world renowned school in the Bay Area. "Our community is filled with talent! Now, people have a chance to do something they always wanted – perform!" This new performance dance class will give students an opportunity to learn the basics of dance techniques and to *perform* in the main musical/variety shows in Lincoln Hills including Yankee Doodle Dandy which is scheduled for November. Routines designed for all levels of dance experience. Now is the time to try something new and feel the wonders of being on stage. RSVP ♦♦ by 8/1.

—Hula—

Hula • Thursdays, August 16 – September 27— 3901-07

1:15-2:15 PM (KS). New instructor: Pam Akina. \$48 (six sessions, no class August 23). Begin or continue your study of the beautiful art form of Hula from the Hawaiian Islands. This

class is appropriate for new as well as experienced dancers. Using the basic steps kaholo, ka`o, hela, and ami, you will learn a beautiful hula auana (modern hula) from beginning to end. In the Hawaiian tradition, we study



language, culture, and history as well, because hula is more

than just hands and feet! Performance techniques are also taught. Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 8/9.

— Jazz —

Jazz Technique

**Saturday, August 4-25 — 3930-07A
Or Tuesday,**

August 7-28 — 3930-07B

Saturday 3:00-4:00 PM, Aerobics Room (OC), Tuesday 1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Have fun learning different styles of jazz dancing emphasizing proper technique. Come learn from a former professional dancer who loves to teach dance and choreograph. Melanie will demonstrate various dance steps to insure proper execution. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Class is for all skill levels. This first series of classes will be used by instructor to evaluate student skill level for future class programming. RSVP ♦♦ by 7/28 or 7/31.

— Line Dance —

All line dance classes for Audrey and Yvonne's Line dance 1 and Beginner Plus will be announced in August Compass

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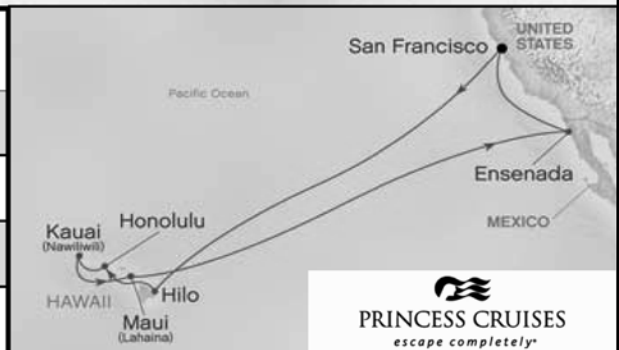
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Intro to Line Dance • Thursdays, August 16-October 4 — 3602-07A

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



at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 8/9.

Line Dance Beginner Plus with Sandy • Tuesday

August 28 – October 9 — 3705-07A
9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$42 (seven sessions). **Prerequisite:** This class is a step up from Beginner Line Dance I. Basic line dance terminology is used such as grapevine, coaster step, pivot quarter and half turns, coaster steps, jazz boxes, plus many more. Students should be able to understand and execute basic line dance steps as the instructor leads and teaches dances using line dance terminology. This class will be learning slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 8/21.

Line Dance II Beginner-Intermediate with Sandy Wednesdays • August 22- September 19 — 3705-07B

9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five 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 8/15.

Line Dance III with Sandy Wednesdays • August 22- September 19 — 3705-07C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five 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 re-starts, many more. At this level, there is no limit to 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 8/15.

Line Dance II/Beginner- Intermediate with Yvonne Thursdays,

August 16 –October 4 — 3704-07
9:00-10:00 AM (KS). Instructor:



Yvonne Krause-Schenck. \$48 (eight sessions). This class is taught at a faster pace than the beginner class and introduces more difficult combinations of steps, turns, syncopation and much more. The class is not for beginners and students at this level should know line dance terminology. RSVP ♦♦ 8/9.

— 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. Performance Classes start in



August. Students who are concurrently registered both in Performance and Technique class will only need to pay the discounted rate **** for one Technique class.

Technique Class • Mondays, August 13-27 — 3555-07A (\$15) *** 3555-07A1 (\$8)

10:00-11:00 AM (KS). Three sessions. Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 8/6.

Advanced Technique Class Mondays,

**August 13-27 — 3555-07B (\$15)
*** 3555-07B1 (\$8)**

11:00 AM-12:00 PM (KS). Three sessions. Class is geared more for tappers with advanced skill level but class is open for all who want a more challenging routine and dance steps. RSVP ♦♦ by 8/6.

Advanced Performance Mondays,

August 13- 27 — 3555-07C

12:00-1:00 PM (KS). \$21(three sessions). Start of new session for 2013 Talent Show. RSVP ♦♦ by 8/6.

Beginning Tap

Tuesday August 14-28 — 3555-07D

9:00-10:00 AM (KS) \$15 (three 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



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class until you choose to move on. Minimum of 10 students required for the class. RSVP ♦♦ by 8/7.

Technique Class

Tuesdays,

August 14-28 — 3555-07E (\$15)

*** 3555-07E1 (\$8)

10:00-11:00 AM (KS). Three sessions. RSVP ♦♦ by 8/7.

Performance • Thursdays,

August 16-30 — 3555-07G

10:00 -11:00 AM (KS). \$21 (three sessions). Start of new session for 2013 Talent Show. RSVP ♦♦ by 8/9.

Technique Class

Thursdays,

August 16-30 — 3555-07F (\$15)

*** 3555-07F1 (\$8)

11:00 AM-12:00 PM (KS). Three sessions. RSVP ♦♦ by 8/9.

Performance • Thursdays,

August 16- 30 — 3555-07H

12:00-1:00 PM (KS). \$21 (three sessions). Start of new session for 2013 Talent Show. RSVP ♦♦ by 8/9.

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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, August 13-

October 8 — 3581-07A

4:45-5:45 PM (KS). Instructor: Judy Young. \$48 (eight sessions, no class September 3). RSVP ♦♦ by 8/6.

Fridays, August 17-

October 5 — 3581-07B

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 8/10.

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

Class description of each class has been updated. Please read each class description before enrolling. Questions? Please contact Dottie at 543-6005.

Introduction to West Coast Swing Wednesdays,

August 8-29 — 3513-07A

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



can be applied to various types and styles of music. Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 8/1.

Intermediate I and II West Coast Swing • Wednesdays,

August 8-29 — 3513-07B

7:00-8:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with Instructor's approval. RSVP ♦♦ by 8/1.

Intermediate/Advanced West Coast Swing • Wednesdays,

August 8-29 — 3513-07C

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 8/1.

Driver Training

**AARP Driver Safety Program
Monday, July 16 &**

Tuesday, July 17 — 6055-06

**Or Monday, August 20 & Tuesday,
August 21 — 6055-07**

8:30-1:00 PM (OC). Prices are as follows for two-day sessions: Educator rate \$15 (AARP and non-AARP member alike); Regular rates apply for non educators: AARP Member \$22; non-AARP Member \$24. Lincoln Hills is joining AARP in celebrating teachers and school personnel this summer with the AARP Driver Safety Educator Appreciation Promotion! In recognition of your generosity in teaching and helping others, you may register for the AARP Driver Safety classroom course at a reduced price for the months of July and August. The **Educator Appreciation Promotion** is being offered to individuals who are current or retired educators and school personnel or have worked for a school district or university in any capacity. To avail of the discount,



each 'educator participant' must completely fill-out a discount course coupon *when registering for the course.* Completed form must be received at time of registration. The reduced course tuition is provided to AARP members and non-members alike. Coupons will be available at the Activities Desks (OC/KS). If not an educator or school personnel, AARP residents must present current AARP membership card upon registration at the Activities Desks to receive the AARP discounted class fee. The course provides instruction on defensive driving techniques and California motor vehicle laws. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time are also covered. The eight-hour course is specifically geared to persons 50 or over. Attendees may be eligible for a discount on their auto insurance (check with your provider to determine amount). Attendance at *both* days of the two-day course is required for a Certificate of Comple-



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Fitness

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

—Small Group Training—

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variety of formats and they provide much more focused attention to the participant's goals than traditional large classes.

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SGT—Suspension Training for Golfers • Mondays & Wednesdays, July 23-August 15 — 835000-G5
4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Train to play your best golf ever! This small group training will take

your Golf Fitness to the next level. Golf requires a combination of strength, flexibility, timing, balance, power and endurance.

This class will incorporate TRX, Bosu, Medicine Ball and large Stability Ball to create appropriate range of motion, balance and strength. All levels welcome. **Four week session \$135.** Register/Fitness Centers.



**SGT — Bootcamp
Mondays & Wednesdays,
August 8-September 5 — 835000-B8**

(No class Monday, September 3.) 5:00-6:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. **Four week session \$135.** Register/Fitness Centers.

**SGT — TRX Interval Training
Mondays & Wednesdays,
July 30-August 22 — 835000-T7**

2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four week session \$135.** Register/Fitness Centers.



**SGT — "Fun"ctional Fitness
Tuesdays & Thursdays,
August 2-30 — 835000-F8**

(No class August 14.) 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, August 17-
September 24 — 835000-P8**

(No class August 24, September 3, 14, or 17.) 7:00-8:00 AM, Aerobics Room (KS). Instructor: 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 will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the 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 or condition, Pilates will work for you. **Four week session \$135.** Register/Fitness Centers.

**SGT— Tabata BootCamp
Mondays & Fridays, August 13-
September 10 — 835000-Q6**

(No class September 3.) 11:30-12:00

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PM, Aerobics Room (KS). (First class 60 minutes); Instructor: Deborah McIlvain. We are so excited to bring this cutting edge training program to Lincoln Hills. Tabata BootCamp will change what you thought was the road to fitness and fat burning! Forget hours and hours of cardio! Turns out that's *not* the fastest way to get fit! What is Tabata Training and how can it help you lose weight and get in shape *faster* than traditional exercise? Tabata training was developed by a Japanese researcher (Izumi Tabata) who found that short bouts of exercise (only four minutes!) using super high intensity intervals actually increased subject metabolism *more* than traditional exercise of 30-60 minutes! Our Tabata BootCamp workouts will be multi-level with modifications offered for those with any issues. You'll be able to get the fat burning, metabolism boosting benefits of this training program, and still "go at your own pace." The first session will be one hour, going over your personal goals, activity profile to help with your metabolism, body assessment and fitness assessment. **Four week session \$135.** Register/Fitness Centers.

New! SGT — Recreational Sport Training

Wednesdays & Fridays,

July 18-August 10 — 835000-R1

12:30-1:30 PM, Aerobics Room (KS).

Instructor: Kara Lowe. This group training course targets your balance, ankle and knee strength, core conditioning, and improving your cardiovascular endurance. Take your pickleball, softball, biking, running, walking or tennis games to the next level with "The recreational sports guide to fitness"! **Four week session \$135.** Register/Fitness Centers.

—Circuits, Weights, Stretches—

W.O.W. — Working Out with Weights • Thursdays,

August 23-

September 27 — 750500-07

10:35 AM-11:30 PM, Weight Room (KS). Instructor: Julia Roper. Want the most out of your workout? Join this six-week in-depth, strength training program that will take you from basic to advanced training techniques. You will begin 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 for your body type as well as free weight techniques and cable exercises. You will run away with at least three written programs to carry you through the rest of your life! Class is limited to six people.

Change your life. **Six-week session, \$75.** Register/Fitness Desks/Online. RSVP ♦♦ by 8/16.

Waves! Beginning Circuit Class

Tuesdays & Thursdays,

August 7-23 — 830000-07

2:30-3:00 PM; first class is one hour, 2:30-3:30 PM, Weight Room floor (OC). Instructor: Megan Cowart. This



class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively

while getting a great workout. Every week the class will progress with a few new exercises to include balance, core, and cardio stations. This class is for the beginner exerciser or participants looking for assistance with a regular weight machine workout in a group setting. **Three-week session, six classes, \$35.** Register/Fitness Centers/Online. RSVP ♦♦ by 7/31.

Basic Chair and Balance

Fridays, August 3-31 — 806000-07

1:00-1:45 PM, Aerobics Room (OC). Instructor: Megan Cowart. A beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio endurance, and brain exercise. This class is appropriate for people with limited

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*
8:15 AM					Cycle Express	
8:55 AM					Stretch Express	
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Water Works	
9:00 AM	Zumba	Core & Strength	Zumba	Core & Strength	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth* Water Wks	Circuit*	Strict. Strngth* Water Wks	Circuit*	
10:00 AM	Core Connection	Yogafied	Core Connection	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates* Water Works	Everybody Can*	Pilates* Water Works		
10:30 AM	Splash Dance		Splash Dance		Splash Dance	
11:00 AM	Everybody Can		Piloga		Piloga	
11:30 AM	Arthritis Found. Aqua		Joint Efforts		Arthritis Found. Aqua	
1:00 PM	Chair with Flair		Chair with Flair			
2:00 PM	Balance Express		Balance Express			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM	Zumba H2O Circuit	H2O Circuit	Zumba H2O Circuit	H2O Circuit		

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 Classes at KS-
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Standard Oil Change
install new filter, refill up to 5 qts motor oil, lubricate chassis (if applicable)

\$19⁹⁹

Most vehicles.



See store for complete service description and details. Redeem this coupon at your participating Firestone Complete Auto Care store. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value. Offer void where prohibited.

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A/C Performance Check
we'll check for worn hoses & seals, test system for pressure leaks or contamination.

\$19⁹⁹

Most vehicles.

Refrigerant extra. Certain states require added refrigerant to be removed from a leaking system.



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mobility and various health issues. There will be *no* floor exercise. **Five-week session, \$20.** Register/Fitness Centers/Online. RSVP ♦♦ by 7/24.

Reach for the Top/Stretch & Tone!
Mondays, August 6-27— 805000-07
Tuesdays, August 7-28— 801000-07
Thursdays,
August 9-30 — 803000-07

Mondays 12:00-1:00 PM, Tuesdays & Thursdays 11:30 AM-12:30; Aerobics Room (OC). Instructor: Lin Hunter. This class combines stretching, range of motion exercises, intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun music to get your energy level up, help you become stronger, strengthen your muscles and joints, and build up cardio



endurance. The range of motion exercises and stretching will help prevent arthritis and keep your mobility. Lin is a former licensed nurse and AFFA-certified group exercise instructor; she has been teaching for 40 years! Lin constantly gives options for modifications and can help you with your special needs. Guaranteed! You will feel great when you leave this class! Make-up days are allowed. **Four-week session, one day/week, \$33.** Register/Fitness Centers/ Online. RSVP ♦♦ by 8/2.

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—In the Pool—

Core-N-More Deep Water Aerobics Mondays,

July 30-August 20 — 760100-07

Wednesdays,

July 25-August 15 — 760000-07

Mondays PM and Wednesday AM,

July 25-August 20 — 760200-07

Mondays 5:35-6:30 PM, Wednesdays 9:35-10:30 AM, Indoor Pool (OC). Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing



resistance. This high calorie burning, aerobic/interval class combines exercises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week.** Register/Fitness Centers/Online. RSVP ♦♦ by 7/23.

Water Qigong • Wednesdays,

August 15-

September 5 — 813200-07

12:45-1:45 PM, Indoor Pool (OC). Instructor: Peter Petersen. Water-Gong is Qigong practiced in the water.

Qigong is a moving meditation like Yoga, but it comes from China instead of India. Qigong differs greatly from Yoga in that the movements are very light, slow, and fluid, much like Tai Chi. Qigong is about bringing in healthy fresh, clean, energy to your body. The benefits are increased flexibility, strength, balance, and bolstered immune system to name a few. Essentially, this form of Qigong creates a healthy balance between the mind, body, and spirit, keeping one healthy,

happy, and at peace with oneself and in harmony with their surroundings. **Four-week session, \$40.** Register/Fitness Desks/Online. RSVP ♦♦ by 8/8.

—Walking—

Beginning Nordic Walking

Will begin again in October.

Walk With Ease — Arthritis Foundation

Will begin again in September.

—Tennis—

Pro Tennis Lessons

Sundays, August 26-September 30

Beginners — 790700-07

Intermediate — 790600-07

Advanced — 790500-07

Beginners 8:00-9:00 AM, Intermediate 9:00-10:00 AM, Advanced 10:00-11:00 AM; Tennis Courts #10/11. Instructor: Mike Garetto. Mike is USPTA-certified



and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. **Six class session, \$75.** Register/Fitness Desks/Online. RSVP ♦♦ by 7/19.

—Mind, Body, Spirit—

Extra Gentle Yoga • Tuesdays,

September 4-25 — 710000-07

12:45-1:45 PM, Aerobics Room (OC).

Instructor: Julie Boone. Julie's popular yoga classes are gentle and adaptable to meet the needs of any student. Julie's motto is "Yoga is not supposed to hurt!" Julie will help students modify postures to find a level of stretch that is comfortable. If you have not tried yoga before, this is the class for you. Expect breathing exercises, standing poses, floor poses, and a brief guided relaxation. This class does not offer meditation instruction. Limit: 20 participants. **Four-week session, \$44.**

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Register/Fitness Centers/Online. RSVP ♦♦ by 8/28.

Gentle Hatha Yoga "Plus" Tuesdays,

September 4-25 — 710100-07

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, and pranayama (breathing exercises). The "plus" is more time in deep relaxation, and additional instruction in meditation. 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, \$44.** Register/Fitness Centers/Online. RSVP ♦♦ by 8/28.

Evening Yoga • (Hatha -Traditional Yoga) • Tuesdays,

August 7- 28 — 711000-07

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. Warm summer evenings and extended daylight have arrived! Yoga will give you increased energy, flexibility, balance, and strength — all while reducing stress. This early evening yoga class is the perfect way to keep your body moving! Everyone is welcome to this fun-filled, informative class — from absolute beginners to aspiring yogis. If you've never tried yoga before, this is the class for you! **Four-week session, \$44.** Register/Fitness Centers/Online. RSVP ♦♦ by 7/31.

Evening Yoga and Meditation Thursdays,

August 2-30 — 711100-07

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relax-



ation and optional meditation. Each student receives individual attention, so enrollment is limited. **Five-week session \$55.** Register/Fitness Centers/Online. RSVP ♦♦ by 7/26.

Tai Chi Beginning Tuesdays,

July 24-August 14 — 730100-07

Saturdays,

July 28-August 18 — 730200-07

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which bring about harmony of spirit and 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 build-



ing 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 Centers/Online. RSVP ♦♦ by 7/21.

Tai Chi Intermediate • Tuesdays, July 24- August 14 — 730300-07

2:45-3:45 PM, Aerobics Room (KS). This class is designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and a work toward a greater understanding of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the

internal organs. The emphasis will be towards building a healthy stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. **Four-week session, \$40.** Register/Fitness Centers/Online. RSVP ♦♦ by 7/21.

Spring Forest Qigong (SFQ)

Monday, August 6-27 — 745000-07

1:00-2:30 PM, Aerobic Room (KS). Instructor Elizabeth Wescott. SFQ involves sitting and moving meditation practices. Utilizing breath, simple and gentle movement, visualization and meditation we find our way into a peaceful state of mind. All the while we are engaging our natural capabilities to heal and find balance. If you are seeking ways to increase your sense of ease or if you're looking for a quiet practice to support balance or healing you may wish join us. **Four-week session \$40.** Register/Fitness Centers/Online. RSVP ♦♦ by 7/26.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the Intro to Gem



Cutting, Lost Wax Casting or Jewelry Fabrication classes.

Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond

saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

Glass Art

—Fused Glass—

Fusing Glass Workshops • Mondays, July — 3103-01G

August — 3103-01H

4:00-6:30 PM, Sierra Room (KS).

Moderator: Jordan Gorell. \$12. In July, workshop will be held on the first Monday of the month. August workshop will be held the third Monday of the month. 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. Pay at Activities Desk each day you attend the workshop.



—Stained Glass—

Stained Glass Workshops • Mondays, July — 3103-01G

August — 3103-01H

4:00-6:30 PM, Sierra Room (KS).

Moderator: Jordan Gorell. \$12. In July, workshop will be held on the first Monday of the month. August workshop will be held the third Monday of the month. 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.



Music

—Guitar—

Next session for Guitar I & II will be announced in August Compass.

Guitar III — Intermediate •

Thursdays,

August 2-30 — 4262-07C

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$35 (four sessions, no class



August 9). This class continues the course of study in Guitar II. Course of study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. The class promises to be a lot of fun. RSVP ♦♦ by 7/26.

Guitar IV — Advanced

Thursdays,

August 2-30 — 4262-07D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$35 (four sessions, no class August 9). **Prerequisite:** Students must have instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 7/26.

— History —

The History of Rock and Roll, Part 1 Wednesdays, August 29-

September 19 — 4272-07

2:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). Gals, get ready to break out your poodle skirts. Guys, time to slick back with a little Brylcreem. Join us as we go back and discover the times, the people, and the music that is "Rock and Roll". In



Part 1, we will explore the origins of this truly American music that has become the soundtrack of our lives. We will hear how jazz in the 30's, Coun-

try Music, Pop Music, Gospel, and Rhythm and Blues came together to inspire a world's youth to once again take to the dance floor. Together we will meet a guy from New Orleans named Fats, a country boy named Jerry Lee, a Georgian dishwasher named Richard, a West Texan gentleman called Buddy, and a truck driver who would change the world ... his name: Elvis. So get ready to have fun as we begin our journey with Part 1 of the History of Rock and Roll. RSVP ♦♦ by 8/22.

— Voice —

Next session for Vocal Boot Camps will be announced in August Compass.

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

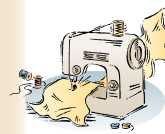
Monday, August 13 — 4059-11H

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ♦♦ by 8/6.

Bernina Sewing Machine Certification

Monday, August 13 — 4059-11H1

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 8/6.



Janome Sewing Machine Certification

Monday, August 13 — 4059-11H2

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 8/5.



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The Transcontinental Railroad, from Sacramento to Donner Summit, 1860's

Tuesday, July 24 — Free

1:30-3:00 PM, P-Hall (KS). A hidden wonder of one of America's greatest construction and engineering feats, and in "our backyard," is revealed for this DVD production. Bill George, today's presenter and its executive film producer, received the Award of Excellence for this achievement by Sacramento County's Historical Society.



Come along and visit abandoned granite tunnels, stunning trestles, gigantic cuts, and breathtaking scenery traversed by the Transcontinental Railroad to the summit of the Sierra Nevada. Marvel at how the master engineers and builders of the 1860's accomplished this heroic deed. People come from all over the world to see these hidden sites and enjoy its history. Q&A follows.

The Poop on Colon Health!

Wednesday, August 15 — Free

7:00-8:30 PM, Ballroom (OC). Ronald Hsu, MD, Gastroenterologist,

Sutter Health Independent Physician, will discuss all aspects of colon health and why it's important to keep your digestive system in good working order. Dr. Hsu will discuss some GI

diagnoses and treatment options for several gastrointestinal disorders including heart burn or GERD (Gastroesophageal Reflux Disease), Barrett's Esophagus, colon cancer, diverticulosis/diverticulitis, irritable bowels and constipation.



"BAT-21"

Thursday, August 16 — Free

1:00-3:00 PM, P-Hall (KS). The Veterans Club and Community Forum



are co-sponsoring this event. This movie featuring Gene Hackman, Danny Glover and Jerry Reed is based on a true story of a dramatic escape and evasion during the tail end of the Vietnam War. A SAM missile strike hits an EB66 (BAT 21) escorting jet for B52 bombers and only one survivor ejects, but into North Vietnamese hands. It is a quest to friendly territory! Resident Vern Luke, an EWO for EB66s, will introduce the story. Q&A follows.

The Eyes Have It!

Tuesday, August 28 — Free

7:00-8:30 PM, Front Ballroom (OC). As we age, so do our eyes. Nearsighted becomes farsighted, clear becomes



blurry and then there is the cataract that sneaks up on us. As one of the world's leading vision research centers, UC Davis Eye Center is staffed by specialists in all areas of eye care. On August 28, a panel of these specialists will present information on a number of different eye conditions and the treatments available. Come early to get your seat and learn about some of the research studies that are in progress at this time.

Del Webb the Man and SCLH — His Vision

Thursday, September 13 — Free

1:00-3:00 PM. Front Ballroom (OC). What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with Sun City Lincoln Hills? Find out as Judy Bennett relives the history of Del Webb — the man, and his vision for Sun City Lincoln Hills. Judy, former director of public/community relations for Del Webb and Pulte Group, was involved with each of Del Webb's Northern California Sun Cities and smaller "boutique" communities. Part of the executive management team, Judy sat at the strategic-planning table from 1994 to 2007. Learn some interesting "insider" history surrounding our community, including why Lincoln was selected as the location.

Update on Medicare

Friday, September 14 — Free

7:00-8:30 PM, Ballroom (OC). Margaret Reilly, Health Insurance Counseling and Advocacy Program Director (HICAP), and Marilyn McCullough, Lincoln resident and HICAP volunteer, will present an overview of Medicare. They will discuss things to consider when selecting a Medicare Supplement Plan, share the changes mandated by the Affordable Care Act (ACA), and discuss how to combat and prevent Medicare fraud. There will be ample time for questions. Please join us for this timely presentation as we enter the enrollment period for Medicare changes.

Community Forums, Date, Time, Location

- "Transcontinental Railroad DVD," Tuesday, July 24, 1:30 PM, P-Hall (KS)
- The Poop on Colon Health, Wednesday, August 15, Ballroom (OC)
- "BAT 21," Film, Thursday, August 16, 1:00 PM, P-Hall (KS)
- The Eyes Have It!, Tuesday, August 28, 7:00 PM, Front Ballroom (OC)
- Medicare Update, Friday, September 14, 7:00 PM, Front Ballroom (OC)
- Del Webb, The Man & SCLH—His Vision, Thurs. Sept. 13, 1:00, Front Ballrm (OC)
- 2012 Ballot Initiatives, Monday, September 24, 10:00 AM, Ballroom (OC)
- City of Lincoln Candidates Forum, Thursday, October 4, 3:00 PM, Ballroom (OC)
- Managing Stress and Depression, Wednesday, October 17, 7:00 PM, P-Hall (KS)
- Handy Helpers Back Again, Wednesday, October 24, 1:00 PM, Ballroom (OC)



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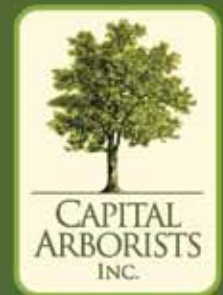
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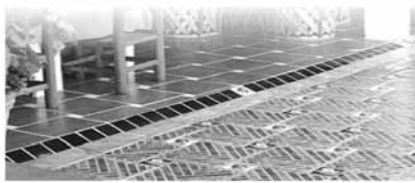
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Golf Cart Inspections at Orchard Creek Lodge



Golf cart inspections are required every two years. Please obtain an application and requirements from the OC Business Office. Inspections are done by Lincoln Police at OC Lodge the first & 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
Thursdays, July 19 and August 2 & 16

Let's Talk About Advance Health Care Directives

Tuesday, July 24 — 863100-07

9:00 AM-12:00 PM, Oaks Room, (OC) Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would

help? How do I choose who will be my agent? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. \$10. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 7/17.



Be

Inspired ~ Engaged ~ Well

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

Financial Wellness: How to Buy and Should You Own Stocks

Tuesday, July 24 — 870000-05

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott. This class will help you understand the basics to buying a stock and determining if you should toil in these volatile investments. We will use two valuation techniques and a non numeric checklist to select securities. \$5. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 7/17.



Meditation

Tuesdays, August 7-28 — 879000-07

11:00 AM-12:00 PM, Fine Arts (OC). Instructor: Vicky Johnson. Join Dr. Vicky Johnson, PhD, clinical psychologist, for an introduction to meditating and using emotion freedom techniques for health, peace and joy. Experience meditative states and the power of your mind to relieve pain, reduce stress and most of all "center yourself." Experiment with your breathing and focus to learn more about yourself and your possibilities. These sessions will include experience with the latest technology and assistance in matching meditation methods to your particular purpose. You are invited to use these four one-hour classes to begin or further your journey toward your personal goals. Four week session. \$40. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 7/31.



Boost Your Brain

Tuesday, August 21 — 875000-07

6:30-7:30 PM, P-Hall (KS). Instructor: Kristin Einberger.

We now know that we can grow new brain cells – we can do things which can have a very positive impact on our memory. Come to this Boost Your Brain workshop to find out how!!! Learn and have fun at the same time – a great combination.

Boost Your Brain will focus on a variety of ways with which to enhance memory. These include five of the most important aspects of brain fitness – mental stimulation, physical activity, socialization, nutrition and stress reduction. Special attention will be given to mental stimulation

through interactive activities completed during the workshop as well as activities given which can be done at home. \$6. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 8/14.



Megan Cowart
Wellness Program
Coordinator



Movement Therapy

Tuesdays, September 4-25 — 879100-07

11:00 AM-12:00 PM, Fine Arts Room (OC). The goal of this group is to learn to *feel* the body and its role in managing stress and trauma. We want to increase awareness of the wisdom of the body and what it informs us about our emotional states. Participants will become more conscious of patterns and behavior and thinking that cause distress. We will explore themes of belonging/separateness, personal boundaries and assertiveness. Guided rhythmic moving, individually and as a group, with music and without, will allow physical and emotional transformation, shedding, and shifts. This change can translate into uncovering an integrated, more authentic sense of self. This four-week series will be led by Julie Boone. Julie holds a Masters degree in Psychology, works as a counselor, has practiced movement therapy for eight years, and has taught specialty yoga at SCLH since 2000. Julie intends for this class to be fun and "do-able." Commitment to attendance for all four classes is preferred. Participants should be able to stand and walk for up to an hour. No prior experience is required. While aspects of dance and yoga are included, there are no postures or moves to "learn." Please wear comfortable layers you can move in. Four week session. \$44. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 8/28.



Sun City Lincoln Hills Community Association

965 Orchard Creek Lane
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

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www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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408-4290

Spa Manager • Tina Ginnetti
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Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM
Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM
Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM
Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM
Sat./Sun. — OC 7:00 AM-8:00 PM
Sat./Sun. — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM
Sunday 8:00 AM-4:00 PM

Meridians

Breakfast 7:00-10:30 AM
Lunch 11:30-3:00 PM
Dinner 5:00-8:00 PM
Dinner Friday & Saturday 5:00-9:00 PM
Sunday Brunch 10:30 AM-2:00 PM

Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM
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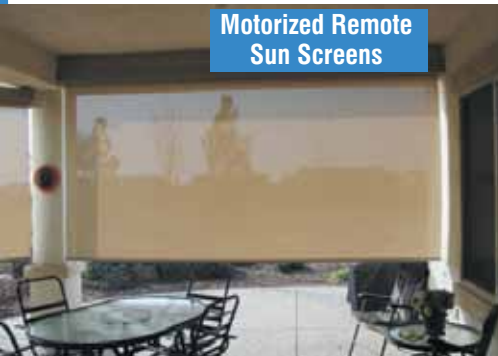
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