



# Compass

June 2012

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### On the cover

*Chef Roderick will be cooking and teaching about dishes that he prepares for you this summer at Farmers' Market Series luncheons and dinners in the Secret Garden, adjacent to OC Ballroom. See more information about the series and our Farmers' Market on pages 9 & 15.  
Photo by De Cahill*

## Board of Directors Report Can You Help Us?

David Conner, Director, SCLH Board of Directors

Will you do your part in helping your community? We all learned many years ago at a young age that two solid objects cannot occupy the same air space at the same time.

The biggest most powerful objects that move through and around our Villages are, of course, automobiles. In addition, we have golf carts, bicycles,

**“... now we’ve had three residents who have been hospitalized after having been struck by a car at an intersection.”**

motorcycles, and scooters. We also have a fair amount of foot traffic and pets moving about the streets and sidewalks.

On almost any given day, a casual observation would reveal that in many cases driving habits have become increasingly careless over the years. We see rolling and incomplete stops, passing on the wrong side, speeding and aggressive driving in our parking lots.

Near miss accidents are frequently

observed and have been occurring for some time, and now we’ve had three residents who have been hospitalized after having been struck by a car at an intersection. (Cause and circumstances undetermined.)

We would like to ask that every one of our citizens at this time take inventory of their driving habits and attitude and if found deficient, make any necessary adjustments to insure the safety of your neighbors and the residents of Lincoln Hills.

In addition, your Board of Directors is well aware that parking at Kilaga Springs and the Sports Pavilion is sometimes a problem. Additional parking is being studied by our Properties Committee, although no easy solutions are apparent. In the meantime, we encourage our members to carpool when you can to help ease the demand for parking at these locations.

Thank you all, and have a great summer full of enjoyment, vitality and accountability.



## SACs & SITs — Say What?

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

Last month the Board of Directors created a Strategic Advisory Committee (SAC) charging



nine resident volunteers with very important Strategic Initiatives and Activities leading to an updated Strategic Framework

to guide our Association over the next five years.

### SAC Outcomes:

- Develop a dynamic five-year strategic framework to ensure SCLH remains a model for success.
- Research long-term options for optimizing the future usage of Association assets.
- Formulate proposals that will

**The SIT facilitators will be reaching out to the larger community, seeking additional volunteers to assist with specific issues. Please consider helping in this important endeavor.**

- Advise on marketing and other actions to encourage positive public awareness of our community.
- The SAC has organized itself into Strategic Initiative Teams (SITs) that will work with our many stakeholders
- Please see SACs & SITs on page 35.*

**Upcoming Association-Related Meetings**

**Date • Time • Place June 15-July 31**

Strategic Advisory Committee Meeting ....	Monday, June 18, 11:00 AM, Gables
Golf Cart Registration .....	Thursdays, June 21, July 5 & 19, 8:00 AM, OC Lodge
Finance Committee Meeting .....	Thursday, June 21, 9:00 AM, Oaks
ARC/Architectural Review Committee .....	Monday, June 25, 9:00 AM, Heights
Board of Directors Meeting .....	Thursday, June 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting .....	Thursday, June 28, 10:30 AM, Oaks
Board of Directors Executive Session .....	Thursday, June 28, 11:00 AM, Oaks
Strategic Advisory Committee Meeting .....	Monday, July 2, 11:00 AM, Gables
CCOC/Chartered Clubs/Community Orgs. ...	Tuesday, July 3, 9:30 AM, Oaks
Elections Committee .....	Friday, July 6, 9:00 AM, Fine Arts
ARC/Architectural Review Committee .....	Monday, July 9, 9:00 AM, Heights
Compliance Committee .....	Tuesday, July 10, 10:30 AM, Oaks
Properties Committee Meeting .....	Tuesday, July 10, 1:00 PM, Fine Arts
Listening Post .....	Wednesday July 11, 9:00 AM, Solarium
Strategic Advisory Committee Meeting .....	Monday, July 16, 11:00 AM, Oaks
New Resident Orientation .....	Tuesday, July 17, 1:00 PM, Solarium
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, Presentation Hall (KS)
Board of Directors Special Meeting .....	Thursday, July 26, 10:30 AM, Oaks
Board of Directors Executive Session .....	Thursday, July 26, 11:00 AM, Oaks

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

**Connections**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

We know summer has arrived with the **start of our outdoor concerts beginning tonight**, June 15, with a Motown Revue provided by Top Shelf. I hope to see you enjoying the variety of music with your neighbors. The **Wednesday morning Farmers' Market** located in the parking lot by the OC Fitness Center is another sign that summer is here with its abundance

of fresh and seasonal fruits and vegetables. Read about the special Farmers' Market offerings on page 9 and page 15.

Another event that marks summer is the **arrival of the 2012 Community Directory and Resource Guide**. We anticipate the Directories will be available at OC Lodge by **July 2**. Each household is entitled to one Directory. You will need to show identification when you pick yours up in order to ensure only residents receive the Directory as it contains personal contact information. In addition to SCLH resident telephone numbers and addresses, there is a reverse directory, a listing of streets by Village, maps of each Village, and community maps, including an expanded Fitness Trail map on two pages, so you can locate our 19 trails with greater ease. An updated copy of your Association Rules and Regulations are in the front of the Directory, and ad pages are in the back. For those with smartphones, you

*Please see Connections on page 35.*

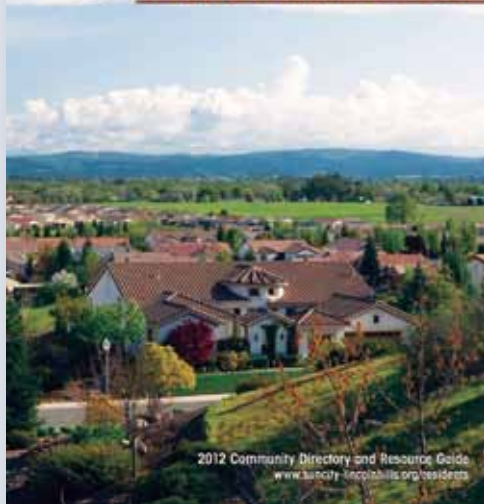


*Calendar of Events*

**June 15-July 31**

Date	Event	Page #
06/15	Summer Concert: Motown Revue/Top Shelf	5, 43, 44
06/18	"Black holes explained"	20
06/18	"Social Networking for Genealogists"	26
06/18	"Gladding McBean, part of Lincoln's history"	31
06/19	Comedy Night at KS	44
06/20	Bus Trip: Fort Bragg/Skunk Train	61*
06/20	Forum: "Time is Brain: How/Survive a Stroke"	17, 86
06/21	Book Discussion: <i>Henrietta Lachs</i>	22
06/22	Music Group's Friday Night Open Mic	28
06/22	Bus Trip: RiverCats vs. Grizzlies	61*
06/25	Presentation on opals	26
06/25-26	"Getting Your Stuff Together"	89
06/26	Summer Concert: Adbacadbra	43, 44
06/27	"Thirteen secrets make caregiving easier"	20
06/27	Bus Trip: Music Circus "Grease"	44
06/28	"Chronic Fatigue Syndrome"	25
06/28	Presentation on Daylilies	25
06/28	Bus Trip: Benicia Glass Tour	61*
06/29-30	Vaudeville Show, "Cavalcade/Stars"	17, 28, 33, 44
06/30	Senior League Softball Allstar Games	32
07/04	Roseville Community Concert Band	34, 45
07/09	Tap Auditions for "The Heart of Broadway"	33
07/09	Document Destruction	45
07/10	Comedy Night at KS	45
07/10	"Meditation"	89
07/11	"Do you need a tablet?"	23
07/11	"Digital Imaging and Compositing"	30
07/11	Bus Trip: Music Circus "The Little Mermaid"	45
07/12	"How Much Do You Know Health & Nutrition Pt. 2"	25
07/12	New phones & hearing equipment from CTAP	25
07/12	Bus Trip: Silver Legacy Reno	46
07/13	"Tablet conversation continued with demos"	24
07/13	West Coast Swing Dance	34
07/16	Bus Trip: California State Fair	46
07/17	New Resident Orientation	46
07/19	Tap Auditions for "The Heart of Broadway"	33
07/19	Summer Concert: Hotel California	43, 46
07/19	Book Discussion: <i>Shanghai Girls</i>	22
07/21	Bus Trip: Tank Museum Portola Valley	34, 46
07/20	West Coast Swing Dance	34
07/24	Forum: "The Transcontinental Railroad"	86
07/24	"How to Buy and Should You Own Stocks"	89
07/24-26	Overnight Trip: Yosemite	5, 46
07/27	Summer Concert: Polynesian Revue	43, 49
07/28	Bus Trip: San Francisco Shopping	49
07/29	Bus Trip: RiverCats in Reno	49
07/30	KS at the Movies: "Midnight in Paris"	49

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



2012 Community Directory and Resource Guide  
www.suncity-lincolnhills.org/residents

*The 2012 Community Directory and Resource Guide is expected July 2*

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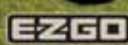
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### Activities News & Happenings

## The Action Starts on June 15 Something for Everyone!

Lavina Samoy, Lifestyle Program Manager

“Summertime and the livin’ is easy...” as the famous ballad from *Porgy and Bess* goes, summer in Lincoln Hills could not be any easier with the activities we have lined up for you.

The **Summer Amphitheater Concert Series** offers great performers right in your beautiful backyard at very reasonable prices starting **June 15** with the **Motown Revue** – see the complete list on page 43.

Be the “cool” grandpa and grandma to your lovable grandkids this summer! Enroll them in our **Annual Grandkids Camp, August 9**, where you and your grandkids participate together in fun activities. More activities are being offered this year with three categories to choose from: Active, Arts, or Mix ‘n Match. Classes include a morning Tap Show and Warm-Up Activity, Paper Boat Making and Races, Gardening, Hip Shaking, and Music. For Toddlers, Fitness Fun and Afternoon Water Play, and for ages five and up, Fishing, Theater, Outdoor Sports, and Pool Activities. It even includes a hands-on class in healthy lunch preparation. Crafty kids will enjoy the Artistic Freeplay program which includes Face Painting, Card Making, and Beading. Registration forms with complete class schedules are available at the Activities Desk – see details on page 50.

Going away on vacation this summer? No need to miss some of your favorite classes. We are offering “vacation drop-in” sessions for Ceramics classes. Interested students may enroll on the day of class and must check first with instructor for space availability and if they meet skill prerequisites prior to registration. See details on page 61.

Longing for cooler temperatures? Join us on a trip to Lake Tahoe and enjoy the water and views at the **Concours d’ Elegance Wooden Boat Show in Carnelian Bay on August 10** (details on page 50), or visit the **Big**

**Springs Garden in Sierra City**, located within the Tahoe National Forest on **August 16** and take in the serenity of the gardens and refreshing sound of sparkling stream as you enjoy lunch. Details are on page 53. There is also our **Two-Night excursion to Yosemite on July 24-26**, (see page 46) and **Over-night Trip to Monterey on September 4 & 5**, (see page 57).

The above list provides just a few samples of what we have in store for you this summer. Look for the pink and green headers in this *Compass* to read the complete listing of Activities.

We make living easy and exciting in Lincoln Hills!

## Late Breaking News! Be a Participant in Your Future

The Strategic Advisory Committee (SAC) will be conducting a resident survey late summer. The results of this survey will provide valuable information to the SAC in developing its report to the Board. To ensure that we investigate areas of interest to the community at large, please submit suggestions for topics you think will be beneficial in planning for the next five years. **We are sorry for the short notice, but to meet our planned completion date your email responses must be received no later than Tuesday, June 19 at 5:00 PM. Your response must be submitted to [survey.feedback@suncity-lincolnhills.org](mailto:survey.feedback@suncity-lincolnhills.org)** Thank you.

## Who Can Perform Immediate Cardiopulmonary Resuscitation or Hail Paramedics if Needed?

Bill Becker, Community Emergency Response Team Chair

Answer: Your Community Emergency Response Team (CERT) volunteers! These volunteers are able and ready to help you in case of an emergency as they monitor Sun City Lincoln Hills’ 2012 Summer Amphitheater Concerts.

The CERT volunteers are trained and certified by the Lincoln Fire Department. The basic training course focuses on the development of critical skills that include but are not limited to: 1) first aid; 2) light search and rescue; and 3) fire safety. As a result, volunteers are better prepared to help themselves, family, friends, neighbors and

community in the event of medical emergencies, natural and human-made disasters or other hazards that pose threats. Professional responders may not be able to reach victims right

away so CERT volunteers are prepared to help professional responders save lives, protect property and assist with community recovery.



CERT members in bright-colored vests at the ready at the CERT tent during an Amphitheater concert

Summer concert attendees are welcome to stop by the CERT booth. Please inquire about how you can better handle future medical emergencies  
*Please see CERT on page 84.*

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## Peer Connect Program

### Meet the Lincoln Hills Peer Connect Mentors

*Tamara Coil, Lifestyle & Volunteer Coordinator*

The newly-launched Peer Connect Lifestyle Volunteer Program has been successfully helping new residents become more connected to the community. We have a diverse group of 15 Peer Connect Mentors that represent many areas of our lifestyle, interests, and clubs within Lincoln Hills. — please see photo!

While the primary goal for our Peer Connect Mentors is to assist new residents with meeting other residents and participating in Association offerings, you may also see them lending a hand at one of the Lodges and with community activities. Mentors will be speaking at our quarterly New Resident Orientations, greeting guests in the Lodges,

and representing Sun City Lincoln Hills at local events.

Peer Connect Mentors are a great source for sharing their experiences and enthusiasm for SCLH. We encourage you to share any ideas you may have about how Peer Mentors could be of more help to the community. Please feel free to contact me at 408-4310 or [tamara.coil@sclhca.com](mailto:tamara.coil@sclhca.com), I



*Peer Mentors, clockwise from back left: Donna Tewart, Nancy Rich, Karl Wenzler, Barry Mackintosh, Gay Mackintosh, Pam Cahill, Clydette Mayfield, Monique Wood, Sandy Klein, Marlene Wenzler, Ginger Nickerson, Carolyn Fava, Peggy Gentry; not pictured: Bob Gentry and Arlean Parton*

look forward to connecting with you.

## Fitness News

### You May Be Fit, But Are You Functionally Fit?

*Lisa Scroggs Smith, Assistant Director of Fitness*

Functional Fitness is the hottest buzzword and biggest trend in the world of fitness these days. Being functionally fit is learning to train your body for everyday situations and real life movement patterns. These movement patterns include twisting, bending, pulling, lunging, and squatting. Think about moving in a multi-joint, multi-plane pattern. You may think, "I can bench press 100 pounds at the gym; I don't need to worry about this." That's great but can you lift a suitcase in and out of your car without hurting your back? Can you pick up your grandkids and swing them around without pulling a muscle?

This doesn't mean you need to stop your regular strength regime at the gym. It means you need to think about why it is you want to be stronger. I doubt your main goal is to brag about the amount of weight you put on the leg press machine. Your goal is probably to be active longer and to carry out your daily living activities without pain... that's functional fitness!

Conventional weight training isolates certain muscle groups, yes, but it doesn't teach the muscles to move with other muscles or to reach out at different angles. Machines work in a single plane. Picking something up off the ground, doing laundry, putting dishes away are all movements that work in

"Think about moving in a multi-joint, multi-plane pattern. You may think, 'I can bench press 100 pounds at the gym; I don't need to worry about this.' That's great but can you lift a suitcase in and out of your car without hurting your back?"

multi-directional planes. To be honest, most of your lifting should be done in a standing position. We sit most of the day, so sitting to workout is not very challenging. You may want to consider starting with your own body weight. Can you control your body by doing a one-legged squat enough without falling

over? Start trying movements that build up control and balance with your own body before adding additional weight.

We have many Group Exercise classes and Small Group Training classes that promote this philosophy. We even have a Small Group Training Class that's called "Fun"ctional Fitness! Our TRX small group classes train you to use your body weight as resistance and our Strictly Strength group exercise classes teach you strengthening moves you can do without a machine. You can always sign up with a trainer or ask one of the fitness staff members for help or ideas. Let's get functional!

### Did You Know?

Our trails have trail name signs. Please consider carrying a cell phone and make note of the trail name in case there is an emergency along the way. Hat and sunscreen are a good idea too.





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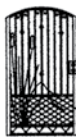
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## Summer Dining Pleasures at Meridians

*Jerry McCarthy, Director of Food & Beverage*

Meridians is offering a number of exciting options for your summer dining pleasure. Chef Roderick is getting ready to launch his new summer menu towards the end of June. Make sure to look for exciting items such as: *Blueberry Salad, Crab & Melon Cocktail, Rice Noodle Shrimp, Miso-Glazed Salmon, Grilled Rib Eye Steak, and much more.* BBQ Monday is back! We will be trading a Taste of Italy for **BBQ Night** every Monday. Meridians will be grilling assorted steaks, seafood, and chicken on mesquite charcoal. Come in and watch the chef cook your dinner entrée to perfection over the mesquite grill. Buy nine BBQ entrees and the tenth is *free!*

Chef Roderick is conducting the **Farmers' Market Series** this summer, bringing to life all of the fresh seasonal items that can be discovered at our own Wednesday Farmers' Market. We will be having three dinners and two luncheons in the Secret Garden where Chef Roderick will be cooking and teaching about dishes that he prepares for you. (See photo on cover.) A new addition this year is the Farmers' Market Lunch. Chef Roderick will be having two luncheons and will be taking a quick tour of the Farmers' Market prior to dining. All

the dates and details can be found at [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com). Sign up for all five meals in the Farmers' Market Series today. Space is limited.

**Father's Day** is just around the corner. Meridians will be celebrating Father's Day with a great brunch on Sunday, June 17, 10:30 AM to 2:00 PM. Visit our website at [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) for details—there you will also see other special events that are coming soon. You'll want to circle the calendar for Summer Amphitheater Concert Series 2012, Brew Master dinner with Chef Roderick & Gordon Biersch, Deli Night, Crab Feed Night, and special offers and promotions. Of course, Happy Hour seven days a week is the perfect place to grab a bite to eat and have a cold beverage to beat the heat.

"Happy Hour seven days a week is the perfect place to grab a bite to eat and have a cold beverage to beat the heat."

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

~ Please see our ad on page 38. ~



## The CC&Rs, Landscaping and You!

*Bill Attwater  
Architectural Review Committee Chair*

The CC&Rs are the "Covenants, Conditions and Restrictions" which apply to each of us as residents of Sun City Lincoln Hills. When we purchase a home we sign a contract that says we will abide by the CC&Rs and other rules adopted to implement the CC&Rs such as the "Design Guidelines."

Section 7.02 of the CC&Rs, in general, requires homeowners to maintain their property so as to present a neat and attractive appearance. What this means is that landscape changes are to be submitted to the Architectural Review Committee (ARC) by the use of an application form and checklist available in the kiosk next to the Activities/Membership Desk (OC). The forms are also available online by going to the resident website, [www.suncitylincolnhills.org/residents](http://www.suncitylincolnhills.org/residents).

For landscape, plants and trees, the checklist is #16. The checklist requires a landscape or plot plan showing the type and size of plants. At least 40% of the ground service in the front yard, not planted with lawn, must be covered with living

*Please see ARC on page 35.*



## ✓ Bucket List

**"Smitty has now landed!"**

*Gay Sprague, Roving Reporter*



Arlene "Smitty" Smith recently fulfilled one of her Bucket List items, which was to fly in a small plane from Bullhead City AZ, over Lake Mead, Laughlin, and Las Vegas, between 2000-5000 feet, and circling Hoover Dam twice. Her nephew was her expert pilot and Smitty was able to assist him in talking to the tower and finding the proper

landing strip. She flew in a Cessna 173 up to 113 miles per hour. She said this was at the "top of her most fun thing" on her bucket list.

Many of you know Smitty as an active member here in our community playing the guitar, participating in water aerobics, and line dancing. As an avid Coca-Cola memorabilia collector, Smitty is now planning a visit to Atlanta, GA to visit the World of Coca-Cola Museum.

**What have you accomplished on your Bucket List? Send a paragraph or two of details to [bucketlist@suncity-lincolnhills.org](mailto:bucketlist@suncity-lincolnhills.org) and watch for future articles!**



*Smitty circled Hoover Dam in this Cessna 173*



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## Taking Care of 487 Acres of Lincoln Hills Property

Dan Hardesty, Properties Committee Chair

Our committee is working on drawings for additional Pickleball courts as well as an evaluation of our needs for additional parking and the basketball amenity. This leads me to think about what Chris O’Keefe, Sr. Director of Facilities and Maintenance, and his staff do all day every day — they maintain the items listed below. The work is done by staff employees and service contracts with specialty contractors.

They maintain 487 acres of land and buildings. In addition, one of the big daily tasks is the changing and set up of all rooms between functions. They also coordinate various tasks with the City, the Corp of Engineers, and the Fire Department. Chris is also the Wilder-

ness Director. A short list of the areas they are responsible to maintain are:

**Buildings:** Orchard Creek Lodge and Meridians Restaurant; The Wave Fitness Center, including the indoor and outdoor pools; Orchard Creek parking lot and entrance roads (except for the portion maintained by golf course); Orchard Creek Lodge exterior deck and landscaping; Kilaga Springs Lodge; Kilaga Springs deck and oriental gardens; Kilaga Springs Fitness Center and swimming pool; Kilaga Springs parking lot; Maintenance buildings; Maintenance yard.

**Grounds:** Sports Plaza; Softball Field; Tennis Courts; Bocce Ball Courts;



Part of the 487 acres of land and buildings maintained by SCLH Facilities and Maintenance staff

Horseshoe Pits; Pickleball; Angler’s Cove fishing area; Landscaping and irrigation system; Two waterfalls at entrances; All street lights; Sidewalks on parkways and boulevards which are Del Webb, Spring Valley, Sun City and Stoneridge.

**Wilderness Preserve:** Trails, beaver control, high weed mowing, and native plant growth.

Wow! And we get to enjoy it. Thank you, Chris and Staff.



## It’s Great to See When a Plan Comes Together

Hank Lipschitz, Finance Committee Chair

Your Finance Committee is once again all smiles as all departments are ahead of Budget year-to-date. April results were \$54,811 better than Budget and that brings us to \$192,388 better for the year. We have now completed and fully paid for the LED Street Lights as well as the Meridians Restaurant upgrade.

The big contributors to our positive results were Administrative and Food & Beverage at \$28,040 and \$24,901 ahead of Budget respectively this month. All other departments were very close to

budget. I might add that Food & Beverage turned a profit of \$23,534 for the month.

At the end of April we had \$5,495,467 in the Operating Fund and this includes \$395,875 in Restricted Funds and \$1,646,879 in the ADA & Construction Settlement Fund. Our Reserve Fund balance was \$4,993,433 at month end. In accordance with our policy, all funds are in FDIC-insured accounts or US Treasuries.

In April, our Controller Tim Mulligan resigned to take advantage of a unique opportunity and we wish him well in his future endeavors. At our May 17 meeting, Bruce Baldwin was introduced. Bruce comes to us from C.A.H.P. Credit Union and is a CPA. We look forward to working with Bruce.

If you have general questions or

need information about the chart, I may be reached at [finance.committee@suncity-lincolnhills.org](mailto:finance.committee@suncity-lincolnhills.org). The monthly and year-to-date financial statements are available on the Association’s website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, June 21, at 9:00 AM.

## 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](http://www.suncity-lincolnhills.org/residents/login.html). For more information please contact [CCRC@suncity-lincolnhills.org](mailto:CCRC@suncity-lincolnhills.org).

### Statement of Operations YTD 04/30/2012

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$2,499,061	\$2,493,066	\$5,995
Administration (expense)	(670,775)	(712,575)	41,800
Kilaga Spa	556	(10,251)	10,807
Fitness	(140,216)	(146,846)	6,630
Activities	(67,458)	(68,354)	896
Rec. Center / Maintenance	(757,841)	(773,553)	15,712
Landscape Maintenance	(727,496)	(783,787)	56,291
Food & Beverage	(78,643)	(132,899)	54,256
Capital Asset	27,403	27,403	0
<b>Net Revenues (Expense)</b>	<b>\$84,591</b>	<b>(\$107,796)</b>	<b>\$192,387</b>

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## The Spa at Kilaga Springs

### Safe Products for Your Skin

Tina Ginnetti, Manager, The Spa at Kilaga Springs

We see and hear in the news daily the dangers of products we use and the chemicals contained in them that have been shown to be detrimental to our health. This month our full page ad on page 60 concentrates on the products we sell at our Spa Boutique and our goal is to provide you with quality products that not only beautify our hair and skin but benefit our health as well.

Our Aveda line is infused with essential oils known to protect us with anti-microbial and anti-viral properties, and using only the finest ingredients harvested without endangering the environment.

La Bella Donna Mineral Make-up is pure minerals with no additives, has corrective abilities, and is safe to use even after post-op treatments. It is a natural sunblock with no stickiness and does not absorb into the skin as chemical sunblocks do.

Our Hydropeptide line is based on incorporating proteins in the product

which reverse the signs of aging and help to inhibit further aging. We were one of the first spas to carry the line, and now in one year Hydropeptide has expanded into 12 countries and continues to win awards for their pharmaceutical formulas and fast results.

With the **summer heat** upon us, now is the time for body scrubs to keep your skin healthy and vibrant. Exfoliating your skin allows it to breathe, absorb nutrients from your moisturizer and build your immunity by expelling toxins that collect in your cells. We also offer sunless tanning for those who want that bronze glow without damaging UVA/UVB rays.

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## Lincoln Hills Foundation Reaches Out To Area Seniors

Dennis Wagner, Lincoln Hills Foundation

Can life in Sun City Lincoln Hills get any better? We are fortunate to have so many recreation and hobby activities to meet a wide range of needs and interests. We have pools, fitness centers,

sports facilities, and miles of walking trails adjacent to wildlife areas. Name an interest or hobby, and we likely have a club for it. We certainly live the great life... don't we? Well, the answer is "yes" for many and "no" for some.

Most of us in Lincoln Hills are clearly active and enjoying our senior years. However, many seniors are not as fortunate and rely on various support groups to maintain their living standards. Within our own Lincoln Hills community there is one such support group that dedicates itself to helping seniors in need: the Lincoln Hills Foundation.

*Frank Watson flashes a smile after his purchase of Dine Around Shop Around Lincoln coupons from the Foundation*



## Preventive Maintenance

### Surviving a Stroke — Time is Critical!

Shirley Schultz

Every 40 to 45 seconds, someone in the U.S. has a stroke. "Time lost is brain lost" when it comes to stroke treatment, 9-1-1 should be called immediately when someone is having a stroke.



The general rule is that proper treatment given within one to three hours of the first occurrence of symptoms will be most effective in preventing permanent damage, disability, or death.

Strokes have various causes, but the most common is a blocked vessel from a clot. A clot-busting drug called tissue plasminogen activator (tPA) will break up the blockage and allow blood and oxygen to return to the affected part of the brain. Other things such as a cholesterol plaque or a ruptured blood vessel can cause strokes, and these require different treatments.

Common stroke symptoms include:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body

*Please see Surviving a Stroke on page 17.*

The primary goal of the 10-year-old Foundation is to promote and fund programs that address physical and social challenges facing many SCLH and Lincoln area residents. These programs provide meals, caregiver support, large print library books, door-to-door rides, and much more to those seniors less fortunate than many of us.

So, how do they do this? Beyond annual fund-raising drives, they raise funds by providing opportunities for all of us to enjoy. Everyone knows about the near monthly **Bingo** event.

*Please see LH Foundation on page 86.*





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## Neighborhood Watch

### There's Help Out There!

#### A Few Highlights from the Community Forum on Elder Financial Abuse

Patricia Evans

A stitch in time saves nine! Speakers at a recent Community Forum provided valuable information on elder abuse.



Ninety percent of elder abuse is **theft**, according to Suzanne Gazzaniga, Placer County Supervising Deputy District Attorney.

The perpetrators are usually family members or trusted helpers. Karen Bone of the Placer County Adult Protective Services cautioned against adding someone to your bank account. "When the money is gone, it's gone!" Every senior is a target for **scams**, explained Detective Sergeant Brian Whigam of the Placer County Sheriff's Office, and we're all seniors here in SCLH.

Lincoln Elder Law Attorney Therese Adams pointed out the potential legal

problems of hiring **home care assistance** without going through a licensed agency. Of the eight cases of elder abuse brought to her law firm in the first four months of 2012, six were from SCLH.

"We are problem solvers," emphasized Karen Bone, "and **keeping people safe in their homes** is our goal." The speakers all emphasized calling for professional help when there are concerns about a friend or neighbor. (All calls are confidential.)

See page 29 for information on Internet threats costing consumers millions. To hear the podcast of this forum, go to <http://suncity-lincolnhills.org/residents/podcasts.html>.

**National Night Out** is coming Tuesday, August 7. It's time to plan your neighborhood parties to celebrate



Karen Bone, speaking, and other members of the Placer County Community and Agency Multidisciplinary Elder Team share their experiences

the security we enjoy with "neighbors reaching out to neighbors." Please call Pauline Watson, 543-8436, to register your party. If you want to close part of the street, ask about the legal procedure.

#### Neighborhood Watch Contacts

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

**Neighborhood Watch Website**  
[www.lincal.net/watch](http://www.lincal.net/watch)



## The Pleasures of Placer Produce

Al Roten, Roving Reporter

Go back in time to the period between the 1890's and 1950's and take a trip around the triangle bordered by Lincoln-Loomis-Auburn. What do you think you would see? Surprise! The answer is that you would be traveling through seemingly endless fruit orchards! The era of fruit production followed on the heels of the Gold Rush, mining boom, and railroad development. As transportation systems improved, the earlier-ripening fruits to the south got to their destinations ahead of those of Placer County, flooding the market ahead of our locals. Then, in

"It is asserted that the cooler days and nights here produce sweeter, tastier quality of fruit than competing areas in the Central Valley."

1947 a pear tree disease wiped out those orchards, causing the com-

mitment of land and efforts to more profitable endeavors.

Even though the period in which Placer County was the primary producer and shipper of fruits in all of California is passed, there still are many smaller acreage orchards and ranches in operation. In fact, we still are the leading growing area for Mandarin Oranges, and each November the Mountain Mandarin Festival is held in Auburn. Other primary fruits of the area are peaches, plums, pears, cherries, and persimmons. It is asserted that the cooler days and nights here produce sweeter, tastier quality of fruit than competing areas in the Central Valley.

There is a wonderful guide to Placer County Agriculture called "Placer Grown," a publication of Placer County Ag Marketing, available free at the Chamber of Commerce on 5<sup>th</sup> Street



Residents shopping at our own Farmers' Market in the parking lot near OC Fitness Center

in Lincoln. The guide lists ranches, farms, produce markets, and wineries of Placer County, along with addresses, phone numbers, and maps.

During June-September, we have two **Farmers' Markets** here in Lincoln. They are held Wednesday mornings, (see page 37) in the parking lot near the Fitness Center (OC), and on Thursday evenings in downtown Lincoln. Be sure to visit these events. You will find

Please see *Placer Produce* on page 84.



**Orienteering**

**Let's Talk About the Birds and the Bees**

*Dee Hynes*

It's summer. Sun rays, tumbling off bloated clouds, skid on the even waters of Ferrari Pond. This is a popular time to enjoy the Ferrari Pond Trail.

Birds and bees are spirited. Some members of approximately three dozen bird species might be present during your visit. Fish and our varied four-legged friends may also be in view.

To maximize your wildlife sightings, pause and allow our creatures a return

to their routine. You may see some of our shy wildlife pictured with this article.

Many residents linger beside the Ingram Slough Preserve which adjoins



*Western pond turtle*



*American mink*

proximately three miles, in record time.

Say, do you know the significance of the name "Ferrari" or our salt spring? What about details of our fishing cove and wildlife? This entertaining information is found with the trail's four narrative signs.

Beauty, entertainment, and exercise, just bring your hat, sunscreen, and cell phone.

For directions to this and many other trails, look inside your Community Directory and Resource Guide for the Fitness Trails foldout map.

*Photos by Tom Roach.*



*Pheasants*

a section of the trail. Nature seemingly paints this ever-changing Open Space canvas expressly for us.

Other walkers, runners and cyclists complete this cement and decomposed granite path and sidewalk trail, of ap-

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## Popeye, Mermaids, Armed Forces Tribute

June Vaudeville Show has it all!

Doug Brown, Resident Editor

Throw in singers, dancers, comedians, some outrageous costumes... and what do you get? Vaudeville! A rollicking two hours of fun and a cast of entertainers not to be missed.

USO Canteen-style show with songs and dances from the WWII era. From a dance version of "Yankee Doodle Dandy," to a medley of favorite military songs, to a jitterbug-dance version of "Boogie Woogie Bugle Boy," to a poignant solo of "I'll Be Seeing You," you will smile, tap your toes, and maybe cry a tear or two.

You will then be transported to a 1960s USO Canteen, set in the Vietnam War era, with another set of songs and dances that will bring back some vivid memories.

But that's not all! In an eclectic mélange of songs and dances typical of Vaudeville at its best, "Popeye, the Sailor Man," that tough, hard-fightin' sailor with a heart of gold, will appear before your eyes along with his sweetie Olive Oyl, along with Betty Boop's



7) ICC/SS USN; Lt. Col. Charlotte E. Williams, ANC, SMR Retired; Rich Bermudez; Ellie Hoekenga; Jim Hogan

The Canteen-style show features these residents who served: Clockwise from back left: Dennis Beldon; Lt. Logan Wilson, USN; Chief Petty Officer Michael W. Schenck, (E-

hunk, Barnacle Bill — you'll go crazy with delight! And, ooh la la! Are those mermaids we see sunbathing to the tune of "Beyond the Sea"?

The show's playbill features a few first-time Vaudeville performers, the return of the Five Sinatras and the Sinatrettes, and favorite songs like "Three Coins in a Fountain," "Sea of Love" (with none other than King Neptune), and "Mr. Sandman."

Marina promises sellout crowds for all four shows on June 29 and 30, so get your tickets fast — a bargain at \$10 — see page 44 for details.



Mermaids Marina Eugénios (left) and Vicki Parks with admiring sailor Paul Carroll

Yes, returning to a theater near you — make that Kilaga Springs — at the end of this month, in its fourth year of productions, is our own Vaudeville Troupe, directed and produced by Marina Eugénios. Marina vowed to make this one "the best show ever," and the variety-filled program certainly has all the makings for a delightful afternoon or evening.

The upcoming Vaudeville show will feature "a tribute to armed forces," as the audience will be taken into a 1940s



Popeye skit characters Michael Roy, Jr. (Barnacle Bill), Sandy Klein (Olive Oyl), and Popeye (Doug Hinchey)

## Surviving a Stroke

Continued from page 13

- Sudden confusion, trouble speaking or understanding
- Sudden difficulty seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

Some of the less common symptoms associated with stroke (more common in women) include:

- Sudden hiccups
- Sudden pain in the face, arm or leg
- Sudden nausea
- Sudden tiredness

The National Stroke Association has coined the mnemonic, FAST, to help identify a stroke:

- **F**ace: Ask the person to smile. Does

one side of the face droop?

- **A**rms: Ask the person to raise both arms. Does one arm drift downward?
- **S**peech: Ask the person to speak a simple sentence (e.g., the sky is blue). Are the words slurred? Is the sentence repeated correctly?
- **T**ime: Stroke is an emergency! Call 9-1-1.

Sometimes the symptoms of a stroke will go away within a few minutes. This is called a "mini-stroke" or a "transient ischemic attack" (TIA) but it may herald a major stroke. Seek medical attention if you have a TIA as there may be medications or surgery to prevent you from progressing to a full-blown stroke. You can learn more about stroke by attending the presentation, "Time Is Brain" on June 20 (see page 86).

**Need help for a few hours daily, weekly, overnight or full-time care? We can help!**



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## Kilaga Springs: A Story of Mining and Magical Waters

Al Roten, Roving Reporter

We all enjoy the ambiance and attributes of Kilaga Springs Lodge. Some of us recognize that our Lodge got its name from Kilaga Springs, located in the countryside off McCourtney Road northeast of Lincoln. But there is an intriguing story about this odd name that has become a part of our everyday lives.



In the early 1850s, Whiskey Diggins ditch, which furnished water to gold miners, gave rise to the Whiskey Diggins Mine (later called Valley View) at the end of the waterway. On this



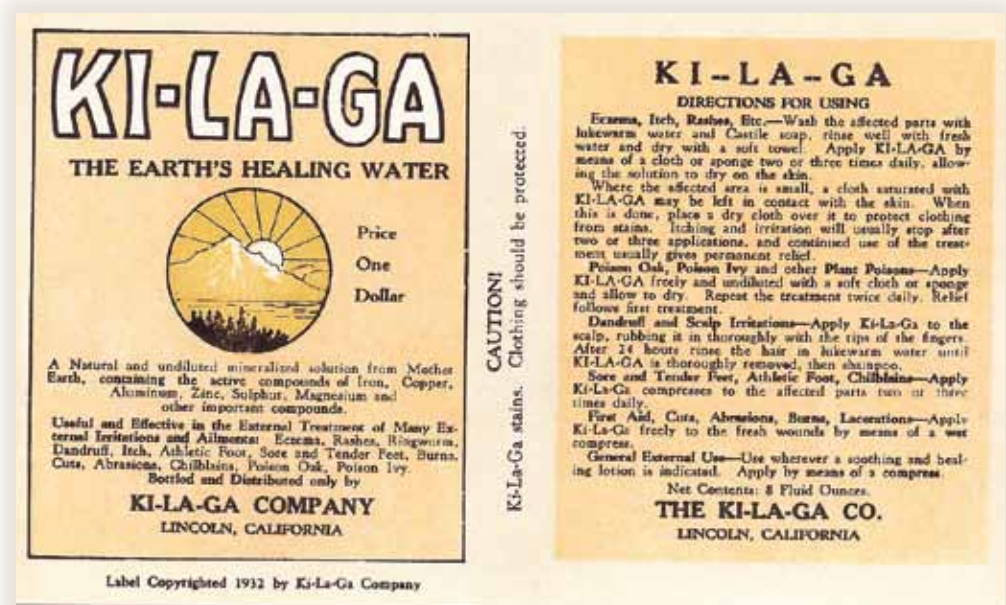
Old bottling building

90-acre site, some mines were vertical holes dug into the earth and others were horizontal tunnels in hillsides. Later, when gold played out, copper became the money-making metal.

In time, spring water filled the main horizontal mine shaft and flowed out onto the bed of mine tailings. Later it



Mine entrance & spring



Spring water label

was discovered that this water had a high mineral content that, when applied to the skin, had healing properties, said to cure eczema, itches, rash, poison oak, dandruff, athletes foot, cuts, abrasions, and various other skin conditions! A chemical analysis of the water shows that it was high in iron, aluminum, zinc, magnesium, sulfuric acid, and many trace elements.

In 1922, a three-member combine purchased the mine property and named it Valley View Products Company, the purpose of which was to market the mineral water, both in bottles and as a spa/resort. The owners of this enterprise, E.M. Kimberlin of Oakland, Judge J.B. Landis of Auburn, and E.C. Gaylord of Lincoln, created and promulgated the myth that the local Indians had used these waters for their magical healing power. Then they came up with the name **Ki-La-Ga**, or **Kilaga**, as a combination of the first two letters of each of their last names. And Kilaga was born!

From 1923 until about 1940, Kilaga Springs mineral waters were sold in drug stores as a powerful and mystical healing product. Bottling works, a spa, and bathhouse were built and rebuilt after fires in the 1920s and early 1930s. Hard economic times of the Great Depression caused the company to close.

Today, the property is privately owned and is unsafe for exploration due to open pits and crumbling tunnels left behind by these enterprises of our heritage.

It is a tribute to the colorful past of our home locale that we have our Kilaga Springs Lodge.

### Library News

## Help! Help! Help!

Nina Mazzo, Library Volunteer

The Library volunteers *really* don't want to nag and we truly appreciate resident donations but *we need your help*. We have seen an increase in folks leaving bags and boxes of books we simply can't use and we do not have storage. Our donation criterion is simple. We take gently-used paperbacks and hardback books that have been published after 2004. Please sort them before you bring your books and those that are older, please take them directly to the Twelve Bridges Library. If you have any questions, please call Sandy Melnick (408-1035). Thank you!

I always enjoy going through our bookshelves at KS as we have such a marvelous assortment of books. In our nonfiction section, I discovered *The Please see Help! Help! Help! on page 84.*





## Club News



### • Alzheimer's/Dementia • Caregivers Support Group

"Thirteen Secrets That Make Caregiving Easier" is the topic for our June 27 Caregiver's Support Group Program at 1:00 PM in the Multipurpose Room (OC). In this Caring/Sharing session led by Elizabeth Rawson from Del Oro Caregiver Resource Center, we will share ideas to help make the job of taking care of someone else a little easier.

Sharing ideas and brainstorming can lead to helpful answers to what might otherwise seem to be an overwhelming problem. Participating in a support group will make you realize that there are others in a similar situation. You are not alone.

In addition, listening to and sharing with others, there are books and DVDs you can borrow to expand your understanding of this disease that affects you and your loved one.

Submitted by Jean Ebenholtz.

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



### • Antiques Appreciation •

The program for our June meeting turned out to be fun and interesting for all our members! We had a field trip to the Lincoln Archives Museum in the historic Civic Center. There was a brief presentation before going in to browse on our own. There were many interesting exhibits, photographs and more of the early days of Lincoln. The Museum was opened in 2008 as part of the Archives and is supported by the local community. We enjoyed lunch in downtown Lincoln after the field trip.

Our annual Spring Potluck on May 25 was a huge success and enjoyed by all! The theme was Western and the guest speaker was Chris Enes, award-winning screen writer and author of Western books.

If you collect or just enjoy antiques please join us on the first Monday of

each month at 9:30 AM in the Multipurpose Room (OC).

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



### • Astronomy •

Mondays, June 18 and August 20. Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM. The DVD lecture series, "Black Holes Explained" by Prof. Alex Filippenko is the subject for these meetings. Contact Morey Lewis (408-4469) for more information.

Wednesday, July 4: No Astronomy Group meeting.

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

Wednesday, August 15. Planetarium Show at 7:00 PM at Sierra College. Prof. Marasso will present "Cosmic Affects" and explore various astronomical phenomena and how they affect the Earth and human condition. Contact Ron Olson (408-1435) to sign up and for more information. A small charge (\$5 per person) will be made and given to Sierra College.



Morey Lewis presenting  
"Fatal Attraction –  
Everything You Wanted  
to Know About Gravity,  
But Were Afraid to Ask"  
at the May Meeting

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

Bring your questions about astronomy during the Q & A period.

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



### • Ballroom Dance •

Stay active and fit. Ballroom

Dance exercises the mind and body. Research shows it wards off dementia, controls weight, lowers cholesterol and blood pressure. You'll tone nearly every muscle in your body and improve your balance. All this while having fun!

If it's been a while since you danced, our Tuesday dance sessions at KS, 2:00-5:00 PM are geared for you. The first hour takes you through the basic moves for the dance of the month. The second open hour provides time to practice, the third hour teaches more advanced steps for that month's dance.



Dancers Paul & Peggy Schechter

We enjoy getting together Tuesday afternoons and welcome new members any time. Annual dues are \$5 per member. That includes all lessons at no cost; a great bargain! During June we will be learning the classic Fox Trot; then in July you won't want to miss the elegant Waltz. Hope you'll join us.

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



### • Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be June 20 and 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 Tuesday, July 10, at *Golden Dragon*. 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 Memorial 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 May 02 — AM Winner: Oscar Alvarez; Runner-up: Phil Delaney; PM Winner: Les Birch; Runners-up: Sam Parsons, Wayne Bullen and Steve Brown.

Nine-Ball Singles May 08 — AM Winner: Hal Berman; Runners-up: Bob Armour and Ken Klein; PM Winner: Sam Parsons; Runners-up: Steve Brown, Joe Ferrando and Ed Ryan.

Eight-Ball Doubles May 16 — Winners: Phil Delaney and Bob Wehner; Runners-up: Joe Ferrando and Hal Berman; Norm Hagerty and Peshu Irani, Oscar Alvarez and George Black, Bob Armour and Carl Callaway.

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

#### Challengers Billiards

The Challengers Group plays seven games of partner eight ball (1/15). By designating the 1&15 balls to be pocketed in the assigned side pockets adds a strategic component to the regular eight ball game. Each game is timed at 17 minutes. This speeds up play and adds a little challenge.

We play every Friday from 9:45 AM-12:00 PM at the Billiards Room (KS).

The last Friday of each month is sign-up day for the following month.

Last month's winners:

- First Place — Seven games: Joe Hobby, Bill Kim; six of seven games: Ron Weech, Barb Conger, Joe Perez, Willie Wright; five of seven games: Carlos Barrantes, Bob Wehner.

- Second Place — Five of seven games: Ted Baker, Oscar Alvarez; four of seven games: Joe Heruty, Sylvia Gutierrez, Frank Mahoney, Gail Harmon.

Good job everyone.

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

#### Couples Billiards

All of the players are getting so good that it is difficult to win all the games. We are playing on a timer with 17 minutes per game.

This first week of the reporting period we had three couples that won five games and lost one. Those players were Ron/Sherry Weech, Joe Perez/Rita Baikauskas & Al/Betty Jones.

The next week we had a five-way tie with five wins and one loss. Those teams were Joe Perez/Rita Baikauskas, Al/Betty Jones, Jim/Barb Conger, Peshu Irani/Howard Skulnick and Ron/Sherry Weech.

Next, Roger Corley/Sandy Pavlovich was the only team winning six games and losing one. Congratulations to you two! Four teams won five games, those players were Bob Rand/Lydia King, Edith Kesting/Karen Brecher and Joe Perez/Rita Baikauskas.

The last week we had a three-way tie of five games. Those players were Peshu Irani/Sandy Pavlovich, Joe/Nicki Hobby, and Ron/Sherry Weech.

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

#### Players Billiards

Cool, friendly fun! Every Thursday from 2:15-4:30 PM in the Billiards Room (KS), we play six games of Eight Ball. It's a fun, supportive group, so when someone scratches on the Eight Ball, you hear an "Oooh!" throughout the room... and when someone makes an incredible shot, you hear an "Aaah!" and lots of cheering. Yes, that's where all the noise is coming from! We have an advance sign-up binder and standby players can frequently play. It is usually cool in the room, so get out of the heat and join us! Congratulations to our recent winners — Six games : Ken Hawley, Oscar Alvarez; five of six games: Joe Perez, Larry White, Ken Hawley, Oscar Alvarez.

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

#### Upstarts Billiards

"Rack 'em up!"

Comes the call throughout the hall  
Calling all... to play Eight-ball."

Have you ever played Billiards? Would you like to learn? Brush up on your skills? Upstarts Billiards is a group of beginners-to-average players playing standard Eight Ball every Thursday from 11:45 AM to 2:00 PM at the Billiards Room (KS). We welcome new players if you'd like to join us!

Winners six games: Dennis Dreiling, Peshu Irani; five games: Gary Averett, Bob Bienkowski, Richard Gsell, Phyllis Papagiannis, Bob Rand.

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

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

#### Instruction Group

Learn to play pool or sharpen your games. Take advantage of the expert help second and fourth Mondays, 9:00-11:00 AM. Please sign up in advance in the Billiards Room (OC).

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



#### • Bird •

The Bird Group is interested in learning and sharing about birds of all kinds both in our area and across the world. The group meets once a month on the second Monday of the month at the P-Hall (KS) at 1:30 PM. The presentations include talks of birds with photos, live bird shows, or informative bird related movies.

A spring trip is planned to the mountains in June and July's meeting will be changed to a potluck at Kilaga Springs on July 13.

All are welcome to attend group activities.

**Contacts: Ruth & Don Baylis, Lh\_bird\_group@yahoo.com**

**Website: www.suncity-lincolnhills.org/residents**



#### • Bocce Ball, Mad Hatters •

The Second Annual Mad Hatters/Dazzling Divas Red Hats Miniature Golf Tournament was a win for the Divas once again, but the Divas dropped a few strokes off their average over last year. The Mad Hatters hung in at 67 but the



Our miniature golf tournament with the Red Hats

Divas went from 54 last year to 60 this year. As with last year, we won't mention the worst scores (you know who you are Gala and Eva). Dee Fogarty was a surprise low score for the Mad Hatters. We had no idea she could putt. Suzette Yuill scored an amazing 44 for the Red Hats. It seems almost everyone received a Golden Banana award for something. Kris Volker and Bev Gabrielli were standouts in the Best Outfits category. Pat Plant and Peggy Ryan managed to find the most water hazards. Thanks again to Ninette Murray and Sue Speno for their planning efforts.

**Contacts: Paul Mac Garvey**  
543-2067, [pmac1411@aol.com](mailto:pmac1411@aol.com);  
**Bob Vincent 543-0543**



• **Book Group, OC** •

*The Immortal Life of Henrietta Lacks* by Rebecca Skloot will be the topic at our June 21 meeting. This is the story of a medical anomaly which led to a highly-successful biotech company. It started with a poor, African-American cancer patient in the late 1940's whose cancer cells exhibited the unusual ability to reproduce in perpetuity. With neither her knowledge nor consent, her cells were reproduced and sold for profit while she and her family received no compensation!

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

- Remaining 2012 Schedule:
- July 19 *Shanghai Girls* by Lisa See
  - August 16 *The Confession* by John Grisham
  - September 20 *The Glass Blower of Murano* by Marina Fiorato
  - October 18 *To America* by Stephen Ambrose
  - November 15 *State of Wonder* by Ann Patchett
- Contacts: Penny Pearl 409-0510;**  
**Dale Nater 543-8755,**  
**Darlis Beale 408-0269;**  
**Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>**



• **Bosom Buddies** •

**Breast Cancer Survivors**

Great weather for the May 19 and 20 Lincoln Relay for Life walk at Lincoln High School. We had a good turnout of walkers and, as always, it was very rewarding to all of us who participated. All of us gals who like to "redecorate" had a great time at our June meeting. Joyce Smith from Signature Home Styles gave a wonderful home decorating demonstration. We received some great new ideas to take home with us. No meeting in July due to many folks vacationing. The August meeting will be a luncheon and installation of new officers. Enjoy these beautiful spring days!

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



• **Bowling** •

Looking forward to another exciting season of friendly competition and good fellowship. Please mark your calendar now for August 21, General Meeting at KS for beginning of 2012-2013 season. 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 interested in playing partners' bridge with a relaxed, friendly group of people, please come join us. Give us a call, we'll put you on the list — or just show up and take your 50/50 chances.

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

May 3 winners — First: E. Wolf and M. Harrington who also had high round; Second: Sasha & Tom Eason; Third: Lee & Ann Wilson; and Fourth: Ed Page and Gloria Stoemer.

May 17 winners — First: Gay Gladden and Neil Wilson; Second: Rose & Joe Phelan who also had high round; Third: Stan Mutnick and Bruce Fink; Fourth: Kay & Ben Newton.

**Contact: Rose or Joe Phelan**  
408-4066, [joephelan@sbcglobal.net](mailto:joephelan@sbcglobal.net),  
[roseph@sbcglobal.net](mailto:roseph@sbcglobal.net)

**Thursday Evening**  
**Second & Fourth**

Hi everyone. We are having some good turnouts for social bridge on Thursday nights. If you would like to play give Chris or Ken a call and we will get you on the list. Winners for April 24 — First place: Sasha & Tom Eason; second: Bev Vanderbeets and BJ Parkinson; third: Bev & Kay Newton; fourth: Barbara Bryan and Jean Peterson. High Round for the night was Ken & Chris Jacobson with 1630 points. Results from May 10 — First place: Barbara Cser and Sharon Baker, also taking high round with 1470 points; second: Rita Blanchard and Nadine Buchmiller; third: Paul & Joann Kiesel; fourth: Sasha & Tom Eason.

Come join us for a fun night of bridge in the Terra Cotta Room (KS).

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



### • Bridge, Duplicate •

On Saturday, July 21, Sacramento Unit 505 of the ACBL will host their Annual Awards Game in the Multipurpose Room (KS). Plans are for potluck and awards and play that day will be "Swiss Teams" format.

Ride-to-Walk, again this year, is the Duplicate Bridge Club charity.

The June 9 Lincoln Hills potluck was a success thanks to Barbara Wheeler and her committee.

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.

We welcome all residents to participate in our sessions with a special invitation to attendees of other Lincoln Hills bridge groups and alumni of the Association-sponsored bridge lessons.

On Saturdays, there is a section for participants with fewer than 300 Master Points. Included on our Wednesday schedule (except the first Wednesday of each month) is a bridge lesson on an elementary topic at 11:45 AM.

**Contacts: Kent White 434-1699,**  
**akw@starstream.net;**

**Website: www.bridgewebs.com/  
lincolnhills**



### • Bridge, Social •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). We start promptly at 1:00 PM so please show up and be ready to play by 12:50 PM or you might not be able to play that day. Join us for an afternoon of Social Bridge You must make reservations to play but you do not need a partner. Please call if you need to cancel your reservation. You can make reservations by calling Peg Schmidt or Lee Holman at 409-0883.

April 27-May 18 winners — First: Harry Collings, Neil Wilson and Phil Sanderson (twice); second: Lois Burke, Eleanor Amar, Ed Page and Neil Wilson; third: Ralph Madsen, Chet Winton, Jodi Deeley and B.J. Parkinson; fourth: Bev Dwyer, Jean Richards, Jim Busey and Harry Collings.

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



### • Bunco •

Bunco players will be enjoying their spring potluck at 12:00 PM at Ginna Martinez's home following the June 21 games. Bunco members are encouraged to join us even if you are unable to make it to the game that day. Contact Ann Stults to sign up for a potluck dish to share. There was a full house at the May 17 game so of course it got pretty rowdy. It is sometimes difficult to visit thoroughly when playing, so we really enjoy the annual potluck. Come join us for fun and great food.

Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. The entry fee is only \$5 and membership fees are not required.

Last month's winners: Most Bunco Marsha Pimentel; High Score Andie Aguirre; Most Wins Wanda Green; Low Score Sudie Moreland; Most Losses Ann Stults; Traveler Claudette Rhoads-Kinman.

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



### • Ceramic Arts •

Hello to summer! Now is the perfect time to visit the Ceramic Arts Group Workshops or take that ceramics class. Thursday afternoon classes are open and available. Terry Accomando works with beginners to advanced. So sign up now!! Summer is usually quieter and a lot more relaxed. All of us are preparing for the Fall Arts and Crafts Fair in November. Join us.

The Artisans in the Lodge show was a great success with pretty good attendance and brisk sales. We had a solid Annual Meeting; thanks to all who made the effort to attend.

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

Lincoln Hills Community Chorus



### • Chorus •

The Lincoln Hills Community Chorus is on its summer break now. Meanwhile, plans are taking shape for the Christmas concerts coming up December 9, 10, and 11, 2012.



*The Chorus performs at its Spring 2012 Concert with bassist Mickey Bennett and Paul Melkonian at the piano accompanying the Chorus*

If you're interested in joining the Chorus, please make one of the contacts listed below. Rehearsals begin Tuesday, September 4, at 3:30 PM in P-Hall (KS).

More information on the Chorus is available on our website:

**Contacts: Bill Sveglini 434-5655,**  
**Sveglini@gmail.com;**  
**Dave Machado 645-7867,**  
**d1m1126@starstream.net**

**Website: www.lincolnhillschorus.Org**



### • Computer •

Main Meeting: July 11, 6:30 PM. "Do You need a Tablet?" by Len Carniato. With all the "hoopla" about Samsung Android Tablets and Apple iPads, I decided to share with you how I have been using my Android Tablet over the last six months. My Tablet is darned good at a lot of things, and I've also found it a pain for others.



Len Carniato

Since I also own three Desktops, a Laptop and a NetBook, plus an Android Cell Phone, I'll explain where my Tablet fits into my "Techno Menagerie." This is a really cool device and I'm glad I own one.

**Door Prize:** One Android Tablet.

**Clinic:** Friday, July 13, 3:30 PM. Tablet conversation continued with demonstrations and plenty of time for your questions.

**Ask the Tech:** July 23, 10:00 AM. Informal Q & A session for any and all technical questions. All meetings at P-Hall (KS).

**Contact: Bob Ringo**  
**president@schcc.org**

**Website: www.schcc.org**



**Mac User**

Preview, presented by Helen Rains and Andy Petro, is the June 20 Newbie meeting topic, 9:30 AM.

The June 28 Educational Seminar will be on "Safari Review For iMac and iDevices — set Safari's preferences and explore other features." Meeting starts at 7:00 PM preceded by "Questions and Answers" at 6:30 PM.

iPhoto is the July 10 General Meeting topic at 7:00 PM in the Ballroom (OC). *Note the room change!*



Ken Silverman explains Apple Mail. Photo by Irwin Maloff

Meetings are held in the P-Hall (KS) except for the July 10 meeting.

Email — how it works using the Apple Mail

program — was the feature presentation by Ken Silverman at the May 8 General Meeting and with an in-depth look during our May 24 Educational Seminar.

iPhoto Hands-On Workshops were held in May. Look for future iPhoto workshops on photo albums and slide shows.

Check the website (below) for more details and subscribe to the Calendar.

Article by Vicki White.

**Contacts: Bill Smith,**  
**wsmith986@gmail.com;**  
**Support Help Line: 543-9957**  
**Website: www.lhmug.org**



• **Country Couples** •

The CCs May 18 dance was a sold-out event featuring a catered meal, dancing and, as always, socializing. Be sure to mark your calendars for the next CCs dance on September 21. The Association's May "Third Sunday Dance" was also well attended and hopefully continues to be as it involves many of the dance groups.

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



Country Couples at May 18 Dance

Monday night lessons. Both practices are held in the Fine Arts Room (OC).

Non-members are welcome to contact one of the members noted below for times and locations of lessons and practices if you are interested in observing the style of Country Couples dancing.

**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 part-

ner 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 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** •

No matter how careful we are on the road, emergencies will arise. Sometimes, it won't be an accident, but a bike-related mechanical problem or a personal health issue. Here are some tips that should be rules for every group. 1) Carry a cell phone and, 2) have not only the numbers of your fellow riders pre-programmed, but that of friends and family who can come get you, 3) if you need to be picked up, the number on a nearby mailbox can be programmed into a car's navigations system or smart phone to guide your "taxi," 4) always carry visible ID with not only family phone numbers, but



From top: Ready to start the Tour de Cure; Shadows on Fiddymint; Baxter Grade



insurance information, etc., 5) your cell phone's compass will give the exact longitude and latitude of your position, which can be used by 911, 6) *never* let someone who is not feeling well or who has serious mechanical problems ride home alone.

**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**

With summer here and the warm weather, this is an excellent time to learn to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

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

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



• **Eye Contact** •  
**Low Vision Support**

Next meeting: July 12, P-Hall (KS), 1:00-3:00 PM: How Much Do You Know About Health and Nutrition? The second in the series of three fun and educational quiz games (leading to a IKWIATA degree), will be presented by Ed Huggett, O.D. and Dan Roberts, ILVSG Director.

Followed by Alma Ortiz from CTAP (California Telephone Access Program) demonstrating the newest in phones and hearing equipment available through the State run program.

FYI: Dry AMD progression from early-stage dry AMD to late-stage Wet AMD may be controlled with an eye-drop: Eye drop drug MC-1101 has been approved by the FDA.

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



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

If you (or a friend or loved one), suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, June 28, in the Multimedia Room (OC). Michael Riley will be giving a presentation focusing on Chronic Fatigue Syndrome. Michael has been the leader for a Fibro/CFS support group in Citrus Heights for several years and is a frequent contributor to our group.

Our 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 your mental well-being as well as physical wellness. Our group meets the fourth Thursday of the month from 1:00-3:00 PM.

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



• **Fishing** •

The year is almost half over and we still have a lot of fishing to do. The Heidelmann Lodge trip is just around the corner, June 18-21. This is a flexible trip, anything from one to four days and for one-day trippers, a dinner on Tuesday the 19<sup>th</sup> (reservations required). Next up is Caples Lake on July 19 and Fuller Lake on July 30. More to come.

We have had some pretty good outings reported. One from Clear Lake reported having to work for the fish but after hitting about 15 different locations,



Clear Lake fishing trip

managed to find 18 hook-ups with 15 bass landed. The photo shows a few of them, with the largest going over five pounds. Nice.

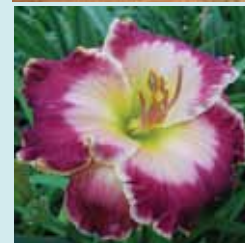
We had an excellent presentation by Capt. Mike Gravert on striper and salmon fishing at our May meeting. He operates Intimidator Sport Fishing and fishes our local waters with great success.

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



• **Garden** •

SCLH Garden Group is helping establish the first Lincoln Community Garden at 3rd and E streets in downtown Lincoln. Joan Scarper and Burna Jamieson have been our active liaisons from the group to assist with this project and we have sent a \$500 check to help with the materials.



Garden Group Tour of Yards; Lincoln Community Garden; Gold Coast Lilies in Lincoln

General Meeting: June 28, Thursday, KS, 2:00 PM. A presentation on Daylilies will be given by Stan & Bonnie Holley, owners of Gold Coast Lilies. They grow over 800 varieties of daylilies at their nursery in Lincoln. For more information

with a variety of their different daylilies and beautiful gardens go to this website [www.goldcoastdaylilies.com/](http://www.goldcoastdaylilies.com/).

A tour of their farm (Gold Coast Lilies) has been set up for Garden Club members the day after the program, Friday, June 29. Clubs are now visiting the property just to see the landscaping! You may register at the general meeting for the tour or contact: Rita Grella, 408-2367.

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto: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•

Jim Hutchings, President, Roseville Rock Rollers, will give a presentation on opals at the June 25 meeting. Jim is a certified gemologist and often has a booth at local shows to perform gem identification for attendees.

We are a member of the California and American Federation of Mineralogical Societies. Dues: Not required.

Our club sponsors the Lapidary and Jewelry Shop. Hours: Mondays 8:00 AM to 12:00 PM. First Monday also 12:00 to 2:00 PM. The charge is \$5 per each two hours spent in the lab. Funds go to refresh equipment and supplies. Monday morning Shop Master is Dave Fisk. Monday afternoon Shop Master is Ron Clawson.

Gem and Mineral Society meets monthly: 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 Desks (OC/KS).

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

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



### • Genealogy •

The General Meeting is on Monday, June 18, 6:30 PM in P-Hall (KS). Lorenzo Cuesta, a frequent speaker at Family History Conferences, will cover "Social Networking for Genealogists." He will talk about wikis, blogs, etc., with lots of time on Facebook. Learn how these can be sources of much information in our research.

The details of our Help Sessions are announced at the General Meeting and via emails sent to the membership. Note that there will not be any scheduled activity the first week of July, we will take time to celebrate the 4<sup>th</sup>!

Mark your calendar for the Ice Cream Social on July 16 at the Social Kitchen (KS), 6:30-8:30 PM. Sign-ups, so we can plan how many, may be made at the General Meeting on June 18 or by email from the Membership Chair. This will be a chance to compare your research progress with others.

**Contact: BJ Ollas 543-4682; Kathleen Propersi 543-0376**  
**Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



### • Golf, Ladies •

#### Lincster Lady Niners

Lincsters 10<sup>th</sup> annual "Bring a Friend" Tournament was held May 16 with a full field of 108 players. The tournament was a huge success thanks to Jan Varin and her committee. The game format was fun and challenging. Tied for First Place with a 79 were: Jan & Michael Varin; Lena & Herb Ingraham; Marcia & Bruce Bush; and Marion & Sam Munoz. Shirley Malick, Ellen Thomas, Sue Stephenson and Arlene Dungan took first place for the woman's team with an 82. A special thanks to Klara Kleman for capturing the moment with her camera!

We wish to thank our generous donors who made this event so successful. Proceeds for this event, "Salute the Red, White & Blue," were donated to the Wounded Warriors Project.

WNHGA update: Congratulations to Linda Salmon, April's Charm Girl. She shot a net 40 on the Orchard during a surprise rainstorm.



*From top: Jan Varin, second left, and Committee; Sam & Marion Munoz and Bruce & Marcia Bush; Sue Stephenson,*

*Arlene Dungan, Shirley Malick and Ellen Thomas*

**Contact: Carol Golbranson 543-8647**  
**Website: [www.lincsters.com](http://www.lincsters.com)**

### Ladies XVIII

The 18-hole Ladies group had a Spring Fling Tournament May 3 with 120 participants. They had three flights. Flight



*From top: Women's division; First flight winners; Second flight winners*

one in the co-ed division was won by Linda & Len Anselmo, Georgia Loveless and Bob Henning. Team score 109. Flight two: Karen & Larry McMasters, Karen & Douglas Thom with a team score of 115. The women's division was won by Carol Perry, Joan Bennett, Sally Ennis and Barbara Lyghtle with a score of 115. Coming up is the Ladies Invitational June 21. There is still room if you haven't signed up yet. Call Mary Holland 408-0052.

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



#### • Hand & Foot •

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

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



#### • Hiking and Walking •

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

Hikers: The Hiking Group concluded a five-day getaway to the Monterey Peninsula. Check out the spectacular scenery captured in the pictures.

What is a getaway? The Hiking Group plans two trips a year that entails overnight accommodations (getaways). They are at destinations too far away to reach on a day trip. Some getaway destinations we have hiked in recent years include Lassen National Park, Sequoia National Park, Pt. Reyes, the Sierra Buttes, as well as the Monterey Peninsula.

Planning for the next two getaways is well underway. In October we will hike the northeast section of the famed Tahoe Rim Trail while staying in South Lake Tahoe. In June 2013 a four-night stay in the Housekeeping Cabins in Yosemite Valley is planned.



*Lake Berryessa; the Pacific from Pt. Lobos; Garrapata State Park*

With daily hikes planned, getaways are for the more avid hiker. Is that you?

**Contacts:**

**Hiking: Dennis Ratay 543-9935,**  
**Denratay@sbcglobal.net**  
**Walking: Glynn Widdows 408-**  
**4819, Gwiddows@sbcglobal.net**

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



#### • Investors' Study •

We are not holding a meeting in July. We will resume in August with our consultant, Russ Abbott, who will update us on all the market activity so far this year. Russ teaches the Financial Wellness University here at SCLH as part of the Wellness Program (see "Wellness Classes" in the "In This Issue" section on page 2). Russ manages money professionally and brings speakers to our meetings who address our concerns about aspects of the financial world.

Our outside speaker schedule will begin again in September. The active investor study group will resume in October.



*Carl Gronau, Mark Hsing & Jeff Chang from ProShares and John DeSantis conducting a round table question and answer session*

Our next meeting will be August 2, at 2:00 PM at the P-Hall (KS).

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



#### • Lavender Friends •

Want to thank Gin and Marge for hosting two successful breakfasts this year with 28 members attending our last event. Hope to have the same amount of members attend our July breakfast.

Another big event will be the Lavender Hearts "Opportunity to Make a Difference Potluck" in June to help support civic organizations/projects. The donated items will be: a golf bag, a golf travel bag, artwork, "B" St. theater tickets, jewelry, a potted indoor plant.

There will also be three holiday getaways: Labor Day weekend in San Francisco; Christmas week in South Lake Tahoe; and New Year's Eve at Heavenly Valley Ski Resort.

Don't forget that the PFLAG of Greater Placer County holds its meetings on the second Monday of the month at 7:00 PM in Conference Room A at Sutter Auburn Faith Hospital in Auburn. If you want more information on our LGBT club, check our website (below).

**Contacts: Jacquie Hilton 543-9349,**  
**jacquiehilton@starstream.net;**  
**Herman Osorio 408-8094,**  
**Hosorio2010@hotmail.com**  
**Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**

*Lincoln Hills*

• **Line Dance** •

At our April dance in the Ballroom it was announced that there would be another choreographer contest. This is open to all and this year we have included two categories. The first is to choreograph a regular line dance and the second is to choreograph a line dance that can include tags and restarts. There will also be an award in each category so any level can compete. It's never too early to start the process. The dances will be performed at our annual Holiday Potluck. More information will follow in future *Compass* articles.

The "Out-Of-Line Dancers" performance group is gearing up to perform in the upcoming Vaudeville Show, June 29 and 30. There will be four performances so gets your ticket soon since the shows always sell out.



*Clockwise from back left: Terry Schultze, Jennifer Lauchner, Yvonne Krause-Schenck, Sharon Worman, Pat Howle, Jean Wilson, Chere Andre, Judy Carlson, Marilyn Railsback*

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



• **LSV/NEV** •

**Low Speed Vehicles/Neighborhood Electric Vehicles**

Now that the weather is warming up, I hope you are all enjoying being out and about in your vehicles. Please join us for our membership meetings which are on the third Tuesday of the month. Our next General Meeting will be held at 10:00 AM at P-Hall (KS) on Tuesday, June 19. We had a great time at the barbecue

and games day on June 3. If you missed it, watch for the next social event which will be held in September.

**Contact: Buzz Rognlien 408-4540**



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It depends upon which tiles you get then you use those tiles to your advantage. The winner is the one with most points. Each player uses a scoring table showing eight ways to win a Mah Jongg plus points for certain tiles. Everyone counts their points. A player can double/triple their hand with qualifying tiles in that category.

Last month, long-time player Faye Browning earned over 700 points in one hand, winning the Mah Jongg and doubling and tripling her hand (all pongs, all one suit and her own wind). This was a fantastic win as well as a great beginning to her day. Congrats Faye and here's to many more humongous wins.

If this event has gotten you curious about the game, please join us every Monday at 8:30 AM, Cards Room. (OC). Questions? Please call one of the contacts.

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



• **Mah Jongg, National** •

National Mah Jongg is a tile game that requires a copy of the National Mah Jongg League's Official Standard Hands and Rules card. Currently, we use the card that is dated 2012. A game is played with 152 tiles. The tiles include dragons, winds, flowers, jokers, craks, dots and bams. We have tables for four and all levels of play. Join us from 12:30-4:00 PM on Tuesdays in the Cards Room (OC). Feel free to contact us with any questions.

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



• **Motorcycle RoadRunners** •

The back country roads to Grass Valley led the Road Runners on

their annual Mother's Day Luncheon and Ride. The large group of celebrators, some of whom rode to the destination in an SUV, enjoyed the socializing and a tasty lunch. Newly-retired Road Captain Patrick Chaves organized the ride and honored the Mothers on the tour with long stem roses.

With the summer months upon us, we are looking to cooler places to tour. Our July ride will take us through the Sierra Mountains to Gardnerville NV for a Basque luncheon. Following that will be our annual BBQ enjoyed in air conditioned Kilaga Springs Lodge.

If you have a roadworthy 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/rettavincent/roadrunners\\_2012/roadrunners\\_2012.html](http://web.me.com/rettavincent/roadrunners_2012/roadrunners_2012.html)**



• **Music** •

The Music Group's popular Friday Night Open Mic will be held on June 22, 6:30-8:30 PM in P-Hall (KS). At the April event, 15 soloists and bands performed to an appreciative audience who enjoyed singing along with the musicians. Performers and music lovers are welcome. Sign-ups begin at 6:15 PM. Sorry, no karaoke.

Visit the Ukulele Group on Wednesdays at OC Lodge and learn to play a



*The Wasted Youth Band (Bob Sherer, Mike Percy, Carol Percy, Dick Naragon and Paul Daher)*

new instrument in a companionable and supportive environment. They play everything from Hawaiian classics to Beatles. For meeting times and details, call Ron Peck at 409-0463.

General Music Group meetings are held monthly, (except in November and December), every fourth Wednesday in the Fine Arts Room (OC). Meetings run from 6:30 PM until about 8:00 PM. Performers and music appreciators are welcome.

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



### • Needle Arts • Threads of Friendship

July is our hiatus month this year. Our next general meeting will be August 14 at Kilaga Springs. Needle Arts will not host a window display June or July. Do come by, though, and see what other groups are doing on those two months.

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

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 •

We must be vigilant! As our recent Forum on Elder Financial Abuse explained, seniors are prime targets. The information in recent surveys done by the Consumer Reports National Research Center emphasizes the need for caution.

More than nine million consumers

have inadvertently submitted personal information during the past year to phishing email scams. These scam artists are professionals in wording emails so that they appear legitimate. Stop! Call the business directly to validate needed information.

Further shocking news: Identity theft is estimated to be up almost 50 percent over the past 12 months with close to 16 million households becoming victims. Even more distressing is the report that half of these were notified that their personal information was hacked or lost by a company, government agency, or other organization. This gives additional motivation to constantly check our credit card and bank accounts carefully.

In a famous phrase, "trust, but verify!"  
**Contacts: Larry Wilson 408-0667, mvw6@sbcglobal.net; Nancy Whitaker 408-7393, nsymmes@hotmail.com**  
**Website: www.lincal.net/watch**



### • Painters •

Our May membership meeting featured member Terry Banners who demonstrated his skills using watercolor and pen and ink to produce a piece featuring a gnarled tree. He used a large sheet of paper, both thick and thin pens, a Sharpie, and a medium full brush. As he worked, Terry discussed the details, methods, and approaches he was utilizing. Thank you, Terry, for this interesting and educational experience.

In early June, the membership enjoyed an Artists' Luncheon in the Meridians Secret Garden in lieu of a typical meeting.

The July 3 meeting will feature an art challenge with members sharing their artistic depictions of "animals."

For our August meeting, we are hoping to have a program which will address copyright laws as applied to art work.

Members are hanging paintings in Lincoln's downtown Umpqua Bank between June 12 and July 10. You are encouraged to experience this show.

**Contacts: Lynne Fee, lynnefee@aol.com; Diane Pargament 408-0221, dkpara@starstream.net;**

**Jacquie Hilton, jacquiehilton@starstream.net**  
**Website: www.lhpainters.org**



### • Paper Arts •

Our guest at our June meeting was Betty Carol Smith, a Lincoln Hills resident and a representative for Creative Memories. Betty Carol shared information and lovely examples of her scrapbooking and digital storybook materials. Thank you, Betty Carol, for an enjoyable presentation.

The two-card project for the month was led by June Paquette, and Show and Tell time continues to be a fun sharing and learning opportunity.

Following the meeting, we enjoyed our annual potluck and Garage Sale, held at the home of Becky Leo. Members brought their unused/unwanted paper arts tools, materials, and accessories to sell at bargain prices. And then, of course, we managed to buy more "stuff" to take the place of all the "stuff" we sold. Thanks again to Becky (and her husband) for hosting this fun event.

Our window theme this month is "Grads and Dads" in honor of all our students and fathers.

**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 •

We're off to the Aerospace Museum at McClelland on the 21<sup>st</sup> to test our mettle as pilots on flight simulators and photographers with our tripods. Hope-

fully, the cross-training won't generate confusion. There's no befuddlement, though, on how well our photographers have piloted their cameras to produce the current showing at Simple Pleasures Restaurant in Lincoln. Feed your head



"Simulator grads 1" by jeffa;  
"Simulator grads 2" by jeffa

while you feed your head, "White Rabbit" (thanks, Jefferson Airplane).

At our July 11 General Meeting, we'll have commercial photographer and instructor Jeff Burkholder talking to us about "digital imaging and compositing." No, that's not a typo for composting, though there a parallel in mixing things up to produce a different result: Photographic grafting, if you will, or perhaps digital husbandry.

Congratulations and sincere thanks to newly-elected officers Gary Sloan, Carole Haskell, Vicki White and Genie Langdon who were unanimously elected to be our hard-working 2012-2013 Officers beginning in July.

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



• **Pickleball** •

After months of preparation and three days of hard fought



Clockwise from top: Wells Fargo Advisors with day three winners; Glenise Cunningham; Carl Lee

competition, our Pickleball Survivors Tournament has come to an end. The finals were played in front of a crowd that was standing room only. The Wells Fargo Advisors Cup was presented to First Place Winners Cal Meissen and Andrea Mayorga by our sponsor Rob Brunst of WFA. Tammy Gallo, also from WFA, did a great job at organizing the tournament. A big thanks to Helmut, Andrey Morse and Sue Jonas from our Pickleball Club for all their hard work in setting up the tournament. Mr. Pickle's Sandwich Shop provided lunches for all three days of play. Plans are already in motion for next year's tournament.

Winners Circle, first place winners: First day: Bruce Barlow and Chris Berney; Second day: Bob Halpin and Susan Whalen; Third day: Cal Meissen and Andrea Mayorga.

Article by Sherry Mosby.  
**Contact: Jerry Zimowske 408-1319**  
**jzimowske@sstctv.net**  
**Website: www.lhpickleball.com**



• **Players** •

On Saturday, June 2, at 7:00 PM and Sunday, June 3, at 2:00 PM, Readers Theater presented a showcase of three one act plays in P-Hall (KS). Cast members were: ("The Proposal") Bill McCarrel, Alan Lowe,

Jeri Chase Ferris; ("The Broken Coin") Becky Sprong, Carol Murdock, Shirley Lincoln, Corrine Ehlers, Paul Gardner; ("The Housekeeper") Jon Solander, Sandy Klage, Marilyn Myers, Ross Pelton, Betty Gordon, Andy Petro, Karen Krenovsky and Jim Walker.

The cast for "The Lucky O'Learys" was also announced: Mike Cox, Ted Neely, Paul Krow, Becky Sprong, Peg Schechter, Angela Blas and Karen Krenovsky will be participating. Performance dates are August 1-2. Get your tickets now, dinner packages are available.

Attention all current and past members of the Players – Save the date, October 3, for our 10<sup>th</sup> Anniversary Celebration; details to be announced soon.

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

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



• **Poker** •

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

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

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

Calling all past members of the RV Group: Summerfest 2012 will be held June 30 from 4:30 to 7:30 PM at the Sports Pavilion. It is a potluck affair open to all present and past members

in hopes of renewing old acquaintances. Event organizer Sarah Free reminds all attendees to bring name tags and their own table service. There is a \$5 fee for incidentals and there will be a no-host bar. For further information contact Sarah at 645-5380 or rwwfree@aol.com.

The RVers have returned from their first outing of the year, a four-day trip to Chico at the Almond Tree RV Park.

Next trip will be at Benbow RV & Golf Resort in Garberville July 9 to 13. There will be golf and catered breakfast and dinner among the highlights. Wagon masters are John & Ginny Babel and assistants are Frank Bortoli and Robin Drake.

**Contact: Bob Zielinski 408-1852**

**Website: www.lhrvg.com**



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

Time flies by and it is hard to believe that the last day of school was June 8. Our last event of the year was the SCHOOLS Picnic on June 5. Our schools always need volunteers. If you are interested in our program contact information is listed below. One of the requirements for becoming a new SCHOOLS volunteer is that we are fingerprinted by the Lincoln Police Department. Due to a lack of volunteers at the Police Department it has been taking a lot longer to secure an appointment to be fingerprinted. If you are interested in joining our program please contact us as soon as possible, so that you can get the process started. Have a wonderful summer break!!

**Contacts: Sandy Frame 408-1453, sfllincoln4fun@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**

The May SCOOP "social" meeting

was held May 17 at KS. Members and guests that were present participated in Mariel Lane's being awarded SCOOP's Recognition of Excellence Award for her work (along with her adorable therapy Havanese dog, Buddy) through the Sutter Care at Home program — The Wags Program and Hospice. Congratulations, Mariel and Buddy!

About 50 of our members accompanied by their four-legged friends enjoyed our first breakfast, *Pooches on the Patio*, May 22 outdoors at the Meridians.

Everyone got along fabulously and the buffet breakfast and staff were wonderful. Kudos to Carol for hosting a lovely



*Mariel Lane is awarded SCOOP's Recognition of Excellence Award by Terri Rafferty*

morning affair!! We are looking forward to more of these gatherings during the summer and fall.

Our backyard parties are now beginning, please check our website if you would like to host/attend or if you would like to join SCOOP!

**Contact: scoop@sclh.com**

**Website: www.sclh-scoop.com**



• **Scrabble** •

Joan Spurling was welcomed back as President and back to playing on Mondays again last month. Candy Koropp had filled in as president until Joan's return. Ira and Jan also returned last month after missing in action.

The Scrabble Group welcomes all players. No need to be shy, just drop in and join in a game or two. We hope you will like it and return each week to test your spelling acumen. No worries, though, we have plenty of cheat-sheets and a dictionary to jog one's memory.

Every Monday afternoon, we are game for scrabble. We meet in the Cards

Room (OC) at 1:00 PM. Latecomers can always find a game. Some players play just one game, others play two, three or four games. We usually play until 3:30 or 4:00 PM.

**Contact: Candy Koropp 409-5017**



• **Second Cup of Coffee** •

The Second Cup of Coffee Group invites you to join us on Monday, June 18, to hear Dan Cross, Sales Manager of Gladding-McBean as our featured speaker. He will relate and update the story of "Gladding-McBean, A Part of Lincoln's History." The meeting is held at KS at 10:00 AM sharp. A Q&A period will follow his talk. If you have taken their factory tour, you know what a unique business this is.

Second Cup of Coffee Group meetings are held for all residents the third Monday of each month at 10:00 AM at the P-Hall (KS). We welcome you, and know you will enjoy our variety of programs each month.

*There will be no meeting in July as it is a summer recess.*

**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**

On June 14 our 2012/2013 officers were installed: President Linda Bacon; Vice President Edy Ternullo; Secretary Kathy Shad-dox; Treasurer Bill Boyd; Membership Donna McDonald.

Upcoming Singles Events:

June

19) 7:00 PM – Let's Dance at the Meridians (Carol 408-3061)

- 21) 4:30 PM – Table for Eight at Beermann’s, Lincoln (Darline 434- 6472)
  - 28) 6:30 PM – Social/Card Party July
    - 1) 4:30 PM – July Birthday Celebration, Sports Bar, Meridians
    - 5) 4:30 PM – Cocktail Time TBD
    - 12) 6:30 PM – General Meeting, OC Ballroom
    - 14) 9:00 AM – Second Saturday Breakfast at Sports Bar, Meridians
- Our Weekly Sport Activities:
- Mondays at 7:00 PM – Tennis at the Sports Park (Dennis 408-2423)
  - Wednesdays at 6:30 PM – Bocce Ball at the Sports Park (Dennis 408- 2423)
  - Fridays – Golf 18 holes (Jerry 543-8776)
  - Hiking – First Tuesday & third Wednesday, KS (Richard 408-5376 Please join us at our many events. Article by Kathy Shaddox.
- Contact: Marty Joseph 543-0803, Linda Bacon 628-5158**  
**Website: www.lincolnhillssingles.org**



• **Softball, Senior League** •

We’re in full swing with games on Mondays and Wednesdays and Coyote League on Thursdays. Also, once a month watch for our famous *Hot Dog Days*. Bring the grandkids for a delicious dog and catch a game.

Our travel teams remain busy, with weekend tournaments in places like Reno, Lodi, Folsom, and Penn Valley. And don’t miss the Classics in their next two home games, June 22 and 29. Also, our Allstar games will be on June 30, featuring the top players in some hotly contested ballgames. Did I mention there’ll be *Hot Dogs*??

The field will be closed July 4-15, but we’ll be back in action July 16. We’d love to see you there. And remember, the rec league is for men and women of *all* skill levels. Think about coming out and joining the fun. You’ll meet fantastic people and get great exercise in the process.



*Clockwise from top left: Opening day — Vonda Carlson selling hot dogs/ handing out programs; it may be Carolan Properties Howard Liebgold's (Doc) last season; Fans, from left, Kathy Sasabauchi, Linda Lopez, Debbie Privett*

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

**Coyotes**

60s — finished Lodi 3-2, homers by John Griffin/5, Bec Cannistraci/4, J.R. Jackson/Terry Padovan/3, Carlos Zavala/ John Moran. Finished in Elk Grove 3-2 record led by Bec Cannistraci/John Gho/ Steve Lambert/JR Jackson/Bruce Chappell/



**LINCOLN HILLS COYOTES 9<sup>TH</sup> ANNUAL INVITATIONAL**

**SOFTBALL TOURNAMENT**  
**WHEN: June 30 & July 1**  
**WHERE: DEL WEBB FIELD**  
**TEAMS: 65's**

**Food, fun & prizes**  
**Games start at 8:00 AM**  
**There is nothing like a day at the old ballpark**

*Ninth Annual Invitational*

Carlos Zavala.

65s — won Lodi tournament with 4-1 record led by Jim Jones/John Dambrosio/Brock Dagg/DJ Cox/Nick Fox. In Elk Grove they posted a 2-3 record.

70s — won Lodi with a 4-1 record, with three of the wins down to the last at bat led by Gym Mikaelson (23 rbi/.947 ba)/Rich Huskey (.833/13 rbi)/Jim Sandin/ John Wible. The team also won Elk Grove coming from behind in the last game led by Mikaelson (21 rbi/.875 ba/5 hr)/Bob Hunter (.889/16 hits)/Pete Savoia (.875), and Wible (.818) with defensive gems by Forrest Burkett/Mikaelson/Wible, along with outstanding pitching by Sandin and Bill Stroh.

All three teams now travel to the prestigious Rock ‘n Reno three-day tournament where 199 teams compete for trophies.

**Contact: Bob Hunter, bluespritzer@yahoo.com**



• **Sports Car** •

On Wednesday, May 23, Ernie Drake and Chere Andre led our 10<sup>th</sup> Anniversary run to Lake Tahoe. We had an exceptionally large group, over 50 cars and 100 people that required us to split into three groups with separate rest stops for each group. The day was glorious, clear skies with a little nip in the air. Our destination was Zephyr Cove at South Shore where we took the MS



*Fifty cars heading to Tahoe; Boarding the MS Dixie II*



Dixie II paddle boat for lunch and a cruise to Emerald Bay.

On June 6-7 we rode to Lassen National Park via scenic Highway 32 along Deer Creek and up into the Sierras. The country was beautiful with all the rivers full and the hills green. Some of the roads had been open for only a couple of weeks due to late snow.

Our next trip will be overnight to the Safari West African Wildlife Preserve located in the Sonoma foothills.

**Contact: Pat Heesch 408-1500,**

**pheesch@aol.com**

**Website: LHsportscars.com**



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

May 14 was a fun-filled Tea Party, all dancers had a good time at the party. The club will be having a Blast Class to help all club dancers improve their skills in Plus & A1 levels. 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 Monday After 1:00 PM. 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** •

On May 20, the Ping Pong Club hosted a cake farewell party for Paddy Martin at the Multipurpose Room (KS). She was one of the



*Farewell party for Paddy Martin*

three original players of the group together with John Myers and John Jensen.

It is said that if it were not for Paddy Martin, it would have been a Men's Only Club. Farewell to Paddy Martin and we wish her well.

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 Spring Luncheon is Friday, June 22 at 12:30 PM, Social Kitchen (KS)! We'll be electing the new Board Officers and hear about the exciting change in the air for the 2013 Tap Company's annual production.



*"We're in the Money" dancers from the 2012 Tap Company Talent Show*

*The Heart of Broadway*, a musical revue, will present toe-tapping songs and dances reminiscent of Broadway's finest musicals. Be part of the action and join us for Auditions July 9 and July 19, for actors in featured roles and chorus/ensemble. In the fall there will be auditions for specialty acts. Call Linda Marchus at 253-3880 or Peggy Schechter at 253-7492 for information.

The Tap Company is gearing up for "Grandkids Camp" on Thursday, August 9. This will be a great day for you and your grandkids so sign up now, see information on page 50 of this *Compass*.

**Contact: Becky**

**Sprong 408-1389**

**beckysprong@sbcglobal.net**

**Janet Becker 543-3493,**

**beckerjm1962@yahoo.com**



• **Tennis** •

The Sutter Health Mixed Doubles Tournament took place May 18 in beautiful weather — 96 players and 105 attended the awards banquet and dance. Thanks to Sutter (generous sponsor) and Pietrina Magna (chair) for a very enjoyable day. LITT finished with playoffs on May 23. See results of all events on our website (below).

July and August will be a time of rest for LHTG, then we have a busy September through November coming up. In addition to Oktoberfest Saturday, October 13, dates and info for three new tournaments will be released on or before our General Membership Meeting at 2:00 PM on June 15. Also at this meeting, issues involving changes in our Rules and Regs will be discussed and voted on. Drop-in sessions will continue on Wednesday and Saturday, 8:00-10:00 AM, and some members will be participating in SATA as well as USTA Leagues throughout the summer. Cheers.

**Contacts: Roger Clapp**

**434-6687, rwclapp@hotmail.com;**

**Carl Braganza**

**408-2898, cfbraganza@gmail.com**

**Website: www.sclhtg.com**



• **Vaudeville Troupe** •

Buy tickets today for June 29-30 Vaudeville show, "The Cavalcade of Stars." Enjoy our *Tribute to the 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 and Vaudeville's Andrew Sisters! Our 60s Canteen will



June 29 and 30's Vaudeville Show will include



a tribute to the Armed Forces and Gitta Agopian and Lydia King will delight you with their antics in "Mr. Sandman"

present songs like "White Rabbit," "For What It's Worth," and "Soldier Boy" along with Vaudeville "Hippies" who will surprise our loyal audiences!! Come to our show and step back in time! *Veterans: Please wear your uniform or just your cap* so we may pay tribute to you for your love of country!

Get ready for a one-of-a-kind, uplifting, high-energy and heartwarming Vaudeville Show! *Always "Entertainment Extraordinaire"* performed at P-Hall (KS) where every seat is a great, comfortable one! We sell out *fast* — buy tickets today at the Activities Desks (OC/KS), \$10

**Contact: Marina Eugenios 408-3654, marinaeug@sbcglobal.net**

**Troupe Website: YouTube.com/user/marinaeugenios**



• **Veterans** •

The Roseville Community Concert Band — always a highlight of the Veterans Group's annual Veterans Day ceremony — will present a rousing patriotic performance at 2:00 PM on July 4 in the Ballroom (OC). Check page 45 for information.

On July 21, the Community Association has organized a full-day trip to the Military Vehicle Technology Foundation in Portola Valley. The foundation oversees one of the largest and most significant collections of historical military vehicles in the world. See page 46 for prices and further details.

The Veterans Group encourages everyone to fly the American flag and to

make a special effort to show the colors on July 4, Independence Day.

**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 10, our club had its first social event of the year in the outdoor pool (OC). Ice cream was served prior to water volleyball play. All agreed it was a rousing success.

Our club has established 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 KS 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; Jim Leonhard 550-7075, jhleonhard@gmail.com**  
**www.suncity-lincolnhills.org/residents**



• **West Coast Swing Dance** •

Mark your calendar for our next dance Friday, July 20, with a WCS lesson at 5:30 PM followed by dancing from 6:45 to 8:45 PM (KS). Our dances are always popular and fun.

The next monthly Friday evening dance practice will be held on July 13, 5:30 to 7:30 PM, Fine Arts Room (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, 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 this Saturday, June 16 at the Capital Swing Dancers monthly dance at Fair Oaks Park and Recreation Auditorium. A beginner lesson will be held 5:30 to 6:30 PM and dancing until 10:30 PM.

**Contacts: Dottie Macken 543-6005,**

**justdottie@sbcglobal.net;**

**Eldon Davisson 408-8542,**

**ejdav1@sbcglobal.net**



• **Woodcarvers** •

The Lincoln Hills Woodcarvers completed their annual "Ribbon Haul" at The Capital Woodcarvers' Association annual show, "Wonders in Wood," May 5 & 6 in Sacramento, taking seven ribbons for nine entries!

Since 2007, the Lincoln Hills Woodcarvers Group has won an impressive 25 First Place blue ribbons; 15 Second Place red ribbons, and five Third Place white ribbons.



Woodcarvers composite

In the Novice Category, First Place honors went to John LePage, Jeff Wickun, and Woody Woodburn. Bruce Decker and John LePage both won Second Place ribbons.

Harvey Moss won Second and Third Place ribbons in the Advanced category. Bob Cerelli also entered a beautiful painted bird but was, unfortunately, not recognized this year.

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](http://www.SCLHwoodcarvers.blogspot.com)**



### Writers

Oyez, Oyez! Al ye scribes of the written word! Take Heed! The opportunities afforded us in the months of May and June fell on silent ears. No

great tributes or glowing memories of our parents were presented for the group’s enjoyment and critique. Still, fresh new creations were read, which is what we are all about. Will any patriotic thoughts be recalled to honor our Day of Independence? Looming also is the approaching deadline for the Poets of Lincoln contest. If poetry is your metier, by all means contact the coordinator, Alan Lowe, at [slowe@starstream.net](mailto:slowe@starstream.net).

For examples of our group’s breadth of creativity, be sure to visit our showcase in OC Lodge in both July and September. Our regular meetings are held on the second and fourth Monday of each month in the Ceramics Room (OC).

**Contact: Jim Fulcomer 543-9201;**

**[jjfulcomer@mac.com](mailto:jjfulcomer@mac.com);**

**Bruce Robinson, [Bruce8177@att.net](mailto:Bruce8177@att.net)**

## SACs & SITs

*Continued from page 2.*

to address a number of activities and initiatives, including:

- Reviewing the 2007 SAC recommendations to assess progress, their current relevance, and how the 2012 Strategic Framework can be improved.
- Developing and conducting a member expectation survey of residents’ opinions regarding numerous issues, including facilities, activities, educational and technological needs.
- Analyzing trends in revenues, facility usage, emerging technologies, etc., that may affect our Association in the future and preparing projections
- Tracking marketing trends and projecting future opportunities for revenue enhancement while focusing on developing a clear vision of how to continue to be the most enviable active adult community in the USA.
- Conducting research and exploring options for optimizing residents’ future lifestyle and environment.

**Serving on the SAC are:** Jim Leonhard (Chair), Agnes Valdez (Vice Chair), Lee Guth, Jerry Harner, Michele Hutchinson, Harriet Kaufman, Pete Savoia, David Stone, and Denny Valentine.

To aid in this monumental project, several residents have volunteered to work with the SITs, each of which will be facilitated by a member of the SAC. The SIT facilitators will be reaching out to the larger community, seeking additional volunteers to assist with specific issues. Please consider helping in this important endeavor.

Over the next several months we will include articles in the *Compass* and information on our community website ([www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)) regarding our process and progress. Please attend our meetings which are scheduled for the first and third Mon-

days of each month at 11:00 AM in Orchard Creek Lodge. **Your input will always be valued as we work towards our goal of delivering a compelling Strategic Framework to the Board by January, 2013.**

## ARC

*Continued from page 9*

plants within one year of installation. The front yard must also have at least one tree.

The irrigation system must be a fully automatic “underground” system and be described on the plan. Note the word “underground.” This word means under the ground, not just laid out on top of the ground, bark or rocks. There are many reasons for requiring the spaghetti tangle of irrigation pipes to be placed underground, but the main one is to meet the CC&R requirement of “neat and attractive appearance.” Placing pipes underground also pro-

protects the pipes from damage due to the hot sun and prevents those working in the garden from tripping on the pipes and falling.

While the ARC approves the landscaping plans, it is the Compliance Committee that enforces any deviations from the plan. With few exceptions, this committee is the sole and final judge as to whether or not landscaping after installation has met the approved criteria and whether or not it is, at any given time, maintained properly to the standards established by the CC&Rs, the Design Guidelines and the application as approved by the ARC.

## Connections

*Continued from page 3*

can also use an application to locate advertisers’ websites and directions to their businesses (see box to the right).

Finally, summer indicates the beginning timeline for **2013 budget** preparations. Please note, staff will need to receive your Capital Asset requests along with three bids for recommended purchases over \$2,000 by July 29. Please contact us if you have any questions.

Have a great summer. I look forward to seeing you in the Lodge.

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## Bulletin Board

Please email your bulletin board articles to [judy.hogan@sclhca.com](mailto: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.

### Chit-Chatters

The Chit-Chatters are "Seasoned Seniors," the older residents of SCLH. Stop by and check us out and share a visit and a cup of coffee. We meet on the third Friday, this month it's June 15 and in July on the 20<sup>th</sup>, at 10:30 AM in the KS Café (or the KS Living Room if the Café is filled). We'll also be meeting for lunch at Original Pete's in the Twelve Bridges Center on Friday, June 29 at 11:30 AM. Guests, first-timers, and visitors always welcome. Reservations for lunch are required — Marsha Hathaway (408-0228).

### Glaucoma Support Meeting

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

### LH Foundation Bingo: Wednesday, June 20

Heads-up! Don't miss our last Bingo event before we take a summer break. It's always fun and plenty of winners — a great way to spend an afternoon and enjoy the company of friends. Held in OC Ballroom, doors open at 12:30 PM, games begin at 1:00 PM and conclude by about 3:00 PM. Cost is \$20 for 12 games (12 cards with six cards each). Up to \$1350 in prize money plus two door prizes. Pop-ups are four for \$1. Cold water available, but no food or alcohol allowed. No one under 18 admitted. It is always fun, fun for all, come join us and see. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984. Visit the Lincoln Hills Foundation web site at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org). We are *Seniors Helping Seniors*. Tell a friend.



## 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](mailto:judy.hogan@sclhca.com)

## 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.*

- |                           |  |
|---------------------------|--|
| <b>Every Wednesday</b>    | • 8:00 AM-12:00 PM, Farmers' Market, Fitness Parking Lot (OC)  |
| <b>Thursday, June 21</b>  | • 10:00 AM, Do you have questions about Municipal Bonds? Solarium  |
| <b>Friday, June 22</b>    | • 9:00 AM, So I Need Additional Care... Now What? V/A Benefits, Assisted Living & Home Care Options, Oaks      |
| <b>Wednesday, June 27</b> | • 10:00 AM, Protecting Your Health with Long-Term Care Insurance, Room   |
| <b>Tuesday, July 10</b>   | • 6:00 PM Spinal Aid Presentation, Dr Zorich, Solarium<br><i>Please see our insert in this month's Compass</i> |

### LH 2012 Holiday Craft Fair

Save the dates: Holiday Craft Fair, Saturday, November 10, one day only. Vendor Registration, Wednesday, July 25, 5:30 - 6:30 PM, Orchard Creek Lodge. Questions? [LHArtCraftFair@aol.com](mailto:LHArtCraftFair@aol.com).

### Italian Club

July is an important month for our club — membership month and also inauguration month. Your membership must be up-to-date to attend our wonderful Inaugural Dinner July 13 at the beautiful Catta Verdera Country Club. Don't miss it! We are a social club — friendly, welcoming and determined to enjoy life to the fullest with an Italian flare! Each month we hold at least one event for that very purpose. If you or your spouse is of Italian heritage, now is the time to join us! Contact us via our engaging new website: [www.litalianclub.org](http://www.litalianclub.org). Learn all about us. See the great things we enjoy sharing and meet the dedicated Board members. Print a membership form right from the site or contact any Board member directly. For only \$20 a person, membership is good through June 30, 2013. What a deal! See you at the next event.

### Multiple Sclerosis Group

The Multiple Sclerosis Group meets monthly on the first Tuesday at 1:00 PM in the Terra Cotta Room (KS).

We usually have a topic of discussion or a speaker dealing with some aspect of Multiple Sclerosis. More info: Marilyn Sharp, 434-6898.

### Open Play

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

### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (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](mailto:amoon38@sbcglobal.net).

### Shalom

Thanks to Mel Reitman who picked up a bunch of tickets, we had more than the required minimum for the RiverCats' game. Bowling starts at Strikes on June 20 at 12:45 PM; call Hank Lipschitz to play. The annual picnic at the Sports Pavilion is at 12:00 PM on the 24th. Food by KFC. Have you reserved your spot with Randy Lipschitz? The traditional bocce ball competition will follow. Hope to see you all there. The big event for July is the Poker Run, a combination scavenger hunt and poker game. This is open to everyone, call Sandy Klein for information. Use the Shalom calendar to keep up on date changes and additions. Questions? [contactshalomgroup@gmail.com](mailto: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,  
*Continued on page 40*

# Chef Roderick

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Exploring the bountiful options of summer  
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Thursday, June 7 — Dinner  
Wednesday, July 11 — Lunch\*  
Thursday, July 26 — Dinner  
Wednesday, August 15 — Lunch  
Thursday, September 6 — Dinner

\*Guided Tour with Chef prior to lunch at 11:30 am

Lunch: \$25 inclusive  
Dinner: \$40 inclusive  
Reservations required

Dinner at 5:30 pm  
Lunch at Noon

Go to  
[www.meridiansrestaurant.com](http://www.meridiansrestaurant.com)  
for complete menus

## Gordon Biersch Brew Master Dinner

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*Continued from page 37*

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

### The Travel Group

Our website has changed to [www.lh-travelgroup.com](http://www.lh-travelgroup.com). The next meeting is Thursday, June 21, 7:00 PM, KS. Guest speaker: Jay Fehan, Collette Vacations. Available Trips: Northern Europe Cruise (Aug 2012), Italy (Sep 2012), Albuquerque Balloon Fiesta (Oct 2012), New England Colors (Oct 2012), New Year's San Diego (Dec, 2012), (Jan 2013), 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); 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](mailto:sfowler@starstream.net); Linda Frazier - 434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins - 434-9504, [Sheron5@sbcglobal.net](mailto:Sheron5@sbcglobal.net); Louise Kuret - 408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Karen Foley – medical leave.

### Writers

New subgroup forming for authors and aspiring authors interested in learning and sharing experience in writing development, writing resources, publishing and marketing. Join us on June 20, at 4:00 PM in the Multipurpose Room (OC). Meet and network with other Lincoln Hills writers and authors. Bring a copy of your published book to share and/or a pitch for your current writing project. Together we seek to meet our writing / publishing/marketing needs. Your input into the direction this new subgroup will take is invited. Come join us! More info: Linda Bello-Ruiz, 543-7952 or [lbelloaruiz@yahoo.com](mailto:lbelloaruiz@yahoo.com); Irene Douglas, [iredouglass@me.com](mailto:iredouglass@me.com); Leo Craton, [cratonl@att.net](mailto:cratonl@att.net); Sally Watkins, [sbw9@mindspring.com](mailto:sbw9@mindspring.com); Marsha Ross: [Marshaross1123@gmail.com](mailto:Marshaross1123@gmail.com).

### Commercial Presentation (Paid Advertisement)

*These vendor presentations are open to SCLH residents & people outside the community. Products/services presented are not sponsored or supported by SCLHCA.*

### Protecting Your Wealth with Long-Term Care Insurance Wednesday, June 27 • 10:30 AM • Heights Room (OC)

**Presenter: Doug Haskin: Merrill Lynch Financial Advisor • Free**

Your personal needs and goals will determine an appropriate amount of coverage for long-term care. When planning for the unexpected, it's always important to consider your overall financial strategy, including the needs of any current or future beneficiaries, and how any long-term care insurance can help preserve your assets.

*RSVP to Doug Haskin by June 25 at 475-8134.*

## In Memoriam

### Veronica Harris

Veronica (Rica) was born in the Philippines, lived in Spain for three years and traveled throughout Europe in her youth. She was married in the Philippines and had three children. In the 1980s she immigrated to the U.S. and worked for Bank of America as an administrative assistant. She married Stan in 1996 and they spent seven years on their sailboat sailing around South America and the Caribbean. They moved here in 2005 where Veronica worked at the Activities Desk. Veronica will be remembered as quite a character!

family, she will be missed by many friends.

### Roger Siddall

Born in San Antonio, Texas, Roger moved to New Mexico where he received his PhD and then taught in the Business Department at Weber State, Utah. He married his lovely wife Lili in New Mexico 44 years ago and they have one daughter and three grandchildren. Roger was a gourmet cook, was passionate about music, especially jazz, and sang in our Chorus. He also enjoyed reading and travel. Roger will be missed by many relatives and friends.

### Patti Rumrill

Patti was born in Missouri and graduated from the Colorado Women's College with a degree in Art. She married and had five boys. After her divorce, she moved to Okinawa, Japan, where she taught English and was the Society Editor for the Newspaper! In 1970 she moved to Apple Valley and worked for the Inn there. She married Rick in 1972. Patti was a 38-year breast cancer survivor. She owned a successful clothing store named, *Miss Pat*. She and Rick traveled overseas before retiring and finally moving here where she taught Oil Painting. Patti painted the mural in the OC Fitness Center! Besides her

### Judith Sener

Judy was raised and educated in Pennsylvania. She taught Health and P.E. for 31 years and coached several sports. She was Head Varsity Basketball Coach at Cumberland Valley High School. She also loved animals and bred, trained and exhibited pedigree canines. After retirement, Judy and her life partner, Cindy, moved here where Judy shared her passion for yoga by teaching Kripalu Yoga and Yoga for Golfers at The Spa at Kilaga Springs. Besides Cindy, Judy leaves her parents, two brothers, and her nephew as well as many loyal friends and her beloved dog.

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





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

**M**ark your calendars for the 12th Annual Summer Amphitheater Concert Series at Sun City Lincoln Hills with big name stars and nostalgic music that will have you dancing and singing along. The Summer Concert Series is open to family, friends and the public with unlimited ticket purchase at the Activities Desks and online. Take a musical journey with the exciting Amphitheater Summer Concert line up sponsored by Natalie Kachmar Agency, Nationwide Insurance:

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

Take a toe-tapping journey to the days of Motown. Concert 7:00 PM. \$18. For show details, see page 44.



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

For anyone that loves "Mamma Mia." Concert 7:00 PM. \$21. For show details, see page 44.



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



A tribute to one of America's greatest 1970's rock bands. Concert

7:30 PM. \$19. For show details, see page 46.

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



Authentic Hawaiian music brings together a Polynesian

Revue complete with fire dancer for one amazing evening. Show 7:30 PM. \$16. Show details on page 49.



**Frankie Avalon — America's Original "Teen Idol"**  
Tuesday, August 14 — 5100-4E  
America's original "Teen Idol" lights up the stage with

his memorable hits. Concert 7:30 PM. \$28. For show details, see page 50.

### 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, and more. Concert 7:30 PM. \$17.

### Stompy Jones Friday, September 28 — 5100-4G

Stompy Jones is a San Francisco-based sextet renowned for jumpin' rhythm,



wailing improvisations and an explosive stage show. The golden age of rhythm and blues will be recreated as this jump band plays the jaunty blues sound of Louis Jordan and the Tympany Five. Concert 7:30 PM. \$18.

### 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.

## Special Events

### Amphitheater Summer Concert Series: Motown Revue with Top Shelf

Friday, June 15 — 5100-4A

Top Shelf will take you on a toe-tapping, finger-snapping narrated journey from early days of Motown to the '80s. Guest singers will perform with Top Shelf to provide songs of Stevie Wonder, the Temptations, the



Four Tops, Smokey Robinson, Diana Ross, and more. Don't miss the most requested group from 2011 back for an Amphitheater concert! Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: *A Motownphilly Cheese Steak Sandwich and a Sweet Tea or Hard Lemonade*. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:15 PM; Concert 7:00 PM. \$18. See concert details and Amphitheater Guidelines on page 43. Friends, family and guests are welcome! Concert Series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

### Comedy Night at Kilaga Springs Tuesday, June 19

6:00 PM performance — 5019-04A

8:00 PM performance — 5019-04B

Headliner Karen Rontowski's network debut on "The Late Show with David Letterman" and the great reviews on "Comedy Central" and "Comics Unleashed," have earned her headlining spots all over the world. She has opened for Bob Hope, Ray Charles, and the Monkees. When she is not delivering her stand-up show in comedy clubs, she performs overseas for the troops. Show opener is Phil Johnson. P-Hall (KS). \$10.



### Amphitheater Summer Concert Series: Adbacadabra: The Ultimate Abba Tribute

Tuesday, June 26 — 5100-4B

If you love the hugely popular live musical production/movie of "Mamma Mia" and the 70's music of ABBA, then you wouldn't want to miss seeing Adbacadabra: The Ultimate Abba Tribute! They will perform 20 of the



group's greatest hits in full ABBA fashion and flair with hits like "S.O.S.," "Super Trooper" and "Dancing Queen" that will surely get you out of your seat and dancing. Experience the authentic music and costumes that wows the audience everywhere. Visit the grab 'n' go food concession and no-host bar in the Amphitheater to enjoy our specialty theme food and drink items: *Swedish Meatballs over Basmati Rice, Kettle Corn, and a Sangria*. Food items available for individual purchase, not part of ticket price. Amphitheater (OC) doors open at 6:15 PM; Concert 7:00 PM. \$21. See Amphitheater Guidelines on page 43. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

### Music Circus' Grease

Wednesday, June 27 — 4530-03A

Sing along your favorite tunes like "Summer Night" and "You're the One That I Want" with Sandy and Danny and the whole gang from Rydell High, details on page 58. Leave OC at 6:00 PM, return ~ 11:00 PM. \$71. RSVP ♦♦ by 6/18.



### The Vaudeville Troupe's "The Cavalcade of Stars"

Friday, June 29

2:00 PM Show — 5029-04A

6:00 PM Show — 5029-04B

## REMINDERS

### ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS:

See page 90.  
**TWO FACILITIES:** Orchard Creek Lodge (OC) & Kilaga Springs (KS)

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

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

**WEATHER:** Association trips & 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.

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

Lincoln Hill's popular and "outrageously entertaining" Vaudeville Troupe returns to the Presentation



Hall (KS) "Cabaret-style" stage to present their old-time Vaudeville Show, "The Cavalcade of Stars." This high-energy, non-stop action extravaganza will be performing "An Armed Services Tribute" complete

with Vaudeville's own USO Stage Door Canteens from the 1940's and the 1960's. Honor our veterans in



uniform, sing along to famous songs and tap your feet to some of the most memorable tunes from those eras. The program will encompass fast-paced acts of all entertainment genres including hilarious comedy

skits, talented vocalists, creative novelty numbers and stunning classical opera. Vaudeville's Troupe of performers is known for their creative energy and outrageous fun as they engage and interact with the audience. Four shows only that always draw sell-out crowds. Arrive early as seating is first-come,

first-served for all shows. P-Hall (KS) Shows at 2:00 PM and 6:00 PM. \$10.

### Roseville Community Concert Band — Happy Birthday USA!

**Wednesday, July 4 — 5004-05**

By resident request, we bring back one of the best local volunteer symphonic concert bands of the greater Roseville and South Placer community to celebrate Independence



Day. The Roseville Community Concert Band (RCCB) was established in 2000 by Bill Hastings, a retired military band director.

RCCB will provide just the right combination of enjoyable and patriotic music to celebrate the 4<sup>th</sup> of July with friends and family. The afternoon concert offers wonderful music selections and will be completed before dark so you can view the city of Lincoln's fabulous firework display with your family. Ballroom (OC); Concert 2:00 PM. \$7.

**Document Destruction****Monday, July 9**

10:00 AM-12:00 PM, OC Fitness Center Parking Lot. Cintas offers state-of-the-art shredding trucks on site to provide the service. Paper clips and



staples on files okay but no plastic or cardboards. \$10 cash or check per average file box contents payable to Cintas. Look for the big Cintas truck at the Parking Lot!

### Comedy Night at Kilaga Springs Tuesday, July 10

**6:00 PM performance — 5010-05A****8:00 PM performance — 5010-05B**

Headliner Keith Nelson has been doing comedy all over the world for 20 years, with appearances on *Entertainment Tonight*, *Evening at the IMPROV*



and *Comedy Express on FOX*. Keith was recently featured in 2011's *Who's Who*. Show opener is Cheryl "The Soccer Mom," who provides a non-typical

mom-humor to the stage. Cheryl has performed at some of the top comedy clubs in the country including: *The Improv*, *Cobbs*, *Acme Minneapolis*, *The Ice House*, and *The Punchline*.



She was also a regional finalist on Nick-at-Nite's "Search for the Funniest Mom in America" performing at the Laugh Factory in Hollywood with host Roseanne Barr. P-Hall (KS). \$10.

### Music Circus' The Little Mermaid Wednesday, July 11 — 4530-03B

A special treat for you and your grandchildren, five years and older! Bring them for a ride in our comfortable coach and see Disney storytell-

**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.



ing at its best! Show details on page 58. Leave OC at 6:00 PM, return ~ 11:00 PM. \$71. RSVP ♦♦ Now.

**Reno Silver Legacy**

**Thursday, July 12 — 1770-05**

Last bus sold out! Enjoy a getaway to Reno for a day at the Silver Legacy Hotel & Casino and get \$10 cash back & \$5 food credit. Try your luck at the



slots or check out the kayakers and rafters at the Truckee River White-water Park located in the heart of Reno's bustling

downtown hotel-casino and booming arts district. Nice scenic trip up the hill. Leave OC 8:00 AM, return ~ 6:30 PM. \$31. RSVP ♦♦ by 7/1.

**California State Fair**

**Monday, July 16 — 1730-05**

What deep-fried treats will the State Fair have for us this year? The livestock pavilion is always entertaining, and the county displays. Want some-



thing unusual? Check out the commercial buildings and see what the hawkers have

to offer or the Carnival for those who need a thrill. Leave OC 10:00 AM, return ~ 6:00 PM. \$35 includes Fair entry fee. RSVP ♦♦ by 7/1.

**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 on page 43. Friends, family and guests are welcome! Concert series sponsored by Natalie Kachmar Agency, Nationwide Insurance.

**Military Vehicle Foundation, Tank Museum Portola Valley**

**Saturday, July 21 — 1760-05**

The Military Vehicle Technology Foundation oversees one of the largest and most significant collections of



historical military vehicles in the world. They acquire, restore, and interpret the historical sig-

nificance of 20th and 21st century military vehicles. Domestic and foreign combat vehicles such as tanks, armored cars, self-propelled artillery, and other technically-interesting mobile platforms are the focus of the collection. They maintain an extensive technical library that describes many

vehicles down to the part level. Aside from the vehicles, there are towed artillery, anti-tank and anti-aircraft guns, military support equipment and accessories. *Meridian's Deli Sandwich* with a choice of Turkey, Ham, or Vegetarian, chips, cookie and a water bottle is included. Leave OC at 8:00 AM, return ~ 6:00 PM. \$69. RSVP ♦♦ by 7/3.

**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

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and dinner on your own in the park until 7:30 PM when we head back to Chukchansi. Depart 10:00 AM after no-host breakfast Thursday 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. 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 43. 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 ◆◆ by 7/1.

**Date Change & Lower Price!**  
**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 ◆◆ by 7/1.



**Kilaga Springs 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**
- **Tuesday, 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 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 packages 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.

**“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 Concert. Early registration discounted rate June 17-July 14, \$14. After July 14, \$17.

**Overnight Trip:**

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

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

the casino — try John’s Oyster Bar or the Steakhouse. There are also many restaurants at Victorian Square including Mexican, Italian, and an Irish Pub & Grill. Breakfast on your own the following morning and then we’re



off to the Peppermill for more specialty car displays and vendors. Lunch on your own. Limited to 49 people. *A signed liability waiver is required for each participant*. Leave OC August 7 at 8:30 AM, return August 8 ~ 6:00 PM. \$102 per person double occupancy. \$139 single occupancy. RSVP ♦♦ by 7/9.

**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 — 5009-6BT**

**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 — 5009-6ET**

**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. Your favorite Fishing, Music & Sing and Gardening classes are back! We also added new classes to this year’s program including: “On Stage,” an inter-

active 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 is available at the Activities Desks (OC/KS) and online June 15. 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. Upon registration, you will receive a Guidelines Sheet with event requirements. 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.. Early registration discounted rate June 17-July 14, \$13 per child. After July 14, \$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**

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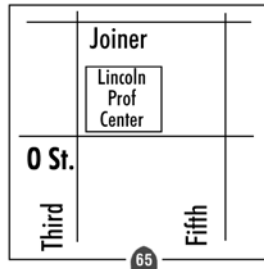
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#### New date & time!

#### "War Horse" at Curran Theatre Sunday, August 12 — 4550-03

Due to a production company change, we have a new date and time for "War Horse." A limited number of tickets opened up and are now available. "War Horse," presented in association with Handspring Puppet Company, is filled with stirring music and songs. At the heart of the show are life-sized puppets which bring a breathing, galloping, charging horse to thrilling life on stage. A remarkable tale of courage, loyalty and friendship between a horse and its owner during World War I. "War Horse" is the recipient of six 2011 Tony Awards, including Best Play. Orchestra seating. Depart OC at 2:00 PM to arrive in San Francisco Union Square for dinner on your own, show at 7:30 PM. Leave OC at 2:00 PM, return ~ 12:30 AM. \$95. 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 solid hits that were in the top 40 and his music became one of the defining sounds of the "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. See concert details and Amphitheater Guidelines on page 43. 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! Big Springs Gardens is 118 acres of flowering plants, shrubs and trees surrounded by Tahoe National Forest. 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 in 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. Buffet



includes a salad bar, fresh fruits, pasta, cold entrees, desserts and beverages. Wine and beer avail-

able 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 ♦♦ by 7/14.

#### Amador Wine Tasting Friday, August 17—1812.06

Experience the essence of Tuscany in the Shenandoah Valley of Amador County as we go wine tasting and enjoy a pasta buffet at Villa Toscano Winery. Enjoy wines produced from some of the oldest vines in California.



We will visit the sister winery Bella Piazza, where they present the traditional head-pruned, dry-farmed Zinfandels

alongside the newer, innovative Italian varietals for which the region is becoming so well-known. Our final stop is Karly Winery, featured in a past Chef Roderick Wine Dinner and served at our own Meridians. Karly Winery has experimented with grape



varieties native to the warmer Mediterranean region of France, Italy and Spain. Thus a

very interesting sector of their wines consists of Petite Sirah, Barbera, Sangiovese, and more, in addition to Zinfandels and Sauvignon Blanc. Leave the driving to us, enjoy an air-conditioned motor coach and relax! Depart OC at 9:00 AM, return 6:00 PM. \$48. RSVP ♦♦ by 7/14.

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

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



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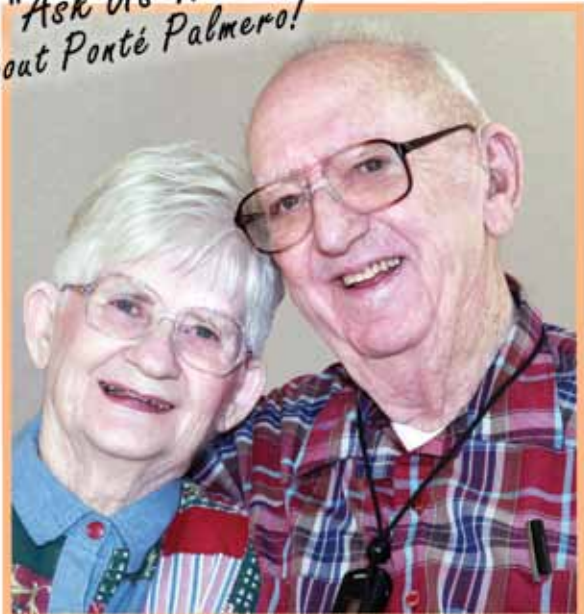


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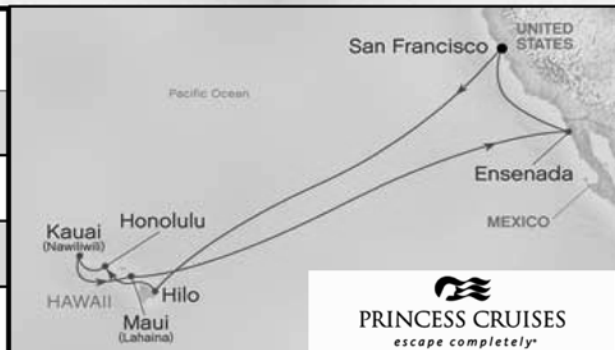


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“Do You Hear the People Sing?” and many more. Cameron Mackintosh presents a new 25<sup>th</sup> anniversary production with glorious new staging and dazzling, reimaged scenery. Mid-orchestra seating for the 2:00 PM performance. Following the performance, 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. Early registration discounted rate June 17-July 14, \$35. After July 14, \$38.

**Best in the West-Rib Cook-off  
At Victorian Square, Sparks  
Thursday, Aug 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 ♦♦ by 7/13.

**Overnight Trip: Asilomar/  
Monterey Bay Aquarium • Tuesday,  
September 4 and Wednesday,  
September 5 — 1970-05**

Join your trip coordinator Katrina on a trip to Asilomar State Beach & Conference Grounds in Pacific Grove



and a stay in the modern buildings with fireplace rooms. Boxed lunch upon arrival (*chef’s choice, vegetarian upon request*) to enjoy at several indoor or outdoor locations. Enjoy the afternoon on your own to explore the beach, take an audio-guided tour to check out



the historical buildings and architecture, bird watch, rent a bike, swim at the pool, or just relax. Dinner is included at Crocker Dining Hall and served family style with reserved tables for our group. The daily menu highlights fresh, seasonal, local produce. Daily menu boards are posted

at the dining hall and front desk, showcasing the meals that will be offered for breakfast, lunch and dinner. *Wine & beer can be purchased separately.* There is a separate café in the main hall where additional snacks, coffee, beverages and desserts can be purchased. The rooms do not have televisions or phones. We will have various board games and cards available for your enjoyment. We have reserved a meeting room in the courtyard for our group’s personal use. An evening Ranger is also available to talk about Asilomar. Elevator access to rooms. LSV shuttle to dining hall available for those with limited mobility. The next morning after an included breakfast, we head to Monterey Bay Aquarium (entrance fee included) currently hosting the “Jellies Experience.” Lunch on your own at Cannery Row. Leave OC 7:30 AM, Tuesday, September 4, return Wednesday, September 5 ~ 6:30 PM. *A signed liability waiver is required for each participant.* \$291 per person double occupancy. \$391 single. RSVP ♦♦ Now!

**USS Potomac**

**Saturday, September 22 — 1830-05**

The “Floating White House” Franklin Delano Roosevelt’s presidential yacht has been refurbished and has quite a history, from FDR to Elvis and a front for drug smugglers. It is now docked



near Jack London Square at the Oakland Pier. We will be taking a special narrated three-hour history cruise through the San Francisco Bay islands, shipyards and estuary. Box lunch included (choose onboard). Enjoy some free time at Jack London Square upon return from the cruise. Buy early — sales end August 3 due to deadlines by vendor. Leave OC at 7:30 AM, return ~6:30 PM. \$99. RSVP ♦♦ by 7/13.

**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.

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

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

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

Bring your grandchildren, five years and older, to see Disney storytelling at its best! Unsatisfied with her life in the sea, young mermaid Ariel longs to experience the human world above, so she embarks on a fascinating journey to discover her true self. Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ Now.

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

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

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

Like the iconic rooftop musician, playful yet reverent Tevye teeters between his respect for tradition and love for his daughters, each anxious

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

- **Crazy For You — Wednesday, August 29 — 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.

- **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.

- **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

*Broadway Mega-Hit to be Revealed in August!*

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*.

**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**



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**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**  
Seats located in Lower Box Section 135, \$102.

• **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 July 20**  
**Trip/Event • Date • Departure Time**

- Fort Bragg/Skunk Train  
Wednesday, June 20, 8:00 AM
- Rivercats vs. Grizzlies  
Friday, June 22, 5:30 PM
- Benicia Glass Tour  
Thursday, June 28, 8:00 AM

**Art Classes****— Oils, Pastels & Acrylics —****Painting Pastels and Oils with Joan**  
**Mondays,****July 30-August 27— 1050-06**

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$65 (five sessions). Open to both pastel and oil painters. Under



Joan's guidance, learn the art of pastel or oil painting. No previous

training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. **New students:** Ask for supply at registration. RSVP ♦♦ by 7/23.

**Impressionism and Landscape**  
**Painting with Oils and Acrylic**  
**Wednesdays,****July 11-August 8 — 1033-06**

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 7/4.

**—Mixed Media—**

*Next Mixed Media class will be advertised in the July Compass.*

**Ceramics Classes****—Earthenware—****Airbrushing Workshop****Monday July 9 — 1104-06A****Firing Fee — 1104-06B**

9:00 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. Class \$55, additional firing fee: \$7. Back again for all airbrush enthusiasts! This is an open workshop on Greenware. Class is for all levels and teaches blending, shading, cross-shading and reverse-shade on ceramics. Students may bring their choice of items and will be invited to complete two to three pieces of choice during this airbrushing event featuring EZ-strokes applied to green-

ware. Many folks love this class; they repeat it often, bringing different pieces each time. Class fee includes airbrush usage, color, paperwork, and instruction from an airbrushing expert. Class starts at 9:00 AM with an hour lunch break. Questions: contact davidhoffceramics@gmail.com or (559) 289-8476. Please make sure you receive a supply list when you register. Remember, ware should be cleaned and ready to decorate on the day of class and the ware must be greenware. RSVP ♦♦ by 7/2.

**Ceramics July & August**  
**Vacation Drop-In Session****Tuesdays,****9:00 AM-12:30 PM — 2017-06A****1:00-4:00 PM — 2017-06B****Thursdays,****1:00-4:00 PM — 2017-06C**

(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 All 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 advise, 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.

## – Lladro –

### Spanish Oil Painting • Wednesdays June 27-August 1 — 2063-05

(No class July 4.) 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 6/20.



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

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. For Lladro hobbyists who can work on their own but are unable to attend a class full-time. Workshop is not for beginners and will not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for “firing” and assuring everyone follows guidelines and safety procedures. Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

## – Pottery –

### Beginning/Intermediate Ceramics with Jim • Tuesdays July 3-31 — 2012-06A

1:00-4:00 PM (OC). Instructor: Jim

Alvis. \$67 (five sessions). An introductory class for residents who have never worked with clay and continuing



students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 6/26.

### Advanced Ceramics • Tuesdays July 3-31 — 2012-06B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$67 (five sessions). For self-motivated students/artists with established ceramic skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 6/26.

### Ceramics – All Levels • Thursdays, July 5 - 26 — 2011-06

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$54 (four sessions). **Open to all skill levels.** This class teaches hand-building techniques and working on the potter’s wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list from the Activities Monitor when you register. RSVP ♦♦ by 6/28.



## Computer Classes – General

### Tips & Tricks for Beginning PC Users

#### Friday, July 6 — 2690-06A

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 6/21.

### 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 then 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.



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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  
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## Genealogy

Genealogy is the fastest growing hobby in North America. Classes will assist you on the exciting journey of discovering your ancestors and recording the details of their lives. Each session includes two hours of



lecture and one hour of student-monitored exercise with the instructor

available for questions and answers. Please bring a flash drive to class with you so you can take home any work accomplished during class. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. For the GEDCOM class you should also feel comfortable using one of the popular family history programs. Instructor is taking a hiatus until July.

### Organizing your Genealogy Files and Folders

**Thursday, June 28 — 2690-06B**

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$12. The average genealogists collect many types of information — from birth certificates to death certificates, photographs, and more. It becomes frustrating when one can't find the records that were stored earlier in your computer. What one needs is a simple method for organizing genealogy information so that one can quickly locate this information efficiently. In this class, learn how to create a set of folders for your personal computer that is easy to set up, simple to use, simple to understand, and flexible to modify. These folders will store the images of the thousands of photographs you have collected as well as the thousands of documents you have scanned. Once you have your documents and photographs stored in an organized manner, you can easily incorporate these images into your family history program. Remember, when you can

find things, genealogy is much more fun! RSVP ♦♦ by 6/21.

### Genealogy for Beginners

**Tuesday, July 10-31 — 2692-06**

8:30-10:30 AM (OC). New Instructor: Kathryn Moore. \$80 (four sessions).

Have you always wanted to learn more about your family history and just don't know where to start? Perhaps you are the lucky recipient of large amounts of family documents or other family treasures, but don't know



what to do with them? Researching your family history can seem overwhelming at first, but you can do it; you just need to start at the beginning. This course will help the novice researcher learn how to organize and record their family genealogy, and begin to search for unknown information using census and birth, marriage, and death records. Students will also be instructed on how to search for these and other records using the Ancestry.com and FamilySearch.org websites. **No previous experience is necessary.** A laptop computer or tablet is encouraged, but not necessary. Questions? Call Kathryn at 660-3385. RSVP ♦♦ by 7/3.

### 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 ♦♦ by 7/13.

## Crafts

### Intro to Card Making 101

**Tuesdays, July 10-31 — 3170-06A**

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

Have you ever wanted to make a card



but you weren't sure how to get started?

This beginners' class will be a fun three hours of learning and showing you how to

make greeting cards along with a cute box. Classes are small so you will get lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 6/26.

### Card Making — Level 2

**Friday, July 6-27 — 3170-06B**

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

**Prerequisite:** Needs to have completed



Intro to Card Making 10, 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 6/29.

### Origami — From Generation to Generation: The Spirit of Japan

**Monday, July 16-**

**August 6 — 3040-05**

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions). Traditions are passed from generation to generation by word of mouth. Origami spread through oral tradition in the same way as beliefs, customs and



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legends, and brings hundreds of years of history to the present day. Original origami forms had religious and formal significance. The Japanese have a particular sensibility that allowed them to turn the two dimensional,



flat world of paper into three-dimensional objects such as cranes, boxes, baskets, flow-

ers, and birds, and make use of them for both play and practical purposes in day-to-day life. This class will teach you how to make boxes, baskets, birds, flowers and more. Please bring origami paper (6x6"), pencil, glue, ruler, and scissors. Beginners are welcome. See window display (OC). RSVP ♦♦ by 7/2.

## Dance

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

## —Clogging—

### Fun and Intermediate Clogging Tuesdays, • July 10-31 — 3572-06A

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions).

**Prerequisite:** Instructor approval and/or new and returning students with clog-



ging 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 — too many to list. If you've been away from clogging for a while, now's the time to get back into it. Come join the fun. We'll be learning dances from the National Clog Dancing List as well as

popular dances from recent workshops and conventions. In order to be a participant in the new demo group, you must know the dances and have instructor approval. RSVP ♦♦ by 7/3.

### Performance and Technique

#### Clogging • Tuesdays,

July 10-31 — 3572-06B

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take Fun/Intermediate Clogging. Janice brings her many years of expertise working with teams and groups. Performance routines will be created, fine tuned, and figures and movements added to enhance some of the dances taught in the Fun/Intermediate Class. Other routines will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner and team work will be part of the skills taught. Fine tune clogging skills during technique portion of class. Technique lessons are incorporated in each session to keep you dancing safely and hone feet movement so sounds are clean and clear. Instructor approval prior to each performance. RSVP ♦♦ by 7/3.

## —Country Couples Western Dance —

### Country Couples Western Dance — Beginner Level 1 & 2

Mondays, July 9-30 — 3532-06A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions).



Western dancing is done to many types of music, Country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. In addition, we do freestyle dances like Two Step; Free Style Waltz moves; Drifter Circle dance; and review previous dances as needed. Instruction will be at a slower pace

for beginners and those wanting a review of previously taught dances. If you don't have a partner, many of the dances could be done as an individual. Classes taught in this session – Swing Switch; Circle Dance Drifter; Traveling 4 corners; Electric Slide; and review of previously taught dances . Some dances may be subject to change based on the experience level of students. RSVP ♦♦ by 7/2.

### Country Couples Western Dance — Intermediate Level 3 & 4

Mondays, July 9-30 — 3532-06B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances taught in this session are Circle Dance sleeping child; River City Cha Cha; Midnight Waltz; Redneck Stomp; and previous dances will be reviewed as needed. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 7/2.

## —Dancing with Dolly—

### Jazz/Musical Theatre Wednesdays,

July 11-August 1 — 3920-06B

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



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dance. Something new every week, no memorization. Come watch a class, see how much fun dance can be! RSVP ♦♦ by 7/4.

### Ballet • Thursday,

**July 5 26 — 3920-06C**

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 6/28

### Advanced Performance Dance with Dolly, Friday, July 6-27 — 3920-06A

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 6/29.

### Beginning Performance Dance with Dolly • Wednesday, July 11-

**August 1 — 3920-06D**

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. Routines designed for all levels of dance experience. Now is the time to try something new and feel the wonders of being on stage. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 6/29.

### —Hula—

#### Hula • Thursdays,

**August 2-30 — 3901-06**

1:15-2:15 PM (KS). New instructor: Pam Akina. \$40 (five sessions). 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 7/26.

### — Jazz —

#### Jazz Technique

**Saturday, July 7-28 — 3930-06A**

**Or Tuesday, July 3-31 — 3930-06B**

Saturday 3:00-4:00 PM, Aerobics Room (OC), \$32 (four sessions). Tuesday 1:00-2:00 PM (KS). \$40 (five

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 6/30 or 6/26.

### — Line Dance —

#### Intro to Line Dance • Thursdays, June 21-August 9 — 3602-05A

(No class July 5.) 4:30-5:30 PM (KS), Instructor: Audrey Fish. \$35 (seven sessions). This new class meant for real



beginners is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 6/14.

#### Line Dance I/Beginner with Audrey Thursdays, July 12–

**August 30 — 3603-06A**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). Class is not for newbies in the dance. Class reviews fundamentals of line dancing, including basic steps such as grapevine, jazz box, shuffle, quarter and half turns at a slow tempo. If you haven't line danced before, you should start with Intro to Line Dance (above). RSVP ♦♦ by 7/5.

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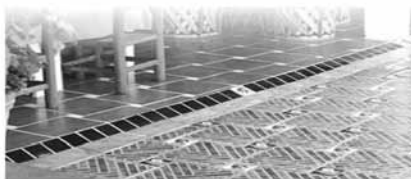


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**Line Dance II — Beginner-Intermediate with Audrey Mondays**  
**July 9-August 27 — 3603-06B**

5:15-6:15 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions.). **Prerequisite:** Completion of Line Dance I/ Beginning Line Dance. This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 7/2.

**Line Dance III • Intermediate with Audrey • Thursdays,**  
**July 12-August 30 — 3603-06C**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$40 (eight sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. Moving at a slower pace than Line Dance IV, this class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ♦♦ by 7/5.

**Line Dance Beginner Plus with Sandy • Tuesday,**  
**July 17-August 21 — 3705-06A**

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$36 (six sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance I. Class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute basic line dance steps as instructor leads and teaches the dances using line dance terminology.

Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 7/10.

**Line Dance II**  
**Beginner-Intermediate with Sandy**  
**Wednesdays,**

**July 11-August 15 — 3705-06B**  
 9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$36 (six sessions). **Prerequisite:** Line Dance I or Beginner Plus for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning/intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 7/4.



**Line Dance III with Sandy**  
**Wednesdays,**

**July 11-August 15 — 3705-06C**  
 10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$36 (six sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts, many more. At this level, there is no limit 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 7/4.

**Line Dance I/Beginner with Yvonne**  
**Mondays,**

**July 9-August 27 — 3704-05A**  
 9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions, no class May 28). This class is a step up from the Introduction to Line Dance Class. If you have never danced before, it is highly recommended, but not necessary, to have taken at least one to three of the Introduction ses-

sions in order to familiarize the student with basic line dance terminology. Although this is a beginner class, it is taught at a faster pace than at the introduction level. RSVP ♦♦ by 7/2.

**Line Dance Beginner Plus with Yvonne • Mondays,**  
**July 9-August 27 — 3704-05B**

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from Line Dance I into Line Dance II. The dances become a bit more challenging but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting providing exercise for mind and body at the same time. RSVP ♦♦ by 7/2.



**Line Dance II/Beginner-Intermediate with Yvonne**  
**Thursdays,**

**June 21-August 9 — 3704-05C**  
 9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$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 ♦♦ 6/14.

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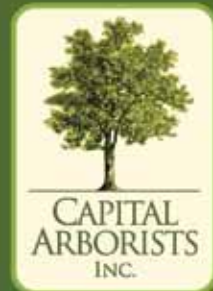


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nia and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Performance Classes will be on hiatus until August. Please note change in schedule before registering for the Technique class.

### Summer Technique Class •

**Mondays, July 9-30 — 3553-06**

10:00-11:30 AM (KS). \$30 (four sessions). One special tap class is being offered during the month of July to keep your dance muscles in shape. All tap dancers are invited to come and join the fun while dancing to new music and rhythms. RSVP ♦♦ by 7/2.

### Tap for Fun with Judy!

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



### Mondays, June 18-

**August 6 — 3581-05A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 6/11.

### Fridays, June 22-

**August 10 — 3581-05B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 6/15.

## — 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,

**July 11-25 — 3513-06A**

8:00-9:00 PM (KS). Instructor: Dottie

Macken. \$21 (three 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 7/4.



### Intermediate I and II West Coast Swing • Wednesdays,

**July 11-25 — 3513-06B**

7:00-8:00 PM (KS). Instructor: Dottie Macken. \$21 (three 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 7/4.

### Intermediate/Advanced West Coast Swing • Wednesdays,

**July 11 - 25 — 3513-06C**

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$21 (three 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 7/4.

## Driver Training

### AARP Driver Safety Program

**Monday, July 16 &**

**Tuesday, July 17 — 6055-06**

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 person-



nel, 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 Completion. You must be present to receive your certificate. Bring a valid Driver's License, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The AARP Driver Safety Course does not replace Traffic School requirements to correct driving violations. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 7/9.

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## Fitness

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

### —Small Group Training—

Small group training can be a great option when you want to enjoy more personalized attention, but spend less than working directly with a personal trainer.



Small group trainings are offered in a variety of formats and they provide much more focused attention to the participant's goals than traditional large classes.

If you have a goal in mind, and enjoy having someone there to ensure that you are doing the exercises correctly, small group training is a great option for you! Sessions will have a minimum of four and maximum of six participants, and are held twice a week for four weeks.

#### SGT — First Steps to Fitness

**Mondays and Wednesdays,**

**July 9-30 — 835000-S3**

10:30-11:15 AM, Oaks Room (OC).

Instructor: Lisa S. Smith. Calling all beginners! This class is designed especially for anyone who hasn't quite mustered up the courage to step into the Fitness Centers here at Lincoln Hills. First Steps to Fitness will be held in the Oaks Room (OC) which is a room without windows, mirrors, or distractions. This is a perfect beginning for anyone who knows they need to exercise but is intimidated by the gym. Class will be 45 minutes in length with time for discussion and questions. We will cover basic chair exercises, beginning strength, cardio, and flexibility. The series will conclude with a 30-minute individual session in the gym with Lisa. **Four week session \$135.** Register/Fitness Centers.

#### SGT — Suspension Training for Golfers • Mondays & Wednesdays, June 20-July 18 — 835000-G4

(No class July 4.) 4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert San-

chez. 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,**

**July 11-August 6 — 835000-B7**

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, June 20-**

**July 18 — 835000-T6**

(No class July 4.) 2:30-3:30 PM, Aerobics Room (KS). Instructor: Julia Roper.



This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged body-weight 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,**

**July 3-31 — 835000-F7**

(No class July 5.) 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, July 16-August 10 — 835000-P7

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

Instructor: Paula Ainsleigh. Transform the way your body looks, feels and performs and join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, 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



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**SGT — Tabata BootCamp**  
**Mondays & Fridays,**

**July 9-August 3 — 835000-Q5**

11:30 AM-12:00 PM, Aerobics Room (KS); first class is one hour, 11:30 AM-12:30 PM, 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! 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 include going over your personal goals, activity profile to help with your metabolism, body assessment and fitness

assessment. **Four week session \$135.** Register/Fitness Centers.

**—Circuits, Weights, Stretches—**

**W.O.W. — Working Out with Weights • Thursdays,**  
**July 12-August 16 — 750500-05**

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 7/5.

**Waves! Beginning Circuit Class**  
**Tuesdays & Thursdays,**

**June 28-July 19 — 830000-06**

2:30-3:00 PM; first class is one hour,

2:30-3:30 PM, Weight Room floor (OC). Instructor: Megan Cowart. This class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the class will progress with a few new exercises to include balance, core, and cardio stations. This class is for the beginner exerciser or participants looking for assistance with a regular weight machine workout in a group setting. **Four-week session, seven classes, \$35.** Register/Fitness Centers/Online. RSVP ♦♦ by 6/21.

**Basic Chair and Balance**

**Fridays, July 6-27 — 806000-06**

1:00-1:45 PM, Aerobics Room (OC). Instructor: Megan Cowart. A beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio endurance, and brain exercise. This class is appropriate for people with limited mobility and various health issues. There will be *no* floor exercise. **Four-week session, \$15.** Register/Fitness Desk/Online. RSVP ♦♦ by 6/29.



**Group Exercise Class Schedule! Purchase a Punch Card at the Fitness Desk / Coming soon 30-minute classes!**

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	
8:30 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 Commotion	Yogafied	Core Commotion	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	LB Str. Express	Step Express Joint Efforts	LB Str. Express	Arthritis Found. Aqua	
12:05 PM			Strength Express			
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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**Mondays, July 9-30 — 805000-06**  
**Tuesdays, July 10-31 — 801000-06**  
**Thursdays, July 12-**  
**August 2 — 803000-06**

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, \$32.** Register/Fitness Desks/ Online. RSVP ♦♦ by 7/2.

**—Dance/Fitness Centers—**

**Hot Hula Fitness®**  
**Tuesdays, July 3-24 — 814000-06**  
 5:30-6:30 PM, Aerobics Room (KS). Instructor: Rena Goudey. Hot Hula fitness® is a fun, new and exciting

dance workout. It provides a “total body workout” in 60 minutes. Hot Hula fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, Hot Hula fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy Hot Hula fitness®. **Four-week session, \$40.** Register/Fitness Desks/ Online. RSVP ♦♦ by 6/28.

**—In the Pool—**

**Core-N-More Deep Water Aerobics**

- **Mondays, July 2-23 — 760100-06**
- **Wednesdays, June 27-July 18 — 760000-06**
- **Mondays PM and Wednesday AM, June 27-July 23 — 760200-06**

Mondays 5:35-6:30 PM, Wednesdays 9:35-10:30 AM, Indoor Pool (OC). Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to



eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class combines exercises that will improve core strength, tone and

strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week.** Register/Fitness Desks/Online. RSVP ♦♦ by 6/25

**Water Qigong • Wednesdays, July 18-August 8 — 813200-06**

12:45-1:45 PM, Indoor Pool (OC). Instructor: Peter Petersen. Water-Gong is Qigong practiced in the water. If you are unfamiliar with Qigong, it 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 7/4.

**—Walking—**

**Beginning Nordic Walking**

Will began again in October.

**Walk With Ease — Arthritis Foundation Mondays/Wednesdays/Fridays, August 6-September 14 — 752000-06**

1:00-2:00 PM, Indoor Track (OC). Instructor: Chris Richter. The Arthritis Foundation's Walk with Ease program is based on research and tested programs in exercise science, behavior change, and arthritis management. This program offers support, information, and tools to help make walking a regular part of your life. By using the Walk With Ease workbook and going to the classes, you'll learn how to manage pain and handle any challenges to your exercise plan. You'll get support and tools to help set and reach your goals. **Six-week session, \$45 (includes workbook); \$20 if a repeat participant.** Register/Fitness Desks/Online. RSVP ♦♦ by 7/31.

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## —Tennis—

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**Intermediate — 790600-05**

**Advanced — 790500-05**

Beginners 8:00-9:00 AM, Intermediate 9:00-10:00 AM, Advanced 10:00-11:00 AM; Tennis Courts #10/11. Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving tennis lessons at SCLH for the past seven years. Group lessons with four to 12 participants per group. Focus is on basics of forehand, backhand, and serves. Proper doubles strategies are also covered. **Six class session, \$75.** Register/Fitness Desks/Online. RSVP ◆◆ by 7/8.



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## —Mind, Body, Spirit—

### Extra Gentle Yoga (chair)

**Tuesdays, July 17-**

**August 21 — 710000-06**

12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student.



Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. The chair is used for some seated postures and to assist balance in stand-

ing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Six-week session, \$66.** Register/Fitness Desks/Online. RSVP ◆◆ by 7/10.

### Gentle Hatha Yoga

**Tuesdays, July 17-August 21 —**

**710100-06**

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. This class is offered in the Gentle Hatha Yoga Ananda Style. Having taught at OC since 2000, Julie offers an all-level

class that is challenging yet “do-able” for long-term students as well as yoga newcomers. Julie’s motto is “Yoga is not supposed to hurt!” This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises), deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically-gentle class, it is not “easy;” strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Six-week session, \$66.** Register/Fitness Desks/Online. RSVP ◆◆ by 7/10.

### Evening Yoga

**(Hatha -Traditional Yoga)**

**Tuesdays, July 3-31 — 711000-06**

6:30-7:45 PM, Aerobics Room (KS). Instructor: Susan Hayes. Warm summer evenings and extended daylight



have arrived! Yoga will give you increased energy, flexibility, balance, and strength — all while reducing stress This early evening yoga class

is the perfect way to keep your body moving! Everyone is welcome to this fun-filled, informative class — from absolute beginners to aspiring yogis. If you’ve never tried yoga before, this is the class for you! **Five-week session, \$55.** Register/Fitness Desks/Online. RSVP ◆◆ by 6/26.

### Evening Yoga and Meditation

**Thursdays, July 5-26 — 711100-06**

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the “yin” and “restorative” styles, followed by deep relaxation and optional meditation. Each student receives individual attention, so enrollment is limited. **Four-week session \$44.** Register/Fitness Desks/ Online. RSVP ◆◆ by 6/28.

### Tai Chi Beginning

**Tuesdays, June 26-**

**July 17 — 730100-06**

**Saturdays, June 30-**

**July 21 — 730200-06**

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 building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Four-week session, \$40.** Register/Fitness Desks/Online. RSVP ◆◆ by 6/28

### Tai Chi Intermediate • Tuesdays,

**June 26-July 17 — 730300-06**

2:45-3:45 PM, Aerobics Room (KS). This class is designed for the 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 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

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moving towards more advanced levels of Tai Chi. **Four-week session, \$40.** Register/Fitness Desks/Online. RSVP ♦♦ by 6/28.

### Spring Forest Qigong (SFQ)

**Thursday, July 5-26 — 745000-06**

2:15-3:45 PM, Aerobics Room (KS). Instructor: Elizabeth Wescott. SFQ is a simple, effective meditation and simple exercise for helping you heal physical, emotional pain and enhance your quality of life and the lives of others. Anyone, regardless of ability, age or beliefs, can practice the techniques of SFQ to become healthier and happier. In addition to gentle exercise and meditation we'll touch on a bit of philosophy and theory. **Four-week session \$40.** Register/Fitness Desks/Online. RSVP ♦♦ by 6/28.

## 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,

**June — 3103-01F**

**July — 3103-01G**

Beginning July workshop will only

be held on the first Monday of the month. 4:00-6:30 PM except for last Monday of the month, 6:00-8:30 PM,



Sierra Room (KS). Moderator: Jordan Gorell.

\$12 each day. Items limited to a six-inch square

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

### —Stained Glass—

### Stained Glass Workshops • Mondays,

**June — 3103-01F**

**July — 3103-01G**

Beginning July workshop will only be held on the first Monday of the month. 4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan Gorell. \$12



each day. Workshop is for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. If you

have experience working with glass but have not had instruction, inform monitor prior to enrolling to obtain clearance for equipment use. Students will be sharing workshop time with fused glass enthusiasts. Pay at Activities Desk each day you attend.

## Music

### —Guitar—

### Guitar I – Beginner Level 1

**Wednesday, July 11-**

**August 29 — 4262-06A**

8:15-10:15 AM (KS). Instructor : Bill Sveglini \$70 (eight sessions). This class is designed for the person that has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher

classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ 7/4.



### Guitar II – Introduction to Guitar - Continuation • Fridays,

**July 13-August 31 — 4262-06B**

8:30-10:30 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). This class will continue to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 7/6.

### Guitar III — Intermediate •

**Thursdays, June 21-**

**July 26 — 4262-05A**

**Or August 2-30 — 4262-06C**

(No class August 9.) 8:00-10:00 AM (OC). Instructor: Bill Sveglini. June/July class \$70 (four sessions); August \$35 class (four sessions). This class continues the course of study



in Guitar II. Course of study will include: reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick.

The class will also provide basics of music knowledge. The class promises to be a lot of fun. RSVP ♦♦ by 6/14 or 7/26.

**Guitar IV – Advanced**  
**Thursdays, June 21-**  
**July 26 — 4262-05B**

**Or August 2-30 — 4262-06D**

(No class August 9.) 10:00 AM-12:00 PM (KS). Instructor: Bill Sveglini.

June/July class \$70 (eight sessions, August class \$35 (four sessions).

**Prerequisite:** Students must have instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class will also introduce students to varied types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 6/14 or 7/26.

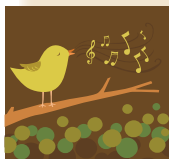
— **Voice** —

**Beginners Singers Vocal Boot**  
**Camp • Wednesday,**

**July 11-August 29 — 6132-06A**

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions).

Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able



to understand and follow the sheet music when you look at it?

This session of Singers Boot Camp is designed

for people who want to be vocalists. You do not need to be a member of the LH Community Chorus to enroll in this class. This is a beginners' class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ♦♦ by 7/4.

**Singers Vocal Boot Camp**  
**Continuation • Fridays,**

**July 13-August 31 — 6132-06B**

10:45 AM-12:45 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions).

**Prerequisite:** Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 7/6.

## 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**

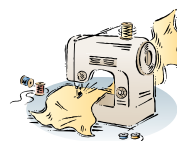
**Monday, July 9 — 4059-11G**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ♦♦ by 7/2.

**Bernina Sewing Machine**  
**Certification**

**Monday, July 9 — 4059-11G1**

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 7/2.

**Janome Sewing Machine**  
**Certification**

**Monday, July 9 — 4059-11G2**

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 7/2.

## CERT

*Continued from page 5*

or disasters by preparing in advance. You are encouraged to say "hello" to



volunteers, who wear fluorescent green or yellow vests, and ask questions about their training and responsibilities.

The CERT volunteers are recruiting men and women to expand its team so, if you're interested, the next basic training course is tentatively scheduled in October. Watch for future announcements in the *Compass* or contact me at, 543-3493, beckerwmc@yahoo.com.

## Placer Produce

*Continued from page 15*

wonderfully fresh fruits and vegetables of every seasonal variety and you may meet your neighbors to compare your finds and recipes.

In addition to the fresh produce, we may now enjoy the increasing wine production of our locale. A recent count shows that there are 17 small but very good wineries here in south Placer County. Check them out and enjoy.

We can contribute significantly to preservation of our fine Placer heritage and quality of life by purchasing locally grown produce and agricultural products.

## Help! Help! Help!

*Continued from page 19*

*Story of English in 100 Words* by David Crystal. One of my favorite words he lists is Fopdoodle. This lost word was in regular use in the 17<sup>th</sup> century. Fop meant a fool and doodle meant a simpleton. Aren't you tempted to work that word into a conversation?

Library contacts: Sandy Melnick (408-1035) for donations; Sandy Maloff (408-2368) if you would like to volunteer to keep our shelves alphabetized; Cleon Johnson (408-5648) maintains the investment materials; Nina Mazzo (408-7620) maintains the Community Living Room (OC).

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- **Oncology:** Prevention, diagnosis, and treatment of cancer
- **Orthopedic:** Preventative solutions, traumatic injury, and joint replacement surgery



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### Time is Brain:

#### How to Survive a Stroke Wednesday, June 20 — Free

7:00-8:30 PM, P-Hall (KS). John Schaffer, MD, Neurologist, Mercy Health System. The sensation hits you abruptly. You have difficulty speaking or comprehending what's going on around you. You lose feeling in an arm or leg. Your head is pounding. Despite the fact that stroke is the third-leading cause of death in the U.S. and affects an



estimated 800,000 people each year, many people are unaware of these warning signs and fail to act when they occur. While all stroke symptoms are

not the same, the need for immediate treatment is. Dr. Schaffer will discuss how to recognize stroke warning signs and the importance of receiving immediate medical care if you're suffering a stroke because your prognosis typically improves the sooner you receive treatment, reducing the chance of brain damage or death.

#### 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 Soci-

ety. 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 Affiliate, will discuss the causes, incidence, and risk factors for colorectal cancer and other colon problems. The symptoms, signs, and tests for colon abnormalities will be presented along with treatment options. Early diagnosis will be emphasized since

colorectal cancer is one of the leading causes of cancer-related deaths in the U.S., but one which can often be completely cured with early diagnosis.

#### "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, Denny 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.

#### Community Forums, Date, Time, Location

- Time is Brain, Wednesday, June 20, 7:00 PM, P-Hall (KS)
- "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)
- The Facts: State Ballot Initiatives, Mon., September 24, 10:00 AM, Ballroom (OC)

## LH Foundation

*Continued from page 13*

This is not just a fun way for participants to win money and prizes, but an excellent way to spend an afternoon with friends. Money earned from *Bingo* goes to fund programs that help needy seniors. And, Foundation members are pleased to sponsor *Bingo* to provide enjoyment for all.

The Foundation's **Dine Around Shop Around Lincoln** (DASAL) coupons are now on sale. Through this fundraising effort by the Foundation, for just \$20 you can purchase a package of 150+ coupons offering discounts at

over 50 Lincoln restaurants and businesses, for a savings of over \$2,000. This is a great way to save money, and help local businesses and employment. Most important, funds earned by coupon sales go back to Lincoln community seniors in need. The contact person for DASAL coupons is Bob Free at 645-5380.

Simply put, the Lincoln Hills Foundation is a group of Seniors Helping Seniors... not just for those in need but for us all.

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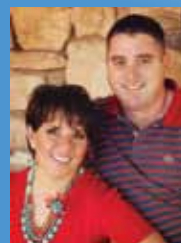
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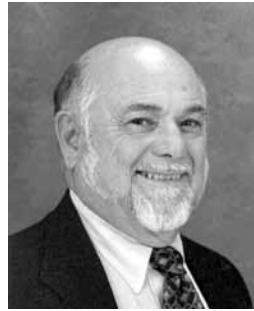
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To gain some needed perspective, it's highly recommended that you read the book *CONQUERING CANCER* by Susan Gorkosky. This book will give you a detailed understanding of these exciting new procedures. In her book, Susan explains how she recovered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

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

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

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

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

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**Getting Your Stuff Together: Organizing Your Estate • Monday & Tuesday, June 25 & 26 — 863000-05**

9:00 AM-12:00 PM, Gables/Heights (OC). Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? Expect the unexpected. One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is the process of making decisions about accumulating, preserving and disposing of everything you have. Estate organizing is the process of getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your own catalog of the financial, legal and personal papers integral to your life. Attend this workshop designed to assist and motivate you to get your stuff together. The unexpected happens without warning. Be ready. **\$30 per person for both sessions, + \$25 material fee to be paid to the instructor on first day of class.** Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 6/18,

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**Meditation • Tuesdays, July 10 — 879000-06**

10:30 AM-12:00 PM, Fine Arts (OC). Instructor: Vicky Johnson, PhD, clinical psychologist. Introduction to meditating 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 your-



Megan Cowart  
Wellness Program  
Coordinator

self and your possibilities. This mini session invites you to begin or further your journey toward your personal goals. **\$10.** Register/Fitness Centers, Activities Desks, or Online.



**Financial Wellness: How to Buy and Should You Own Stocks**

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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 6/19.



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Website for residents:

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Public Website:

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KS Fitness Center 408-4683

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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

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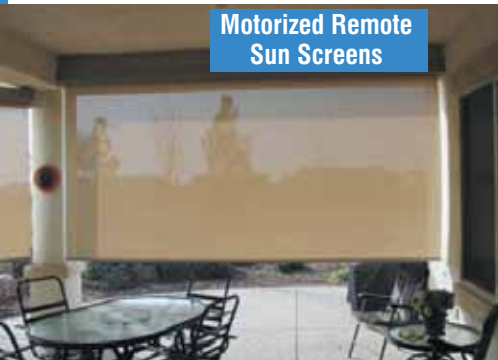
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