



# Compass

March 2012

## Your Seat in the Remodeled Meridians Awaits You

**New Board Members Talk  
about their "Journey" ... page 5**

**An Event Unlike Anything  
Ever Seen at SCLH ... page 9**

**Something for Everyone:  
Tap Company Talent Show ... page 19**

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### On the cover

Meridians' remodel shows off the fantastic architecture in the restaurant. Come see for yourself and enjoy a meal surrounded by million dollar views.

Photo by De Cahill



### Board of Directors Report

## The First Order of Business

Ken Silverman, President, SCLH Board of Directors

Our Board of Directors elections have concluded and we now have three new members. They are: Gay Mackintosh, Ken Silverman and Marcia VanWagner — congratulations to all. After the new members took their seats, an Organizational Meeting was held to elect new officers. The Board elected the following officers for 2012:

- President — Ken Silverman
- Vice President — John Snyder
- Secretary — Gay Mackintosh
- Treasurer — John Kightlinger

- CCOC (Chartered Clubs and Community Organizations): David Conner
- Finance: John Kightlinger
- Properties: Marty Rubin
- Elections: Marcia VanWagner



The Board recognized the years of service of Gary Younger (not pictured), Bill Kassel (with plaque, left) and Peter Gilbert, President, on behalf of the entire community

The Board of Directors is looking forward to working for the continued improvement of the community and residents.

At the first General Meeting of the new Board, committee liaison positions were announced:

- CCRC (Communications and Community Relations Committee): Gay Mackintosh

I announced that the Board would be forming a new Strategic Advisory Committee and we will be looking for volunteers in the very near future to serve. We will begin the process with a workshop to determine the committee tasks. Once the date is determined, we

**"I announced that the Board would be forming a new Strategic Advisory Committee and we will be looking for volunteers in the very near future to serve."**

will post the workshop notice.

I am enthusiastic about serving as your Association President.



Your 2012 Board of Directors, from left: Director David Conner, Director Marcia VanWagner, Vice President John Snyder, President Ken Silverman, Treasurer John Kightlinger, Secretary Gay Mackintosh, Director Marty Rubin

# Calendar of Events

March 15-April 20

Upcoming Association-Related Meetings	
Date • Time • Place	March 15-April 30
Golf Cart Registration .....	Thursday, March 15, April 5 & 19, 8:00 AM, OC Lodge
Board of Directors Meeting .....	Thursday, March 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting .....	Thursday, March 22, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session .....	Thursday, March 22, 11:00 AM, Oaks
ARC/Architectural Review Committee .....	Monday, March 26, 9:00 AM, Gables/Heights
CCOC/Chartered Clubs/Community Orgs. ....	Tuesday, April 3, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels. ....	Tuesday, April 3, 1:30 PM, Oaks
Compliance Committee .....	Wednesday, April 4, 10:30 AM, Oaks
Elections Committee .....	Friday, April 6, 9:00 AM, Fine Arts
ARC/Architectural Review Committee .....	Monday, April 9, 9:00 AM, Heights
Properties Committee Meeting .....	Tuesday, April 10, 1:00 PM, Fine Arts
Listening Post .....	Wednesday April 11, 9:00 AM, Solarium
New Resident Orientation .....	Tuesday, April 17, 1:00 PM, Solarium
Finance Committee Meeting .....	Thursday, April 19, 9:00 AM, Oaks
Board of Directors Meeting .....	Thursday, April 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting .....	Thursday, April 26, 10:30 AM, P-Hall (KS)
Board of Directors Executive Session .....	Thursday, April 26, 11:00 AM, Oaks

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

Date	Event	Page #
03/15	Book Discussion: <i>Unbroken</i>	23
03/15	Rear Adm. Med. Corps, USN, Bonnie Potter	34
03/17	St. Patrick's Concert: "Men of Worth"	43
03/19	Genealogy — "Using US Census"	27
03/19	Second Cup/Coffee Round Table Discussions	32
03/19	Bus Trip: Charm of Healdsburg	55*
03/19	"Letting Go"	88
03/20	"NEV Transportation Plan of the Future"	29
03/20	M. Linderman: Needle Arts Trunk Show	30
03/20	"WWII 10th Mt. Div." Part II/Ski Industry	32
03/20	Comedy Night at KS	43
03/21	Forum: "Prostate Cancer"	86, 89
03/22	"Top 10 Common Tree Problems/Diseases"	27
03/22	Bus Trip: SF Flower & Garden Show	43
03/22	Forum: "Landscaping & Irrigation Essentials"	86
03/22-23	Garden Group: Flower Show	27
03/23	Ballroom Dance w/Ballroom Dance Lesson	43
03/24	Bus Trip: SF for the Day	43
03/26	Speakers from Evolution Gem & Lapidary	27
03/27	Bus Trip: Benise Nights of Fire! Eldorado	44
03/28	"How to Stick to Your Caregiving Goals"	21
03/29	Bus Trip: USS Hornet	55*
03/29	"Mini-Meditations for Health & Peace"	88
03/29-31	Tap Co. Talent Show "Remember When"	44
03/31	Bus Trip: SF for the Day	43
04/02	Genealogy Exercise: Using Census Data	27
04/02	Softball Season Starts	33
04/02	Document Destruction	44
04/03	Fred Ekman: "Creating Outdoor Paintings"	30
04/03	Bus Trip: Speaker Series/Ling	55*
04/04	"Search for Finding Earthlike Planets"	21
04/05	"Exploring Emotional Side of Investing"	28
04/05	"An Evening in Roma" Naresh Michael	44
04/06	"Advance Health Care Directives"	88
04/09	Speaker: Birder Ed Harper	23
04/09	Comedy Night at KS	45
04/11	"Getting Video Entertainment/PC/Tablet"	25
04/11	"How to Capture Images/SCLH Wildlife"	30
04/11	Bus Trip: SF Shopping	45
04/12	"Gardening with Low Vision"	26
04/12	Volunteer Symposium	45
04/12	Bus Trip: USS Hornet	55*
04/13	More "Getting Video"	25
04/13	Garden Group: Plant Sale	27
04/16	KS at the Movies: "Pride & Prejudice"	45
04/16	Bus Trip: RiverCats vs. Tacoma Rainiers	45
04/17	Home, Health & Business Showcase	45
04/17-18	Bus Trip: "Million Dollar Quartet"	55*
04/18	Forum: "How Nutrition Affects Health"	86
04/19	Book Discussion: <i>Still Alice</i>	23
04/19	Forum: "Community Snake Update"	86
04/20	Men's & Women's Fashion Show Event	47

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

## Connections

### Sometimes It's Fun to Be a Show-off!

#### In with the New: OC Upgrades, Peer Connect and More

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*



It's the time of year when friends and family visit and are we ever proud to show off our beautiful community!

I enjoy meeting your guests as you walk through the Lodges pointing out this feature or that activity, and introducing them to friends you see along the way. I see your pride and I, too, smile with pride for all the beauty that surrounds us.

In addition to the Meridians' update, the new furniture throughout the Lodge is impressively beautiful and oh, so comfortable. Did you notice the sturdiness of the new Ballroom chairs while

attending the latest "Dolly" production of "The 3 Little Pigs"? Have you noticed the fabulous new furnishings in the OC Community Living Room, Pre-function Area, and entryway while reading the daily newspapers, working on the computers, or visiting with friends? Hopefully you have been in the OC Fitness Center to enjoy the new look as well. The furniture replacements are paid for from our reserve account where a portion of your monthly assessments is placed. The Lodges are your extended home away from home and your comfort is important.

This year, I have been reaching out to the news media to share information about our diverse community and lifestyle offerings. If you have a story or media idea to share with me, please contact me via email [Jeannine.Balcombe@sclhca.com](mailto:Jeannine.Balcombe@sclhca.com).

The Peer Connect program is set to begin this month. We  
*Continued on page 5*



*Smiles all around as these 18-hole lady "divas" enjoyed lunch at the Sports Bar*



*Lincoln Hills  
Community Church*  
A Christ Centered Biblically Based  
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**Sunday Morning Worship Services**  
**Worship Time 10:00 a.m.**

**Pastor Dr. Mike Bradaric**  
**Associate Pastor Rev. Gene Kern**

Community Wide, Non-Denominational Easter  
Sunrise Service at Ride to Walk (Hwy. 193)

April 8 • 6:30 PM

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

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

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



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## Meet the New Directors

Doug Brown, Resident Editor



...And the winners are [drum roll] Gay Mackintosh, Ken Silverman, and Marcia VanWagner!

Actually, with little fanfare, the Board of Directors' changing of the guard occurred with appreciative thanks to outgoing members and a warm welcome to Directors-elect. A seamless transition!

*“Interesting that the top priority for all three new Directors was to reestablish the Strategic Advisory Committee’s task of determining who we are, where we’re going, and how we’ll get there.”*

Later, the newcomers talked about their journey from candidate to Director.

### Gay Mackintosh

Gay Mackintosh admitted this was her *first* run ever for any elected office. Congrats on the perfect record! What prompted her, after serving for five years on the Properties Committee — three as chair — to seek an even more demanding position?

“Over those five years, I helped initiate improvements in our lifestyle here in Lincoln Hills,” answered Gay. “More importantly, I gained tremendous appreciation for the incredible array of skills among the volunteers that help make this place so amazing!”

Gay & Barry Mackintosh moved here in 2002. With a background of leadership in a \$6 million nonprofit organization in Washington DC, Gay joins the Board — as Secretary — with confidence and optimism.

### Ken Silverman

Ken Silverman, SCLH computer guru and previous Board member (2007-2010) is equally sanguine about the challenges ahead. Within minutes of the

new Board’s convening, Ken was elected its new President!

Ken and his wife Nina Mazzo have lived here since 2003. He will bring his knowledge of SCLH — and his experience as President/CEO of International Datawares — to this Board. “My previous experience on the Board gave me a great appreciation for the terrific residents who have done so much to make Lincoln Hills a premier community,” Ken declared. “The transparency and openness of governance here is most impressive.”

Ken’s message to all: “Keep on volunteering! It’s the hallmark of Lincoln Hills.”

### Marcia VanWagner

For Marcia VanWagner, the prospect of Board participation is appealing because of “the team effort that makes everything happen. Lincoln Hills’ governance is like a theater production: the audience is unaware of all the backstage,



City of Lincoln Mayor Pro Tem Tom Cosgrove administers oath of office to new Board members from left: Ken Silverman, Gay Mackintosh, Marcia VanWagner

technical, publicity, and directorial team members required to make the performance a success. The Board is a central part of that backstage.”

Since moving here with husband Larry Wilson in 2001, Marcia — an R.N. and career Colonel in the U.S. Army Nurse Corps — has exercised leadership: co-founder of Neighbors InDeed, Lincoln Hills Foundation President, workshop instructor, and more.

Interesting that the *top* priority for *all three* new Directors was to reestablish the Strategic Advisory Committee’s task of determining *who* we are, *where* we’re going, and *how* we’ll get there. Go for it!

## High Voter Turnout Elects New Board Members

As mentioned in Ken Silverman’s article on page 2, the Board of Directors Election is over and the three newly elected members join the four who are continuing their terms of service.

Thank you to all five of those who used their time and energy to run for the positions on the Board.

Fifty-four percent of the SCLH Homeowners in good standing voted.

The Elections Committee thanks all those who worked so hard to make this a successful election. A special thanks to the staff who were such a great help.

Any suggestions for future elections would be welcomed by the Committee. Please forward them to the Elections Committee at [elections.committee@suncity-lincolnhills.org](mailto:elections.committee@suncity-lincolnhills.org).

## Connections

*Continued from page 3*

are happy to have volunteers chosen and trained to meet with new residents and potential residents to show them around our community and answer questions. I receive numerous calls and emails from the news media and people looking to move to SCLH and our Peer

Mentors will be a great source for sharing their experiences and enthusiasm, especially as we continue to grow our community with new residents and seek their involvement. As you meet new people, please extend a warm welcome to them

Enjoy the spring! I look forward to seeing you in the Lodge.

# LINCOLN HILLS COMMUNITY CHORUS

PRESENTS

## NOTES from NOTABLES

Songs By Jerome Kern, Ira Gershwin, Johnny Mercer, Hoagy Carmichael, Richard Rodgers

Sunday, April 29, 2 PM

Monday, April 30, 7 PM

Tuesday, May 1, 7 PM

Orchard Creek Ballroom

\$12 Residents

\$16 Non-Residents

Available at activities desks or

online at [www.suncity-lincolnhills.org/](http://www.suncity-lincolnhills.org/)



## GARDEN GROUP EVENTS

### • MARCH 22/23-FLOWER SHOW-KS

- Display of blossoms growing in SCLH gardens-1pm Thurs to 3pm Fri

### • APRIL 13-PLANT SALE-PAVILION

- Proceeds are for Civic Garden Projects-10am to 1pm

### • APRIL 28/29-AMATEUR ROSE SHOW/Competition

- Members bring roses to OC- Sat, 10-11am...display until Sun 3pm

### • MAY 24-GARDEN TOUR

- 10am-2pm

**The Dynamic Singles Club**  
presents  
**The Seventh Annual Casino Royale Night**

**Thursday, April 26 - Orchard Creek Ballroom**  
**Doors Open at 6:00 PM**



**Featuring**  
**Blackjack, Roulette, Craps & Texas Hold'em**  
**Lots of Fabulous Prizes & Door Prizes**

**All SCLH Residents & Guests Invited**

**For Tickets Contact: Sarah 543-0035**  
**Edy 543-9990**

**Each Ticket is \$28**

**Reservation Deadline: Thursday, April 19**  
**NO TICKETS SOLD AT THE DOOR**

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*Remember*  
**WHEN 20's 30's 40's 50's 60's 70's**

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Thursday, March 29 - 7 p.m.

Friday, March 30 - 7 p.m.

Saturday Matinee, March 31 - 2 p.m.

Saturday Evening, March 31 - 7 p.m.

All performances, \$13 - Residents - \$17 - Non-residents

**ALSO AVAILABLE - Saturday Dinner & Show**

\$39 - Residents - \$43 - Non-residents

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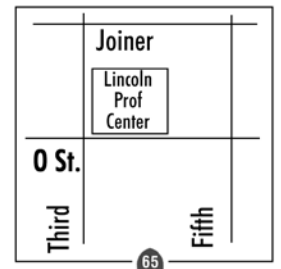


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  - Flat Feet
  - Diabetic Shoes
  - Fungus Nail Treatment
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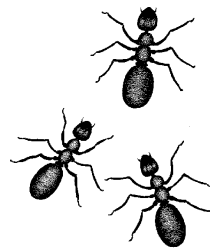
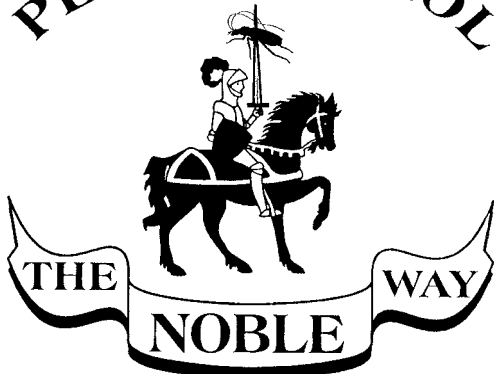
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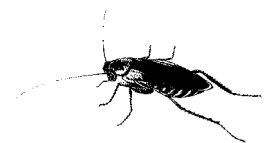


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## Save the Date — Wellness Days!

### Fitness Center News

Brandy Garcia, Director of Fitness

Get ready for our second annual Wellness Event, **Wellness Days**, which will be taking place over three



days, May 22, 23, and 24. We will have free fitness demo classes, educational speakers, a Walk for Charity event, as well as a regionally-recognized

speaker, Dr. Tom Hopkins, who will be giving a talk on the Six Laws of Health. These laws will allow us to live well into our late years with excellent health. Mark your calendars for an event unlike anything else Lincoln Hills

### May 22-23-24

“Mark your calendars for an event unlike anything else Lincoln Hills has seen before and walk away feeling inspired, engaged, and well.”

has seen before and walk away feeling inspired, engaged, and well!

### Have you tested your body fat?

Spring is here and so is the warmer weather. Do your shorts still fit? Did you add some “extra layers” during the winter months? If you are interested in shedding those extra layers, stop in at the Fitness Centers and we can help you track your weight loss with body fat testing. Body fat testing lets you know how much fat and lean muscle you have on your body. It is common to lose lean muscle mass after the age of 40 and then the decline can be even faster after the age of 75. Testing your body fat once every four to six weeks will let you know if your weight loss is coming from fat mass or from lean muscle mass. Body fat testing is also a great way to check the effectiveness of your strength training routine. Any fitness coordinator will be happy to help you with this.

**Group Exercise Class Schedule: page 73**  
**Complete listing of Fitness classes: pages 73-81**

### The Spa at Kilaga Springs

## Mineral Pigments & Sunblocks: A Healthy Alternative

Tina Ginnetti, Manager, The Spa at Kilaga Springs



the “La Bella Donna” mineral make-up line — yet another aspect of protecting your health.

**Mineral pigments**, a natural alternative to chemical make-up, do not contain any FDC dyes, oils, talc, alcohol, or fragrance.

What are the benefits? Minerals are natural; they cover, correct, heal, and beautify better than chemical cosmetics. They are ideal for all ages. They diminish the appearance of fine lines and wrinkles. They don’t clog pores. They are ideal for sensitive skin, acne, or problem skin, including rosacea and eczema. They expedite the healing process from any facial treatment (such as post-op laser), and can be applied immediately after any service.

Let’s talk about **waterproof and sunblock**. These minerals do not spread or absorb into the skin like chemical sunblocks do. That means they do not

As we continue to expand our services at The Spa and to create your “health and wellness destination,” I am extremely excited to introduce

break down with perspiration during outdoor sports. They are able to block UVA/UVB rays for six to eight hours. On the other hand, chemical sunblocks will spread across the skin, absorb into the body, lodge in the liver, and need to be re-applied every couple hours. These minerals create a barrier on the surface of the skin, inhibiting any environmental pollution into the body. What a great alternative for golfers, tennis players, and others to do a slight mineral dusting before going out and not worrying about burns or re-application. How about taking your grandkids to the pool and dusting them before going out and not worrying about burning eyes.

Mineral products are for all ages and all genders. Guys, this is for you too! There is so much to say here, but I will continue to educate on the importance of using only the best and healthy products on your body. **Remember, whatever you breathe, apply, or are exposed to penetrates the skin and breaks down the immune system.** What a great way to protect it!

**Read about our Spring Renewal Retreat on the Wellness page — page 89.**

916-408-4290

Monday thru Friday 9:00 AM-6:00 PM Saturday 9:00 AM-5:00 PM

Gift cards at: [www.kilagaspringspa.com](http://www.kilagaspringspa.com)



## Investment Materials for Novice or Pro Library News

Cleon Johnson, Library Volunteer

Our Association for the benefit of all residents pays the subscription costs for the following investment materials. They are stored in binders near the computer stations in KS Library.

**The Value Line Stock Service:** This covers 1700 stocks, with analyst comments for each. The index contains rankings for each stock and for type of performance, such as timeliness, dividends, safety, etc.

### Morningstar Mutual

**Fund Service:** This performs the same function for 1500 Mutual Funds as Value Line Service does for stocks. Their rankings are by stars, five down to one, with five being the best.

**Morningstar Fund Investor:** This monthly booklet covers 500 Analyst-recommended funds of the Morning-

*Continued on page 35*



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**O** - Organization: we are organized in our operations for prompt and timely service

**R** - Reliability: we return our phone calls and will be on time

**N** - Neatness: your property will always be left cleaner than when we arrive

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Gay Sprague  
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Holly Stryker  
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Craig Carolan  
916.275.8077



Penny Carolan  
916.871.3860



Dave Cryderman  
916.813.9544

Visit our website at: [www.CarolanProperties.com](http://www.CarolanProperties.com) for the most current information on the community.

## Join Our Spring Festivities at Meridians

**Come in and enjoy our new look!**

*Jerry McCarthy, Director of Food & Beverage*



Spring is here – the season of rebirth, renewal, and re-growth! And in that spirit, Chef Roderick has created a new menu to highlight the flavors and ingredients that celebrate this time of year. He has masterfully combined fresh seasonal items and blended them

with some of your favorite choices. Starting March 25, come and experience new and exciting dishes such as: *Polenta Fries, Strawberry Spinach Salad, Jerk Chicken Salad, Roasted Boneless Trout, Seared Sea Scallops*, or one of Chef Roderick's veal entrees.

You will continue to see Meridians renew its commitment to excellent food and friendly service on a consistent basis. Meridians continues to surprise and please our guests with new concepts created especially for our residents. The Stag's Leap Wine Maker Dinner sold out almost overnight. The Mardi Gras celebration with jambalaya and gumbo was a huge success. Don't forget that St. Patrick's Day will be extremely popular and to make your reservations so you don't miss out on the fun, food, and drink!

Upcoming festive Meridians events include:

**Kitchen Party** — April 12. Work side-by-side with Chef Roderick and the entire culinary team *in the Meridians' kitchen*. Demos, gifts, recipes, hands-on work, and great food. This is a sneak peek behind the scenes.

**Easter Brunch Buffet** — April 24. Reservations and prepayment are requested. *Omelet Station, Carving Station, Hot & Cold Buffet, Soup Station, and Chocolate Fountain & Dessert Extravaganza!* Don't miss out and make your reservations now.

**Cinco de Mayo** — May 5. Reservations highly recommended. The full menu will also be served.

**Mother's Day Brunch Buffet** — May

8. Reservations and prepayment are requested.

**Brew Master Dinner** — June 6. We will be tapping four wooden kegs of distinctive beer and serving them with five courses of Chef Roderick's finest creations. Limited seating. Reservations and prepayment requested.

For all details and complete menus please go to [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) or ask at the front desk of Meridians.

We will be starting our Spring Luncheon Series and Summer Dinner Series with Chef Roderick very soon.

### Grow Your Own Veggies?

*David Stone, Compliance Committee Chair*

Vegetable gardens are permitted in backyards and the annual plantings of vegetables do not require approval of the Architectural Committee (Design Guidelines sec. 100). There are some Design Guidelines limitations however and they are as follows: Vegetable gardens visible from neighboring property shall be maintained to keep weeds, debris, uncontrolled vines and dead plants to a minimum; plant supports such as poles, cages and trellises shall be in good condition; and garden implements, equipment and supplies shall be stored out of sight (100.1-.3). Vegetable

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*The trees around Lincoln Hills and the Meridians menu are signaling spring's arrival*

These will be exclusive events for our residents and guests to enjoy creative meals, good friends, and the **new Secret Garden**. Stay tuned for more details on our website and E-blasts.

gardens should have an automatic drip or spray system.

For the planting area you can dig up a patch and add soil amendments or you can construct a raised bed using concrete blocks or redwood planks and fill the area with good quality soil and fertilizer. Another alternative would be to use wine barrels. You can also intermingle flowers among your vegetables for some color. A colorful annual is "Nasturtium."

Consult your garden supply store as to what vegetables grow best here. We are in zone 9 in the *Sunset Garden Book*.



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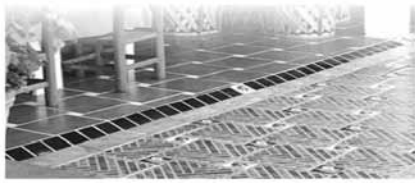
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## How Much Water is Enough, Or Not!

Dan Hardesty, Properties Committee Chair

By the time you read this, the LED street lighting project should be completed and we are all enjoying the newly-remod-

eled Meridians.

I have heard lots of nice comments about the upgrades, but the most common question is “have we lost tables and seating?” I asked Food & Beverage Director Jerry McCarthy this question and he reports that they change the tables around based on the event but the total number of tables and chairs has not changed. It just feels like it is more spacious and comfortable.

I hope you are also enjoying the new furniture in the Kilaga Springs Café and the refinished floors in the Multipurpose Rooms. Also, the water

temperature in the pools (OC) should be more consistent due to new boilers.

Have you seen the strange white pole full of “whirlygigs” and “whatchamacallits” between the Sports Pavilion and the tennis courts? I asked Chris O’Keefe, our Sr. Director of Facilities and Maintenance, “What is that?” No, it’s not art, but an automated weather station. It monitors the weather on a continuous basis, then does a wireless transfer of the data to the maintenance facility where it works with our existing Rainbird irrigation system to distribute more accurate irrigation scheduling, and helps to reduce water usage while still keeping our landscaping green and healthy. (I wish I had one for my home!) In the past we received this data from the golf course or city of Rocklin, but both of them changed systems so we had to purchase our own.

Your committee continues to work with



Automated weather station between the Sports Pavilion and the tennis courts

the Pickleball players to make a recommendation to the Board of Directors concerning the appropriate number of courts we should have.

If you have questions or would just like to see what is going on with our beautiful facilities, please join us the second Tuesday of every month in the Fine Arts Room (OC) at 1:00 PM.

## Some Minor Adjustments to 2011 and January is Off to a Good Start

Hank Lipschitz, Finance Committee Chair

The Finance Committee accepted the audit report from our accountants that showed a net negative adjustment of \$25,125 for the year ended December 31, 2011 previously reported. The most significant item was caused by an incorrect estimated life for the Bocce Ball Courts that were re-surfaced in 2011. The fiscal year ended with a favorable variance to budget of \$382,411.

As shown on the chart, January

results were favorable to budget by \$35,713. Administrative expense was favorable by \$21,261 mainly due to professional expenses that will likely be incurred later in the year. The Spa continues to have higher revenues that result in better than budget results. Activities had lower revenues in the month but they were able to adjust spending to make up most of the shortfall. While Food & Beverage was very close to budget, the results were about \$29,000 worse than last year because of the renovations (that are now complete).

Having seen the improvements I am sure we will see better revenues over time. I am very pleased with the way our Association Staff adjusts and makes sure we get the best value for

our dues.

On January 31, we had \$5,478,525 in our Operating Fund. This includes \$488,252 in restricted funds and \$1,646,250 in settlement proceeds for ADA and construction defects. The Reserve Fund balance was \$5,577,115. Per our policy, all funds are in FDIC-insured accounts or US Treasuries. It should be noted that as of January 31 we had not paid for the LED Street Light Project.

Homes with past due assessments at month end were 269 units and \$158,100 past due compared to 280 units and \$150,600 at the end of October. We continue to vigorously manage collections.

If you have general questions or need information on the above 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, March 15, at 9:00 AM.



## Statement of Operations YTD 01/31/2012

Budget vs. Actual DEPARTMENTS & ACTIVITY	Revenue (Expense) Actual	Expense (Revenue) Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$626,670	\$625,403	\$1,267
Administration (expense)	(174,227)	(195,488)	21,261
The Spa at Kilaga Springs	(2,793)	(3,979)	1,186
Fitness	(36,683)	(42,306)	5,623
Activities	(28,151)	(25,442)	(2,709)
Rec. Center / Maintenance	(192,690)	(193,956)	1,266
Landscape Maintenance	(154,565)	(163,734)	9,169
Food & Beverage	(72,919)	(71,569)	(1,350)
Capital Asset	6,851	6,851	0
<b>Net Revenues (Expense)</b>	<b>(\$28,507)</b>	<b>(\$64,220)</b>	<b>\$35,713</b>

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## Neighborhood Watch

### Spring into Action!

#### Bring Your Emergency Information Up To Date

Patricia Evans



Is the medical information in your Vial of Life (VOL) current? SCLH resident Esther Brunetti was amazed at the way her VOL speeded her way to the hospital. "I could barely breathe," explained Esther, "but I managed to say one word to the Emergency Medical Technicians, "refrigerator." The EMT's immediately retrieved my VOL from the top shelf of the refrigerator, read the medical information, and we were on our way."

A stitch in time saves nine when we expect the unexpected. Your Vial of Life can be there to help you if your information is up-to-date. This is also a good time to check the information on your wallet-sized Personal Medication Record card. They can speak for you when you cannot speak for yourself!

Yes, we should change both of these records each time we bring home a new prescription or change medical providers.

Every spring, Neighborhood Watch Captains revisit each resident to bring emergency information up-to-date for our Resident Contact Information form. This information provides the names and telephone numbers to call if you or your house has an emergency. We have also accommodated frantic relatives from time to time who have been unable to contact their loved ones.

Bobbie Swenson is our contact for VOL and Personal Medication Record supplies: 543-6362, ronbobbi@aol.com. Bobbie distributed 542 Vial of Life kits and 686 Personal Medication



From left, NW Executive Director Larry Wilson, Esther Brunetti, and Assistant Executive Director Joan Brandt-Love discuss the Vial of Life and Esther's emergency

Record cards last year. We thank Sutter Medical for these supplies.

Please turn to page 30 for Neighborhood Watch ways of making our neighborhoods safer and more secure.

#### 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)



## Lincoln Hills Foundation Makes Plans for 2012

### Meet New Foundation President Mark Dentinger

Doug Brown, Resident Editor

In his pre-retirement days as a Sacramento pediatrician, Dr. Mark Dentinger had a passion for keeping kids healthy. As a grandfather (of 16!), softball player, and second-time president of the Lincoln Hills Foundation, his passion is now directed at keeping seniors healthy, happy, and fulfilled.

At the recent annual luncheon meeting of the Foundation, Mark humbly accepted his peers' wishes for him to serve once again as their leader. In his remarks to the Board and Advisory Board at the luncheon, Mark declared his passion for the mission of the Foundation: to promote and fund innovative solutions to meet the physical and social needs of seniors in the wider Lincoln area.

Luncheon participants were reminded of the Foundation's 2011 successes: 585 "Dine Around Shop Around Lincoln" (DASAL) coupon packets sold; rollicking periodic Bingo games in the OC Ballroom; a noteworthy year of cash donations to the Foundation; and \$27,000 in grants awarded to worthy causes such as Del Oro Respite Program; St. Vincent

de Paul Medical Program; Friends of the Lincoln Library; Seniors First and Meals on Wheels; and Bosom Buddies of Lincoln Hills.

But Mark doesn't plan on resting on the laurels of past successes. When I talked with him afterward, he told me of his wish to see the Foundation become more **personal** for SCLH residents. "We'll be finding ways to add a personal touch to our solicitations for donations. We won't be relying just on flyers and advertisements," he said. "We'll step up our marketing efforts, but we'll do so with more face-to-face communications and contacts."

How can you help Mark fulfill his passion and pitch in for our very own Foundation?

First, check out the website and learn more about this amazing organization and how you can help: [www.LincolnHillsFoundation.org](http://www.LincolnHillsFoundation.org).

Second, give those Bingo games a  
*Continued on page 86*



High tech gavel passing? 2011 Foundation president Vern Chong, left, passes a flash drive to incoming president Mark Dentinger.



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## A Road to Riches

### Take a drive out McCourtney Road

*Al Roten, Roving Reporter*

In and around Lincoln are many reminders of the rich historical heritage of this area. One of my favorites is a drive down McCourtney Road, which begins near the north end of East Avenue in



*Stile — from field to field over the fence*

Lincoln and takes you, in about 12 miles, to Camp Far West Reservoir. The beauty of the rural countryside is abundant all year round, but is most spectacular in the spring months of March and April. Beyond the natural beauty is the historical significance of the route.

What we now know as McCourtney Road was originally called The Old Spanish Trail. John McCourtney, an entrepreneur in the area during the 1848 California gold rush, settled on the north side of the Bear River and in 1850 built a bridge across it. This connected a trail from the Grass Valley gold mines

to the flatlands leading to Sacramento and civilization. The trail became McCourtney Road, which established a new route from Nevada City to Sacramento through present day Lincoln. McCourtney built a small hotel and livery near the north shore of the Bear River to capitalize on travel between the mines and Sacramento. This route contributed significantly to later developments in the Western Placer area.

About a mile downriver was a U.S. Army post called Camp Far West, estab-



*Cattle holding pens*

lished in 1849 to protect emigrants and settlers from local Nisenan Indians, who occasionally stole items from the interlopers, but were not warlike. The post was active only until mid-1852 when the Army moved a detachment to a more western outpost on the Sacramento River. Some soldiers were discharged at that time and stayed to work gold mines or settle on farms and ranches.

### Preventive Maintenance

## The Prostate: When Bigger is Not Better

*Shirley Schultz*

Most men, if they live long enough, will have an enlarged prostate gland. Picture the prostate as normally being about the size and shape of an unshelled walnut. Then the analogy turns to a doughnut because the prostate has a hole going through the middle of it. Through this hole, the urethra carries urine from the bladder as well as being the path for seminal fluid to pass during sexual ejaculation. As the prostate enlarges, the hole in the middle gets

smaller. It does not take a rocket scientist to understand that a man will develop some symptoms if that hole gets too small.

Benign Prostate Hypertrophy or Hyperplasia (BPH) is the medical name for an enlarged prostate that has nothing intrinsically wrong with it such as infection or cancer. As long as the man is having no symptoms of obstruction from the smaller hole in the middle, then there is no treatment necessary for BPH.



*Clark house, built circa 1900*

In 1962, a dam was built across the Bear River forming Camp Far West Reservoir. The backup of waters covered McCourtney's bridge site, resulting in longer routes to travel between Lincoln and Nevada City.

My recounting of local history is credited to Jerry Logan and the several books he has written about Lincoln and surroundings. These fascinating volumes



*Old bridge at Coon Creek*

may be purchased at the newly-opened Lincoln Area Archives Museum located in the old City Hall at 640 5<sup>th</sup> Street. The museum is open Monday-Wednesday 9:00 AM-12:30 PM and Thursday-Friday, 9:00 AM-4:00 PM.

The key is to know whether the enlargement or other abnormality is benign or potentially harmful. To that end, men need to be checked regularly in an effort to find any signs of prostate cancer which is quite common in older men.



The most important initial evaluation of the prostate is done by the digital rectal exam (DRE). Yes, guys, this is recommended to be done annually. The physician will be able

*Continued on page 89*

## Know how the tax rules change for Senior Taxpayers



The tax law has certain requirements and tax breaks that apply just to senior taxpayers. Being familiar with these rules could cut your taxes or prevent tax penalties. These rules include:

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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## "Remember When"

**Tap Company Talent Show March 29-31**

*Gay Sprague, Roving Reporter*

Remember some of those "golden oldies" – songs and dance numbers from a few decades back? "Hooray for Hollywood" from the 50s? Motown sounds from the 60s? "New York, New York" and toe-tapping "Cabaret" from the 70s? Or how about earlier numbers that you also might "remember well"? The Charleston. Jazz. Cole Porter's "Night and Day." "Java Jive" and Carousel's "If I Loved You."



You really won't want to miss "**Remember When**," the Tap Company Talent Show, with performances on March 29, 30, and 31, when you'll be taken back to the decades of the 1920s, 30s, 40s, 50s, 60s and 70s.

The ever-evolving production, now in its 11th year with new talent added each year, consists of approximately 100 SCLH residents both on stage and behind the scenes. This includes the producer, co-directors, choreographers, dancers, singers, comedians, photographer, costume designers, makeup artists, sound, lighting and set teams, backstage organizers, and publicity coordinator!



*A lot of behind-the-scenes work has gone into creating an event to remember. Shown here are just a few of the many singers, dancers, musicians, and production crew.*

"auditions." From October until show time there is plenty of practice, practice, practice!

Both dancers and singers will be in the spotlight for this year's "**Remember When**."



Tap instructor Alyson Meador choreographs and directs several dance numbers. Dance troupes include the Diamonds, the Jazzettes, the Hula Wahines, and Dolly Schumacher James's Performance Dancers.

Singers, both soloists and ensembles, round out the cast. Soloists include a number of Lincoln Hills favorites plus first-timers Howard Parsons and Julie Rigali Barrett-Smith. Ensembles like the Sunny Singers, Hills Brothers, and the "Motown Temps" bring the decades of vocal music alive. With standup "comic relief" as well, there is something for everyone!



This year's co-directors are Carol Rose and Isobel Hersch, who have picked up all the "threads" thrown at them and woven them into a top notch production. Along with producer Steve Garavito and publicity coordinator Ginny Sutherland, all are excited about this year's production and eager for you to choose one of the four performances offered: three evening performances on March 29, 30, and 31 (the latter includes a Meridians dinner/show package, which guarantees reserved seating) and a matinee on Saturday, March 31. (See page 44 for details.)

Come one, come all!



### Commercial Presentations (Paid Advertisement)

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

#### Help-U-Well "Wellness Days"

**Monday, March 19 • 6:30 to 8:30 PM**

**Presenters: Aleah A. Jordan • Oak Room • Free**

*Help-U-Well is raising the bar on home healthcare, setting new industry standards for quality care and personalized service. Far Infrared\* has been beneficial with Wound Care & Tumors, Electro Reflex Energizer\* great for neuropathy; The Chi Machine\* does four things in five minutes. Two are circulation and bowel activity. **Come as you are — the evening of March 19.***

#### Making the Most of Your Medical Social Worker Wednesday, April 11 • 6:30 to 8:30 PM

**Presenter: Jennifer Moore, LCSW • Oak Room • Free**

*Medical Social Workers are trained and experienced in considering needs, identifying resources and working with systems. Ms. Moore will discuss how working with your medical social worker will assist in preparing for and encountering times of physical and medical change. **To ensure your inquiry is addressed call 410-3886 by April 9.***



*loving God...loving each other*



Pastor Joe & Barbara Riley



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## Club News



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

"How to Stick to the Goals You Set for You as a Caregiver" is the topic of our Caring/Sharing session on Wednesday, March 28, 1:00 PM, Multipurpose Room (OC). A support group can play an important role in helping a caregiver deal with the many everyday frustrations. As hard as it is, it is important to also remember that it is not selfish to focus on your needs as a caregiver.

Elizabeth Rawson, Family Consultant from Del Oro Caregiver Resource Center, leads these Caring/Sharing discussions. She shares her experiences as well as encouraging brainstorming among participants to find answers to concerns that members have.

If you are caring for someone with a memory loss, join us the fourth Wednesday of each month when we offer a variety of programs ranging from educational to the Caring/Sharing sessions.

**Contacts: Judy Payne 434-7864;**

**Cathy VanVelzen 409-9322;**

**Nancy Mitchell 253-9962**



### • Antiques Appreciation •

At our February meeting we had a presentation on vintage costume jewelry! Joanne Fabian of "Sparkling Vintage Jewelry" put on the program! She gave us a little history on the subject then showed us the beautiful pieces she brought from her collection! There were the most gorgeous broaches, pins and more in sparkling stones, metals, and plastics! Costume jewelry was produced so that more women could afford to wear beautiful jewelry, and it was especially popular during the Depression! Afterward many of the members showed their own pieces that they were wearing.

At our March meeting, Katie Moriarty told us about her life as a cook and housekeeper for the Bourne family of San Francisco at the Empire Mine in Grass Valley!

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**



### • Arts Association •

LHAA members will have an opportunity to share their interpretation of what spring means to them at our "Think Spring" President's Challenge at our March 26 meeting. Members will vote on their favorite in both framed art and three-dimensional art, with prizes of \$50 each going to the winner in both categories. Registration forms will be available to members at the March meeting for the Artisans in the Lodge event being held Sunday, May 20, 9:00 AM-3:00 PM. This popular event is open to the public and was quite a success last year in our new venue inside Orchard Creek Lodge. Artists of all media as well as supporters of the art community in LH are welcome to our meetings which are held the fourth Tuesday at 2:00 PM in P-Hall (KS). Dues are \$15 per household and membership apps can be downloaded from our website.

**Contact: Beryl Spurling 477-9149,**

**bsspurling@yahoo.com**

**Website: LHarts.org**



### • Astronomy •

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



*John Neil presenting  
"Constellations  
Through Time" at the  
February meeting*

Monday, March 19: Cosmology Interest Group. Fine Arts Room (OC) at 6:45 PM. Contact Morey Lewis (408-4469) for more information.

Wednesday April 4, P-Hall (KS) 6:45

PM: Dave Wood will present "The Search for Finding Earthlike Planets — Exoplanet Update." Dave will share recent data about the amazing new discoveries of Exoplanets.

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 •

If you think you can't dance, or it's been a very long time, don't worry. Our ballroom dance sessions on Tuesdays, 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 hour is "open dancing," which gives you time to practice with help from the teachers if desired. Experienced dancers have a chance to brush up during the third hour when the instructors teach more advanced steps for the dance of the month.

We really enjoy getting together socially, occasionally traveling to other dance locations with big bands. Our annual membership dues are only \$5. That includes weekly lessons, the best bargain you can find. Come join us in the Multipurpose Room (KS) during the month of March to learn the seductive Tango! In April, learn the fun and sexy Rumba!

**Contacts: Ruth Algeri 408-4752**

**Brigid Donaghy 543-6003**



*Dancers Pat  
& Greg Jones*



### • 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 March 21 and April 11. 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 Wednesday, April 4 at *Mimi's*. We meet in front of OC Lodge and leave at 11:30 AM to car pool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



### • Billiards • The Shooters

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

All games at KS.  
Tournament Winners:

Eight Ball Singles February 1 — AM Winner: Ted Komaki; Runners-up: Joe Perez and Norm Hagerty; PM Winner: Dale Hurlbut; Runner-up: Phil Delaney.

Nine-Ball Singles February 14 — AM Winner: Ed Welch; Runner-up: Joe Perez; PM Winner: Joe Hobby; Runner-up: Phil Delaney.

Eight-Ball Doubles February 15 — Winners: Joe Ferrando and Sam Munoz; Runners-up: Steve Brown and Wayne Bullen; Oscar Alvarez and Bob Doney.

Congratulations to winner and runner-up of Eight-Ball Singles.

Club Championship tournament held January 27: Winner: Dale Hurlbut, Runner-up: Phil Delaney; they were also winner and runner-up of the Nine-Ball Singles Club Championship held January 13 — Amazing!



*Dale Hurlbut Winner and Phil Delaney Runner-up of the January 27 Eight-Ball Club Championship Tournament*

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

### Challengers Billiards

The Challengers Group is for mid-level to advanced players. We play every Friday from 10:00 AM to 12:00 PM at the Billiard Room (KS), seven games of Eight Ball (1/15).

Players will be assigned to various tables with different partners.

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

New players are welcome but make sure to sign up as standby players frequently get to play.

Congratulations to our recent winners:

Seven games — Dan Oden.

Six of seven games: Ken Klein, Joe Hobby, Ron Weech, Willie Wright, Ted Komaki, Bob Wehner, Bill Kim, Carlos Barrantes.

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

### Couples Billiards

We play every Wednesday at KS from 4:00-6:30 PM. If you are interested in playing, the sign-up book is on the fireplace. You will need to sign up early as we almost always have a full house. We frequently have one to two couples that have to sit out one game. On those nights we play seven games instead of six.

This first evening Joe/Nicki Hobby won five games. Tied with four wins were Joe Perez/Rita Baikauskas, Ron/Sherry Weech and Dan Oden playing alone.

This next week Ron/Sherry Weech won all six games. Tied with five wins were Joe/Nicki Hobby and Dan Oden/Gail Harmon.

Week three we had a two-way tie with five wins. Those couples were Dale Houck/Chiquita Fratto and Joe/Nicki Hobby.

The fourth week we had a two-way tie winning five games. Those players were Bob Wehner/Carlos Barrantes and Joe Perez/Rita Baikauskas.

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

### Players Billiards

For the mid-level player, we play six games of Eight Ball every Thursday from 2:15-4:30 PM in the Billiards Room (KS). The American Poolplayers Association rulebook is on the fireplace near our Advance Sign-up Binder. If you don't know the current rules, plenty of other people do and will help you out. If you think someone may be giving you the wrong information, just bring your question to the person running the group that day. There are a lot of different Billiards organizations that have a lot of different ways to play so be sure to review our rulebook. Just remember, we play for fun, honor and glory! Congratulations to our recent winners: Six Games — Dan Oden; Five of Six Games — Ken Hawley, Roger Corley, Ed Welch, Al Gutierrez, Howard Skulnick, Dale Houck, Dan Oden.

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

### Upstarts Billiards

"They say the tables are made of slate; *Probably why the ball named Eight Creeps towards its hole as if it were late Through the gate for a date with its mate.*"

Upstarts Billiards is for beginners-to-average players. We play standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM at Billiards Room (KS). If you would like to join us, we would love to have you!

The Billiards groups will have our annual BBQ May 14 at the Sports Pavilion.

Winners: Five games — Richard Gsell, Nicki Hobby, Peshu Irani, Dan Oden, Bob Rand

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

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

### Instruction Group

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

the Billiards Room (OC).

**Contacts: Jim Immel 434-2918;**

**Sam Munoz 408-3037**



• **Bird** •

The Bird Group meets on the second Monday of each month at 1:30 PM at P-Hall (KS). The April 9 meeting presents Ed Harper, a well known birder who has taught ornithology at the American River College in the past. He gives wonderful slide shows of birds found throughout the world. Join us!

A field trip to the Twelve Bridges Trail is scheduled for Friday, March 23. On this walk the group will look for local birds that you may see in your backyards. On April 13 the bird group plans to travel to Vic Fazio Yolo Wildlife Area in Davis.

**Contacts: Ruth & Don Baylis,**

**Lh\_bird\_group@yahoo.com**

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



• **Bocce Ball, Mad Hatters** •

What would you think of playing Bocce with blue and white Bocce Balls? How about green and white? How many times have you had to shout "Which one's the green one?" Depending on the light at the Bocce Courts it can sometimes be very difficult to tell the difference between red and green balls.

We recently had a conversation with new SCLH resident, Brenda Spencer, who turned us on to the idea of using other colors. Brenda moved here from Sun City Roseville where they use the blue and white balls. Switching to a higher contrast set of balls would help solve several problems.

If anyone has a set of blue/white or green/white Bocce Balls, we would very much like to borrow them to try them out.

**Contacts: Paul Mac Garvey**

**543-2067, pmac1411@aol.com;**

**Bob Vincent 543-0543**



• **Book Group, OC** •

Featured at our March 15 meeting will be *Unbroken*, a World War II saga by Laura Hildenbrand, the author

of *Seabiscuit*. Through information gathered from interviews, diaries, letters, and documents, Hildenbrand recounts the life of veteran, athlete, and hero; Louis Zamperini.

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:

- April 19 — *Still Alice* by Lisa Genova
- May 17 — *The Fort* by Bernard Cornwell
- June 21 — *The Immortal Life of Henrietta Lacks* by Rebecca Skloot
- July 19 — *Shanghai Girls* by Lisa See
- August 16 — *The Confession* by John Grisham
- September 20 — *The Glass Blower of Murano* by Marina Fiorato
- October 18 — *To America* by Stephen Ambrose
- November 15 — *State of Wonder* by Ann Patchett

**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**

On March 8 we enjoyed our very informative guest speaker, Linda Reid, from "Enhance." Linda is a certified post-mastectomy fitter and has been in the business for 30 years. She brought the latest prostheses garments for us to examine and some new lumpedema supplies. All in all, it was a very enlightening day. Remember to circle your calendar for the May 19 & 20 *Relay for Life* walk at Lincoln High School. For more details, contact Val Singer.

**Contacts: Marianne Smith**

**408-1818; Sally Lewis 434-7381**

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



• **Bowling** •

Going into the final position round, deciding who will roll off against the winners of

the first half — Alley Katz — Kris Elliott, Judy Hubbard, Jeanne & Jay Zincke, with much vigor. Only 1/2 game between two tied first place and third place teams. Much said about high scores, etc., but we also have some very exciting moments when our lower average bowlers are hot and bowl four hundred series, i.e., Arlene Smith. When I saw how excited she was, like winning the lottery, I knew why I really liked our league. Way to go Arlene! Thanks to all for the camaraderie.

**Contacts: Frank Schmidig**

**434-5972; Jerry Gordon, 408-5989;**

**Margaret Peyton 543-7344;**

**Joan Gates 253-9415;**

**Kathy Chapin 543-3475**



• **Bridge, Partners** •

**Thursday Evening  
First & Third**

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

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

The February 2 winners were — First: Erika Wolf and Edith Kesting; Second: Ansbro and Blanchard who also had high round; Third: Helen Helm and Arlean Parton; Fourth: Ben & Kay Newton.

The February 16 winners were — First: Wayne & Gerry Sonnenburg; Second: Erika Wolf and Edith Kesting who also had high round; Third: Bob & Lorraine Minke who also had a grand slam; Fourth: Linda Theodore and Janet Pinnell.

**Contact: Rose or Joe Phelan**

**408-4066, joephelan@sbcglobal.net,**

**roseph@sbcglobal.net**

**Thursday Evening  
Second & Fourth**

January 26 — First: Darlene & Leif Andreasen; Second: Kaye Andrews and Ann Ulrich; Third Sharon Baker and Barbara Cser; Fourth: Linda Theodore and Janet Pinnell.

February 9 — First: Rose & Joe Phelan; Second: Linda Theodore and Janet Pinnell; Third: Marlene Harner and Basil Molony; Fourth: Diane & John Maranta. Come join us for a fun night of bridge on the second and fourth Thursday nights in the Terra Cotta Room (KS). Please call Warren and Geri.

**Contacts: Warren & Gerry Sonnenburg 253-3882**



• **Bridge, Duplicate** •

Cake & coffee were served on February 1 to celebrate the tenth anniversary of the founding of the Sun City Lincoln Hills Duplicate Bridge Club.

The 2012 SCLHDBC officers are: Kent White, President; Judy Beck, Vice-president; Cleo Postle, Secretary; and Margaret Riegert, Treasurer. Continuing as Club Manager, with the appreciation of the membership, is Jim McElfresh.

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.

On Wednesdays, there is a beginner's section for participants with fewer than 50 Master Points. Also on the Wednesday schedule (except the first Wednesday of each month) is a bridge lesson on an elementary topic at 11:45 AM.

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.

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



• **Bridge, Social** •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Come and join us for an afternoon of Social Bridge. You must make reservations to play and please call if you need to cancel that reservation. You do not need a partner to play. You

can make reservations by calling Beryl LeVine at 434-6638.

Winners for January 27 through February 17 were — First: Shirley Bry, Carol Mayeur, Jim Busey, Lois Burke; Second: Harry Collings, Bob Fouts, Shirley Bry, Tom McKay; Third: Beryl LeVine, Jim Pehan, Bev Dwyer, and Marggi Holtze and Eleanor Amar tied for third; Fourth: Jack Hendricks, Dolores Marchand, Beryl LeVine.

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



• **Bunco** •

Bunco is a great activity on a chilly morning as everyone warms up very quickly once the dice begin rolling and the excitement and anticipation builds. We all have busy lives so it's great to have an activity that can be enjoyed when it fits into our schedule. Since Bunco is a non-membership charging activity, it is a great way to have a couple of hours of fun and laughter for a minimal \$5 entry fee.

Bunco is held every third Thursday in the Cards Room (OC) at 9:00 AM. New players are always welcome and beginners can pick it up very quickly. New players have often been known to win one of the gift cards on their very first visit.

Last month's winners: Most Buncos Kathy Sasabuchi; High Score Donna Bishop; Most Wins Rachelle Diachuk; Low Score Yvonne Rand; Most Losses Wanda Green; Traveler Doris Kerry.

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



• **Ceramic Arts** •

The Irish are coming... the Irish are coming!!! Happy Saint Patrick's Day to one and all!!!

We hope all of you stopped by our table at the Group Expo on the March 13. All three groups were represented there: Pottery, Earthenware, and Spanish Oils. If you have an interest in ceramics, please call the prospective group leader listed below for more information, or better yet, stop by one of the open sessions (listed below) to see how it is done.

Don't forget that *Artisans in the Lodge* is coming up soon (May) so plan to participate at the big sale!

A friendly reminder: *Ceramic Arts Group* dues are now due and payable. Ed Hanson, Membership Chair, has asked that all dues be paid by mail. Please include any changes to your info, email, phone number etc. Forward the info and your check to Ed Hanson (address in Directory).

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

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

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



• **Chorus** •

The Spring Concert, directed by Bill Sveglini, is coming up soon! Our theme, "Notes from Notables," treats you to songs from "notable" composers: Gershwin, Rodgers, Hammerstein, Kern, and more.

Check out our dazzling advertisement on page 6!



*Soloist Buzz Rognlien and flautist Mona Stryker rehearse for the Spring Chorus Concert*

"Notable" songs include "All of Me," "Tea for Two," "Skylark," and "You'll Never Walk Alone." Expect delightful selections ranging from 1940s swing style to an enchanting choral arrangement of



Dvorak's "New World Symphony."

Our "notes" of accompaniment? Paul Melkonian at the piano, bassist Mickey Bennett, flautist Mona Stryker, and English Horn player Ellie Hoekenga. Wow!

Concert dates: Sunday, April 29 (2:00 PM), Monday, April 30 (7:00 PM), and Tuesday, May 1 (7:00 PM) in OC Ballroom. Tickets at \$12 for residents are on sale March 17 at the Activities Desks and online at [www.suncity-lincolnhills.org/](http://www.suncity-lincolnhills.org/). Meridians lunch/dinner packages are also be available, see page 47.

**Contacts: Bill Sveglini 434-5655, Sveglini@gmail.com;**

**Dave Machado 645-7867,**

**d1m1126@starstream.net**

**Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**



### • Cloggers •

Lincoln Hills Cloggers find class with Janice fun, stimulating and challenging. Improvement continues with each class. Laughter comes when your brain and feet want to go their own way. You may be doing a "Triple step" and your brain decides to do "Basic steps." Clogging provides strong mental exercise, a much needed service!

Cloggers having problems, Janice has make "step videos" on the computer. This is extremely helpful, "at home at your speed." Makes learning easier. Classes are every Tuesday in KS; Practice sessions every Saturday 2:00- 4:00 PM (OC). For those considering "Clogging," a lot of help is available for you. Returning Cloggers are in for a surprise with Janice's teaching methods, it won't take you long to catch up!

The next clogging event: March 30-April 2; held in the "Double Tree Hotel" in Modesto. (Special room rates). Information in class.

New members welcome!

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



### • Computer •

April 11, 6:30 PM: "Getting Video Entertainment On Your Computer/Tablet" by Terry Rooney. Your Windows computer or

Android tablet is your ticket to obtaining a wide range of video entertainment offerings. Many people know about Netflix (\$8+ per month) and how you can stream movies, TV shows, etc., either to your computer/tablet or HD TV. But the offerings go way beyond just Netflix.

Do you know about Hulu (\$8 per month) and the multitude of choices it offers not available at Netflix? How about Amazon's Video service and Amazon "Prime" customers get all they want for just \$79 per year? Learn about Roku, a small \$50 device that will unleash hours of great programming.

**Clinic: April 13, 3:30 PM — More "Getting Video," more Q & A.**

**Ask the Tech: April 23, 10:00 AM** Informal Q & A session for any and all technical questions.

All meetings at P-Hall (KS).

**Contact: Bob Ringo**

**president@scilhcc.org**

**Website: [www.scilhcc.org](http://www.scilhcc.org)**



### Mac User

"App Night in the Ballroom" was a huge success.

Categories included Food, Photography, Travel, Productivity, News and Business,



*Top: Mac Essentials Workshop, photo by Ken Silverman; App Night, photo by John Campbell*



*Terry Rooney*

and more! Many residents came to see the best Apps for their iDevices.

The March 21 "Hands-On Workshop" in the Multimedia Room (OC) at 4:00 PM will feature the Address Book. Remember to sign up for the Workshop at a Newbie meeting on March 1 or 21 in P-Hall (KS).

The next General Meeting is April 12 at 7:00PM, KS. Topic will be "Effective Use of Siri & Skype for Communications."

This issue of the *Compass* has details of the May 19 trip to the Computer History Museum on page 51. The event includes a docent-led tour and lots of time to see the Museum and have lunch. Sign up quickly as seats will go fast for this fun trip.

Notify Bonnie Esker promptly of any changes in your email address.

**Contacts: Bill Smith,**

**wsmith986@gmail.com;**

**Support Help Line: 668-0684**

**Website: [www.lhmsg.org](http://www.lhmsg.org)**



### • Country Couples •

The Valentine's Day Dance and Potluck was enjoyed by the almost 70 dancers in attendance.

As always the attendees kept the dance floor warm and their bodies nourished while dancing and visiting with each other. Mark your calendars for April 13 as the Keeners are hosting a dance at Sun City Roseville.

If you enjoy dancing and socializing with people, you should give CC's a try. You are welcome to contact one of the members noted below for times and locations of lessons and practices if you would like to see the style of our dances.

**Contacts: Ernie Wilson 434-6588;**

**Ralph Lacaze 408-2365**



### • Cribbage •

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

than having a partnership stay together all morning.

**Contact: Jack Poshepny 543-8463**



• **Cyclist** •

Like cyclists, pedestrians are often out there for fun and exercise. Don't hit them. We are all pedestrians at some time.



*Regrouping on English Colony; Miners' Ravine Trail*

It strikes us that many of our complaints about pedestrians on multipurpose trails are very similar to the complaints drivers have about cyclists. One 98-pound walker wearing headphones sauntering down the middle of Miners' Ravine Trail can block a cyclist's progress, almost as effectively as three or four young mothers, each with a double-wide stroller and a dog on a leash.

A pedestrian getting hit by 200 pounds of bike-and-rider at 19 mph can be just as disastrous as a cyclist getting hit by a two-ton car. As you approach pedestrians, warn as gently as possible that you want to pass. You don't want them scattering like doves every which way. And a "thanks" will help make this a better world for cyclists. Always be a goodwill ambassador.

**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** •

Spring is here and hot weather is coming. If you aren't working in the yard

then come join us. This is a great time to learn to play Mexican Train Dominoes. It's a lot of fun and we have a good time.

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

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



• **Eye Support Low Vision Support** •

Counterfeit Product — Warning: FDA is contacting professionals and patients regarding possible use of counterfeit off-label Avastin injections treating wet AMD in the U.S. The counterfeit version is labeled as Avastin, manufactured by Roche with batch numbers B6010, B6011 or B86017. The counterfeit does not contain the needed active ingredient.

Nineteen U.S. medical practices have purchased 'medicine' from Quality Specialty Products (QSP), a foreign supplier also known as Montana Health Care Solutions. Volunteer Distribution in Tennessee distributes QSP products. Through tests, Roche, out of U.S. Avastin manufacturer, verified it counterforce.

April 12, 1:00 PM, P-Hall (KS). Gardening with Low Vision: Garden planning, choosing and identifying plants, tools, hardware, and useful techniques for low vision people. Helpful info whether you have a green thumb or just interested in getting one started.

Followed by: Bruce Vasquez, Manager of Optical Services, Kaiser Medical Center (open to public). The newest visual aids will be shown.

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



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

If you, a loved one or friend suffer from Fibromyalgia or Chronic Fatigue Syndrome, please join us on Thursday, March 22, 1:00-3:00 PM in

the Multimedia Room (OC). This meeting will feature a discussion on "Fibro Fog" as well as other topics of interest to members during our round-table sharing time. Our purpose is to provide positive support for residents with these conditions. We offer information and educational material as well as emotional support, exercise options and other suggestions for your mental and physical well-being. Our meetings take place on the fourth Thursday of the month, except for major holidays. Join us to share your experiences as we move through this journey together. If you have questions, please call Jackie or Marjory (below).

**Contacts: Jackie Wilson 253-3744; Marjory Barlow 408-1400**



• **Fishing** •

Well, here it is, the ides of March and an early spring. Spring flowers were out in February, weather has been quite warm, and we seem to be back in the dry cycle. Almost any fishing venue is open and fishing pretty well while last year at this time we were still frozen out of the higher spots. What a difference a year makes.

Although only a few actual reports are in, fishing has generally been quite productive. A recent trip to Berryessa produced a good bite of Kokanee and some general results by individuals have been good. No report yet on the Houseboat trio to Shasta but if past trends hold, it was successful. More details next month.

If you have any interest in fishing or just getting out in the beautiful outdoors, join us. We meet at 7:00 PM the second Monday in P-Hall (KS).

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



• **Garden** •

Membership 2012: Any 2011 member who has not renewed membership in the Garden Group by now has been dropped from the email/membership lists. You will need to register again by contacting Chair Joan Scarper, 434-7233.



Above:  
Volunteers  
planning  
for the  
April 13  
Plant Sale;



Flower Show (KS) March 22/23; Door  
prizes donated by Home Depot

Flower Show: March 22/23, before the general meeting. Please join us for a two-day display of members' home-grown flowers! Bring a flower or bunch of flowers 1:00-1:45 PM on March 22 (before the general meeting). Participants will receive an extra ticket for the door prizes. Contact: Annie Herbert, 408-0107.

General Meeting: "Top Ten Common Tree Problems and Diseases" will be the presentation at the general meeting on March 22, 2:00 PM. Kevin Hocker is a Certified Arborist at Acorn Arboricultural Services Inc. We will have our drawing of donated plants and garden items through the generosity of Home Depot.

Upcoming Events: April 13 — Plant Sale, April 26 Tree Diseases, April 28/29 — Rose Show/Competition.

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

### Flower Arranging Class

Second Monday of the month: Our next meeting will be Monday, April 9 from 1:00-3:00 PM in the Ceramics Room (OC). Contact Gloria for reservations.

Contact: Gloria Stroemer 645-4699

### •Gem and Mineral Society•

Guests for the March 26 meeting are from Evolution Gem and Lapidary. They will be telling us about their studio and sharing information about Montana Sapphires. Attendees will be able to hunt for sapphires from gravel samples from Gem

Mountain near Phillipsburg, Montana.

The Club's purpose is to bring together persons interested in geology, mineralogy, jewelry and lapidary work in an environment focused on the enjoyment and comradeship associated with the rock-hounding hobby; provide a place for sharing knowledge and skills in cutting stones and displaying collections; plan collecting trips; perform rock and mineral identification. Member of California and American Federation of Mineralogical Societies. Dues: not required.



Ron Clawson trims  
a stone on the  
diamond trim saw

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

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

Website: [http://sites.google.com/  
site/lincolnhillssuncitygems/home](http://sites.google.com/site/lincolnhillssuncitygems/home)



### • Genealogy •

The General Meeting will be on March 19 at 6:30 PM, led by Carole Moore and Kathleen Propersi, with the timely subject of using the U. S. Census. This will be in P-Hall (KS). The 1940 Census data is being released in April — although it will not be into useful databases until later in the year.

A follow-up exercise on using the Census data will be given on April 2, at 6:30 PM, in the monthly Genealogy Computer Workshop using the OC computers.

Popular "Help" sessions — you bring your questions — are held from 6:30 to 8:30 PM on April 2, Multimedia Room (OC), bring your laptop, and on April 9 in the Computer Room (OC). Bring your family data and a flash drive, to carry home results.

The April General Meeting at 6:30 PM, on April 16, will be a major review of

the Ancestry.com computer program.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376

(computer workshop)

Website: [www.webflavors.com/  
lincoln](http://www.webflavors.com/lincoln)

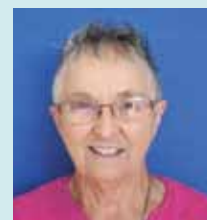


### • Golf, Ladies •

#### Lincster Lady Niners

Many Lincsters can brag about their game in February. The ball was rolling like never before. February 1, Joan Frame took First in A flight (49 and one par); Sharon Herlihy First in B Flight (50 and two pars); Joyce Bauer First in C Flight (51, one bird and closest to the pin); Christol Gunilla First in D Flight (61).

Then on February 8, Pat Ward took



New member Sue Pharis; Pat Ward

First in A Flight (44 and four pars); Marie Bossert shared First in B Flight (49 and two pars) with Carol Sexton (49, one par, one bird and one chip-in); Sherry Weech took First in C Flight (49) and Judi Boltz First in D Flight (50).

Play times for the winter will continue at 1:30 PM shotgun until spring, when 8:00 AM shotguns will start again. This will be based on our weather.

Come out and play.

Contact: Carol Golbranson  
543-8647

Website: [www.lincsters.com](http://www.lincsters.com)

#### Ladies XVIII

The 18-hole ladies got lucky in the month of February. No rainy days. On February 2 they had a stableford scoring game with Liza Valencia, Cheryl Howell, Peggy Carr, and Carol Perry winning their respective flights. Then on February 9 the Mutt and Jeff results were Michelle Porrier First flight winner, Chris Biswell Second flight winner, Lissie Bedford Third flight winner, Marie Metzler Fourth flight winner and Sally Ennis winner of the Fifth flight. February 16

was a Cha Cha Cha game, teams with scores from 123 to 133. There is a lot of talk about the Invitational in June. If you would like to help please give Mary Holland a call at 408-0052.

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



• **Golf, Men's** •

Scott Shoaf, our president, has tendered his resignation. In his place our vice president, Dave Jansen, is now president for the next two years. Herb Ingram has volunteered to take over the vice presidency and Howard Hamilton will replace Herb as assistant tournament chair. The board has approved the changes. We just held our ABCD Florida scramble tournament with wind and cold weather and the results will be in the next issue. If you are interested in the fellowship of our club talk to one of our directors. Also, talk to any of our members and learn of the fun had by all. Our average pace of play is usually about four hours, 30 minutes, with the large tourneys a little longer.

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



• **Hand & Foot** •

Hand & Foot is a fun and easy card game to learn 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:** The Walking Group invites you to join in our weekly Wednesday walks. Early morning walks are a great way to begin the day. Walks begin at 8:00 AM. Check the website for weekly starting locations.



*From top: Hiking the Sutter Buttes; Leader Jim Fisher leads us across the Golden Gate Bridge; Approaching the Golden Gate Bridge*

**Hikers:** Over 20 hikers recently enjoyed two unique hikes. The first was an eight-and-a-half mile San Francisco hike. Starting with a ferry ride from Sausalito to the Ferry Building, it concluded with a trek over the Golden Gate Bridge. What a sight and what an experience! The second was a docent-led hike to the smallest mountain range in the world — the Sutter Buttes. This cross-country adventure included a demanding trek to Old Man Peak, a lunch break in the presence of cows, and numerous insights provided by a most knowledgeable docent.

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

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



• **Investors' Study** •

Think the Investor Study Group just talks about sectors and stocks? Think again. For the month of April our topic will be "Rising Above the Herd;" exploring the emotional side of investing. Come learn how you can be a better investor and hopefully make more money in good markets



*Breakfast meeting for Steering Committee*

and protect what you have in the bad ones. Helping us with the subject will be Gary Peace from American Funds. Our consultant, Russ Abbott will speak on the markets and the playbook, and provide us with investment education. We'll meet Thursday, April 5, from 2:00 to 3:30 PM in P-Hall (KS). Refreshments will be served afterwards.

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



• **Lavender Friends** •

Hope you are enjoying this beautiful spring weather. Want to thank Claudia for hosting the third Game Night at her house. Those who attended had a great time playing Apples to Apples. As usual the coffee get together at John's house was a very fun event. Everyone brings a small side dish to share along with their latest adventure. A couple of members had a fun time talking to residents who stopped by our table at the Annual Group/Club Expo. Our March breakfast was well attended as usual and a good time had by all. If you want more information on our LGBT club, check our website (below). Also PFLAG of Greater Placer County holds its meetings on the second Monday of the month at 7:00 PM in Conference Room A at Sutter Auburn Faith Hospital, 11815 Education Street, Auburn.

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

### Lincoln Hills

#### • Line Dance •

Twice a year the Line Dance Group has a dance in the Ballroom. Attendance has always been between 60-80 dancers. Before each dance there is a quick review to refresh our memories and all levels of dance are also done so there is something for everyone. Our next group dance will be Sunday, April 22, in the Ballroom from 1:00-4:00 PM.

Here are a few tips for beginners. Ask questions if you are not sure of a step and don't be embarrassed by asking. Be patient with yourself. Everyone learns at a different pace. Learn the terminology. It's like learning a foreign language at first but it will pay off in the end. There are only 70 steps in line dance. However, there are more variations than we can count. Remember, your instructors are here to help you enjoy the experience.

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



#### • LSV/NEV •

#### Low Speed Vehicles/Neighborhood Electric Vehicles

We had a great meeting with Ryan Kugel on February 21. Ryan had some great hints about maintenance of our vehicles. As the bypass is nearing completion, we have Ray Leftwich, PE, scheduled to speak to us on March 20. Ray is the Construction Manager for the Public Services Department in the city of Lincoln. He will talk about the NEV transportation plan of the future.

Our first road rally is coming up in May, so you will want to save Sunday, May 20 for the barbecue and rally. To keep up with all the happenings of our group, join us on the third Tuesday of the month at 10:00 AM in P-Hall (KS.)

**Contact: Buzz Rognlén 408-4540**



#### • Mah Jongg, Chinese •

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

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



#### • Mah Jongg, National •

If you live in Lincoln Hills, you have probably heard of National Mah Jongg. We have a fun-filled afternoon in store for you whether you have played before or are new to the game. Join us in the Card Room (OC) every Tuesday, 12:30 to 4:00 PM. You will find players of all skill levels as well as a beginner's table with help for newcomers to this classic tile game. Feel free to call us with any questions.

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



#### • Motorcycle •

#### RoadRunners

Our Road Captains' planning session has produced a great ride schedule for this year. We will start our touring season with a ride along the Garden Highway on the Sacramento River, followed by a Delta tour to Suisun City in April. The summer riding season will find us on the back roads to Lake Berryessa and up to Bucks Lake in June. With a Mother's Day outing for lunch in May and a Father's Day ride in June, our social calendar is filling up. Our agenda hopes to have activities which include spousal interest and involvement.

Allowing good weather, our formal



*Cruising back roads*

rides will commence in March. Our trips are scheduled for the second Saturday of each month.

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 next group-sponsored "Friday Night Open Mic" will be held April 27, 6:30-8:30 PM in P-Hall (KS). All musicians and music appreciators are welcome — sorry no karaoke. If you enjoy performing, the Open Mic is a wonderful opportunity to play music for a friendly audience in a top-notch facility.

The SC Ukulele Ohana group meets on Wednesdays at 1:00 PM (OC). Music includes everything from Hawaiian classics to Beatles. Free beginners' classes available. Call Ron Peck at 409-0463.

The Music Group meets every fourth Wednesday of the month (except in November and December), in the Fine Arts Room (OC). Meeting times are from 6:30-8:00 PM but drop-ins are welcome. Bring your voices and instruments and sign up to perform, or just come enjoy the music and socialization.

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



#### • Needle Arts •

#### Threads of Friendship

Our Speaker for March was Sue Pharis. Sue is a member of our Needle Arts

Group. She is a superior craftswoman and her presentation was thoroughly enjoyed. Thank you Sue!

The March meeting date is changed to March 20 (third Tuesday) this month only. Our speaker for March is Margaret Linderman. She is known for her colorful wearable art and colorful quilts, frequently made with spectacular appliqué. Come to see her gorgeous trunk show and hear her speak on how she creates her many masterpieces.

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

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



• **Neighborhood Watch** •

“Reaching out,” a focus of last month’s *Compass*, fits in perfectly with our Neighborhood Watch goal of making our community safer and more secure. Getting acquainted with other residents through clubs, sports, and formal gatherings is a great way to enrich your life. But getting acquainted with your neighbors is equally as important!

A friendly neighborhood is a safer neighborhood. When we know the usual activities and habits of our neighbors, it is easier to spot a situation which “just doesn’t feel quite right.”

Neighborhood Watch encourages everyone to chat at the mail box, call your neighbors to see how they are doing, and know when someone is out of town for a few days. We look after each other by “reaching out.” Little things mean a lot, and they add up to making SCLH a wonderful, safe, and secure place to live!

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



• **Painters** •

Congratulations to the Fine Arts Show Committee for a very successful annual show and sale in early February.

A hearty thank you to Tom Proctor, resident and art instructor for the informative and interesting presentation on perspective he prepared and presented at our February membership meeting. Tom’s enthusiasm as well as his knowledge and artistic skills were evident and inspiring.

Thanks, also, to Frank Ordaz, who has a gallery and teaches in Auburn, and is a guest instructor in Lincoln Hills. Frank provided verbal instruction while doing a landscape oil demo at our March meeting.

In April, Painter’s member, Fred Ekman will demonstrate his approach to creating outdoor paintings.

For your information, the Painters Club now has a website on the Community Association’s newly-launched website.

Next meeting: April 3 in the Fine Arts Room (OC) at 2:00 PM. Guests are welcome. To become a member, contact Lynne Fee.

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



• **Paper Arts** •

The “Show and Tell” portion of our meetings is proving to be enlightening. We’ve shared techniques using nylon stocking material, old photographs, and canvas as well as new layouts for cards. Keep those ideas and creations coming!

Phyllis Zailer reported that our members contributed over 200 handcrafted cards to our servicemen and women last year through Operation Write Home. This is an ongoing club project, along with monthly food donations locally to the Salt Mine.

Our club scrapbook was on display at our meeting. It is fun to look back

on projects and events and have it cataloged in such a lovely way, thanks to Char Sly.

We were happy to participate in the big Club Expo this month and our members’ paper craft display received rave reviews. And speaking of rave reviews, check out this month’s “Ribbons and Lace” themed window display at OC.

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



• **Pedro** •

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

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

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



• **Photography** •

Our speaker for the April 11 meeting will be Tom Roach, talking about how to capture images of SCLH wildlife. You’ve undoubtedly seen his pictures in the *Compass* and *News Messenger*, so come hear/see him explain how he does it so you can as well.

The monthly challenge for April is self-portraiture and biography, an interesting choice for the first day of April. For the beautiful and/or talented, it is self-expression; for the modestly endowed, it may be risky business; for the supercilious, it is a superb segue to self-indulgent sophistry.



“Angler’s Cove Mink”  
by Larry White  
“Anna’s Hummingbird”  
by Tom Roach

Then in May, our peripatetic Patrick Jewell will be talking about how he sets up for his pictures when the opportunity exists. We all know that shooting is often necessarily spontaneous, especially while traveling, but the best compositions and timing come from careful forethought and planning, so we'll be "looking over his shoulder" on May 9.

**Contact: Klara Kleman 408-4496,**

**klemanklara@sbcglobal.net**

**Website: SCLHphoto.com**



### • Pickleball •

Would you like to play pickleball and have your very own paddle? Your best bet is to contact Scott Sutherland at [swsuther@sbcglobal.net](mailto:swsuther@sbcglobal.net). He is a member of the Pickleball Club and has a variety of paddles to choose from ranging from \$38-\$64. Scott will be able to fit you with the best paddle based on your skill level. Plus, they come in a variety of colors to match each outfit. It can't get any better than that!

Thanks to Mona Wheeler our eight-week long Team Play was great fun. Every Saturday each team came paddle ready to play. There was lots of support and cheering from the sidelines.

The club is making big plans for our upcoming Wells Fargo Advisors Annual Survivor's Tournament held on May 8, 9, & 10. Look for our half page ad in the April issue of the *Compass*.

**Contact: Jerry Zimowske 408-1319**

**jzimowske@ssctv.net**

**Website: www.lhpickleball.com**



### • Players •

Great news! The missing piglets have been found. Bet you did not see that one coming. Congratulations to Dolly Schumacher James,



Three Little Pigs Cast

Pat Pelton, Marge Sage, her wonderful cast and all the other people who made this production happen. Who knew a fairy tale could be so entertaining?

The Players next production is a Readers Theater Showcase to be performed on Saturday, June 2, and Sunday, June 3. It will feature three one-act plays that will be determined by three new Directors. Look for more information in the months to come.

Auditions have been announced for our August show, "Lucky O'Leary's," a comical interlude about a family who wins the lottery. Paul Schechter will be the Director for this production. Performance dates are August 1 and 2. Audition dates are May 14 and 15.

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

**Contact: Steve Garavito 434-6725**

**Website: www.lincolnhillsplayers.com**



### • RV •

New vice president Carol Perry is overseeing the 2012 schedule of rallies that kicks off April 18 with a four-day rally at the Sands RV & Golf Resort in Desert Hot Springs, a spot near Palm Springs.

That rally will be followed on the schedule by trips to the Almond Tree RV Park in Chico May 3-6; Benbow Valley RV Resort & Golf Course in Garberville July 9-13; Santa Cruz Redwood RV Resort in Felton August 5-9; Wine Country RV Resort in Paso Robles September 10-14; and Gilroy Garlic USA RV Park September 14-18.

Plans for the first rally, in Desert Hot Springs, include golf at the resort's nine-hole course, clubhouse activities and dinners at neighboring restaurants. Wagon masters are Bob & Sharlene Zielinski.

The group's monthly meetings are on the second Thursday of each month at 4:00 PM, P-Hall (KS).

**Contact: Bob Zielinski 408-1852**

**Website: www.lhrvg.com**



### • Poker •

The Poker Group plays a variety of poker games every Mon-

day, 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 Friday — same times.

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

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

**Contacts: Mike Goldstein 543-8238;**

**Ginger Nickerson 253-3322;**

**Steve Kriner 295-8012**



### • SCHOOLS Volunteers •

**Sun City Helping Our Outstanding Lincoln Schools**

We hope that all of you enjoyed our "SCHOOLS holiday week." The SCHOOLS Group Potluck dinner was a lovely and intimate affair. It was wonderful to enjoy the company of our fellow volunteers. As always, the food was delicious!

For those of you who have not yet signed up for our program, it is never too late!! We still need volunteers. You don't have to be a teacher to be a member of the SCHOOLS Group, you just have to want to make a difference in the lives of the children! Call today for details on how to get started!! There are two ways in which you can help out as a SCHOOLS volunteer. You can either be a regular classroom volunteer or you can help out with special projects. Both types of positions offer our volunteers a great deal of flexibility when it comes to scheduling.

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

**sflincoln4fun@starstream.net**

**(Elementary); Eileen Marks**

**409-0320, emarks@aol.com;**

**Cindy Moore 408-1452,**

**cindysmoore@me.com;**

**La Rita Gruenwald,**

**lariat@wavecable.com**



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

SCOOP met February 16 at OC with a very good turnout of members. Guest speaker was Cecilia Penedo, PhD, Associate Director, Service & Genomic Research & Development Veterinary Genetics Laboratory at the University of Davis. She closed her presentation recapping a crime that was eventually solved via DNA from dog poop! (Lest you think our meetings aren't innovative.)



Right, Jacquie Lemke with "Lily" and Marilyn Ruiz with "Sammie"

The "spotlight" was on our first Recognition of Excellence award, which was presented to Jacquie Lemke and Marilyn Ruiz. They chaired the 2011 Pooches on Parade and the Christmas Potluck dinner/live auction fundraiser where \$3,600 was raised at the live auction, double last year's amount. One-More-Dog-Rescue was the recipient of the funds. Congratulations, Jacquie & Marilyn!!

This year's Pooches on Parade will be held at the Sports Pavilion, which provides a cover, easier access and misters. Stay tuned for more details.

Check our website for meeting dates/times and events!

**Contact:** [scoop@sclh.com](mailto:scoop@sclh.com)  
**Website:** [www.sclh-scoop.com](http://www.sclh-scoop.com)



• **Scrabble** •

*There is a group at Sun City  
 That finds word-building no pity.*

*They laugh and pray,  
 They'll find a play  
 And match the others so witty.*

As our neighborhood is blooming, so is our club. We have new members: Anne, Gloria and Marsha. It is nice to see that they have jumped right into the winner's circle. During one Monday in February, there were ten bingos among seven players in the room, one from our

new member, Anne. Way to go! During the last month, we have been typically playing games at three tables. We always welcome players of every caliber.

Please join us on Mondays, at 1:00 PM, at the Cards Room (OC). Arrive late, and still find a game.

**Contact: Candy Koropp 409-5017**



• **Second Cup of Coffee** •

The purpose of the Second Cup of Coffee Group is 'to relax... and be informed.'

On Monday, February 20 the general membership meeting was held at 10:00 AM at (KS). A new Steering Committee was elected, followed by a program, "Personal Adventures in Cruising." Tips on ocean and river cruising were the highlight of the unique program, plus new developments within the cruising industry.

It's our pleasure to offer a complimentary cup of coffee at the Monday, March 19 meeting being held at the Social Hall (KS). Coffee service starts at 9:30 AM followed by the meeting at 10:00 AM with Roundtable Discussions. Some of the subjects will be "What solution to city of Lincoln's General Fund decline will ensure public safety?" "What other Resource Information should our Association provide?" It's going to be a compelling and educational session, so plan to attend, and *have that Second Cup of Coffee.*

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



• **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 Friday nights at 5:45 PM. Contact one of the names listed below.

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



• **Ski** •

Join us Tuesday, March 20, in the Fine Arts Room (OC) at 4:00 PM, for Part II of our presentation on the famed WWII 10<sup>th</sup> Mountain Division. In February, we covered the establishment and training of the Division in the early 1940s. In March we present the Division spearheading the war's campaign in the mountains of northern Italy, which led to the German surrender in Italy, as well as discussing the wide-ranging impact its members had on the ski industry in the 1940s-1960s. This will include personal stories from an interview with a WWII veteran of this unit who fought in northern Italy, as well as clips from a 1996 documentary on this topic.

We will also elect next season's Club officers at the March meeting.

Our final get-together of the season will be our annual post-season potluck party on April 17. Details will be forthcoming soon.

**Contacts: Mike Hilton, Sue Worrall, Chuck Frevele; 258-2150, [suncity-lincolnhills.org/residents](http://suncity-lincolnhills.org/residents); Lifestyle; Clubs; Ski Club**



• **Singles** •  
**Dynamic Singles**

March winds are here and it looks like winter is gone, or was it ever here!

Upcoming Singles Events:  
 March

- 15) 5:00 PM – Table For Eight, Café Zorro's, Loomis (Darline 434-6472 for reservations)
- 20) 7:00 PM – Let's Dance at the Meridians
- 22) 6:30 PM – Social – White Elephant Silent Auction, OC Ballroom (Questions: Judie 408-4308)

April

- 1) 4:30 PM – April Birthday Celebration, Sports Bar, Meridians
  - 5) 4:30 PM – Cocktail Time TBD
  - 12) 6:30 PM – General Meeting – Event Updates
  - 14) 9:00 PM – Second Saturday Breakfast at Sports Bar, Meridians
- Our Week in Sport Activities:



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

Hope you can join us for any of the above listed events. Plan for lots of fun!

**Contact: Marty Joseph 543-0803**

**Website: www.lincolnhillssingles.org**



• **Softball, Senior League** •

Softball season starts April 2. Plan to stop by the field on a Monday or Wednesday and watch your neighbors having fun! Thank you goes to our Sponsors for helping our Recreation League purchase uniforms, bats, balls, etc. Fan Appreciation Day on Saturday, May 12 will be our day of player introductions, flag ceremony, hot dogs, and drawings for many great prizes —tickets will be for sale at the games or from ball players.

The Draft was held, teams are formed and practices have begun as the season nears. Plan to stop by the field on a Monday or Wednesday and watch your neighbors having fun and get involved in LH Softball. Volunteers can view a game from the press box and flip the ball, strike & out switches as scorekeepers. Sunday practices continue 10:00 AM-12:00 PM.

**Contact: Mike Hilton 408-0346,**

**Mhilton14@aol.com**

**Website: LHSSL.org**

**Coyotes**

The annual Coyote banquet held in January was another huge success due to the organizational skills of John Gho, the emceeing by Bob Fernandez, and the entertainment arranged by Jim Jones. The crowd of over 60 Coyotes, wives, and invitees enjoyed a great meal at OC Ballroom and the Coyotes look forward to another exciting year of tournaments. The Coyote Winter All-Star team continued their winning ways and are now 24-6-2 in the Thursday six team league. Each of the three teams has their respective tournament schedules done and will start the season in March with the 60s playing in Hayward,

the 65s playing in Yuba City, and the 70s competing in Manteca and Rusch Park. The Coyote Summer League held their draft on March 5 and the five teams will be ready to play starting in April on each Thursday morning through September 27.

**Contact: Bob Hunter,**

**bluespritzer@yahoo.com**



• **Sports Car** •

On Friday February 24, the club got together for a Mardi Gras Party at KS. We had a wonderful dinner provided by the ladies in the Social Committee that included BBQ Pulled Pork Sandwiches and Jambalaya and lots of Dixieland Jazz. Some members dressed up with crazy jester hats and beads and masks and we had our very own Mardi Gras parade.

Tony & Kathy Mason led another instant trip on Wednesday February 15 to Lake Oroville for lunch. A group of nine cars traveled the back way on Marysville



*A large group of Sports Car members headed for Grass Valley recently*

Road to Bangor to the Oroville Dam and had lunch at Kelly's overlooking the lake. Then they gathered atop the dam for a valley view, down through old town and stopped at the Feather River for a relaxing walk. Ron Goleno won the medal for the most stone skips. Finally there was ice cream in Marysville. Yummy!

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

**pheesch@aol.com**

**Website: LHsportscars.com**



• **Square & Round Dance** •

**Sun City Squares**

Sun City Square Dance Club on Monday February 13 had its first of the five parties scheduled for this year. The club is continuing to help all dancers

learn "Full Plus Level Calls." *The club is always ready to add new experienced dancers and is looking forward to adding more beginner dancers in the fall. Call Chuck or Bob to sign up today!!!!*

Meeting Times

- Mainstream/Full Plus Level Mondays, 1:15 PM-3:00 PM (KS)
  - Optional Levels Mondays, 3:00-4:00 PM (KS)
  - A-2 DBD Level Thursdays, 1:00-3:00 PM (KS)
  - Round Dancing Fridays, 2:00-4:00 PM (KS)
  - Round Dance Practice Saturdays, 7:00-8:30 PM (OC)
- Contacts: Chuck Vickers 408-4082, pjclvickers@starstream.net; Bob Grupp 408-1868, Bob@GruppHomes.com**



• **Table Tennis** •

On February 11, the Table Tennis Group was invited to join the Sun City Roseville (SCR) Table

Tennis Group for an inter-community table tennis play-off. The LHTTG group of members who wanted to play with the Roseville group gathered together in the KS parking lot at approximately



*Participants in the SCLH/SCR Table Tennis Group Play-off*

9:00 AM on Saturday and a caravan proceeded to drive to the Sun City Roseville Sierra Pines center.

Everyone had fun playing with the Roseville group and we gathered for the photo on the previous page.

Our Table Tennis Group has always had a very friendly and warm connection with our Roseville counterparts ever since our group started back in 2001.

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



• **Tap Company** •

Shure and Begorrah it's time for the Tap Company Talent Show! Your darlin's will be counting their blessings when they find out you've bought tickets for this spectacular show.



*Sunny Singers; Tap Company*

We'll have Tap Dancing, singing, and lots more, to tunes from the 1920's, 30's, 40's, 50's, 60's and 70's. Your luck will not run out when you save some of your pot o' gold on the Dinner/Show Package that includes reserved front section seating.

We are very excited to bring you a professional quality show including some new performers and bright new talent to entertain you!

*Dates:* March 29, 30, 31. Shows begin at 7:00 PM; doors open at 6:30 PM.

Matinee March 31 2:00 PM; doors open at 1:30 PM.

Tickets available at OC and KS or, by phone 408-4040 or online at [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents).

*Ticket prices:* \$13 each show only, or \$39 each dinner/show package (reserve your table at Meridians after you purchase your show/dinner package).

**Contact: Carol Rose 543-8854**



• **Tennis** •

The annual Valentine's Day Social Mixer, Laurie Schuler chair, was a great success. Winners/ pictures on website.

LHTG Survey had many constructive comments: a desire for more social events, less competition; our group has become more "cliquish" through the years; some want instructive clinics and to play with better players to improve skills; many agreed a change in Fall Dinner/Dance venue would encourage participation.

To comply with these suggestions your Board is working to make changes: The LITT league will be resurrected in April. The Drop-In sessions have been upgraded to front courts with monthly snacks. A "mentoring" program is being contemplated. Free Clinics for different skill levels with outside coaches are coming. Men's and Women's Sub Lists now exist. The Fall Dinner/Dance will be at OC ballroom.

Forms for New Membership or Request for Board Action; Bylaws, Rules & Regs; Events Schedule; Photos, President's Newsletter, etc. at [www.sclhtg.com](http://www.sclhtg.com).

**Contacts: Carl Braganza 408-2898, [cfbraganza@gmail.com](mailto:cfbraganza@gmail.com); Christy Roger Clapp 434-6687, [rwclapp@hotmail.com](mailto:rwclapp@hotmail.com)**

**Website: [www.sclhtg.com](http://www.sclhtg.com)**



• **Vaudeville Troupe** •

*Important Reminder!!! Auditions for the June 29/30 Vaudeville Show will be held at P-Hall (KS) on Wednesday, April 25 from 6:30-8:30 PM so bring your talent and audition. We are looking for unusual, unique and outrageously entertaining acts so come and be a*



*Vaudevillians backstage at January's Show; Jackie and Logan Wilson "Pure Joy"!!*

part of our talented Troupe of Vaudevillians! *Vaudeville* offers a "one-of-a-kind" show performed by our Troupe of talented, dedicated performers who bring "Cabaret-Style" entertainment extraordinary to SCLH with our "Cavalcade of Stars" Vaudeville Show! Next Show: June 29-30 at P-Hall (KS). Tickets \$10 on sale in April.

**Contact: Marina Eugenios 408-3654, [marinaeug@sbcglobal.net](mailto:marinaeug@sbcglobal.net)**

**Troupe Website: [YouTube.com/user/marinaeugenios](http://YouTube.com/user/marinaeugenios)**



• **Veterans** •

Bonnie B. Potter, MD, Rear Admiral, Medical Corps, USN (retired) will be the featured speaker at the March 15 meeting at 1:00 PM in P-Hall (KS).

Admiral Potter received her M.D. degree from St. Louis University School of Medicine. She completed medical school on a Navy scholarship, and entered active duty as a lieutenant in 1975.

She spent the first 20 years as a clinician and teacher of internal medicine, advancing to the rank of captain. She then transitioned into executive medicine, ultimately serving as commanding officer, Naval Hospital, Camp Pendleton.

In 1997, she was promoted to rear admiral (lower half), becoming the first woman physician in the military to be selected for flag rank. In 1999, she received her second star, and became fleet surgeon, U.S. Atlantic fleet.

**Contact: Joey Chisesi, 408-1705, [joeycathie@sbcglobal.net](mailto:joeycathie@sbcglobal.net),**

**Website: [lhvets.org](http://lhvets.org).**



• **Water Volleyball** •

Water volleyball is open to all residents of any skill level. You can try it out without joining. Training

is also available (see below). We have open play, competitive (advanced) play, and league play.

March is player rating month. All players desiring to be rated to determine his/her eligibility for "advanced play" should endeavor to play at least 50% of the time during the month.

Play available (KS):

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

**Contacts: Jim Puthuff 543-0067,**  
**jputhuff@softcom.net;**  
**Jim Leonhard 550-7075,**  
**jhleonhard@gmail.com**  
**www.suncity-lincolnhills.org/**  
**residents**



### • West Coast Swing Dance •

We had a huge turnout for our first dance and potluck of the year, which was held on Saturday, March 3. In addition to WCS, music included ballroom, nightclub two-step, Latin, and country.

Our Club Night Out is Sunday, March 18, at the Capital Swing Dancers monthly dance at the Fair Oaks Park and Recreation Auditorium. A beginner lesson will be 5:30-6:30 PM and then dancing until 10:30 PM.

Several of us participated in the Annual Capital Swing Dancers' Presidents' Day Convention last month in Sacramento. Activities included lessons, workshops,

open dancing, competitions, and much more.

The next monthly Friday evening dance practice will be held on April 13, 5:30-7:30 PM, Fine Arts, (OC.) Here's your chance to practice your West Coast Swing dancing with a teacher always on site.

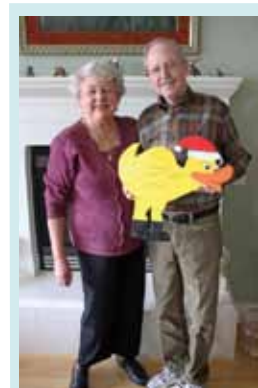
Please remember to renew your membership this month.

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



### • Woodcarvers •

The newest SCLH Woodcarver is a familiar face to many. Gary Reeder just retired as the Pharmacist at the Lincoln Raley's and jumped into woodcarving on February 15.



*Woodcarver Gary Reeder and his wife Marian*

"I have played with wood for years, sawing and painting Santas, geese, fish... I always wanted to learn real carving." Gary counsels new carvers not to "rush out to buy tools until you try some carving and figure out what's needed and

what's comfortable." He adds, "Start simple! I went in with a plan for a fairly elaborate carving and was quickly convinced to practice on something

simple like a flower or teddy bear." Gary and his wife Marian have lived in SCLH since 2005. As newbie to retirement, Gary also just got started in lapidary. Marian has been in the Lladro Ceramic Group for years.

You can follow Gary's progress on Wednesdays, 1:00-5:00 PM, Sierra Room (KS).

**Contact: John LePage 543-9564**

**Website: www.SCLHwoodcarvers.blogspot.com**



### • Writers •

The guest speaker for the Writers Group in January was Sue Clark, a local writing instructor, editor and ghost-writer. We had a large turnout of interested authors who were eager to hear her suggestions and tips for getting published. It became clear that in the Internet Age, publishing has a new set of rules and navigating them can be frustrating and costly. This is what we do at the Writers Group — share our love of writing and encourage those who want to tell their stories, fact or fiction, to put it down on paper and share it.

Our February challenge was to create a work with love or romance as the theme. It could be a poem or a recollection of a present or lost love.

Each month can present a new challenge to a creative writer. Join us on the second and fourth Monday of each month at 6:30 PM in the Ceramics Room (OC).

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

**jfulcomer@mac.com;**

**Bruce Robinson, Bruce8177@att.net**

## Library News

*Continued from page 9*

star Service, with star rankings and statistical data for each. These are grouped by type of fund.

**Income Securities Investor Newsletter:** A monthly newsletter for investors seeking current income from Bonds, Preferred Stocks and Treasury Issues.

**Bob Brinker's Market Timer:** A monthly newsletter commenting on stock market conditions and the cur-

rent investment climate. Another Brinker newsletter (donated by a resident) – *Fixed Income Advisor* is located in a separate binder.

**The Vanguard Independent Adviser:** This newsletter advises solely on Vanguard funds, and gives an independent opinion regarding buy, hold or sell for each.

**Navelliers Blue Chip Growth Letter:**

Louis gives advice based on a portfolio of stocks he recommends, with buy and sell updates.

These materials are not to be removed from the Library but the Activities Desk will make copies for 10 cents per page.

Contacts: Investment materials: Cleon Johnson (408-5648); book donations: Sandy Melnick (408-1035); volunteer opportunities: Sandy Maloff (408-2368).

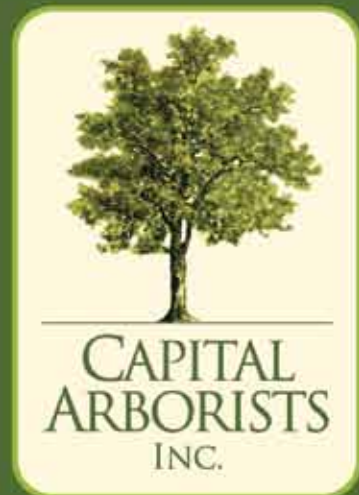


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## Bulletin Board

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.

### Attn: All Club Leaders & Travel Planners

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

### Lincoln Hills Foundation Bingo

Come join the Lincoln Hills Foundation for a chance to win big bucks and prizes. It's a great way to spend your afternoon. Wednesday, March 21, at OC Ballroom. Doors Open at 12:30 PM, Bingo games begin at 1:00 PM and end at about 3:00 PM. Cost: \$20 for 12 games, 12 cards with six cards each. Up to \$1350 in prize money, pop-ups are four for \$1, daubers are \$1 each. Cold bottled water available; no food or alcohol allowed. No one under 18 admitted. It is always fun for all. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984. Visit the Lincoln Hills Foundation website at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org). We are Seniors Helping Seniors. Tell a friend.

### Chit-Chatters (formerly Super Seniors)

The Chit-Chatters — a group within the former Super Seniors — continues to meet for coffee and conversation on the third Friday, 10:30 AM, at KS Café. This month's meeting will be on March 16. The Chit-Chatters are primarily older SCLH residents who are always delighted to have newcomers join the Friday festivities. If you're looking to get out and about for an hour or so and meet some new people, Chit-Chatters may be just what you need. In March there will also be a Welcome to Spring Luncheon at Mimi's, 11:30 AM, on Friday, March 23. Please call Marsha Hathaway (408-0228) for reservations.

### Glaucoma Support Meeting

Multipurpose Room (OC). We meet the second

**You are invited...** To the following presentations held in OC Lodge  
These vendor presentations are open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

- |                 |                                                                                                                 |
|-----------------|-----------------------------------------------------------------------------------------------------------------|
| <b>March 19</b> | • 6:30 PM Help You Well, Oaks;<br><i>please see our ad on page 19</i>                                           |
| <b>March 20</b> | • 10:00 AM How to Hire a Contractor, Oaks                                                                       |
| <b>March 22</b> | • 10:00 AM Taking Control of your Retirement,<br>Merrill Lynch, Solarium                                        |
| <b>April 10</b> | • 6:00 PM Spinal Aid Presentation, Dr. Zorich, Solarium<br><i>Please see our insert in this month's Compass</i> |
| <b>April 11</b> | • 6:30 PM Making the Most of your Medical Social Worker,<br>Oaks; <i>please see our ad on page 19</i>           |

Wednesday of every month, 4:00-5:30 PM. Please come and join us. More info: Bonnie Dale, 543-2133.

### Italian Club

Carnevale started as a time for celebration and expression and wearing masks hid any form of identity between social classes. During the 1970's, the Italian government decided to bring back the history and culture of Venice, with the Carnevale as the centerpiece. One of the most important events is the contest for the best mask, held on the last weekend of the Carnevale. A jury of international costume and fashion designers votes for "La Maschera piu bella."

Lincoln Hills Italian Club invites all members to our wonderful new event "Venetian Carnevale" Saturday, March 24, 6:00 PM, dinner at 7:00 PM, dancing till 10:00 PM, Catta Verdera Golf and Country Club, Lincoln. If you/your spouse/significant other are of Italian descent and want to join our active social club, contact Membership Chair, Rose Cesarz at 434-5301 or visit our new website: [www.lhitalianclub.org](http://www.lhitalianclub.org) for all Club News and membership information.

### Multiple Sclerosis Group

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

### Open Play

Every Sunday from 12:00-4:30 PM is "Open Play" in the Cards Room (OC). Bring your cards, board games, dominoes and dice. "Rummikub," "Nationals," and Mah Jongg tile games are also played. This is an opportunity to meet new friends and have a fun afternoon. All residents are

welcome. Tables are first-come, first-served.

### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (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

Sunday, March 18, at 9:00 AM, there will be a neighborhood walk, headed by Judy Shane, followed by an optional brunch. The Men's Club meets Sunday, March 25, at 10:00 AM. Hugo Silano, the speaker, a SCLH expert model railroad hobbyist. Contact Jerry Gordon for reservations. We meet on Monday, the 26<sup>th</sup>, at 7:00 PM at KS. The speaker will be Arthur Weil. He and several hundred other European Jewish children were rescued from Nazi Germany in the 1930's and were taken to England and the USA. He completed his education here, served in the military, taught, and writes poetry in his spare time. His interesting story will be told at the meeting. The Passover Seder takes place April 9 at OC Ballroom. More info: Eileen Marks. Check the calendar for date changes. Questions to the group: [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, but have not done so in

*Continued on page 40*

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Continued from page 37

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. Winter months we meet at 9:00 AM. For shooting schedule hours, please contact Michael Pargament at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Contact: John Kightlinger, 408-3928, johnnpat@sbcglobal.net Each month we also gather at a members home for hors d'oeuvres and drinks. A great opportunity to enjoy each other's company and meet the member's spouses. For details of our next get together: johnnpat@sbcglobal.net.

**Travel Group**

Visit our updated website at [www.lhtravelgroup.com](http://www.lhtravelgroup.com). The next meeting is Thursday, March 15, 7:00 PM, KS. Guest speaker: Jay Fehan, Collette Vacations. Available Trips: South Africa (Apr 2012), Philly-DC-Williamsburg-Baltimore (May 2012), New Orleans-Memphis-Nashville (May 2012), Northern Europe Cruise (Aug 2012), Alaska Cruise (Aug 2012), Italy (Sep 2012), Turkey (Sep 2012), Albuquerque Balloon Fiesta (Oct 2012), New England Colors (Oct 2012), Palm Springs New Years (Dec 2012), Vietnam /Cambodia Mekong River (Jan 2013), South America (Jan 2013), Australia/New Zealand/ Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona w/River Cruise (Jun 2013). Friends and family may join 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).

**Did You Know?**

Love those Association gift cards? Take advantage of having them re-loaded on-line! Not only can you re-load but you can purchase new cards for yourself or to give as gifts.



*In Memoriam*

**Carol Joseph Flynn**

Carol Joseph Flynn, a native San Franciscan, served four years in the U.S. Navy during WWII. He was the founder of Carol J. Flynn Plumbing and Heating Inc. and served as the President of the California Plumbing, Heating and Cooling Contractors. He is survived by his wife, Jan, of 66 years, his son Bradley and daughter-in-law Dorothy; his daughters, Carol Bennett Flynn, Diane Flynn Keith, and son-in law Cliff Leon Keith; nine grandchildren and six great-grandchildren. A celebration of Mr. Fantastic's life was attended by Carol's entire family on his 90<sup>th</sup> birthday, January 19, 2012.

**Angelo Gianni**

Angelo, a Korean War Purple Heart recipient, was a retired fireman. He was very active here singing with the Vaudeville Troupe and at retirement homes. He was also an avid golfer. Angelo was the sunshine who lit up all the lives he touched. He is survived by his dear wife, Donna, of 45 years; four children, many grand- and great-grandchildren and his sister, Josie.

**Jon T. Kempe**

Born and raised in California, Jon served in the U.S. Air Force for 24 years. After that he worked at the U.S. Geological Survey in Menlo Park, helping develop and maintain the seismic network throughout California. Married for 50 years to his dear wife, Theresa, Jon died on his 74<sup>th</sup> birthday. During his career and in retirement, they enjoyed square dancing and traveling in their motor coach. Jon loved the informal "Every Afternoon at 4:00 PM" group at Leavell Park where neighbors visit and bring their dogs. Jon is survived by his wife, three daughters, and four grandchildren.

**Ralph Ostrom**

After growing up in Mexico and Texas and graduating from the University of Denver, Ralph worked for the County of Los Angeles. Later he spent eight years working and living with his family in Bolivia before returning to the Bay Area where he raised his children. He met his wife, Barbie, at a dance and they have been married for 27 years. After retirement they moved to Discovery Bay where they enjoyed boating, fishing and entertaining grandchildren. They moved here in 2002 where he continued to dance, travel, entertain and work in his garden. He leaves his wife, four children, ten grandchildren and 13 great-grandchildren.

**Dottie Prohaska**

Dottie was born in New Orleans, the fourth of five children. She worked for Marin County where she was known to help others by opening her home to those in need. She has one son, Thomas. Dottie enjoyed gambling trips but she especially enjoyed gardening and watering her plants. She is survived by her son and three siblings and many friends.

**Carol Swan**

Carol was born in Salem, Massachusetts, but moved around a lot while growing up in an Air Force family. She was an excellent skier and belonged to two ski clubs. She was studying the healing arts and loved caring for family and friends. She also loved to dance! Carol leaves her son, Brian, and five brothers and sisters.

*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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 & May 2nd, 9th  
 8:30 – 10 am

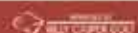
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## Summer at Lincoln Hills Features “Teen Idol” Frankie Avalon 2012 Summer Amphitheater Concert Series

Save the date for our 2012 Summer Amphitheater Concert Series bringing big stars and nostalgic music. Relive the 50's and 60's with America's original “Teen Idol,” Frankie Avalon, as he lights up the stage on **Tuesday, August 14**. With a career spanning three generations of music, television and motion pictures, Frankie rose to fame

singing “Beauty School Dropout” and “Teen Angel” in “Grease.” The excitement starts with the opening Summer Series concert on **Friday, June 15** with a **Motown Revue** by “**Top Shelf and La Chic**.” Continue the musical journey as the songs “S.O.S.,” “Super Trooper” and “Dancing Queen” get you out of your seat and dancing with Adbaca-

**dabra: The Ultimate Abba Tribute.** If you love *Mamma Mia* get your ticket for **Tuesday, June 26**. More exciting band performances are in store for you this summer. Tickets go on sale April 17 with a complete list of the Summer Amphitheater Concert lineup available in April *Compass*.

### Special Events & Bus Trips

**“Men of Worth” St. Patrick’s Day Concert, Saturday, March 17 Show Only — 5017-01**

**Meridians Dinner/Show — Sold Out**

Celebrate the luck of the Irish in our community with the maestros of music, mirth and melancholy with Scotsman Donnie Macdonald and Irishman James Keigher of Men of Worth. Donnie reveals his Hebridean heritage and humor through the traditional music, singing in both Gaelic and English while James hails from County Mayo in Ireland and weaves the imagery of his homeland vocally and instrumentally.



A couple of the best Irish dancers in the area join the critically acclaimed

duo on stage for an authentic St. Patrick’s Day celebration. OC Ballroom doors open at 6:30 PM including no-host bar, concert 7:00 PM. Show only \$15, Dinner Package Sold Out.

**Comedy Night at Kilaga Springs Tuesday, March 20**

**6:00 PM performance — 5020-01A**

**8:00 PM performance — 5020-01B**

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



Comedy Competition each year. Leland’s act of music, impressions and comedy has been perfected on the

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

**San Francisco Flower & Garden Show Thursday, March 22 — 1750-01**

**Lots of walking!** See what’s new, get fresh ideas for spring and learn how to create a beautiful garden that is healthy for the environment. Meet professional gardeners and nursery owners who can answer your ques-



tions and help solve garden and landscape problems. There will be a wide selection of specialty shops featuring unique flowers, plants, etc. Food available at the Show or bring your own bag lunch. Bring a basket, pushcart or big bags to make shopping easier. Leave the Lodge at 9:00 AM, return ~ 7:00 PM. \$61. RSVP ◆◆ Now.

**New Event! Ballroom Dance with Ballroom Dance Lesson Friday, March 23 — 5023-01**

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

dance floor for a dedicated evening of ballroom dancing with the *Nutones*. This wonderfully-diverse musical quartet accompanied by excellent vocals will play a variety of favorite ballroom music, tango and two-step to waltz, rumba and cha-cha. Open



to all residents interested in learning ballroom dance or new to the Ballroom Dance Group, join Ruth & Sal Algeri for a 30-minute dance lesson providing you

basics of American Waltz at the start of the party. For enjoyment and to gain more confidence in your dance steps, the lesson will close with the band playing the American Waltz to practice the lesson. Couples and singles welcome. Ticket required to participate in dance lesson. No-host bar throughout the evening when OC Ballroom doors open at 6:15 PM, dance lesson 6:30-7:00 PM, dancing 7:00-9:30 PM. \$12.

**San Francisco for the Day Saturday, March 24 — 1842-01**

Shop, perhaps have lunch and/or dinner, visit Fisherman’s Wharf or a museum, or check out Chinatown. This is your day to do as you wish. This trip



will drop off and pick up at Pier 39. Use local transportation to get around the city – just be at Pier 39 in time for your return trip. Leave OC at 8:00 AM, leave Pier 39 at 6:00 PM, return ~ 8:00 PM. \$37. RSVP ◆◆ Now.

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

**Tuesday, March 27 — 1772-01**

This is our second trip to see this Emmy award-winning production. "Nights of Fire" is a hot and spicy journey of music and dance that brings the audience on an unprecedented and spectacular adventure through Spanish Nouveau Flamenco, Cuban Salsa, Brazilian Samba, Argentinean Tango, Indian Bollywood, Parisian Waltz, exotic African Drumming and more. Featuring renowned Spanish Guitar musician Roni Benise, an amazing world class band of musicians, lavishly decorated stage and elaborately choreographed dancers, be prepared to celebrate love, music and life in a show that appeals to all ages, cultures and musical backgrounds. Arrive with plenty of time for gaming and a buffet dinner prior to the 8:00 PM performance. Leave OC at 12:30 PM, return ~ 11:30 PM. \$86 (includes buffet dinner and show). RSVP ♦♦ Now.



Cuban Salsa, Brazilian Samba, Argentinean Tango, Indian Bollywood, Parisian

**Saturday, March 31, 7:00 PM**

**Show Only — 5029-1SD**

**Meridians Dinner/Show — Sold Out**

Take a walk down memory lane with the talented cast of the Tap Company's Talent Show. "Remember When" features song and dance from the 1920s through the 1970s. Directors Carol Rose and Isobel Hersch have gathered an impressive cast of highly-talented Lincoln Hills' performers, and are hard at work rehearsing their acts for the best show ever! There will be award-winning dancers and professional quality singers, some of whom you already know. Expect a few surprises as talented new performers join the show. Whether you love the Charleston from the 20s, the jitterbug from the 40s, rock & roll from the 50s



and 60s, or the disco fever of the 70s, you'll find something that gets your heart fluttering in this toe-tapping performance! For those who wish to have dinner at Meridians before the Saturday, March 31 performance, including the convenience of reserved front section Ballroom seating, we offer limited show packages. Please visit the Activities Desk for the special menu and provide a meal choice

when you buy your tickets. Meridians show package patrons should call Meridians, 625-4040, to reserve their tables prior to the show. Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). Show only tickets \$13, Show Package \$39.

**Just Added! Document Destruction Monday, April 2**

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



**"An Evening in Roma" — Celebration of International Song with Naresh Michael**

**Thursday, April 5 — 5005-02**

The 'Andrea Bocelli' of Tango is how critics have described the music and song of Naresh Michael. Take an imaginary trip to Italy, France, Germany and Argentina, as Naresh serenades you through his romantic international repertoire ranging from Jazz, Tango and Opera to Latin, Standards and contemporary Popera. Singing in English, Italian, German



**Lincoln Hills Tap Company Talent Show "Remember When"**

**Thursday, March 29, 7:00 PM**

**Show Only — 5029-1SA**

**Friday, March 30, 7:00 PM**

**Show Only — 5029-1SB**

**Saturday, March 31, 2:00 PM**

**Matinee Show Only — 5029-1SC**

**REMINDERS**

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

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

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

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

**WEATHER:** Association trips and events are held regardless of inclement weather.

**RSVP DATE ♦♦:** If a RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After that RSVP date, for **Trips:** Residents may purchase as many spaces for their guests as they wish, no limit. Guests must be 21 years of age for casino trips or 18 and older for other destinations. For **Classes:** RSVP date is set in order to determine if class has

met minimum registration required by instructor or if class will be cancelled. Once met, registration remains open until class is filled.

**CLASSES (EXCEPT FITNESS):** Register at least five working days prior to start date. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.

**FITNESS CLASSES:** Register for fitness classes at either Fitness Center.

and Spanish, he will play his guitar and Bandonen, an Italian accordion-type instrument, along with a piano accompanist and violinist. This trio of professional performers present music inspired by Carlos Gardel and Mario Lanza, with a modern flavor of Josh Groban and Michael Buble. Don't miss this unique show that is sophisticated, fun and uplifting all in one. Ballroom (OC) 7:00 PM. \$15.

### Comedy Night at Kilaga Springs Monday, April 9

6:00 PM performance — 5009-02A  
8:00 PM performance — 5009-02B

Headliner Don Barnhart is the 2010 winner of the International Performing Artist's "Bob Hope Award" for his



continued service performing and producing comedy shows for the troops stationed overseas. Don started his first USO tour back in 1992 while opening for

comedy legends including Seinfeld, Leno, Jim Carrey, and more. Some



highlights of Don's TV, radio and film credits include Star Search, Evening At The Improv, Comedy Central, "In The

Army Now" and "Apollo 13." Show opener is Andy Gold. P-Hall (KS). \$10.

### San Francisco Shopping Wednesday, April 11 — 1841-02

**Lots of walking!** Don't worry about

the traffic, the bridge, parking, etc. Relax and let the bus take you to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Get your Macy's



10% discount coupon as you board the bus. To make your shopping more comfortable,

we have made arrangements with the bus company to meet you at 2:00 PM in front 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 8:30 AM, return ~ 7:00 PM. \$31. RSVP ♦♦ by 3/23.

### Inspire by Example! Volunteer Symposium Thursday, April 12

Beginning at 10:00 AM, your Association is joining the National Volunteer Week efforts to encourage volun-



teerism in our community. Please join over 30 Placer County nonprofit organizations in the OC Ballroom as they showcase their organizations and volunteer opportunities in a fair-like set up. Please come by to talk with others and see where your interests fit with the many needs that organizations have. Free. Symposium Contact: Tamara Coil 625-4019.

### Just Added! Kilaga Springs — At the Movies! "Pride and Prejudice" Monday, April 16



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

### Baseball • RiverCats vs. Tacoma Rainiers

Monday, April 16,— 6273-12A



Watch an exciting baseball game at the beautiful Raley Field in Sacramento. Game begins at 7:05 PM. Leave OC at 5:30 PM, return ~ 11:00 PM. \$39. RSVP ♦♦ by 2/17.

### Just Added! Home, Health and Business Showcase Tuesday, April 17

Stop by OC Lodge between 10:00 AM and 2:00 PM to learn about lat-



est products and services and meet your *Compass* advertisers and other local businesses. Be sure to thank them for supporting the

*Compass* and many of our Association and Club activities. Additional info: Judy Olson, 625-4014.

### REMINDERS

**SPECIAL ACCOMMODATIONS:** We strive to make each event an enjoyable experience. For special accommodations, please inform the monitor while registering. For **Events**, special needs patrons will be seated first. For **Trips**, we accommodate wheelchair bound passengers to the best of our abilities. **DEPARTURES:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress

accordingly.

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

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

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

cludes counting people several times during the day when there are multiple stops. The Host passes pertinent information on to the travelers, organizes the loading of the bus, and is responsible for distributing any money on the day of the trip for food, admittance and/or the gratuity for the bus driver. **SCENTS:** Please refrain from wearing perfume, cologne, and scented bath & body products when attending concerts, bus trips, classes, and using the fitness facilities. Many have allergies exacerbated by scents. Thank you.

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## A World of Fashion With Macy's A Men's and Women's Fashion Show Event

**Friday, April 20 — 5020-02**

With the beautiful bloom of spring, we invite you to be our guest at the first Lincoln Hills Fashion Show Event featuring clothing vendors for men and women from Macy's. Friends and neighbors will showcase the latest designs and trends featured as part of Macy's Spring and Summer Collection. Experience the Magic of Macy's for a variety of casual, social, sport and semi-formal occasions. A printed



line list will make it easy for you to follow the show and mark the clothes you are interested in purchasing with the

discount coupon provided to each guest. Fun surprises and prizes await guests and a special \$25 Macy's gift card will be awarded to one lucky winner. Luncheon includes choice of *Blackened Tilapia Fillet or Chinese Chicken Salad* served with a mimosa beverage and dessert. Buying a table with friends and neighbors? Please have a complete list of guests at your table as well as their food choice upon registration. Advise the Monitor when purchasing tickets if you wish to be seated at the Gentleman's table. Ballroom doors open 11:00 AM; lunch served at 11:30 AM; show 12:30 PM. \$31. Even if you do not attend the show, come shop from unique vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.

## Half Moon Bay Area with Jerry Moorman

**Tuesday, April 24 — 1922-02**

Travel to Pigeon Point Lighthouse south of Half Moon Bay. It is the tallest lighthouse on the West Coast and is still an active Coast Guard navigation aid. This headland area, hence the lighthouse, took its name from the ship *Carrier Pigeon* that wrecked

here in 1853. Jerry will provide historical details about the Lighthouse and the surrounding area. The next stop will be Half Moon Bay for a look around prior to lunch on your own in an area that has many food options. The return to Lincoln will be dictated by the weather conditions.



If good weather, we plan to travel north on coast highway stopping at the world famous surfing beach to check out the beautiful views. Less desirable weather will mean a trip over the mountains at Half Moon Bay to the freeway and the ride home. If time permits, perhaps a stop at the Vacaville Outlets. Leave OC at 8:00 AM, return ~ 6:00 PM. \$56. RSVP ♦♦ by 4/2.

## Reno — Silver Legacy

**Thursday, April 26 — 1770-02**

Ever popular with our residents, we offer another trip over the mountains to visit Reno's Silver Legacy Hotel & Casino for a day of sightseeing, lunching, people watching and excitement. The ride is beautiful and you will receive \$10 cash back and a \$5 food coupon. Leave OC at 8:00 AM, return ~ 6:30 PM. \$27. RSVP ♦♦ by 4/9.



## Annual Parking Lot Sale

**Saturday April 28 — 5128-02**

Join us for a fun morning, 7:30 AM-12:00 PM either to shop or sell. With only one date in 2012, don't miss your chance to participate in the annual Parking Lot Sale. The sale is intended for residents selling their unwanted household items. Limit of two spaces per household. A six-foot table & two chairs will be provided per space. The event will be advertised in local newspapers and online. Donuts and coffee will



be on sale. Spaces go fast, reserve yours now. Vendors must abide by the guidelines they receive when signing up. RSVP ♦♦ by 4/12. Parking Lot facing OC Fitness Center. \$28 per space. **Spaces are not open to businesses or to conduct sales for a home business.**

## Just Added! Lincoln Hills Chorus "Notes From Notables"

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

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



Two," "Skylark," and "You'll Never Walk Alone." Expect delightful selections ranging from 1940s swing style to an enchanting choral arrangement of Dvorak's "New World Symphony." Our "notes" of accompaniment? Paul Melkonian at the piano, bassist Mickey Bennett, flautist Mona Stryker, and English Horn player Ellie Hoekenga. For those who wish to enjoy lunch or dinner at Meridians before the show, including the convenience of reserved front section Ballroom seating, we offer limited show packages for all performances. Please visit the Activities Desk for the special menu

with choice of *Asian Orange Chicken* or *Scampi Shrimp Skewer* and provide a meal selection when you buy your tickets. Meridians show package patrons must call Meridians, 625-4040, to reserve their tables prior to the show. See our advertisement in this month's *Compass* on page 6. Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). Show-only tickets \$12. Show Package \$38.

**"Man in the Mirror" at Eldorado in Reno**

**Wednesday, May 2 — 1775-02**

This production celebrates the amazing music of the King of Pop, Michael Jackson, in a high octane theatrical



spectacular that spans over three decades of the greatest hits

in pop history. Featuring Michael's number one hits, this spellbinding musical show takes the audience on a musical journey through the career of one of the greatest entertainers of all time. Songs include: "Bad," "Thriller," "Beat It," "Man in The Mirror," "I'll Be There," and many more. This truly is the ultimate celebration of the pop music icon that will never be forgotten. If you like the music of Michael Jackson, you will love this show! Arrive with plenty of time for gaming and a delicious buffet dinner (included) prior to the 7:00 PM performance. Leave OC at 11:30 AM, return ~ 10:30 PM. \$81. RSVP ♦♦ by 4/16.

**Jim Martinez Trio in Concert**

**Tuesday, May 8 — 5008-03**

By resident request, we are bringing back one of the most highly-regarded local jazz groups for an amazing



evening of music featuring drums, bass, baby grand piano and vocals. Pianist Jim Martinez, of the Jim Martinez Trio, began his musical career at the age of four and has

shared the stage and recorded with legendary jazz trombonist Sy Zentner, Lionel Hampton the Stan Kenton Alumni and the Nelson Riddle Orches-

tra. He has also performed with the Sacramento Symphony and toured as a featured guest with the U.S. Air Force Jazz Band. A trio performance you do not want to miss, and new song selections for those you of you who attended last year! Ballroom (OC) 7:00 PM. Early registration discounted rate March 17-April 14, \$13. After April 14, \$16.

**Wakamatsu Silk Farm in Gold Hill with Jerry Moorman**

**Wednesday, May 9 — 1920-03**

The Wakamatsu Silk Farm was established near Coloma prior to the California Gold Rush. Jerry Moorman, our step on guide, will offer gold rush history along the way and you will receive a docent led tour of the Farm. The docents will engage you with the rich history and little known facts



about the times prior to the Gold Rush and information regarding the Tea and Silk Worm

facilities. This farm was settled by a group of samurai-class men and women — losers in a Japanese civil war — and is the location of the first Japanese settlement in North America. The grounds, ranch house and cemetery have been restored and are beautiful. Be among the first to see and experience this new venue. For historical information about this site, go to [www.placerlandtrust.org/gold-hillranch.aspx](http://www.placerlandtrust.org/gold-hillranch.aspx). Following your visit to the Silk Farm, the coach will take you to Placerville for lunch on your own with a short time to look around prior to departure for LH. Leave OC at 8:30 AM, return ~ 5:00 PM. \$48. RSVP ♦♦ by 4/27.

**Afternoon Tea Party — Fancy Hat Designing & Guest Speaker**

**Friday, May 11 — 5011-03**

Every fanciful day should start with an Afternoon Tea Party! Legend has it that afternoon tea was started in the mid-1800s by the Duchess of Bedford and became a favorite pastime of la-

dies of leisure. In honor of Mother's Day, gather your mom, family, friends or neighbors for a traditional tea menu and ladies activities. Start off the day by designing and decorating a fanciful hat as a take-home keepsake from the party. Select from a colorful array of hats and then visit the deco-



rating tables, where glue guns, scissors and other materials like dainty flowers, feathers, delicate trims and jewels are at hand.

Scrumptious tea snacks, jams, mini sandwiches and delectable desserts will be at your fingertips as you enjoy a variety of teas and admire the hats of your fellow guests. During the Tea Party, a special guest speaker will talk about "How-To Tea" etiquette and history. An educational, fun and interactive demonstration will touch on the differences between Low Tea and High Tea and Tea at the Ritz. If you are buying a table of ten, please have a complete list of guests at your table upon registration. Visit the Activities Desk or check our website online for menu. Celebrate all the wonderful women in your life by inviting them to this unique event. Ballroom (OC) 11:00 AM; Tea served 11:30 AM; Guest Speaker 12:00 PM. Early registration discounted rate March 17-April 14, \$32. After April 14, \$35.

**Placer Pops Chorale Presents "American Tapestry — From Pops to Jazz" at Three Stages Theater**

**Saturday, May 12 — 4580-02**

Don't miss this chance to experience classic American music at its best, showcasing selections from pops to jazz at Three Stages Theatre in Folsom. See this entertaining



group (formerly Sierra Community Chorus) perform iconic works from award-winning American composers including Rodgers and Hammerstein, Ellington, Gershwin and Sondheim.



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

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



### Comedy Night at Kilaga Springs Tuesday, May 15

6:00 PM performance — 5015-03A

8:00 PM performance — 5015-03B

Headliner Steve Smith got his show business feet wet at the early age of nine with a movie and as a regular on local television. After moving to Los



Angeles and appearing in the movies "Nightmare On Elm Street 2" and "Slaughterhouse Rock," he booked over 40 television appearances as a standup

comic. He also started the critically acclaimed improvisational group "The Bargain Basement Players" which played for three years at the Santa Monica Improv. Steve performs



all over the world for companies and comedy venues and recently had a starring role in the movie "Nice Guys." Show opener Shane Murphy. P-Hall

(KS). Early registration discounted rate March 17 – April 14, \$8. After April 14, \$10.

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

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

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

### Computer History Museum – Mountain View

Saturday, May 19 — 1751-03

Today's trip visits the heart of the Silicon Valley and offers a variety of exhibitions at the Computer History Museum. In addition to the landmark 25,000 square foot exhibition *Revolution: the first 2000 Years of Computing*, visitors can also see *Mastering the Game: A History of Computer Chess, the*



*PDP-1*, where visitors can play one of the earliest video games, Spacewar!, and the *Babbage Difference Engine #2*, a Victorian-era computer with 8,000 parts weighing five tons and measuring 11 feet in length. Arrive at the Museum for an 11:00 AM docent led tour, followed by lunch at the Museum Café. Give the Monitor your choice of sandwich options: *Roast Turkey and Cheese with Avocado*, or *Black Forest Ham with Swiss* or *Roast Beef* or *Vegetarian*. Lunch includes chips, soft drink and a cookie. Following lunch, you will have the opportunity to witness a demonstration of the Babbage machine. Depart OC at 8:00 AM, departure from the Museum at 3:30 PM and return to LH ~ 6:00 PM. \$86 which includes lunch. RSVP ♦♦ by 5/2.

### Baseball in Reno

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

This trip, for all you baseball fans, is another unique opportunity to view your favorite sport! Today we travel over the Sierra Mountains to the Aces Ballpark in Reno. Enjoy a great



view of the game from our Infield Reserved seats in Section 113

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

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

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



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

**Santa Cruz Boardwalk with Jerry Moorman**

**Thursday, May 31 — 1921-03**

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



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

**"Two's Company" – A Concert Featuring Vicki Lewis & Joan Ryan**  
**Saturday, June 9 — 5009-03**

Two stars of Broadway and television team up for an amazing evening of unforgettable showstopping duets by the greats... Carol Burnett, Julie Andrews, Judy Garland, Liza Minnelli, and more. You may recognize Vicki from the hit NBC series "Newsradio" and "Three Sisters." Aside from her successful television roles on "Murphy Brown," "Grace Under Fire" and "Seinfeld" to name a few, her list of Broadway roles is just as impressive with "Chicago,"



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

"Smash." Her on-stage credits include "Foot-loose," "Little Shop Of Horrors," "Joseph And The Amazing Technicolor Dreamcoat" and "Suds." Joan starred in the hit series, "Saved By The Bell" and "The Young and The Restless." Her voice has been declared a national treasure by critics. Together Vicki and Joan are a mesmerizing star duo that cannot be missed! The program will include songs from classics you love such as "Funny Girl," "Little Shop of Horrors," "Chicago," "Peter Pan," "Spamalot," "Gypsy," "The King and I," "Anything Goes" and more! Ballroom (OC) 7:00 PM Concert. Early registration discounted rate March 17 – April 14, \$16. After April 14, \$19.



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

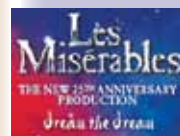
War Horse, presented in association with Handspring Puppet Company, is filled with stirring music and songs. At the heart of the show are life-sized puppets which bring a breathing, galloping, charging horse to thrilling life on stage. This is a powerful story of Albert's beloved horse, Joey, who has been enlisted to fight for the English in World War I. Joey is caught in enemy crossfire and ends up serving both sides of the war. Albert embarks on a treacherous mission to find his horse and bring him home. What follows is a remarkable tale of courage, loyalty and friendship. War Horse is the recipient of six 2011 Tony Awards,



including Best Play. Orchestra Seating. Following the 2:00 PM performance, the coach will drop you in Union Square (Post & Powell)) for shopping/dining on your own. Early purchase requested. Leave OC at 11:00 AM, return ~ 10:30 PM. \$95. RSVP ♦♦ by 6/1.

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

Based on Victor Hugo's classic novel, "Les Miserables" is an epic and uplifting story about the survival of the human spirit. The magnificent scores of this production includes the classic songs "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," "Do You Hear the People Sing?," and many more. Cameron Mackintosh presents a new 25<sup>th</sup> anniversary production with glorious new staging and dazzling reimaged scenery. We have acquired mid-orchestra seating for the 2:00 PM performance. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Early purchase requested. Leave OC at 11:00 AM, return ~ 10:30 PM. \$120. RSVP ♦♦ by 6/1.



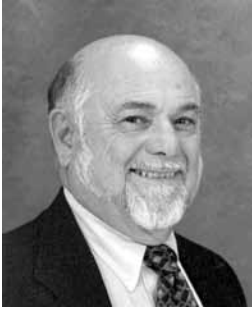
**2012 Music Circus Series**

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

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

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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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of singing and dancing. Sandy and Danny's romance sparks hit songs like "Summer Night" and "You're the One That I Want." Leave OC at 6:00 PM, return ~ 11:00 PM RSVP ♦♦ by 6/18.

• **The Little Mermaid**

Wednesday,

July 11 — 4530-03B

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



• **The Music Man**

Thursday, August 2 — 4530-03C

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



• **Fiddler On The Roof**

Wednesday,

August 15 — 4530-03D

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



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

So many unforgettable Gershwin songs, so much fabulous dancing! Everything you love about old-fashioned musical comedy – leggy showgirls, rousing dance numbers



and a goofy boy-meets-girl love story. Features "Someone to Watch Over Me," "Embraceable You" and "I Got Rhythm." Leave OC at 6:00 PM, return ~ 11:00 PM. RSVP ♦♦ by 8/13.

**Baseball • RiverCats Baseball Games Now On Sale**

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



Same as last season, seats are located in Senate Box (in the bowl area directly behind home plate). All selected games begin at 7:05 PM. Leave

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

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

**San Francisco Giants (AT&T Park)**

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



chosen because of the teams and afternoon starting time allowing us to

return home by ~ 7:00 PM. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave OC at 10:00 AM, return ~ 6:30 PM.

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

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

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

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

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

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

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

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

**Sold Out Trips/Events Thru April 20**  
Trip/Event • Date • Departure Time

- 3/19 Charm of Healdsburg 8:00 AM
- 3/29 USS Hornet Bus #1 8:30 AM
- 4/3 Speaker Series: Ling – Sacramento Community Theatre 6:45 PM
- 4/12 USS Hornet Bus #1 8:30 AM
- 4/17 Million Dollar Quartet – Sacramento Community Theatre 6:45 PM
- 4/18 Million Dollar Quartet – Sacramento Community Theatre 6:45 PM

**Art Classes**

**—Drawing—**

**Drawing Birds • Wednesdays,**  
April 4-25 — 1013-03B

9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$60(four sessions). Join us for this very fun class! Get your pencils, color pencils, and watercolor pencils ready and discover the many sizes, shapes, colors, and the various personalities of birds. This class is also open for beginners! Check supply list on your receipt. RSVP ♦♦ by 3/28.

**— Oils, Pastels & Acrylics —**

**Painting Pastels and Oils with Joan**  
Mondays,

April 16-May 14 — 1050-03

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

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deserving of a beautiful frame. Class divided based on student's art medium. **New students:** Ask for supply at registration. RSVP ♦♦ by 4/9.

### Impressionism and Landscape Painting with Oils and Acrylic Wednesdays,

**April 25-May 23 — 1033-03**

9:00-11:30 AM (OC). Artist/resident Tom Proctor. \$65 (five sessions, no class March 28). 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 4/18.

### -Mixed Media-

#### New Day! Mixed Media Collage Mondays,

**April 9-30 — 1140-03**

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



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

collage art and unique 3-D paper assemblages, suitable for framing. Collage art is free-spirited and inventive, using your favorite colors, textures and images combined with acrylic

paint and beautiful papers. One-on-one guidance provided; there is no possibility for a mistake in creating this artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists. **New students:** Ask for a supply list at registration from the instructor. Questions? Call Jo at 543-1357. RSVP ♦♦ by 4/2.

### Ceramics Classes

#### - Lladro -

#### Spanish Oil Painting • Wednesdays April 18-May 16 — 2063-03

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. **Pre-**



**requisite:** 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 4/11.

#### Lladro Workshop • Wednesdays, March — 2064-01C

**April — 2064-01D**

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

**April 3-24 — 2012-03A**

1:00-4:00 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn basic hand-building and wheel-throwing techniques with individual attention from Jim. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 3/27.

#### Advanced Ceramics • Tuesdays

**April 3-24 — 2012-03B**

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$54 (four sessions). For self-



motivated students/artists with established ceramic

skills. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 3/27.

#### Ceramics – All Levels • Thursdays, April 5-26 — 2011-03

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



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instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project you choose. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list from the Activities Monitor when you register. RSVP ♦♦ by 4/29.



## Computer Classes – Mac/PC

### iPad Class

**Saturday, March 31 — Sold Out**  
1:00-4:00 PM (KS). Instructor: Ken Silverman.

## Computer Classes – PC

### Android Tablet Workshop

**Friday, March 16 — 2531-02**  
9:00-11:30 AM (OC). Instructor: Len Carniato. \$30. Google's Android is dominant and best alternative to iPad when it comes to Tablet computers. Unlike Apple's closed system of hardware and software, the open-source nature of Android makes it inviting for many manufacturers to produce an Android-based device. Come to this seminar, bring your Tablet, connect to our free and fast Wi-Fi, and discover how to customize your Tablet to perform "your way." We will go through many of the settings that let your Tablet do amazing things, plus how to sync mail, contacts, calendar, data and much more. On the large screen, you will be able to see and preview the "Apps" we'll be discussing. **Prerequisite:** Have Gmail account. RSVP ♦♦ Now.

### Android Tablet Basics

**Friday, April 13 — 2531-03A**  
9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$30. Google's Android is ideal for Tablet Computers. The "open" nature of this system makes it inviting for many hardware manufacturers such as Samsung, Sony, Acer,

Toshiba, Kindle, Nook and others, to produce an Android-based device. Come to this seminar, bring your Tablet and discover how to connect to Free Wi-Fi in SCLH, McDonalds, Starbucks, at Home, onboard Ships and more. Learn how to customize your Tablet to "perform your way." Navigate screens; secure your device; customize E-mail, Calendar, the Web, Music, Photos and other basic Apps. This class is designed for all Tablet owners. **Prerequisite:** Have Gmail account. RSVP ♦♦ by 4/6.

### Android Tablet Intermediate

**Friday, April 20 — 2531-03B**  
9:00 AM-12:00 PM (OC). Instructor: Len Carniato. \$30. We'll go thru many of the settings that let your Tablet do amazing things. Learn how to "Synchronize" your Data, Calendar, E-mail, Tasks, Photos, Music, and Internet Passwords, between your Tablet, Smart-Phone and Home PC. Maximize use of your screens and secure your device using Advanced Widgets. Discover more ways to enjoy Apps like Radio, Music, Reading (and Listening to) Books, Watching (and Traveling with) Movies. Learn more ways to connect between devices such as Camera, Flash Drive, Home TV, and Backups. This class is designed for Tablet users looking to learn more advanced features. **Prerequisite:** Have Gmail account. RSVP ♦♦ by 4/13.



## —Digital Photography—

### Digital Photography

**Monday, Wednesday, Friday**  
**March 26, 28 & 30 — 2620-02**  
10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury. \$45 (three sessions). Are you tired of not knowing how to use your digital camera? Take this class and learn from our new instructor! Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD

screen, as well as what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Bring your camera and manual to learn even more. You may take



this class even if you do not own a digital camera. Handout fee (\$2) payable to instructor.

*About the instructor:* Roy got his first camera as a young boy and fell in love with the hobby. He is an adjunct instructor at many local schools and American River College for the past 12 years and came highly recommended by residents. RSVP ♦♦ by 3/19.

### Picasa

#### Wednesday, Thursday, & Friday

**March 28, 29 & 30 — 2570-02**

**Or April 25, 26 & 27 — 2570-03**

9:00-10:30 AM (OC). Instructor: Len Carniato. \$60 (three sessions). Photo editing using your computer is the rage these days and modern digital cameras make it easy to take great shots. Getting those photos stored and organized on your PC can be confusing, then touching up and sharing with friends and family can be daunting. Learn how to use Picasa, an excellent, intuitive and free program to organize, edit, email and share your photos. Combining lecture with hands-on class time, you will take home skills to do almost everything you want to do with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Comfortable using your home PC and know basic skills such as Email, Internet, Copy and Paste. RSVP ♦♦ by 3/21 or 4/18.

### Photoshop Elements 9 – Level I

#### Wednesdays,

**May 9, 16 & 23 — 2520-03**

1:00-3:30 PM (OC). Instructor: Roy Salisbury \$49 (three sessions). This is the number one consumer photo editing software. Learn hands-on how to improve and be creative with

your photos. Repair or restore your photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is applicable to Photoshop Elements versions 3.0 to 10.0 owners. After class, students may access PC lab to work on their photo projects. **Prerequisite:**



Basic computer knowledge recommended. Handout fee (\$2) payable to instructor. RSVP ◆◆ by 5/2.

## — Microsoft 2007 —

### Practical Excel Mondays & Wednesdays, April 2-11 — 2650-03

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class will focus on using Excel capabilities to organize lists. We all have lists, from our address book to our club duties and lists of “stuff” we keep. This feature in Excel makes it easy and best of all you can use these lists in Mail Merge applications for labels, name tags, letters etc. RSVP ◆◆ by 3/26.



## 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.

**GEDCOM – Exchanging Data  
Between Family History Programs**  
Thursday, March 15 — 2690-02A  
1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. RSVP ◆◆ Now.

**Searching Like A Pro**  
Thursday, March 22 — Sold Out  
Monday, April 23 — 2690-03A

1:00-4:00 PM (OC). Instructor: Bob Ringo. \$10. In the fall of 1999 the Google search engine went live and immediately changed the way researchers searched the web. At the same time the electronic availability of family records on the Internet literally exploded. Today millions of genealogists use Google to search the Internet not only for family surnames but also for information about the lives of their ancestors. In this class, learn to use the countless capabilities of Google to assist you in your family history search. You don't have to be a genealogist to benefit from this class. The tips and tricks presented will be equally applicable to anyone searching the Internet. RSVP ◆◆ by 3/15.

**Places and Mapping in RootsMagic**  
Friday, March 23 — 2690-02C  
Or Tuesday, April 10 — 2690-03B

1:00-4:00 PM (OC). Instructor: Bob Ringo \$10. **Prerequisite:** A familiarity and previous experience using RootsMagic. RootsMagic includes a worldwide place database with over 3.5 million place names. This place database can be directly accessed in the RootsMagic Gazetteer and is also used by RootsMagic's geocoding and mapping features. Learn to master these valuable features of RootsMagic by actually applying them on one of the Computer Lab's workstations. RSVP ◆◆ by 3/16 or 4/3.

**Getting More Out of Ancestry.com**  
Thursday, March 29 — Sold Out  
New Date: Wednesday,  
April 11 — 2690-03C

1:30-4:30 PM (OC). Instructor: Bob Ringo. \$10. Millions of genealogists use Ancestry.com each day to search

for their ancestors. Most of these millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ◆◆ by 4/4.

### Getting Started with Legacy Family Tree

Friday, March 30 — 2690-02E  
Or Friday, April 20 — 2690-03D

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



best genealogy programs on the market today. RSVP ◆◆ by 3/23 or 4/13.

### Getting Started with RootsMagic

Friday, April 6 — 2690-03E  
1:00-4:00 PM (OC). Instructor: Bob Ringo \$10. **Prerequisite:** Basic computer skills. RootsMagic is a genealogy database program that provides a place to enter information about one's family history. RootsMagic is an easy program for beginners to learn and use and it is one of the most powerful genealogy programs on the market. RSVP ◆◆ by 3/30.

## Cooking

### Cooking with Chef Roderick Savory Puff Pastry & Filo/Phyllo Dough Recipes

Tuesday, April 10 — 4013-03  
9:00-11:00 AM (KS). Instructor: Chef Roderick. \$15. Learn to prepare delicious and healthy recipes that in-



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Recipes will include: *Potato Leek Strudel & Leek Coulis, Quiche Tartlets, Mushroom Vol au vent & Truffle Cream and Potato Galette with Herb Whipped Goat Cheese & Apple Slaw.* Each student receives a copy of all the recipes during class. Spaces are limited, so register early. RSVP ♦♦ by 4/3.

## Crafts

### Intro to Card Making 101

**Fridays, April 6-27 — 3170-03**

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



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

with a cute basket. Classes are small so you will get lots of individual attention. All supplies and tools will be provided. Class size is limited so sign-up early. See display case for samples. RSVP ♦♦ by 3/30.

### Intro to Felting 101

**Wednesday & Friday**

**March 21 & 23 — 3042-02**

1:00-4:00 PM (OC). Instructor: Laura Healey. \$43 (two sessions). Nuno Felting is the fastest growing technique in modern felt making. Small amounts of wool are layered on a base of silk. During the felting process, the wool migrates through the weave.



The results are a fully-integrated and highly-textured scarf. It is incredibly lightweight and has a beautiful drape. In this class, everyone will learn different techniques to felt fibers, ribbon and yarn into the base of a scarf. We will cover layout, felting, fulling

and finishing. Students will bring home a completed scarf. All supplies will be provided and are included in the material fee. Material fee \$12 due to instructor first day of class. RSVP ♦♦ by 3/14.

## 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—

### Beginning and Easy Clogging

**Tuesdays, April 3-24 — 3572-03A**

1:00-2:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). This class is meant for dancers who have never clogged before and those "returning to clogging" who want to refresh their beginning skills. Class introduces and moves through the eight basic traditional clogging movements: Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel. Learn fun clogging dances with basic steps like Push Off, Triple, Rock Back, Triple Kick, Basic, and Turn to name a few. Bluegrass to Big Band to Contemporary Pop will help round out music choices. If there is enough interest, Buck Dancing will be introduced. Join Janice, a certified clogging instructor with over 30 years of American Folk Dance teaching experience. No special shoes required; flat-soled shoes recommended. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we'll have lots of fun. RSVP ♦♦ by 3/27.



introduces and moves through the eight basic traditional clogging movements: Step – Rock – Brush – Drag – Slide – Double Toe

– Toe and Heel. Learn fun clogging dances with basic steps like Push Off, Triple, Rock Back, Triple Kick, Basic, and Turn to name a few. Bluegrass to Big Band to Contemporary Pop will help round out music choices. If there is enough interest, Buck Dancing will be introduced. Join Janice, a certified clogging instructor with over 30 years of American Folk Dance teaching experience. No special shoes required; flat-soled shoes recommended. Bring enthusiasm, a bottle of water, a towel to mop your brow, and we'll have lots of fun. RSVP ♦♦ by 3/27.

### Fun and Intermediate Clogging

**Tuesdays,**

**April 3-24 — 3572-03B**

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor approval and/or new and returning students with

clogging experience. The next step beyond Beginner/Easy Intermediate Clogging, class introduces new dances taught at local/national workshops and steps to stimulate and bring your dancing skills to a new level. Music from Bluegrass to Lady GaGa and more. Learn and/or review Samantha, High Horse, Layover, Scotty, and lots more – too many to list. If you've been away from clogging for a while, now's the time to get back into it. Come join the fun. We'll be learning dances from the National Clog Dancing List as well as popular dances from NCCA. RSVP ♦♦ by 3/27.

### Performance and Technique

**Clogging • Tuesdays,**

**April 3-24 — 3572-03C**

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. RSVP ♦♦ by 3/27.

## —Country Couples Western Dance —

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

**Mondays, April 2-23 — 3532-03A**

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Western dancing is done to many types of music, Country being most

popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. In addition, we do freestyle dances like Two Step, Country Waltz, and Cha Cha. Instruction will be at a slower pace for beginners and those wanting a review of previously taught dances. If you don't have a partner, many of the dances could be done as an individual. Dances being taught in April: Rumba stroll, San Antonio stroll and Cowboy cha-cha. Some dances may be subject to change based on the experience level of students. RSVP ♦♦ by 3/26.

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

**Mondays, April 2-23 — 3532-03B**

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions).

This class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances being taught in April: Horseshoe, Cruising partner dance, review Waltz moves and new circle dance, if time permits. All are subject to change as we try to go at a pace suitable for participants. RSVP ♦♦ by 3/26.



### —Dancing with Dolly—

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

### Jazz/Musical Theatre Wednesdays,

**April 4-25 — 3920-03B**

4:15-5:15 PM Aerobics Room (OC). Instructor: Dolly Schumacher James. \$35 (four sessions). Exercises and technique used to create simple com-

binations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Master teacher/choreographer Dolly Schumacher James will guide you through all types of dance movement, jazz, musical theater and lyrical styles. Something new in every class. Come watch a class and see how much fun dance can be! RSVP ♦♦ by 3/28.



### Ballet • Thursday,

**April 5-26 — 3920-03C**

5:45-6:45 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James. \$35 (four sessions). For some reason when the word ballet is used, many women are intimidated. Ballet is the fundamental training for every type of dance: Jazz, Ballroom, Musical Theater, Tap, Country Line Dance, Folk Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength. It's not about dancing for the stage, or on pointe; it develops posture, core strength, grace, footwork, timing. It's the best all-round fun exercise conditioning program! RSVP ♦♦ by 3/29.

### Performance Dance with Dolly,

**Friday, April 6-27 — 3920-03A**

2:30-4:00 PM Aerobics Room (OC). Instructor: Dolly Schumacher James. \$49 (four sessions). For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and choreography. Routines are designed for the many performance venues within our community. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 3/30.



### —Hula—

### Hula • Thursdays,

**April 26-May 31— 3901-03**

1:15-2:15 PM (KS). New instructor:

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



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

### — Jazz —

### New Class! Jazz Technique

**Wednesdays, May 2-30 — 3930-03**

6:30-7:30 PM (Aerobics Room, KS). Instructor: Melanie Greenwood. \$40 (five sessions). 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. She also 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 4/25.



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## — Line Dance —

### Line Dance with Audrey

The next session for Line Dance Class with Audrey (I, II, III, & IV) will be announced in April's *Compass*. They will be ready for enrollment beginning April 17.

### Intro to Line Dance • Thursdays, April 26-June 14 — 3704-03A

4:30-5:30 PM (KS), Instructor: Yvonne Krause. \$48 (eight sessions). This



new class, meant for real beginners, is designed to introduce the basic line dance steps and dances at a very slow and easy pace. If you're new to line dance, or have tried Line Dance I, and it went too fast, this class is for you! Students will be introduced to common line dance terminology. Join Yvonne for a fun class that will prepare you to advance to more challenging line dance classes in the future. RSVP ♦♦ by 4/19.

### Line Dance Beginner Plus with Sandy • Tuesday,

April 24-May 29 — 3705-03A

9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$36 (six sessions). **Prerequisite:** Must have completed at least six months of Beginner Line Dance



I. Class is a step up from the Beginner I Line Dance class. The steps are the basic steps in line dancing, such as grapevine, coaster step, pivot quarter and half turns, many more. Students are expected to understand and execute basic line dance steps as instructors lead and teach the dances using line dance lingo. Class will be teaching slower-paced dances than Line Dance II. No partner necessary. RSVP ♦♦ by 4/17.

### Line Dance II

#### Beginner-Intermediate with Sandy Wednesdays,

April 25-May 30 — 3705-03B

9:00-10:00 AM (KS). Instructor: Sandy

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

### Line Dance III with Sandy Wednesdays,

April 25-May 30 — 3705-03C

10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$36 (six sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination;



weaves with syncopation; tags and restarts, many more. At this level, there is no limit on the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 4/18.

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

April 30-June 25 — 3704-03B

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions, no class May 28). As with the other beginner classes, this class will teach the basic fundamental steps of line dance. It's a great way to make new friends while enjoying the benefits of dance and exercise. RSVP ♦♦ by 4/23.

### Line Dance Beginner Plus with Yvonne • Mondays,

April 30-June 25 — 3704-03C

6:00-7:00 PM (KS). Instructor: Yvonne Krause. \$48 (eight sessions, no class May 28). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a

transition class from Line Dance I into Line Dance II. The dances become a bit more challenging but, at the same time, will incorporate what has been learned at the beginner levels making the dances fun and exciting providing exercise for mind and body at the same time. RSVP ♦♦ by 4/23.

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

April 26-June 14 — 3704-03D

9:00-10:00 AM (KS). Instructor: Yvonne Krause. \$48 (eight sessions). What our settlers started back in



the 1800's has spread throughout the world. In addition to the great choreographers in the USA, there are thousands of line dances coming into the country from around the world. This class incorporates more turns, shuffles, and syncopated steps as well as review of the fundamental line dance steps. RSVP ♦♦ 4/19.

## — Tap Dance —

### Tap Classes with Alyson

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Meador has been teaching tap for 30 years in dance schools throughout

Northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students, beginners to advanced, may choose from several technique classes. Choose any of the classes below that fit your schedule and comfort level.

*All Performance Classes will be on hiatus until August. Please note change in schedule before registering for the Technique class.*



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**Technique Class • Mondays,  
April 30-May 21 — 3553-03A**

10:00-11:00 AM (KS). \$20 (four sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 4/23.

**Advanced Technique Class  
Mondays, April 30-  
May 21 — 3553-03B**

11:00 AM-12:00 PM (KS). \$20 (four sessions). Class is geared more for tappers with advanced skill level but class is open for all who wish for a more challenging routine and dance steps. RSVP ♦♦ by 4/23.

**Beginning Tap**

**Tuesdays, May 1-29 — 3553-03C**

9:00-10:00 AM (KS) \$25 (five sessions). Introduction to the basic steps and terminology of tap dance. This is the perfect time to discover the joy of tapping. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Or, if you are not feeling comfortable, you can remain in the beginning class until you choose to move on. Minimum of 10 students required for the class. RSVP ♦♦ by 4/24.

**Technique Class**

**Tuesdays, May 1-29 — 3553-03D**

10:00-11:00 AM (KS). \$25 (five sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 4/24.

**Technique Class • Thursdays,  
May 3- 31 — 3553-03E**

10:00-11:00-AM (KS). \$25 (five sessions). Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ♦♦ by 4/26.

**Tap for Fun with Judy!**

Join us and enjoy a good workout while having fun. Judy has been dancing, teaching, and choreographing dance for many years. Not a perform-

ing group, it is designed for people who love to dance and kick up their heels!

**Mondays, April 23-**

**June 4 — 3551-03A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$42 (seven sessions). RSVP ♦♦ by 3/4.

**Fridays, April 27-**

**June 15 — 3551-03B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$48 (eight sessions). RSVP ♦♦ by 6/8.

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

*Class description of each class has been updated. Please read description of each class before enrolling. If you have any questions, please contact Dottie at 543-6005.*

**Introduction to West Coast Swing  
Wednesdays**

**April 4-25 — 3513-03A**

8:00-9:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music.



Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 3/28.

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

**April 4-25 — 3513-03B**

7:00-8:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks). **Prerequisite:** Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with Instructor's approval. RSVP ♦♦ by 3/28.

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

**April 4-25 — 3513-03C**

6:00-7:00 PM (KS). Instructor: Dottie Lovato-Macken. \$28 (four weeks). **Prerequisite:** Must know and be able to dance the basics, and basic variations of West Coast Swing and has attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 3/28.

**Driver Training**

**AARP Driver Safety Program**

**Tuesday, April 10 &**

**Wednesday, April 11 — 6055-03**

1:00-5:30 PM (OC). AARP member (\$22) for two-day session; AARP non-member (\$24); Instructor: Roger Kane. Resident must present current AARP membership card upon registration and pay at the Activities Desks to receive the discounted class fee. In cooperation with AARP, the Association brings back the convenience of attending a Driver Safety Course in our



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**Golf Cart Inspections at Orchard Creek Lodge**



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

**Golf Cart Registration (City/Lincoln) 8:00 AM at OC Lodge  
Thursdays, January 5 & 19**



**Fitness**

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

**—Small Group Training—**

Small group training can be a great option when you want to enjoy more personalized attention but spend less money than working directly with a personal trainer. Small group trainings are offered in a variety of formats and they provide much more focused attention to the participant's goals than traditional large classes. If you have a goal in mind, and enjoy having someone there to ensure that you are doing the exercises correctly, small group training is a great option for you! Sessions will have a minimum of four and maximum of six participants, and are held twice a week for four weeks.



**SGT — Posture Plus**  
**Wednesdays & Fridays, March 21-April 13 — 835000-P**

1:30-2:30 PM, Aerobics Room (KS). Instructor: Domine Suchomel. Sit and stand with proper posture and you will physically look 10 years younger, and 10 pounds lighter. Psychologically good posture conveys confidence, poise and leadership. Good posture results when muscles of the body

align properly. When your body's muscles and joints are balanced and supported correctly, you're better able to perform everyday activities such as laundry and going down a flight of stairs. This class will incorporate Pilates and Yoga, taking you through slow moving exercise of balance, flexibility and strength. The plus... each week will also include easy recipes and nutrition tips. **Four-week session \$135.** Register/Fitness Centers.

**SGT — First Steps to Fitness**  
**Mondays & Wednesdays, April 2-25 — 835000-S**

10:30-11:15 AM, Gables 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 Gables 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 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, March 26-April 18 — 835000-G1**

4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Train to play your best golf ever! This small group training will take your golf fitness to the next level. Golf requires a combination of strength, flexibility, timing, balance, power and endurance. This class



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

**SGT — Hydro Training**  
**Mondays & Wednesdays, April 2-25 — 835000-H1**

4:30-5:30 PM, Indoor Pool (OC). Instructor: Lisa Himes. Because of the properties of water, aquatic exercise is comfortable, safe, and a healthy form of exercise. Aquatic exercise provides a wonderful type of fitness program because not only does it lessen gravity's downward pull on the body, reducing stress on muscles and joints, but the hydrostatic pressure and buoyancy prevent the heart rate from elevating as much as it would on land, so a person can exercise harder in water than on land without overdo-

**Group Exercise Class Schedule!**

**Purchase a Punch Card at the Fitness Desk**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM	Stretch Express		Stretch Express		Stretch Express	
7:30 AM	Water Works	Hi-NRG Cycle*	Water Works	Mixed Level Cycle*	Water Works	
8:00 AM	Low Impact	Step It Up	Low Imp. Hi-NRG Cyc*	Step It Up	Low Impact	Low ImpactHi-NRG Cyc*
8:30 AM	Yoga I • Water Wks	Low Impact*	Water Works	Low Impact*	Cyc&Strength•Water Wks	
9:00 AM	Zumba	Core & Strength	Low Impact	Core & Strength	Low Impact	Yoga I Fusion*
9:30 AM	Circuit*	Strict. Strngth• Water Wks	Circuit*	Strict. Strngth• Water Wks	Circuit*	
10:00 AM	Low Impact	Yogafied	Zumba	Yogafied	Cardio Dance&Sculpt	Strictly Strength*
10:30 AM	Strictly Strength*	Pilates• Water Works	Everybody Can*	Pilates• Water Works		
10:30 AM	Splash Dance		Splash Dance		Splash Dance	
11:00 AM	Everybody Can		Piloga		Piloga	Strictly Strength*
11:30 AM	Arthritis Found. Aqua		Step/Sculpt• Joint Efforts		Arthritis Found. Aqua	
1:00 PM	Chair with Flair		Chair with Flair			
2:15 PM	Fall Proof\$		Fall Proof\$			
4:45 PM		H.I.T.		H.I.T.		
5:00 PM	Zumba	H2O Circuit	Zumba	H2O Circuit		

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### SGT — Bodybugg • Tuesdays & Thursdays, April 3-26 — 835000-A3

3:30-4:30 PM, Aerobics Room (OC). Instructor: Deborah McIlvain. Don't just set a goal, make it a reality!! This small group training will teach you how to balance the energy equation



between calories taken in and calories burned to effectively help you reach your health and

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

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### SGT — X-Train (cycle/row/TRX)

**Mondays & Fridays,**

**April 2-30 — 835000-X3**

11:30 AM-12:30 PM, Aerobics Room (KS). Instructor: Brandy Garcia. Don't miss this opportunity to enhance your



fitness with cross training! Increase your strength and decrease your body fat with X-Train. This class will incorporate the TRX

bodyweight suspension trainer to increase your strength, stamina, and energy. You will also learn to row and ride a spin bike with ease, efficiency, and have fun! Entry level to advanced participants are welcome. First class will be a technique and equipment settings class. Then the fun begins for eight straight classes. **Four-week session \$135.** Register/Fitness Centers.

### SGT — Bootcamp

**Mondays & Wednesdays,**

**April 11-May 7 — 835000-B4**

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,**

**March 26-April 18 — 835000-T3**

2:30-3:30 PM Aerobics Room (KS). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at

the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! **Four-week session \$135.** Register/Fitness Centers.



### SGT — “Fun”ctional Fitness

**Tuesdays & Thursdays,**

**April 3-26 — 835000-F4**

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,

**April 16-May 11 — 835000-P4**

7:00-8:00 AM, (KS) Aerobics Room. Instructor: Paula Ainsleigh. Transform the way your body looks, feels and performs and join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve your core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used

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

## —Circuits, Weights, Stretches—

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

**March 29-May 3 — 750500-02**

11:05 AM-12:00 PM, Weight Room (KS). Instructor: Julia Roper. Want the most out of your workout? Join this six-week in-depth, strength 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

### Waves! Beginning Circuit Class Tuesdays & Thursdays, March

**22-April 17 — 830000-02**

(No class Thursday, March 29.) 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.

### Basic Chair and Balance

**Friday, April 6-27 — 806000-03**

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 Desks.

### Reach for the Top/Stretch & Tone!

**Mondays, 12:00-1:00 PM,**

**April 2-23 — 805000-03**

**Tuesdays, 11:30 AM-12:30 PM,**

**April 3-24 — 801000-03**

**Thursdays, 11:30 AM-12:30 PM,**

**April 5-26 — 80300-03**

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 \$30.** Register/Fitness Desks.

## —Dance/Fitness Centers—

### Hot Hula

**Tuesdays, April 3-24 — 814000-03**

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

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

### Balletone

**Tuesdays, April 3-24 — 700000-03**

4:00-5:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. What do you get when you combine traditional fitness movements, ballet-inspired dance movements and the flow of yoga? A fun-flowing cardio class perfect for burning calories and sculpting your whole body. Strengthen muscles and core, increase cardiovascular fitness, flexibility and coordination. All set to upbeat music. **Four-week session \$40.** Register/Fitness Desks.

## —In the Pool—

### Core-N-More Deep Water Aerobics

**Mondays, April 2-23 — 760100-03**

**Wednesdays,**

**March 28-April 18 — 760000-03**

**Mondays PM and Wednesday AM,**

**March 28-April 23 — 760200-03**

Monday 5:35-6:30 PM, Wednesdays

9:35-10:30 AM, Indoor Pool (OC). In-

structor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate

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Aug 9	Bordeaux & Guggenheim	11	London	Lisbon	\$3399
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Oct 16	Sicily, Malta & Capri	11	Barcelona	Rome	\$3099
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achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. **Four-week session, \$35 one day/week or \$50 two days/week.** Register/Fitness Desks.

### —Walking—

#### Beginning Nordic Walking,

Will resume in May and June 2012.

#### Walk With Ease — Arthritis Foundation

**Mondays/Wednesdays/Fridays, April 2-May 11 — 752000-03**

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

### —Tennis—

#### Pro Tennis Lessons

**Sundays, March 25-May 6**

#### Beginners

**8:00-9:00 AM — 790700-02**

#### Intermediate

**9:00-10:00 AM — 790600-02**

#### Advanced

**10:00-11:00 AM — 790500-02**

(No class April 8.) 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.

### —Mind, Body, Spirit—

#### Extra Gentle Yoga (chair)

**Tuesdays, April 3-24 — 710000-03**

12:45-1:45 PM Aerobics Room (OC).

Instructor: Julie Boone. Julie has been sharing her love of Yoga with residents since 2000. This extra gentle class is an hour long and is adaptable to meet the needs of any student. Practice will include gentle stretching, energizing breathing exercises, and guided



relaxation. The chair is used for some seated postures and to assist balance in standing postures. Some floor exercises are included but modifications will be offered. Limit: 20 participants. **Four-week session \$39.** Register/Fitness Desks.

#### Gentle Hatha Yoga

**Tuesdays, April 3-24 — 710100-03**

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!" She offers a four-week series focusing on gentle yoga basics including warm-ups, standing and floor poses, inversions, pranayama (breathing exercises),

deep relaxation, and meditation. Julie will help students modify postures to find a level of stretch that is comfortable. While a physically gentle class, it is not "easy;" strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. **Four-week session \$39.** Register/Fitness Desks.

#### Evening Yoga (Hatha-Traditional Yoga)

**Tuesdays, April 3-24 — 711000-03**

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

Instructor: Susan Hayes. The season is changing, and so should your fitness



regime! Yoga has been proven to increase energy, flexibility, balance, and strength — all while reducing stress. The perfect spring cleaning

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

#### Evening Yoga and Meditation

**Thursdays, April 5-26 — 711100-03**

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. **Four-week session \$40.** Register/Fitness Desks.

#### Tai Chi

**Tuesdays, April 3-24 — 730100-03**

**Saturdays, April 7-28 — 730200-03**

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



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body tone. Mentally, Tai Chi teaches stress release and relaxation which bring about harmony of spirit and of mind, known as the moving meditation. Peli Fong has been a teacher of



Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. **Four-week session \$40.** Register/Fitness Desks.

### Spring Forest Qigong (SFQ)

**Thursday, April 5-26 — 745000-03**

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

### Gem Stone Cutting

#### Gem and Jewelry Open Workshop

Most Mondays and Wednesdays the Lapidary Shop, the 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.

#### Intro to Gem Cutting • Mondays, April 30-May 21 — 3081-03

10:00 AM-12:00 PM (KS). Instructors: Dave Fisk and John Neil, Gem & Mineral Society. Class \$20 (four sessions). Supply fee \$15 payable to instructor. Limit: six students. This “hands-on”



class provides instruction on safety and operation of lapidary equipment and methods and materials for creating cabochon gemstones. This course must be taken prior to equipment use during Gem and Jewelry Open Workshop sessions. Questions: Dave Fisk, 434-0747. RSVP ♦♦ by 4/25.

#### Lost Wax Jewelry Casting Mondays, April 30-May 21 — 3130-03

1:00-3:00 PM (class weeks one, two, & four); 8:00-9:00 AM and 12:00-3:00 PM (week three — March 19), (KS). Instructor: Dave Fisk. \$80. Materials fee \$20 payable to instructor first day of class. Learn basic techniques of millennia-old craft. Create wax model



of desired jewelry or object, invest the model in plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler's buff and other tools. Upon class completion, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Limit: six students. Requires separate acquisition of casting metal (gold/silver). Silver available from instructor at cost. Questions, contact Dave Fisk, 434-0747. RSVP ♦♦ by 4/25.

#### Jewelry Fabrication • Mondays, April 30-May 21 — 3161-03

1:00-3:00 PM. (KS). Instructor: Chuck Defrenzo. \$75. Learn basic techniques of metal jewelry sawing and soldering, more advanced techniques as time permits. Create a bezel setting for a

cabochon gemstone and finish using jeweler's buff and other tools. Upon completion of class, students may attend Gem & Jewelry Open Workshop for nominal fee to use equipment. No makeup classes. Maximum six students. Materials fee \$10 payable to instructor at first class. Requires separate acquisition of metal (gold/silver). *About the Instructor:* First introduced to custom jewelry mountings (silver and gold) at a local evening school class, Chuck has been creating custom jewelry mountings since 1960. His work has been displayed at Los Angeles County Fair, lapidary club shows and his talent has been tapped by the professional jewelry trade. RSVP ♦♦ by 4/25.

### Glass Art

#### —Fused Glass—

#### Fusing Glass Workshops • Mondays

**April — 3103-01D**

**May — 3103-01E**

4:00-6:30 PM except for last Monday of the month, 6:00-8:30 PM, (KS).



Moderator: Jordan Gorell. \$12 each day. Items limited to a six-inch square kiln space. Fusing enthusiasts: Bring glass and fusing projects and work on your designs. Students will share workshop time with stained glass enthusiasts. Sierra Room (KS). Pay at Activities Desk each day you attend the workshop.

#### —Stained Glass—

#### Stained Glass Workshops •

**Mondays,**

**April — 3103-01D**

**May — 3103-01E**

4:00-6:30 PM except last Monday of the month, 6:00-8:30 PM, (KS). Moderator Jordan



Gorell. \$12 each day. Workshop is for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new

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

## Jewelry

### Spiral Bangle • Tuesday

April 3 — 3012-03B

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$20. An easy way to spice up an outfit — a swirly bangle. Pick your colors; go for contrasting colors or shades of just one. This is a “TV project,” easy to do with one eye on the TV once you get started

with the pattern. Bangle can be made over a solid ring or made “free form” for those who prefer a

softer bangle or those whose wrists call for a custom fit. You’ll be hooked on these once you’ve made one; just imagine an armful of these with your favorite outfit! Check out some of the color possibilities in the samples at the Lodges. Students may not complete the bangle in class so instructor will demonstrate finishing the project and furnish detailed instructions. Project requires comfort working with smaller beads. Contact Cathie at billcats1@earthlink.net or 434-6667 if questions. Make sure you get the materials list when you register. RSVP ♦♦ by 3/27.



### Makin’ Tracks

Tuesdays, April 17 & 24 — 3012-03A

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$25 (two sessions).

What fun! Beaded “train tracks” join together. Choose a “long journey” for a necklace or a “short hop” for a bracelet. Both

are made of multiples of the same track-like component. Easy and fun to make – try a necklace, a bracelet,



or both! Check the samples in the display cases in the lodges for some ideas. Students should be comfortable with working with smaller beads. Contact Cathie at billcats1@earthlink.net or 434-6667 if you have questions about the class. Make sure you get the materials list when you register. RSVP ♦♦ by 4/10.

## Movie Musical

### Four by Sondheim • Wednesdays, April 18-May 9 – 4272-03

2:30-5:30 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). Explore one of the world’s greatest Broadway composers — Stephen Sondheim. In this four-week mini-course, we will explore four of Sondheim’s amazing musicals including “Company,” “Sunday in the Park with George,” “Sweeney Todd,” and “Into the Woods.” In each three-hour class, we will discover the inspirations and people who made possible these legendary Broadway classics. After this introduction, we will watch each show in its entirety followed by a discussion. So, get ready to enjoy an incredible afternoon filled with some of the greatest music by one of our greatest national treasures, Mr. Stephen Sondheim. RSVP ♦♦ by 4/11.



## Music

### —Guitar—

#### Guitar I – Introduction to Guitar

Next session will be announced in April’s *Compass*.

#### Guitar II –Continuation Beginner Level • Fridays,

March 16-May 4 — 4262-02B

8:30-10:30 AM (KS), Instructor: Bill Sveglini. \$70 (eight sessions). This class will continue to improve on the knowledge and skills learned from Guitar I: note reading, chords, strumming, finger picking, rhythms and basic music theory providing a

good foundation to move on to the higher classes. If you haven’t taken Introduction to Guitar but think your skill level fits this calls, please contact the instructor Bill at 899-8383 to determine if your skills fit the requirements of the class and get supply list. RSVP ♦♦ by Now.

#### Guitar III — Intermediate

Thursdays,

April 26-June 14 — 4262-03C

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions). This class continues the course of study in



Guitar II. Course of study will include: reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 4/19.

#### Guitar IV — Advanced • Thursdays,

April 26-June 14 — 4262-03D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$70 (eight sessions).

**Prerequisite:** Students must have instructor’s approval to enroll in this class. 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 4/19.

### — Keyboard —

#### Play in a Day Keyboard Class

Tuesday, April 3 — 4273-03A

10:00 AM-12:00 PM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$30. Have you always wanted to play the piano keyboard? If so, this is the class for you! The music experts of Music Exchange bring their wonderful “Play in a Day” music program to our community.

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Play in a Day is a two-hour keyboard class designed for the beginner who wants to see if it's possible to play a keyboard instrument. This fun class teaches students to read music, play chords and familiarize themselves with the keyboard. At the end of the



two-hour class, students will learn to play "Canon in D," "Ode to Joy" and a few other songs arranged for beginners. Class provides each student with a practice keyboard, workbook, a beginner music book and a CD with the musical background used in class. Class size limited to eight, so sign up early! Additional classes will be scheduled depending on student interest. RSVP ♦♦ by 3/27.

### Play in a Day Keyboard Continuation Class • Tuesdays, April 10-24 — 4273-03B

10:00-11:30 AM (OC). Instructors: Greg Isett and Karen Ramirez of Music Exchange. \$48 (three sessions). **Prerequisite:** Must have completed Play in a Day Keyboard Class. From the successful Play In A Day Keyboard class, this three-week class covers all topics needed to play piano, keyboard or organ. Learn music terminology, read notes, count & play all of the major/minor chords. Learn the basic setup of all keyboard brands. The one-and-a-half hour class provides lecture and hands-on. Keyboards provided. If you would like to purchase the two books used in this session they will be available at the first class. RSVP ♦♦ by 4/3.

### — Voice —

The next **Singers Vocal Boot Camp** session will be announced in April's *Compass*.

### — Travel —

#### The Castles of the Loire Valley, a Visual Tour

**Saturday, April 14 — 6162-03**

2:00-5:00 PM (OC). Instructor: Claire Michelet. \$23. Come and enjoy this breathtaking exploration of the Loire Valley, its amazing Castles, and its legendary "douceur de vivre" (sweetness of living). Visit Cheverny, Chambord, Blois, Chenonceaux, Villandry, Chinon, Azay-le-Rideau, and more, and discover the unique particularity of each location. This two-hour slide presentation will be followed by an hour of Q & A. RSVP ♦♦ by 4/7.

### — Wardrobe Planning —

#### Suitcase Savvy

**Wednesday, April 25 — 6160-02**

9:00 AM-12:00 PM. P-Hall (KS). Instructor: Marcia Van Wagner, world traveler! \$15. Do you travel with too much luggage and too many shoes, but never the "right" outfit? Do the airline regulations have you confused? Can you really travel with only a carry-on? Men and women: Learn about the categories of clothes and how to use your itinerary to plan a travel wardrobe from your closet whether your trip is one week or one month. Learn how to pack efficiently with unique packing aids in the smallest and fewest bags. And don't forget those 10 essentials we all need but rarely remember to pack. RSVP ♦♦ by 4/18.



### Sewing

*Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room (OC).*

#### Bernina Serger Certification

**Monday, April 9 — 4059-11C**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit — three. RSVP ♦♦ by 4/2.

#### Bernina Sewing Machine Certification

**Monday, April 9 — 4059-11C1**

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 4/2.

#### Janome Sewing Machine Certification

**Monday, April 9 — 4059-11C2**

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 4/2.

### Knitting

#### Intermediate Knitting • Mondays, April 9-30 — 4071-03

9:00 AM-12:00 PM (KS). Instructor: Nancie Wiseman. \$60 (four sessions).



**Prerequisite:** Must know how to knit, purl and cast on. Class is for anyone who knows how to knit but would like

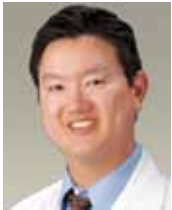
help reading instructions, checking gauge, working intarsia, cables, lace, short rows, and buttonholes, finishing, or improving general knowledge of knitting. Bring knitting and pattern you are working on or supplies to start a new project and Nancie will help you finish your knitted projects while you improve your knitting skills. *About the Instructor:* A 1992 International Design competition winner, Nancie designs and writes patterns for yarn companies and writes articles and knitting designs for major knitting magazines and written nine books on Knitting and Crochet and two books on Quilting. Class limit 10 so sign up early. RSVP ♦♦ by 4/2.



**Prostate Cancer – A Current Perspective**

**Wednesday, March 21 – Free**

7:00-8:30 PM, P-Hall (KS). David Yee, M.D., M.P.H., Urologist with the Sutter Medical Group, will discuss different aspects of prostate cancer, including the new studies on the effectiveness of prostate screenings. Dr. Yee treats a broad range of urological disorders of the male and female urinary tract, which includes the bladder, prostate, kidneys, and urethra. After a stint as a clinical instructor at Memorial Sloan-Kettering Cancer Institute, Dr. Yee returned to the Sacramento area to pursue his particular interest in robotic surgery, minimally invasive surgery, laparoscopy, oncology, kidney stones and benign prostate hyperplasia (BPH).



**Landscaping and Irrigation Essentials**

**Thursday, March 22 — Free**

1:00-3:00 PM, Front Ballroom (OC). Don't miss this one! Chris O'Keefe, our Senior Director of Facilities and Maintenance will introduce the speaker, Larry Gricich from Crossroads Landscaping. Crossroads keeps our common property looking good all the time! He will discuss the work that they perform plus basic information on landscaping and irrigation for residents. Join us and your questions will be answered!



**How Nutrition Affects Your Health**

**Wednesday, April 18 — Free**

7:00-8:30 PM, P-Hall (KS). How to

reduce your risk of cardiac disease will be the focus of this discussion by Board Certified Cardiologist, Stephen Peters, MD, and Certified



Holistic Health Counselor through the American Association of Drugless Practitioners, Janet Kaye, CHC. Dr. Peters focuses on lifestyle habits, exercise, reducing stress, and getting sugar out of your life. Janet Kaye will stress health and wellness from the inside-out by changing diet through better food and lifestyle choices. Dr. Peters and Janet Kaye practice at Roseville Cardiology, a Sutter Independent Physicians practice.

**Community Snake Update**

**Thursday, April 19 — Free**

2:00-4:00 PM. Front Ballroom (OC). "Knowledge is the antidote for fear,"— Ralph Waldo Emerson. Are you one of the millions of people who fear snakes? David Rich and John Parks, DVM, want to help you!



If you missed last year's outstanding presentation, come to this session. Our speakers use humor and facts to help you understand our local snakes and their role in our

lives. Hear firsthand what it is like to be bitten by a baby rattlesnake, and learn the truth behind many myths. There will be more room than last year, so bring your friends and come gain some knowledge. New handouts will be made available. Q&A will be continuous.

**Financial Abuse: Investigation, Prosecution, Education, Prevention**

**Wednesday, May 9 — Free**  
2:00-4:00 PM. Ballroom (OC). Neighborhood Watch and the Community Forum Task Force are co-sponsoring the Community Agency Multidisciplinary Elder Team (CAMET) of the Placer County District Attorney's



Office presentation of a case study on Undue Influence on an elderly victim of fraud and abuse in the community. The presenters, Suzanne Gazaniga, Supervising Deputy District Attorney, Sergeant Brian Whigam, Placer County Sheriff's Department, Karen Bone, Adult Protective Services, and Therese Adams, Elder Law Attorney will provide tips for preventing financial abuse and outline the current scams that plague our residents. There will be an opportunity for questions and discussion.

**Community Forums, Date, Time, Location**

- Prostate Health, Wednesday, March 21, 7:00 PM, P-Hall (KS)
- Landscaping/Irrigation - LH, Thursday, March 22, 1:00 PM, Fr. Ballroom (OC)
- How Nutrition Affects Health, Wednesday, April 18, 7:00 PM, P-Hall (KS)
- Panel Revw: Local Snake Situations, Thursday, April 19, 2:00 PM, Fr. Ballrm (OC)
- Financial Abuse & Scams, Wednesday, May 9, 2:00 PM, Ballroom (OC)
- Happy Feet, Wednesday, May 16, 7:00 PM, P-Hall (KS)
- History is Alive, Monday, June 14, 2:00 PM, Front Ballroom (OC)

**Lincoln Hills Foundation**

*Continued from page 15*  
shot — the next one is Wednesday, March 21 in the OC Ballroom (details on page 37). And in June, when they come out, get a 2012 DASAL packet for bargain savings at local restaurants and businesses (and thereby promote our local Lincoln economy!).

But third and most importantly, would **you** be willing to join Mark and the other Foundation officers (VP Jerry Johnson, Treasurer Bob Free, Secretary Jean Ebenholtz) in spreading the word about the Foundation? If so, send Mark an email at m1177@sbcglobal.net or call him (408-4146) and tell him you're ready, willing, and able!

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**Letting Go • Monday, March 19 — 877600-02**

2:00-3:00 PM, Gables/Heights (OC). Instructor: Lee Mahla, CRTS. Feeling overwhelmed? Too much stuff? Don't



know where to start? Lee, a professional organizer has walked hundreds of clients through the process of organizing and "letting go" of the stuff that weighs us down. Clearing your clutter can help to reduce stress and create safer, simpler living. **\$10. Register/Fitness Centers or Activities Desks.**

**Mini-Meditations for Health & Peace****Thursday, March 29 — 879000-02**

10:30 AM-12:00 PM, Multipurpose Room (OC). If you react to problems and would like to respond differently, Mini-Meditations are for you. They can be used any time, any place and even with your eyes open. Mini-Meditations (one to three



minutes) are like pushing a pause button, so you don't react in a way that causes your heart to accelerate, your body to release adrenaline and cortisol, and the unnecessary tension all of which leads to illnesses. Your brain remains calm, so you can figure out what to do. When your brain is calm, your body is peaceful. This class teaches you how to breathe and be at ease. You will create your own personal Mini-Meditation based on how you want to be. There will be time to practice your Mini-Meditation, ask questions and create a usage plan. The class is taught by Vicky Jackson, PhD, meditation teacher at Sierra Community College. She is currently writing her third book, *From brain chatter to A Peaceful Mind*. She teaches clients how to access their Wise Self to solve growth challenges. *Bonus: Vicky will share a few new research projects about effects of meditation on Alzheimer's disease.* **\$10. Register/Fitness Centers or Activities Desks.**

**Music Alive! • Wednesday April 4-25 — 872100-03**

1:00-2:00 PM, Fine Arts Room (OC). Instructor: Rachel Firchau, MT-BC, NMT-Fellow is a board-certified music therapist and has been a Neurologic Music Therapy Fellow since 2002. She began her career in 1998 but for the last nine years her focus has been on NeuroRehabilitation utilizing NMT treatments with variety of ages and populations. She continues to play organ professionally. Joyful music-making targeting overall well being, connecting with others and feeling good! No previous music experience necessary, just an appreciation of music and desire to feel good.



**Session 1:** Introduction: Sharing your favorite music. Bring two of your favorite songs to share with the group on CD or iPod. Forward titles to leader one week prior so we can sing/play some of the group's favorites.

Don't have the recording? No problem. Discuss memories, and share experiences with songs.

**Session 2:** Lyric Analysis of song(s) related to developing group theme. Live music-making directed by leader.

**Session 3:** Live music-making. Begin group song writing on theme from previous session.

**Session 4:** Complete song writing, and record. Each participant will be provided a copy on CD.

**\$40 (includes cost for CD). Register/Fitness Centers or Activities Desks.**



Megan Cowart  
Wellness Program  
Coordinator

# Be

Inspired ~ Engaged ~ Well

*Lincoln Hills Wellness Program is designed to inspire you to create and reach your personal life goals, to enjoy being engaged in your community, to seek out what brings you joy, and to achieve a better quality of life. Check this section each month for future Wellness opportunities.*

**Expressive Writing****Thursday, April 5-26 — 872200-03**

1:00-2:00 PM, Gables / Heights (OC). Instructor: Elizabeth Wescott, Founder Gila Writers at Gila Regional Medical Center, NM; Spring Forest Qigong Certified Level 1 Instructor, graduate Attitudinal Healing Facilitator Training and Tribes: Community Learning Workshop. Expressive writing is like any art form. It has the ability to put us in touch with things that are beyond the reach of the linear thinking of the left brain. Many write in this way to claim their own voice, to connect with their own life experiences in a way that is helpful. Some participate as an adjunct to medical treatment or as a release of stress. Some who participate in expressive writing groups are writers who use this format to enter into a flow that may not be possible when writing for anyone but ourselves. Many participants have no writing experience! Medical researchers and psychologists have studied the effects of expressive writing on health. Thus, we know that self-expression through writing has a measurable positive effect on both healthy people and patients suffering with illness. Expressive writing can shape, mold and reframe human experience. Expressive Writing has been shown to: Improve family relationships; Reduce stress; Improve quality of life; Decrease symptoms; and Strengthen immune system. **Please bring a pen and notebook to each session. \$32. Register/Fitness Centers or Activities Desks.**

**Let's Talk About Advance Health Care Directives****Friday, April 6 — 863100-02**

1:00-4:00 PM, Solarium (OC). Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Re-



Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive?



What scenarios might I encounter where having an Advance Directive would help? How do I choose who will be my agent? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. \$10 Register/Fitness Centers or Activities Desks.

### Spring Renewal Retreat

**Sunday, April 22 — 820500-03**

To celebrate April – Stress Awareness Month — The Spa at Kilaga Springs will partner with the Kilaga Springs



Fitness Team to sponsor our first “Spring Renewal Retreat.” This retreat is about finding your center, focusing on how to be aware of mind, body and spiritual wellness. The package will include meditation time, a 30-minute massage, yoga, a longevity speaker and lite lunch. Retreat is limited to 12 people so please reserve your spot today. \$75. Register/Fitness Centers or Activities Desks.

### Financial Wellness — The Wisdom of Warren Buffett

**Tuesday, April 24 — 870000-03**

10:30 AM-12:00 PM, P-Hall (KS). Instructor: Russ Abbott.

We will explore the various finding and investment principles from arguably the most famous investor of all time. The book *Value Investing* and *Buffettology* will be used to analyze his work. Learn to invest like Warren! \$5. Register/Fitness Centers or Activities Desks.



## The Prostate

*Continued from page 17*

to tell by the “finger wave” whether there are lumps or bumps, whether the prostate is abnormally tender, and to estimate its size. These findings plus the man’s history and symptoms will help determine the need for further investigation. Since the National Preventive Health Task Force came out in 2011 serving notice that the PSA (Prostate Specific Antigen) will no longer be considered a reliable *screening* tool for prostate cancer, the medical community is split in opinion on the use of that blood test. There will still definitely be times that the PSA is a useful test, but this should be discussed with your physician.

As with any cancer, prevention or at least early detection of prostate cancer is the ideal. At times, the best treatment is “no treatment,” but at other times it can be life-saving to treat prostate cancer. Learn details by attending *Prostate Health*, featuring David Yee, MD, on **March 21** (see page 86).

## Did you know...

that Sutter Roseville Medical Center offers many programs and services designed for your community? These include:

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



sutterroseville.org



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Medical Center

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## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane  
Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

Public Website:

[www.suncity-lincolnhills.org](http://www.suncity-lincolnhills.org)

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### Fitness

OC Fitness Center 625-4030

KS Fitness Center 408-4683

Fitness Center Information Only 408-4634

Director of Fitness, Brandy Garcia

625-4031 [brandy.garcia@schca.com](mailto:brandy.garcia@schca.com)

Asst. Director of Fitness, Lisa Scroggs

258-8289 [lisa.scroggs@schca.com](mailto:lisa.scroggs@schca.com)

### Food & Beverage

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of F&B • Jerry McCarthy

625-4049 [jerry.mccarthy@schca.com](mailto:jerry.mccarthy@schca.com)

### Food & Beverage / Catering

Banquet Sales Manager Meghan Louder

625-4043 [meghan.louder@schca.com](mailto:meghan.louder@schca.com)

### Lifestyle

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Orchard Creek 625-4022  
Kilaga Springs 408-4013

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625-4002 [kay.kerenyi@schca.com](mailto:kay.kerenyi@schca.com)

Class Coordinator • Diane Kemper

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Club & Room Booking Coordinator

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625-4000 [bertha.mendez@schca.com](mailto:bertha.mendez@schca.com)

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408-4290

Spa Manager • Tina Ginnetti

408-4071 [tina.ginnetti@schca.com](mailto:tina.ginnetti@schca.com)

### Wellness

Wellness Program Coordinator • Megan Cowart

625-4032 [megan.cowart@schca.com](mailto:megan.cowart@schca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 5:00 PM

### Activities Registration: OC & KS

Monday-Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

### Administration Offices & Membership

Monday-Friday 8:00 AM - 4:00 PM

Saturday (First only) 8:00 AM - 12:00 PM

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Sat./Sun. — OC 7:00 AM-8:00 PM

Sat./Sun. — KS 6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-5:30 PM

Sunday 7:30 AM-3:30 PM

### Meridians

Monday-Saturday

Breakfast 7:00-10:30 AM

Lunch 11:30-3:00 PM

Dinner 5:00-9:00 PM

Sunday

Breakfast 7:00-10:00 AM

Brunch Buffet 10:00 AM-3:00 PM

Dinner 5:00-9:00 PM

### Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

## General Numbers

American Private Security

24 hour Dispatch 1-800-983-1932

### Golf Shop

General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

[ssilva@lincolnhillsgolfclub.com](mailto:ssilva@lincolnhillsgolfclub.com)

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[SacReno@DelWebb.com](mailto:SacReno@DelWebb.com)

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*Compass* — A monthly magazine established August 1999

**Editor:** Jeannine Balcombe **625-4020**

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**Advertising:** Judy Olson **625-4014**

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**Photography:** DeAtley Cahill

**Layout/Design:** Aspen TypoGraphix

**Printing:** Fruitridge Printing

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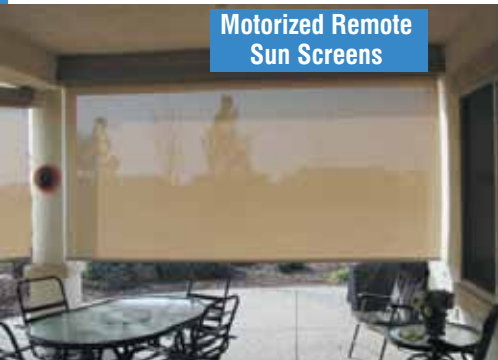
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