

The Official Magazine of Sun City Lincoln Hills

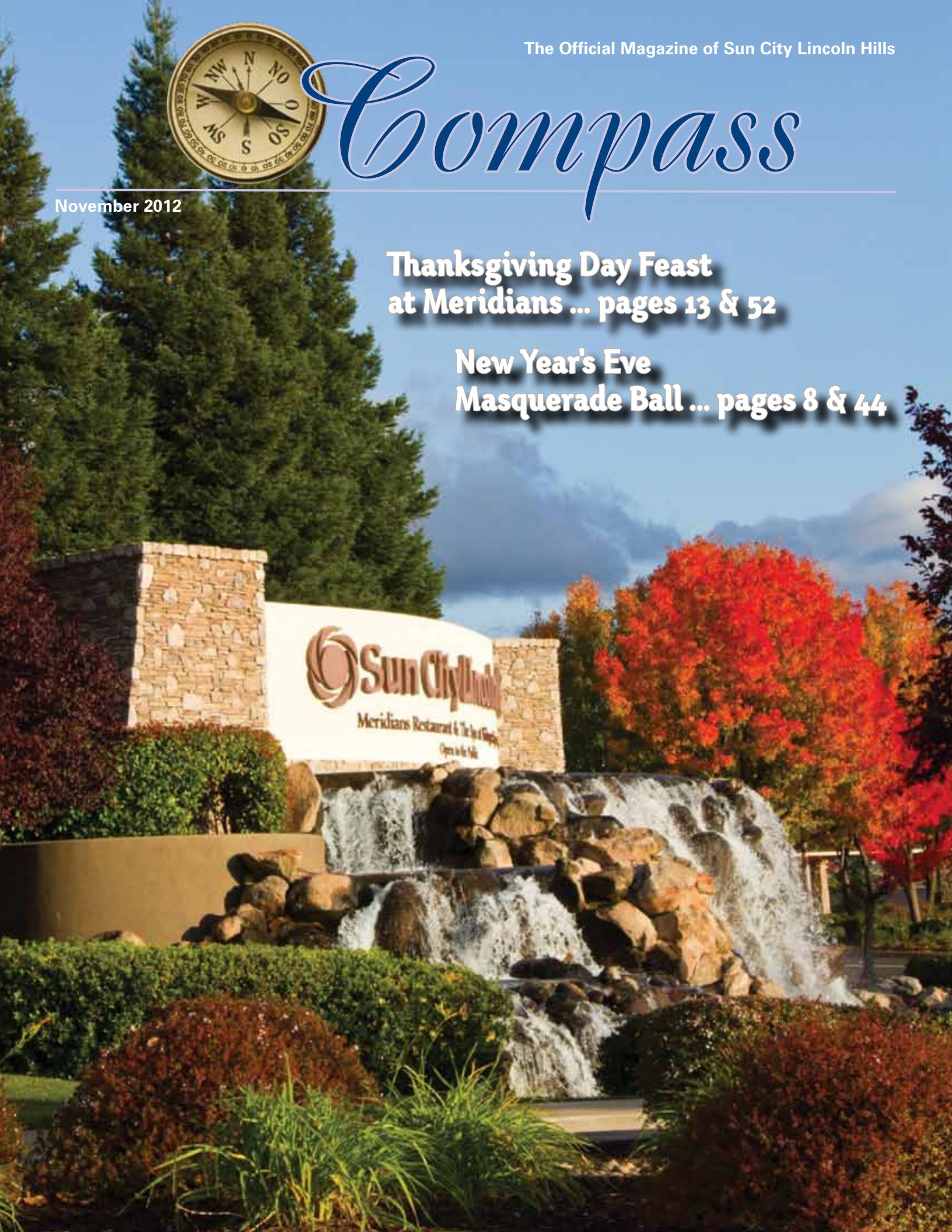


Compass

November 2012

**Thanksgiving Day Feast
at Meridians ... pages 13 & 52**

**New Year's Eve
Masquerade Ball ... pages 8 & 44**



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On the cover

The southern entrance to Sun City
Lincoln Hills at Joiner Parkway
Cover photo by contest winner
Phil Robertson; see page 3 for details



Board of Directors Report

It Has Been a Great Four Years

John Kightlinger, Treasurer, SCLH Board of Directors

Since this will be my last article as a Board member, I thought it might be interesting to look back over these past four years.

My first impression is the same now as when I drove by the waterfalls and the surrounding landscape four years ago after I was elected to the Board. What a beautiful place to enjoy your aging years with great friends and neighbors. The trees and shrubbery are bigger. Some of the grass has been replaced with drought-resistant plants or bark but the beauty still remains. The street lights seem brighter and illuminating the sidewalks and streets better, could this be the new LED lights? People are still walking alone or with their dogs and meeting new neighbors in the mornings and evenings.

The Orchard Creek Lodge from the outside looks the same but the inside has really changed. The Community Living

Room (OC) seems to be better organized and not as cluttered with loose magazines or papers. I wonder if this is because the library volunteers keep it so organized or



"Scarlet Lane" by James Wronkiewicz

whether the residents have learned to pick up after themselves.

My next observation was that the hall carpet is showing wear and I know it will
Please see "Board of Directors" on page 7

Committee Openings

Compliance Committee

David Stone, Compliance Committee Chair

Looking for excitement and adventure and a chance to keep our community a really great place to live? Consider joining the Compliance Committee which ensures that we all adhere to those rules and regulations we agreed to when we bought our homes.

We are involved in resolving complaints about violations of our governing documents. We hold hearings where we listen to all sides of disputes, apply the laws and rules that are relevant, and determine if a violation has occurred. If a violation is found, the matter goes to the Board of Directors who have the final say as to whether a fine or penalty is assessed. Applicants need only bring a willingness to listen, to consider the facts in an unbiased manner, and to apply common sense and fairness to their decisions. Applications can be found on the SCLHCA resident website or at the front desks (OC/KS).

Finance Committee

Hank Lipschitz, Finance Committee Chair

The Finance Committee currently has one opening, and is looking for a volunteer to join our team. If you have an interest in helping our Community and can dedicate the time, we encourage you to apply. The Financial Committee holds a crucial role in maintaining the quality of our lifestyle here at Sun City Lincoln Hills. Those with Business or Financial backgrounds are strongly encouraged to apply, but all candidates will be considered.

Community Members interested in joining our team are invited to apply for two-year terms. You can download a Committee Application from our SCLHCA resident website: Click on Document Library, then Forms, then Association Resident Forms. Or pick one up at the front desks (OC/KS).

Need more information? Contact me at 408-8568 or finance.committee@suncitylincolnhills.org.

Upcoming Association-Related Meetings

Date • Time • Place November 15-December 31

Golf Cart Registration	Thursday, November 15, December 6 & 20, 8:00 AM, OC Lodge
Board of Directors Meeting	Thursday, November 15, 9:00 AM, Front Ballroom
Board of Directors Special Meeting	Thursday, November 15, 10:30 AM, Front Ballroom
Board of Directors Executive Session	Thursday, November 15, 11:00 AM, Heights
Strategic Advisory Committee Meeting	Monday, November 19, 11:00 AM, Gables
ARC/Architectural Review Committee	Monday, November 26, 9:00 AM, Heights
Strategic Advisory Committee Meeting	Monday, December 3, 11:00 AM, Gables
CCOC/Chartered Clubs/Community Orgs.	Tuesday, December 4, 9:30 AM, Oaks
CCRC/Communications & Comm. Rels.	Tuesday, December 4, 1:30 PM, Oaks
Compliance Committee Meeting	Wednesday, December 5, 10:30 AM, Oaks
Special Finance Committee/Special BOD	Thursday, December 6, 1:30 PM, Terra Cotta (KS)
Elections Committee Meeting	Friday, December 7, 10:00 AM, Fine Arts
ARC/Architectural Review Committee	Monday, December 10, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, December 11, 1:00 PM, Fine Arts
Listening Post	Wednesday, December 12, 9:00 AM, Solarium
Strategic Advisory Committee Meeting	Monday, December 17, 11:00 AM, Gables
Finance Committee Meeting	Wednesday, December 19, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, December 20, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, December 20, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, December 20, 11:00 AM, Oaks

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Compass Cover Contest: The talent in our community is tremendous and we were pleased that 15 resident photographers submitted their photos depicting autumn in SCLH for our *Compass* cover contest. There were many excellent photographs and it was a difficult decision for the nine *Compass* staff judges. Phil Robertson submitted the winning photo and his

entry is on this month's *Compass* cover, earning him bragging rights and a \$100 SCLHCA Gift card. **Congratulations Phil** and a sincere thank you to all the other talented photographers who entered their photos for consideration! Two other entries are shown on these two pages. This was a fun experience that we will offer periodically and hope you will submit your photos for publication either in the *Compass* or on our websites.



The Holiday Food Drive and Toys for Tots collections begin this month and go through mid-December. Your donations serve families in Lincoln. Lincoln Host Lions Club Food Drive and Toys for Tots Semper Fi collection boxes have been placed in both Lodges and Fitness Centers. Thank you for caring and for your generosity.

The annual SCLHCA Holiday Open House will take place Thursday, December 20 between 2:00-4:00 PM in the Orchard Creek Lodge Community Living Room. Please stop by to enjoy some holiday fare, entertainment, bid good tidings to your
Please see "Connections" on page 82



"Autumn at SCLH" by David Whorf

Calendar of Events

November 15-January 31

Date	Event	Page #
11/15	Book Discussion: <i>State of Wonder</i>	21
11/15-17	LH Players: "Yankee Doodle Dandy"	29, 41
11/19	Genealogy "Coroner's Records"	25
11/19	Comedy Night at OC Ballroom	41
11/20	Wearable Arts Fashion Show	27
11/27	e-Waste Recycling	41
11/27	Finc. Wellness: Accurate Research/Honest Advice	85
11/28	"Caregivers: Getting Ready for Holidays"	19
11/28	Bus Trip: "Lion King"	54*
11/28	Forum: "Challenges to Aging in Place"	10, 82
11/28	"Advance Health Care Directives"	85
11/30	Bus Trip: Irish Christmas	54*
12/02	Grandkids Santa Adventure	41
12/03	Comedy Night at OC Ballroom	41
12/04	LH Players Auditions "Sex Please We're Sixty!"	29
12/04	Bus Trip: Speaker Series — Bill Clinton	54*
12/05	"Exploring the Planets — An Update"	19
12/05	Bus Trip: Red Hawk Casino	41
12/06	Bus Trip: deYoung Museum, Wm. Paley Collection	41
12/07	Holiday Dinner Dance with Metro Swing Band	42
12/09-11	LH Chorus: "Choral Holiday Tapestry"	22, 42
12/10	"Review of Local Birds" Pre-Bird Count	20
12/10	Bus Trip: McHenry Mansion Christmas Tea	54*
12/11	"Self-Care for Caregivers"	85
12/14	Bus Trip: Cornish Christmas	42
12/16	Bus Trip: Victorian Christmas	42
12/18	Concert: Franc D'Ambrosio's "Christmas in NY"	43
12/19	Bus Trip: San Francisco Shopping	43
12/20	Bus Trip: SF Giants Ballpark Tour	43
12/20	Holiday Community Celebration	45
12/31	LH New Year's Eve Masquerade Ball	8, 45
01/03	Bus Trip: Crocker Art Museum/Norman Rockwell	45
01/11-12	Vaudeville Troupe: "The Cavalcade of Stars"	32, 48
01/15	e-Waste Recycling	48
01/15	Bus Trip: "Nunset Boulevard"	48
01/15	New Resident Orientation	48
01/17	Bus Trip: California Academy of Sciences	48
01/18	Concert: "JOEL — Music of Billy Joel"	48
01/22	Bus Trip: Broadway Sacramento, Rock of Ages	50
01/22	Comedy Night at KS	50
01/24	Bus Trip: Colusa Casino	50

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

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Visit our website at: www.CarolanProperties.com for the most current information on the community.

Strategic Advisory Committee

SAC Goals: Nearing the Finish Line!

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

Strategic Initiative Teams (SITs) Reports

Four of our five SITs findings were received by the full committee in October.



► **2007 Report Review (SIT-A)** Agnes Valdez summarized the team's review of the eight sections in the 2007 SAC Report with preliminary conclusions including:

- ◆ Trend data on participation in activities, classes, groups and clubs confirms that SCLH is a vital and active community;
- ◆ Types of classes have expanded each year and clubs and groups have been added to meet changing interests;
- ◆ SCLH is financially sound: reserves are well funded and revenue centers are making progress toward fuller support of costs of operation;
- ◆ Capital expenditures have proven positive (e.g. remodel of Sports Bar)

► **Vision, Values, Expectations and Initiative Statements (SIT-B)** a draft vision statement was presented for review by the committee.

► **Survey and Statistical Analyses (SIT-C)** Denny Valentine reported the team worked through a number of draft reports from the professional survey research firm, BW Research Partnership (BWR), and presented the latest draft report for

Board of Directors' Election News

The Elections Committee is announcing four candidates running for four open positions in the 2013 election for the Sun City Lincoln Hills Community Association Board of Directors to be held in February:

- **Jim Leonhard**
- **Martin Rubin**
- **John Snyder**
- **Denny Valentine**

To learn more about these candidates and how they will represent you, attend one or more of the Candidate Forums. Below is a schedule of election events:

- **Candidate Forum Session #1**
Wednesday, January 16, 2013
10:00 AM, Presentation Hall (KS)
- **Candidate Forum Session #2**
Saturday, January 19, 2013
10:00 AM, Presentation Hall (KS)
- **Annual Membership Meeting** to present the new Board to the SCLH community.
Thursday, February 21, 2013
1:00 PM, Orchard Creek Lodge

modification by the committee as a whole. BWR presented their final survey findings to the residents at large during a Community Forum on November 9.

► **Residents' Future Lifestyle and Environment (SIT-E)** David Stone presented the Life Transitions Team's report of findings concerning how similar communities handle lifestyle transitions. The findings will be considered by the full committee (concurrently with survey findings and additional data) to help identify future lifestyle needs and priorities for SCLH.

With the excellent progress made recently, SAC will now begin to draft its final report and remains on track to present that report to the current Board of Directors in January or February of 2013.

We end this article on a sad note: in September, Lee Guth passed away unexpectedly. Lee was a highly-valued member of SAC whose efforts in organizing

and managing the resident survey were exceptional. He is greatly missed by all who knew him and worked with him. Our sincere condolences are extended to his family and friends.

Activities News & Happenings
Exciting and Memorable Moments

Lavina Samoy, Lifestyle Program Manager



The San Francisco Giants' sweep of the Detroit Tigers during the 2012 World Series was such an exciting and nail-biting experience for fans like me. The final game's score (4-3 Giants) could not have been any more thrilling!

Though not as big as the World Series, the Activities Department works hard to create exciting and memorable
Please see "Activities" on page 82

Holiday Hours of Operation by Department

	Administration	Activities Desk	Fitness	KS Cafe	Meridians	Spa at KS
Weds., November 21	Normal hours	8:00 AM-5:00 PM	Normal hours	Normal hours	Normal hours	Normal hours
Thurs., November 22	Closed	Closed	6:00-11:30 AM	Normal hours	Thanksgiving Feast	Closed
Fri., November 23	Closed	10:00 AM-4:00 PM	6:00 AM-5:30 PM	Normal hours	Normal Hours	Normal hours
Sat., November 24	Closed	8:00 AM-6:00 PM	Normal hours	Normal hours	Normal Hours	Normal hours
Mon., December 24	8:00 AM-2:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	7:00 AM-2:30 PM	9:00 AM-2:00 PM
Tues., December 25	Closed	Closed	Closed	Closed	Closed	Closed
Mon., December 31	8:00 AM-2:00 PM	8:00 AM-1:00 PM	6:00 AM-2:30 PM	Normal hours	New Year's Eve Event	9:00 AM-2:00 PM
Tues., January 1, 2013	Closed	Closed	6:00 AM-5:30 PM	Normal hours	Normal Hours	Closed

Don M. Branner

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The Board of Directors voted October 17, 2012, to post and publish the following resolution for resident comment prior to final Board action scheduled in December. Comments should be directed to the Executive Director or individual BOD members via US mail or their dedicated email found on page 86 of this Compass magazine.

Resolution 2012.04 of Sun City Lincoln Hills Community Association

The following action was taken at the meeting of the Board of Directors (the "Board") of Sun City Lincoln Hills Community Association (the "Association") held on _____, at which a quorum of directors was present.

Whereas, The Association recognizes ambiguous language in section 2.06, b, (i) of the CC & R's, and,

Whereas, The Association wishes to clarify the language to provide clear direction to resident homeowners who wish to lease or rent their properties within Sun City Lincoln Hills, and,

Whereas, Under Section 9.01. d, of the Bylaws of the Association, the Board of Directors has the authority to adopt rules for the Association, and,

Be it now therefore resolved that the following rule is adopted: Leases of homes owned by Members of the Association within Sun City Lincoln Hills are required to be for a term of a minimum of ninety (90) days. All

lease extensions of an existing lease shall be for a term of a minimum of ninety (90) days with specific start and end dates and copies provided to the Association. Leases that are conversions to month-to-month tenancies are prohibited since they are not consistent with this rule. Lease agreements in place upon approval of this rule are deemed to be in compliance for the existing tenant only and until the existing lease agreement for that tenant is modified. Any modification of any kind to an existing lease agreement will need to comply with the provisions of this rule.

I hereby certify that:

I am the Secretary of the Sun City Lincoln Hills Community Association Board of Directors.

The Board of Directors at its _____ meeting adopted the above resolution.

Gay Mackintosh, Secretary

Date

Board of Directors

Continued from page 2

be replaced this year from the Reserve Funds. Meridians makes me feel I am in another world. It was beautiful four years ago but stands out as really beautiful since the remodel with the glass divider, up-to-date wall colors, dent-free tables, new window shades and better server access.

The Sports Bar was next. The bar relocation and additional seating area which was added two years ago was probably one of the best expenditures from the restricted financial fund that has been made. The increased revenue should meet the payback calculations when the addition was proposed. It is really nice seeing our residents and friends enjoying this amenity with the new appetizer food selections.

The Wave, oops!, Fitness Centers, have many new features: the expanded exercise area; new classes for physical therapy; and a display area for items we can buy to advertise SCLH. The biggest change is the refurbishment of the pool areas and the pool treatment equipment to reduce the chlorine smell. It should also be mentioned that the increased golf cart and handicap parking spots at both Lodges seem to be a welcome addition to the residents.

The Sports Pavilion looks about the same, some of the vacant lawn areas have been filled with new amenities or have been mowed really short to accommodate the croquet course. I wonder if croquet is the new-found sport in SCLH since some energetic resident found the balls and mallets. Parking and use of the facilities seems too crowded at some hours and vacant at others, something else that has not changed in the last four years.

When I look at the *Compass* and our website, they are always asking for volunteers for committees. It seems we have not found the secret to keeping these very important openings filled. This is very evident in the Board of Director elections where we have had two elections in the last three years by acclamation because of lack of volunteer candidates. Volunteering is what makes SCLH such a vibrant and active community and I hope it continues in the future.

It is a welcome financial picture to see The Spa at Kilaga Springs and the Food & Beverage Department continuing their drive towards profitability. The audited Association financial statements for the past four years show a favorable variance of revenue versus expenses which has allowed the Association to add to our assets and keep the monthly dues low. The dues have increased only one dollar in the last four years.

This wonderful journey must come to an end. I believe my performance on the Board has been to the betterment of the residents and the Association. The Board has held many open workshops, settled resident legal suits in favor of the Association, settled a legal suit with Pulte/Del Webb on the ADA issues, provided direction to staff for more detailed yearly business plans and increased our assets by approximately \$1,600,000.00.

Pat and I take part in many of the events, trips and classes offered by staff and we appreciate how they continuously develop new programs to keep our interest. Recently we participated in the overnight trip to Calistoga, and took several cooking classes taught by our own Chef Roderick. We look forward to enjoying more of these programs and events in the coming year and seeing you there. Enjoy your holiday.



*New Year's Eve
Masquerade Ball
at Orchard Creek Lodge*

Freestyle Band with Cheryl Tiburzi

and
DJ Tom

**3- Course Meal Interactive Entertainment Keepsake Portrait
Fireworks and Free-Flowing Champagne at Midnight**

*Oven Roasted Salmon, Grilled Five-Spice Pork Chop or
Winter Squash Ragout, \$69 - \$80*

Grilled Filet Mignon or Seared Sea Scallops, \$79 - \$99

Prices vary based on dining location and meal selection.



Tickets available at the Activities Desks

"Hustle & Bustle & Thanks!"

Kimberly Parsons, Community Standards Manager

As the holiday season is upon us, we get into the hustle and bustle of it all. It's not only a wonderful time of the year, but it can be a little stressful too. With family coming and going, decorations being hung and displayed and all of that shopping to do, it's no wonder we are all worn out by the time the New Year is rung in.

On the same note, this is a perfect time to reflect on all we have in our lives. There is much to be thankful for; it's just a matter of where we place our focus. I am thankful to be a part of this Association and your community, and to be working with each of you every day.

Some of you may be wondering what our CC&Rs say regarding holiday season matters. To help you stay on top of it all and to provide you with one less thing to think about, here are a few holiday tips for you:

1. Yes, you may have guests come stay with you, but please remember that

there is no parking on the street overnight.

2. Yes, you may display your holiday decorations in your front landscape. This may happen between November 15-January 15.
3. No, we cannot place signage on our property that advertises any special holiday events.

As your Community Standards Manager, I am here to answer any questions you have about our Governing Documents and how they affect your choices, partnering with you in keeping this community beautiful. It's a joy to work with each of you.

Have a wonderful Thanksgiving!



We Should Do What?

Yes You Should!!

Bob Murdock, Chartered Clubs & Community Organizations Committee Chair

Staff and the CCOC are resources to help your club operations and meetings run smoothly and to accomplish your agenda and goals. Take advantage of these resources. Here are some reminders:



- Changes to your club guidelines or by-laws **must** be approved by a majority of your total club membership, unless your guidelines or bylaws state otherwise. This step must be completed prior to presenting changes to the CCOC for review.
- Any change to club guidelines or by-laws **must** be reviewed by the CCOC and approved by the Association Board of Directors.
- Any club action should reflect the intent that all individual members should be treated fairly and without any discrimination. Clubs operate on majority rule not rule by a single individual.
- Any club steering committee or general meeting can rely on *Robert's Rules of Order* to assure smooth and consistent treatment of topics and people.
- Any questions on club operations can be referred to the CCOC for advice at ccoc@suncity-lincolnhills.org.
- Any chance to have fun together – take it – hopefully that's what it's all about.



Financial Results Continue Ahead of Budget Looking for a Volunteer

Hank Lipschitz, Finance Committee Chair

At our October 20 Finance meeting your Association show a year-to-date profit of \$2,361. In addition, thanks to an exceptional month

Staff reported another excellent month. Operations for the month of September were \$45,069 better than budget. We were very pleased to learn that The Spa at Kilaga Springs turned a profit again bringing The Spa to

"We had 138 homes with past due assessments totaling \$103,000. When compared to the prior month's \$110,000 and the comparable \$85,000 in June. This shows that our community appears to have stabilized during these trying economic times."

in Catering, the Food & Beverage Department made \$36,710 in the month which reduced our year-to-date loss to \$63,641. This shows the significant improvements that Staff has ac-

complished. Congratulations and keep up the good work! And let's all keep supporting our facilities. This brings our favorable variance-to-budget for nine months to \$379,556 with all departments doing better than budget.

As of September 30, we had a balance of \$3,924,501 in our Operating Fund, of which \$587,912 was in Restricted Funds. The Reserve Fund balance was \$5,462,765. In accordance with our policy virtually all of our funds are in FDIC-insured accounts or US Treasuries.

We had 138 homes with past due assessments totaling \$103,000. When compared to the prior month's \$110,000 and the comparable \$85,000 in June. This shows that our community appears to have stabilized during these trying economic times.

Please see "Financial Results" on page 85

Statement of Operations YTD 09/30/2012

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$5,631,855	\$5,609,038	\$22,817
Administration (Expense)	(1,412,156)	(1,509,081)	96,925
The Spa at Kilaga Springs	17,289	(8,746)	26,035
Fitness	(298,914)	(316,423)	17,509
Activities	(123,256)	(162,625)	39,369
Rec. Center / Maintenance	(1,771,576)	(1,838,375)	66,799
Landscape Maintenance	(1,803,724)	(1,850,053)	46,329
Food & Beverage	37,576	(108,531)	146,107
Capital Asset	61,657	61,657	0
Net Revenues (Expense)	\$338,751	(\$123,139)	\$461,890

Facilities Projects are Always in Progress

Dan Hardesty, Properties Committee Chair

When I look back on 2012 we did not have many substantial construction projects. Aside from the completion of the Meridians' refurbishment in January it has been lots of smaller projects. Just in October and November we have seen replacement of the pumps



at both entry waterfalls, installation of new carpeting in much of Kilaga Springs, completion of a 30-foot fence to hold in the softballs, draining and resurfacing of the outdoor pools to correct construction defects, recovering of the Kilaga Springs billiards tables, and remodeling the Presentation Hall at Kilaga Springs for ADA compliance and better usage. Much of this work has been completed from either reserve funds or from our ADA settlement from Pulte so our dues were not affected.

If keeping our facilities maintained and up-to-date is a priority for you, please attend our Properties Committee meeting at 1:00 PM the second Tuesday of each month in the Fine Arts Room (OC). If you have ideas for future projects, please check with staff to see if they are already planned and, if not, bring them up at our meetings.



Frazier Caldwell and Carlos Zavala in front of new 30 foot softball fence

Fitness News

Fresh "Look and Feel" Coming to Fitness Centers!

Brandy Garcia, Director of Fitness



We have some great physical changes that will be coming to the Fitness Centers in the months to come. These changes will start at the Orchard Creek Fitness Center. For the month of December (December 1 – January 2), the indoor pool and spa at OC will be closed. The pool and the spa are getting their yearly maintenance as well as some new plastering. The cardio equipment (treadmills, cross trainers, bikes) will be replaced as well. The entire OC Fitness Center will be closed December 10-21. During this time period, the men's and women's lockers are going to be replaced. We are aiming to reopen the facility on December 22. Kilaga Springs Fitness Center will be in full operation during this time. Some of the water classes will be moved to Kilaga Springs indoor pool starting on December 1. We encourage you to continue your workout routine during this time period.

Kilaga Springs Fitness Center will be

receiving some physical enhancements as well. In January, (exact dates will be announced in the next *Compass*), the flooring in the main Exercise Room will be replaced, the lockers for both men and women will be replaced, new cardio equipment will arrive, and we will have a new equipment layout.

In addition to the physical changes that will transpire in the coming months, the Fitness Department will be changing its approach to programming. We will still continue to offer all our great classes at the convenient time slots with the finest instructors around. Our new approach will be *holistic* instead of simply a physical approach. When we bring in new programs and classes our goal will be to make sure it touches on multiple dimensions of your wellness. We want to inspire, engage, and ensure that you are supported on your journey to "Be Well."

Group Exercise Class Schedule: page 74

Complete listing of Fitness classes: pages 71-79

Preventive Maintenance

Aging Preparedness

Shirley Schultz, Health Reporter

Most people have heard about "Emergency Preparedness," but probably no one has heard the term "Aging Preparedness." I had not heard it either until I found it recently. I was searching for a way to address the predictable transitions that most of us will face if we live long enough.

Aging is not an option; it is a daily opportunity. As manifested by the recent community survey, the majority of people want to "age in place." Aging in place is planning for a quality of life as we transition/change/move from "more well" to "less well," and it is not strictly associated with chronological age. It means making choices to find the best solutions for as long as you can without burdening your family. Aging in place presumes that you have planned for or put in place multiple

factors that you will need: a strong financial plan, a legal framework, home modifications, services for care, and more. While you are on the "well" end of the spectrum, empower yourself with knowledge about all aspects of the process by attending the **Community Forum on November 28, "Challenges to Aging in Place"** (see page 82).

Aging Preparedness took shape at our house years ago when my elderly mother came to spend the winters with us. The purchase of an armchair to fit over the toilet seat promptly alleviated the difficulty she had with getting on and off the toilet. To provide safety for her instability getting into and out of the shower and tub, we installed strategically-placed grab bars. Although mother is long gone, those grab bars remain. Please see "Aging Preparedness," page 82



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- Reduce risk of dementia
- Make new friends

November starts our membership registration for new members and our \$6 annual dues are due for current members (we have over 90!). Membership is for a year and includes free weekly practice sessions.

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Contact Ernie Wilson 434-6588 or Ralph Lacaze 408-2365 for more details or times & locations of lessons & practices.



Olivia & Larry Eckert

Check the "Compass" for class schedule.



EYE CONTACT SCLH Low Vision Support Group

**Open Sessions: Second Thursday of the Month
Presentation Hall at Kilaga Springs Lodge, 1:00-3:00 PM**

**Living Skills Sessions: Fourth Thursday of the Month
Multi-media Room at Orchard Creek Lodge, 10:00 AM-12:00 PM**

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Make Your Meridians Holiday Reservations Now!

Jerry McCarthy, Director of Food & Beverage

Don't be late in making your reservations at Meridians for a wonderful feast for family and friends on Thanksgiving Day, November 22 from 12:00 to 4:00 PM. Reservations are limited. Adults are \$28.95+ +*, Children under 12 are only \$12.50+ +* (*plus tax and service charge) and everyone under six or over 90 are *free!* Come enjoy the slow-roasted free-range turkey and carved filet mignon, stuffing, seasonal vegetables, soup station, pasta station, and much more. Always leave room

"To order warm, out-of-the-oven pies, please call 625-4040. We will be offering pumpkin, apple, and pecan pies. All pies are only \$7.75.

The culinary team is baking pies every day starting November 20 until December 20. Order yours today!"

for one of Chef Roderick's wonderful desserts. All non-alcoholic beverages are included at no additional charge. The entire Thanksgiving Feast menu is available at the hostess stand or Meridians' website www.meridiansrestaurant.com.

It is not too late to finalize your details for the holiday season. Call Sales Manager Meghan Louder at 625-4043 to reserve your room and finalize all the details of your successful holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We offer everything from simple luncheons to elaborate dinner parties, Orchard Creek Lodge is able to help with food or bars for every event. Enjoy the holidays with family and friends and let us do all the work.

Meridians' "Ye Old Pie Shoppe" will be open before you know it. To order warm, out-of-the-oven pies please call 625-4040. We will be offering pumpkin, apple, and pecan pies. All pies are only \$7.75. The culinary team is baking pies everyday starting November 20 until December 30. Order yours today!

I want to thank everyone who came out for the annual Crab Feed. We served

over 1,000 guests during the course of two nights. We had approximately 3,000 lbs. of fresh crab flown in for the hugely-successful event. Some guests came on both nights! We started a new tradition with the staff crab hat contest which was a real hit. Next year we will open the crab hat contest to all guests. Start planning your

The Spa at Kilaga Springs

The Journey to Wellness:

What is the Mind-Body-Spirit Connection?

Tina Ginnetti, Manager,
The Spa at Kilaga Springs

The *Mind* — keeps our creativity fresh and challenged. Having passion about something in life is the key to a healthy mind. Moving, breathing, getting oxygen to our brains is critical to a healthy mind — positive thoughts, moving forward with plans, looking at the cup as half full. And then there is silence — reflecting on ourselves, our daily accomplishments, how we achieved them, and how we served others. Did we see love and share it? Did we see the beauty in the world or only what wasn't right? The mind must be sound in a sound body.

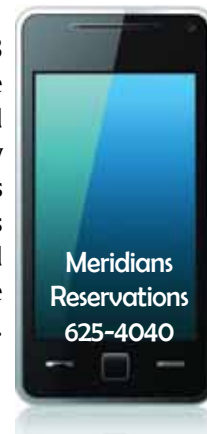
The *Body* — exercise is natural medicine for the body. Set your goals. Make good decisions for your level of exercise. Gear your goals to injury recognition prevention. Not everybody is built for every activity. Strengthen the body to prevent illness. Exercise increases oxygen to the entire body, circulates new blood to build and strengthen our muscles, bones, and organs.

The *Spirit* — Beauty and nature are our tools for survival. We protect what



crab hat, circle October 2013 and start planning. Don't be one of the guests that we had to turn away because they didn't make their reservations early. All of the special events and menus for Meridians and the Sports Bar are available on www.meridiansrestaurant.com.

~See our ad on page 52.~



we fall in love with. We should have *gratitude* for being connected to everything alive. These are the many things that make every day a

gift. When we surround our houses with flowers, the reward is watching their beauty as they bloom, watching the bees as they pollinate, admiring the beautiful

colors, the hummingbirds, and the landscape. What shape were the clouds this morning, the dew on the golf course embellishing the trees with their leaves turning shades of red, orange, yellow?

November is the month of Thanksgiving. It is the time we gather to celebrate and enjoy our bounty and blessings, but every month should be equally important for taking care

of our minds, our bodies, and especially our spirits as when our spirits are attended to we can soar like eagles in all our daily challenges.

Spa is your avenue for stress reduction and relaxation. Let the Fitness/Wellness Department assist you in physical health and let the beauty of our community propel you to a healthy spirit!

Happy Thanksgiving from The Spa at Kilaga Springs.

~See our ad on page 60.~

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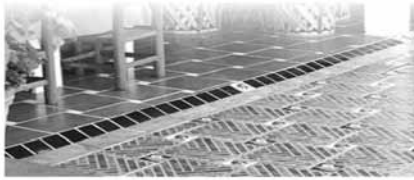
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Neighborhood Watch

Neighborhood Watch Volunteers — 441 Have Served More Than Five Years

Patricia Evans

Neighborhood Watch congratulates the 441 volunteers who have faithfully served more than five years while our organization has grown along with SCLH.



Five years is a long time to serve our community, but many of our volunteers have served 10 or 12 years! Some became a Mail Box

Captain or Village Coordinator when their Village first opened. It is also amazing that currently staffing the SCLH Neighborhood Watch takes over 850 active volunteers.

“We look after each other,” is a common theme expressed when we ask Mail Box Captains and Village Coordinators for the root of their success. Of prime importance is keeping emergency contact information current in case of medical or house emergencies. But little things also mean a lot. Keeping an eye on homes when

residents are away, seeing that garbage cans are put out and in promptly, picking up flyers from the doorway, are mentioned by our veteran volunteers as contributing to a warm sense of community.

Our most active Villages also enjoy social activities. Some meet monthly for breakfast or dinner, while others emphasize holiday and special occasion parties. This year we had over 105 National Night Out parties in August. Welcoming new residents or a farewell for departing residents is another frequent social occasion. Many Villages combine community service with parties, such as collecting canned goods for The Salt Mine or providing backpacks for school children.

Please turn to page 28 and learn more



Long serving Mail Box Captains (**) and Village Coordinators (*) study their training manuals, clockwise from left: Margo & Marv Zamba, Village 3B**, Natalie Bradford, Village 40B*, Ben Newton, Village 15*; Carol Witten, Village 41A* with Al Witten (not shown); Louise Burke, Village 38B**

about enriching your life through volunteering with Neighborhood Watch.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mww6@sbcglobal.net
- Nancy Whitaker, 408-7393
nsymmes@hotmail.com

Neighborhood Watch Website
www.lincal.net/watch

Lincoln Hills Foundation Offers Crucial Services Seniors Helping Seniors

Dennis Wagner, Lincoln Hills Foundation

The Lincoln Hills Foundation (LHF), part of our great community since 2001, is well known for raising money by hosting *Bingo* events at Orchard Creek Lodge and for selling the popular Lincoln Dine Around Shop Around Coupon packets.

As Foundation President Mark Dentinger says, “We spend considerable time and effort raising money, but it is very important for people to know that we are putting those funds to good work... work that directly assists and benefits seniors in our community. As we proudly say, we are seniors helping seniors.”

So, what does the Foundation do besides raise money, you may ask? Well, it was established to promote and fund innovative solutions to meet the physical and social needs of Sun City Lincoln Hills residents *and* seniors throughout our community. The LHF has given \$16,500 to the Seniors First Meals on Wheels program this year alone. In just the past three months, these funds paid for over 650 meals that provide well balanced nutrition that might not otherwise be available. Money con-



tributed by the Foundation is sufficient to meet *all* Meals on Wheels needs for Lincoln seniors!

LHF also gave grants to the Del Oro Care Givers Center in support of their respite services offered to caregivers. Being a full-time caregiver can be the most challenging undertaking a person can make. LHF funds for this program allow caregivers to take a break, recharge their batteries, and uplift their spirits. As one recipient of respite services wrote, “It was wonderful to have a free weekend so I could enjoy Mother’s Day at my daughter’s in Woodland. Many thanks for your grant.”

In addition, LHF provided funds this year to many SCLH organizations, including Neighborhood Watch, Bosom Buddies, Multiple Sclerosis, Fibromyalgia & Chronic Fatigue Syndrome Group, and Alzheimer’s/ Dementia Caregivers Support Group.

The Foundation has supported many other activities and organizations in past
*Please see “Lincoln Hills Foundation”
on page 39*



The LHF has given \$16,500 to the Seniors First Meals on Wheels program this year alone



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Lost Claim to Fame Our Neighbors in Wheatland

Al Roten, Roving Reporter

Our now even-more-accessible neighboring town of Wheatland has a rich history well worth investigation. I encourage you to visit Wheatland and explore on your own.

A little known fact is that gold was discovered in the Wheatland area in 1844, four years before the famous Sutter's Mill event. When a laborer, Pablo Gutierrez, found traces of gold in the Bear River, he secured a Mexican land grant of 22,000 acres along the north side of the river. Immediately after receiving the land grant, Gutierrez was sent by John Sutter to deliver a secret message to the governor in Monterey. In a time of political unrest, Gutierrez was killed while on this mission; consequently, his gold find did not become public. The granted property was then sold at auction by Sutter to William Johnson and Sebastian Keyser for \$150. As you enter Wheatland, you will see a Johnson's Ranch Monument sign; the monument is around the corner in the park.

Johnson built a small house/store near the bank of the Bear River, which became the first sign of civilization for emigrants after crossing the Sierras. Subsequently,

thousands of emigrants passed through Johnson's Ranch on the way to Sutter's Fort and California. Today, the mountain end of the Emigrant Trail may be seen at the site of the Graham Hotel near the north entrance of today's Camp Far West Park, where a monument has been erected (see photos).



The most infamous of these emigrant groups is the Donner Party, which was stranded by an early storm in October of 1846. In April 1847, after months of desperation and starvation, a small group of the Donner Party made it to Johnson's Ranch. A runner was sent to Sutter's Fort



Down this hill came thousands of wagons, the site of the Graham Hotel — see plaque close-up to the left

and a rescue party was formed to go to what is now known as Donner Lake.

An interesting outcome of the rescue was that Mary Murphy, 15-year-old daughter of one of the prominent families of the Donner Party, married William Johnson in June of 1847 but divorced him before the year was out — Johnson refused to give up his native Indian concubines! She later married Charles Covillard who had laid out a new town in 1849-50. He named his town Marysville after his young wife.

In 1866, plans for extending the railroad from Lincoln were cause for laying out the new city of Wheatland under the direction of Charles Lincoln Wilson, for whom our fair city is named.

Yippee for Large Print Book Donations!!

Nina Mazzo, Library Volunteer

Thank you to those who have donated many new large print books! See below for donation and contact information.



A recently-donated book caught my attention this month — *The Autobiography of Mrs. Tom Thumb*. Author Melanie Benjamin takes the reader back in time to 1885 where we meet diminutive Lavinia (Vinnie) Warren Bump, one of the unique personalities in P.T. Barnum's show. Although Fiction, *The Autobiography of Mrs. Tom Thumb* is chock full of late 19th century Americana. Vinnie might only be two feet, eight inches tall, but her personality is larger than many. She

is a heroine you root for as she reminiscences about her many adventures.

Help us keep our library current. Do you have some gently used books published after 2004? Call Sandy Melnick

✓ Bucket List

Gay Sprague, Roving Reporter

Did the term "bucket list" exist before the 2007 popular movie starring Jack Nicholson & Morgan Freeman? While that's debatable, it is now a well understood concept and our *Compass* Bucket List column has created a lot of reader interest and positive feedback.

You don't have to have climbed Mt. Everest to submit an article to this column, though that would certainly be noteworthy. Perhaps you created your family tree,

(408-1035) for donation information. Interested in volunteering to keep our shelves in order? Call Sandy Maloff (408-2368). Cleon Johnson (408-7620) maintains our investment section.

learned a foreign language, swam with the dolphins, went dog sledding, or skydiving? Maybe you have visited the Grand Canyon, gone river rafting, or made a big difference in someone's life.



Please send a paragraph or two of details about what you've crossed off your bucket list to bucketlist@suncity-lincolnhills.org so we can keep the great variety of bucket list accomplishments coming to you monthly!



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Club News



Alzheimer's/Dementia

Caregivers Support Group

"Getting Ready for the Holidays" will be the topic for our meeting on Wednesday, November 28, at 1:00 PM, Multipurpose Room (OC). Led by Elizabeth Rawson, we will learn to navigate the holidays so that both you and your loved one have a pleasant time with family and friends.

Some patients get confused if there is too much activity or noise so you may want arrange for your loved one to spend some time in a quiet area and receive visitors there. If you have been the chef in chief, this may be the year to ask for assistance in preparing the family dinner. These and other concerns will be addressed with suggestions offered by Elizabeth and members of the group.

Books and DVDs are available for you to borrow to review at home and to share with family and friends.

There will be no meeting in December.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9322;

Jean Ebenholtz 434-6852



Antiques Appreciation

For our November meeting, one of our members gave a presentation on Flow Blue Porcelain! This was very interesting because hardly anyone was familiar with it. It is highly collectable and very hard to find! In the presentation she showed us a variety of beautiful pieces, and told a little of the history and how it was made. It's a pattern on china that the English copied from the Chinese. This was one of many wonderful and informative programs we've had at the Antiques Club!

Our December 3 meeting will be our annual Christmas Brunch! This is always a highlight of the season so be sure to contact Ann Renyer for tickets.

If you collect Antiques or just appreciate them, please come to our meetings on the first Monday of each month at 9:30 AM in the Multipurpose Room (OC).

Contacts: Jan Robinson 408-7006;

Jane Delno 543-6855;

Antique Appraisals 408-4004



Astronomy

Monday, November 19: Cosmology Interest Group, Fine Arts Room (OC) at 6:45 PM. A DVD lecture series "Black Holes Explained" is the subject of the Cosmology meetings. Contact Morey Lewis (408-4469) for more information.

Wednesday, December 5. Sierra/Terra Cotta Room (KS). Anthony Oreglia will present "Exploring the Planets — an Update" of his October 2010 talk, but will focus on the current nine planetary missions with an emphasis on Messenger and the Mars Science Laboratory (Curiosity).



Don Wilson presenting "Big Bang—The Greatest Show on Earth," at the October Meeting

Meetings: November and December Astronomy Group meetings will be held in KS Sierra/Terra Cotta room. 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

Dancing is enjoying a resurgence in popularity with shows like Dancing with the Stars. So, if you want to tell your children or friends that you are doing something *hot-hot-hot*, join us on Tuesday afternoons at KS to learn ballroom dancing. Our instructors will guide you through the basics from 2:00-3:00 PM. In just four sessions you will know enough steps and technique to have fun on the dance floor.

We teach in an easy, non-stressful environment with the goal that learning dance is fun. Beginning classes are from 2:00-3:00 PM. For those more advanced students, intermediate lessons are from 4:00-5:00 PM. We have open social dance and practice from 3:00-4:00 PM. Dance lessons are

free for members. The dance changes each month.

For November, the dance is East Coast Swing. There are no classes for December. We have our annual Holiday Potluck on Tuesday, December 11.

Contacts: Ruth Algeri 408-4752;

Brigid Donaghy 543-6003



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be December 19 and January 16. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, December 6 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, October 3 — AM: Joe Ferrando; Runner-up: Bob Rand; PM Game Cancelled; Runner-up: none.

Nine-Ball Singles, October 09 — AM: Oscar Alvarez; Runners-up: J T Long and Phil Delaney; PM Game Canceled; Runner-up: none.

Eight-Ball Doubles, October 17 — Winners: Doyle Coker and Joe Ferrando; Runners-up: Joe Hobby and Phil Delaney.



Spurgeon & Louise York

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

Challengers Billiards

The Challengers Group is for mid-level to advanced players. You can find us at the Billiards Room (KS) every Friday from 10:00 AM to 12:00 PM. The last Friday of the month is sign-up day for the following month. New players are always welcome.

The season to celebrate is here again. This year's Annual Billiards Holiday Party will be Saturday, November 17 from 11:30 AM to 1:30 PM at Mimi's Café in Lincoln. Hope to see you there.

Last Month's Winners — first place: six and a half of seven games Bill Kim; six of seven games Joe Perez, Joe Hobby, George Black; second place: six of seven games: Bill Huth; five and a half of seven games: Ed Welch, Bob Soriano.

As you can see by the above results, the caliber of play is getting better and better. Congratulations to all.

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

Couples Billiards

The Billiards Room is looking very spiffy with new carpets and the tables recovered. Hopefully, we will look as good playing in there. We play every Wednesday from 4:00-6:30 PM. A lot of fun is had by all!

Week one: Dan Oden/Gail Harmon was the only team to win all six games. Dan ran the table in one of the games. Pretty impressive! Joe/Nicki Hobby won five games that evening.

Week two: Joe Perez/Rita Baikauskas and Jim/Barb Conger tied, winning five games.

Week three: A three-way tie winning five games: Joe Hobby/Doyle Coker, Chiquita Fratto/ Bob Rand and Joe Perez/Rita Baikauskas.

The last week of the play period: Joe Perez/Rita Baikauskas and Ron/Sherry Weech won six games; Betty Jones/Cindy Atkinson won five games.

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

Players Billiards

It has been an exciting month! The Billiards Room (KS) got new carpet and all the tables got recovered. Both Bob Wehner and Oscar Alvarez sank the Eight Ball on the break and Howard Skulnick ran the table! Every Thursday from 2:15-4:30 PM, our group of mid-level skilled players compete in six games of Eight Ball. We play by the APA rules that are listed in a binder on the fireplace. There is also advanced sign-up on the last Thursday of the month for the following month. This binder is also on the fireplace. Standby players can often play. Come join us!

Congratulations to our recent winners — Six games: Howard Skulnick, Dale Houck; Five of six games: Larry White, Dave Craig, Dan Oden, Ed Welch; Four of six games: Ziggy Brien, Hugh Duberley, Willie Wright, Oscar Alvarez, Dennis Dreiling, Bill Huth.

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

Upstarts Billiards

"Well, holiday parties, they come & they go; But Billiards parties are for those in the know; To come to our party, be sure to see below!"

Billiards could be just what you're looking for! Players in Upstarts Billiards are beginner-to-average players, playing standard Eight Ball on Thursdays from 11:45 AM to 2:00 PM at the Billiards Room (KS). We're always on the lookout for new competition.

Our holiday party will be held at Mimi's, right here in Lincoln, on Saturday, November 17. We expect it to be lots of fun, as usual.

Winners — Six games: Connie Hoetger, Pool Player Extraordinaire!; Five games: Gary Averett, Larry Koenig, Bianca Reckling, Marie Rucker.

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 expert help second and fourth Mondays, 9:00-11:00 AM. Sign up in advance in Billiards Room (OC).

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



Bird

The Bird Group meets on the second Monday of the month at 1:30 PM. Due to renovation of P-Hall (KS), the group will meet in the Solarium (OC) again in December. The December 10 meeting will be a review of local birds in preparation of the annual Christmas Bird Count (CBC) to be scheduled at the end of December.

Friday, November 16 the group will meet at OC Fitness Center's parking lot to car pool to Gray Lodge Wildlife Area. Snow geese are the big attraction. Both walking and driving tours will occur. On Friday, December 14 the bird group will tour the Sacramento National Wildlife Refuge in Williams. This is a drive-through birding area with lots of migrant birds including ducks, geese and hawks.

Stay tuned for the date of the CBC.

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

Bocce Ball, Mad Hatters



We would like to thank everyone who participated in or helped with the 11th Annual Mad Hatters/Red Hats Bocce Tournament. Our turnout was lower than usual but we were competing with the Grand Opening of Lincoln Boulevard.

*11th Annual
Mad Hatters/
Red Hats Bocce
Tournament*



The total team scores this year seem to reflect a trend that has the Red Hats closing the scoring gap year over year. The final total was Mad Hatters 246 to the Red

Hats 162, which is closer than it's been in recent years.

Individual recognition goes to Dee Fogarty of the Mad Hatters for scoring three Casinos, and to Eva Ales and Glenda Hartman, the Red Hats team on court seven, who beat or tied the Mad Hatters in five of six games for a score of 29 to 19!! That was pretty good Bocce.

Thanks again to Betty Soderman and Usha for taking care of details.

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



Book Group, OC

This month we feature *State of Wonder* by Ann Patchett a novel about a pharmacologist, Marina Singh, who is sent to the Amazon region to find out the truth about the death of a colleague. To add to the intrigue, she must also check up on an old professor who is doing clandestine research into native women who continue to bear children into their sixties!

Join us on Thursday, November 15, from 1:00 to 2:30 PM in the Multipurpose Room (OC). In addition to our discussion, we will vote on our final reading list for next year. Come be a part of the selection process; newcomers are always welcome.

Remaining 2012 Schedule:

December 20: Holiday Luncheon

Contacts: Penny Pearl 409-0510;
Dale Nater 543-8755,
Darlis Beale 408-0269;
Website: <http://lhocbookgroup.blogspot.com/Wiki>; <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

If you missed the October meeting, we had "fun at the spa" with special complimentary treatments for nails, hand/neck/foot massage, make up and lips. What a treat!!! This was followed by a nice luncheon provided by Meridians. In November, we welcomed Marcia Van Wagner as our guest speaker. Her presentation was "Why to Organize" which covered important information on preparing our files so our "kids" don't have to go searching should something unexpected

happen — and, it will. We all came away more enlightened.

Remember to circle your calendar for our annual Christmas party luncheon on December 13 at Patty McCuen's lovely home. Feel free to join us on the second Thursday of the month at 1:00 PM at OC Lodge and bring a friend!!

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



Bowling

Just finished First Position Round: Pin Blasters (Dan Street, Becky Madrid, Richard Madrid and Lou Pansky) rolled to first place and Happy Spares (Rosemary Hanlon, Lavagha Lopez, Jan Eberle and Jerry Gordon) coming in second place. Only one and two games separate many of the top teams. Top women bowlers are Pat Fisk, Betty Tucker, Barbara Banks and Audrey Devin. Top men bowlers are Horace Snowden, Dave Fisk, Dave Quirarte and Ron Dilbeck Still looking for subs! Please call Joan Gates (below).

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



Bridge, Partners

Thursday Evening First & Third

If you are interested in playing partners' bridge with a relaxed, fun group of people, please join us. Give us a call and we will put you and your partner on the list or just show up and take your chance to play. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive a little early.

October 4 winners include — first: Allen & Bev Blaine who also had 2100 for high round; second: Erica Wolf and Mary Harrington; third: Judy Barkhurst and Jerry Kluball; fourth: Dolores Marchand and Beverly Van Der Beets.

October 16 winners — first: Alan & Joanna Hazelwood; second: Judy Olson and Carol Nakao; third: Margaret St. Charles and Al Gillespie; fourth: Bob & Lorraine Minke who also had 1260 for high round.

Contact: Lorraine or Bob Minke
408-4009, tahoebob1@sbcglobal.net

Thursday Evening Second & Fourth

If you are interested in playing partner bridge with a nice bunch of people, please come and join us. We start at 6:00 PM and finish around 8:30 PM. That's on the second and fourth Thursday of each month. September 27 winners: first, Ben & Kay Newton; second, Nora Charles and Olga Haydon; third, Edith Kesting and Erika Wolf; fourth, Judy Olson and Ann Leitze; high round for the night was Ben & Kay Newton with 2290 points. October winners: first, Marlene Harner and Basil Malony, we had a tie for second and third, Ann Ulrich and Judy B. with Marge & Wayne Phillips; fourth Bev & Allan Blaine; high round for the evening was Marge & Wayne Phillips with a round of 1460.
Contacts: Chris and Ken Jacobson
408-8709



Bridge, Duplicate

SCLHDBC members — save the date: Our holiday party will be the evening of Wednesday, December 12.

November 22 marks the start of the North American Bridge Championships in San Francisco.

Wednesday bridge lessons commence at 11:45 AM. Topics on the November schedule include "What Does That Mean?" on November 21, and "Play of the Hand" on November 28.

Our summer 2012 Club Champions are: Wednesday, Carole & Ted Neely; Friday, Judy Beck and Kent White; and Saturday, Cynthia Turner and Barbara Dorf.

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

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

There is a section for participants with fewer than 199 Master Points on Wednesdays, and one on Saturdays for those with fewer than 300 MPs. All residents are cordially invited.

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

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation and please call if you need to cancel. You do not need a partner but you must arrive by 12:50 PM. For reservations call Lois Burke at 409-0223.

Winners from September 28-October 19: first: Ralph Madden, Arlene Parton, Ann Jensvold, Eleanor Amar and B.J. Parkinson. Second: B.J. Anderson, Eleanor Amar, Chet Winton, Neil Wilson and Lee Holman. Third: Warren Sonnenburg, Phil Sanderson, Bev Dwyer, Jim Busey and Randy Rasmussen. Fourth: Shirley Bry, Peggy Schmidt, Dee Williams, Phil Sanderson and Mo Scarpitti. We had three Grand Slams won by Eleanor Amar and Chet Winton, B.J. Parkinson and Lee Holman and Randy Rasmussen and Ralph Madden.

**Contacts: Lois Burke 409-0223
Gerry Sonnenburg 253-3882;**



Bunco

December 20 is the annual Bunco Club-sponsored Christmas Party to be held at Thunder Valley Casino from 12:00-2:30 PM (after finishing regular bunco play). Immediately following bunco, there will be a "take away" \$10 gift exchange for those wishing to participate. An email will be sent to all members and your RSVP is requested to insure enough seating at the Thunder Valley buffet.

We thank our outgoing 2012 committee members: Ginna Martinez, Ann Stults and Sandy Pavlovich while welcoming the 2013 Steering Committee which includes Ann Stults, Sudie Moreland and Claudette Rhoads-Kinman.

Bunco is held in the Cards Room (OC) every third Thursday at 9:00 AM. The entry fee is only \$5 and membership fees are never required.

Last month's winners: Most Buncos Bea Angel; High Score Ginna Martinez; Most Wins Bev Fedder; Low Score Paulette Rhoads; Most Losses Marion Glidewell, Traveler Janet Dewitt.

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



Ceramic Arts

Thanks to all of our members for attending the CAG Potluck/Annual Meeting ... the food was great and a good time was had by all. Also, the annual Holiday Arts & Crafts Fair last weekend was a huge success!!! Thanks to all who participated, both contributors and customers. It was a great way to get into the holiday spirit!! Remember, this is a good time of the year to take a pottery class. Sign up now with one of our great instructors. See the *Compass* for class times and days.

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 PM, and Sundays, 1:00-4:00 PM; KS workshops are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC Fridays only, 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Check bulletin boards and studio windows for holiday times/closures.

Contacts: KS Earthenware Terry Pisani 408-4037; KS Spanish Oils Margot Bruestle 434-9575; OC Pottery Paul Aldrete 408-7798; Ed Hanson 253-3950; Mike Daley 474-0910
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts

Lincoln Hills Community Chorus



Chorus

"A Choral Holiday Tapestry," the December concert by the Lincoln Hills Community Chorus, will include offerings by three Chorus subgroups:

- *The Sunny Singers*: Valerie Crane, Karen Hardage, Isobel Hersch, Claire Lantsberger, Elaine Prosser, and Lynn Sotir, accompanied by pianist Cherilyn Duncan and flutist Mona Stryker. They will sing "What Child Is This."

The Bel Canto Chorale: Denise Basham, Annette Bryant, Martha Bullen, Fred Carrington, Marian Casey, Valerie Crane, Carol Engstrom, Sid Frame, Hal Kinney, Claire Lantsberger, Tanya Malone, Penny Pearl, John Redmond, Buzz Rognlien, Joanne Schumacher, Josephine Setyadi, Betty Carol Smith, and Joe Stewart. They will



The Sunny Singers, The Bel Canto Chorale in rehearsal; The Hills Brothers

sing "Cantate Domino."

- *The Hills Brothers*: Jean-Jacques Bouit, Doug Brown, Ray Calmes, Paul Fennema, David Graves, Ron Hanson, Dick Mayeur, and Buzz Rognlien. Their song remains to be determined, but it will be good!

See page 42 to order tickets for "A Choral Holiday Tapestry" in our Ballroom, December 9, 10, or 11.

**Contacts: Bill Sveglini 434-5655,
Sveglini@gmail.com
Sid Frame 408-1453,
Sflincoln4fun@starstream.net
Website: www.lincolnhillschorus.org**



Cloggers

Lincoln Hills Cloggers played a part in the opening of "Lincoln Blvd." They performed two numbers, "Dirty Bit" and "Tennessee Shuffle." A great day for celebrating, bringing the community together to enjoy the road improvement. It will now be easier to get downtown and, once there, use street parking. The cloggers, pictured, enjoyed participating.

Those attending "Late Harvest Workshop" had a wonderful time. The Halloween decorations were outstanding.



Cloggers Wendy Innico, Anita Tyson, Barbara Conner, Natalie Grossner, Zetta Noga and Jackie Wilson performing at the Lincoln Blvd. Celebration

New dances were fun and instructors super! Mark your calendars for upcoming workshops: November 22-24 in Nashville, TN, January 12, in Vallejo, CA. Ask in class for information or visit, NCCA-INC.COM.

Those interested in a beginner's class, notify the Activities Desk. Janice Hanzel, instructor, begins slow with "Eight Basic Steps;" when the class is capable, she increases the speed. It's surprising how soon you're clogging!

Contact: Anita Tyson 543-5330



Computer

There will be no formal meetings or clinics by the Lincoln Hills Computer Club for the month of December. However our Walk-In-Workshop will be open and staffed by a few volunteers. Merry Christmas and Happy New Year from us to you. See you in January!

Walk-In-Workshop: December 18, 1:00-3:00 PM in the *Computer Lab* (OC). Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help utilizing computer hardware components, the Windows operating systems, or application programs.

Contact: Bob Ringo
president@sclhcc.org

Website: www.sclhcc.org



Mac User

Almost 300 LHMUG members attended our gala Tenth Anniversary Celebration! The program included a video tribute to Apple founder Steve Jobs and a revolving slide show featuring ten years of past officers and volunteers who have made LHMUG such an unparalleled service organization. There

was a showing of almost 30 years of Apple TV commercials; the program also featured two songs written and performed by Dan Cortinovic to commemorate Apple's history and that of LHMUG. LHMUG's Gary Sloan adapted and sang two songs as part of the entertainment.



LHMUG's Tenth Anniversary Celebration. Group photo by Irwin Maloff, stage photo by Sandy Maloff

Spotlight will be Newbie presentation on November 21 in the Sierra and Terra Cotta Rooms (KS) at 9:30 AM. Spotlight starts finding files the moment you start typing in the Spotlight search field; it'll display the files, folders, applications and more that match your search criteria.

There are *no* meetings scheduled for December. Join us again in January. Check www.lhmug.org for information.

Contacts: Bill Smith, 543-9957,
wsmith986@gmail.com;

Website: www.lhmug.org



Country Couples

October without Halloween would be like November without Turkey. Fortunately Jim & Janie Keener hosted a catered Halloween dance in Sun City Roseville on October 19. As always they were gracious hosts and provided SCLH's Country Couples an enjoyable evening. There were a wide variety of costumes, a few of which were great disguises.

Our next scheduled event will be the Holiday Dance on December 6 at Sun City Roseville. Mark your calendars for this

catered event. It will be held in the Timber Creek Ballroom and tickets are \$20 for members and \$25 for non-members.

Just a reminder, the final date for submitting your ballot for the election to fill the two upcoming vacancies on the CC's Steering Committee is Thursday, November 22. Thanks to the candidates for volunteering to be on the ballot.

~Please see our ad on page 11.~

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



Cribbage

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

Contact: Bob Frank 408-7444;
Ken Von Deylen, 599-6530



Cyclist

Flats. The bane of a cyclist's existence. Some members of LH



On the Garden Bar Road; Riding on the Bypass; Cruising the Bypass

Cyclists have been conducting an exhaustive, if unscientific, study of the frequency of flat tires. Results come from about 260 rides, most of which were from 45-55 miles long, on the roads of Placer County, over a 21-month period starting in February 2011. Using "rider-miles," a number derived by multiplying the number of cyclists in a group by the distance of the ride (e.g., a 46 mile ride x 9 riders = 414 rider-miles), yielded approximately 126,000 total miles. Most of the bikes used 700x25 tires.

The result? A flat about every 1100 rider-miles was the average. If your number is dramatically less than that, you may want to consider a more flat-resistant tire, stay off the thorn-strewn bike paths in the fall and check your tires after every ride.

Contacts: Steve Valeriote 408-5506, jillsteval@sbcglobal.net
Website: www.LHcyclist.com



Dominoes

Mexican Train

If you are not outside enjoying the fall weather, come and learn to play Mexican Train Dominoes in the Card Room (OC). Sessions start at 9:00 AM and 12:30 PM on Wednesdays.

Don't know the game? We have people who will train you at the 9:00 AM session.

It's a great time for fun and social interaction.

Contact: Cora A. Peterson 543-7144; Sandy Pavlovich 543-0467



Eye Contact

Low Vision Support

The Eye Contact Low Vision Support Group does not meet in December. Group members meet for a social get-together luncheon. Watch for your invitation!

Soon we will reach our tenth year as a group!

~Please see our ad on page 11.~

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

If you, a friend, or a loved

one is suffering from Fibromyalgia or Chronic Fatigue Syndrome, please join us on the fourth Thursday of the month (except for any major holiday falling on that day), from 1:00 to 3:00 PM in the Multime-



Jackie Wilson and Alice Dehner

Enthusiastic Members at the 2012 Clubs Expo, from left, Marjory Barlow,

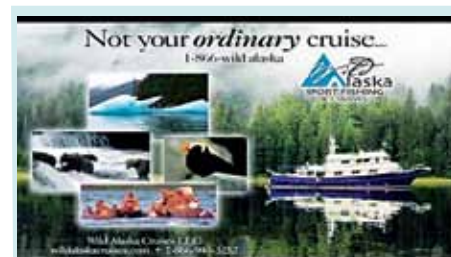
dia Room (OC). Our November meeting is on Thursday, November 15. You will find a friendly, welcoming group of people who share your challenges. Presentations focus on those issues which we all experience, such as sleep problems, nutrition, pain, emotional issues, supplements, and other subjects of interest. Open discussion is also a part of every meeting. Our goal is to provide positive emotional support and information along with suggestions for mental and physical well-being. If you have questions, please call one of the contacts listed below.

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



Fishing

Northern California fishing is migrating to the "big fish" season. Local fisheries have schools of salmon, striped bass and really big trout. Grab your heavy gear and head for the Sacramento River or the delta for salmon/striped bass, or to Pyramid Lake for this year's reported 20-pound giants. Otherwise, try for some fantastic tasting Eagle Lake trout. Water levels are low at Eagle but fish are three-to-four pounds *and they are hungry.*



Fishing opportunity drawing prize

Be sure to visit www.wildalaskacruises.com to preview some of the big fish you could catch as the grand prize drawing winner at our January crab feed.

Club members just celebrated the salmon return with local Lincoln Salmon festivals and our salmon BBQ (smoked salmon, grilled halibut, BBQ'd sockeye salmon). Tickets are on sale for our annual Christmas dinner, December 12, 5:00 PM, at Turkey Creek Golf Club. Late January's annual LHFG Crab Feed, date TBA. Get tickets early.

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



Garden

Happy Thanksgiving! We are thankful for all the members who volunteer to help with Garden Group activities throughout the year.



Happy Thanksgiving; Bonsai; Judie Leimer, Susie Dahl, Madeleine Cunningham selling tickets for the Holiday Brunch!



Friday, November 16, Mandarin Festival in Auburn. Contact: Rita Grella, 408-2367. More information: www.mandarinfestival.com.

There will be no general meeting in November.

Holiday Brunch, Friday, December 7 (10:00 AM-12:00 PM) \$15 per member. Open bar service will be available. Several door prizes have been donated by Home Depot. Contact Judie Leimer for tickets, 408-4308. The Garden Group is interested in form-

ing a group of members who would like to know more about Bonsai. We welcome anyone who has an interest in this form of "small gardening!" Contact Joyce Thomsen, 434-1786. Master Gardeners 2013 Calendars make wonderful gifts throughout the Christmas and Holiday season for family and friends! They are filled with monthly garden tips. (\$10 each or five for \$40.) Contact Pam Effa, 408-1227 or Marie Salers, 408-3895. **Contact: Lorraine Immel 434-2918, limmel@ssctv.net; Virgil Dahl 408-3748, hasbeen41@att.net**



Gem and Mineral Society

Our November program will feature show and tell, and members may offer items to the members (trade or sell). We will vote on officers for 2013. Dave Fisk, Ron Clawson and John Neil have agreed to stay on. We need a vice-president.

In October, Richard Hilton, from Sierra College discussed local geology. In Sep-



Dave Fisk and John Neil inspect copper specimens at September meeting

tember Tim Unruh presented meteorites and tektites. Society meets monthly, the last Monday, 4:00 to 5:30 PM. Sierra Room (KS).

Lapidary and Jewelry Shop hours: Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Monday morning Shop Master: Dave Fisk. First Monday afternoon Shop Master: Ron Clawson.

We belong to the California and American Federation of Mineralogical Societies. **Contact: Dave Fisk 434-0747, dave.fisk@yahoo.com (also for lab info & reservations)**
Website: <http://sites.google.com/site/lincolnhillssuncitygems/home>



Genealogy

The General Meeting of Genealogy, on November 19, will feature a review by Marilyn Ulbrecht of the use of Coroner's Records in our research. This will be in the Social Kitchen (KS) at 6:30 PM and will be followed by our November "Mini-Social" with pumpkin pie and conversation.

We will also begin enrolling members for 2013 — your opportunity in November to sign up ahead of the crowd in January. (We do not meet in December.) In January we have a special "door prize" drawing for all members paid up by the start of that January meeting on January 21.

There will not be any "Help Sessions" in December; but members may, on their own, use the OC Computer and Data Base Programs, as described in the Membership emails.

Contact: BJ Ollas 543-4682;

Kathleen Propersi 543-0376

Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

More good news about our new Club Champion, Jan Varin! She also has been selected Golfer of the Month for September. Congratulations!

Marilyn Britton reports that the Lincsters' Christmas/Holiday Party and Installation of Officers is going to be held on Wednesday, December 12, at OC Ballroom.

Sign up by November 15. This is one party you won't want to miss!

October 10's Play Day was full of excitement. First for Flight A: Linda Salmon (five pars) 34; Flight B: Mary D'Agostini (two pars) 33; Flight C: Pat Shafer (one



From top: Barbara Gorden and Marilyn Britton; Jan Varin; Marnie Badgley



par) 39, Marnie Badgley, 39, Joyce Bauer (one par) 39; Flight D: Ruth Pennington (one par) 42. Way to go Lincsters!

A special thanks go to LHLGXVIII Golf Club and all committee members for hosting the Breast Cancer Tournament on October 25. Donations went to Placer Breast Cancer Endowment.

Contact: Carol Golbranson 543-8647

Website: www.lincsters.com

Ladies XVIII

The main event for September was the 2012 Lincoln Hills Ladies Club Championship. Winners: Overall Gross Champion

was Rosie Warren with a two-day total of 160; Gross Runner-up was Elaine Kalani; and overall Low net Champion was Rita Blanchard. First flight gross winner — Candice Koropp; second — Kathi

Botelho; third — Marguerite Hebert; and fourth — Gayle Petersen.

Contact: Chris Jacobson

Jakemust@sbcglobal.net

Website: lhlgxviii.com



Hand & Foot

Hand & Foot is a fun and easy-to-learn card game and we are always happy to teach new players. We meet Thursdays. 8:30 AM to 12:00 PM, 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



From top: Rosie Warren; Rita, overall low net winner; Rosie receiving trophy from last year's winner Elaine Kalani



Hiking and Walking

Walkers: Wednesday walks begin at 8:00 AM. Begin your day with a refreshing walk. Check the website for weekly starting locations.



Hike leaders Denny and Jim Fisher at the Pt. Bonita Lighthouse; On the Tahoe Rim Trail overlooking Lake Tahoe; David Wood hikes along Silver Lake

Hikers: 32 hikers recently enjoyed four days of hiking at the East Tahoe getaway. The hiking was invigorating and views of the lake from the Tahoe Rim Trail were spectacular. A special treat was viewing the spawning salmon at Taylor Creek. Special thanks to Sue Geisler for a comprehensive hiking plan with hikes enjoyable for all skill levels.

Challenging hikes in the Sierras to Lyons Lake and to Granite & Hidden Lakes preceded a special hike in the Marin County Headlands to the Point Bonita Lighthouse that guards the Golden Gate. The scenic lighthouse and close-by military bunker sites were certainly awe-inspiring!

The updated calendar of hikes is on the website with a focus on closer and easier hikes. I'm sure 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

The Investor Study Group will hold its annual holiday gathering on Thursday, December 6, at 5:00 PM. We will meet at the Turkey Creek Golf Club Lodge in Lincoln. For a cost of \$15 for members and \$25 for nonmembers, you will receive an excellent dinner, potential prizes, and hear about the world economy from one of the group's favorite speakers, Pierre Rogers from Prudential. Pierre will discuss how the world economy might unfold in the next few years and how this will impact



Russ Abbot, our consultant, and Matt Murphy from Eaton Vance

your portfolio. However, the main intent of the evening is to have a good time, enjoy great food and drink, and toast to what has been an interesting but positive investment year.

Tickets must be purchased by November 26 at the latest to give Turkey Creek a head count to order the food. Please join us; all are welcome.

Contact: Doug Hohman, 295-2446

djhohman825@yahoo.com



Lavender Friends

It has taken me almost a year to feature one of the most traveled members of our club. Dr. Sandra Hollingsworth, nicknamed "Sam" by her father Samuel when she was young, spends a lot of time in Yemen. She's helping the government design an easy-to-learn instructional reading program for teachers who have little

education themselves.

Sam, a K-12 teacher and professor of literacy at the University of California, Michigan State, and San José State University, has worked with governments in challenging places. She's helped to reform reading and writing instruction in Haiti, Mali, Pakistan and other places, hoping to give youth a chance to choose an anti-terrorist career. Her latest challenge is Yemen.

When she's not traveling, Sam is planning her missions from her home in Lincoln Hills where she lives with her beloved partner of 18 years, Robyn (who chooses *not* to go to Yemen).

Contacts: Jacquie Hilton 543-9349,

jacquiehilton@starstream.net;

Richard Wong 408-7549,

wong-r@sbcglobal.net

Website: www.lavenderfriends.com



Line Dance

Our next big event is our Holiday Potluck. Set aside the date, Monday, December 3. All the instructors will be there and there will be dances that have been taught throughout the year at all levels. The dinner/dance will be at KS from 5:00-9:00 PM. The Choreographer's contest will also be performed with the instructors as the judges. This event sells



Top, in the foreground Audrey Fish dancing with Michael Barr, in the background are some of Audrey's students; Everyone having fun at Yvonne Johnson's workshop

out every year so please contact your instructor if you haven't already purchased your tickets.

Throughout the year there are several workshops hosted by well-known instructors. Anywhere from 80 to several hundred dancers attend these workshops to learn new dances that are then brought back to local classes in our area. These workshops are a lot of fun so consider one or two next year. You won't be disappointed.

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



LSV/NEV

Low Speed Vehicles/ Neighborhood Electric Vehicles

During the Lincoln Blvd. Celebration, some NEV owners had a great time transporting people to the opening ceremony area. It was a fun event and an important occasion for the city of Lincoln.

LSV/NEV members enjoyed becoming better acquainted at the coffee before October's meeting. At the meeting, officers were voted in: new president Larry Yaggi, new VP Gerry Lammerding, and returning treasurer, Shirley James. The December 4 Christmas Dinner was announced; flyers will be available at November's meeting with menu choices/reservations. A lovely evening is planned, all members will want to attend.

Note: The Tuesday, November 20, 10:00 AM, meeting will be held in the Solarium (OC) since P-Hall (KS) is being remodeled. During the meeting, a personal trainer from the Fitness Center will teach some excellent exercises for seniors. A fireman will give instructions on home safety issues. Members, and those curious about the LSV/NEV Group, are invited.

Contact: Larry Yaggi 543-5344; Gerry Lammerding 408-0999



Mah Jongg, Chinese

Chinese Mah Jongg is a game of tiles or as the Chinese call them, "cards." It is a fascinating game to learn and lots of fun to master. Come join the fun every Monday at 8:30 AM in the Cards Room (OC). If you have any questions, please call

one of the contacts below.

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



Mah Jongg, National

The tile game of National Mah Jongg (or "Maajh" as it is often called) is enjoying a resurgence in popularity with millions of dedicated players around the world as well as here in SCLH. A very small amount of time and effort is required to become familiar with the game of Maajh. Your patience in mastering the fine points of Mah Jongg will be repaid many times by the keen enjoyment derived from playing the game. We meet every Tuesday in the Cards Room (OC) from 12:30-4:00 PM. Please feel free to call one of our contacts if you have questions.

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



Motorcycle

RoadRunners

The year-end is rapidly approaching and that means club elections. The slate has been accepted and new officers are President Dale Brinsley, VP and Chief Road Captain David Fernandes, VP Membership Peter Boyle, Treasurer John Milbauer and Secretary Patrick Chaves. They will be installed at our annual Christmas party.

Our final outing for the year, the Mystery Ride, took us up through Chico to an historic covered bridge outside of Paradise. After a delightful lunch break in Paradise, on to Oregon City to see a second covered bridge. The ride concluded with a short tour of Oroville.

Residents who have a road-worthy motorcycle and enjoy back road touring are encouraged to check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multipurpose Room (OC). Following the meeting, members go to a local restaurant for dinner and a social get together.

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



Music

The rapidly growing Lincoln Hills Ukulele Players meet Wednesdays at OC, strumming and singing Hawaiian, Country, and more. The atmosphere is relaxed and supportive. Newcomers are welcomed and encouraged. Beginner classes available. Call Ron or Molly at 409-0463 for information.

The last "Open Mic Night" for 2012 was held October 26.

The Music Group Holiday Party will be held Friday, November 16, 6:00 PM in Placer Room (KS). Come enjoy a pot luck supper and lively entertainment.

The Music Group meets every fourth Wednesday in the Fine Arts Room (OC), 6:30-8:00 PM. Drop-ins are always welcome. Bring your voices and/or instruments, sign up to perform, or just enjoy the music and socialize.

Contacts: Judy Skillings 253-7237, kenskillings@gmail.com; Julie Rigali 408-4579, jrrigali@yahoo.com Website: www.suncity-lincolnhills.org/residents, Groups, Music



Needle Arts

Threads of Friendship

November 20 is the much-anticipated Wearable Arts Fashion Show in OC Ballroom. The community is invited. Bring your friends and neighbors to enjoy the wonderful artistic talents of our wearable arts members.

Friday, December 7, is the date for the General Meeting as well as the Annual Tea. Due to space constraints, the tea will be held at Timbers Restaurant in Sun City Roseville. Cost to members will be \$10, guests \$25. Check your email for sign-up information.

General meetings are held the second Tuesday of each month at 1:00 PM, KS. 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

With over 850 active volunteers required to staff our organization, we always need volunteers who will reach out in community service. They enrich both themselves and SCLH by increasing a caring, sharing atmosphere.

Mail Box Captains are the grass roots of Neighborhood Watch. Their most important duty is keeping emergency information for their residents up-to-date. They also forward "Alerts" — messages about safety, security, and pertinent information. When new residents arrive, Mail Box Captains provide orientation.

Village Coordinators assist a group of Mail Box Captains and serve as a temporary Captain when there is a vacancy. They are the back-up source of emergency information for their units, and they are the link to the Board. Many Villages have Co-Coordinator and Co-Captains to share the responsibilities.

All volunteers encourage social activities. Social events or just chatting at the mailbox increase a warm atmosphere. A friendly neighborhood is a safer neighborhood!

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



Painters

At our November Meeting, we had a "Miniatures Art Challenge" with a large number of members sharing small framed pieces, some of which will be displayed in the halls of OC. We thank all who entered and congratulate those whose entries were voted to be exceptional. Voting for next year's officers took place and the new board will convene in January.

We are all looking forward to our December "Artists Table" lunch in the Solarium (OC). Members are encouraged to contact Liz for tickets.

Members are reminded that our January meeting will be January 8. At that time, our new officers will lead a discussion on the Fine Arts Show scheduled for February and hand out entry packets.

Of interest: Jim Brunk recommended the Art Techniques Book which he said can probably be ordered on Amazon.

Written by Jacquie Hilton.

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



Paper Arts

Christmas was in the air this month as we made our table decorations for next month's Christmas luncheon. Mina Bahan and Dottie Macken and their table captains put a great deal of time and creativity into helping us make beautiful ornaments. We look forward to seeing them on our centerpieces and taking them home after the luncheon.

The holidays are a time for sharing our blessings and our members are making



Top, Dottie Macken and Mina Bahan display our November project — a lovely ornament; Mary Massey and Sue Manas cut pieces used for the Christmas ornament

an extra effort to increase the food donations to the Salt Mine both this month and next. In fact, members will get extra drawing tickets for food donations brought to the Christmas Luncheon. Special thanks goes to members that have donated some of their crafts — from paper, to painting, to sewing, to jewelry — for the luncheon drawing.

Thanksgiving is our window theme this month and should remind us all of how fortunate we are to live in this community.

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



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro before, or it has been a

long time since you played, we are always happy to teach you the basics or refresh your memory.

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

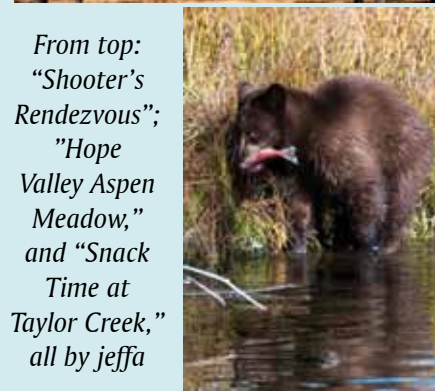
Contacts: Denise Jones 543-3317, djonesea@att.net; Phyllis Hunter 408-5843, phyllishunter3@att.net



Photography

Last month's Fall Colors trip to Lake Tahoe via Highway 88 was a smashing success. More than a dozen of us caravanned and climbed in short-sleeved shirts, meandering in the fields and hills of Hope Valley and then up to Tahoe's surrounds. The Aspens were popping as the lake and sky sparkled in respective gradients of blue, complementing the hues of mountain greens and browns — we should be so lucky!

Choreographed by volunteer Ranger Les Thomas, replete with before and after convocations, we capped the Photography



From top: "Shooter's Rendezvous"; "Hope Valley Aspen Meadow," and "Snack Time at Taylor Creek," all by jeffa

2Group field trip year with a bang. At Taylor Creek, for example, not only was there a Kokanee Salmon fertility convention in town, but two bear cub siblings arrived for the seasonal delicacy, casually snarfing up salmon as a phalanx of photographers scorched media cards and the snapping shutters sounded similar to handfuls of marbles landing on a hardwood floor. It was a hoot.

**Contact: Gary Sloan 434-5445,
Gsloan33@yahoo.com
Website: SCLHphoto.com**



Pickleball

Don't miss Pickleball's Annual Christmas Party Dinner Dance on Wednesday, December 5, in OC Ballroom. This fun-filled evening is open to all Pickleball Club members and their guests. Music will be provided by DJ West. Registration forms and menu selections are available on the Lincoln Hills Pickleball Club Website at www.lhpickleball.com under "Social Events." Party information is also posted



Women's Ladder

on the Bulletin Board at the Pickleball Courts. Make your reservations now and join us for a great evening of fun, good food, dancing and friendship.

The Women's Ladder has started up again for the season with 56 players. All ladders start at 1:00 PM on Monday, Tuesday, Thursday and Friday.

Attention! New time for general meeting and election of officers will be held on Thursday, November, 29 in the Fine Arts Room (OC) at 10:00 AM.

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



Players

Now playing — "Yankee Doodle Dandy!" The cast includes Premier Dancers: Meryle Bloom, Carolyn Farrar, Barbara Greenfield, Helena Hanusek, Ninette Murray, Marilyn Railsback, Janice Strong and Salice Wash. Ingenue Dancers: Joanie Adams, Chere Andre, Janet Becker, Gloria Becker, Donna Bonomini, Judy Carlson, Kathy Fernandes, Patty Hedstrom-Barker, Sandy Klagge, Jennifer Lauchner, Helen MacClaren, Alice Martig, Celeste Morris, Jackie Wilson and Jean Wilson.

Performances are on November 15, 16 and 17 at 7:00 PM and November 17 at 2:00 PM. Tickets are still available!!!

In other news, auditions have been announced for the March production of "Sex Please We're Sixty!" They will be held on Tuesday, December 4, in the Fine Arts Room (OC) and on Monday, December 10 in the Multipurpose Room (OC). Both auditions are from 6:00-9:00 PM. Contact Director Norah Prouhet for more information at nprouhet@hotmail.com.

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

**Contact: Bob Murdock 408-8511,
bamabc@sbcglobal.net
Website: www.lincolnhillsplayers.com**



Poker

The Poker Group plays a variety of poker games Mondays, 1:00-4:30 PM; Tuesdays, 5:00-8:30 PM; and Fridays, 1:00-4:30 PM, 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.



Winner Jackie Sklarew on the left with Club Officer Joe Fenna and Runner-up Bob Nelson

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

The Quarterly Hold 'em tournaments are open to all residents — first-come, first-served; they fill up quickly with a 48-player cap. Our next tournament: Saturday, January 12.

October 20 tournament results: eighth place, Steve Mumma; seventh, Joe Fenna; sixth, Keith Prouhet; fifth, Creighton Fong; fourth, Ralph McCullough; third, Marty Dorsey; second, Bob Nelson; first, Jackie Sklarew — Congrats all players/winners.

Retiring board members Steve Kriner and Case Lambregtse will be replaced by Keith Prouhet and Joe Fenna.

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

**Contacts: Mike Goldstein 543-8238;
Ginger Nickerson 253-3322;
Joe Fenna 543-8634**



Rummikub

The Rummikub Group meets every Tuesday from 12:30-4:00 PM in the Multipurpose Room (OC). Anyone is welcome to join in, whether you are a beginner or a seasoned player! We are a relaxed group of fun ladies and gents, who enjoy playing and socializing. From time to time, we will meet on other days or evenings to play in smaller groups. If you think you might be interested, feel free to drop by. Thank you to all of the "regulars" who come every week, and we are looking forward to meeting newcomers in the future! If you have any questions, please contact:

**Contact: Amy Kee 543-7167,
amykee@yahoo.com;
Xky Dixon 408-4240**



RV

The RVers are getting ready for their annual Holiday Party scheduled for OC Ballroom on December 16. Event chairs Les and Sandy Levi are busy preparing for a fun event. The Becca and Chuck duo will be providing the music. RV members will bring toys that will be distributed to Lincoln's needy children, something that has been going on for a number of years.

Final trips of the year were in September, four-day jaunts to Paso Robles and Gilroy. Plans are being made for a full schedule of trips in 2013, as wagon master slots will eventually be filled.

After meeting in the Heights and Gables Room (OC) November 8 because of renovation in the group's regular meeting place, next meeting, January 3, will return to P-Hall (KS), 4:00 PM.

Contact: Bob Zielinski 408-1852

Website: www.lhrvg.com



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

The Annual Schools Meeting, held on September 10 was, as always, well attended. We were treated to a viewing of a DVD that highlighted the contributions that our members contribute to our community, as well as a visit from Scott Lehman, the WPUSD Superintendent. Our next event will be our Potluck Social. Watch for the email notification.

You do not have to be a teacher to join our organization. If you want to make a difference in the lives of our outstanding Lincoln children, contact us and we will provide you with the needed paperwork and information. The WPUSD calendar can be found on their website www.wpusd.k12.ca.us/District/Calendars/index.html.

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



SCOOP

Sun City Organization of Pooches

Steering Committee Co-Leaders' seats are up for election this year; they appoint all other positions. Please contact Jill Mallory, Nominating Chair, 408-7590.

Fund-raisers are wrapping up the *December 14* event that includes opportunity drawings and live auction. A drawing for a Caribbean Cruise for two is being held prior to this event. Tickets are \$10 or three for \$25. Cruise can be exchanged/upgraded, at

the non-profit cost, and booked up until *December 15, 2013*. You do not have to be present to win and non-SCOOP members can participate! Contact any Fund-raising Committee member for tickets – Jacquie Lemke/Gay Sprague/Joyce Wright/Virginia Nickerson/Cyndi Rinde/Jill Mallory/Louise Lewis. A big thanks to Marilyn Ruiz for her work on the cruises!

Items in our December 14 live auction include a seven-night Alaska & four-night Caribbean cruises, consecutive two-night stay at SF's St. Francis-Union Square (suite), lunch at SF Scoma's, paintings, dinners, portraits, unique jewelry, etc.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Bingos can really make the difference. Sandy, a fixture at OC, is surely one of our most prolific scorers because she gets so many bingos. How does she do it? She saves "endings" on her rack, like *ing, ier, ers*; hooking them onto another four tiles to make a bingo, averaging 75 points. She may get two of these in one game. On one October afternoon, she mounted six bingos in three games. And, Anne, Jean and Lillie, three of our newer players, are getting bingos and winning games, too. This makes it all the more fun to play and to watch.

Our Scrabble Group welcomes anyone who likes to play. We meet each Monday, at 1:00 PM in the Cards Room (OC). Late players are also invited to join in, while awaiting the start of a new game. And, we allow cheat sheets and dictionaries.

Contact: Candy Koropp 409-0607



Second Cup of Coffee

The Second Cup of Coffee Group has found it necessary to cancel its November 19 membership meeting as the speaker has a conflict and is unable to be present.

December will be a quiet month for the group as we enjoy the holiday season.

We are planning to have Bill Richardson speak again in conjunction with the Community Forum on "Football Update — 2012, You Make the Call." Put the date on your calendar now — January 21, 10:00

AM, Front Ballroom (OC) — for it is always a standing room only crowd.

Contact: Wolf Oplesch 408-1788

oplesch@sbcglobal.net

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



Shanghai

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

Contacts: Howard Beaumont

408-0395; Ann Holbak 408-2061



Singles

Dynamic Singles

Autumn leaves are falling with so many beautiful colors as we approach our Thanksgiving gatherings.

October 18 singles enjoyed Table for Eight at Wise Winery. On October 25, we held our Annual Halloween Costume Party which again gave singles a chance to see many unique costumes and win prizes.

On November 3, we had our bus trip to the Breeders Cup Races at Golden Gate Fields. Everyone had a great time. At our November 8 General Meeting, we had many winners at Turkey Bingo.

Upcoming Singles Events:

- November 20 – 7:00 PM – Let's Dance at Meridians (Carol 408-3061)
- December 2 – 4:30 PM – December Birthday Celebration at Meridians Sports Bar (Anita 408-2444)
- December 8 – 11:00 AM-2:00 PM – Christmas Party Buffet Luncheon and Entertainment. RSVP by November 30 (Lou 408-4422 or Dee 434-5448)

Please note: We do not have a General Meeting during the month of December.

Happy Thanksgiving to all!

Contact: Linda Bacon 628-5158

Website: www.lincolnhillssingles.org



Ski

Our annual pre-season potluck party held in October and hosted by Bill & Lillie Smith was our biggest bash yet, with 45 attendees filling the Smith's house. With snow in the mountains from the



October Pre-Season Ski Club Party

previous day's storm, everyone was joyfully anticipating a great season.

Our next general membership meeting is this coming Tuesday, November 20, 4:00 PM, in the Fine Arts Room (OC). Deborah McIlvain from the Fitness Center will teach us stretching and conditioning exercises we can use to help keep us injury-free as we take those extra runs this winter.

We have tentatively planned a Holiday Social for Tuesday, December 18. Details will be sent to members soon.

Although most of our skiing has been downhill, there may be excellent opportunities for cross country skiing this year with the combining of Sugar Bowl and Royal Gorge. Let us know if you have an interest.

**Contacts: Mike Hilton,
Sue Worrall and Bob Vincent
258-2150, lhskiclub@gmail.com
Website: www.lhskigroup.org**



Softball, Senior League

It's that time of the year again. The temperature is fall-



*Clockwise
from top
left: Barry
Sasabuchi;
Leda
Rosenfield;*

*Commissioner Vince Del Pozzo
and George Bungarz*

ing, the rain has begun, and we are preparing for that long hibernation between the end of fall league and the beginning of a new spring season.

All and all, it has been a memorable year. We said a sad farewell to some wonderful players and spouses, and we added some terrific new members. We saw a father and son come full circle and get to play softball together after over 40 years. The travel teams had many successes, and we saw a player inducted into the Northern California Softball Hall of Fame.

Thanksgiving is upon us, and before long we will be counting down the seconds until 2013. It's a great time to reflect on the blessings we all share, living in such a beautiful community and having a whole new sets of friends with whom to celebrate life.

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

Coyotes

60's — Didn't compete in Las Vegas due to injuries, so their last tournament was at the end of October in Pleasanton.

65's — They finished fourth in the prestigious Las Vegas World Masters tourney and ended their 2012 season. Teams from Colorado, Minnesota, California, and Nevada were some of the opposition they faced. 2012 saw the team with one first place, four second places, and four third place finishes. The offense in Las Vegas was led by D.J. Cox/.833/Nick Fox/.814/Brock Dagg/.808/John Dambrosio/Ron Greeno/Nick Eterovich/Ken Fedder. Great pitching was turned in by Bob Zielinski and Eterovich.

70's — Busily working on next year's roster as some of the 70's are moving up to the new 75's.

The winter Northern California All-Star League started October 25 with a double-header at Del Webb Field. The teams from Sacramento, Placerville, Suisun, Fair Oaks, Folsom, and Penn Valley. Games start at 9:30 AM each Thursday through March 2013.

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



Sports Car

We had a special club meeting on October 20 to elect a new Board for next year. The new Board will be Dave Steinkraus – President, DiAnn Rooney – VP, Tom Breckon – Secretary, and Mary Olsen – Treasurer. Good luck to them all, and a special thanks to our outgoing president, Joe Hobby, for all the great work that he did.

Our Halloween Party on October 30 at Turkey Creek was a hoot. Earlier in



*Above, our new
board; right,
Chere put on
our party*

the month we had a great trip to Bodega Bay led by Ron & Elly Goleno, and we participated in the opening ceremonies of the Highway 65 overpass. Ten of our cars chauffeured local dignitaries, and 28 more paraded with other car clubs over the new bypass.

Our Christmas party on Thursday, December 6, at the Catta Verdera Golf Club will be a first class event and a great closing to a wonderful and activity-filled year.

**Contact: DiAnn Rooney 543-9474,
dlrooney@mac.com
Website: LHsportscars.com**



Square & Round Dance

Sun City Squares

The Square Dance Club Halloween Party was another fun event. All levels of dancers danced together and everyone had a "ton of fun." Our next party will be in December, a sit-down dinner party celebrating the holiday season. Plans for New Year's are in full swing and

we are planning on starting a beginners class *next fall*. Now is the time to check the club out, drop by KS on Monday after 1:00 PM.

Call Chuck or Bob to sign up today!!

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

- Beginner Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level
Mondays, 2:15-3:30 PM (KS)
- Advanced Class Mondays,
3:30-4:00 PM (KS)
- A-2 DBD Level – Thursdays,
1:00-3:00 PM (KS)

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



Tap Company

With Thanksgiving almost upon us... it's a great time to stop and express thanks for our "coaches" Carol Rose, Joyce Curry and LaDonna Cumiford (see photo below)! These wonderful women devote countless hours on the dance floor polishing the intricacies of our techniques in addition to making our performances better than we ever thought possible.

They are extremely skilled tappers with many years as dancers and instructors. They spend hours with us each week ensuring that each foot is in the proper place, each tap making the right sound



The Tap Company is thankful for our "coaches"!

and each arm at the exact perfect angle. They do this year after year receiving only gratitude from all of us for their efforts! So... thank you Carol, Joyce and LaDonna from the bottom of our hearts!

Save the date: Friday, December 14, for

the annual Tap Company Luncheon! And, don't forget the 2013 Tap Company Show – April 11, 12 and 13!

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



Table Tennis

At this writing, Ladder play continues for both our Red and Blue players. We also have open play at all our thrice-weekly sessions.

Come and join us, especially now that the weather has changed and the Fall of Rain is among us.

Sessions: Tuesdays 6:00-9:00 PM;
Fridays 8:00-11:00 AM; Sundays 12:30-5:00 PM.

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



Tennis

Our three major fall tennis tournaments have been completed. Club Champions have been crowned and their names engraved on the Sports Pavilion plaques for posterity. By the time you read this, the Fall Dinner-Dance will have taken place and only two social events remain: the Men's Lunch on Wednesday, December 5, at Olde Town Pizza, and the Women's Lunch on Thursday, December 6, at Catta Verdera.

It's been a full and challenging year for the outgoing Board of Directors consisting of Carl Braganza, Jean Cartier, Sallie Jordan, and Roger Clapp. They thank you heartily for their opportunity to serve.

Volunteers for the new 2013 board include President—Sharon Klotz; Social—Pam Geernaert; Finance—Jack Buffington; Communications—Pat Campbell; and Tournaments—Greg Burke. These candidates will be proposed at the upcoming biannual General Members Meeting at 2:00 PM on December 14 at KS. Please attend, vote, and renew your LHTG annual membership (\$12 check to LHTG).

Contacts: Roger W. Clapp
rwclapp@hotmail.com;
Carl Braganza cfbraganza@gmail.com



Vaudeville Troupe

Tickets on sale for Vaudeville Troupe's January 11-12 Fabulous Show!! Enjoy "A Musical Tribute to the Movies." Step back in time to the haunting "Anastasia," be drawn to tears with "Bring Him Home" from "Les Miserables," and enjoy a comedic twist to "Baby, It's Cold Outside" from "Neptune's Daughter." Be entertained by selections from "Pulp Fiction," "Carousel," "Exodus," "My Fair Lady," "The Sound of Music," "Chicago," and *more!!* Take a journey of reminiscence to "the good ol' days" of the Movies!!

We always offer "Entertainment Extraordinaire" that is *thoroughly entertaining!!* In the comfort of our "Cabaret-style" Theater at Presentation Hall (KS), enjoy



From top: The Vaudeville Troupe's January Show!; Vaudevillians Pat Campbell, Paul Carroll and Marina Eugenio have fun at Lincoln Blvd. Celebration; Celebration Volunteer Al Roten and Chair Jim Datzman meet with Director Marina, before the Vaudeville Troupe performance

our "one-of-a kind-around-these-here-parts" old-time Variety/Vaudeville Show on the same bill for an afternoon or eve-

ning of fun, nostalgia and high-spirited performances. You can't miss this one!! Get your tickets today!! Four shows only!! Friday and Saturday 2:00 PM and 6:00 PM each day

Tickets only \$12 — we always sell out!!

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



Lincoln Hills
Veterans Group

Veterans

The Veterans Group's ever-popular holiday luncheon is scheduled for December 13 in OC Ballroom from 12:00 to 3:00 PM. Priced at \$18 per person, the occasion will include a festive luncheon, a musical program and drawings for prizes. Entrée choices are: Chicken Cordon Bleu with mashed potatoes and vegetables, Baked Salmon with mashed potatoes and vegetables, and Fettuccini Alfredo with seasonal vegetables.

Reservations are required by December 8. Persons without reservations cannot be accommodated. For questions or further information, please contact Lillian Nawan at 408-2184.

Contacts: Joey Chisesi 408-1705,
joeycathie@sbcglobal.net;
Website: lhvets.org.



Lincoln Hills
Water Volleyball

Water Volleyball

Water volleyball is open to all residents of any skill level. You can try it out three times without joining. Training is also available (see below). We have open play, competitive (advanced) play, and league play.

Our annual holiday get-together happens on December 1 from 6:00-9:00 PM at the OC Ballroom. Besides an outstanding buffet and entertainment, we'll announce our new club officers.

Our club has established a Welcoming Program for people who wish to try water volleyball. Just jump in the pool and introduce yourself.

Play available in the KS pool:

- Open Play: Saturdays, 9:00 AM; first, second, fourth, (fifth) Mondays, 5:30 PM.

- Open/League Play (all levels): Wednesdays, 6:45 PM
 - Advanced Play (rated players only): Mondays, 6:45 PM; Thursdays 6:45 PM
 - Training: Third Monday, 5:30 PM.
- Contacts: Jim Puthuff 543-0067,**
jputhuff@softcom.net; Carol Cope 408-5596, cande@aol.com
www.suncity-lincolnhills.org/residents



West Coast Swing Dance

Join us for our Annual Holiday Dinner Dance on Saturday, December 1, (KS). *Advanced Sales Only*, seating limited. Music will be provided by Dottie, with a great mix of WCS, Ballroom, Latin and Country music. Tickets can be purchased from Kathy Lopez 434-5617. RSVP by November 23.

Our Annual Sunday Tea Dance & Ice Cream Social was a huge success, and attended by over 70 members and guests dancing the afternoon away. The energy level was high, and the dance floor was never empty. This may have been due to the great dance music, camaraderie with



Sunday
afternoon
Tea
Dance



Top, Pete
and Chris;
right, Mimi
and Sal

fellow dancers, and ice cream sundaes, not to mention the decadent cakes that were provided by member John Jurivich.

Capital Swing Dancers' dance and workshop with Sharlot Bott and Mark Scheuffele - Fair Oaks, Saturday, November 17. More information at www.capitalswingdancers.org.

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



Writers

As happens every year, when the holiday season nears, despite the creative opportunity that is afforded, our writers too often let their pens fall silent or divert their energies elsewhere. We urge all of those latent scribes not to abandon their cause and keep on writing. There are stories, memoirs and poems that need to be addressed this time of the year, not just greeting cards.

Drop in and share your golden gems of thought with us. We still meet on the second and fourth Monday each month, at 6:30 PM in the Ceramics Room (OC).

Contact: Jim Fulcomer 543-9201;
jfulcomer@mac.com

Authors' & Writers' Resource Group

The A&W Resource Group welcomed Ted Witt, President of Northern California Publishers and Authors (NCPA), as our guest speaker on October 17. Mr. Witt, also owner of Pretty Road Publishing, explained the fundamentals of book marketing, which starts with having a well-written and edited manuscript, an excellent book title and a well-placed social media presence, including Facebook, Twitter, Pinterest and Goodreads.

On November 7, Gerry Ward, from the Sacramento Library provided excellent information on book printing using the I-Street Press services. A&W member Robert Carpentier showed a video of the I-Street press machine in action.

Please join us at our next meeting, Wednesday, December 5, at 4:00 PM in the Multipurpose Room (OC) for a roundtable discussion on "Overcoming your obstacles on the road to publishing and marketing." Our meetings are free and open to all residents.

Contacts: Linda Bello-Ruiz
543-7952, lmbelloruiz@yahoo.com;
Leo Craton craton1@att.net

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Bulletin Board

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

LH Foundation Bingo

Thursday, November 29. This will be our last Bingo for 2012. Many thanks to those who have joined us this past year. We hope you have enjoyed yourselves like we have. It's a good opportunity to be with friends and family and have a chance to win money and prizes. Bingo will be held in the OC Ballroom with doors opening at 12:30 PM. Games start at 1:00 PM. Cost is \$20 for 12 games, 12 cards with six cards each. We offer \$1350 in prize money plus two door prizes. Pop-ups are four for \$1. Cold water available, but no alcohol allowed. No one under 18 admitted. It's always fun for sure. Come join us and see. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984. Visit the Lincoln Hills Foundation website at www.lincolnhillsfoundation.org. We are Seniors Helping Seniors.

Glaucoma Support Meeting

Multipurpose Room (OC). We meet the second Wednesday of every month, 4:00-5:30 PM, except in December when our holiday potluck, December 12, replaces our regular meeting. More info: Bonnie Dale, 543-2133.

Holiday Food Drive

November 15 begins the Holiday Food Drive. For the past 15 years, The Lincoln Host Lions Club has been providing food for the needy families of Lincoln during the Holiday Season. They work closely with the Salt Mine and the Toys for Tots group to make sure each family gets enough food and toys. Last year, the residents of SCLH were a tremendous help with this work and they are asking again for your help with canned food. They have placed collection boxes in both Lodges and Fitness Centers for your drop-off donations. Thank you again for your help.

Italian Club

What could be better than sharing turkey dinner with your LHIC family? Turkey Bingo! Yes, turkey dinner and fun-filled, prize-filled bingo games! This popular Club event is held on November

You are invited... To the following presentations:

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

Wednesday, November 21 10:00 AM, Kaiser Permanente Senior Advantage Open Enrollment Seminar, Heights (OC)

Tuesday, December 11 6:00 PM Spinal Aid Presentation, Dr Zorich, Solarium
Please see our insert in this month's Compass

18. See our website (www.lhitalianclub.org) for fabulous after-event photos, our enriching and enjoyable course, "Wings Over Italy", is in full swing. Led by charming and talented Italy expert Aldo Pardini. There are only a few weeks left and everyone is happily learning and sharing their Italian culture. Be sure to sign up for the Christmas Dinner Dance to be held at Catta Verdera Country Club on December 2 as we celebrate the holidays in style! Our website has all the details. Residents who are of Italian heritage or whose spouse/significant other are of Italian heritage, can join our active social club. Info: www.lhitalianclub.org or our Membership Chair Marie Berlenghi, 543-3731.

The Multiple Sclerosis Group

meets monthly on the first Tuesday at 1:00 PM the Terra Cotta Room (KS). We usually have a topic of discussion or a speaker addressing 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.

The Right Foods Movement

Our new healthy eating club, "The Right Foods

Movement," had an interesting and lively meeting October 24 with an even larger attendance than our first club meeting September 19. There seems to be no end to our members' creative ideas for future club activities and food topics we will address. The first of the small workshops are now scheduled. More will be added as we get to know one another better by sharing our experiences with healthy food preparation at these small gatherings. There were several presentations and discussions at the October meeting, all related to the club's objective of helping us learn more about intelligent and sensible eating, which is the cornerstone of a healthier lifestyle. All residents are welcome at our meetings as we move closer to becoming an official club. Contact Don Rickgauer, 253-3984, for the November meeting date.

Shalom

October was busy: Woman's Club, Men's Club, Game Night, and a Miniature Golf Tournament. The Men's Club's speaker was from the uniformed Lincoln Volunteer Police Force, which has gone through a training program, works with the 20 sworn officers of the Lincoln Police Force, and reports to the Lincoln police chief. There are 28 in the group, with 12 more in training. They patrol all of Lincoln and report problems to the police. They add a lot to the security of the city. Game night, also election night... proposed slate of an Executive Council consisting of Harriet Kaufman, Sandy Klein, and Karen Ofsink, Membership VP Judi Schane, Treasurer Sharon Kretmar, Recording Secretary Leslie Hanover, and Corresponding Secretary Iming Aaron. Check the Shalom calendar at shalomsg.org for notices of events that occur too late this month to be listed in this column (eg. Women's Club).

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 39

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Continued from page 35

years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the fall and winter months we meet at 9:00 A.M. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our Group. Membership is free. Contact: John Kightlinger, 408-3928, johnnpat@sbcglobal.net.

The Travel Group • www.lh-travelgroup.com

The next meeting is Thursday, November 15, 7:00 PM, Multipurpose Room (KS). Guest presenter: Ilene Ferguson, Alamo World Travel. Friends and family may join our trips. You don't have to be a member to attend our meetings. Committee Member Contacts: Teena Fowler 543-3349 sfowler@starstream.net; Linda Frazier 434-8266 fraz1774@sbcglobal.net; Sheron Watkins 434-9504 sheron55@att.net; Louise Kuret 408-0554 lkuret@sbcglobal.net; Karen Foley 645-5411 klfandedf@starstream.net.



The Travel Group on Northern Europe Cruise

In Memoriam

Joyce Snyder McLellan

After growing up in Ontario, California, Joyce attended Cal Berkeley where she met her husband, Tom. They moved to Lincoln in 2000 after 40 years in the Bay Area. Married 62 years, they are together again and greatly missed by their large extended family. Joyce's interests included gardening, hiking, dance, travel, serving as chaplain in her church, and enjoying family.

Dennis Zografos

At 14, Dennis came to San Francisco from Iowa. He met his future wife in High School. Dennis served in the Army and married Judy in 1956. He was in the materials handling business, and was an

avid duck hunter. They moved here after living in Tahoe for five years. Dennis leaves his dear wife, daughter and three grandchildren. Another daughter predeceased him.

Cordelia Chavez

"Cordie" was born in La Jara, Colorado and came to the Delta area of California as a teenager. She met Eddie through his sister and they were married in 1958. They have two children, one granddaughter and one grandson. Cordie and Eddie worked together for years at the DMV in Sacramento. She was an Avon representative here and an active resident who loved to dance!

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.

Lincoln Hills Foundation

Continued from page 15

years, distributing over \$160,000 in grants since 2003. These grants support nonprofit groups dedicated to assisting seniors in our community. **The Lincoln Hills Foundation's Annual Fundraising Drive starts this month.** When considering the great accomplishments of the Foundation supporting Lincoln Seniors, wouldn't you like to show your appreciation by kindly making a donation? To learn more about the Foundation and make a donation, visit their website at www.lincolnhills-foundation.org.



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Special Events

The Players Group Presents — “Yankee Doodle Dandy”

- Thursday, November 15,
7:00 PM — 5015-09A
- Friday, November 16,
7:00 PM — 5015-09B
- Saturday, November 17,
2:00 PM — 5015-09C
- Saturday, November 17,
7:00 PM — 5015-09D

The Lincoln Hills Players present “Yankee Doodle Dandy,” a fast-paced musical based on the life of American hero George M. Cohan. This great song and dance man spent 56 of his 64 years on the stage. He wrote 40 plays, collaborated with other playwrights on 40 plays and shared in the production of another 150 during his lifetime. With over 1000 appearances as an actor and writing more than 500 songs, Cohan was the first superstar of American show business in an age without electronic mass media. Wearing many hats successfully in American performing arts, he triumphed as an actor, singer, dancer, songwriter, playwright, director and producer. Director Dolly Schumacher James has filled two hours with his songs, dance numbers and comedic scenes to recreate the period and take you on a sentimental journey to a time long ago. You will leave the theater humming his songs! Matinee 2:00 PM, evening shows 7:00 PM. Ballroom (OC). \$14.



New Location!

Comedy Night at OC Ballroom Monday, November 19

- 6:00 PM performance — 5019-09A
- 8:00 PM performance — 5019-09B

New location: OC Front Ballroom for the months of October, November and December. Headliner Chicago Steve Barkley has shared the stage with Jerry Seinfeld and Robin Williams and won the First Place \$10,000 prize on America’s Funni-



est People. Traveling the globe with his hilarious brand of comedy and sound effects, he has opened for Ray Charles, Neil Young, Herbie Hancock, and others. Show opener is Jason Armenio. Receive \$1 discount off a minimum \$4 purchase from Meridians Bar and/or Sports Bar on day of event with ticket. Front Ballroom (OC). \$10.



e-Waste Recycling

Tuesday, November 27 — Free

9:30 AM-12:00 PM. OC Fitness Parking Lot. Free! Be good to our environment. To make it easier for you, Sims Recycling will be at OC Parking Lot (Fitness side) to accept your unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We will offer this service twice a year starting 2013. Next schedule is set for January 15. The list of all acceptable electronics for recycling will be available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!



Grandkids Santa Adventure Sunday, December 2

Ages 2-12 years old — 5002-10

Santa is coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at our first ever “Santa Adventure.” Start the morning off with a story by Mrs. Claus, photos of the grandkids with Santa and Mrs. Claus and interactive activity stations offering treats, prizes and fun! Enjoy amazing face painting, cookie decorating, hot chocolate, kids’ crafts and more! **Important:** Each child must be accompanied by a grandparent for all activities (multiple siblings would require two adults present), all children need to be pre-



registered, wristbands will be provided during registration and are required for participation. Lunch is on your own, not included in ticket price. Ballroom (OC). Doors open at 10:00 AM; activities and games 10:00 AM-1:00 PM. Toddler to 12-years-old. \$12 per child.

New Location!

Comedy Night at OC Ballroom Monday, December 3

- 6:00 PM performance — 5003-10A
- 8:00 PM performance — 5003-10B



Headliner Brad Bonar is a double threat, with a hilarious stand-up stage act and comedy magic. His universal comedy stems from observations of family life and has made him a favorite at clubs and casinos including Laughs Unlimited, Atlantis Casino, Jackson Rancheria and Punchline. Brad has worked with Dana Carvey, David Coulier and Rocky



LaPorte to name a few. Show opener is Tapan Trivedi. Front Ballroom (OC). \$10.

Red Hawk Casino

Wednesday, December 5 — 1942-10

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our passengers a \$15 gaming credit. Be sure to bring your personal identification to receive your Reward Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ Now.



de Young Museum:

The William S. Paley Collection Thursday, December 6 — 1762-10

A selection of major works from the William S. Paley Collection at the Museum of Modern Art in New York is currently on exhibit. It includes paintings, sculpture and drawings from the late 19th century through the early 1970s, particularly



strong in French Post-Impressionism and Modernism. Also included is a special exhibition dedicated to the life and work of the legendary dancer and choreographer Rudolf Nureyev (1938–1993) showcasing more than 80 costumes and 50 photographs from the dancer’s personal collection. Additional feature is photographs by Danny Lyon entitled “This World Is Not My Home” — offering more than 60 photographs and photographic montages from 1962 to present focusing on the American street photography movement. Founded in 1895, the de Young’s collections exceed 27,000 works of art. You will have access to all of these exhibits and more. For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at museum café or bring your own. Leave OC at 8:00 AM, return ~ 5:00 PM. \$64. RSVP ♦♦ Now.

Holiday Dinner Dance with Metro Swing Band

Friday, December 7 — 5007-10

Celebrate the holidays with friends, neighbors and loved ones as you dance the night away with Metro Swing Band, one of the leading dance and show bands in the greater Sacramento area.



After a plated dinner with choice of *Roulade of Petrale Sole* or *Grilled Fillet of Top Sirloin*, enjoy a special holiday treat of *Eggnog Cheesecake*.

Complete menu at the Activities Desks. If you are buying a table with friends and neighbors, provide a complete list of guests at your table with their food choice upon registration. Ballroom (OC). Dinner 6:00 PM; Dancing 7:00-10:00 PM. \$41. Registration will close December 4.

Lincoln Hills Chorus Presents “A Choral Holiday Tapestry”

- **Sunday, December 9, 2:00 PM Show — 5009-10A**
- **Monday, December 10, 7:00 PM Show — 5009-10B**
- **Tuesday, December 11, 7:00 PM Show — 5009-10C**

The holidays are just around the corner and there’s no better way to get into the holiday spirit than listening to the wonderful Lincoln Hills Chorus. The group has been tirelessly rehearsing for



a special festive program that includes familiar and new songs. Last year’s Carnegie Hall performers, the Lincoln High School Choir, will add to the joyous performance as special guests. Ballroom (OC). Doors open 30 minutes prior to show time. \$12.

Cornish Christmas

Friday, December 14 — 1856-10

Recapture the spirit of Christmas past

amid the charming surroundings of historic downtown Grass Valley, California, during the annual Cornish Christmas Celebration. Started in 1967 as a way to preserve Grass Valley’s Cornish heri-



tage and holiday traditions, Cornish Christmas remains a very popular event. The streets are filled with the sights and sounds of an old-

fashioned Christmas; carolers, jugglers, musicians, the Grass Valley Cornish Carol Choir, Tommyknocker Cloggers and of course, Santa Claus. Handmade arts & crafts from artists throughout California are displayed on the historic downtown Grass Valley streets. Food and drink can be purchased from a number of Grass Valley restaurants and specialty food vendors. This evening trip will tickle all your senses. Depart OC 4:30 PM, return ~ 10:30 PM. \$22. RSVP ♦♦ Now.

Victorian Christmas

Sunday, December 16 — 1857-10

The enticing aromas of roasted chestnuts and hearty holiday foods fill the air, along with cries of street vendors hawking their wares and lamp-lit streets filled to overflowing with



authentic Christmas treasures. Now on its 35th year, enjoy an afternoon in historic and picturesque downtown Nevada City, a quaint, Gold Rush town nestled

REMINDERS

ACTIVITIES & FITNESS DESK HOURS & PHONE NUMBERS: See page 86.

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

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

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

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

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

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

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

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

in the foothills of the snow-capped Sierra. It's a magical setting of hilly streets outlined with twinkling white lights and authentic gas lamps, wandering minstrels and carolers dressed in Victorian attire, and myriad visitors sharing holiday cheer and good tidings. Depart OC 12:30 PM, return ~ 7:30 PM \$23 RSVP

◆◆ Now.

Offering Section-Reserved Seating!
Franc D' Ambrosio's
"Christmas In New York" Concert
Tuesday, December 18 — 5018-10

We bring back Broadway's longest running "Phantom," Franc D' Ambrosio, with his "Christmas In New York" concert. Best known for his portrayal in Andrew Lloyd Webber's Tony Award-winning Musical, "The Phantom Of The Opera," he was awarded the distinction as the "World's Longest Running Phantom" which he has retained for over a decade. Discovered by Francis Ford Coppola as Anthony Corleone in Godfather III, Franc was accepted by legendary tenor, Luciano Pavarotti, to study with him at his home in Italy. A varied and noteworthy career began with multiple nominations from highly respectable award-giving bodies. Franc tours extensively throughout the United States, Europe and South America and visits us to present a program that celebrates the magic of the season. Featured at famed Razz Room in San Francisco, don't miss favorite holiday standards from the American



to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:00 AM, return ~ 7:00 PM. \$33. RSVP ◆◆ Now.



Songbook by this amazing performer. Ballroom (OC) 7:00 PM. Premium section seating available for those who wish to enjoy the convenience of reserved front-section Ballroom seating. During registration, please advise monitor if you wish to have premium reserved section and preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available space will be provided. No need to stand in line prior to the concert. **Premium seating sold only at OC Lodge \$21.** General seating \$19.

San Francisco Shopping
Wednesday, December 19 — 1844-10

Get in some last minute shopping before Christmas! Don't worry about the traffic, the bridge, parking, etc. Relax and let our comfortable coach take you

to the heart of San Francisco (Union Square) for a day of shopping, lunching and people watching. Includes a 10% off Macy's Certificate. To make your shopping more comfortable, we have made arrangements with the bus company to meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning shopping so you can do more shopping. Lunch on your own. Leave OC at 8:00 AM, return ~ 7:00 PM. \$33. RSVP ◆◆ Now.

San Francisco Giants Ballpark Tour
Thursday, December 20 — 6301-11

Attention all Giants fans! Still excited from watching the San Francisco Giants win the World Series? We've scheduled a trip to tour and have lunch at AT&T Park and visit the official Giants Dugout Shop for the latest gear to show your



team pride. See behind-the-scenes where all the excitement takes place. It's the ballpark where home runs can be "splash hits." The breathtaking Bay views rival the action on the field, where one of baseball's most hallowed franchises plays inside an architectural landmark. It was the first privately-financed ballpark in Major League Baseball since 1962. On your behind-the-scenes ballpark tour of AT&T Park you will get to go places only the players and staff go including:

- The Field Warning Track
- A Major League Dugout
- Visitor's indoor batting cage
- The Visitor's Clubhouse
- The Press Box
- A Luxury Suite

There can be up to two-miles of walking and tour is fully accessible. *Boxed lunch from Boudin Bakery includes choice of*

REMINDERS

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

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

Buses are air conditioned, please dress accordingly.

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

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

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

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

SCENTS: When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.



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will also receive a special AT&T Park souvenir. Depart OC 9:15 AM; return ~ 5:15 PM \$67. RSVP ♦♦ by 11/26.

**Crocker Art Museum —
Norman Rockwell
Thursday, January 3 — 1765-11**

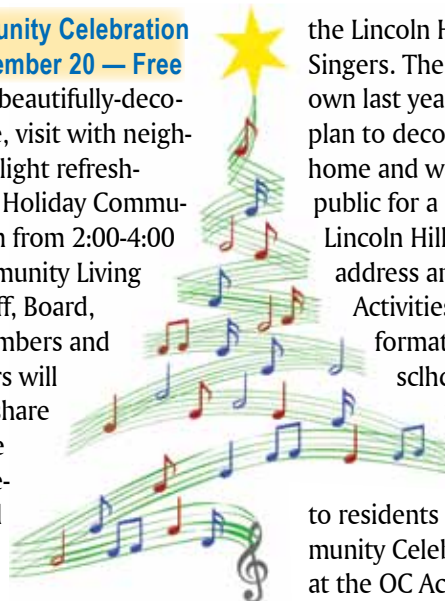
The Lincoln Hills Photography Group is sponsoring the exhibition of 36 Views of the Golden Gate Bridge celebrating the 75th anniversary of the building of the Golden Gate Bridge. This is in addition to the main program featuring the full range of Norman Rockwell's artwork, including rarely circulated works from the collection of the Norman Rockwell Museum in



Stockbridge, Massachusetts. Included in the presentation are original oil paintings of some of his most famous illustrations, drawings, war bond posters, and numerous covers that Rockwell created for *The Saturday Evening Post* over nearly five decades. In addition to the artwork on view, personal corre-

**Holiday Community Celebration
Thursday, December 20 — Free**

Appreciate the beautifully-decorated OC Lodge, visit with neighbors and enjoy light refreshments during a Holiday Community Celebration from 2:00-4:00 PM in the Community Living Room (OC). Staff, Board, Committee members and other volunteers will be on hand to share in the joy of the season and celebrate work well done in 2012. Enjoy music by



the Lincoln Hills Brothers and Sunny Singers. The Tour de Lights – on your own last year was very popular. If you plan to decorate the outside of your home and want to make your address public for a listing on lights within Lincoln Hills, please submit your address and Village number to our Activities Desks or email the information to Melinda.Rogers@schca.com by December 13. Staff will compile a list of decorated homes and make the list available to residents during this Holiday Community Celebration. It will be available at the OC Activities Desk after the party.

spondence and archival photographs offer insight into the life of one of the country's most beloved illustrators. You might also enjoy *Celestial Realms: The Art of Nepal from California Collections*. The Newar people, who have inhabited Nepal's Kathmandu Valley for centuries, are renowned for their skill as artisans,

three-course dinner with wine pairing of McManis Pinot Grigio, Kendall-Jackson "Vintner's Reserve" Chardonnay and Godiva Chocolate Liqueur with Coffee. Experience the decadent elegance of masked strolling entertainers and illusions. After dinner, choose between live music in the Ballroom or DJ dancing in Meridians and interactive enchantment in the Community Living Room. Experience the whimsy of themed photography, a silhouette artist, magic and much more throughout the night. Guests may select their tables during registration on first-come, first served basis. Designated singles tables are available in all locations except Solarium for individuals or groups who wish to enjoy the company of other singles. If you are purchasing a table for your group, provide seating location and guest names with their entrée selections at time of registration.

**Lincoln Hills New Year's Eve
Masquerade Ball**

Monday, December 31

Orchard Creek Lodge

Ballroom — 5031-13BR

Meridians — 5031-13MER

Pre-Function — 5031-13PF

Solarium Wine Pairing — 5031-13SOL

Enter a world of enchantment, dancing and entertainment at the New Year's Eve Masquerade Ball! Ring in 2013 with a customized party experience including magical entertainment, an expanded menu with five delectable dinner entrées and the best dance music in town with the Freestyle Band and DJ Tom. Select your favorite party room location, pick an entrée and enjoy the breathtaking Amphitheater fireworks and free-flowing champagne to toast the New Year. New for this year, wine lovers can select the Solarium Menu offering a

Tickets required for entry. No refunds. Complete menus available at the Activities Desks. Ballroom and Solarium Guests, doors open 7:00 PM, dinner 7:30 PM. Meridians and Pre-Function Guests, doors open 7:30 PM, dinner served 8:00 PM. Dancing and entertainment 9:00 PM-12:30 AM, fireworks display at midnight. Advanced registration rates start at only \$69 per person and will be available until November 30. Formal dress and masks are optional, and we encourage you to join in the fun of masquerade in your own style. Party fee includes a professional 5"x7" Masquerade Ball photo keepsake for each guest.



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creating both Buddhist and Hindu sculptures, paintings, and architectural carvings. Includes museum admission and a docent-led tour of the Rockwell Exhibit. Lunch is on your own at the Crocker Café. Limited to 40 people. Depart OC 9:00 AM, return ~3:00 PM. \$38. RSVP ♦♦ by 12/15.

**The Vaudeville Troupe's
"The Cavalcade of Stars"**
Friday, January 11
2:00 PM Show — 5111-11A
Friday, January 11
6:00 PM Show — 5111-11B
Saturday, January 12
2:00 PM Show — 5111-11C
Saturday, January 12
6:00 PM Show — 5111-11D

Lincoln Hill's popular and "outrageously entertaining" Vaudeville Troupe returns to the Presentation Hall (KS) "Cabaret-style" stage to present their old-time Vaudeville Show, "The Cavalcade of



Stars." This high-energy, non-stop action extravaganza features "A Musical Tribute to The Movies" that you will not want to miss. Take a step back in time to the haunting Anastasia, be drawn to tears with "Bring Him Home" from Les Miserables, and enjoy a real comedic twist to "Baby, It's Cold Outside" from Neptune's Daughter. The musical program will include tunes from "Carousel," "Exodus," "From Russia with Love," "My Fair Lady," "The Sound of Music," and many more popular tunes. Let yourself go on a journey of movies as you reminisce about "the good ol' days." Vaudeville's Troupe of performers is known for their creative energy and outrageous fun as they engage and interact with the audience. Four shows only that always draw sell-out crowds. Arrive early as seating is first-come, first-served for all shows. P-Hall (KS). Shows at 2:00 PM and 6:00 PM. \$12.

**e-Waste Recycling
Tuesday, January 15**

9:30 AM-12:00 PM, OC Fitness Parking Lot. Just look for the big Sims Recycling truck in the parking lot! Refer to November 27 article on page 41 for details.



**Nunset Boulevard —
Three Stages Theater
Tuesday, January 15 — 4600-10**

This latest installment in the well-loved series of Nunsense musicals features the popular star of Laverne & Shirley, Cindy Williams. The Sisters are on their way to perform at the Hollywood Bowl, or so they believe. Alas, it's actually the Hollywood Bowl-A-Rama. But wait! They learn of auditions for a new musical about Dolores Hart, the famous movie star who kissed Elvis and then became a nun! Will this be their big break? Depart OC 5:30 PM, return ~10:30 PM. \$64. RSVP ♦♦ Now.



**New Resident Orientation
Tuesday, January 15**

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



**California Academy of Sciences
Thursday, January 17—1843-11**

Don't miss *Earthquake*, a major new exhibit and planetarium show exploring the seismic science that has shaped Earth's evolution and continues to impact our lives today. It's as if the new Academy brings the whole universe under one roof — an aquarium, a planetarium, a natural history museum and more! Located in San Francisco's Golden Gate Park, the 412,000 square foot

structure is not only physically impressive, but it just may be the greenest museum on the planet, with a 2½ acre living roof, an expansive solar canopy, an extensive water reclamation system, and walls insulated with recycled blue jeans. Your admission includes access



to all museum and aquarium exhibits, including the rainfor-

est, planetarium, and living roof. This popular Bay Area attraction includes a wide range of daily programs and activities, including dive shows, penguin feedings, swamp talks and more. Some highlights of the museum include, the deepest coral reef exhibit in the world, climb into the canopy of the four-story tropical rainforest, a towering T-Rex skeleton, a colony of African penguins, and a new exhibit on earthquakes. Bring a bag lunch, or enjoy lunch on your own at one of the two restaurants within the facility, The Academy Café, served cafeteria style, and the Moss Room for more elegant dining (reservations recommended for the Moss Room). More information online at www.calacademy.org. Leave OC at 8:00 AM; return ~ 6:00 PM. \$66. RSVP ♦♦ by 12/15.

**"JOEL" – A Concert Tribute to the
Music of Billy Joel
Friday, January 18 — 5118-11**

Fresh off of the national tour of Billy Joel's Tony Award-Winning rock musical "Movin' Out," Piano Man Kyle Martin and a group of professional musicians are regarded as the best Billy Joel Tribute band on



the West Coast. "Joel" performs Billy Joel's timeless repertoire as well as original musical works

in true rock and roll fashion. Kyle is described as a gifted performer with a voice that is strong, agile and distinctly spectacular. This group of musicians are blazing hot and will have everyone

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singing along. Ballroom (OC) 7:00 PM. Premium seating available for those who wish to enjoy the convenience of reserved front-section Ballroom seating. During registration, please advise monitor if you wish to have premium reserved section seating with preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available space will be provided. No need to stand in line prior to the concert. **Premium seating sold only at OC Lodge.** \$18. General admission early registration discounted rate November 17- December 14, \$13. After December 14, \$16.

Broadway Sacramento Rock of Ages

Tuesday, January 22 — 4563-06B

Set in LA's famous Sunset Strip in 1987, "Rock of Ages" tells the story of Drew, a boy from South Detroit, and Sherrie a small-town girl, both in LA to chase their dreams of making it big and falling in love. "Rock of Ages" takes you back to the times of big bands with big egos playing big guitar solos and sporting even bigger hair! Enjoy this Broadway hit at the Sacramento Community Center in orchestra seating. Bring guests as a holiday gift!! Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. RSVP ♦♦ Now.



their dreams of making it big and falling in love. "Rock of Ages" takes you back to the times of big

bands with big egos playing big guitar solos and sporting even bigger hair! Enjoy this Broadway hit at the Sacramento Community Center in orchestra seating. Bring guests as a holiday gift!! Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. RSVP ♦♦ Now.

Comedy Night at KS

Tuesday, January 22

6:00 PM performance — 5121-11A

8:00 PM performance — 5121-11B

Steve Mittleman is one of the best comedians on the West Coast, touring since 1980 and appearing on shows including The Tonight Show with Carson and Leno. He has also appeared on Letterman, Showtime, HBO and many others. Steve has worked with many well known comedians including Seinfeld, Ray Romano and Drew Carey. His clean comedy show will keep you laughing for the entire hour. P-Hall (KS). Early registration discounted rate November 17- December 14, \$10.



including The Tonight Show with Carson and Leno. He has also appeared on Letterman, Showtime, HBO and many others. Steve has worked with many well known comedians

including Seinfeld, Ray Romano and Drew Carey. His clean comedy show will keep you laughing for the entire hour. P-Hall (KS). Early registration discounted rate November 17- December 14, \$10.

After December 14, \$12.

Colusa Casino

Thursday, January 24 — 1950-11

Residents on the trip to Fort Bragg last June enjoyed our stop at the Colusa Casino on the way home, so we're going back for a longer visit. We've scheduled



a nice day trip with some special casino credit offers available to you! If you sign up as a new member, receive a \$30 slot credit; current members get \$10, Premier \$15 and Elite \$25. All residents and their guests over 50 will receive an additional \$10 slot credit and \$7 off the lunch buffet. Leave OC 10:00 AM, return~ 4:00 PM. \$21. RSVP ♦♦ by 12/15.

Overnight Trip

"Sun City Snow Train to Reno"

Thursday, February 21 to Friday,

February 22 — 1970-11

Enjoy the breathtaking scenery from our reserved rail car via Amtrak on a relaxing snow trip to Reno. We'll show up in time for a nice buffet dinner before watching "Magique" show at the Eldorado Hotel and Casino.



"Magique" blends grand illusions, pyrotechnics and dazzling costumes with a dose of comedy and a splash of cirque. Enjoy a hot buffet breakfast the following morning before our departure home via motor coach. Package includes:

- Motor coach transportation to and from train stations
- Complete hassle-free luggage service for entire trip
- Reserved rail car for our group to Reno
- Dinner buffet & gratuity
- Ticket to Eldorado Showroom's "Magique with Kevin & Caruso"
- Breakfast buffet (gratuity not included)
- Return trip by motor coach
- All gratuities for bell service and bus driver

Leave OC at 10:45 AM, Thursday, Febru-

ary 21, return LH Friday, February 22 ~ 1:45 PM. *On Thursday, bring a bag lunch or purchase on board train. A signed liability waiver is required for each participant.* \$176 per person double occupancy. \$203 single. RSVP ♦♦ by 12/5.

Terra Cotta Warriors — SF Asian Museum • Tuesday, February 26 — 1766-11

Discover why the Terracotta Warriors are the eighth wonder of the world without travelling to China. The only West Coast venue for this exhibition, the Asian Art Museum in San Francisco presents some of the Terracotta army's finest generals, cavalrymen and archers in *China's Terracotta Warriors: The First Emperor's Legacy*. This exhibition tells the story of China's first emperor whose re-



lentless pursuit of power and immortality led to the creation of a vast tomb complex, a microcosm of the empire he ruled in life and a terracotta army to guard the emperor in his reign over the af-

terworld. In the museum's permanent galleries, view more than 2000 extraordinary works that include monumental South Asian stone sculptures, luminous Chinese jades, vibrant Korean paintings, mystical Tibetan thangkas, serene Cambodian Buddhas, richly-decorated Islamic manuscripts, and subtle Japanese ceramics. Also available for your enjoyment *Batik: Spectacular Textiles of Java*. Batik is a famous artistic tradition of the Indonesian island of Java, where the process of creating patterned cloth with hot wax has reached the highest level of complexity. Admission also includes a self-guided multimedia tour of highlights of the museum's collection and is available at the Information Desk. Lunch is on your own at Café Asia in the Museum or at a nearby restaurant. Depart 8:00 AM, return ~ 6:00 PM. \$55. RSVP ♦♦ by 12/5.

Beach Blanket Babylon Sunday, March 3, 2013 — 1791-11

Highly requested! Holiday trip sold out,



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and many requests to see the famous Beach Blanket Babylon in San Francisco at Club Fugazi! This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. Even if you have seen the performance before, the show continually evolves its hilarious



parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. Seats are not individually reserved, we have the whole center

balcony section reserved for our group with open seating. Please advise if you require accessible seating at time of registration — seats available in front cabaret. 90-minute performance starts at 2:00 PM. This show is all-ages and no alcohol will be served. Enjoy an early dinner on your own after the show in the North Beach area, many restaurants within walking distance of the theater. Restaurant list will be provided as you board the bus. Depart OC at 10:45 AM, return ~ 7:45 PM. \$94. RSVP ◆◆ 12/15.

Broadway Sacramento 2012-2013

Broadway Sacramento is the largest performing arts event in the Capital Region. The glitz, glamour, excitement, anticipation, polish and professionalism of Broadway are all here. All performances at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$76 each except where noted.

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



Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. RSVP ◆◆ Now. See details on page 50.

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



The most beautiful love story ever told is a musical for all generations. Disney's eye-popping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. RSVP ◆◆ Now.

- **Second Bus Added! Billy Elliot Tuesday, April 9, 2013 — Sold out**
- **Les Miserables • Tuesday, June 4, 2013 — 4563-06E**

Cameron Mackintosh presents a brand new 25th anniversary production of Boublil & Schönberg's legendary musical, Les Miserables, with glorious new staging and dazzlingly re-imagined scenery inspired by the paintings of Victor Hugo. This new production has been acclaimed by critics, fans and new audiences and is breaking box office records wherever it goes. \$80. RSVP ◆◆ by Now.



Sold Out Trips/Events Thru December 20

Trip/Event • Date • Departure Time

- The Lion King, November 28, 10:30 AM
- Irish Christmas, November 30, 6:00 PM
- Speaker Series, December 4, 6:45 PM
- McHenry Mansion Christmas Tea, December 10, 9:00 AM

Art Classes

— Oils, Pastels & Acrylics —

Painting Pastels and Oils with Joan • Mondays, November 26-December 17 — 1051-11

9:00-11:30 AM (OC). Instructor: Joan Jordan. \$52 (four sessions). Open to



both pastel and oil painters. Under Joan's guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students: Ask for supply list at registration. RSVP ◆◆ by 11/19.

Impressionism and Landscape Painting with Oils and Acrylics • Wednesdays, November 28-December 19 — 1033-11

9:00-11:30 AM (OC). Instructor: Artist/resident Tom Proctor. \$52 (four ses-

Landscape Art Workshop by Greg Kondos • Friday-Sunday, January 18-20 — 1040-11

9:30 AM-4:30 PM (OC). Instructor: Greg Kondos. \$155 (three sessions). For intermediate to advanced students only. Join one of California's most prominent artists and one of the most respected landscape painters in the nation: Gregory Kondos, in a rare three-day workshop here in Lincoln Hills. Limited to 18 stu-



dents, the class will consist of a morning of introduction and lecture on the first day by Mr. Kondos and his rendering of a local landscape using charcoal on canvas in the afternoon with students. The next two days will have the students working on one-to-three images of their choice with guidance and advice from instructor. Students must provide their own choice of media (oils, Acrylics, watercolor or charcoal) and canvases during all three days of workshop. Class takes an hour break for lunch. *About the Instructor:* Kondos has been an art professor for 30 years with the Sacramento City College Art Gallery named after him, a multi-awarded national and international artist with popular works including Yosemite, Sacramento River Delta, France and islands of Greece. RSVP ◆◆ by 1/11.

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sions). This session has only four classes so please choose Oil or Acrylic for your medium. Complete original paintings based on own or instructor's photos.



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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 11/21.

Bridge

Bridge Plus with Laurie • Thursdays, January 10-February 28 — 1510-11

10:00-12:00 (KS). \$60 (eight sessions). Instructor: Laurie Vath. This class is for players who want to improve their knowledge, ability and enjoyment of



bridge. The class

covers basics of modern Standard American Bridge including conventions, with emphasis on partnership communication. There will be some play in each class as time permits. Students should have completed Beginning Bridge or have commensurate experience. RSVP ♦♦ by 1/3.

Ceramics

Airbrush Workshop • Monday, November 26 — 1104-10A

Firing Fee — 1104-10B

9:00 AM-4:30 PM with a 45-minute lunch break (KS). Instructor: David Hoff. \$55, additional firing fee \$7. Have you ever wanted to airbrush a ceramic piece? Now is your chance. An open workshop on Greenware, students may bring their choice of three items. We



complete a plain piece, animal or two or a bird.

We teach blending, shading, cross-shading and reverse-shade. Three pieces are completed in one day. Please make sure you receive a supply list when you register for this class. This is a wonderful class for new-



bies and you will learn so much about airbrushing on ceramics. Many folks love

this class; they repeat it often, bringing different pieces each time. Questions? Contact David at (559) 289-8476. RSVP ♦♦ by 11/19.

— Lladro —

Spanish Oil Painting Wednesdays, November 21-December 19 — 2063-10

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$48 (five sessions). This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Beginning students required to attend five consecutive classes in order to complete first-time instruction and

project. Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint is available from instructor; price based on use upon project completion. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ Now.

Lladro Workshop • Wednesdays, November — 2064-01K December — 2064-01L

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,

December 4-18 — 2012-11A

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



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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 11/27.

Advanced Ceramics • Tuesdays, December 4-18 — 2012-11B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$42 (three 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 11/27.

Ceramics — All Levels • Thursdays December 6-27 — 2011-11

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$41 (four sessions). Open to all skill levels. This class teaches hand-building techniques and working on the potter's wheel. Students are encour-



aged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose. Terry brings 34 years experience teaching

Ceramics, Drawing and Painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list from the Activities monitor when you register. RSVP ♦♦ by 11/29.

Computer Classes — Mac

Introduction to iPhoto 11 (Version 9) Friday & Saturday, January 11&12 — 2570-11

9:00 AM-12:00 PM (OC). Instructor: Andy Petro. \$60 (two three-hour sessions). \$5 for handouts collected by instructor. Class will cover how to get your pictures from a digital camera, email, a CD and a SD card into iPhoto; get them out for printing; make 'table top' books; and how to send your photos to others. Learn how to create a slideshow of your photos that you can email or put on



a DVD, calendars and cards. Discover how to keep track of your photos, edit them. Take out 'red-

eye' automatically and much more. The class will also include how and why to set preferences, understanding different importing and exporting techniques. Use the 'Faces and places' in iPhoto. Room for nine students using the lab's iMacs — if you have your own laptop there is a connection space for three but you must have iPhoto '11 (version 9) installed on your laptop. Please contact instructor at 253-9130 prior to registration to ensure that your software will work for the class. RSVP ♦♦ by 1/4.

Computer Classes — PC

Tips & Tricks for Beginning PC Users Tuesday, January 8 — 2540-11A

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$15. The beginning computer user is often frustrated when it comes



to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in

this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 1/1.

More Tips & Tricks for Beginning PC Users • Thursday, January 10 — 2540-11B

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$15. In this class you will learn over 50 additional PC tips and tricks



that weren't covered in the first session of "Tips & Tricks for Beginning PC Users."

You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 1/3.

Excel Basic: Mondays & Wednesdays, January 7-16 — 2651-11

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). It's the first of the year and you know what that means — time to get your "stuff" together for



taxes! This class will introduce you to the basics of Microsoft Excel. With this knowledge, you can begin to organize

your tax information as well as many other financial papers such as budgets whether personal or for a group. Learn how to use Excel — from entering data into an Excel spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting the Excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple things like add, subtract, multiply, divide, average and sum. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 12/31.

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—Digital Photography—

**Picasa • Wednesday, Thursday, Friday,
November 28, 29, 30 — 2552-10B**

12:00-2:00 PM (OC). Instructor: Len Carniato. \$60 (three sessions). Holidays mean family gatherings and family gatherings mean photos! Modern digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Touching up and sharing with friends and family can be confusing, so take this class and learn how to use Picasa, a free and intuitive program designed for the “amateur” digital photographer. This class will make photo sharing much easier. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ by 11/21.



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This class will make photo sharing much easier. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur pictures. Sign up now and get started. Picasa is a free program and can be installed on any computer. **Prerequisite:** Be comfortable using your home PC and know basic skills such as email, Internet, cut, copy, paste, etc. RSVP ♦♦ by 11/21.

—Genealogy—

**Family Search Made Easy
Thursday, January 24 — 2690-11**

1:00-3:30 PM (OC) Instructor: Bob Ringo. \$15. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. New FamilySearch is an online system that allows you to search for your ancestors from the world's largest genealogical database. Once you find a new ancestor, you can retrieve information about this ancestor directly into a family history program like RootsMagic. Learn how to use RootsMagic to easily search the FamilySearch Family Tree and to share data and collaborate with others using this tremendous on-



line resource. You will learn how RootsMagic can make your genealogy quest more productive using FamilySearch. If you are currently using a family history program other than RootsMagic you will learn how to easily import your family tree into RootsMagic so that you can reap the benefits of the new FamilySearch. RSVP ♦♦ by 1/17.

line resource. You will learn how RootsMagic can make your genealogy quest more productive using FamilySearch. If you are currently using a family history program other than RootsMagic you will learn how to easily import your family tree into RootsMagic so that you can reap the benefits of the new FamilySearch. RSVP ♦♦ by 1/17.

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Dance

All Dance classes take a hiatus in December. 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—

**Step Review through Intermediate Clogging • Tuesdays,
January 8-29 — 3572-11A**

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.



This class will feature review of steps from the dances we have learned so far — from fun to intermediate levels. We'll also be learning new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 1/1.

fun to intermediate levels. We'll also be learning new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 1/1.

Performance and Technique Clogging Tuesdays, January 8-29 — 3572-11B

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take *Step Review through Intermediate Level Clogging*. Janice brings her many years of expertise working with dancers of all levels and all ages. Challenge yourself with some higher level clogging. Review of steps from some of the Intermediate Level dances we have learned as well as learning new steps at a little faster pace.

Some dances taught will be created for specific events. Movements such as Wheels, Tunnels, Stars, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ♦♦ by 1/1.

—Country Couples Western Dance —

**Country Couples Western Dance — Beginner Level 1 & 2 • Mondays,
January 7-28 — 3532-11A**

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. Instruction will be at a slower pace for beginners. Dances for this session will be “Circle dance sidekick, redneck stomp and circle dance midnight waltz.” If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 12/31.

Dances for this session will be “Circle dance sidekick, redneck stomp and circle dance midnight waltz.” If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 12/31.

**Country Couples Western Dance — Intermediate Level 3 & 4 • Mondays,
January 7-28 — 3532-11B**

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). Class is for more experienced western dancers and will be taught at a faster pace. Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance. Dances for this session will be “circle dance talk to yo mamma; circle dance joe's diner; circle dance another song; and review of circle dance caribbean cadence.” RSVP ♦♦ by 12/31.

Hula

**New! Hula — Beginning
Thursdays, January 10-31 — 3901-11A**

12:00-1:00 PM (KS). Instructor: Pam Aki-na. \$32 (four sessions). Learn the beautiful



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ful art form of Hula from the Hawaiian islands. This class is for new or less experienced hula students. Using the basic



steps kaholo, ka`o, hela, and ami, you will learn a beautiful hula auana (modern hula).

In the Hawaiian tradition, language, culture, and history are taught as well, because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 1/3.

Hula – Intermediate/Advanced Thursdays, January 10-31 — 3901-11B

1:15-2:15 PM (KS). Instructor :Pam Akina. \$32 (four sessions). Continue your study of Hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Enrollment in this class requires instructor approval. Email Pamahoa@hulapono.com or call 521-0474 to request approval. Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 1/3.

- Jazz -

Jazz Technique
Saturdays,
January 5-26 — 3930-11A

Or Tuesdays, January 8-29 — 3930-11B

Saturdays 3:00-4:00 PM, Aerobics Room (OC), Tuesdays 1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Have fun learning different styles of jazz dancing emphasizing proper technique. Come learn from a former professional dancer who loves to teach dance and choreograph. Melanie will demonstrate various dance steps to insure proper execution. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Class is for all skill levels. This first series of classes will be used by instructor to evaluate student skill level for future class programming. RSVP ♦♦ by 12/29 or 1/1.

— Line Dance —

Intro to Line Dance • Thursdays, January 3-31 — 3704-11

4:30-5:30 PM (KS), Instructor: Yvonne Krause. \$30 (five sessions). The first step to learning line dancing. This new class for real beginners introduces basic line dance steps, dances and terminology at a very slow and easy pace. Join Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future. *Not* for experienced students. *Students who have completed the class at least three times*

should register for the next line dance level or higher to allow space and comfortable learning experience for beginning learners. RSVP ♦♦ by 12/27.

Line Dance I Beginner with Audrey Thursdays, January 3-31 — 3601-11A

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$30 (five sessions). Class is not for



newbies in the dance. Class reviews fundamentals of line dance, including basic steps such as grapevine, jazz box, shuffle quarter and half turns at a slow tempo. If you haven't line danced before you should start with Intro to Line Dance. RSVP ♦♦ by 12/27.

Line Dance II Beginner Intermediate with Audrey • Mondays, January 7-28 — 3601-11 B

5:00-6:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). **Prerequisite:** Completion of Line Dance I/Beginning Line Dance. This class is one notch above the beginner class, offering more challenging beginning, and some easier intermediate dances. This may include more turns and combinations of steps connected together, done to faster music. This would be the next step if you've had beginning line dance and wanted more of a challenge. Students must know basic line dance steps, such as shuffle, coaster, jazz square, pivot turns, etc. RSVP ♦♦ by 12/31.

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Line Dance III Intermediate with Audrey
Thursdays, January 3-31 — 3601-11C
 3:30-4:30 PM (KS). Instructor: Audrey Fish. \$30 (five sessions). For those who want a bit more of a challenge than the Beginning/Intermediate classes. This class introduces mostly intermediate and some advanced line dances. Don't let this scare you! The dances will have enough basic steps to keep the dancer "above water." A lot of fun, and great exercise. RSVP ♦♦ by 12/27.

New Class Description

Line Dance I Beginner with Sandy
Tuesdays, January 8-29 — 3706-11A
 9:00-10:00 AM (OC). Instructor: Sandy Gardetto. \$24 (four sessions). Line Dance I Beginner is a step above the Introduction to Line Dance Class. This class will teach you basic line dance steps such as grapevine, coasters, sailors, triple steps, kick ball changes, twinkles, pivot quarters and half turns, quarter Monterey turns, jazz boxes, lock steps, rumba boxes and many more. Dances are taught to all different tempos of music, not just western. You must have a basic understanding of line dance terminology, which you will have received in the Introduction class. You don't need a partner to enjoy the fun and exercise of line dancing. RSVP ♦♦ by 1/1.

Line Dance II
Beginner-Intermediate with Sandy
Wednesdays, January 2-30 — 3706-11B
 9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$30 (five sessions). **Prerequisite:** Line Dance I or Beginner Plus



for at least six months. Understanding basic terminology of line dance steps required. Line Dance II is taught at an accelerated pace, at a beginning/intermediate level. Dances include full turns, three quarter turns, sailor steps, syncopated vines, etc. Line dancing is great exercise for mind and body. RSVP ♦♦ by 12/26.

Line Dance III with Sandy
Wednesdays, January 2-30 — 3706-11C
 10:00-11:00 AM (KS). Instructor: Sandy

Gardetto. \$30 (five sessions). Steps at this level could include: combination turns, i.e., half pivot followed immediately by a quarter pivot; full turns; cross and unwind three-quarter turn step combination; weaves with syncopation; tags and restarts, many more. At this level, there is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. The class, though complex, is fun, pushing students' skills to a higher level. RSVP ♦♦ by 12/26.

Line Dance I Beginner with Yvonne
Mondays, January 7-28 — 3602-11A

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). This class is a step up from the Introduction to Line Dance Class. If you have never danced before, it is highly recommended, but not necessary, to have taken at least one to three of the Introduction sessions in order to be familiar with basic line dance terminology. Although this is a beginner class, it is taught at a faster pace than the introduction level. RSVP ♦♦ by 12/31.



Line Dance Beginner Plus with Yvonne
• Mondays, January 7-28 — 3602-11C

6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). For those who have had beginner line dance, this class is a step up from that level and will teach more steps and combinations. This is a transition class from Line Dance I into Line Dance II. The dances are a bit more challenging but, at the same time, incorporate what has been learned at the beginner levels making dances fun, exciting and provides exercise for mind and body. RSVP ♦♦ by 12/31.

Line Dance II/Beginner-Intermediate
with Yvonne Thursdays,
January 3-31 — 3602-09C

9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$30 (five sessions). This class is taught at a faster pace than

the beginner class and introduces more difficult combinations of steps, turns, syncopation and much more. The class is not for beginners and students at this level should know line dance terminology. RSVP ♦♦ by 12/28.

—Tap Dance—

Tap Classes with Alyson

Enjoy tap lessons from one of the best tap instructors in the area! If you have tapped before or have dreamed of trying, join us! Instructor Alyson Meador has been teaching tap for 30 years in dance schools throughout northern



California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Students who are concurrently registered both in Performance and Technique class will only need to pay the discounted rate *** for one Technique class.

Performance Class • Mondays,
January 7- 28 — 3557-11A

10:00-11:00 AM (KS). \$32 (four sessions) A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 12/31.

Advanced Technique Class
Mondays,

January 7-28 — 3557-11B (\$20)
 *** 3557-11B1 (\$10)

11:00 AM-12:00 PM (KS). four sessions. Class is geared more for tappers with advanced skill level but class is open for all who want a more challenging routine and dance steps. RSVP ♦♦ by 12/31.

Advanced Performance • Mondays,
January 7-28 — 3557-11C

12:00-1:00 PM (KS). \$32 (four sessions). A preparatory performance class for



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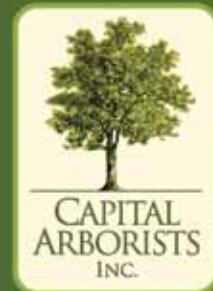
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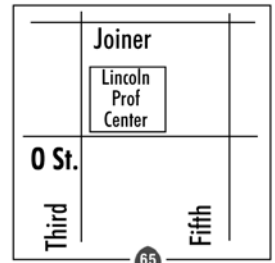


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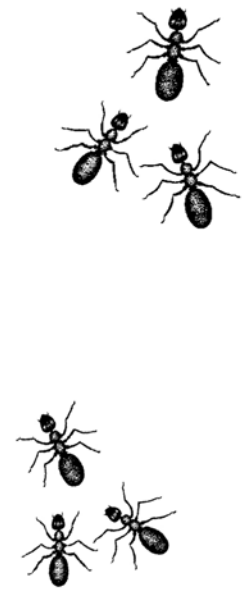


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Beginning Tap • Tuesdays, January 8-29 — 3557-11D

9:00-10:00 AM (KS). \$20 (four 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 1/1.

Technique Class • Tuesdays, January 8-29 — 3557-11E (\$20) *** 3557-11E1 (\$10)

10:00-11:00 AM (KS). Four sessions. RSVP ♦♦ by 1/1.

Performance • Thursdays, January 3-31 — 3557-11G

10:00-11:00 AM (KS). \$40 (five sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 12/27.

Technique Class • Thursdays, January 3-31 — 3557-11F (\$25) *** 3557-11F1 (\$13)

11:00 AM-12:00 PM (KS). Five sessions. RSVP ♦♦ by 12/27.

Performance • Thursdays, January 3-31 — 3557-11H

12:00-1:00 PM (KS). \$40 (five sessions). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ♦♦ by 12/27.

Tap for Fun with Judy

Judy's tap classes are meant for fun and students will not be having any stage performances. Judy was raised in a dancing family. Her mentor was her mother who had many studios in New York. She

has been dancing, teaching and choreographing for many years.

Mondays, January 7-28 — 3581-11A

4:45-5:45 PM (KS). Instructor: Judy Young. \$24 (four sessions). From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. Come join the fun. RSVP ♦♦ by 12/31.

Fridays, January 4-25 — 3581-11B

1:00-2:00 PM (KS). Instructor: Judy Young. \$24 (four sessions). Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time, this class is all new. RSVP ♦♦ by 12/28.

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

West Coast Swing classes will take a hiatus until January. Classes will resume in February.

Driver Training

AARP Driver Safety Refresher Training Program • Saturday, January 12 — 6055-11

9:00 AM-1:30 PM including two short breaks (OC). Instructor: Paul Jessen. AARP members \$22; Non-members \$24. Fee includes a \$10 Association administrative fee. This half day refresher course is available to past attendees of the eight hour AARP Driver Safety Training.



Geared to the "over 50" driver, it covers how to adjust our driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must register and pay in advance at the Activities Desks. Present your AARP membership card at registration *and* bring to the class in order to receive the discounted rate. Bring

a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited. RSVP ♦♦ by 1/5.

Feng Shui

Love Your Space with Feng Shui Saturday, November 17 — 4021-10

10:00 AM 12:00 PM (OC). Instructor: Jan Reed. \$40. Using the principles of feng



shui, understand how energy (chi) flows and the effects that furniture placement, color choices and removing clutter have on your environment. Learn how to bring about desired changes in

your life using these principles. A binder/booklet that includes class lessons on de-cluttering, energy map, colors that work, etc. is included in the class fee. RSVP ♦♦ by 11/10.

Fitness

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

—Small Group Training—

Small group training can be a great option when you want to enjoy more personalized attention but spend less than working directly with a personal trainer. Small group trainings are offered in a variety of formats and they provide much more focused attention to the participant's goals than traditional large classes. If you have a goal in mind, and enjoy having someone there to ensure that you are doing the exercises correctly, small group training is a great option for you! Sessions will have a minimum of four and maximum of six participants, and are held twice a week for four weeks.



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**SGT — Suspension Training for Golfers
Mondays & Wednesdays, November 19-
December 12 — 835000-G9**

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 are welcome. Four-week session \$135. Register: Fitness Centers/Online.



**SGT — Bootcamp
Mondays & Wednesdays,
December 3-January 2 — 835000-A4
Tuesdays & Thursdays,
December 6-January 8 — 835000-A5**

Monday/Wednesday 5:00-6:00 PM (no class December 24 or 31); Tuesday/Thursday 6:15-7:15 AM (no class December 25 or January 1); 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 that are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class, no worries — you can make it up in the other session offered. Talk with the instructor for more details! Four-week session \$135. Register: Fitness Centers/Online.

**SGT — TRX Interval Training
Mondays & Wednesdays,
November 28-December 26 — 835000-T1**
(No class December 24.) 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/Online.



**SGT — “Fun”ctional Fitness
Tuesdays & Thursdays, November 29 -
January 3 — 835000-F2**

(No class December 25, 27, January 1,) 12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled small group strength training, great for anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly to keep the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness

levels encouraged. Four-week session \$135. Register: Fitness Centers/Online.

**SGT — Aligned & Defined Pilates
Mat Training • Mondays & Fridays,
December 3-31 — 835000-P1**

(No class December 14.) 7:00-8:00 AM, Aerobics Room (KS). Instructor: Paula Ainsleigh. Transform the way your body looks, feels and performs. Join experienced, certified Pilates professional Paula Ainsleigh for a small group Pilates Mat series for beginners. This safe, sensible but challenging exercise system will improve core strength, posture, flexibility, mobility, balance, muscular endurance, agility, concentration and economy and quality of motion, preventing injuries and alleviating many chronic ailments. This small group training will include an initial postural assessment, individualized instruction within the group setting and a Pilates exercise program for you to do at home, at the club or when you travel. A variety of small props will be used for the classes and the last session will be a circuit format. As participants progress, variations and intensity options will be given. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age or condition, Pilates will work for you. Four-week session \$135. Register: Fitness Centers/Online.

**New! SGT — Tabata Interval Strength
& Conditioning • Mondays & Fridays,
December 10-January 4 — 835000-Q1**

11:30 AM-12:30 PM; Aerobics Room (KS). Instructor: Eve Webber. Forget hours and hours of cardio! Turns out that's not the fastest way to get fit! This class will combine Tabata intervals (cardio) with strength & conditioning. What is Tabata Training and how can it help you lose weight and get in shape faster than traditional exercise? Tabata training was developed by a Japanese researcher (Izumi Tabata) who found that short bouts of exercise (only four minutes!) using

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super high intensity intervals actually increased subject metabolism more than traditional exercise of 30-60 minutes! Our Tabata workouts will be multi-level with modifications offered for those with any issues. You'll be able to get the fat burning, metabolism boosting benefits of this training program, and still "go at your own pace." Four-week session \$135. Register: Fitness Centers/Online.

New! SGT — First Steps to Fitness
Wednesdays & Fridays, November
21-December 14 — 835000-L2

12:30-1:30 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming at times. That's why *First Steps to Fitness* is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet some friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility and more. Four-week session \$135. Register: Fitness Centers/Online.

SGT — Ski Conditioning • Tuesdays & Thursdays, November 27-December 20 — 835000-S5

4:30-5:30 PM, Aerobics Room (KS). Instructor: Julia Roper. Ski conditioning small group training has been designed specifically for skiers looking to get in

shape for a more enjoyable, injury free season. Training will consist of strength exercises specific to the muscle groups that are used on the mountain, as well as cardio specific exercises that mimic the movement patterns of skiing. This training is open to all levels of skiers, and all levels of fitness!!! Four-week session \$135. Register: Fitness Centers/Online.

New! SGT — Flexibility & Movement
Monday & Wednesday, November 19-
December 12 — 835000S-M2

6:00-6:55 AM, Aerobics Room (KS). Instructor: Nick Gagnon. Does your body constantly get stiff and have knots



throughout your muscles. Do you suffer from tendinitis or any other joint pain? Could you improve your posture? Then this class is for you!

Class will take an educational approach to flexibility techniques to alleviate muscles stiffness and make knots disappear. Class will improve joint mobility, develop proper range of motion, and improve posture. Each member will go through a movement assessment so proper muscles can be identified for flexibility. Session will use foam rollers, message balls, more. All levels welcome. Four-week session \$135. Register: Fitness Centers/Online.

—Circuits, Weights, Stretches—

Reach 4 the Top

Mondays,
December 3-17 — 805000-11

Tuesdays,
December 4-18 — 801000-11

Thursdays,
December 6-20 — 803000-11

December 3-9 classes: Aerobics Room OC, Mondays 12:00-1:00 PM, Tuesdays & Thursdays 11:30 AM-12:30 PM; December 10-20 classes: Group Fitness Room (KS). Monday, 12:30-1:30 PM, Tuesdays 3:30-4:30 PM & Thursdays 1:00-2:00 PM. Instructor: Lin Hunter. This class com-



bines 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 special needs. Guaranteed! You

Please note: The OC indoor pool will be closed December 1 to January 2. The entire OC Fitness Center will be closed December 10-21. OC Fitness classes will be as normally scheduled December 1-9. See your December Compass for revised information. For complete schedule and information, go to Association website, www.sun-city-lincolnhills.org/residents, or to either Fitness Center.

Group Exercise Class Schedule! Purchase a Punch Card at the Fitness Desk

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:25 AM							
7:30 AM		Hi-NRG Cycle*		Mixed Level Cycle*			
8:05 AM					Hi-NRG Cyc*		
8:00 AM			Hi-NRG Cyc*			Hi-NRG Cyc*	
8:30 AM	Yoga Basics* WaterWks*	Low Impact*	Water Works*	Low Impact*	Water Works*		
9:00 AM						Fusion*	
9:30 AM	Circuit*	Strict. Strngth* WaterWks*	Circuit*	Strict. Strngth* WaterWks*	Circuit*		
10:00 AM						Strictly Strength*	
10:30 AM	Strictly Strength*	Pilates*	Everybody Can*	Pilates*			
10:30 AM	Splash Dance*		Splash Dance*		Splash Dance*		
11:00 AM						Yoga With Weights*	
11:30 AM							
12:00 PM							
1:00 PM							
2:00 PM							
5:00 PM							

Indoor Pool • KS
Classes at KS
This schedule is effective
December 1 to January 2.

November is Diabetic Eye Disease Month: Prevent Blindness

There are approximately 29 million Americans age 20 and older that have diabetes and almost one third of those are at risk for vision loss because they do not know they have the disease.

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will feel great when you leave this class! Make-up days allowed. Monday and Tuesday four-week session, one day/week, \$32. Thursday three-week session, one day a week, \$24. Register: Fitness Centers/Online. RSVP ♦♦ by 11/26.

—In the Pool—

Core-N-More Deep Water Aerobics

Mondays, November 26-

December 17 — 760100-11

Wednesdays, November 28-

December 19 — 760000-11

Mondays PM & Wednesday AM,

November 26-

December 19 — 760200-11

November 26 & 28 (OC); December 3-19

(KS). Mondays 5:35-6:30 PM, Wednesdays 9:35-10:30 AM. Instructor: Andrea Salerno. Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class combines exercises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. Four-week session, \$35 one day/week or \$50 two days/week. Register/Fitness Centers/Online. RSVP ♦♦ by 11/19.



with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class combines exercises that will improve core strength, tone and strengthen major muscles, improve cardiovascular endurance, flexibility, balance, and brain function. The belt allows participants to control exercise intensity and achieve a total body workout specific to their fitness level. Contact Andrea about a free one-on-one trial session or with questions, 844-8824 or aqua4fitness@yahoo.com. Four-week session, \$35 one day/week or \$50 two days/week. Register/Fitness Centers/Online. RSVP ♦♦ by 11/19.

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—Mind, Body, Spirit—

Extra Gentle Yoga • Tuesdays,

November 20-December 4 — 710000-10

12:45-1:45 PM, Aerobics Room (OC).

Instructor: Julie Boone. Julie's popular yoga classes are gentle and adaptable to meet the needs of any student. Julie's motto is "Yoga is not supposed to hurt!" Julie will help students modify postures to find a level of stretch that is comfortable. If you have not tried yoga

before, this is the class for you. Expect breathing exercises, standing poses, floor poses, and a brief guided relaxation. This class does not offer meditation instruction. Limit: 20 participants. Three-week session, \$33.



Register: Fitness Centers/Online. RSVP ♦♦ Now.

Gentle Hatha Yoga "Plus"

Tuesdays, November 20-

December 4 — 710100-10

2:00-3:30 PM, Aerobics Room (OC). Instructor: Julie Boone. This class focuses on gentle yoga basics including warm-ups, standing and floor poses, inversions, and pranayama (breathing exercises). The "plus" is more time in deep relaxation, and additional instruction in meditation. While a physically-gentle class, it is not "easy." Strength, flexibility, and balance will be developed. All levels of experience are welcome. Limit: 20 participants. Three-week session, \$33. Register: Fitness Centers/Online. RSVP ♦♦ Now.

Evening Yoga • (Hatha -Traditional

Yoga) • Tuesdays,

December 4-18 — 711000-11

6:30-7:45 PM, Aerobics Room (KS).

Instructor: Susan Hayes. It is time to transition your body, mind and spirit towards the cooler, shorter days of fall and winter. Come to this early evening yoga class to avoid crawling into your cave! Yoga will give you increased energy and improve your flexibility, balance and strength — all while reducing stress. Everyone is welcome to this fun-filled, informative class-from absolute beginner to aspiring yogis. If you've never tried yoga before, this is the class for you! Three-week session, \$33. Register: Fitness Centers/Online. RSVP ♦♦ by 11/27.

Evening Yoga and Meditation

Thursdays, December 13-27—711100-11

6:00-7:30 PM, Aerobics Room (KS). Instructor: Susan Hayes. The holiday season is beginning, and now is the perfect

time to make room in your life for rest and relaxation. This is a relaxed, early evening yoga class consisting of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and optional meditation. Each student receives individual attention, so enrollment is limited. Three-week session \$33. Register: Fitness Centers/Online. RSVP ♦♦ by 11/27.



Tai Chi Beginning

Tuesdays, November 20-

December 11 — 730100-11

Saturdays, November 17-

December 8 — 730200-11

(No class November 20 or 24.) Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 10:00-11:00 AM, Aerobics Room (OC). Instructor: Peli Fong. Tai Chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, Tai Chi teaches stress release and relaxation which bring about harmony of spirit and mind, known as the moving meditation. Peli Fong has



been a teacher of Tai Chi and Chi Gong for over 15 years and focuses on physical fitness with the use of soft strength building movements of Chi Gong, mental sharpness through the practice of Tai Chi, and internal wellness through the use of the health practices of both. Tai Chi and Chi Gong can be studied by anyone regardless of age, gender, or athletic ability. Three-week session, \$30. Register: Fitness Centers/Online. RSVP ♦♦ Now.

Tai Chi Intermediate

Tuesdays, November 13-

December 11 — 730300-11

(No class November 20.) 2:45-3:45 PM, Aerobics Room (KS). This class is designed for students of Ms. Fong's Tai Chi class who have studied with her for over six sessions with the goal of understanding internal/external health and fitness at a higher level. The class will continue perfecting the 24 Yang-style postures and a work toward a greater understand-

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ing of the benefit of Tai Chi movements. The class will also focus on a higher level of internal chi movement by learning



two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis

will be towards building a healthy stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Four-week session, \$40. Register: Fitness Centers/Online. RSVP ♦♦ by 11/19.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to



experienced persons (after orientation) or those who have completed the *Intro to Gem Cutting*, *Lost Wax Casting* or *Jewelry Fabrication* classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and

lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

Glass Art

—Fused Glass—

Fusing Glass Workshop

Monday, December 3 — 3103-01M

4:00-6:30 PM, Sierra Room (KS). Moderator: Jordan Gorell. \$12.



Workshop is held once a month. Items limited to a six-inch square kiln space.

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

—Stained Glass—

Stained Glass Workshop

Monday, December 3 — 3103-01M

4:00-6:30 PM. Sierra Room (KS). Moderator: Jordan Gorell. \$12. Workshop



held once a month; 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 enthusi-

asts. Pay at Activities Desk each day you attend.

Jewelry

Wire Flower Pendant

Tuesday, January 8 - 3013-11

9:00 AM-12:00 PM. (KS). Instructor: Cathie Szabo. \$20 (one session). Great for beginners and experienced beaders! Create your own one-of-a-kind pendant! Gather together those “treasures” hid-



ing at home or hit a bead store for inspiration. Beads of all types (including glass pearls) are twisted with wire

into artistic shapes. Add other colors or accent pieces for a personal touch. Attach the pendant to leather, ribbon, chain or C-Ion threads and you're ready to go! Technique is super easy – if you can twist a “twist-tie,” you can do this! Students can complete one or more pendants during class. For experienced beaders with lots of beads, cost is minimal – about \$5. For folks wanting to buy everything – figure about \$25. Pick up a materials list during registration. Cathie will be sharing some of her beads for free during class. Check out the samples in the Lodges for inspiration. If you have questions about materials or your ability to handle this project, contact Cathie at billcats1@earthlink.net or 434-6667. Make sure you get the materials list and best places to shop when you register. RSVP ♦♦ by 1/1.

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Golf Cart Inspections at Orchard Creek Lodge



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Golf Cart Registration (City/Lincoln) 8:00 AM at Orchard Creek Lodge
Thursdays, November 15, December 6 & 20

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)

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

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Movies

Christmas Movie Classics, Monday, Wednesday & Friday November 26, 28 & 30 — 4272-09

9:00 AM-12:00 PM — November 26 and 30; 10:30 AM-1:30 PM — November 28; (OC Ballroom). Instructor: Ray Ashton.



\$20 (three sessions). Get into the holiday spirit with three of the most beloved classic Christmas stories. With Ray's help, you will have a better understanding and appreciation of these classics: A Christmas Carol (November 26) — take a look at Dickens' own book and watch scenes from five different movies to tell this great story. A Christmas Story (November 28) — based on students' request, look at the back story of Ralphie and his desire for the Red Ryder BB rifle. Discover the warmth, the heart and a time before television in Jean Shepherd's favorite Christmas tale. And last, It's a Wonderful Life (November 30) — learn the story behind the making of Frank Capra's great classic starring Jimmy Stewart and Donna Reed ... "what could have been" had our hero not been born. Find out how this wonderful movie came to be. RSVP ♦♦ by 11/19.

Music

—Guitar—

Guitar I — Beginner Level Wednesdays, January 2-30 — 4262-11 A

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$44 (five sessions). This class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes.



Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be

happy to advise you on the purchase of a guitar if you need help selecting one. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 12/26.

Guitar II — Guitar Intro Continuation Fridays, January 4-25 — 4262-11B

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). This class will continue to cover note reading. Chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor on the first day of class. Question? Please call Bill 899-8383. RSVP ♦♦ by 12/28.

Guitar III — Intermediate Thursdays, January 3-31— 4262-11C

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$44 (five sessions). This class continues the course of study in Guitar II. Course of study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. The class promises to be a lot of fun. RSVP ♦♦ by 12/27.



Guitar IV — Advanced Thursdays, January 3-31— 4262-11D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$44 (five 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 vari-

ous types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 12/27.

Beginners Singers Vocal Boot Camp Wednesdays, January 2-30 — 6132-11A

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$44 (five sessions). Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginners' class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. RSVP ♦♦ by 12/26.



Singer Vocal Boot Camp Continuation Fridays • January 4-25 — 6132-11B

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$35 (four sessions). Prerequisite: Completion of first Vocal Boot Camp or have studied music. This is a continuation class of Vocal Boot Camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 12/28.

Sewing

Sewing and Serger Certification classes will resume next year.

Did You Know?

It is probably a good idea to have more than just the one Vial of Life that you keep in the refrigerator. You can pick up extras from your Neighborhood Watch Mailbox Captain so you can carry one in the car, the golf cart, a handbag... They are also available from the program chair Bobbie Swenson, 543-6362.





Challenges to Aging in Place Wednesday, November 28 — Free

7:00-8:30 PM, Front Ballroom (OC). Aging in Place in Lincoln Hills is a rallying cry heard throughout the community. Learn about the levels of aging in place and the resources you can access to accommodate your changing needs to delay or avoid higher levels of care. Resident Marcia VanWagner will moderate the discussion with discharge planners from Kaiser and Lincoln Meadows about how these profes-

sionals can ease your discharge from hospital or long-term care facility to your home. There will be time for Q&A. Please see the article on page 10 for more information.

Community Forums, Date, Time, Location

- Challenges to Aging in Place, Wednesday, November 28, 7:00 PM, Ballroom (OC)
- 2012 Football... You Make the Call Monday, January 21, 10:00 AM Front Ballroom (OC)
- Healthy Aging Strategies, Michael McCloud MD, Wednesday, January 23, 7:00 PM Ballroom (OC)
- 2012 Strategic Plan Summary/SAC, Thursday, February 7, 1:30 PM, Ballroom (OC)

Aging Preparedness

Continued from page 10

bars and toilet armchair have made it easier for us as our needs have changed. Besides that, it reinforces the idea of “sitting on the throne.” Future home upgrades will include new toilets with seats higher from the floor and possible hand rails along the hallway and other areas.

A 72-year-old was overheard saying, “This is the first time I have ever been old – and it just kind of crept up on me!” Statistics show that about 10 percent of us will pass suddenly from this world; the other 90 percent will deal with some type of prolonged transitions in varying degrees as they age. Aging Preparedness leads us to think about ways that we can plan ahead to make life transitions easier before they occur.

Connections

Continued from page 3

neighbors and view the lovely holiday decorations. See more information on page 45.

If you are planning to decorate the outside of your home and want your address placed on a list made available to residents for **holiday touring**, please provide your name and address to Melinda Rogers by December 15 (Melinda.Rogers@schca.com or 625-4003.). The list will be made available during the Holiday Open House.

Remember your friends and neighbors with a **gift card for any of your SCLH amenities** including Activities, Fitness, Kilaga Springs Café, Meridians and The Spa at Kilaga Springs. We also have quality apparel and other items, all with our SCLH logo, in our Retail Center located in the OC Fitness Center.

The **finger vein scan** has proven to be very popular within our community. It's not too late for staff to scan your finger vein as an option to using your membership ID card in the Fitness Center or when purchasing activities. Simply stop by the OC Membership Desk between 8:00 AM and 4:00 PM, Monday-Friday and we will be happy to assist.

Wishing you all a happy and healthy holiday season! I look forward to seeing you in the Lodge.

Activities

Continued from page 5

moments for you with every activity we offer. Some of the upcoming events you won't want to miss: Giants AT & T Park Tour and Lunch on December 20 (page 43), New Year's Eve Masquerade Ball, December 31 (page 45), JOEL, a Concert Tribute to The Music of Billy Joel on January 18 (page 48), Broadway Sacramento's Rock of Ages on January 22 (page 50) and the Sun City Snow Train to Reno Overnight Trip on February 21 to 22 (page 50).

And what could be more inspiring than hearing and learning from multi-awarded national landscape artist Greg Kondos in a three-day Art Workshop? Learn from the master himself during his Landscape Art Workshop (January 18-20, page 54). The workshop is limited to 18 students, so sign up early!

Important Reminders

- **Bus Trip** — We load the bus 15 minutes prior to advertised trip departure. Guests must check in for roll-call and roster verification at OC Lodge lobby (unless otherwise noted) before getting on the bus. Residents with mobility issues should advise the monitor during so we can do our to accommodate your needs.

- **Reserved Section/Row Seating** — Residents are enjoying the freedom and comfort of having reserved row seating in the Ballroom for our concerts. Please note that section and row are reserved but seats are not numbered. Special Reserved Seating is on sale at the OC Activities Desk only. Residents may purchase an unlimited number of tickets for shows and concerts at any time. Sit-down dinners are exclusive to residents and their guests. Guest tickets must be purchased by the resident.
- **Tickets to the New Year's Eve Masquerade Ball** are only available for purchase from the Activities Desks and not online.
- **RSVP dates** are used by staff to evaluate whether a class or trip has met the minimum required per the contract. Certain activities must be canceled to keep our losses to a minimum. If a trip meets the required minimum number, residents may continue to register themselves and their friends.

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Movement Therapy

Tuesdays, November 20-December 4 — 870000-11

3:45-4:45 PM, Group Exercise Room (OC). The goal of this group is to learn to feel the body and its role in managing stress and trauma. We want to increase awareness of the wisdom of the body and what it tells us about our emotional states. Participants will become more conscious of patterns and behavior and thinking that cause distress. We will explore themes of belonging/separateness, personal boundaries and



assertiveness. Guided rhythmic moving, individually and as a group, with music and without, will allow physical and emotional transformation, shedding, and shifts.

This change can translate into uncovering an integrated, more authentic sense of self. This series is led by Julie Boone. Julie holds a Masters degree in Psychology, works as a counselor, has practiced movement therapy for eight years, and has taught specialty yoga at SCLH since 2000. Julie says that this is “fun and do-able.” Commitment to attendance for all three classes is preferred. Participants should be able to stand and walk for up to an hour. No prior experience is required. While aspects of dance and yoga are included, there are no postures or moves to “learn.” Please wear comfortable layers you can move in. Three-week class \$33. Register: Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 11/19.

Financial Wellness: Seeking Accurate Research and Honest Advice • Tuesday, November 27 — 870000-11

10:30 AM-12:00 PM, Oaks Room (OC). Markets go up and down, even the best investment pros have trouble making consistent predictions. Come learn which investment research has the best track record and is generally available. In addition, with all the free lunches and seminars going on, how do you determine if you are being provided with good or bad advice? The two go hand in hand. Cost \$5. Register: Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 11/20.



Financial Results

Continued from page 9

Our Association works well thanks to the dedication and commitment of our volunteers. Currently we have one opening and are looking for a volunteer to join our committee. If you have an interest in helping our community and can dedicate the time, we would like to hear from you. Having a business or financial background would be ideal, but we consider all candidates who feel they can contribute to maintaining the financial health of our

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.

Let's Talk about Advance Health Care Directives Wednesday, November 28 — 863100-10

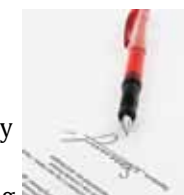
9:00 AM-12:00 PM, Heights Room (OC). Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. If you were not about

to make or communicate decisions about your medical treatment, a written record of your health/medical care wishes would prove invaluable. This course will help clarify what an AHCD is, why it is useful, what should be considered before completing the AHCD, who to choose for your agent, and what happens next. Cost \$10. Register: Fitness Centers, Activities Desks, or Online.

RSVP ♦♦ by 11/22.



Christine Epperson
Wellness Program
Coordinator



Self-Care for Caregivers

Tuesday, December 11 — 813230-11

11:00 AM-12:00 PM, Heights (OC). We are excited to announce a specialty lecture being offered by Julie Boone. Julie holds a Masters in Psychology and has been teaching yoga and meditation at SCLH since 2000. She intends to share useful, practical information with residents who find themselves in the role of caregiver. This role might take shape in any number of ways; there are no specific criteria to attend. Those who may feel depleted, stressed, or stuck will benefit from this class. In this one-hour session, participants can expect to gain information about the mind/body connection and specific interventions they can practice to improve the quality of their lives. There will be handouts as well as in-the-room practice of simple movements and breathing exercises. The goal is to release stress, increase coping skills, and gain comfort. Isolation is one of the biggest challenges facing caregivers, attending this course will give residents the opportunity to meet others who are facing similar challenges. The cost is \$11. Register: Fitness Centers, Activities Desks, or online. RSVP ♦♦ by 12/5.



Association. To apply, please pick up an application form from the Membership Desk (OC).

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

Due to the Thanksgiving holiday the next regularly scheduled Finance Committee meeting will be held on Wednesday, November 14, at 9:00 AM. Have a Happy Thanksgiving!

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.

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Website for residents:

www.suncity-lincolnhills.org/residents

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Sr. Director, Facilities & Maintenance

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Hours

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Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

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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

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Sunday 8:00 AM-4:00 PM

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Sunday Brunch 10:30 AM-2:00 PM

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Saturday 9:00 AM-5:00 PM

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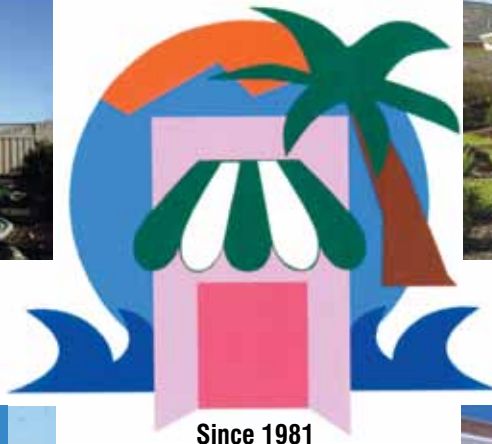


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Reduced Sunroom Heat



Retractable Window Awnings On Sunrooms

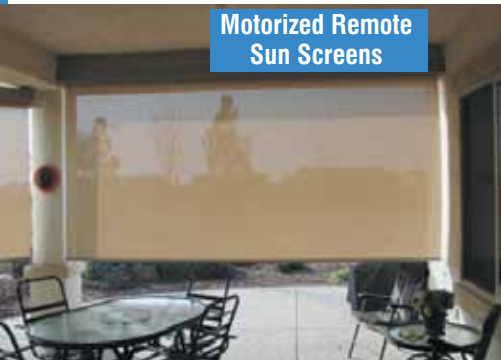
Retractable window awnings allow you to take control of hot sun while enhancing the beauty of your sunroom.

Retractable Patio Covers



Retractable patio awnings create an outdoor entertainment area while protecting you, your furniture, and your plants from the hot sun.

Motorized Remote Sun Screens



With shade screens at a 6% openness, you won't feel boxed in and your plants will love the diffused light.

Effective Sun Protection

UV Protection Sun Screens



Sollette sun screens allow afternoon entertaining without you and your guests having to retreat indoors because of bright, hot summer sun.

www.donsawnings.com

Don's Awnings, Inc.

(916) 773-7616

Roseville, CA

Lic. #408203

Financing available OAC



Combination Lattice & Sun Screens



I've got you covered...
Call me today to get more enjoyment out of your home tomorrow!

Don Libolt Owner-Builder

