



Compass

October 2012



Dues Remain at \$104 per month for 2013 ... pages 2 & 9

Hail to Our Club Leaders! ... pages 46-47

Glitter, Carols, Dances & Fireworks! ... page 2

Photograph Our November Compass Cover... page 3

Updated Spa, Amphitheater & Pickleball Facilities for 2013 ... page 7

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On the cover

Bonnie Canfield, left, and Audrey Wilhite preparing to head out on a recent overnight trip to Hearst Castle and Cambria. Our next overnight trip is to San Francisco for holiday shopping — see page 57 for details

Photo by Jeannine Balcombe



Board of Directors Report

Dues for 2013 Remain at \$104 per Month

Ken Silverman, President, SCLH Board of Directors

It has been a very busy September for the staff and the Board of Directors along with the Properties and Finance Committees. This is the time of year when each of our Association's departments presents their plans for the upcoming year and their budget. I find them all very informative and it is obvious that a great deal of time and effort has been put in by the department staff members. During the budget meetings, discussion centers on how our Association will spend our dues and provide necessary changes in Lifestyle and operations. These meetings are always open to our residents.

At the same time these meetings are happening, the Properties Committee looks at all the capital requests from residents, clubs and staff. The committee, with staff input, also determines what existing facilities might need to be replaced, with those changes coming out of our reserve funds. The Properties Committee then makes recommendations to our Finance Committee as to what proj-

ects are approved and then the Finance Committee recommends how the projects should be funded. After many meetings, the final budget, capital items and reserve replacements are presented to the Board of Directors for approval. This happened at the September 27 Board meeting.

"If you are interested in hearing the final presentations and the voting results by the Board, please visit our website (www.suncity-lincolnhills.org); go to News and click on the September 27 podcast of the Board meeting."

If you are interested in hearing the final presentations by the committees and the voting results by the Board, please visit our website (www.suncity-lincolnhills.org); go to News and click on the September 27 podcast of the Board meeting.

The Board of Directors approved the operating budget for 2013 and the monthly dues for each house will stay at the current \$104 a month. This has been accomplished due to the hard work of our staff and volunteers. Congratulations and thanks to all.

Please read both the Properties and Finance Committee reports in this issue for further details about the Capital items that will be accomplished and how they will be funded in 2013.

Activities News & Happenings

Glitter, Carols, Dances & Fireworks!

We won't be bored this holiday season!

Lavina Samoy, Lifestyle Program Manager

Believe it or not, the holidays are just around the corner. Here's the lowdown on all the holiday activities brewing for you in the Lifestyle Department!

Reserve a table with friends at the **Season of Color Fashion Show** on November 2 (page 44) and see the latest styles — perfect timing for holiday parties. Speaking of parties, our **Holiday Dinner Dance featuring the Metro Swing Band** on December 7 is an excellent time to gather neighbors

and friends for a fun evening (page 54). **Lincoln Hills Chorus' "A Choral Holiday Tapestry"** on December 9-11 will put you in joyful spirits with their marvelous vocal arrangements (page 54). The "World's Longest Running Phantom," **Franc d' Ambrosio** serenades with a **Christmas in New York Concert** on December 18 with holiday standards from The American *Please see "Glitter, Carols, Dances" on page 41*



Calendar of Events

October 15-November 20

| Date | Event | Page # |
|----------|---|--------|
| 10/15 | Genealogy "New Family Search" | 25 |
| 10/15 | Document Destruction | 43 |
| 10/15 | Oktoberfest Celebration | 43 |
| 10/16 | Home, Health & Business Showcase | 43 |
| 10/16 | New Resident Orientation | 43 |
| 10/16 | Bus Trip: Apple Hill | 59* |
| 10/17 | Forum: "Managing Stress and Depression" | 15, 86 |
| 10/18 | Book Discussion: "To America: Historian Reflects" | 21 |
| 10/18 | Speaker: Parachute Packer/Heavy-Drop Tech | 32 |
| 10/19 | Bus Trip: Beale Air Force Base | 59* |
| 10/20 | "Making Fun Fuzzy Jacket from Sweatshirt" | 28 |
| 10/20 | Bus Trip: San Francisco Saturday Shopping | 59* |
| 10/22 | The Music of Fleetwood Mac | 43 |
| 10/23 | Bus Trip: Speaker Series Sanjay Gupta, MD | 59* |
| 10/23 | Financial Wellness: "Finding Yield" | 89 |
| 10/24 | "The Diagnosis/Treatment of Dementia" | 19 |
| 10/24 | Forum: Handy Helpers Back Again! | 86 |
| 10/25 | Bus Trip: A Walk in the Castro | 44 |
| 10/26 | Music Group "Open Mic Night" | 27 |
| 10/26 | Halloween "Spooktacular" Dance | 44 |
| 10/27 | Readers' Theater: "Dracula" | 29 |
| 10/29 | "Local Geology" | 25 |
| 10/30 | Bus Trip: Broadway Series "Memphis" | 59* |
| 11/01 | Bus Trip: USS Potomac | 59* |
| 11/02 | "Season of Color" Fashion Show Event | 44 |
| 11/05 | Bus Trip: Apple Hill | 45 |
| 11/07 | Neighborhood Watch Annual Mtg./Dessert Potluck | 10 |
| 11/07 | "What's Out There Beyond Neptune" | 19 |
| 11/07 | Bus Trip: Reno Silver Legacy | 45 |
| 11/08 | "Limited Vision... Unlimited Potential" | 24 |
| 11/08 | "Nutritional Supplements: Latest Research" | 24 |
| 11/08 | Bus Trip: Off to the Races | 45 |
| 11/09 | Live Entertainment: Dueling Pianos | 45 |
| 11/09 | Forum: "Community Survey Analysis" | 86 |
| 11/10 | Holiday Arts & Crafts Fair | 11, 22 |
| 11/11 | Veterans Day Ceremony | 32 |
| 11/12 | Speaker: Ed Pandolfino, Ornithologist | 20 |
| 11/13 | "Kick the Procrastination Habit" | 89 |
| 11/14 | "Should You Use Social Media Websites?" | 23 |
| 11/15 | Book Discussion: <i>State of Wonder</i> | 21 |
| 11/15-17 | LH Players: Yankee Doodle Dandy | 48 |
| 11/16 | "How to Protect Yourself if Use Facebook, etc." | 23 |
| 11/18 | Bus Trip: "The Barber of Seville" Sac. Opera | 48 |
| 11/19 | "Thanksgiving Floral Arrangement" | 25 |
| 11/19 | Genealogy "Coroner's Records" | 25 |
| 11/19 | Comedy Night at OC Ballroom | 48 |
| 11/20 | Wearable Arts Fashion Show | 28 |

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

Upcoming Association-Related Meetings

Date • Time • Place October 15-November 30

| | |
|---------------------------------------|--|
| Golf Cart Registration | Thursday, October 18, November 1 & 15, 8:00 AM, OC Lodge |
| Strategic Advisory Committee | Monday, October 15, 11:00 AM, Gables |
| New Resident Orientation | Tuesday, October 16, 1:00 PM, Solarium |
| Board of Directors Special Meeting | Wednesday, October 17, 1:00 PM, Multipurpose Room |
| Finance Committee Meeting | Thursday, October 18, 9:00 AM, Oaks |
| ARC/Architectural Review Committee | Monday, October 22, 9:00 AM, Heights |
| Board of Directors Meeting | Thursday, October 25, 9:00 AM, P-Hall (KS) |
| Board of Directors Special Meeting | Thursday, October 25, 10:30 AM, Oaks |
| Board of Directors Executive Session | Thursday, October 25, 11:00 AM, Oaks |
| Elections Committee | Friday, November 2, 10:00 AM, Fine Arts Room |
| Strategic Advisory Committee | Monday, November 5, 11:00 AM, Gables |
| CCOC/Chartered Clubs/Community Orgs. | Tuesday, November 6, 9:30 AM, Solarium |
| CCRC/Communications & Comm. Relations | Tuesday, November 6, 1:30 PM, Solarium |
| Compliance Committee | Wednesday, November 7, 10:30 AM, Oaks |
| ARC/Architectural Review Committee | Monday, November 12, 9:00 AM, Heights |
| Properties Committee Meeting | Tuesday, November 13, 1:00 PM, Fine Arts Room |
| Finance Committee Meeting | Wednesday, November 14, 9:00 AM, Oaks |
| Listening Post | Wednesday, November 14, 9:00 AM, Solarium |
| 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 | Monday, November 19, 11:00 AM, Gables |
| ARC/Architectural Review Committee | Monday, November 26, 9:00 AM, Heights |

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

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Photo contest — come one, come all!

New this month is a photo contest to recognize the best photo submitted that depicts autumn colors within Sun City Lincoln Hills. The professional, amateur and "just for fun" photographic talent within our community is vast and your Association wants to display an example of your talent on the cover of our November *Compass*. Our beautiful trees, sunrise and sunsets, wildlife, waterfowl and activities provide spectacular photo opportunities that we want to showcase in our various publications including the *Compass* and resident and public websites. To spur your interest, we are offering a \$100 SCLH gift card prize to the person whose photo is selected for our November *Compass* cover. Please see contest rules on page 86. I always appreciate receiving photographs you are willing to share for SCLHCA publicity purposes. Thank you in advance, and enjoy capturing Lincoln Hills in your autumn outings.

Presentation Hall Renovation

Autumn is a time for change and as you probably know, we will be renovating the Kilaga Springs Lodge Presentation Hall during the next few months beginning October 29. Functions in the Presentation Hall have been moved to different meeting rooms at both OC and KS, so please be sure to check with your contacts before heading off to a regular meeting at Presentation Hall (KS). You can always call the Activities Desks at both OC and KS for room information. Check E-Bulletins and the resident website for renovation updates.

Kilaga Springs Library News: Investment Section

Cleon Johnson reports that Morningstar will no longer offer a print version of their Mutual Fund Service as of January 1, 2013, due mostly to printing and mailing costs. They will be offering an online version but it is limited to one person at a time. Please see "Connections" on page 86



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Dates and Locations:

ROSEVILLE – October 17: Daniel N. Switlick, M.D., Stephen Hankins, M.D. and Jonathan Gant, M.D.
Topic: Hand injuries, prevention, and treatment.

SACRAMENTO – November 14: William Bargar, M.D.
Topic: Total joint replacement.



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Agnes Valdez, Strategic Advisory Committee Vice Chair, SAC@suncity-lincolnhills.org

The 2007 Strategic Advisory Report for Sun City Lincoln Hills followed the transition from Pulte/Del Webb management



to resident management and contained recommendations for maintaining an active adult community as established by Del Webb. The recommendations were oriented toward the community as a whole and based on the post-transition experiences – successes as well as pitfalls – learned from older Del Webb Communities. These recommendations were also supported by information from interviews with staff at that time and results from a short survey of the residents.

The work of the 2012 Strategic Advisory Committee (SAC) focuses on the specific needs of the residents of our community as determined by a baseline survey, data and information from staff, and a review of the 2007 report. This committee’s recommendations may be incorporated into a Strategic Framework, a guide or “road map,” identifying specific goals, expectations, and proposals for SCLH during the next five years. The Framework may include methods for measuring progress toward and fulfillment of these expectations by annual or periodic checks between 2012 and 2017.

On August 27, BW Research (BWR)

BWR will present the final results and findings of the July community telephone survey at a **Community Forum for residents and staff scheduled Friday, November 9, at 10:00 AM in Orchard Creek Lodge.** Special notices and E-Bulletins will be posted reminding residents of this important presentation.

presented to the SAC a draft of the quantitative resident survey findings.

The preliminary findings showed a very high percentage of the residents participating in the July telephone survey are currently very satisfied with the services, programs, and amenities offered at SCLH and rate the quality of life either “excellent” or “good.” At the same time, further study of these survey results point out at least five areas or issues requiring further study. In early September, BWR provided cross tabs, linking factors such as age, gender, years of residency, and utilization of facilities and services to the number and types of responses. This additional information will enable the SAC to do further analysis of the identified areas.

Board of Directors’ Election Dates

Interested in running? There will be four seats available on the Board.

- **September 19 to October 19**, not later than 4:00 PM
Candidates may file their intention to run for the Board of Directors
- **October 22** — Final Slate of Candidates announced
- **November 9** — Deadline for Candidate ballot statements and Member Issues Statements to be submitted by 4:00 PM
- **January 16** — Candidate Forum Session #1
- **January 18** — Candidate Forum Session #2
- **January 19** — Candidate Forum Session #3
- **January 14-18** — Elections Packets Mailed
- **February 21** — Election ballots counted and results posted

Note: If you missed the September 12 Candidate Information Session, please contact Frances Swanson, Elections Committee Chair: electionscommittee@suncity-lincolnhills.org.

Seeking Members: Elections Committee for the 2014 Election

The Elections Committee is responsible for the nomination and qualification of candidates for election to the Board of Directors and also for conducting the election. Unlike other Standing Committees of the Board, this committee and its chair are appointed each year for the next election.

The Board is accepting applications for the 2014 Elections Committee through September 2012. The Term of the appointment is April 1, 2013 thru March 30, 2014. The Board will interview applicants in October 2012 and appoint the 2014 Committee and Chair in November 2012. Applications available at the Activities Desks (OC/KS) or download the Committee Application from the Association resident website.

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 |

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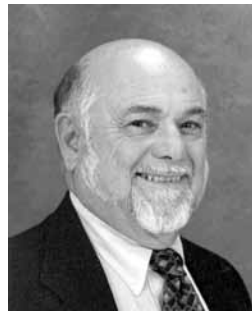
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Updated Spa, Amphitheater and Pickleball Facilities Planned for 2013

Dan Hardesty, Properties Committee Chair

We are all fortunate to live in Sun City Lincoln Hills. For 2013, your Board of Directors has approved a number of upgrades to our facilities to meet the new and changing needs of our community while keeping your dues at their present level of \$104 per month. When you compare our plans to those of many cities and other agencies, it is a tribute to our management, staff and volunteers.

Amphitheater: The original structure is suffering from rot and needs replacement. We will use the opportunity to raise the stage, flatten the dance floor and provide retractable shade and a beautiful new façade matching other areas. We can dance and maybe still see the entertainers. Yea!

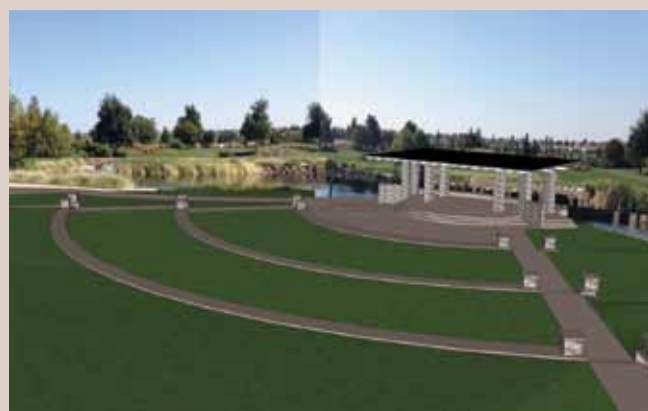
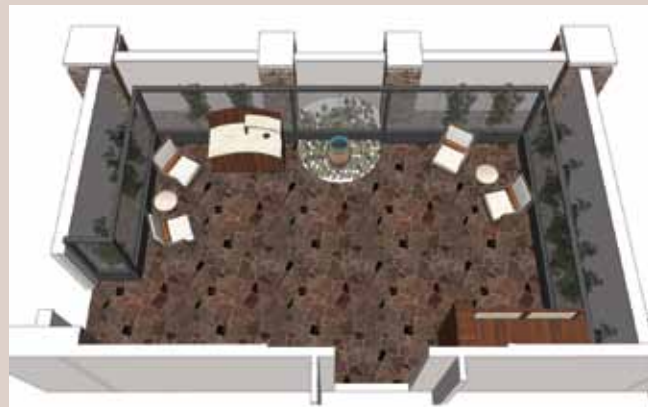
The Spa at Kilaga Springs: The outdoor atrium area will be enclosed, air conditioned, and create a multi-functional space for such things as couples treatment, group events and celebrations, educational

classes, and additional room for upgraded services like facial LED red light therapies and infrared sauna.

Pickleball: Three new courts with enhanced lighting and better player access will bring our total courts to six for this popular new sport. Come on out and give it a try.

Basketball: the present court next to Pickleball will be redesigned to better fit the needs of our grandchildren and will be relocated.

New exercise equipment: Older cross trainer and other machines will be replaced with new machines without the “sorry, maintenance in process” signs.



Renderings, from top, The Spa Atrium open area; Amphitheater

Please see “Properties Committee” on page 33

Fitness News

You May Be Thin But Are You Healthy The Facts on Being “Skinny Fat”

Lisa Scroggs Smith, Assistant Director of Fitness

Appearances are often deceiving. A common misconception in today’s society is that a thin person is healthy and an overweight person is unhealthy. A person may look visibly skinny but that doesn’t always mean they are healthy. It can actually be considered worse if you are skinny and out of shape versus fit and slightly overweight.

Many people, especially older individuals, don’t see a problem weight-wise when they step on the scale but are very surprised when they get their body fat tested. We have a lot of residents who are shocked to find they are in an unhealthy range for body fat, especially if they are thin. They are considered “skinny fat,” which means they lack muscle and tend to have more fat than lean tissue. It has been found that skinny fat people tend to have

higher blood sugar levels, higher blood pressure levels, and more fat around their organs. These individuals usually don’t have the same motivation for exercise as someone who needs to work out to lose weight. The opposite is true for those who may look slightly “thicker” but are in shape. These people have a greater desire

We are offering a little incentive to come to the Fitness Centers from November 19 to December 19: Be Well Bingo is here!

to work out, usually test lower in body fat, and reap all the other healthy benefits of exercise such as lower blood sugar and blood pressure levels.

If you think you are skinny fat or have a higher amount of fat than lean tissue,

your first step would be to start a weight training or resistance training program to increase your muscle mass. Orchard Creek Fitness Center offers body fat testing every first Thursday of the month in the Wellness Center. Come get tested and talk to one of our fitness experts on starting a strength training program today!



Be Well Bingo!

We all love to play the game. Now you can play and stay active during the holidays. Our goal is to keep your health and fitness as a top priority during the most stressful and busiest time of the year. (Really, this is the time you need it the most!)

We are offering you a little incentive to come to the Fitness Centers from November 19 to December 19. Come pick up your *Be Well Bingo* cards and all the great details at the Fitness Centers starting on November 12. Happy Holidays and *Be Well!*

Group Exercise Class Schedule: page 78
Complete listing of Fitness classes: pages 75-80



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There is No Big Brother in Lincoln Hills

David Stone, Compliance Committee Chair

A common question I am often asked when a resident learns I am on the Compliance Committee is, "Does the committee patrol the streets of Lincoln Hills to seek out and find violations so that the owners can be brought in for hearings?" The question seems to suggest that the Association engages in a type of "Big Brother" activity and not in the charitable sense.

The term "Big Brother" has its literary source in George Orwell's novel 1984. One definition of the term reads, "...the head of a totalitarian regime that keeps its citizens under close surveillance." I can assure you there is no Big Brother in Lincoln Hills.

Alleged violations of our Governing Documents come to the attention of Community Standards and the Compliance Committee mainly in two ways.

The overwhelming majority of all cases are triggered by a resident complaint, either on a complaint form available at the Membership Desk or on the Associa-

The term "Big Brother" has its literary source in George Orwell's novel 1984. One definition of the term reads, "the head of a totalitarian regime that keeps its citizens under close surveillance." I can assure you there is no Big Brother in Lincoln Hills.

tion website. These are submitted to the Community Standards Manager who will follow up by interviewing the complainant and/or the owner involved, or by a visit to the site of the alleged violation. The other

most frequent way is the observation by the Community Standards Manager of a potential violation while she is out in the community following up on a resident complaint. There is no concerted effort by staff or committee members to regularly canvass the community with the express purpose of finding violations.

The goal and the culture of both staff and the committee is to resolve violations by working with owners in a collaborative and cooperative manner to find the easiest, least expensive, and most peaceful solutions. This approach is very successful as the number of cases coming before the committee for discipline has been declining for several years. This is attributable to dedicated work by staff and the committee, and as importantly, to the responsible actions of our fellow residents who care for the integrity of our community.

George Orwell would find no evidence of his literary creation in SCLH!

Solid Financial Results Year-to-date and No Change in 2013 Dues

Hank Lipschitz, Finance Committee Chair

September is always a busy month for your Finance Committee and this year we held three Budget meetings plus our regular Finance Meeting on September 20. August results continue better than budget with operating activity \$87,653 favorable to budget. This brings our year-to-date (YTD) positive variance to \$356,826 better than budget. Some of the highlights were a profit of \$10,284 at The Spa at Kilaga Springs, Activities \$13,224 better because of the excellent concert

results and a profit of \$17,727 for Food & Beverage.

As of August 31, the Operating Fund had a balance of \$5,129,381 of which \$396,275 were in the 'Restricted' Building/Capital Enhancement Fund and \$1,645,578 in Settlement Proceeds. The Reserve Fund balance was \$5,090,522. In accordance with our policy, virtually all of our funds are in FDIC-insured accounts or US Treasuries.

There were 155 homes with past due assessments totaling \$95,400. This follows our typical quarterly fluctuations and is in line with expectations.



Our budgeted dues for 2013 will remain \$104 per month. At our Budget meetings, each de-

partment head explained their plans to improve performance and contain costs to reach this figure. I only wish we had better attendance at our meetings so that you could see the well thought-out plans and professionalism of our staff. They are to be commended for their dedication and hard work. The Board also approved \$389,003 in Capital Improvements which will be funded from the 'Restricted' Building/Capital Enhancement Fund that is funded from prior year excess revenue over expenses. All together this allowed us to keep our Association's dues at \$104.

Over the past four years I have watched the improvements in the budget process that are making the job of the Finance Committee a lot easier. Soon you will receive the detail budget package that explains our budget in much greater detail.

We have a current open position on the Finance Committee and two other members will term out early next year. I encourage any interested residents to apply to join us on this important committee.

If you have general questions or need information on the above I may be reached at finance.committee@suncity- Please see "Solid Financial Results" on page 85

Statement of Operations YTD 08/31/2012

| Budget vs Actual Departments & Activity | Revenue > Expense (Expense > Revenues) | | Favorable (Unfavorable) Variance |
|--|---|-------------|--|
| | Actual | Budget | |
| Homeowner Assessments & Other | \$5,011,891 | \$4,987,983 | \$23,908 |
| Administration (Expense) | (1,287,356) | (1,351,067) | 63,711 |
| The Spa at Kilaga Springs | 13,839 | (8,008) | 21,847 |
| Fitness | (269,938) | (282,889) | 12,951 |
| Activities | (116,842) | (142,712) | 25,870 |
| Rec. Center / Maintenance | (1,563,588) | (1,622,347) | 58,759 |
| Landscape Maintenance | (1,594,479) | (1,629,369) | 34,890 |
| Food & Beverage | (9,790) | (124,679) | 114,889 |
| Capital Asset | 54,807 | 54,807 | 0 |
| Net Revenues (Expense) | \$238,544 | (\$118,281) | \$356,825 |



New Features, Holiday Events and Pies

Make Your Reservations Now!

Jerry McCarthy, Director of Food & Beverage

The new fall menu just came out at Meridians. A couple of our most popular choices include: rice noodle shrimp salad and butternut squash ravioli at lunch. Dinner time offers popular items such as slow roasted lamb shank or the hazelnut crusted sea scallops. To enhance our offerings at Meridians we have added a breakfast buffet on Wednesday mornings for only \$5.95 and Spaghetti Sunday Dinner. Every Sunday we offer spaghetti dinner for only \$7. In addition, we are offering *A Taste of Asia* on Thursday nights. Buy any 10 *Taste of Asia* entrées and the next is free! Save room for homemade petite desserts for only \$2. A petite dessert is a perfect way to end any meal at Meridians.

"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."

Thanksgiving Feast: 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+* (*plus tax and service charge), Children under 12 are only \$12.50++ and everyone under six or over 90 are free! In addition, all non-alcoholic beverages are included for free as well. Come enjoy the *slow roasted free range turkey & filet mignon, stuffing, seasonal vegetables, action pasta station, and much more.* Always leave room for one of Chef Roderick's wonderful desserts. We are requesting reservations and prepayment for this event. The entire menu is available at the hostess stand or on the Meridians website 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 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.

Pies for the Holidays is coming back!

Chef Roderick and his culinary team are baking pies everyday starting November 20 until December 30. Last year Meridians sold over 1,750 freshly baked pies.



The 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.

~ Please see our ad on page 58. ~



Neighborhood Watch

Reaching Out as a Neighborhood Watch Director

Patricia Evans

Ron Wood, Neighborhood Watch Treasurer and Director, is a prodigious volunteer. As chair of the Nominations Committee, he is now encouraging others to volunteer by running for election as a Director,

What does a Director do? In addition to participating in Board decisions, Directors

assist their assigned Village Coordinators in organizing and strengthening their Villages. If you enjoy working with people and want to enrich your life through increasing the safety and security of SCLH, please contact Ron at ron2029wood@att.net or 434-0378. "Your life experiences will quality you for the job!" assured Ron.

What are the side benefits of becoming a Director? Ron explains, "As a Director

I enjoy meeting many neighbors from different Villages. These experiences make me realize how lucky I am to live in SCLH!"

Ron has accepted an application for re-election to the Board from Executive Director Larry Wilson. Also running is Pauline Watson, a returning candidate, Dan Larson and Gus Alegado.

Ron and his wife, Gerry, lived in San Jose for 32 years where he worked as a data processing manager and they raised their family of four children. Ron is a tireless volunteer with St. Joseph's Catholic Church and has chaired the Knights of Columbus Annual Crab Feed for seven years.

Please mark your calendar to attend the Wednesday, November 7, Annual Meeting/Dessert Potluck from 7:00-9:00 PM in



Ron Wood, NW Director and Chair of the Nominations Committee, asks for volunteers for Directors

the KS Multipurpose Room. New Directors will be elected at this meeting and it is a special evening of conviviality.

Please turn to page 28 for a formula to discourage burglars.

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

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Lincoln Hills Writers Write One, Write All

Find writing support in your local SCLH's writers' community



Monday Night Writing Group

Bring those pages stuffed gently away in your bedside table or hiding on your computer. In a supportive small-group environment, you're invited to share your musings with the Writers Group. Our members cover the spectrum from new writers sharing their first words to experienced writers sharing the pages of their next book.

Writers Group meets the second, fourth and fifth Monday of each month at 6:30 PM in the Ceramics Room (OC).

Contacts

Jim Fulcomer – jjfulcomer@mac.com

Linda Bello-Ruiz – Imbelloruiz@yahoo.com

Leo Craton – cratonl@att.net

Authors and Writers Resource Group

Have you finished your first, second or third draft and you're ready to edit or publish your manuscript? Join the Authors and Writers

Resource Group. We'll support you on the road to publishing. Network with other SCLH writers and get information on professional editing, traditional publishing, POD (print on demand), e-publishing, and marketing.

Authors & Writers Resource Group meets the first and third Wednesday of each month at 4:00 PM in the Multipurpose Room (OC).



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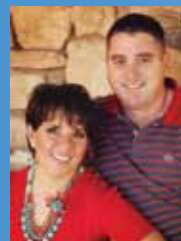
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“Fall”ing into the Holidays

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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As we move into the fall and winter seasons, you will want to consider exfoliating your skin to remove the dry top layer, revealing new and healthier skin, allowing it to breathe and detoxify. Our **Caribbean Body Scrub** is a great addition to any service. Nails are absolutely the hot ticket now with **“Rockstar” glitter shellac** for the holidays, nail art, and metallic colors. Our new fall collection from OPI is the **Germany Collection** with muted rust, chartreuse, pink, and root beer.

La Bella Donna Mineral Makeup has just released their **Excitement & Beaute Fall/Holiday 2012** Eye Shadow/Blush Contour Compact, “Gina Magnifica,” as well as two new eyeliner pencils, violet and smoky quartz.

Our **Aveda holiday gift sets** will be arriving soon, packed and ready for purchase.

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“A Gift of Himalayan Joy” is Aveda’s theme this year. Annual gift sets include their famous Hand and Foot Relief, De-Stress (their new Stress Fix Body Lotion with the Stress-Fix Rollerball), Soaking Salts and many other options.

The holiday season is not simply a time to treat those you love; it is also a time to take care of yourself.

Massage is instrumental in total body relaxation, Hot Stone Massage is soothing and deep, allowing the muscles to relax and for the therapist to work into the muscles more easily. Our newly-released **“Pumpkin Peel” Facial** for those with acne/photodamage/dull complexion is the perfect fall/winter facial. **Please see our ad on page 64.**

We invite you to browse the **Spa Boutique** for gift ideas. **Gift cards** may also be purchased at The Spa or are available online through our website, www.kilagaspringsspa.com. Shopping for gift cards online, you have the option of emailing directly to the recipient or printing out your gift (see page 89).

Don’t forget to check out our monthly specials on our website as well as on the resident website.

Happy Fall!

Preventive Maintenance

The Art of Calm: Counteracting Stress and Depression

Shirley Schultz

“The Art of Calm” is a phrase used by Dr. Renee Nelson related to dealing with stress. You will want to hear this much-sought-after speaker elaborate on practical and creative holistic ways to manage life’s ups and downs at the October 17 Community Forum, “Managing Stress and Depression” (see page 86).



There is a story out there about an anonymous lecturer who was explaining stress management to an audience. He held up a glass of water and asked them to guess the weight. He then explained that absolute weight does not matter – it depends on how long you try to hold up the glass of water. The longer you hold it, the heavier it becomes. After an hour, your arm will ache; after a day you may have to call an ambulance. The lecturer made this analogy to stress management, pointing out that if we carry our burdens all the time, sooner or later, the burdens will become increasingly heavy and we will not be able to carry on. So whatever your burdens are, learn how to ease them for a moment so you can be refreshed.

The season is upon us where we are surrounded by brilliant colors as our delightful trees respond to shorter days and cooler nights. For some people, this season *Please see “The Art of Calm” on page 85*

✓ Bucket List

*Gay Sprague
Roving Reporter*

While watching a news program discussing the receding glaciers of North America, Nina Mazzo started thinking about visiting and trekking on a glacier on Canada’s beautiful Columbia Icefield. She mentioned her idea to her good friends, Irwin & Sandy Maloff, who have arranged many unique travels over the past several years.

This past August, seven couples from

Lincoln Hills headed to the Canadian Rockies to begin their ten-day trip. According to Nina, one of the many highlights was trekking on the Athabasca Glacier on the Columbia Icefield, which sits on the Triple Continental Divide of North America. The Athabasca Glacier is one of eight major glaciers in this area, and the waters flow to the Arctic Ocean, Hudson Bay, and Pacific Ocean. The Columbia Icefields are considered to be one of the largest accumulations *Please see “Bucket List” on page 85*



Seven couples from Lincoln Hills standing on the Athabasca Glacier

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A Day Trip for the Season

Apple Hill & Placerville
Al Roten, *Roving Reporter*

Yes, this is the season for getting away for a delightful day of exploring, with the promise of eating well and bringing home more than memories. I recommend an excursion to Placerville and Apple Hill. We begin with a cross-town drive to Highway 50, heading east toward South Lake Tahoe. On that trail we are soon out of cityscapes and cruising through beautiful undulating hills covered with oaks and conifers of endless varieties.

Within 50 miles, we are in the town of Placerville, also known as Hangtown. If it is already lunch time, we may stop to eat and explore here, but I recommend that we hurry on about seven miles to Camino, the entry to Apple Hill.



Apple Hill is not a single place; it is an area of more than 50 orchards, commercial compounds, and craft-fair grounds. These range from a small parking spot with a nearby fruit stand to sprawling acres of crafts booths with surrounding bakery and restaurant aromas. And it's all connected by miles of country roads meandering through the forested and planted hillsides. Maps are available for viewing and downloading at www.applehill.com.



Photography: Al shares some of his photos from Apple Hill

In the early 1960s a disastrous pear blight caused local growers to switch to apples. Then, in 1964, a local team invited members of the press to come and sample fresh cider and apples. They also distributed thousands of grocery bags with a printed offer of free apples if people brought the bags back to be filled. This began the annual fall season trek to Apple Hill.

Now, we may sample and purchase not



only several varieties of apples, but pears, berries, nectarines, and many varieties of fall vegetables. Of course, apple pie is a specialty at some of the stops with cider, local wines, and food from sandwiches to mouth-watering barbecued chicken. We may eat in a restaurant or take our food and drinks out under the trees.

If we have resisted eating too much during the Apple Hill tour, the short jaunt back to Placerville will avail us of a wide range of restaurant selections. It may be time to work off the calories by walking the colorful main street. With a visit to Placerville Hardware, we may recapture the gold mining era by viewing the slot in the counter where gold dust was brushed after weighing.

We return home with goodies and memories of exploration.

The Activities Department is offering a day trip to Apple Hill on Monday, November 5. Details on page 45.

"Vote for Principle and Your Vote is Never Lost"

Nina Mazzo, *Library Volunteer*

We remember those who risked their lives to sign the Declaration of Independence in 1776 each July 4. However, after reading *Signing Their*



Rights Away, I think we ought to also note September 17th and acknowledge the 39 men who signed the U.S. Constitution. The authors of this book, D. Kiernan and J. D'Agnesse take the reader

through those tumultuous times as well as providing the interesting backgrounds of each signer. It was fascinating to read

about these men and events leading to September 17, 1787, "a fateful day when they signed their names after they argued, hoped, feared, persevered and most important they compromised to create this document." Excellent reading as we countdown to Election Day. Thank you to the resident who donated this book and it is located in History/Politics section of Kilaga Springs Library.

Library Volunteers have noticed some of the Audio Books on CD are missing one or more CDs when they are returned. Please check your CD player prior to return-

ing these Audio Books.

The quote in the headline is by John Quincy Adams.

Library contacts: for volunteering call Sandy Maloff (408-2368); Sandy Melnick (408-1035) for donation information; the investment section is maintained by Cleon Johnson (408-7620).

Cleon Johnson reports that Morningstar will no longer offer a print version of their Mutual Fund Service as of January 1, 2013. See more information on page 3.

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Club News



• Alzheimer's/Dementia • Caregivers Support Group

On Wednesday, October 24, Dr. Carmen Bujor, Geriatric Physician from Kaiser Roseville, will speak on the diagnosis and treatment of dementia with emphasis on Alzheimer's. She will discuss medications and other measures for behavior management. The meeting will be held in the Multipurpose Room (OC) at 1:00 PM.

A special one page *Resource List of non-profits for Caregivers*, has been developed by the Group's Steering Committee. For a copy, email jm3-sme@att.net.



Steering Committee Members reviewing the new Resource List. From left: Marsha Ross, Cathy VanVelzen, Maria Stahl and Judy Payne

In addition, there is a wonderful library of useful books and DVDs available that you can borrow and peruse in the privacy of your home, or you can share them with family and friends.

Our support meetings take place the fourth Wednesday of each month at 1:00 PM in OC Lodge. If you are a caregiver for a memory impaired loved one, we hope you will join us.

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



• Antiques Appreciation •

Our October meeting was a lot of fun because one of our members put on a presentation of her collection of vintage and antique infant and baby paraphernalia. There was everything from a beautiful old christening dress to a hand-knit sweater and booties, lovely baby quilts and blankets to cloth diapers (unheard

of these days!). And many more unusual things that even we didn't remember using for our babies. The antique baby dresses were out of this world! And there were many antique baby toys that many of us had never seen before! We were all asked to bring our own baby and infant items, so after the presentation we had "show and tell" which we love to do!

If you collect or just enjoy antiques, 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**



• Art Association •

Ursula Johnson, active Blue Line artist, will be speaker at Lincoln



Artwork by Ursula Johnson

Hills Art Association on October 22 at 2:00 PM, KS. Ursula will show some of her work, and share the topic "The Little Black Books: Or Why Am I an Artist?" All residents and

public invited.

Contact: Maggie McGurk 543-5300



• Astronomy •

Mondays, October 15 and 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, November 7. Note! This and December Meeting will be at Sierra/Terra Cotta Room (KS) across from the Billiards Room. Tom Eason will present "What's Out There Beyond Neptune the Outer Solar System."

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



Edna DeVore presenting "Searching for Earth's Twin: NAPA's Kepler Mission" at the September Meeting

the Mars Science Laboratory (Curiosity).

Meetings: November and December Astronomy Group meetings will be in Sierra/Terra Cotta Room (KS). What's Up in the Night Sky/Activities/Q&A: 6:45 PM, program at 7:15 PM. Bring your questions about astronomy during the Q & A period.

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



• Ballroom Dance •

Dancing is enjoying a resurgence in popularity with shows like "Dancing with the Stars." 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 more advanced students, intermediate lessons are 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 October, the dance is Tango for weeks one-to-four and Styling for the fifth week. For November, the dance is East Coast Swing.

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



Marie & Dub Holland



• Bereavement Support •

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be October 17 and November 14. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Wednesday, November 7 at *Jumbo Chinese*. 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 September 05 — AM: Ken Klein; Runners-up: J T Long, Jim Fulton and Oscar Alvarez; PM: Steve Brown; Runners-up: Phil Delaney and Ed Ryan.

Nine-Ball Singles September 11 — AM: Doyle Coker; Runners-up: Ziggy O'Brien, Bob Wehner, Les Birch and J T Long

PM Winner: Phil Delaney; Runners-up: Joe Perez, Bob Doney, Steve Brown and Bob Soriano.

Eight-Ball Doubles September 19 — Winners: Bob Doney and Ted Komaki; Runners-up: Bob Armour and Doug Porter, Bob Soriano and Jim Immel.

John Geyton recently passed away. He was an active member of our Shooters Club and Traveling Team until his illness. We miss John dearly.

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

Challengers Billiards

The Challengers Group plays seven

games of partner eight ball (1/15). By designating the 1 and 15 balls to be pocketed in the assigned side pockets, we add a strategic component to the regular eight ball game. The games are timed to 17 minutes each, which adds another challenge as well. We play every Friday from 10:00 AM to 12:00 PM. It is a fun and challenging environment for the mid-level to advanced players.

Congratulations to last month's winners: First place — seven games: Bill Kim, Joe Hobby; six of seven games: Doyle Coker, Oscar Alvarez. Second place — six of seven games: Ted Baker; five of seven games: Chiquita Fratto, George Black, Bill Huth, Sherry Weech, Lisa Pabst, Willie Wright.

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

Couples Billiards

Week one and for the first time, Bob Hodges/Sylvia Gutierrez was the only team to win all six games. Four teams tied with four wins: Dale Houck/Chiquita Fratto, Jim/Barb Conger, Roger Bryan/Sandy Pavlovich and Joe/Nicki Hobby.

There were no six game winners in week two. Bob Rand/Lydia King was the only team to win five games. Three teams won four games: Joe/Nicki Hobby, Ron/Sherry Weech and Bob Soriano played alone.

Week three, Joe/Nicki Hobby was the only team to win all six games. Joe Perez/Rita Baikauskas, Howard Skulnick/Doyle Coker and Ron/Sherry Weech won four games.

On week four, there were no six game winners; however, two teams tied with five wins: Doyle Coker/Howard Skulnick and Joe/Nicki Hobby. Sylvia Gutierrez/Bob Hodges won four games.

Congratulations to everyone.

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

Players Billiards

Come join the fun every Thursday from 2:15-4:30 PM in the Billiards Room (KS) as we play six games of Eight Ball in our weekly tournaments. For mid-level skilled

players, we play by the APA rules. Advance sign-up is encouraged but standby players can frequently play as well. Special congratulations to Ziggy Brien on sinking the Eight Ball on the break!

Congratulations to our recent winners — six games: Oscar Alvarez, Bob Wehner, Dan Oden; five of six games: Veronica Torres, Phil Berlenghi, Jennie Wright, Bob Wehner, Bob Soriano, Ken Hawley, Ed Welch, Peshu Irani; and four of six games: Oscar Alvarez, Bob Soriano, Jennie Wright, Doyle Coker, Bob Bienkowski, Ziggy Brien, Willie Wright, Rita Baikauskas.

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

Upstarts Billiards

"We play at Billiards just for kicks. Some win five games, some win six, And some win none; we're all in the mix! Winners do best with their own cue sticks."

Would you like to brush up on your skills, or maybe learn a new one? Billiards might be for you! Upstarts Billiards Group is for beginners-to-average players; we play standard Eight Ball every Thursday from 11:45 AM to 2:00 PM at Billiards Room (KS). We welcome new people to our group, so if you think this is something you'd like to try... please come join us!

Winners — six games: Richard Gsell, Nicki Hobby; five games: Phyllis Borrelli, Bill Clark, Sandy Greer, Ray Hinkley, Edith Kesting, Bianca Reckling, Ed Welch.

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

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

Instruction Group

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

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



• Bird •

The Bird Group meets once a month on the second Monday at P-Hall (KS) at 1:30 PM. The November 12 meeting will feature Ed Pandolfino. He is an

expert ornithologist and gives a wonderful presentation. Please join us.

The next bird walk will be on Friday, October 26. The group meets at the parking lot near the OC Fitness Center. On November 9, a field trip to Vic Fazio Wildlife Area in Davis will take place. For further information, check out our website.

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



• Bocce Ball, Mad Hatters •

Beginning Thursday, November 1, the Mad Hatters will start their winter season play sessions at 10:00 AM. Please remember to reset your circadian rhythms, and feel free to bring your leftover Halloween candy. We will attempt to dispose of it for you.

Don't forget this coming Saturday is the Mad Hatters/Red Hats Bocce Tournament.

We were on our way to a meeting this morning and noticed people playing Bocce at 7:30 AM. That's the earliest we've ever seen anyone on the courts. Any earlier and they'd have to turn on the lights. Speaking of lights, there was an industrial lift parked by the back courts. The burned out bulbs on the light standards have been replaced and all are working.

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



• Book Group, OC •

In 2002, the nation lost one of its most influential historians, Stephen Ambrose, to cancer at the age of 66. On October 18, we will honor his memory as we review his final book, *To America: Personal Reflections of an Historian*. Washington, Jefferson, Lincoln, Eisenhower, Nixon, Kennedy, Johnson and more are scrutinized. "Political Correctness," racism, Vietnam, and more are visited. Our nation's history is laid out with all its charm and ugliness for us to digest and hopefully from which to learn.

Come join us on Thursday, October 18, from 1:00 to 2:30 PM in the Multipurpose Room (OC). Newcomers are always welcome.

Remaining 2012 Schedule:

• November 15: *State of Wonder* by Ann Patchett

• 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

Our September 13 meeting was a real treat. Lisa Smith and Christine Epperson from the Fitness Center presented a new class called *Cancer Well Fit*. Also, we participated in an exercise that will be part of the class to improve balance called Oigong. This requires meditation and was well received by all. We welcome guests at our meetings so please join us on the second Thursday of the month at 1:00 PM at Orchard Creek Lodge. Happy fall to all!!

Contacts: Marianne Smith

408-1818; Sally Lewis 434-7381

Website: www.suncity-lincolnhills.org/residents



• Bowling •

We now have 18 full teams! Manager of Rocklin Lanes, Steve, says we can always add more teams. Again, our season started off with some friendly competition. First place: Team 8 "Almost" — Al & Della Sharief, Bill & Pat Cunningham; second place, Team 15, "Forget About It" — Barbara Banks, Bobbie Spiess, Stan Ivener and Barry Kendrigan. Scratch High Game — Horace Snowden Men's; Pat Fisk Women's. Scratch Series — Dave Fisk Mens; Betty Tucker Womens. Looks like it's going to be another exciting season. Welcomed back several previous members and several new members, some which have never bowled on a league and some who haven't bowled in many years. We're always looking for subs.

Contacts: Frank Schmidig 434-5972;

Jerry Gordon, 408-5989;

Joan Gates 253-9415



• Bridge, Partners • Thursday Evening First & Third

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

We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive a little early.

One big change – A warm thanks to Lorraine and Bob Minke who are now in charge.

The September 6 winners — first: Erica Wolf and Edith Kesting who had 1520 for high round; second: Reta Blanchard and Bev Ansbro; third: Chris & Ken Jacobsen; Fourth: Kay & Ben Newton.

The September 20 winners: first: Bev & Allan Blaine; second: Warren & Gerry Sonnenburg with high round of 1590; third: Marge & Wayne Phillips; fourth: Linda Theodore and Janet Pinnell.

Contact: Lorraine or Bob Minke

408-4009, tahoebob1@sbcglobal.net

Thursday Evening Second & Fourth

August 23 winners: first place — Rose & Joe Phelan; second — BJ Parkinson and Ginny McGuirk; third — Hal McMillan and Bruce Fink; fourth — Febe Harrington and BJ Anderson. High round was 2400 BJ Parkinson and Ginny McGuirk. September 13 winners: first place — Dee Williams and Marilyn Cheatham; second — Bob & Lorraine Minke, third — Bj Parkinson and Ginny McGuirk; fourth — Nadine Buckmiller and Bev Ansbro. We play every second and fourth Thursday nights. Come join us for a fun night of bridge at 6:00 PM, Terra Cotta Room (KS). Chris Jacobson.

Contacts: Chris & Ken Jacobson

408-8709



• Bridge, Duplicate •

The Duplicate Bridge Club is expected to be well represented at the Fall 2012 North American Bridge Championships scheduled November 22 through December 2 in San Francisco.

"Well done" Joanne Mitchell! Joanne has earned the ACBL Life Master Gold Card.

Eleven SCLHDBC members reaped more than two Master Points at the Sacramento Fall Sectional Tournament in Orangevale. Our high achievers included Margaret Riegert, Lynne & John White, Steve Upadhye, Sheila Ross, Dwight Curry, Ray James, Dona Green, Una Lynch Long, Rosemary Hood, and Dian Hall Haskens.

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

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

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

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

Website: www.bridgewebs.com/lincolnhills



• Bridge, Social •

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Please join us for an afternoon of Social Bridge. You must make a reservation to play and please call if you need to cancel. You do not need a partner but must arrive by 12:30 PM. For reservations, call Gerry Sonnenburg at 253-3882.

Winners from August 24 to September 14 — First: Eleanor Amar, Bev Dwyer, Helen Helm and Dee Williams; Second: Mo Scarpeetti, Neil Wilson, Lois Burke and Gerry Sonnenburg; Third: Jim Busey, Dee Williams, JoAnn Holston and B.J. Parkinson; Fourth: Harry Collings, Peg Collings, Dolores Marchand and Joan Schabillion.

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



• Bunco •

Believe it or not... 2012 has flown by... and as the saying goes "time flies by when you're having fun." Plans are underway for the annual Christmas luncheon to be held on Thursday, December 20 after Bunco play. More details will follow at October's games or via email. Make sure we have your current email address if

you are unable to attend the next couple of months.

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. Winners for the six winning categories receive a SCLH gift card as their prize. Whether you win a prize or not, you will still have a lot of fun.

Last month's winners: Most Buncos Sudie Moreland; High Score Shirley Studabaker; Most Wins Sharon Chipman; Low Score Ann Stults; Most Losses Marsha Pimentel, Traveler Donna Bishop.

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



• Ceramic Arts •

The annual Studio Tour sponsored by the Lincoln Hills Art Association was held on September 22 and 23. Twenty-five local artists displayed their works in their home studios.

Save the Date — Saturday, November 10: Holiday Arts & Crafts Fair — *one day only* this year! See our ad on page 11.

This time of the year is a great time to take a pottery class. Sign up now with one of our great instructors. See the *Compass* class listings 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 the 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



• Chorus •

Under the leadership of Conductor Bill Sveglini, the Lincoln Hills Community Chorus is rehearsing 14

outstanding works for its annual December concert, ranging from classical favorites by Bach, Handel, and Vivaldi to "Somewhere in My Memory" from the film "Home Alone."

The 130-member Chorus aspires to professional standards under Bill's direction and is working harder than ever to make this concert, "A Choral Holiday Tapestry," its best ever. Every week each section (soprano, alto, tenor, baritone/bass) meets to practice its part before combining in full rehearsal.

If you've enjoyed the Chorus' recent December and spring concerts, you know you're in for a treat. Plan to attend "A Choral Holiday Tapestry" on December 9, 10, or 11 and see page 54 for specific times and ticket information.

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



• Cloggers •

September started with an increase in members. Beginners can feel overwhelmed at first but like all new things, it comes together. We welcome new members! Beginners can still join a class, not too late! Check the class section in the *Compass* for information.

Serving their second term in office: President Anita Tyson; Vice President Connie Stephens; Club representative Wendy Iannico. If any member could lend a helping hand, please let them know. Also, if you have pictures of late, notify Barbara Sowers.

Attention Cloggers! One of the favorite workshops, "Late Harvest Stomp" is October 20 at Sonoma Country Fairgrounds, Kraft Hall, 1350 Bennett Valley Road, Santa Rosa, CA. The entire hall is decorated in Halloween scenes. Food is served from morning to afternoon. Check flyers in class, ask instructor Janice Hanzel.

Clogging is good for you and you are good for clogging! Check us out on Tues-



Bill Sveglini

days at KS, from 11:00 AM to 12:00 PM.

Contact: Anita Tyson 543-5330



• **Computer** •

Main Meeting: November 14, 6:30 PM — “Should You Use Social Media Websites (Facebook, LinkedIn, Twitter)?” by Terry Rooney.

One of the biggest changes in our computing world in the last 10 years is the incredible growth of “social media.” Social media websites, especially Facebook, are our latest tools for keeping in touch with our friends and relatives. This presentation will demonstrate the advantages of Facebook, and explain why you *might* find it worthwhile. Unfortunately there are also a number of reasons you might not want to use Facebook, especially if you are concerned about your personal privacy.



Terry Rooney reports on “Should you use social media websites?”

Clinic November 16, 3:30 PM — Len Carniato will discuss how to protect yourself if you use Facebook and other social media sites.

Ask the Tech: November 26, 10:00 AM — Informal Q & A session for any and all technical questions, includes Android phones and tablets. This meeting is in the Fine Arts Room (OC).

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



• **Mac User** •

Do you have questions? We have answers (regarding “everything Mac”). LHMUG is the “go-to” place for your most complicated questions and to learn new techniques. Come to a meeting and get acquainted with us and what we offer. LHMUG sponsors several meetings each month targeted to both new and advanced users.



Sharon Worman presenting Garageband at the October General Meeting. Photo by Irwin Maloff

iTunes is the focus for the October 17 Newbie meeting at 9:30 AM in P-Hall (KS). iOS6 is the feature for the October 25 Educational Seminar at 7:00 PM (KS).

Spotlight, an amazing search engine, will be the November 1 topic at the Newbie meeting (7:00 PM). The November 13 General Meeting (7:00 PM) is on Mountain Lion.

Notice: All November meetings will be moved to different rooms at KS and OC due to the closing of Presentation Hall for remodeling. For further information on meeting times, rooms, and topics, check the calendar at www.LHMUG.org.

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



• **Country Couples** •

Last month’s Old West Saloon Dance was well attended by dancers dressed for the theme of the event. The dance floor was active with couples throughout the evening, dancing to tunes selected to give a good variety of beats for the dances we have learned. As always, the efforts of several volunteers made the event possible.

The next scheduled dance will be December 6 at Sun City Roseville. Mark your calendars for this catered event. Ticket information will be available in the near future. Additionally, Jim & Janie Keener have scheduled a dance for October 19. It will also be catered and tickets are available for \$12/person.

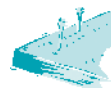
At the deadline for articles, there was some question about what facility and



Taking a break from the Saloon dance floor

times will be available for practice sessions. If interested in attending practices you need to contact Ernie Wilson for the Thursday practices or Tom Hargis for the Saturday practices.

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



• **Cribbage** •

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

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



• **Cyclist** •

The 1895 Newark Advocate published these (and more) helpful hints for women cyclists.

Don’t be a fright, faint on the road or refuse assistance up a hill. Don’t attempt a



Look who we ran into; A break in Meadow Vista; Cruisin’ home

“century,” wear loud hued leggings or let your golden hair hang down your back. Don’t go out without a needle and thread. Don’t coast. It’s dangerous. Don’t appear to be up on “records” and “record smashing.” That is sporty. Don’t chew gum. Don’t use bicycle slang. Leave that to the boys. Don’t try to ride in your brother’s clothes “to see how it feels” or try to have every article of your attire “match” or scratch a match on the seat of your bloomers. Don’t scream if you meet a cow.

Yeah, tell it to that 65-year-old female Lincoln Hills Cyclist pounding you into the asphalt on your way up Baxter.

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



• **Dominoes** •
Mexican Train

Are you ready to learn a great family game? Come join us for Mexican Train Dominoes. This is a great way to meet new people and learn a game you can play at home with your entire family.

We have sessions starting Wednesdays at 9:00 AM and 12:30 PM in the Cards Room (OC). You are cordially invited to join one, or both, of our sessions. Free classes are being held at 9:00 AM. Doors open at 8:30 AM.

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



• **Eye Contact** •
Low Vision Support

Next meeting: Thursday, November 8, 1:00-3:00 PM. Note: Meeting place change this month: Gables Room (OC).

1:00 PM: “Limited Vision... Unlimited Potential.” Tracy Williams, O.D./Greg Pusateri, O.D. (Spectrios Institute, Wheaton IL) relate successful stories about living with low vision. Spectrios Institute educates patients about their eye condition. They treat macular degeneration, glaucoma, diabetic retinopathy, among others. Patients learn how to gain skills for those with low vision. Spectrios Institute is a teaching and research institution as well as a low vision care center. Open House, one available service, invites low vision support groups to learn — family/friends

are welcome and encouraged to come.

2:00 PM: This is not a repeat. A conflict prevented Shirley’s participation in October. “Nutritional Supplements: Some of the Latest Research Findings.” SCLH’s Shirley Schultz, retired Nurse Practitioner, will present a slide show about the latest research regarding some of the more popular nutritional supplements and lead a discussion.

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 loved one are living with Fibromyalgia or Chronic Fatigue Syndrome (CFS), please join us Thursday, October 25, 1:00-3:00 PM, Multimedia Room (OC). The group will wind up its survey for the year and discuss it followed by a round-table discussion with attendees reporting ways they are dealing with these conditions.

New attendees are encouraged to share their experience with and the diagnosis of Fibromyalgia and/or CFS. We are planning a lending library. If there is a book you would like to see included, please submit the title, keeping in mind we have a small budget and prefer books 2008 or newer.

Our group meets the fourth Thursday of the month except major holidays. Our goal is to provide positive emotional support/information and suggestions for mental/physical well-being. We’re here for you whether you are able to attend our meeting or not! Questions? Please call Sandy/Jackie:

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



• **Fishing** •

What do you get when you mix 150 eager 7-12 year-olds, their parents/siblings, a dozen members of the Lincoln Hills Fishing Group (LHFG) plus support staff from Boys Scouts, Kiwanis, Police Athletics League (PAL), “Big M” fishery, and community donations? Answer: *a fantastic time!*



From top: Volunteers round up mature Kokanee; collecting the eggs; mature Kokanee ready to spawn

The Labor Day Lincoln Kids Fishin’ Derby was a total success again this year. LHFG donated \$500, lots of members’ time and patience and we managed to again keep the Derby alive for another year. What a great way for kids to get a day out fishing at no cost to their parents/families?

Also on tap for the balance of the year are salmon fishing trips on the Sacramento River, a Christmas Holiday party December 12 at Turkey Creek, and hopefully participation in the Annual Kokanee egg gathering in support of the Department of Fish and Game (DFG) Kokanee fish rearing program. (Date supplied on short notice from DFG.)

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



• **Garden** •

Why buy your salad when you can grow your own? Lettuce and other leafy greens adore cool weather, making them great for fall container gardens on a deck or doorstep! A container of mixed greens is perfect for a patio, deck or even a doorstep. And, although nothing beats natural outdoor sunlight, greens will also grow indoors near a south-facing, sunny window.

“Revitalize *Your Landscaping*” will be the topic of Arthur Navarrette’s presentation for the general meeting, Thursday, October 25, 2:00-4:00 PM, KS. On a recent



From top:
Container of mixed
greens in winter
— color, texture,
aesthetics, utility!
bonsai evergreen;
bonsai forest

survey, many members requested a program that provides ideas for their landscaping. Arthur is with Executive Care Landscape Management in Roseville. Their slogan is “Promised Quality and Commitment.”

Members who are interested in the formation of a Bonsai Group can contact Joyce Thomsen for more information: 434-1786.

Flower Arrangers Group

Flower arranging meeting for a Thanksgiving arrangement will be on November 19 from 1:00-3:00 PM at Lincoln Raley’s Event Center. The charge for the container and flowers to make the arrangement will be \$15. Bring scissors and wire cutters. Sign up with Shirley Allan 408-1784 by November 13.

December 14 Flower arranging (2:00 PM) will be at Lincoln Meadows Manor. They were very happy with our arrangements last year. We will make arrangements in Christmas coffee cups again. Buy your cups (\$1-\$2) at a local Thrift Store. Call Gloria if you are interested in participating, 645-4699.

Contact: Lorraine Immel 434-2918,
limmel@sctv.net; Virgil Dahl
408-3748

• Gem and Mineral Society •

On October 29, Richard Hilton, from Sierra College will discuss local geology. In September Tim Unruh presented meteorites and tektites. In November we will have Show & Tell and a member Rock Sale. Gem and Mineral Society monthly meets: Last Monday at 4:00-5:30 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



Amethyst boulder at mine in Thunder Bay, Ontario, Canada

Shop Master: Ron Clawson.

We belong to the California and American Federation of Mineralogical Societies.

Lapidary and Lost Wax classes are taught in January, March, May, September and October. Sign up at

the Activities Desk (OC/KS).

Contact: Dave Fisk 434-0747,
dave.fisk@yahoo.com (also for lab
info & reservations)
Website: [http://sites.google.com/
site/lincolnhillssuncitygems/home](http://sites.google.com/site/lincolnhillssuncitygems/home)



• Genealogy •

We welcome back 12 of our members who have been at the “Mecca of Genealogy,” Salt Lake City. Back, just in time for our General Meeting, October 15, 6:30 PM, KS, to see Bob Ringo bring us up-to-date on the “New Family Search” computer and database program.

The First Monday Computer Workshop, November 5, Computer Room (OC), 6:30 PM, will examine maps used in locating sources of research data: states, counties, cities, cemeteries. Limited number of computers, so sign-up ahead with BJ or Judy. Our Library will also be open.

Mark your calendar: The November 19 General Meeting in the Social Kitchen (KS), will start with a talk on Coroner’s records. After the formal meeting, our November Social will follow, to enjoy traditional Pumpkin Pie (provided each Thanksgiving time by a member).

Help sessions continue, as announced via email and in General Meetings.

Contact: BJ Ollas 543-4682;
Judy Hoffman 408-8878
Website: [www.webflavors.com/
lincoln](http://www.webflavors.com/lincoln)



• Golf, Ladies • Linster Lady Niners

WNHGA update: Congratulations to Sue Pharis, June Charm Girl; Edna Linville, July Charm Girl and Mary Cannistraci August

Charm Girl. WNHGA congratulates Sue Pharis, New Golf Champion. Mary Cannistraci took first place in Flight one, Marcia Bush first in Flight two, and Joyce Thomsen first in Flight three.

Thanks go to Marie Bossert, Barbara Gorden and committee for such a fun, challenging two-day event. After the second round, a luncheon and awards ceremony was held at Orchard Creek Lodge in the Secret Garden. Jan Varin is the new Club Champion! First in flight A, Brenda



From left, Jan Varin,
Club Champion;
Barbara Gorden,
Gunilla Christol and
Patricia Alderete,
Flight D Winners,
WNHGA Lincsters



D’Andre; Flight B, Shirley Varner; Flight C, Marion Munoz; and Flight D, Patricia Alderete. Outstanding golfers!

Recently, Kay Howard was playing the beloved 13 hole on the Orchard when she made an incredible chip shot, landed on the green and slowly rolled into the hole for par. Those shots keep us coming back.

Contact: Carol Golbranson 543-8647
Website: www.lincsters.com

Ladies XVIII

The LHXVIII Ladies Group has been busy. Many women take part in the WGANC and regular play days: On August 16’s T&F Tournament (all holes starting with the letter T or F were counted). First flight winner was Dee Arts, second Peggy Carr,

third Mary Holland, fourth Lois Adams. August 23's putts-only tournament. First flight winners (tie): Elaine Kalani, Pat McNiff, Susan Peterson, Judy Habecker with 33 putts. Second Judith Jessness, 32 putts, third Joan Thompson, fourth Pat Morgan, 34 putts. August 30's Three's results (picking your best three of your three pars, three of your four pars, and three of your five pars). Winners: first flight Sylvia Feldman, second Lyn Chauvet, third Donna McDonald, fourth Lois Adams. September 6 we had a two-man best ball Tournament with the winning score 119. Winners were Carol Hofmeister, Sue Worall, Bonnie Devers, and again Lois Adams.

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



• **Men's Golf** •

We held our Club Championship in August. Winners: Joe Angel (low gross) and Glenn Arney (low net). Flight winners: Bill Bowen, Tony Diipaola and Simon Palaroan. Just for Fun flight winners: Charley Kendall and John Duggan.

In September we had the Lone Ranger Tournament. Winning teams: Flight one — Richard Albright, Joe Varner, Ralph Barkey and Jim Chan; Flight two — John Martinez, Paul Carr, Don Fermer and John Duggan. We held a drawing at the Club Championship to raise money to purchase coyote



Gene Andrews (right) presents coyote decoys from Men's Golf Club to Sean Silva, golf course General Manager

decoys for the course to help keep down the goose population. Four coyote decoys were presented to General Manager Sean Silva. This should help to reduce the damage to the courses that are caused by the geese. We just held the two man stableford tournament and will have the results in the November *Compass*.

Contacts: Dave Jensen
jansendw@sbcglobal.net; Gene Andrews eandgolf@sbcglobal.net
Website: www.lhmg.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



• **Hiking and Walking** •

A special thanks to all those who attended our annual meeting and heard Heath Wakelee, a certified Wilderness First Aid instructor, educate us on addressing



Thunder Mountain hike; to the Thunder Mountain summit; Barb Proffitt, Sue Geisler and Chris Wefers conquer Tinkers Knob

emergencies while on the hiking trail. Clearly this life-saving information applies to every aspect of our lives.

The following members were elected to the Board of Directors: Dennis Ratay President; Denny Fisher Vice President; Kathy Bannon Treasurer; Janie Norton Secretary.

Walkers: Wednesday walks begin at 8:00 AM. Check the website for weekly starting locations.

Hikers: Some new hiking destinations are coming up. Featured hikes include a picturesque trek to alpine lakes (Granite Lake & Hidden Lake) in the Kirkwood area, followed by a hike in the Marin headlands where we will visit the Point Bonita Lighthouse that guards the entrance to the Golden Gate.

The latest calendar of hikes is on the website with just the right one 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** •

November 1 is a members' only meeting, because P-Hall (KS) is being remodeled. Our meeting has been assigned to the Fine Arts Room (OC) 2:00-3:30 PM. The room has only 60 seats, which will go to the first 60 members who arrive. We'll also be selling tickets for the December 6 Holiday Party at Turkey Creek.

The Fed has launched a new, more powerful stimulus program and Europe has done much the same. What does this mean for both the investment markets and the long-term impact on the American Economy? We will discuss these two important topics along with our usual market update and playbook check. Joining Russ Abbott, our consultant, will be Russ Koesterich from Ishares, one of our best speakers from last year.

The Active Investors will meet on Monday, November 12, at 3:00 PM in the Multimedia Room (OC).

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



• **Lavender Friends** •

Now that fall is upon us, we are looking forward to cooler weather. Again, several members got together for a fun time at our Game Night Out and we had a huge turnout and great success at the breakfast event. Mark your calendar as our Oktoberfest potluck on October 27 should be fun. Our present Executive Committee terms expire in January so we are asking members to consider seeking to fill one of these four positions. Don't forget our end-of-the-year Christmas Dinner/Dance event is almost upon us. If you want more information about our club, check our website at www.lavenderfriends.com or contact Jacquie or Herman (below). Don't forget that the Parents, Families & Friends of Lesbians and Gays (PFLAG) of Greater Placer County holds its meetings on the second Monday of the month at 7:00 PM at Sutter Auburn Faith Hospital, Conference Room A, in Auburn.

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

Lincoln Hills

• **Line Dance** •

The year has gone by so fast and it's almost time again for our annual holiday potluck. This year it is on Monday, December 3, and tickets will be going on sale mid-October. This event sells out every year so get those tickets early. The food is always wonderful and the dancing is a lot of fun.

Last year there was a choreographer contest and two groups demonstrated their dances. The dances were rated on a point system and the judges were the instructors. It was so close that only three points separated first from second place. This was so popular last year that the contest is back. Please let your instructor know if you want to participate in the contest and keep in mind that there is a cash prize.

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



• **LSV/NEV** •

Low Speed Vehicles/Neighborhood Electric Vehicles

In September, Dr. Roger Espiritu and Dr. Federico Gregorio led a fantastic program concerning the new CPR Guidelines and how we can make a difference to someone who might need help. Our fall barbecue and potluck game day was a great success. Thank you to Frank & Carol McGara for their work hosting this event. October 16 (the third Tuesday of the month) will be the first meeting of our new membership year. Hopefully you have renewed your membership or will visit and consider joining our group. We will meet in the Social Kitchen (KS) at 9:00 AM for our quarterly pre-meeting coffee hour. At 10:00 AM in the P-Hall (KS), the order of business will be the election of your 2013 officers. It has been my pleasure to serve as your President for the past two years, and I welcome and support the new board as we move forward into the next year. I am looking forward to the opening of the bypass and the future opportunity of accessing the downtown area by way of the new Lincoln Boulevard. We will keep you up-to-date on the progress of this venture.

Contact: Buzz Rognlien 408-4540



• **Mah Jongg, Chinese** •

Chinese Mah Jongg is a game of tiles or as the Chinese call them, "cards." It is a fascinating game to learn and lots of fun to master. Come join the fun every Monday 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** •

By now you have been hearing your friends and neighbors talk about the popular game of National Mah Jongg. Perhaps it is on your bucket list? If you are thinking of returning to this exciting tile game or even learning how to play, now is a good time to make it a priority. No membership fees are required and no reservations are necessary. Just come to the Cards Room (OC) every Tuesday, 12:30-4:00

PM. We suggest you arrive a few minutes early as play begins promptly as the tables of four fill up. We are available to answer questions. Feel free to give us a call.

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



• **Motorcycle RoadRunners** •

The social aspects of the club continued with a dinner ride to Monte Vista Inn in Dutch Flat. An enjoyable trek through Sierra Foothills back country brought us to an early dinner at this rustic restaurant in the wooded hillside. With a few of the club members making the trip via auto it makes for an all inclusive social event for spouses.



Riders at Mt. Diablo

Road Captain Doug Sterne led members on an enjoyable scheduled ride along the Delta waterways to Mt. Diablo and the East Bay area. We returned via Danville and had lunch in one of their delightful Main Street eating establishments.

Residents who have a roadworthy motorcycle and enjoy backroad 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 social get-together.

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



• **Music** •

The last "Open Mic Night" for 2012 will be held October 26, 6:30-8:30 PM, P-Hall (KS). Sign-ups begin at 6:15 PM. Musicians and music lovers welcome.

No karaoke, but audience participation is encouraged. The next "Open Mic" will be in February, 2013.

The rapidly growing L. H. 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 Music Group Holiday Party will be held Friday, Nov. 16th, 6:00 PM in the Kilaga Placer Room. Come enjoy a pot luck supper and lively entertainment.

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

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



• Needle Arts • Threads of Friendship

Saturday, October 20, there will be an in-house workshop on making a fun, fuzzy jacket from a sweatshirt. Contact Program Kris Volker to sign up.

November will bring the much-anticipated annual Wearable Arts Fashion Show. Everyone is invited to OC Ballroom on Tuesday, November 20 to enjoy the show. The wearable arts group has been working all year to provide an even more wonderful show than in years past. If you enjoy wonderful fashion mixed with artistic expression do not miss this show.

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

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



• Neighborhood Watch •

Every unsuccessful attempted burglary increases the probability that the bad guys will find our area becoming too difficult to be attractive. Every successful burglary encourages more attempts. The security of each of us depends upon the security of all of us. The burglars talk together just as we do and share the "easy touch" areas.

Last spring the burglars enjoyed a "walk in" rather than a "break in" situation.

We are now making progress, as more of us lock our doors and windows, including putting a rod in the slider allowing it to be opened no more than a four-inch maximum. When burglary attempts are regularly thwarted, we will no longer be an attractive target.

You can obtain a complete list of suggestions which will make us impervious to these unwelcome intruders by going to our website (below), click on Alerts/Info and then on Safety and Security Tips.

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



• Painters •

At our October meeting, we viewed a DVD of the work of David Lobenberg who did the large painting hanging at Kilaga Springs and will present next year.

A nominating committee was formed, a slate of officers determined, and candidates were announced at the October meeting. Voting will take place in November with the new officers and board convening in January.

Our November meeting will feature a "Miniatures Art Challenge." Members are encouraged to present entries 5x5" to 8x10," framed.

In December we will enjoy "The Artists Table" Christmas lunch in the Solarium (OC). Our January meeting will be moved to January 8 when Fine Art Show applications will be available and a review of the application process shared. This 2013, 10th Anniversary Show, will be February 22-24.

We are proud of the six members whose works were shown on KVIE in September.

Written by Jacquie Hilton.

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



• Paper Arts •

As it turns out, paper is not our only art medium. This month we created a lovely set of tile coasters, each as unique as our members. These make great gifts, just in time for the holidays.

Last month our focus was on different techniques – some new, some forgotten – that make paper arts such a fascinating hobby. Thanks to Diane Jackson, Pam Haun and their table captains for enriching our talents and leading us through some fun creations.



Pam Haun (in pink) leading her table in a stamp art creation; Diane Jackson (center) having fun teaching a new technique

Many of our members enjoyed the stamp convention last month in Sacramento. A good way to stock up on supplies and support the economy! It is always an adventure to see new products and techniques that can be used in card making, scrapbooking, and other paper crafts.

Our window display (OC) this month has a combined fall and Halloween theme. Seems like we just did spring!

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** •

Though climatic conditions put the kabosh on capturing naturally-colorful creations with our cameras, some dozen denizens of this compound had a great time anyway on the Monterey Peninsula last month. Wonderfully arranged and orchestrated by DeAtley Cahill and Carole Haskell, we did the tourist tango in spite of the fog, and ate our way through any number of restaurants. Pictured here is a Pt. Lobos pathway for flip-floppers. And when's the last time you saw a Pizza Tosser? Way cool!

This month, under the guidance of Les Thomas, the group will be at Lake Tahoe picturing fall colors and on the lookout for



Pizza Toss; Gnarly Path; both by jeffa

black bears, Bald Eagles, Kokanee salmon, and spots to shoot sunset and sunrise. Before the trip, Les hosted a "workshop on related photography skills and wine tasting," but it's yet to be discovered if the tasting improved the skills. All undoubtedly thought so at the time...

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



• **Pickleball** •

Many pickleball players have opted to play in the evening when the weather is cooler. The smell of the fall air is so refreshing, close your eyes and you could be in Hawaii. If you go in the evening with a foursome you can sign up to play for an hour. All four courts now have lights. Please keep in mind that all play stops at 10:00 PM.



Vera and Jim competing on the B Ladder

Coming up in November is our general meeting and election of officers. Look for an email soon with the exact date. Come show your support for your Pickleball Club.

Keep the Wednesday, December 5 open for the Christmas party — a sit-down dinner in the Ballroom with a Disc Jockey playing your favorite tunes. More information coming to members in November.

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



• **Players** •

The Players have selected a new Steering Committee. Leading the committee will be Bob Murdock, President; his Vice-President, Angela Blas; continuing Treasurer, Alan Lowe; Corrine Ehlers will continue as secretary. Past President Steve Garavito will also be on the committee.

The Readers' Theater production of "Dracula" will be on Saturday, October 27 at 7:00 PM and Sunday October 28 at 2:00 PM at P-Hall (KS). Doors open a half hour before show time and admission is *free!!!* Halloween shows are always very popular so come early.

"Yankee Doodle Dandy" has been cast and some 75 actors, singers and dancers



Premier Dancers

are preparing a spectacular production which will be performed on November 15, 16 and 17. Tickets are available now so don't miss out on this tribute to George M. Cohan.

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

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

The Quarterly Hold 'em tournaments are open to all residents on a first-come, first-served basis as they usually fill up quickly with a 48-player cap. Our next tournament is scheduled for Saturday, October 20.

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

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



• **Rummikub** •

The Rummikub Group meets Tuesdays from 12:30 to 4:00 PM in the Multipurpose Room (OC). Rummikub is a fun game played with small tiles that is loosely based on the card game

gin rummy. Beginners and experienced players welcome.

**Contact: Amy Kee 543-7167,
amybkee@yahoo.com**



• RV •

The RVers returned from the group's final trips of the year last month, four days in Paso Robles and four days in Gilroy. Final event on the year's agenda is the Holiday Party in the Orchard Creek Ballroom on December 16.

In a change of venue, the November 8 meeting will be in the Heights and Gables Rooms (OC) because of planned renovation in the regular meeting place, P-Hall (KS).

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



• SCHOOLS Volunteers • Sun City Helping Our Outstanding Lincoln Schools

School is back and so are the SCHOOLS volunteers. Our September 10 Annual Meeting was well attended. We were treated to a talk by Scott Lehman, Superintendent of Western Placer Unified School District. The meeting was followed by an orientation workshop and lunch. It was wonderful meeting as a group and there will be more chances to meet/greet fellow SCHOOLS volunteers. Meanwhile, enjoy your time in the classroom.

The teachers really appreciate our time but they understand that we sometimes travel and are not available to volunteer. Please remember to let them know when you will be travelling so they can plan for your absence.

Watch for emails regarding future SCHOOLS events. If you would like to make a difference in the lives of our outstanding Lincoln children, we will provide you with the needed paperwork/information. I wish you a fun/fulfilling new school year! WPUSD calendar 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,
lariat@wavecable.com**



• SCOOP • Sun City Organization of Pooches

The SCOOP September social meeting was held in the Social Kitchen (KS) from 10:00 AM-12:00 PM. Members and guests in attendance enjoyed this casual setting with many "doggie" topics.

SCOOP's December fund-raiser, December 14, is taking off and the committee is busy working with local businesses / artisans / vendors that support our cause, making each event more successful than the last.

Our recipient this year is One More Dog Rescue (OMDR), a 501 ©3 Corporation. While many residents have adopted a dog from OMDR, others are volunteering many hours each week assisting this strictly volunteer rescue group. This enables them to continue rescuing, healing, loving, and adopting these animals to "forever" homes.

If you have a few hours each week to help walk, feed, clean, and/or just love these animals, please contact Marcy Lopez or volunteers at www.onemoredogrescue.com. This will make your heart happy!

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



• Scrabble •

Most old-time scrabble players remember the rules; particularly that proper names or words that are capitalized cannot be used. But, there are several popular brand names that are acceptable. Words like apple, carnation, chevron, coach, dial, ford, honda, kleenex, levis and pyrex. Surprised? Can you think of more?

There is nothing like playing the true game of scrabble with others. While Words with Friends is popular, there are words routinely used that are unacceptable in scrabble. *Ca, da* and *ade* come to mind. Cite the *Official Scrabble Dictionary* and *Official Tournament and Club Word List* books for clarity. Helpful tips are on the National Scrabble website.

We welcome anyone who likes to play. Our group meets each Monday, at 1:00 PM in the Cards Room (OC).

Contact: Candy Koropp 409-0607



• Second Cup of Coffee •

Breaking News!!! Be on hand to hear about how the local news is presented to the public. The Second Cup of Coffee Group offers a fascinating program on Monday, October 15, at 10:00 AM, in P-Hall (KS). Attend to hear "Local News – What and Where." The executive production staff, camera team and journalists from KCRA will be on hand to describe how they film and report events happening in the regional areas. It's sure to be 'newsworthy.'

All residents are welcome to attend our meetings.

To wrap up our programs for the year, we have another unique session scheduled for November 19. "Real NCIS Stories" presented by retired NCIS agent Terry Brannon, a Lincoln Hills resident. Mark your calendars and join us.

**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

As fall approaches our days are cooler and nights longer.

On September 27, we held our Annual Bocce Ball Tournament with 48 members participating. Awards were presented to the winners at our Pizzeria Nite at Kilaga Springs. Great fun had by all!

Upcoming Singles Events:
October:

- 10) – 7:00 PM – Let's Dance at Meridians (Carol 408-3061)
- 18) – 4:30 PM – Table for Eight at Wise Winery, \$69 (Darline 434-6472)
- 25) – 6:00 PM – Halloween Costume Party/Buffer/Dance \$35 (Isabelle 408-1093)

November:

- 01) – Cocktail Time TBD (Carol 408-3061)
- 03) – 9:30 AM-7:30 PM –Day at the Races/Golden Gate Fields \$58 (Kathy 209-3307)
- 04) – 4:30 PM – November Birthday Celebration at Sports Bar (Anita 408-2444)
- 08) – 6:30 PM – General Meeting/Turkey Bingo at OC Ballroom (Linda 628-5158)
- 10) – 9:00 AM – Second Saturday Breakfast (Gail 543-8587)
- 15) – 4:30 PM – Table for Eight, Rubino's, Rocklin (Darline 434-6472)

Contact: Linda Bacon 628-5158

Website: www.lincolnhillssingles.org



• Ski •

Our annual pre-season potluck party will be held October 23, hosted by Bill & Lillie Smith. The fun begins at 5:00 PM. Please RSVP to Sylvie Roberts at 408-0344 after 5:00 PM. Deadline for RSVPs is Friday, October 19. The club will provide water, coffee and a lasagna entrée, and Sylvie will assign appetizers, salads and desserts to attendees. Bring your own beverages other than water and coffee. Directions to Bill and Lillie's will be provided.

The next general membership meeting will be Tuesday, November 20, 4:00 PM, in the Fine Arts Room (OC). Deborah McIlvain from the Fitness Center will demonstrate stretching and conditioning exercises to ready ourselves for the ski season. Come prepared to get out of your seats and use some of those muscles you have been saving for winter!

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



• Softball, Senior League •

For Will Bellah and his son Joe, softball has been their extended family. In 1964 Will's team played against the "King and His Court," and Joe was bat-boy. Will actually got a hit off the famous Eddie Feigner. In 1980, Joe played against them, but struck out three times. *Way to go Dad!!!*



Will, left, and Joe recently reenacted history

In 1971 they played on the same team in Pittsburg, CA, and won the Pittsburg City League. Will retired from softball in 1972, but Joe played Major tournaments for 20 more years.

In 1996 Joe and his wife Margaret left Pittsburg, finally coming to SCLH in June 2010. In September Will and Julia reunited the family by moving here. Joe was playing softball, and the League offered Will and him the chance to play together again. They accepted, and after 41 years reenacted history – they were both on Golden State, which won the League Championship.

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

Coyotes

60s — 2-3 in Medford playing 55s teams. The offense was led by *Ed Lazarek* with an inside-the-park homer and great defense by *Dale Stephens*. Next up is Las Vegas.

65s — 3-3 in Medford with offense led by *Kenny Fedder/ Bob Zielinski/Montie Boatwright/Randy Dvorak/Dick Hughes* and defense by *Ron Greeno/Jim Jones/Jerome Bader/Dale Hurlbut*. Next up is Las Vegas.

70s — Won the Sun Eagles Fall Classic with a 4-1 record with offense led by *John Wible/Bob Hunter/Gym Mikaelson/Larry Manley* and defense by *Forrest Burkett/John Wible*. A disappointing 1-5 record in Medford, but with great offense by *Pete Savoia/John Wible/Roger Lopossa*/three homers/triple/two doubles and defensive gems by *John Parks/John Wible/Bob Smith/George Bungarz/Forrest Burkett*. The team celebrated the end of 2012 with a dinner attended by 34 players and wives.

The winter Northern California All-Star Thursday league starts October 25 and runs through the end of March.

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



• Sports Car •

We have been having just too much fun lately!

On September 11, 16 cars traveled to the beautiful Greenhorn Dude Ranch in Quincy. Some rode horses while others traveled by wagon to dinner in the woods. We sang around the bonfire and told jokes, did karaoke and dancing.

We had a tour of the underground streets beneath old town Sacramento on September 20.



Beautiful Bodega Bay Lodge; at the Dude Ranch

On October 3-4, 20 cars drove to the Bodega Bay Lodge & Spa. Our romantic rooms had fireplaces and sweeping ocean views. We had lunch at the Silverado, stopped at the Marin French Cheese Co., did wine tasting, and had poolside buffet. The trip back included lunch at the Calistoga Inn, and wine tasting at Korb and Mumm.

The next day the club participated in the Hwy 65 bypass opening. Over 50 cars paraded.

Our next meeting is October 20 in P-Hall (KS) at 6:30 PM.

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



• Square & Round Dance •
Sun City Squares

Our new schedule for Square Dancing is working out very well for all levels of Square Dancing. We have a good beginner class which is doing well. The Plus Dancers are also improving at a good speed. The Advanced A1 Class keeps growing. We are planning on starting a beginners' class *next fall*. Now is the time to check the club out, drop by on Monday After 1:00 PM.

Call Chuck or Bob to sign up today!!!

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

Meeting times

- 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 •

The 2013 Tap Company Show is sure to be a blockbuster this year. The show is a new concept never before presented by the Tap Company.

This talented group of dancers, singers and actors are already working hard to bring you toe-tapping, exciting Broadway music to delight you. Our final audition is October 22 from 5:30-8:30 PM to audition specialty dancers, a barbershop quartet and a small male/female singing ensemble. Audition forms will be available October 1 at OC.

Tap performance classes began early this year in preparation for this very different and unique tap show. Our instructor Alyson Meador is, once again, amazing us with her exceptional gift of creating



Performance Group, 2013,
working hard — Ta... Da... !!!

unique tap choreography that captures the very essence of our show and our music. Stay tuned for more exciting information about the show. The dates are April 11, 12 & 13, 2013.

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



• Vaudeville Troupe •

“Thank you” to the talented and enthusiastic Vaudeville “Auditioners” and heartfelt “Thanks” to our family of loyal Troupe Members for making our September 18-19 Auditions a Huge Success!!!

We have many new performers joining our Troupe and are looking forward to putting another fantastic “Cavalcade of Stars” just for you on January 11 and 12, 2013. “A Musical Tribute to the Movies... wait until you see what’s on the line-up!! You will be amazed and thrilled! Sit back and relax in Kilaga Springs Presentation Hall’s comfy seating and “get nostalgic” when you hear songs from our past... We always bring you “Entertainment Extraordinaire” at every Vaudeville Show!!



Join The
Vaudeville Troupe
at January’s
Show for our
Movie Tribute!

New Troupe member, Wei-ning Chen,
will inspire you with her lilting operatic
performance in January’s Show!

Mark your calendars: the Vaudeville Troupe will be entertaining on October 20 for the Grand Opening of the Hwy 65 Bypass. The Vaudeville Show begins at 10:30 AM-1:00 PM at 6th and 7th Streets, Downtown. Come see all your favorite performers!

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



• Veterans •

Lincoln Hills resident and Veterans Group member Al Metzler served during the early 1950s as a parachute packer and heavy-drop technician with the 82nd



Al Metzler’s
service
experience
includes
jumps from
virtually every
reciprocating-
engine and
turboprop
transport
aircraft used in
U.S. military
airborne
operations

Airborne Division. He will be the featured speaker at the October 18 meeting at 1:00 PM in P-Hall (KS).

Exceptionally knowledgeable about the history and technical aspects of U.S. military airborne operations, Al will discuss post-World War II parachute developments as well as the considerations involved in dropping heavy loads, such as vehicles, equipment and supplies.

On November 11, the Veterans Group will conduct its annual Veterans Day ceremony at 11:00 AM in the Ballroom (OC). Music by the Roseville Community Concert Band will begin at 10:30 AM and continue after the ceremony until 12:00 PM.

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



• Water Volleyball •

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

On Sunday, September 16, from 4:00-8:00 PM, we had our final outdoor event of the calendar year. A fun group of us met at the Sports Pavilion to enjoy a potluck and then play land volleyball (and it made me admire those Olympic volleyball players even more!).

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 •

Thanks to all of the WCS Dance Club members for their continued support in promoting West Coast Swing in our community. We would also like to welcome our newest members.

Thursday, October 18, is our next West Coast Swing & Night Club Two Step Dance Workshop from 6:00-9:00 PM, (KS). Members \$6; non-members & guests \$12. Contact Kathy Lopez for ticket sales at 434-5617.

Club Night Out is Saturday, October 20, at the Capital Swing Dancers' monthly dance at the Fair Oaks Park & Recreation Auditorium. Lessons for beginners and intermediates (5:30-6:30 PM) and dancing 6:30-10:30 PM. Please go to www.capitalswingdancers.org for additional information.

Mark your calendars for our Annual Holiday Party Saturday, December 1, KS. Advance sales only. More information will follow next month.

Dance Practice for WCS Dance Class Students, Friday, November 9, 5:30-7:30 PM, Fine Arts, (OC.)

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



• Writers •

The Writers Group is an eclectic gathering of residents who love or are drawn to write. Our members pen detective novels, historical fiction, non-fiction, poetry, prose and memoirs — just to name a few genres.

Member Bev Brannon's *June Gloom*, her latest detective novel, is hot off the press and available at Amazon.com. Leo Craton just completed a thorough editing of his manuscript, *California Boy*, now ready for publication.

Whether you're a skilled writer or just one of the gentle folk writing memories for your children and/or grandchildren — we encourage you to join us on the second, fourth and fifth Monday of each month at 6:30 PM in the Ceramics Room (OC). We're here to support you and your writing efforts.

~See our ad on page 11.~

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

Authors' & Writers' Resource Group

The Authors and Writers Resource

Group met on August 15 when Phyllis Kalbach gave us a synopsis of her upcoming book, *Blue Eden*, and explained her decision to self-publish her book using her small business license. She provided the group with the definitions of publishing and printing, along with information on obtaining ISBN numbers.

Sue Clark, a local literary agent, editor and writing coach, educated attendees on



A recent meeting of our group

reasons to "kill the adverbs!" She really and truly gave us lots of reasons for not using those cowardly adverbs.

Our upcoming meetings are Wednesday, October 17 (Marketing your book) and November 7 (book printing using the Sacramento Library printing services). Vice-president, Leo Craton, will provide an overview and several definitions of a writer's/author's "Online Platform." Member, Sheldon (Shelly) Ebenholtz, will then demonstrate one element of Online Platform—creating a Blog. Join us.

~See our ad on page 11.~

Contact: Linda Bello-Ruiz 543-7952, Imbelloruiz@yahoo.com

Properties Committee

Continued from page 7

Thermal scanner: How would you like to be able to spot electrical and mechanical problems in your home and get them fixed or replaced efficiently before they fail? A new thermal scanner will do just that by making a heat picture and showing hot spots that are potential failures.

Wireless access upgrades: This will provide better Wi-Fi access for your laptop, smart phone and tablet, but will also provide better security for our staff and

vendors who need to process your credit card securely.

Finally, there will be **new concert risers for performances, a new portable dance floor, and a new TV projector** for the Multipurpose Room (OC).

Please attend our Properties Committee meetings on the second Tuesday of each month at 1:00 PM.



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Bulletin Board

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

AARP Foundation Tax-Aide

Will you join us? Do you like talking to people, meeting new people, or working on the computer? Are you looking for a rewarding opportunity to make a difference in your community? AARP Foundation Tax-Aide is looking for volunteers to help taxpayers complete their 2012 tax returns in Lincoln during the 2013 tax-filing season. The training and certification class will be the second week of January, 2013, in Roseville. Some knowledge of computers is required to assist in providing our free electronic filing service (e-file). Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 1 through April 15. Volunteers are also needed to make appointments or greet our clients. No class or test is required! For more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2013 tax season, please email lincmb1@aol.com with your name, address, and phone number.

Glaucoma Support Meeting

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

Holiday Food Drive

Begins November 15. For the past 15 years, The Lincoln Host Lions Club has been providing food for 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, SCLH residents were a tremendous help with this work and the Lions Club is asking again for your help of 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

The LHIC Board has proposed changes in our Constitution and Bylaws. The Board believes these changes are needed to improve, update and maintain the operation of our club. All current members are entitled to vote on these

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, October 24 | 9:00 AM , All About Eyes, Dr. Wilmarth Solarium <i>Please see our ad on page 38 in this month's Compass</i> |
| Wednesday, October 24 | 9:30 AM , Nautilus Society, Oaks |
| Thursday, October 25 | 1:00 PM , Kaiser Permanente Senior Advantage Open Enrollment Seminar, Heights |
| Saturday, October 27 | 11:00 AM , Jeri Chase Ferris, Book Signing, Placer Room (KS) |
| Tuesday, November 13 | 6:00 PM Spinal Aid Presentation, Dr Zorich, Solarium <i>Please see our insert in this month's Compass</i> |

changes and will be receiving a voting ballot and full description of the proposed changes in November. A special business meeting will be held 45 minutes prior to the November 18 Turkey Bingo event for members wishing to discuss the proposals with the Board. Our Turkey Bingo event is one of our most popular and heavily attended events of the year – look for sign-up forms on our website www.lhitalianclub.org and come join all the fun! Residents who are of Italian heritage or whose spouse/significant other is of Italian heritage can join our active social club. More info: www.lhitalianclub.org or Membership Chair Marie Berlinghi, 543-3731.

Lincoln Area Archives Museum

Would you like to know more about our fine city of Lincoln? There is a great continuing opportunity to learn while you help the efforts of our local history museum foster appreciation of our past. Learn what went on as our predecessors searched for precious metals or brought commerce to the New West in mid 1800s. Help for a few hours a week is welcome in a wide range of tasks. Visit the museum at the end of Beerman Plaza, or call Shirley Russell at 645-3800. Hours are 9:00 AM to 12:30 PM, Monday-Wednesday and 9:00 AM to 4:00 PM Thursday-Friday. There is a place for you at Lincoln Area Archives Museum.

Lincoln Blvd. Dedication Celebration

Public invited to celebrate Lincoln Blvd. dedication with special downtown events and promotions.

Come and be a part of a new chapter in the ever-evolving city of Lincoln. After decades of planning and several years of construction, the Lincoln By-pass will be ready for use in early October. The roadway that was the high-density Highway 65 from Sterling Parkway to 7th Street just north of downtown will now officially become Lincoln Boulevard while through-traffic will utilize the new by-pass. This action should be the spark plug to revitalize our historic downtown. To celebrate the event, there will be a special dedication parade and friends and family-oriented events along the new thoroughfare on Saturday, October 20. Come walk the streets (3rd to 7th), check out the anticipated 60 vendor booths lining the street, ogle the vintage Rods & Relics, and shop the stores. The parade begins at 9:00 AM.

Lincoln Democratic Club

will meet Thursday, November 1, at 6:45 PM in the Social Kitchen (KS). Jeff Darlington, Executive Director of Placer Land Trust, will be the featured speaker. Placer Land Trust is a nonprofit organization dedicated to protecting and preserving valuable natural, historic, and agricultural lands in Placer County. Members and guests are reminded to bring food donations for the club's Thanksgiving baskets. Questions: June Paquette 408-2263.

Lincoln Hills Foundation

is seeking a volunteer bookkeeper familiar with

Continued on page 39



Certified Farmers Market at SCLH — Last Few Days!

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

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Continued from page 35

Quick Books to maintain our financial records and create monthly reports. Time required six-to-eight hours per month. Training available. More info: Bob Free 645-5380 or rwfree@aol.com.

Lincoln Hills Foundation Bingo

On Wednesday, October 17, our much anticipated fall Bingo is here!! It's always fun with plenty of cash prizes and gifts to win. Playing bingo is a wonderful social experience, being with friends and neighbors alike. It will be held in the OC Ballroom with doors opening at 12:30 PM. Games begin at 1:00 PM and conclude by about 3:00 PM. Cost is \$20 for 12 games, 12 cards with six cards each. There is \$1350 in prize money plus two nice door prizes. Pop-ups are four for \$1. Cold water available; no food or alcohol allowed. No one under 18 admitted. It's always fun, fun, fun for all. Come join us and see. Have a group of 10? Reserve your own table! Call Dennis Wagner, 360-213-5984. Visit the Lincoln Hills Foundation website at www.lincolnhillsfoundation.org. We are *Seniors Helping Seniors*. Tell a friend.

Multiple Sclerosis Group

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

Open Play

is every Sunday from 12:00-4:30 PM 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 & have a fun afternoon. All residents are welcome. Tables are first-come, first-served.

Racquetball Group

We play Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to 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 or amoon38@sbcglobal.net.

LH Retired Law Enforcement Officers Group

will hold its quarterly meeting on November 16 at 9:00 AM. The meeting will be at Mimi's Café

in Lincoln. Our guest speaker will be Mr. Budd Johnson, retired U.S. Marshall. To attend, call Bob J. McCollum: 916-408-0621.

The Right Foods Movement

At our new club's first meeting September 19, with 28 residents in attendance, we began the process of collecting members' ideas for the kinds of activities the club will take up on a regular basis. Several terrific ideas were proposed and it was agreed this process should continue through future meetings. We saw a short presentation that helped us cut through the confusion surrounding what actually is a true "whole grain" bread and what is not. One of our new club's main objectives is to provide our members with proven examples of sensible, intelligent eating – the cornerstone of a healthy lifestyle – without sacrificing the enjoyment we get from sharing good food ideas in good company. Our next meeting is Wednesday October 24 at 4:00 PM in the Fine Arts Room (OC) and all residents are welcome to attend. More info: Don Rickgauer 253-3984.

Shalom Group

Happy New Year. At the moment, the bocce ball event is about to start and the season between Rosh Hashanah and Yom Kippur has given us a great fall afternoon. Hopefully it will be well attended. On Thursday, October 24, there will be a group social at KS. Nina Mazzo or Hal Berman will fill you in with the details, make a reservation with them or we may run out of ice cream. While not on the calendar yet, the Woman's Club will probably have their monthly meeting at Oracle; check the November calendar which should be updated (on shalomsg.org) when you read this. There is a general meeting on Monday, November 26. Questions: contactshalomgroup@gmail.com. Membership info: Natalie Flynn.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. Fall and winter months we meet at 9:00 AM. 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 or johnnpat@sbcglobal.net.

Travel Group

Our website has changed to www.lh-travelgroup.com. The next meeting is Thursday, October 18, 7:00 PM, KS. Guest speaker: Joan Thornton, Grand Circle Cruises. Available trips: New Year's San Diego (Dec 2012), South America (Jan 2013), Australia/New Zealand/Tasmania (Feb 2013); Hawaii-Tahiti-Samoa Cruise (Mar 2013), Panama Canal Cruise (May 2013), Paris to Normandy Cruise (May 2013), Portland Rose Festival (Jun 2013), Prague-Paris w/River Cruise and/or Paris-Barcelona with River Cruise (Jun 2013); Jackson Hole-Rapid City (Aug 2013); Amsterdam-Vienna River Cruise (Sep 2013); Eastern Canada (Montreal-Quebec City-Ottawa-Niagara Falls-Toronto (Sep 2013). Friends and family may join our trips. You don't have to be a member to attend our meetings. Committee member contacts: Teena Fowler 543-3349 sfowler@starstream.net; Linda Frazier 434-8266 fraz1774@sbcglobal.net; Sheron Watkins 434-9504 Sheron5@sbcglobal.net; Louise Kuret

Continued on page 41

Commercial Presentation (Paid Advertisement)

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

Free Catered Solar Seminar

Learn All About Home Solar Systems




Monday, October 29 2:00 PM Oaks Room (OC)

Presenter: Christy Aidnik

This free, catered seminar will help you understand the benefits and cost savings that a solar system can bring to your home. Learn how to eliminate your electric bill and put that money back into your pocket every month! We are here to help you get hooked on solar.



RSVP to Christy Aidnik by October 23 • 855-466-5332

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|  Maria Herrera 782-7266 |  Gail Hubbard 919-5727 |  Donna Judah 412-9190 |  Jill Mallory 201-3855 |  Paula Nelson 240-3736 |  Wendy Olsen 275-1502 |  Tara Pinder 600-2836 |  Peggy Poole 765-3434 |  Ann Renyer 408-7008 |  Michael Renyer 343-6044 |
|  Bill & Jan Rexrode 408-3997 |  Loree Risi 716-0854 |  Lisa Snapp 770-9200 |  Terri Stevenson 316-4811 |  Kathy Sullivan 761-4502 |  Margaret & Karl Thompson 508-0152 |  Doreen Traxel 698-0801 |  Tony Williams 521-3400 |  Sharon Worman 408-1555 | |

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

Continued from page 39

408-0554 lkuret@sbcglobal.net; Karen Foley
645-5411klfandedf@starstream.net.

Glitter, Carols, Dances

Continued from page 2

Songbook (page 57). And for the first time, a holiday party with your grandchildren at the Lodge — **Grandkids Santa Adventure** on December 2 (page 52).

To culminate our holiday celebrations, don't miss our **New Year's Eve Masquerade Ball**, complete with fireworks, live band, DJ, magic, and delectable food! Dress up or not, masks or without, guests are encouraged to join the glamorous fun of masquerading in your own style (page 43). A **Mask Making Party** on November 30 is available to create the perfect mask to accessorize your outfit (page 52).

We also bring you the joys of the season outside of our community. Join us for a trip to **McHenry Mansion on December 10** and enjoy Christmas High Tea and shop for poinsettias from the biggest local poinsettia farm (page 54). No holiday is complete without a visit to the **Cornish Christmas** in historic downtown Grass Valley on December 14 (page 54) and **Victorian Christmas** on December 16 in downtown Nevada City (page 54). For shoppers, get a full day of shopping and experience the City by the Bay at night during our **Holiday Overnight Weekend in San Francisco**, December 1-2 (page 52). For any last minute **Christmas shopping**, get on the bus to **San Francisco** on December 19 (page 57).

Create personalized gifts from classes offering holiday-themed projects: **Airbrush Workshop** on October 22 (page 61); **Spanish Oil Painting/Lladro** starting November 11 (page 61) and **Origami** starting November 12 (page 68). **Ray Ashton** is back with three favorite **Christmas Movie Classics**: "A Christmas Carol," "A Christmas Story" and "It's a Wonderful Life." Learn the stories behind the movie and more (page 83).

Early as it may seem, Lincoln Hills is ready for the holidays!



In Memoriam

Loretta Alley

We have lost our Energizer Bunny! Loretta was the impetus behind the 10th Anniversary Celebration in 2009. Currently she was working on the Highway 65/Lincoln Boulevard upcoming event. Born and raised in the East Bay Area, she met and married Dave and, as a Navy wife, traveled all over Europe and had two children during those years. Eventually they moved to Coronado and Loretta began working for the state. She had never retired, and was still working when she became ill. Loretta was also a "softball wife" traveling with Dave to games and enjoying their RV. She will be dearly missed by her family and many friends.

Raul A. Caceres

The Honorable Raul A. Caceres, 95, was born and raised in Honduras. He met his wife, Elsie at the SF World's Fair in 1939! For over 50 years, he served in the Foreign Service for Honduras, living all around the world. His achievements are too numerous to mention here! He owned the Caceres Travel Agency in Sunnyvale. Raul taught Spanish, organized educational tours for high school students. He held positions in Shriners, Masons, Rotarians and the Elks. He never stopped serving his community even as a volunteer at Kaiser in his 80's. Besides his wife, Raul leaves two sons, their wives, three grandchildren, eight great-grandchildren, and one great-great!

Leland (Lee) Guth

Lee was raised in Mill Valley, California, had degrees from Oregon State and San Jose State. He spent 25 years at IBM and, after retirement, was a senior program manager at several companies. After moving here, he became very involved in our community, serving on the Fiscal Sustainability Committee (FSC) in Lincoln, Strategic Advisory Committee, Community Emergency Response Team (CERT), and planned to join other committees. He enjoyed traveling, RV-ing and fishing;

he collected tools and Lionel trains. He was active in Granite Springs Church and Fellowship of Christian Athletes. Besides many friends, Lee leaves one son, two adopted children, and his sister, Loretta Haworth, who also lives here.

Phil Tousey

Phil was a California native but was drafted by the Brooklyn Dodgers! The Korean War broke out and Phil served with the USAF. He went to Sacramento State and went on to get a law degree. Phil taught high school English, Drama and coached baseball for the Grant District in Sacramento for 19 years. He also coached American Legion Baseball. He leaves his wife, Lois, of 29 years, four children, two stepchildren, nine grandchildren and seven great-grandchildren. Phil and Lois were very early residents of Lincoln Hills.

Ken Burtchael

Born in San Francisco in 1925, Ken lived in California all his life. Thirty years ago he retired from Lockheed where he worked as an engineer. He was married twice and has one son and a daughter who lives here. He also has six grandchildren. Ken was a ham radio operator. Five years ago he met Diana Rey and the two of them have enjoyed traveling together, especially in their motor home.

Naomi Eulalia Brancato

Audiences here often saw Naomi with her husband Sean performing their lively music on the OC stage. After Naomi's retirement from 40 years of teaching in San Francisco, they created a studio in their home and played in several groups with Naomi at keyboard and Sean playing guitar and singing. Naomi was a child prodigy who graduated from West Virginia Wesleyan College on a full music scholarship. In the Bay Area, the couple played in clubs and shared their love of classical music, theatre, and opera. Besides her husband, Naomi is survived by her brothers and other loving family members.

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



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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 three-course dinner with wine pairing of McManis Pinot Grigio, Kendall-Jackson "Vint-

ner'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. **Tickets will go on sale October 24.** 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. Singles tables are sold online and at the Activities Desks until November 14. If you are purchasing a table for your group, provide seating location and guest names with their entrée selections at time of registration. Tickets required for entry. No refunds. Com-

plete 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.



Special Events

Document Destruction

Monday, October 15

10:00 AM-12:00 PM, OC Fitness Parking Lot. Cintas offers state-of-the-art



shredding trucks onsite to provide the service. Paper clips and staples on files okay but no plastics or

cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the Parking Lot!

Oktoberfest Celebration

Monday, October 15 — 5015-08

Come polka with us! Our celebration will include traditional Oktoberfest



music with the Karl Leberherz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food,

fun, contests and dancing. Enjoy traditional German tunes as your dinner

music and audience dancing later in the evening. After dinner, Stan & Poppi Dunn's dancers will mesmerize you with their elegant costumes and traditional waltz numbers performed to the music recording of Vienna's "Waltz King," Johann Strauss, Jr. Feast on a sumptuous



buffet of traditional German foods. Complete menu available at Activities Desks (OC/KS).

Enjoy a no-host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM. Please inform the Activities monitor upon registration if you have any dietary restrictions. \$40.

Home, Health and Business Showcase

Tuesday, October 16



Stop by OC Lodge between 10:00 AM and 2:00 PM to learn about the latest products and services and meet your Compass advertisers and other

local businesses. Be sure to thank them for supporting the *Compass* and many of our Association and Club activities. Additional info: Judy Olson, 625-4014.

New Resident Orientation

Tuesday, October 16

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.

Offering New

Section-Reserved Seating!

"The Music of Fleetwood Mac"

Featuring Lorraine Gervais

Monday, October 22 — 5022-08

The British-American rock band, Fleetwood Mac, was formed in London in 1967 with Mick Fleetwood, Peter Green and John and Christine McVie. Experience a classic night of music with the

familiar hits and lyrics of “Black Magic Woman,” “Need Your Love So Bad,” “Little Lies,” “Everywhere” and more with vocalists Lorraine Gervais, Kate Haight, Allison Green and Kris Stepanion. Lorraine is a singer with a lifetime of singing soul, blues and jazz with a unique style all her own. Through the years, she opened for Mavis Staples, Sista Monica, and the Pointer Sisters, Etta James and the Charlie Hunter Band. For this



music performance, Lorraine brings together unmatched vocals and amazing mu-

sicianship. The band includes keyboard, guitars, bass and drums. 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 note to monitor that you wish to have premium reserved seating and preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available seating will be provided. No need to stand in line prior to the concert. **Premium seating sold only at OC Lodge \$18.** General seating \$16.

A Walk in the Castro

Thursday, October 25 — 1924-08

As suggested by the Lavender Friends Group, the Castro District of San Francisco is one on the most fascinating



areas of this great city. As the cultural and commercial center of the gay men and women population in San Francisco, it is a very liberal area with

many theatres, book and video stores, gift shops and small cafes. Explore and discover the heart of this neighborhood with our step-on-guide, Gary Holloway, as we walk thru memorial parks, churches, shops and historic sites. Focus will be on the life and times of slain City Supervisor Harvey Milk. The walking tour will end at a favorite neighborhood restaurant, the Sausage Factory, for lunch on your own. Other restaurants are also available for your dining pleasure.



After lunch, we will have some time for shopping along Castro and the adjacent streets, followed by a tour of Gary Holloway’s nearby

1875-vintage Victorian home. Gary was a hit with our residents on the recent “Taste of San Francisco Tour.” Come along for a day full of new and fun sights and activities that highlight a vibrant part of San Francisco. Leave OC at 7:30 AM, return ~ 6:30 PM. \$47. RSVP ♦♦ Now. Trip will cancel if minimum is not met by October 18.

Halloween “Spooktacular” Dance

Friday, October 26 — 5026-08

Grab your Halloween mask, cape or

wand for a night filled with dancing, snacks and spooky activities for singles and couples. Dress-up to compete in the “Spooktacular” costume contest and dance the night away to bewitching music with the Groove Thang Band. Try your hand at the Bobbing Apples Game and compete against your friends and neighbors to win fun prizes. Relive Halloween Trick or Treat



fun with the Spooky Candy Buffet. Your ticket includes the Candy Buffet and Halloween

“spirited” or “unspirited” punch bowl beverages throughout the night. The seven-piece band has been called the best “get off your seat and dance” entertainment cover band in northern CA. The transformed Ballroom will be a Halloween spectacle where you can enjoy a variety of music, audience participation, activities and treats. Tables will be first-come, first served open seating for all guests. No-host bar when Ballroom doors open at 6:30 PM; dancing and activities 7:00-10:00 PM. \$20.

“Season of Color” —

A Fashion Show Event

Friday, November 2 — 5002-09

Colorful fashions will fill the Ballroom as you watch friends and neighbors showcase the latest fall, winter and holiday designs from women’s boutique and specialty stores including Sun River,

REMINDERS

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

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

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

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

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

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

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

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

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

White House Black Market and more. Enjoy an appetizing luncheon with choice of Rice Noodle Shrimp Salad or Creamy Chicken Alfredo Pasta with



a Chocolate Truffle Cheesecake for dessert. If you are buying a table with friends and neighbors, please have a complete list of guests at your table and their food choice upon registration. Advise the monitor when purchasing tickets if you wish to be seated at the Gentlemen's table. For a complete menu, visit the Activities Desks (OC/KS). OC Ballroom doors open at 11:00 AM; lunch served 11:30 AM; show 12:30 PM. \$31. Come by the Lodge to shop unique items from vendors displaying the latest accessories and fashion items in the Pre-function Area from 10:30 AM-2:30 PM.

Second Bus! Apple Hill Monday, November 5 — 1824-09

First bus sold out! Enjoy another fall trip to Apple Hill in the Placerville foothills and stock up on your holiday pies. Visit High Hill Ranch with crafters, specialty shops, produce & goodies store. The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy

lunch consisting of a Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, Apple Pie a la Mode and beverage. (Vegetarian selection available only upon request during registration.)

After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill. Next stop is Larsen's Apple Barn and Bill's Apples/Felicia's Dolls. Arrive back at High Hill in time for a hay ride through the apple orchards and surrounding areas of High Hill Ranch. We even get a snack of an Apple Fritter and apple juice for the ride home. Depart 9:00 AM, return ~ 6:00 PM. \$51. RSVP ♦♦ Now.



Reno Silver Legacy • Wednesday, November 7 — 1774-09

We're going to Reno for a fall drive up in the Sierras! Visit the Silver Legacy Hotel & Casino for the day and you'll get \$10 cash back & \$5 food credit. Try your luck at the slots or check out the Reno arts district. Leave OC 8:00 AM, return ~ 6:30 PM. \$31. RSVP ♦♦ Now.



Off to the Races Thursday, November 8 — 1845-09

Enjoy a crisp autumn day by the bay at Golden Gate Fields in Albany with the heart-pounding intensity of live horse racing. Relax in the comfort and luxury of the Turf Club as you partake of an

elegant and elaborate buffet while watching the races. Dress code: Col-



lared shirts and dress slacks are preferred for men while women may wear dresses

or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, extensive buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ♦♦ Now.

"Dueling Pianos" Featuring Guido Mastromatteo & Richard Cooper Top 40's, Oldies and Novelty Tunes Sing-Along Show

Friday, November 9 — 5009-09

Set the stage with two pianos and two outrageously talented entertainers for a world class Piano Duo. But this is not



your traditional piano music, with top 40's hits, oldies, dance

tunes, and novelty songs all in one performance. You will see real baby grand pianos and experience how they have been retrofitted to fit electronic pianos inside. This live entertainment show is a combination of piano and singing by Guido Mastromatteo and Richard Cooper, audience sing-along, comedic bits and most importantly audience

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.



Hail to Our Club Leaders!

Amazing examples of volunteerism at its finest

Doug Brown, Resident Editor

Have you tossed your hat into the ring? No, not for a political office – too late for that now – but we’re talking about your very own clubs right here in Lincoln Hills. Maybe it’s time for you to step forward and help by serving on your club’s steering committee, planning

an event, or working behind the scenes to keep things running smoothly?

On October 4, almost 150 club leaders gathered in Kilaga Springs Presentation Hall for the annual Clubs meeting, sponsored by the CCOC (Chartered Clubs and Community Organizations), to hear

reports, conduct business, and share information.

That’s not all. It was also a chance to say *Thank You* to the leaders of our clubs for volunteering their time and talents to helping their club be so successful. Hail to these heroes of Lincoln Hills! It’s because of *your* efforts that we have so many astounding opportunities to further our *active lifestyle* in SCLH.

Thirteen years ago, a few hundred



Lincoln Hills “originals” became aware of common, “shared” interests and launched a variety of gatherings: card players, sportspeople, hikers, craftspeople, music lovers... With the Association’s blessing and support, these informal conclaves became official groups (more recently, “clubs”) whose purpose was to share fun, friendship, and support.

Now with 80-some official SCLH clubs, whose hallmarks are *shared* interests

and *all-volunteer* leadership, the CCOC with Association staff members helps to maintain uniformity and fairness in clubs’ organizational policies. With two-year steering committee terms, the energy and zeal of leaders is kept at optimum levels, and look at the result! No cause for apathy here in SCLH! Where else can you find a community with such a plethora of ways to expand your horizons? Wow!

So, we sing “hail” to our valiant

leaders, and we also say “welcome” to new leaders who have recently been passed the baton. What’s more, the ever-revolving doors of all clubs are open to new leadership, new blood, new energy. Is it time for you to toss your hat in the ring? Many hands make light work, and your club is ready and waiting for your helping hands.

Photo by De Cahill

requests. The program may include song favorites like — “American Pie,” “Piano Man,” “Great Balls of Fire” and “Brown Eyed Girl” to name just a few. Dueling Pianos was described as great fun the last time they performed for our residents, so we are bringing back one of the most entertaining acts in the country. It’s a hand-clappin’, toe-tappin’ good-time sing-a-long show you will never forget! 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 note to monitor that you wish to have premium reserved seating and preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available seating will be provided. No need to stand in line prior to the concert. Premium seating sold only at OC Lodge \$17. General seating \$15.

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.

Sacramento Opera: Il Barbiere di Siviglia — The Barber of Seville
Sunday, November 18 — 4610-09

He’s Seville’s ‘King of Lather and Foam’... and master of a few other tricks as well! Barber by day, match-maker by night, Figaro puts his wiles to work as he aids Count Almaviva in wooing the beautiful Rosina. She’s such a catch that her sleazy guardian keeps her under lock and key with the intent of marrying her himself. But no challenge



is too great for Figaro’s trickery. With laughter at every turn, the cunning Rosina is no slouch at manipulating things herself! This riotous musical comedy is one of the most popular in operatic repertoire. Sacramento Opera production at the Community Center Theater. Orchestra seating. Leave OC at 1:00 PM, return ~ 6:00 PM. \$85. RSVP ◆◆ Now.

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 Funniest 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. 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!

The Lion King — Orpheum Theater
Wednesday, November 28 — 4550-09

Experience the phenomenon of Disney’s “The Lion King.” Marvel at the breathtaking spectacle of animals brought to



life by award-winning director Julie Taymor, whose visual images for this show you’ll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an

unforgettable score including Elton John and Tim Rice’s Oscar-winning song “Can You Feel the Love Tonight” and “Circle of Life.” Let your imagination run wild at the Tony Award-winning Broadway sensation that Newsweek calls “a landmark event in entertainment.” We have matinee tickets in the Orchestra section for San Francisco’s most eagerly awaited return to SHN Orpheum. Feel free to bring a bag lunch on the trip down and enjoy dinner on your own after the show. Depart OC 10:30 AM, return ~ 10:30 PM. \$119. RSVP ◆◆ Now.

Additional Bus! An Irish Christmas — Three Stages

Friday, November 30 — 4620-09A
 First bus sold out! New bus added! Balcony seating, lower price. A



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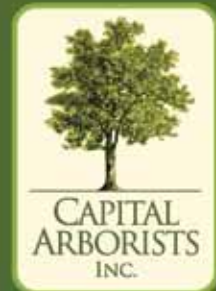


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celebration of Christmas in Ireland, with glorious music, traditional dance, lively storytelling, and plenty of Irish soul, An Irish Christmas will feature Riverdance star Kevin Horton and Magic of the Dance stars Ciaran Maguire (who debuted in Riverdance at the age of 16) and Collette Dunne, plus the Kerry Trad Orchestra and a host of actors and singers in a sparkling Irish night! Three Stages Theater in Folsom. Leave OC at 6:00 PM, return ~ 11:00 PM \$51. RSVP ♦♦ Now.



New Year's Eve Mask Making Party
Friday, November 30 — 5030-09

Unmask the possibilities with friends and neighbors by creating your own masquerade ball mask for our 2013 New Year's Eve party. Masks, feathers, beads, glitter and glitz will be plentiful as we offer all the supplies to make a unique mask that will accessorize your outfit perfectly. Start from scratch with a blank mask or select one that has some details completed and you can simply add your personal touch. A variety of colors and pattern masks, from painted to fabric to glitter. Men's and women's masks available. First-come, first-served on selecting masks. Ticket to mask making party will give you the option to make a mask or purchase a premade mask. Choice required during registration. Open seating. Front Ballroom (OC), 2:00 PM. \$9. See our New Year's Eve (NYE) party article on page 43 for more details.



Overnight Weekend!
San Francisco Holiday Shopping
Saturday, December 1 - Sunday,
December 2 — 1972-09

Ready to take in the pleasures of a holiday weekend in San Francisco to shop, dine, spa or watch a show and not have to worry about driving or parking? On our first San Francisco overnight trip,

enjoy the holiday lights and decorations and see the city come to life at night. We've secured rooms at the Joie de Vivre Galleria Park Hotel next to the Crocker Galleria near Union Square as your base. There's a complimentary evening wine hour, free Wi-Fi, and a Keurig coffee maker in your room. You'll also receive a 10% off coupon for Macy's



and a Passport to Savings booklet for the Westfield Shopping Centre. The hotel is close to Chinatown, with

easy access to Muni bus, BART and cable cars. Overnight package includes a gift card for Sunday breakfast at Bread and Cocoa Café next to the hotel. (Feel free to bring it back to your room to enjoy and relax as we won't leave the city until 10:00 AM.) More shopping on the way home with a stop at the Vacaville Premium Outlets. You will receive a VIP coupon book, lunch on your own. A signed liability waiver is required for each participant. Leave OC 9:00 AM December 1, return ~ 5:00 PM, December 2. \$201 per person double occupancy; \$321 single. Last day to purchase ticket, October 30.

Grandkids Santa Adventure
Sunday, December 2

Ages 2-12 yrs. 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. Early registration discounted rate October 17-November 14, \$9 per child. After November 14, \$12 per child.

New Location! Comedy Night
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 casino's including Laugh's Unlimited, Atlantis Casino, Jackson Rancheria and



Punchline. Brad has worked with Dana Carvey, David Coulier and Rocky LaPorte just to name a few. Show opener is Tapan Trivedi.

Front Ballroom (OC). Early registration discounted rate October 17-November 14, \$8. After November 14, \$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 ♦♦ by 11/5.



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



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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). It

will showcase more than 80 costumes and 50 photographs from the dancer's personal collection. Additional feature is photographs by Danny Layton 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 at your own at museum café or bring your own. Leave OC at 8:00 AM, return ~ 5:00 PM. \$64. RSVP ♦♦ by 11/6.

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. Early registration discounted rate October 17-November 14, \$38. After November 14, \$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.

McHenry Mansion Christmas Tea Monday, December 10 — 1858-10

Delight in the experience of a Victorian tea held at the 128-year-old McHenry Mansion in Modesto to celebrate the holiday season. Includes assorted tea sandwiches, mini-desserts, petit fours, tarts, etc. This Victorian home is the only mansion from that era that remains



today in the city of Modesto. It was saved from possible demolition with donations from the Gallo Foundation in 1976. The McHenry Mansion is decorated for the holidays. There will be time to partake of the gift shop and grounds before we head to Duarte's Poinsettia Farm. Called the "sea of poinsettias," Duarte's grows over 60,000 poinsettias, with over 30 varieties and colors. You pick your own poinsettia directly from the greenhouse

where they are grown. Depart OC 9:00 AM, return ~ 5:00 PM. \$60 RSVP ♦♦ 11/10.

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 heritage and holi-

day 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. Delicious 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 ♦♦ by 11/14.

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 his-

toric and picturesque downtown Nevada City, a quaint, Gold Rush town nestled 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

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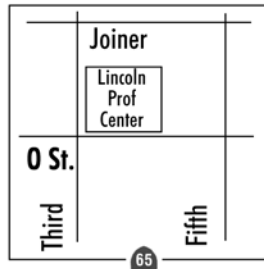
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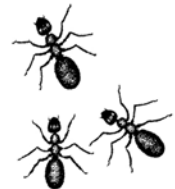
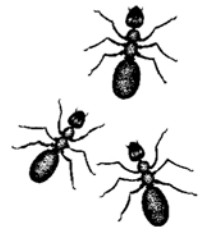
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Franc D' Ambrosio's "Christmas In New York" Concert

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 Songbook by this amazing performer. 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 note to monitor that you wish to have premium reserved seating and preference of either: Section A: Stage Right Section or Section B: Middle Section, and the best available seating will be provided. No need to stand in line prior to the concert. **Premium seating sold only at OC Lodge \$21.** Early registration discounted rate October 17- November 14, \$16. After November 14, \$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

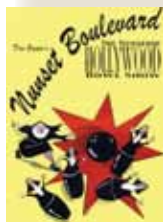


Certificate. To make your shopping more comfortable, we have made arrangements

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 ◆◆ by 11/14.

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 ◆◆ by 11/14.

Broadway Sacramento 2012-2013

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

- **Memphis • Tuesday, October 30 — Sold out**
- **Rock of Ages • Tuesday, January 22, 2013 — 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. Leave OC at 6:45 PM, return ~ 11:30 PM. \$76. RSVP ◆◆ by 11/14.

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

The most beautiful love story ever told is a Broadway musical for all generations. Disney's eye-popping spectacle is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers. RSVP ◆◆ by 11/14.



- **Second Bus Added! Billy Elliot Tuesday, April 9, 2013 — 4563-06D1**

First bus sold out! Based on the international smash-hit film and featuring music by Elton John, this joyous celebration of one boy's journey to make his dreams come true earned unanimous critical acclaim



on Broadway and won 10 Tony awards. \$76. RSVP ◆◆ by 11/14.

- **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 11/14.



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Sold Out Trips/Events Thru November 20

Trip/Event • Date • Departure Time

- Apple Hill, October 16, 9:00 AM
- Beale AFB, October 19, 8:15 AM
- San Francisco Saturday Shopping, October 20, 8:00 AM
- Sanjay Gupta MD. Sacramento Speaker Series, October 23, 6:45 PM
- Memphis, October 30, 6:45 PM
- USS Potomac, November 1, 7:30 AM

Art Classes

— Oils, Pastels & Acrylics —

New Dates! Painting Pastels and Oils with Joan • Mondays, October 22–November 19 — 1051-09

9:00-11:30 AM (OC). Instructor: Joan



Jordan. \$65 (five sessions). Open to both pastel and oil painters. Under Joan's

guidance, learn the art of pastel or oil painting. No previous training necessary. Create a painting deserving of a beautiful frame. Class divided based on student's art medium. New students: Ask for supply list at registration. RSVP ♦♦ Now.

Impressionism and Landscape Painting with Oils and Acrylic Wednesdays, October 24–November 14 — 1033-09

9:00-11:30 AM (OC). Instructor: Artist/resident Tom Proctor. \$52 (four sessions). This session is only four classes per instructor: Choose Oil or Acrylic. Complete original paintings based on



own or instructor's photos. Analyze ("read") paintings by well-known artists. Understand what makes an ideal composition. First-time students will be contacted by instructor to spend time with him reviewing a notebook com-

posed for their use. Supply list, palette layout of color and Munsell Color Theory provided. Continuing students encouraged to enroll. RSVP ♦♦ by 10/17.

-Mixed Media-

Revised dates & code!

Mixed Media Collage • Mondays, October 15-29 — 1140-09A

12:00-3:00 PM (OC). Instructor: Jo Ann Brown-Scott. \$54 (three sessions). This lively and improvisational fine art class



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

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artwork. Our class is easy, fun and will open your eyes to a fresh, new fine art technique. Class is open to beginning and continuing mixed media artists. New students: Call Jo at 543-1357 for supply list. RSVP ♦♦ Now.

Drawing Class

Ink Drawing • Wednesdays, November 7–December 5 — 1011-10
9:30 AM-12:00 PM (OC). Instructor: Claire Michelet. \$75 (five sessions). Join us for this really fun class! Get your ink and pens, or ultra-fine, fine and medium size markers ready and discover the amazing feeling of being playful with points and lines as you move from one creative exercise to the next, from one theme to the next, and from figuration and abstraction to imagination. This class is also open for beginners! A supply list will be provided upon registration. RSVP ♦♦ by 10/31.

Bridge Classes

Beginning Bridge with Gayle Tuesdays and Thursdays October 16–November 15 — 1510-08
6:00-8:00 PM (OC). Instructor: Gayle Koedel. \$50 (10 sessions). Learn the most exciting and challenging card game in the world! Class is for those who have never played bridge, but are interested in learning it. Have you ever held a handful of diamonds? Do you have a heart? How about a dummy for a partner? (Oh, dear!) Discover a new passion that gives your brain a real workout! RSVP ♦♦ Now.



Ceramics Classes

— Earthenware —

Airbrush Workshop • Monday October 22 — 1104-08A
Firing Fee — 1104-08B
9:00 AM-4:30 PM with an hour lunch break (KS). Instructor: David Hoff. \$55, additional firing fee \$7. Class will

focus on brushwork and piping with holiday designs. This particular class will be great for ceramic and pottery students as well. Learn the technique on the molded ware and then use the



information to decorate your own hand-built pieces. Piping is raised stand-up glaze used for detailing and outlining a piece. Developed extensively by Moorcroft Potteries in England, we now can duplicate the work using a glaze mix. For this class, we will complete a Poinsettia design on a large platter and a colorful sea shell piece. Each piece will be piped and decorated with



Concepts. Students may purchase the piping bottles and ware will be brought in to decorate. No pre-shopping for this class. All color, patterns and instructions are included in class fee. We ask everyone to arrive between 8:30 and 8:45. RSVP ♦♦ Now.

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 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 newbies 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 ♦♦ by 11/14.



Lladro Workshop • Wednesdays, October — 2064-01J **November — 2064-01K**

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, November 6-27 — 2012-10A
1:00-4:00 PM (OC). Instructor: Jim Alvis. \$42 (three sessions, no class November 20). An introductory class for residents

who have never worked with clay and continuing students who want to further develop skills. Years teaching art and ceramics make Jim an excellent instructor with expertise in clay. Learn



basic hand-building and wheel-throwing tech-

niques with individual attention from Jim. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided after the first meeting for future classes. RSVP ♦♦ by 10/30.

Advanced Ceramics • Tuesdays, November 6-27 — 2012-10B

9:00 AM-12:30 PM (OC). Instructor: Jim Alvis. \$42 (three sessions, no class November 20). 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 10/30.

Ceramics — All Levels • Thursdays, November 8-29 — 2011-10

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$41 (three sessions, no class November 22). Open to all skill levels. This class teaches hand-building techniques and working on the pot-



ter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any projects they choose.

Terry brings 34 years experience teaching Ceramics, Drawing and Painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list from the Activities monitor when you register. RSVP ♦♦ by 11/1.

Computer Classes — Mac

New! Introduction to iPhoto 11 (Version 9) • Friday & Saturday, October 26 & 27 — 2570-09

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 iMac's — if you have your own laptop there is a connection space for four but you must have iPhoto '11 (Version 9) installed on your laptop. RSVP ♦♦ by 10/19.

Computer Classes — PC

Tips & Tricks for Beginning PC Users Tuesday, October 23 — 2540-09A Or Monday November 5 — 2540-10A

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$12. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and

comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 10/16 or 10/29.

More Tips & Tricks for Beginning PC Users • Thursday, October 25 — 2540-09B

Or Wednesday,

November 7 — 2540-10B

9:00-11:30 AM (OC). Instructor: Bob Ringo. \$12. In this class you will learn



over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class

to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 10/18 or 10/31.

Word Phase Two Mondays & Wednesdays, October 15-24 — 2651-09

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Class focuses on integrating text and graphics. We will explore the advanced features of word, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels and tables. Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. Prerequisite: lots of practice with Microsoft Word. Or Word Phase one or Word Basics. RSVP ♦♦ Now.

Microsoft Word: Mail Merge Tuesdays & Thursdays, November 6-15 — 2651-10

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Get ready for



the holidays! Time to prepare your holiday letters, cards and party invites. Using Mail Merge makes printing labels and customizing notes and letters easy. The class is designed to provide the student

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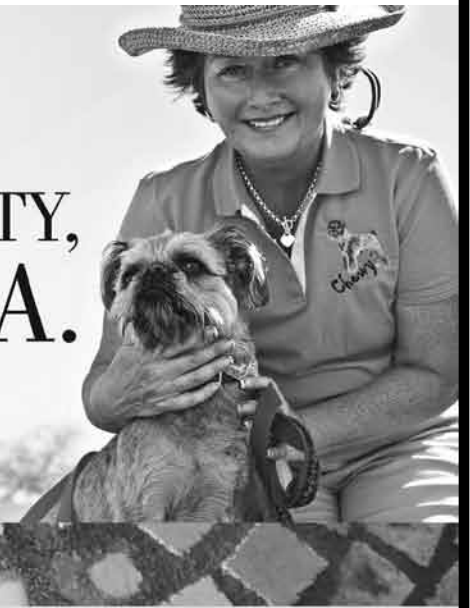
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with the knowledge and practice to execute Microsoft Word's mail merge features. We will use it to create labels, form letters, club documents etc. Prerequisite: practice and understanding of Microsoft Word or previous registration on Word Phase One or Word Basics. RSVP ♦♦ by 10/26.

—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.

Photoshop Elements 9 — Level 1 Fridays, October 19-

November 2 — 2570-08B

10:00 AM-12:30 PM (OC). Instructor: Roy Salisbury. \$49 (three sessions). This is the number one consumer photo



editing software. Learn hands-on how to improve and be creative with your photos. Repair or restore your photos, correct colors, create borders, resize images, crop, add new backgrounds, etc. Class is

applicable to Photoshop Elements ver-

sions 5.0 to 10.0 owners. After class, students may access PC lab to work on their photo projects. Prerequisite: Basic computer knowledge recommended. Handout fee (\$3) payable to instructor. RSVP ♦♦ Now.

-Genealogy-

Family Search Made Easy Thursday November 1 — 2690-10

1:00-3:30 PM (OC) Instructor: Bob Ringo. \$15. Prerequisites: Basic computer skills and comfortable using an Internet browser. New Family Search 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 informa-



tion about this ancestor directly into a family history program like

RootsMagic. Learn how to use RootsMagic to easily search the Family Search Family Tree and to share data and collaborate with others using this tremendous online 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 10/25.

CERT

CERT Class

October 24, 25, 30 & 31 — Sold Out

8:30 AM-4:00 PM. Fire Station 34 at Joiner Parkway and First Street in Lincoln. Be part of the Lincoln Hills Community Emergency Response Team (CERT)! CERT is a three-day course on Disaster Preparedness, Fire Suppression, Light Search and Rescue, Disaster Medical Operations, with an emphasis on team-building and safety. CERT training involves some lifting and you should be in average physical health. The CERT

class will be taught by Aaron Bjorgum from the city of Lincoln Fire Department at Station 34 on Joiner Parkway. This four-day class (with graduation at Orchard Creek Lodge – date to be announced at the class) is free and includes textbook and lunch. To be certified, you must attend all classes. Due to the size of the classroom, the class will be limited to 15 participants so it is important that you register quickly. For questions, you can contact CERT Chair, Bill Becker, at 543-3493. **Please note:** There is additional information to pick up at the time of registration.



Crafts

—Card Making—

Intro to Card Making 101 • Tuesdays, November 6-27 — 3170-10A

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

This beginners' class will be a fun three hours of learning and showing you how to make greeting cards along with a cute box. Classes are small so you will get lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ♦♦ by 10/30.



Card Making — Level 2 • Fridays, November 2-30 — 3170-10B

9:00 AM-12:00 PM (OC). Instructor: Dottie Macken. \$28 (four sessions, no class November 23). Prerequisite: Completion of Intro to Card Making 101, or Instructor's approval. We will continue to build



on our card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All

supplies will be provided, and class size

will be small so that you will get lots of individual attention. RSVP ♦♦ by 10/26.

—Origami—

Christmas Celebration • Mondays, November 12-December 3 — 3040-09

2:00-4:00 PM (OC). Instructor: Kathy Vanderwerff. \$35 (four sessions). Origami is a Japanese word for folding paper. An ancient craft handed down from Japanese ancestors, it prospered during the Tokugawa Era and has been revived through the years for peace and leisure. New artists sprout profusely introducing original creations, some strictly adhering to the traditional purest form, while others cultivate surprising figures of



“Modern Origami.” In this class, you will learn to make a new shape of Christmas tree, poinsettia, holiday cards/bookmark and more. See the display window (OC) for project samples. Class is for beginners and

continuing students. Class is divided according to skill level and student’s experience. Instructor will demonstrate and provide instructions on making basic folds to beginners to complete simpler versions of projects during the last two weeks of class. Beginners are expected to practice at home for skill improvement. Bring glue, pencil, ruler, scissors, origami paper 6x6,” 8x8” and 12x12.” RSVP ♦♦ by 11/5.

Dance

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

—Clogging—

Step Review through Intermediate Clogging • Tuesdays, November 6-27 — 3572-10A

11:00 AM-12:00 PM (KS). Instructor: Jan-

ice Hanzel. \$15 (three sessions, no class November 22). 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 10/30.

Performance and Technique Clogging Tuesdays, November 6-27 — 3572-10B

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$15 (three sessions, no class November 22). 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 10/30.

—Country Couples Western Dance —

Country Couples Western Dance — Beginner Level 1 & 2 • Mondays, November 5 & 12 — 3532-10A

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$10 (two sessions). Western dancing is done to many types of music, country being most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. Dances for this session will be “River City Cha Cha and Redneck Stop.”

If you don’t have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 10/29.

Country Couples Western Dance — Intermediate Level 3 & 4 • Mondays, November 5 & 12 — 3532-10B

8:00-9:00 PM (KS). Instructors: Jim & Jeanie Keener. \$10 (two sessions). Class is for more experienced western dancers and will be taught at a faster pace.



Dances taught in this class are more difficult with more steps and added turns. Classes will be taught at a pace consistent with difficulty and length of dance.

Dances for this session will be “Love Letter Waltz and review of previous dance including Paradise Walk and Cha Cha Lengua.” RSVP ♦♦ by 10/29.


—Dancing with Dolly—

Due to the upcoming LH Players Show, Dolly’s classes will be reduced for the month of November.

Beginning Performance Dance with Dolly • Wednesday, November 7 — 3920-10D

6:30-8:00 PM, Aerobics Room (KS). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$13. Ms. James brought musical theater to Lincoln Hills over 10 years ago after an extensive background with her world-renowned school in the Bay Area. “Our community is filled with talent! Now, people have a chance to do something they always wanted — perform!” This new performance dance class will give students an opportunity to learn basics of dance techniques and to perform in the main musical/variety shows in Lincoln Hills including “Yankee Doodle Dandy” which is scheduled for November 15-17. Routines are designed for all levels of dance experience. Now is the time to try something new and feel the wonders of being on stage. RSVP ♦♦ by 10/31.

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Golf Cart Inspections at Orchard Creek Lodge



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

Golf Cart Registration (City/Lincoln) 8:00 AM at Orchard Creek Lodge
Thursdays, October 18, November 1 & 15

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Jazz/Musical Theatre**Wednesday, November 7 — 3920-10A**

4:00-5:00 PM, Aerobics Room (OC).

Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$13.

Exercises and technique used to create simple combinations in upbeat music, rhythm & blues, show tunes, rock-n-roll & swing. Strengthens balance, increases flexibility, co-ordination, rhythm and timing, all while students are having fun. You will be encouraged to learn different styles of dance: Traditional & Modern Jazz, and Musical Theater with an emphasis on developing versatility in dance. Something new every week, no memorization. Come watch a class, see how much fun dance can be! RSVP ♦♦ by 10/31.

**Ballet • Thursday,****November 1 — 3920-10B**

5:45-6:45 PM, Aerobics Room (OC).

Instructor: Dolly Schumacher James, Master teacher & Choreographer \$13. (For some reason when the word ballet is used, many women are intimidated. Don't be! Ballet is wonderful fun and the basic foundation for all types of dance: Jazz, Ballroom, Musical Theater, Tap, Country Line Dance, Folk Dance, Hip-Hop. Athletes use it to develop coordination, flexibility and strength. This special class develops beautiful posture, increases core strength, footwork and timing. Using beautiful inspiring music, students find spirituality and grace as they discover the dancer within. Ballet is the best all-round conditioning program! No experience required. RSVP ♦♦ by 10/25.

Advanced Performance Dance with Dolly • Friday, November 2 — 3920-10C

2:30-4:00 PM, Aerobics Room (OC). Instructor: Dolly Schumacher James, Master Teacher & Choreographer. \$13.

For the dancer who loves to perform! These classes are a combination of all styles of dance, technique and chore-



ography. Routines are designed for the many performance venues within our community. Prerequisite: By audition or teacher's approval only. RSVP ♦♦ by 10/26.

—Hula—**Hula • Thursdays,****November 1-29 — 3901-09**

1:15-2:15 PM (KS). Instructor: Pam Akina. November class \$32 (four sessions, no class November 22). Begin or continue your study of the beautiful art form of Hula from the Hawaiian Islands. This class is appropriate for new as well



as experienced dancers. Using the basic steps kaholo, ka`o, hela, and ami, you will learn a beautiful hula auana (modern hula) from beginning to end. In the Hawaiian tradition, we study language, culture, and history as well, because hula is more than just hands and feet! Performance techniques are also taught. Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 10/25.

— Jazz —

Jazz classes with Melanie will take a hiatus in November and December.

— Line Dance —**Line Dance I Beginner with Audrey Thursdays,****November 1-29 — 3601-09A**

2:30-3:30 PM (KS). Instructor: Audrey Fish. \$15 (three sessions, no class November 15 & 22). 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 10/25.

Line Dance II Beginner Intermediate with Audrey • Mondays,**November 5-26 — 3601-09 B**

5:00-6:00 PM (KS). Instructor: Audrey Fish. \$20 (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 10/29.

Line Dance III Intermediate with Audrey • Thursdays,**November 1-29 — 3601-09C**

3:30-4:30 PM (KS). Instructor: Audrey Fish. \$15 (three sessions no class November 15 & 22). 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 10/26.

**Line Dance Beginner Plus with Sandy • Tuesdays, October 16-November 27 — 3705-09A**

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

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Line Dance II

Beginner-Intermediate with Sandy
Wednesdays, October 31-
November 28 — 3705-09B

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 10/24.



Line Dance III with Sandy
Wednesdays,

October 31- November 28 — 3705-09C

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 10/24.

Line Dance I Beginner with Yvonne
Mondays,

November 5-26 — 3602-09A

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 10/29.

Line Dance Beginner Plus with
Yvonne • Mondays,

November 5-26 — 3602-09B

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 10/29.

—Tap Dance—

Tap Classes with Alyson

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



dance schools throughout northern California and is currently Artistic Director of the award-winning Sound Out Tap Company in Folsom. She has been sharing her love for the art form with our community since 2000. Performance. 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,

November 5 -26 — 3555-10A (\$24)

10:00-11:00 AM (KS). (Three sessions, no class November 19.) Class is open to all skill levels with focus on beginning to intermediate routines. RSVP ◆◆ by 10/29.

Advanced Technique Class

Mondays,

November 5-26 — 3555-10B (\$15)

***** 3555-10B1 (\$8)**

11:00 AM-12:00 PM (KS). (Three sessions.) Class is geared more for tappers with advanced skill level but class is open for all who want a more challenging routine and dance steps. RSVP ◆◆ by 10/29.



Advanced Performance • Mondays,
November 5-26 — 3555-10C

12:00-1:00 PM (KS). \$24 (three sessions, no class November 19). A preparatory performance class for 2013 Talent Show, no new students will be accepted. RSVP ◆◆ by 10/29.

Beginning Tap • Tuesdays,

November 6-27 — 3555-10D

9:00-10:00 AM (KS). \$15 (three sessions, no class November 20). 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 10/30.

Technique Class • Tuesdays,

November 6-27 — 3555-10E (\$15)

***** 3555-10E1 (\$8)**

10:00-11:00 AM (KS). Three sessions. RSVP ◆◆ by 10/30.

Performance • Thursdays,

November 1-29 — 3555-10G

10:00-11:00 AM (KS). \$32 (four sessions, no class November 22). RSVP ◆◆ by 10/25.

Technique Class • Thursdays,

November 1-29 — 3555-10F (\$20)

***** 3555-10F1 (\$10)**

11:00 AM-12:00 PM (KS). (Four sessions,

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INTERMEDIATE CLASS

November 2nd & 9th

9:30 – 11 or 11:30 am – 1 pm

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no class November 22.) RSVP ♦♦ by 10/25.

**Performance • Thursdays,
November 1-29 — 3555-10H**

12:00-1:00 PM (KS). \$32 (four sessions, no class November 22). RSVP ♦♦ by 10/25.

Tap for Fun with Judy

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

**Mondays, October 15-
November 26 — 3581-09A**

4:45-5:45 PM (KS). Instructor: Judy Young. \$42 (seven sessions). RSVP ♦♦ by 10/8.

**Fridays, October 12-
November 30 — 3581-09B**

1:00-2:00 PM (KS). Instructor: Judy Young. \$42 (seven sessions). no class November 23) RSVP ♦♦ by 10/5.

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

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

**Introduction to West Coast Swing
Wednesdays,**

November 7, 14, 28 — 3513-10A

8:00-9:00 PM (KS). Instructor: Dottie Macken. \$21 (three sessions, no class November 21). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Students must complete at least three sessions of the four week classes of the Introduction to West Coast Swing in order to advance to next level, or have instructor's approval. Join this fun and very social dance class. RSVP ♦♦ by 10/31.



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

November 7, 14, 28 — 3513-10B

7:00-8:00 PM (KS). Instructor: Dottie Macken. \$21 (three sessions, no class November 21). Prerequisite: Must have completed at least three sessions of the four week classes of the Introduction to West Coast Swing, or with Instructor's approval. RSVP ♦♦ by 10/31.

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

November 7, 14, 28 — 3513-10C

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$21 (three sessions, no class November 21). Prerequisite: Must know and be able to dance the basics, and basic variations of West Coast Swing and have attended both the Introduction and the Intermediate I and II Levels of West Coast Swing, and/or have instructor's approval. RSVP ♦♦ by 10/31.

Driver Training

AARP Driver Safety Program

Monday & Tuesday,

October 29 & 30 — 6055-09

1:00-5:30 PM (OC). Prices for two-day sessions: AARP Member \$22; non-AARP Member \$24. The course provides instruction on defensive driving techniques and California motor vehicle laws. Information regarding the effects of normal age-related physical changes in vision, hearing, and reaction time are covered. The eight-hour course is specifically geared to persons 50 or over. Attendees may be eligible for a discount on auto insurance (check with your provider to determine amount). Attendance at both days of the two-day course is required for a Certificate of Completion. You must be present to receive your certificate. Bring a valid Driver's License, your AARP membership card or number, and a ballpoint pen (not felt tip) to class. The AARP Driver Safety Course does not replace Traffic School requirements to correct driving viola-



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.

tions. Class cost covers a \$10 Association administrative fee and AARP fees. RSVP ♦♦ by 10/22.

Feng Shui

**New Class! 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 decluttering, 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 October 17,
at 10:00 AM.*

—Small Group Training—

Small group training can be a great option when you want to enjoy more personalized attention, but spend less than working directly with a personal trainer. Small group trainings are offered in a variety of formats and they provide much more focused attention to



the participant's goals than traditional large classes. If you have a goal in mind, and enjoy having someone there

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

**SGT — Suspension Training for
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October 22-**

November 14 — 835000-G8

4:00-5:00 PM, Aerobics Room (KS). Instructor: Robert Sanchez. Train to play your best golf ever! This small group

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SGT — Bootcamp
Mondays & Wednesdays,
November 5-28 — 835000-A3
New! Tuesdays & Thursdays,
November 6-December 4 — 835000-A4
 (No class November 22.) Monday/
 Wednesday 5:00-6:00 PM; Tuesday/
 Thursday 6:15-7:15 AM, Aerobics Room
 (KS). Instructor: Robert Sanchez Take



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SGT — TRX Interval Training
Mondays & Wednesdays,
October 29-November 26 — 835000-T0
 (No class November 21.) 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, October 30-
November 27— 835000-F1

(No class November 22.) 12:00-1:00 PM, Aerobics Room (KS). Instructor: Deanne Griffin. A fun-filled Small Group Strength Training, great for beginners or anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment and featuring TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. Safely perform exercises that effectively build strength, challenge and strengthen the core, promote flexibility, balance, mobility, and prevent injuries. The intensity is up to each individual, so all levels are welcome. Four week session \$135. Register/Fitness Centers/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 op-

tions will be given. Enrich the quality of your life with a fitter and more functional body that moves fluidly and performs daily activities with greater ease. No matter what your age of condition, Pilates will work for you. Four-week session \$135. Register/Fitness Centers/ Online.

SGT — Tabata BootCamp
Mondays & Fridays, November 9-
December 7— 835000-Q9

(No class November 23.) 11:30 AM-12:00 PM; first class is one hour, 11:30 AM-12:30 PM, Aerobics Room (KS). (First class 60 minutes.) Instructor: Deborah McIlvain. We are so excited to bring this cutting-edge training program to Lincoln Hills. Tabata BootCamp will change what you thought was the road to fitness and fat burning! Forget hours and hours of cardio! Turns out that's not the fastest way to get fit! What is Tabata Training and how can it help you lose weight and get in shape faster than traditional exercise? Tabata training was developed by a Japanese researcher (Izumi Tabata) who found that short bouts of exercise (only four minutes!) using super high intensity intervals actually increased subject metabolism more than traditional exercise of 30-60 minutes! Our Tabata BootCamp workouts will be multi-level with modifications offered for those with any issues. You'll be able to get the fat burning, metabolism boosting benefits of this training program, and still "go at your own pace." The first session will be 1 hour, going over your personal goals,

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434-1224

activity profile to help with your metabolism, body assessment and fitness assessment. Four week session \$135. Register/Fitness Centers/Online.

New! SGT — First Steps to Fitness Wednesdays & Fridays, October 24-November 16 — 835000-L1

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, October 22-November 14 — 835000S-M1

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—

W.O.W. — Working Out with Weights Thursdays, November 1-December 6 — 750500-10

(No class November 22.) 10:35 AM-11:30 PM, Weight Room (KS). Instructor: Julia Roper. Want the most out of your workout? Join this five-week in-depth, strength training program that will take you from basic to advanced training techniques. You will begin learning how

to use the machines the right way and get a total body program focusing on proper set settings and correct form!

Learn how, when and why you need to



change your program, the best sets, reps and exercises for your body type as well as free weight techniques and cable exercises. You will

run away with at least three written programs to carry you through the rest of your life! Class is limited to six people. Change your life. Five-week session, \$75. Register/Fitness Desks/Online. RSVP ♦♦ by 10/25.

Circuit Training for Beginners (formerly Waves) Mondays & Wednesdays, October 29-November 19 — 830000-10

(No class October 31.) 5:00-5:30 PM; first class is one hour, 5:00-6:00 PM, Weight Room (OC). Instructor: Julia Roper. This class will take participants through a full body strength training circuit and increase their knowledge of using equipment safely and effectively while getting a great workout. Every week the class will progress with a few new exercises to include balance, core, and cardio stations. This class is for the beginner exerciser or participants looking for assistance with a regular weight machine workout in a group setting. Three-week session, six classes, \$35. Register/Fitness Centers/Online. RSVP ♦♦ by 10/24.

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

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-----------------------|----------------------------|----------------------|----------------------------|-----------------------|----------------------|--------|
| 7:25 AM | Stretch Plus Express | | Stretch Plus Express | | Stretch Plus Express | | |
| 7:30 AM | Water Works | Hi-NRG Cycle | Water Works | Mixed Level Cycle | Water Works | | |
| 8:05 AM | | | | | Hi-NRG Cyc | | |
| 8:00 AM | Low Impact | Step It Up | Low Imp. Hi-NRG Cyc | Step It Up | Low Impact | Low ImpactHi-NRG Cyc | |
| 8:30 AM | Yoga Basics•Water Wks | Low Impact | Water Works | Low Impact | Water Works | | |
| 9:00 AM | Zumba | Core & Strength | Zumba | Core & Strength | Low Impact | Yoga Basics Fusion | |
| 9:30 AM | Circuit | Strict. Strngth• Water Wks | Circuit | Strict. Strngth• Water Wks | Circuit | | |
| 10:00 AM | Core Connection | Yogafied | Core Connection | Yogafied | Cardio Dance&Sculpt | Strictly Strength | |
| 10:30 AM | Strictly Strength | Pilates• Water Works | Everybody Can | Pilates• Water Works | | | |
| 10:30 AM | Splash Dance | | Splash Dance | | Splash Dance | | |
| 11:00 AM | Everybody Can | | Piloga | | Piloga | Yoga With Weights | Piloga |
| 11:30 AM | Arthritis Found. Aqua | | Joint Efforts | | Arthritis Found. Aqua | | |
| 12:00 PM | | | H.I.T. | | H.I.T. | | |
| 1:00 PM | Chair with Flair | | Chair with Flair | | | | |
| 2:00 PM | Balance Express | | Balance Express | | | | |
| 5:00 PM | Zumba | H2O Circuit | Zumba | H2O Circuit | | | |

OC Fitness Center Classes
Indoor Pool OC
Classes at KS•
Express Classes OC
Express Classes KS

Reach 4 the Top

Mondays,

November 5-26 — 805000-10

Tuesdays,

November 6-27 — 801000-10

Thursdays,

November 8, 15, 29 — 803000-10

(No class November 22.) Mondays 12:00-1:00 PM, Tuesdays & Thursdays 11:30 AM-12:30; Aerobics Room (OC). Instructor: Lin Hunter. This class combines stretching, range of motion exercises,



intervals of cardio movements, balance moves, and toning with weights, bands, balls, and bars. All done to fun

music to get your energy level up, help you become stronger, strengthen your muscles and joints, and build up cardio endurance. The range of motion exercises and stretching will help prevent arthritis and keep your mobility. Lin is a former licensed nurse and AFFA-certified

group exercise instructor; she has been teaching for 40 years! Lin constantly gives options for modifications and can help you with special needs. Guaranteed! You will feel great when you leave this class! Make-up days are 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 11/1.

—In the Pool—

Core-N-More Deep Water Aerobics

Mondays, October 29-

November 19 — 760100-10

Wednesdays, October 24-

November 14 — 760000-10

Mondays PM & Wednesday AM,

October 29-

November 19 — 760200-09

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

touching the pool bottom to eliminate impact while increasing resistance. This high calorie burning, aerobic/interval class combines exercises that will im-



prove 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 10/24.

—Mind, Body, Spirit—

Extra Gentle Yoga • Tuesdays,

November 13 -

December 18 — 710000-10

12:45-1:45 PM, Aerobics Room (OC). Instructor: Julie Boone. Julie's popular

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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. Six-week session, \$66. Register/Fitness Centers/Online. RSVP ♦♦ by 11/06.

Gentle Hatha Yoga "Plus" **Tuesdays, November 13-** **December 18 — 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. Six-week session, \$66. Register/Fitness Centers/Online. RSVP ♦♦ by 11/06.

Evening Yoga • (Hatha -Traditional Yoga) • Tuesdays, **November 6-27— 711000-10**

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! Four-week session, \$44. Register/Fitness Centers/ Online.

Evening Yoga and Meditation **Thursdays,** **November 1-29 — 711100-10**

(No class November 22.) 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. Four-week session \$44. Register/Fitness Centers/ Online.

Tai Chi Beginning **Tuesdays, November 13-** **December 11 — 730100-11** **Saturdays, November 17-** **December 15 — 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. Four-week session, \$40. Register/Fitness Centers/ Online. RSVP ♦♦ by 11/6.



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 understanding of the benefit of Tai Chi

movements. The class will also focus on a higher level of internal chi movement by learning two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The emphasis will be towards building a healthy stronger body and focused mind leading to a peaceful spirit for a better quality of life. The high level students will be introduced to the Tai Chi 64 long form and begin moving towards more advanced levels of Tai Chi. Four-week session, \$40. Register/Fitness Centers/ Online. RSVP ♦♦ by 11/6.

Gem Stone Cutting

Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.



Glass Art

—Fused Glass—

Fusing Glass Workshops

Monday, November 5 — 3103-01K

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.



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—Stained Glass—

Stained Glass Workshop

Monday, November 5 — 3103-01K

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 enthusiasts. Pay at Activities Desk each day you attend.

Jewelry

New! S-Curve Necklace/Bracelet

Tuesdays, October 30

& November 13 — 3011-09

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$25 (two sessions). No class on Election Day, November 6). A statement

piece if ever you saw one! Curvy sections of small pearls or beads twist and interconnect to form a gorgeous addition

to any wardrobe. Here's a chance to add some glam and bling to your wardrobe. Think luxe when you select your color palette for this project. Project requires ability to handle small beads, a bit of patience and some time. Check the samples in the Lodges for a close look.

Be sure to get the materials list when you register. If you have any questions about this project or wonder if you have the skill for it and to get estimated cost of project materials, contact Cathie Szabo at billcats1@earthlink.net or 434-6667. She'll be glad to answer any questions you have. RSVP ◆◆ by 10/23.

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, October 31-

December 19 — 4262-09 A

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$70 (eight 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 10/24.

Guitar II — Guitar Intro Continuation

Fridays, November 2-

December 28 — 4262-09B

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 23). This class will continue to cover note reading. Chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers



when you learn and play chords. The teacher will be happy to advise you on the purchase of a guitar if you need help selecting one. Supply list will be provided upon registration. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill 899-8383. RSVP ◆◆ by 10/26.

Guitar III — Intermediate

Thursdays, November 1-

December 27 — 4262-09C

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 22). 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 10/26.

Guitar IV — Advanced

Thursdays, November 1-

December 27 — 4262-09D

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 22). 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.



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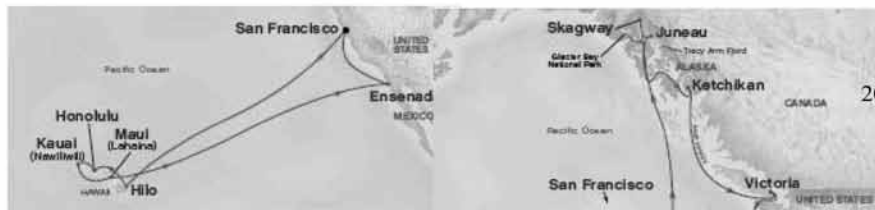


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We continue to study finger picking for various styles of music. Class will also introduce students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 10/26.

Beginners Singers Vocal Boot Camp Wednesdays, October 31- December 19 — 6132-09A

10:15 AM-12:15 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions). Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. 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 10/24.



Singer Vocal Boot Camp Continuation Fridays, November 2- December 28 — 6132-09B

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$70 (eight sessions, no class November 23). **Prerequisite:** Completion of first Vocal Boot Camp or have stud-

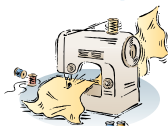
ied music. This is a continuation class of Vocal Boot Camp. We will continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 10/26.

Sewing

Residents must be certified to use Association sewing machines. A one-hour certification class on how to operate and maintain machines is offered the second Monday each month in the Sewing Room (OC).

Bernina Serger Certification
Monday, November 12 — 4059-11k
1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15 All supplies provided. Class limit three. RSVP ♦♦ by 11/5.

Bernina Sewing Machine Certification
Monday, November 12 — 4059-11K1
2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13 Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 11/5.



Janome Sewing Machine Certification
Monday, November 12 — 4059-11K2
3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13 Class cost includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class. RSVP ♦♦ by 11/5.

Knitting -

New! Basics of Knitting by Sylvia Feldman • Mondays,
October 15 & 22 — 4070-09
Or November 12 & 19 — 4070-10
10:00 AM-12:00 PM (OC). Instructor: Sylvia Feldman \$60 (two sessions). Always wanted to learn the knit and purl stitch? Want to know how to pick up dropped stitches? Instructor will review the two basic stitches of knitting, the knit and purl stitches then expand to other stitches. If looking at a knitting pattern is like reading Chinese, then this class is for you? Learn how to read patterns, place markers and finish your project. Bring all your questions and a pair of knitting needles and yarn as this will be a hands-on class. This class will consist of two two-hour classes. Questions? Please call 543-3403. RSVP ♦♦ Now or 11/5.

Bucket List

Continued from page 15

of ice and snow south of the Arctic Circle, and they can reach depths to 2,000 feet.

Nina said, "Standing on the glacier was awesome and I felt very small as I looked around this huge expanse of ice. The air was crystal clear, and as we walked around the glacier and heard the crunching of the ice, we noticed the markings where the glacier once reached."

Many of us know Nina as a Library Volunteer, one of 30 residents who help maintain the Orchard Creek and Kilaga Springs Libraries, and from her monthly Library News column in the *Compass*. Nina, star-gazer and proud owner of her own telescope, is also on the Steering Committee of our Astronomy Club.

"You go, Nina!"

The Art of Calm

Continued from page 15

is exhilarating. For others, it brings on depressed feelings that professionals call "Seasonal Affective Disorder" or SAD. On top of that, as we head into the holiday season, many people begin to feel more and more stressed. The more stressed, the more depressed!

There are many different types and causes of stress and depression. Now is the time to load up your tool chest with effective coping techniques to help manage that stress and depression: behavior modification, journaling, reframing, art therapy, humor therapy, hobbies, prayer, and time and money management, to name a few. In addition, your tool chest needs to be loaded up with techniques for effective relaxation: deep breath-

ing, guided imagery, Yoga, biofeedback, nutrition, aromatherapy, exercise, light therapy, and many other techniques.

Mark Twain said, "The human race has only one really effective weapon and that is laughter". Just for the health of it, try humor. Start by exercising the muscles of your face – *Smile!* Your quality of life depends on it.

Solid Financial Results

Continued from page 9

lincolnhills.org. The monthly and YTD financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, October 18, at 9:00 AM.



Managing Stress and Depression Wednesday, October 17 — Free

7:00-8:30 PM, Ballroom (OC). Renee Nelson, MD, MS, Chief of Health Promotion at Kaiser Permanente, is a firm believer in taking care of mind, body, and soul with regular exercise, appropriate diet, proper rest, and plenty of fun. Stress is common in life and can impact one's health mentally and physically if not dealt with constructively. Some become chronically angry which becomes a façade to mask depression. Dr. Nelson will present different ways to cope with anger and depression and will offer creative ways to manage stress and improve overall health — and even enjoy the process!



Handy Helpers, Back Again! Wednesday, October 24 — Free

1:00-3:00 PM, Ballroom (OC). The very popular Handy Helpers are back to tell of recent scams and other important things to know about maintaining your house without spending a



Connections

Continued from page 3

time. This change is not compatible with our library situation, and would appear to create problems for our present resident users in the opinion of our Library steering committee. Therefore it will not be renewed in 2013. Mutual fund investors will still have two Library resources available in 2013: *The Morningstar Fund Investor* monthly magazine and the *Vanguard Independent Adviser* newsletter.

The next few months are filled with exciting activities, trips, classes and food events. We hope to see you out and about enjoying your active lifestyle and I look forward to seeing you in the Lodge.

fortune or falling for scams. The latest seems to be a “free” plumbing inspection after which they find things to replace that don't really need replacing! Come early for a seat!

Community Survey Analysis Friday, November 9 — Free

10:00-1:00 PM, Ballroom (OC). The Strategic Advisory Committee (SAC), with their BWR Consultant and the Community Forum efforts, are co-sponsoring this event. We expect a large crowd, and time is allowed for a second presentation. The purpose of this first phase of the 2012 Strategic Framework Update, the Community Survey, was to define the demographics of our community, and also ask questions concerning interests, behaviors, and community needs. Telephone interviews and on-line/manual surveys



comprised the effort. This session will be videotaped and podcasted.

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 professionals can ease your discharge from hospital or long-term care facility to your home. There will be time for questions and answers.



Community Forums, Date, Time, Location

- Managing Stress and Depression, Wednesday, October 17, 7:00 PM, Ballroom (OC)
- Handy Helpers Back Again, Wednesday, October 24, 1:00 PM, Ballroom (OC)
- Community Survey Analysis, Friday, November 9, 10:00 AM, Ballroom (OC)
- Challenges to Aging in Place, Wednesday, November 28, 7:00 PM, Ballroom (OC)

Compass

Photo Contest November Fall Cover Photo

Photo Contest Rules:

- Your Fall Color Image(s) must be taken within the Sun City Lincoln Hills community.
- Photo(s) must be shot full color, portrait, not landscape. Mention resolution.
- Winner will be selected on the basis of relevancy to requested content.
- Please enclose a short caption with the location of your image. If you are submitting an image with a recognizable person, we must have a model release or signed permission from that person to reproduce their image in the magazine and on the website.
- Please submit no more than three photos for consideration.
- Images will be juried by members of *Compass* staff.
- You retain the copyright over the image(s), but do grant us permission to print your image(s) in the *Compass* Magazine and on our websites, www.suncity-lincolnhills.org/residents and www.suncity-lincolnhills.org.
- Email digital image(s) in jpg or pdf format to Jeannine.Balcombe@sclhca.com, 4x6" or larger, minimum 240 dpi. **Important: Contest winner will submit full 9x12" or larger image, 300 dpi of winning photo.**
- Please mark your email subject "November Fall Cover Contest."
- Deadline for submission: October 31, 2012

Winning image will appear on the cover of our November 15, 2012 issue of *Compass* and the winning photographer will receive a \$100 SCLH Association gift card.

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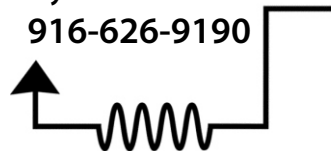
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Financial Wellness: Finding Yield**Tuesday, October 23 — 870000-10**

10:30 AM-12:00 PM, P-Hall (KS). Learn how to invest your money in things that pay dividends. We will cover all dividend paying vehicles from no risk cash or cash equivalents to stocks. This will help you add income to your paycheck. Cost \$5. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 10/20.

Cooking Tips & Holiday Tricks to Avoid the Ten Pound Holiday Aftermath**November 8 — 860000-10**

11:00-12:00, Gables/Heights Room (OC).

RD Audrey Gould & Nutritionist Dani

Conway will share their holiday tricks and cooking tips! Topic will include healthy recipe suggestions and ingredient substitutions as well

as tips/recommendations for staying nutritionally sound during the holidays. \$10. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 11/1.

**Kick the Procrastination Habit****Tuesday, November 13 — 860100-09**

11:00-12:00, Fine Arts Room (OC). Put an end to your procrastination today! Has your procrastination gotten you in trouble?

Has it cost you money? Does it cause you stress? Professional organizer, Lee Mahla will share tips to help you to finally get projects started and completed, tackle those paper piles, and increase your productivity and life enjoyment. Learn how being a perfectionist

or a pleaser may be contributing to procrastination tendencies. Cost \$10. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 11/6.

**Movement Therapy****Tuesdays, November 13-December 18 — 879100-10**

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 informs us about our emotional states. Participants will become more conscious of patterns and behavior and thinking that cause distress. We will explore themes of belonging/separateness, personal boundaries and assertiveness. Guided rhythmic



Christine Epperson
Wellness Program
Coordinator

Be

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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.

moving, individually and as a group, with music and without, will allow physical and emotional transformation, shedding, and shifts. This change can translate into uncovering an integrated, more authentic sense of self. This four-week series will be led by Julie Boone.

Julie holds a Masters degree in Psychology, works as a counselor, has practiced movement therapy for eight years, and has taught specialty yoga at SCLH since 2000. Julie intends for this class to be fun and “do-able.” Commitment to attendance for all four classes is preferred. Participants should be able to stand and walk for up to an hour. No prior experience is required. While aspects of dance and yoga are included, there are no postures or moves to “learn.” Please wear comfortable layers you can move in. Six week session. \$66. Register/Fitness Centers, Activities Desks, or Online. RSVP ♦♦ by 11/06.

**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.



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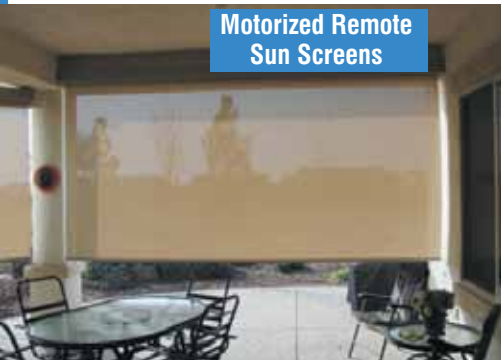
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