



# Compass

The Official Magazine of Sun City Lincoln Hills

December 2013



**Season's Greetings!**



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### On the cover

*Santa Claus, a.k.a. Chuck Kaul, and Mrs. Claus, a.k.a. Betty Gordon, along with the beautifully decorated Christmas trees throughout the Lodge bring joy to the season*



### Board of Directors Report

## Wishing You a Happy Holiday Season

*Ken Silverman, President, SCLH Board of Directors*

As the year comes to a close, the Board of Directors wishes all of you a Happy Holiday season and a great New Year. In the upcoming year we will continue to work towards

keeping your dues low, providing a great lifestyle, maintaining our facilities and keeping our grounds looking great.

Keep up-to-date by reading the *Compass*, attending the Community Forums, being a subscriber to the eNews, and if you wish to know more about how the Association functions, attend the Committee Meetings — they are always listed on our website.



### Election News

## Board Candidates are all Incumbents Who Are Eligible to Serve Another Term

The 2014 Board of Directors election cycle requires that three members be added to or retained as directors for another two-year term. Three serving members, Ken Silverman, Gay Mackintosh, and Marcia VanWagner have stepped forward to serve an additional two-year term.

No other candidates are standing for election in this cycle. Therefore, no election will take place and our Board will take action to seat the incumbents at the Annual Meeting in February. The Elections Committee has determined that no forum sessions are necessary under these circumstances.

### Reminder for Residents: "Auto Deduct Amount"

For residents that use home banking billing, you will need to change your "Auto Deduct Amount" to accommodate the new dues for the first quarter. Your December statement includes the new amount due for the first quarter of 2014. If you pay your quarterly dues with your home banking billing payment service, please change the amount to the new quarterly dues payment of \$321. If you pay by check please enclose the new amount. We will automatically change the quarterly dues payment for homeowners who use our Preauthorized Electronic Payment Service. Thank you.

### Use Your Association's Electronic Payment Program to pay your quarterly dues

What could be simpler — Sun City Lincoln Hills Community Association offers electronic payment of your regular Association assessments through Community Association Banc. When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's ACH program. Your payments are sent automatically from your bank directly to Community Association Banc. You don't need to remember to

write and mail a check or remember to log into your bank to send the payment. It happens every quarter, whether you are at home or away. You don't need to worry or try to remember if you sent the check — it happens automatically.

A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter.

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

As we come to the end of the year, a few reminders and updates are in order.

### Winter Hours at OC and KS Social Hall Lodges

The cold, dark morning and evening hours of winter generally do not promote weekend activity or strolls through the Social Halls at Orchard Creek or Kilaga Springs Lodges. As a result, we are minimally reducing open hours at the Lodge January 4 through March 9. Saturdays will open a half hour later and close one hour earlier, 8:30 AM-8:00 PM, and Sundays will open a half hour later and close a half hour earlier, 8:30 AM-4:30 PM. Please continue to utilize the amenities in the social halls. One-half hour prior to closing on the weekends, staff will begin end-of-day closing procedures so no sales will be processed.

### Trails and Pathways Pass

Our SCLHCA trails/pathways are private property and it is the season where we have a lot of family and friends visiting. They may be approached by our security to ask that they identify themselves as guests of residents. **The Trails/Pathways pass shown on page 5 may be obtained at any of the Activities or Wellness/Fitness (WellFit) desks (OC/KS) and at the OC Membership Desk.** These passes were provided to residents some time ago and are included for all new residents in their new resident binder. Any resident who shows they are an active member of the Association (ID card or finger vein scan) will receive an 8.5 x 11" sheet with two passes along with instructions. *Please see "Connections" on page 5*



## Calendar of Events

December 15-February 15

Date	Event	Page #
12/15	Grandkids Santa Adventure	47*
12/15	Bus Trip: Victorian Christmas	56*
12/16	Holiday Open House & Community Celebration	43
12/16	Comedy Night at KS: Mark Pitta	45
12/18	Bus Trip: San Francisco Shopping	56*
12/19	Concert: Motown Holiday Review	45
12/20	Bus Trip: Cornish Christmas	49*
12/21	Bus Trip: San Francisco Shopping	51
12/30	Bus Trip: Jackson Rancheria	56*
12/31	New Year's Eve Roaring 20's Celebration	44
01/02	Update Current Economic Trends & Review 2013	29
01/02	Bus Trip: Buddy Holly Story	56*
01/06	KS at the Movies: "Avatar"	43
01/06	Comedy Night at KS: Jeff Applebaum	45
01/07	Bus Trip: Speaker Series, Mullen	56*
01/08	"Windows 8.1 Tips & Tricks"	26
01/09	Overnight: Sun City Snow Train	56*
01/09	Forum: So You Think You Know Football?	96
01/10	"More Windows 8.1 Tips & Tricks"	26
01/10-11	Vaudeville Troupe: "Cavalcade of Stars"	45
01/12	Bus Trip: Cirque du Soleil	56*
01/13	Document Destruction	43
01/14	e-Waste Recycling	43
01/16	Book Discussion: <i>On Gold Mountain</i>	24
01/16	Concert: SuperHuey	46
01/20	"Can the Universe Be Made From Nothing"	22
01/20	Cosmology — "Measuring Distances"	22
01/21	Scope of Neighbors InDeed	30
01/22	Forum: Living Through Transitions	11, 96
01/28	Concert: "Hollywood" with Franc D'Ambrosio	46
01/28	Bus Trip: Red Hawk Casino	49
01/29	Forum: Password	96
02/04	Bus Trip: Flashdance the Musical	51*
02/05	Bus Trip: Swan Lake, Harris Center	51
02/06	KS Music Night: In the Spirit of John Lennon	46
02/11	Forum: Maintenance Updates, Handy Helpers	96
02/12	Bus Trip: San Francisco, Westfield Galleria	51
02/14	Show: "Two to Fly" Contemporary Circus	47

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

### Upcoming Association-Related Meetings: Date, Time, Place

December 15-January 31

Golf Cart Registration	Thursday, December 19, January 2 & 16, 9:00 AM, OC Lodge
Finance Committee Meeting	Wednesday, December 18, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, December 19, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, December 19, 10:30 AM, Multimedia
Board of Directors Executive Session	Thursday, December 19, 11:00 AM, Multimedia
Elections Committee Meeting	Friday, January 3 — Cancelled
CCOC/Clubs & Community Orgs.	Tuesday, January 7, 9:30 AM, Heights
Listening Post	Wednesday, January 8, 9:00 AM, Solarium
Compliance Committee Meeting	Wednesday, January 8, 10:30 AM, Heights
CCRC/Communications & Commun. Rel.	Friday, January 10, 9:30 AM, Heights
ARC/Architectural Review Committee	Monday, January 13, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, January 14, 1:00 PM, Heights
New Resident Orientation	Wednesday, January 15, 1:00, Solarium
Finance Committee Meeting	Thursday, January 16, 9:00 AM, Solarium
Board of Directors Meeting	Thursday, January 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, January 23, 10:30 AM, Heights
Board of Directors Executive Session	Thursday, January 23, 11:00 AM, Heights
ARC/Architectural Review Committee	Monday, January 27, 9:00 AM, Heights

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

### Holiday Hours of Operation by Department

	Administration	Activities Desk	Fitness	KS Cafe	Meridians	Spa at KS
Tues., December 24	8:00 AM-2:00 PM	8:30 AM-1:30 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
Weds., December 25	Closed	Closed	Closed	Closed	Closed	Closed
Thurs., December 26	Normal Hours	8:30 AM-4:30 PM	Normal Hours	6:00 AM-2:30 PM	7:00 AM-8:00 PM	Normal Hours
Tues., December 31	8:00 AM-2:00 PM	8:30 AM-1:00 PM	6:00 AM-2:30 PM	6:00 AM-2:30 PM	7:00 AM-5:30 PM*	9:00 AM-2:00 PM
Weds., January 1, 2014	Closed	Closed	6:00 AM-5:30 PM	Closed	10:00 AM-3:00 PM**	Closed

\*Plus New Year's Event \*\*Brunch only



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## Connections

*Continued from page 3*

tions. Please, especially during holidays when visitors are more common, carry ID with you while on the trails/pathways. For safety purposes as well, it is advisable to carry a cell phone.

 <p>SUN CITY LINCOLN HILLS COMMUNITY ASSOCIATION</p> <p><b>Trail/Pathway Guest Pass</b></p>
Owner's Name: _____
Address: _____
Village & Lot #: _____
STAY ON THE TRAILS/PATHWAYS

### Website and Enews

In our Sunday eNews broadcasts this past month, we promoted and encouraged registration to the resident website and our weekly eNews bulletins. Both of these electronic forms of communication assist with timely reminders and updates. If you need assistance with registrations, please email the webmaster at: help.desk@schca.com.

### Board of Director and Community Forum Videos

Staff has posted all the 2013 BOD and CCRC Community Forum videos on the resident website. If you missed a meeting or presentation, more than likely you will be able to access the video and quickly move through the video to the pertinent information you seek. You must be logged into the site to access either the Board or Forum videos.

### Reminders about Activities

While some of our RSVP dates may seem to be far in advance, staff is being diligent and good stewards of your Association because some trips and events have restrictive cancellation policies. As an Association, we cannot pay non-refundable deposits or be liable for contractual amounts on rooms at hotels, tickets to an event, or payment to a performer if minimum sales are not met. Please plan ahead with us. In addition, if an event is sold out, ask staff to put your name on a wait list. If we have enough interest we

can add another bus, additional classes, or additional dates for an event. Of course presales also help staff with making prudent decisions regarding the cancellation of an event or trip. As we have always said, staff surveys your interests every month. You tell us what you want with purchase power and by communicating directly with our coordinators listed on the inside back cover of the *Compass*, and by using the Quick Links Contact Us on the Lifestyle Online registration page of our resident website.

### 2013 Demographic Update

At the November Communications and Community Relations Committee (CCRC) meeting, resident and task force member Klara Kleman presented her review of

demographic changes in the Association since 2012. She reviewed a snapshot of the 2013 demographic data and reinforced the original information, although there was a slight 0.5% average age increase to 72.5, and the gender population is 57% female and 43% male. Other interesting information is that 8.9% of the homes are rentals and 70% of homeowners have lived in the community for six or more years. In addition, she reviewed January-July and found the average age of new residents is 67.8. The full report is available on the home page of the resident website under Latest Association News Blog.

I wish you all a healthy and happy New Year celebration. I hope to see many of you at our annual New Year's Eve extravaganza; it will be another evening to remember.

## Community Relations & Communications Committee (CCRC)

### Community Forum Videos: Where Are We?

*Wolfgang Oplesch, CCRC Chair*

**H**ave you viewed any of the many uploaded Community Forum video-recordings on the resident website? In 2013, there were 32 Forums and 22 were recorded. Most of the videos are recorded in the Orchard Creek Ballroom, unless the organizers anticipate a smaller crowd and then the Presentation Hall (KS) is used.

Often, Community Forums are scheduled at inconvenient times for many interested residents. Video viewing access is assured whenever a registered resident accesses the Association website. And some session attendees may wish to review the discussion again. Video length is usually under 90 minutes.

Beginning in 2011, CCRC has tried several different recording technologies that are available for use with our website. Although we have quality recording equipment, mixing sound and video remains challenging, and the consequent website rendering has been time-consuming. The required early summer resident website introduction caused uploading delays.

Today, we want to ask you, our interested readers, to take some time using our website to select and view video topics that interest you. The more recent videos

allow a fast forward function to be used. Q&A at the end of the video is always informative.

#### Health Education: 10

- "Living Well... Aging Strategies"— Dr. McCloud/UC Davis
- "Mind Your Mind"— Dr. Schafer/Mercy
- "Controlling Cancer Choices," — Kushi, PhD/Davis
- "Make no Bones About... Bone Health"— Dr. Okimura/Kaiser
- "Get Even with Diabetes"— Dr. Plante/Dignity
- "Don't Make Me Laugh... Sneeze"— Dr. Couillard/Dignity
- "All Systems Go... Through the Ages"— Dr. Garone/Kaiser (KS/PH)
- "Travel Medicine"— Dr. Nguyen/Sutter
- "Belching, Burning"— GERD & UGI Disorders— Dr. Hsu/Sutter
- "Roadmap to Medicare, & Fraud"— Hoffman/HICAP, McCullough
- "Monsters in the Closet: Anxiety & Depression"— Dr. Kaufman/Private practice

#### General: 12

- "The Affordable Care Act"— C. Gutierrez, C. Clem
- "Android Tablets"— Carniato

*Please see "Community Forum" on page 43*

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## Activities News & Happenings

### Peace, Hope, and Love

Lavina Samoy, Lifestyle Manager

I am touched by the expression of concern and love from residents and staff



alike for my family back home in the Philippines. Luzon was spared from the typhoon's wrath and my family is fortunately safe and sound. However, I do ask for your continued prayers for those affected by typhoon Haiyan's devastation to find peace, hope, and love in their darkest and most desperate situation, especially during this holiday season.

This makes me ponder how fortunate we all are to be living and working in Lincoln Hills, with its well-maintained landscape, immaculate facilities, engaging lifestyle, and a wonderful community of residents. The Activities Department is always striving to do its share to provide you reasons to feel blessed daily.

If you haven't checked our offerings in the next few months, here are some of the activities not to be missed. For the ultimate party of the year, ring in 2014 with your friends in style at our **New Year's Eve Roaring 20's Celebration** (page 44). A few tickets are still available. Beat the holiday blues with the **Comedy Night with Mark Pitta** on December 16 (page 45) and with **Jeff Applebaum** on January 6 (page 45). Experience the ultimate Huey Lewis tribute show with the **SuperHuey Concert** on January 16 (page 46). Start the year right by registering in classes that engage you mentally, physically, and socially. Feel empowered by the new gadgets you receive this holiday! Choose the perfect **technology class** (starts on page 75) and stay connected. It's never too late to learn how to paint, dance, play the guitar or to make pottery your new hobby. Read **Betty's interview** on page 13 to gain a more in-depth understanding of classes.

Due to popular request, we are offering a second bus to our four-day trip to **Palm Springs** to see the final show of the Follies plus discover city sites and activities, March 18-24 (page 55). Nature lovers will

enjoy a three-day trip to **Yosemite** on September 9-11 (page 55). For the first time, we are staying inside the park with lodging at Yosemite Lodge at the Falls. For sports fans, we have great seats to a couple of

**Oakland A's** games next year (page 55) and to a **Sacramento Kings'** basketball game against the Mavericks on April 6 (page 55).

Wishing you the season's best filled with peace, joy, and love through 2014!

## Preparing for Increased Water Rates

### Part Three: What Can We Do to Reduce Usage of Reclaimed Water?

Pete Savoia, Properties Committee Chair

This is the third article on preparing for increased water rates. Part one identified the sources of potable and reclaimed water used in our community. Part two focused on options for saving potable water, and this final article discusses conservation of the reclaimed water used for our landscaped areas.

Because landscape irrigation is affected by weather conditions, we have installed a weather station to monitor rainfall, wind speed, humidity and temperature (see photo). This information is downloaded wirelessly to a dedicated computer. Manually collected soil moisture data from zones throughout the community are also input to this computer to calculate the optimum watering schedule for each zone. The Facilities and Maintenance Department constantly reviews the irrigation schedules for optimum performance, and also ensures that the system is effectively maintained to reduce leaks and runoff.

The trees lining the major streets in the community are growing, requiring more water each year. The initial installation was made assuming that as the trees mature, it would be appropriate to remove some trees without negatively affecting the aesthetics. There are several mow strips with five to seven trees planted close together, and removal of one to three of these trees would have no major impact. Removal allows room for growth of the remaining trees, less-

ens the negative impact on sidewalks and sound walls, and reduces irrigation requirements.

Turf reduction is another area to be considered since shrubs require less water and can be watered by drip systems, thereby eliminating overspray onto streets and sidewalks. Turf has already been replaced by shrubs and ground cover on a few narrow mow strips on Spring Valley. Also under consideration are the large turf areas surrounding the water features at the north entrance on East Joiner Parkway.

Another opportunity for conservation occurs when landscape plants need to be replaced. The substitution of more drought resistant varieties is always taken into consideration.

Our Association currently maintains the median on East Joiner Parkway. When the west side of the Parkway is fully developed, the city will narrow the median and assume maintenance responsibilities, providing significant cost savings for Lincoln Hills.

Chris O'Keefe, Senior Manager of Facilities and Maintenance, has provided all the inputs for these articles on water usage. His department's proactive measures to conserve water in the past, as well as their plans for future improvements, will be very beneficial as we encounter higher water rates in the coming years.



The Lincoln Hills weather station, located between the Sports Pavilion and tennis courts

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LODGE

LINCOLN HILLS

# NEW YEAR'S EVE

## ROARING 20'S CELEBRATION

THE SECRET PASSWORD TO GET IN IS:  
FURTHER INSTRUCTIONS WILL BE POSTED AT A LATER DATE.

BATH TUB GIN

**TUESDAY, DECEMBER 31**

Soiree Entertainment: Gibson House Murder Mystery Dinner Show, DJ Tom in the Ballroom, Royal Society Jazz Orchestra's Don Neely Jazz Quintet featuring Carla Normand live in the Meridians Restaurant, 20's short silent movie screenings, prop photo booth, fireworks, and champagne toast.

### TAILORED OPTION

Includes Dinner starting  
at \$82 per person.

### LIMITED ENTERTAINMENT OPTION

Dancing & Entertainment  
9pm - 12:30am  
\$40 per person.

Tickets available at Activities Desk (OC/KS) and Online.  
[www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents) "Lifestyle Online"





Wellness & Fitness News

**New Year — New Changes**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

It is with mixed emotions that we say goodbye to Brandy Garcia, SCLH Fitness Director. Brandy has sought out new responsibilities and has taken another position outside of our SCLH community. We will miss Brandy, but realize that exciting opportunities and challenges await her. We thank Brandy for her many contributions to the Lincoln Hills community and wish her every success on her new career path.

Deborah McIlvain has been promoted to the position of Wellness & Fitness Manager. Deborah has been the SCLH Fitness Coordinator for the past two years and has been in the fitness industry for 18 years. She will be working closely with Lisa

Smith, Assistant Fitness Manager, to support and develop the Wellness & Fitness team and its programs.

Please take time to wish Brandy well and welcome Deborah to her new position.

**Going Green in 2014.** You can now find and print all the punch-card class schedules and their descriptions online. Go to the resident website home page and click on the Wellness & Fitness links. The schedules are also printed each month in the *Compass*, this month on pages 93-95. To help reduce waste and save resources, we will no longer be printing separate schedules for pick up in the Centers. Thank you for helping us save resources.

**New Platinum in Motion release party!** Come celebrate with us on January 15 from 8:30-10:30 AM at the OC indoor pool! We will be having *free* demo classes of the new

release of “*Forever Young*,” the platinum water class with music. Sign-ups for this demo class will start on December 23 at the OC Fitness Center or online. Don’t miss this fun morning! Each demo class will be 45 minutes long and taught by three instructors showing three different levels. Be the first to see the new choreography and hear the new music.

**New WellFit Orientations.** Have you lived here for a while and still not made it into the Fitness Centers to see what we have to offer? Sign up at the fitness desk for your *free* WellFit introduction and receive support and guidance as you learn how to make the most of your experience. The introduction will cover basic policies and procedures of the Fitness Center, cardio and strength equipment usage, as well as provide you with some one-on-one assessments or recommendations. Even if you have done this in the past, come get reacquainted with your Fitness Centers in 2014!



*Deborah McIlvain*

**Happy Holidays!  
Final Update for the Year**

*Hank Lipschitz, Finance Committee Chair*

It’s hard to believe 2013 is almost done and this is the last update for the year. As we wrap up the year I want to wish everyone the best this season has to offer and that we all have a healthy and Happy New Year.

At this month’s meeting we received a very attractive renewal of our insurance policies for next year. We also appointed a task force to look into enhancements to our Investment Policy. With rates being very low, there may be some prudent alternatives that will improve returns on funds that we do not need in the near term. We will update you when there is additional information.

It is good to see that our financial results for the year continue better than budget. We ended October \$237,524 better than budget. Some highlights for the month were Food & Beverage turned a much better-than-budget profit of \$29,925, The Spa at Kilaga Springs had a nice profit of \$4,332 and administration was \$34,844 better than budget due to lower insurance expenses. All together, the month was \$58,020 better than budget. The only negatives were some higher than expected maintenance items, and higher landscape water costs due to higher usage combined with increased rates.



We ended the month with \$4,847,237 in the Operating Fund, with \$49,800 in the Building/Capital Enhancement Fund and \$1,322,550 Settlement Proceeds Fund. Our Reserve Fund had a balance of \$5,122,913 and we continue to invest virtually all our funds in FDIC-insured accounts or Treasury Securities.

*Please see “Finance” on page 43*

**Statement of Operations YTD — 10/31/13**

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$6,306,400	\$6,284,323	\$22,077
Administration (Expense)	(1,585,868)	(1,771,340)	185,472
The Spa at Kilaga Springs	44,716	19,230	25,486
Fitness	(284,922)	(336,069)	51,147
Activities	(167,577)	(171,245)	3,668
Rec. Center / Maintenance	(1,986,997)	(2,031,386)	44,389
Landscape Maintenance	(2,161,569)	(2,093,188)	(68,381)
Food & Beverage	(37,873)	(11,539)	(26,334)
Capital Asset	0	0	0
<b>Net Revenues (Expense)</b>	<b>\$126,310</b>	<b>(\$111,214)</b>	<b>\$237,524</b>

## A Winter Welcome and Thoughts for the Season

Mark Hutchinson, Chair Architectural Review Committee

The Architectural Review Committee (ARC) over the years has provided a valuable service to the community and it is my pleasure to serve as the new Chair for this dedicated group of volunteers. As we begin 2014, I would like to thank current committee members Rob Boobar, Joanne Douthat, Ron Keeley, Bill Kress and Viola Kuka. We would also like to welcome four new committee members, Marilyn Railsback, Michael Deal, John Garfein and Elsa Schmidt.



In response to feedback from residents during the three open house events regarding the Exterior Paint Color System, an additional 17 color palettes have been added. The new palettes include warm gray-browns to sophisti-

cated greens. There are now a total of 38 color palettes to choose from.

As winter nears there are several general maintenance items that can enhance the exterior of our homes and prevent damage during storms.

"In response to feedback from residents during the three open house events regarding the Exterior Paint Color System, an additional 17 color palettes have been added. The new palettes include warm gray-browns to sophisticated greens. There are now a total of 38 palettes to choose from."

These include cleaning gutters and downspouts to allow the free flow of rainwater away from the house, cleaning yard drains of dirt and debris that

## Happy Holidays! An Excellent 2013... and Exciting Future

Jerry McCarthy, Director of Food & Beverage

Many exciting events took place in Meridians, Orchard Creek Lodge, the Sports Bar, and Kilaga Springs Café during 2013.

The Sports Bar had a record year. Orchard Creek Lodge Catering Department won awards as best wedding venue two years in a row. Meridians and the Kilaga Springs Café introduced new and creative ideas for your dining pleasure. We expanded happy hour poolside service which brings the feeling of a cruise ship home to our residents.

In general, the Food & Beverage Department had one of its best years in many years. We exceeded budget expectations and increased the number of guests that came into all of our venues. We have a great team that works very hard in providing you and your guests an enjoyable dining experience. All of their hard work and attention to detail are the main reasons we

ended the fiscal year in a positive fashion!

I would like to thank my entire staff and management team for a great year. Most importantly I would like to thank all the residents and guests for their continued support. As a department we realize that you have choices in where and when

"An exciting tradition we are continuing for 2014 is our New Year's Day Brunch. We sold out last year, so please make your reservations now..."

to spend your money on food and beverage. We realize that we have to earn your business each and every time you visit us. We will continue to change, improve, and enhance your dining experiences. Every dollar you spend with the Food & Beverage Department helps keep your HOA fees down.

As 2014 quickly approaches, the Food & Beverage Department has many

has accumulated over the years, and pruning trees and shrubs to avoid wind damage.

Winter is also an ideal time to start thinking about landscaping, painting, and improvement projects you may want to start in the spring. Pre-planning and early ARC approval can make the process easy and stress free. Any questions concerning application requirements or specific discussions of your project may be addressed to the Architectural Review Committee at [ARC@schca.com](mailto:ARC@schca.com) or the Community Standards Manager at 625-4006 or the Community Standards Coordinator at 625-4008.

We look forward to helping many of you during 2014, as you consider improvements to the exterior of your property. Our first meeting in January will be held on Monday January 13 at 9:00 AM. The ARC meets regularly on the second and fourth Monday of each month.

exciting events planned for you. You can still anticipate fresh seasonal menus on a quarterly basis. Annual events such as Murder Mystery Dinners, Valentine's Day, St. Patrick's Day, Wine Maker's Dinners, Cinco de Mayo, New York Deli Night, Mardi Gras, Easter, Mother's Day, Crab Feed Night, and so many more will be here before you know it.

An exciting tradition we are continuing for 2014 is our **New Year's Day Brunch**. We sold out last year, so please make your reservations now and start your new year in style with family, friends, and neighbors. We will be offering brunch from 10:00 AM-3:00 PM on Wednesday, January 1. It is only \$16 and includes free champagne! Meridians will only be serving brunch on New Year's Day.

Once again, thank you for a great 2013 and we look forward to serving you many times throughout the new year. The entire team from the Food & Beverage Department wish you and your family a festive holiday season and happy new year! Thank you for your continued support.

**Please see our ad on page 83.**

# Lincoln Hills Fishing Group's (LHFG) Yearly Fund-Raisers

## 12th Annual Crab Feed Saturday, January 18



6:00 PM Social Time

6:45 PM Dinner

Bring an appetizer  
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**Tickets:** Karen Sarver, 434-1299

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Drawing

Tickets:

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Only 350 will be sold.



LHFG member Bob Alaimo  
and family, 2009 trip to Alaska



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seafood meals, freshly caught daily. <http://www.fishwildalaska.com>.

Drawing held at Crab Feed. Participants do not have to be present to win.

**Drawing Tickets or Questions:** Jerry Messier, 434-6917

### Aging Well

## Smooth Sailing through Life Transitions

Shirley Schultz, Health Reporter

An incredibly exciting new program for Lincoln Hills residents is on the horizon.

This program has grown out of a groundswell of interest from those who have recognized a variety of monumental challenges to aging in place and who have been willing to find a way to ease the burden of these

challenges. It fundamentally starts with education. **Knowing what to expect and how to deal with the difficult transitions that most of us will inevitably face is indeed comforting and empowering.** Plan to attend the January 22 Community Forum, an introductory overview of the Association-sponsored series of workshops: **"Living Through Transitions."** (see page 97).

A Life Transition is a gradual or abrupt

change in lifestyle or circumstance, usually requiring a new or different support network. When you moved here, you experienced a *planned* transition that involved uprooting from where you were before. This forced you to let go of the familiar and go through a period of vulnerability as you adjusted to the loss of role, loss of place, and loss of your sense of where you fit in the world. That process can be difficult and can take months or years. Most life transitions begin with losses and make us anxious and fearful until we can find a new stability. Planning ahead can often prevent the crisis state that people find themselves in with abrupt transitions.

Based on the 2012 telephone survey by the Strategic Advisory Committee, 79% of residents plan to age in place, but 43% of those have *no* plans. What happens with those inevitable *unplanned changes*, such as a stroke or other debilitating illness, the

loss of a spouse, or the onset of dementia? If you are aging, then you are changing. Do you have the knowledge that you need to help plan for those expected and unexpected challenges that lie ahead? If you are driving down the road, you likely will not get to where you want to go if you are looking into the rear view mirror. By the same token, if you are planning to age in place, you want to go into that process, not by looking backward, but rather by looking ahead and becoming knowledgeable about what to expect.

The January 22 Forum will be an excellent start toward helping you sail smoothly on an even keel through the frequently stormy seas of life transitions.

### Did You Know?

Neighborhood Watch reports that the longest SCLH street with houses is Winding Way, but Monument Drive, Blue Heron Loop, and Grand Pheasant Lane are close.



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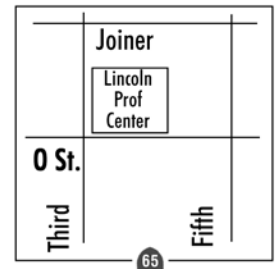


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### The Spa at Kilaga Springs

## Top Reasons to Take Care of Your Skin

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Our skin is our protective body organ. It conducts heat and cold, detoxifies our bodies through perspiration, and protects our immune system. We are heading into the cold season, which means dehydrated skin from indoor heat and outdoor cold. Keeping our skin healthy should be part of our daily routine.

How do we keep not only our skin but also our bodies healthy?

**1. Exfoliating.** Unless you are using organic or natural products, you are probably coating your skin with parabens, phthalates, and petrochemicals. While these may appear to soften the skin, they actually seal and coat, inhibiting natural release of toxins, are carcinogenic, and hurting both your skin and your internal organs. Regular body scrubs should be a quarterly part of your skincare regimen. Exfoliating the top layer of dead skin cells allows new cell growth, and healthier skin to appear, protecting you from disease.

**2. Moisturizing.** Water is our number one recommendation for healthy skin. It detoxes our body, preventing metabolic waste from accumulating in the cellular tissue, which helps prevent disease, keeps our bodies functioning correctly, keeps the skin firm and toned. Topical moisturizers are the second part of the equation. Using a natural, organic product with no additives is the only product you should be applying to your skin. Added vitamins, anti-oxidants, and peptides keep the skin in a healthy state protecting it from environmental exposure, and protecting you from illnesses.

**3. Sun Block.** Apply sunblock all year at all ages, both men and women. Again, be sure it is natural. Many sunblocks have a high chemical content. The higher the SPF, the greater number of chemical ingredients. Read the labels! Sun comes through your car windows, on overcast days, and anytime you are outside. The FDA has changed all regulations on SPF's so be sure to read up on them.

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## Learning and Growing in SCLH Classes

An interview with Betty Maxie

Doug Brown, Resident Editor

We all know that engaged minds and bodies are a key to a long, fulfilling life. The Activities Department plays a major role in contributing to the active engagement of both body and mind, especially through the classes offered. The *Compass* had the pleasure of asking **Lifestyle Class Coordinator Betty Maxie** a few questions about SCLH classes.

**Doug Brown:** One of the hallmarks of Lincoln Hills is an amazing array of classes of all kinds. How many different classes are offered?

**Betty Maxie:** The Activities Department offers 60-80 different classes running mostly in monthly sessions. We have 11 different categories: Art, Bridge, Ceramics, Crafts, Dance, Driver Training, Glass Art, Movies, Music, Sewing, and Technology.

**Doug:** Wow, an impressive variety! How do you find instructors?

**Betty:** Most of our instructors are residents with teaching experience. Non-resident instructors are recruited from other active adult communities, educational establishments, and individuals' recommendations.

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See you at The Spa... and Happy Holidays from the Staff!

Please see our ad on page 90.

**Doug:** Any new plans for 2014, just around the corner now?

**Betty:** Glad you asked! We're excited to introduce a new **art** instructor, Michael Mikolon, offering a new class in January: Beginning Drawing and Beginning Watercolor. And several new **computer** classes will be offered for both PC and Mac including: YouTube, Getting Started with Family Tree Maker 2014, Windows 8, and more. And, after taking a month off to rest and rejuvenate, our **dance** classes will be back in January. We encourage residents to take advantage of everything from beginning dance classes (Line dance, Clogging, Tap, Ballet, etc.), to partner dancing (for example, Country Couples, West Coast Swing, Country Two-Steps), and of course intermediate and advanced levels of dance.

**Doug:** Great! A lot to look forward to. Any tips on registering for classes?

**Betty:** Remember to register as soon as possible. Please see "SCLH Classes" on page 43



Betty Maxie  
Lifestyle Class Coordinator

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## Tennis Anyone? Tennis Group Serves up Variety of Options for All

Doug Brown  
Resident Editor

“Game, set, and match!” exclaimed the Men’s 65+ 4.0 Team upon winning the Northern California sectional championship in Napa this fall. Against competition from clubs from all over northern California, our guys, captained by Carl Gronau, posted a 2-1 victory. Congratulations!

But the Lincoln Hills Tennis Group (LHTG) is not just for these aces. It has something for everyone. LHTG President Sharon Klotz noted in our interview, “We welcome everyone from beginning to advanced players, and there’s such a variety of options!” Communications Director Linda Burke added, “Many players just enjoy meeting other people and socializing.”

How does someone get started? Board member Linda McDermott advised, “The best way to join the fun is to come to our Wednesday and Saturday (9:00-11:00 AM) social drop-in, sign up, and soon you’ll be on a court playing doubles. You’ll meet other people and enjoy the game in a non-competitive way.”

How does a newcomer know what one’s level is? “After a few times coming to drop-in,” responded Bob Sanguinet, “ask others what they think. They’ll say things like, ‘well, you seem to be a pretty solid 3.0, and there’s a 3.0 group that gets together Friday mornings, if you’re interested.’ Soon you’ll find yourself a part of a great group that just enjoys playing.”

“LHTG dues are a mere \$12 a year, a bargain, compared with other tennis clubs,” Finance Director Jack Buffington added, “and your benefits include being a part of a 300-member official Lincoln Hills club and getting reduced costs for luncheons, tournaments, and other activities.”

Tournaments? That sounds scary. “Well, not really,” President-elect Greg Burke said. “We have intramural tournaments that we call ‘fun’ tournaments. They’re for all levels, and make for a day

of pleasure for all, including a lunch for the small price of entry. Coming up next year we have our Valentine’s Day tournament and then a month later a new one, a St Patrick’s Day tournament.”

Linda Mateer added, “And in the spring we also have our ongoing LITT (Lincoln Intramural Team Tennis), which is competitive but still great fun.”

USTA teams like Carl’s, along with SATA (Sacramento Area Tennis Association) teams, round out a variety of programs. In the last few years, LHTG has sponsored several teams, from 3.0 to 4.0 levels, who play other nearby clubs.

So the ball’s in your court! Come on out and enjoy one of our amazing year-round amenities.

(See page 35 for more information on the Tennis Group.)



Above, the Men’s 65+ 4.0 Team that won the Northern California sectional championship in Napa this fall



Right and below, the Lincoln Hills Tennis Group has something for everyone



## Chinese, Gold Fields, and Lincoln

Al Roten, Roving Reporter

Prior to the Gold Rush of 1849 there were only 54 Chinese in California. At that time the word of gold discovery rapidly spread and human migration began. It was mostly men, rushing in to California to claim their share of the bonanza. The 1852 census of Placer County counted 6602 white males, and 3019 Chinese with a smattering of females, Indians, and people of color. By 1876 there were 151,000 Chinese in the United States, 116,000 of them in California.

The Chinese were welcomed due to their industriousness and, other than working the mines, they filled the workforce of cooks, laundrymen, and servants. At that time, China was a land of war and starvation, so escape

to a place where there was paying work was attractive. Miners of European background were the first to claim mines and tended to work them until the easily extractable gold was gone: then the Chinese would take over the abandoned claims  
Please see “Chinese, Gold Fields” on page 96



Chinese Cemetery in Auburn

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**Orienteering****Personal Parks — A Community Perk: Part Two****Let's Hear It for the Little Guy!**

Dee Hynes

Madison Avenue suggests that "Super Sizing" is the way to go.

Not so! Let's hear it for our little guys, our petite parks. We know good things come in small packages.

As introduced in Part One of our Community Parks series in October's *Compass*, we have 10 neighborhood parks; three are spacious and seven are petite parks. Each of the seven is to scale for personal use, a private retreat of sorts.

They are beautifully landscaped with a welcoming carpet of emerald lawn, mature shrubbery and trees. All have bench or table seating, some seating is covered. Five of the parks are connected to fitness trails and one park is our BBQ park.

Our neighborhood parks are open to all residents.

Grab a book, pick up your favorite beverage and snack at the Kilaga Springs Café and head for a petite park. Enjoy some quiet time at this private retreat.

Directions: Parks are named for the streets on which they are located (see photos). See your Community Directory and Resource Guide Street Name Index and map, foldout map 1A.



*Creekcrest Lane Park, with a bench and a covered table, provides open space viewing. Jean Wilson enjoys the calm surroundings with her Nook and a beverage from the Kilaga Café*



*Blue Heron Loop Park, bordering the Kingfisher Trail, provides TimeLife fitness strength training equipment and a bench overlooking the Orchard Creek Preserve*



*Glenbrook Lane Park offers access to the Orchard Creek Trail North (see the path to the right). A covered table and plush, roomy grass areas enhance this park*



*Longspur Loop Park, a trailhead for the Seep Trail, offers a bench adjoining the Open Space. On a clear day, you may catch valley views of downtown Sacramento or Mount Diablo*



*Parkside Drive Park is within the roundabout of Parkside Drive. Patti Hanson and Sylvia Fox enjoy a stroll on the park path which is also the Stonecrest Fitness Trail. To the east, the trail leads to the demanding Seep Trail*



*Rossi Lane Park — Pass the park's rail fence and journey into a deep bowl of Open Space where two benches provide golf course and razor crisp sky views of downtown Sacramento and the Sutter Buttes*



*Topanga Lane BBQ Park offers a table for four, bench seating and a BBQ. Enjoy the short trail behind the Villas while the coals are warming*

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## Neighborhood Watch

### Time to Celebrate!

### Honoring Our Neighborhood Watch Volunteers

Patricia Evans

Neighborhood Watch is usually too busy promoting safety and security in SCLH to celebrate. But once a year at our annual meeting, we make an exception and celebrate our remarkable cadre of volunteers. Their contributions helped Lincoln achieve the honor of 48<sup>th</sup> place out of the top 100 safest cities in the United States according to NeighborhoodScout.com.

We celebrated 38 volunteers who joined our honor roll of those who have given five plus years of service, making a total of 441. We welcomed 10 new Village Coordinators and 67 new Mail Box Captains this year for a gain of 11 over those resigning. Our sincere thanks go to each new and each retiring volunteer! They increase our safety, night and day. This is a great community!

Four new board members were welcomed: Bill Carvalho, Kathy Gire, Richard Moore, and Nancy Whitaker. And Ron Wood is rejoining our team.

What else have we accomplished this year? Three training programs were presented for Mail Box Captains. Thirty Alerts and 30 "For Your Information" emails were sent to subscribers. Welcome packets were given to 275 new residents. Approximately 300 Vial of Life kits and over 700 Personal Medication Record Cards were distributed. Fifteen faded Boris the Burglar signs were replaced.

We celebrate each of our SCLH residents who contribute to our safety by knowing their neighbors and being aware of what is happening on their street. Our neighbors are our best security!

Please turn to page 31 for special safety hints from Santa.

#### Neighborhood Watch Contacts:

Larry Wilson, 408-0667, mvw6@sbcglobal.net;

Pauline Watson, 543-8436, frpawatson@sbcglobal.net;

Neighborhood Watch Website — [www.SCLHWatch.org](http://www.SCLHWatch.org)

Right — Neighborhood Watch volunteers celebrate accomplishments at the Annual Meeting; below — Annual meeting participants enjoy "all you can eat" desserts



## Disaster Preparedness: Part 12

### Emergency Planning Websites and Community Emergency Response Team (CERT) Volunteer Opportunities

Bill Beal

It's December which means this series on emergency preparedness planning is coming to an end. By now you should have developed a personal Emergency Action Plan, acquired everything needed to put your plan into action, and hopefully you have rehearsed it to ensure you haven't forgotten anything.

If you are new to Sun City Lincoln Hills, or perhaps you missed some of the articles, I encourage you to view them at: [www.suncity-lincolnhills.org/compass.html](http://www.suncity-lincolnhills.org/compass.html).

The city of Lincoln is currently standing up a Community Emergency Response Team (CERT) that will serve both the city of Lincoln and Sun City Lincoln Hills. See: <http://www.lincal.net/lincoln/default.aspx?page=48050>. Twenty eight Lincoln Hills residents have already volunteered to be part of it, and more are needed. If you are interested in becoming a member of the Lincoln CERT and would like more information about the program, please email Mr. Bill Szabo at [billcats1@earthlink.net](mailto:billcats1@earthlink.net).

Emergency preparedness planning never ends. You should review your plan at least once a year, and revise it as necessary. I believe you'll find the list of resources below invaluable.

Have a wonder holiday season and please consider becoming a member of the Lincoln CERT. Your participation will not only make the city safer, but Lincoln Hills and your neighborhood as well. As always, stay safe.



#### Emergency Planning Websites

<http://www.ci.lincoln.ca.us/index.cfm?page=672680>

<http://www.harborfreight.com/solar-panel-kit-45-watt-68751.html>

<http://www.wisesales.com/>

<http://foodstoragemadeeasy.net/>

<http://farmerscoop.org/index.php?pr=Products>

<http://www.ready.gov/>

<http://arcbrcr.org/>

<http://www.disasterassistance.gov/>

<http://www.propacusa.com/>

<http://www.redcross.org/prepare/disaster-safety-library>

<http://www.sunoven.com/products-page>

<http://www.roadid.com/Common/default.aspx?referrer=8908>

<http://www.backdoorsurvival.com/>

<http://thesurvivalmom.com/resources/downloadable-resources/>

<http://www.thrivelife.com/cornmeal-1.html>

[http://www.firstaidmart.com/site/product\\_results.aspx?keyword=eye%20care%20pack](http://www.firstaidmart.com/site/product_results.aspx?keyword=eye%20care%20pack)

<http://soskits.com/#>

<http://www.cdph.ca.gov/healthinfo/discond/Pages/default.aspx>

<http://www.placer.ca.gov/Departments/CEO/Emergency.aspx>

<http://beprepared.com>



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### Library News

## Masterful — Magical — Masterpiece TV

Nina Mazzo, Library Volunteer

Anglophile — a person who is fond of English culture. Nina is an admitted, addicted and avowed anglophile whose alter ego is Miss Jane Marple (Agatha Christie detective). From Downton Abbey to Detective series, television's PBS plays host to Masterpiece Theatre/Mystery and in a new book titled *Making Masterpiece (25 Years Behind the Scenes)*. Author Rebecca Eaton, Executive Producer of Masterpiece, demonstrates why British themed shows have been such a successful and entertaining source for the American audience. Check it out in the Biography section.

Grandchildren visiting? Our Library contains books for younger ages. Driving

a long distance? We have audio books on CD. Don't forget there are also paperback books (Fiction) in the Community Living Room (OC).

Thank you to those who donate current books (published after 2005), DVD's, audio books on CD and larger print books. If you have books published prior to 2005 please donate them to the Twelve Bridges Public Library. Contact information: donation questions — Sandy Melnick (408-1035); Cleon Johnson manages the Investment Section (408-5648); Sandy Maloff oversees the volunteers (408-2368); Community Living Room (OC) Nina Mazzo (408-7620).

## Christmas Comes Early...

Joan Logue, Roving Reporter

Christmas came early at the Perfect house. Yes, at John Perfect's house. Let me explain.

In 2001, John and his wife Alberta, looking for a house were especially drawn to Lincoln Hills. Their house was finally completed and they made the move from Illinois. In 2011, John became very ill and was unable to do much around the house, so his neighbors rallied

together and helped him by walking his dog every morning, mowing his grass, and helping with other chores. As soon as his health improved, his eyesight faded. Then he had to care for his wife whom he recently lost after 61 years of marriage.

Meanwhile, as you can imagine, John's large yard became quite neglected. One day a few neighbors came over and started clearing the weeds and laying ground cover and then on November 2, 14 neighbors showed up and moved 11 yards of rock into the back yard and spread it out. They replaced items in his garden to make it look like new again! It will now require less water and much less care.

So Mr. and Mrs. Perfect certainly chose

the perfect house in the perfect community! And a big thank you from John to all of Santa's elves who brought Christmas early!



Neighbors helping a neighbor

## Successful Super Senior Harvest Lunch

Thank you to all!

Janet Dickens

An outstanding and very successful Super Senior Harvest Lunch took place on November 9 in Kilaga Springs Lodge with about 100 super senior residents, guests, and volunteers in attendance. A huge thank you to all who participated.



Super Seniors enjoying the entertainment

Efforts are underway to re-establish the official Super Seniors Group, which was disbanded in 2011, because the need still exists for many older residents to participate in a couple of festive social events in their honor. Providing the lunch and entertainment is a way for our community to honor their longevity and wisdom, to help them feel a part of our community, and to provide a social event for them. For some residents, this was the only social event in the community they attended all year.



Country Couples entertain the Super Seniors

Thank you, thank you, thank you to:

- The Lincoln Hills Foundation for funding and sponsorship
- Staff for making room reservations and set-up go so smoothly
- Country Couples for the wonderful entertainment
- All of the volunteers who spent many hours organizing, shopping, donating, setting up, and serving our super senior residents

What a great way for our community to come together!

Please stay tuned for future announcements of events to be held in 2014.



## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

There will be no meeting of the Caregiver's Support Group in December. We will meet on Wednesday, January 22, at 1:00 PM in the Multipurpose Room (OC) for a discussion session.

Our group was formed eight years ago with the mission to inform, educate, offer guidance and provide a source of mutual support to Lincoln Hills residents who are caregivers for loved ones with Alzheimer's/Dementia. If you are such a caregiver, we hope you will join us in 2014.

We carry out the mission by alternating speakers who offer specific information of interest to our caregivers and discussion sessions where participants and professionals suggest solutions to problems raised at the meeting. We also have a fine collection of books and DVDs available to peruse at home or to share with friends and family. Grants from the Lincoln Hills Foundation have enabled us to carry out our mission.

**Contacts: Judy Payne 434-7864;  
Cathy VanVelzen 409-9332;  
Maria Stahl 409-0349**



### Antiques Appreciation

Well it's getting near the end of the year and our club has grown so much we need to move our meeting room to a new location! It will still be at Orchard Creek Lodge, but in two of the knock-out rooms of the Ballroom (Gables and Heights)! So for the January meeting on the first Monday at 10:00 AM we'll be entering through the entrance to the Gables Room.

We all had a wonderful time, as usual, at our annual Christmas Brunch thanks to Ann Renyer and her committee! The food was delicious and the entertainment delightful! There was a short meeting when the new board members were introduced. Rose Marie Wildsmith and Barbara Engquist will be the new Co-chairs.

Don't forget to bring one or two of your favorite antique or vintage items (maybe a new acquisition) to show and tell about at the January meeting.

**Contacts: Rose Marie Wildsmith  
409-0644; Barbara Engquist 434-  
1415; Antique Appraisals 408-4004**



### Astronomy

• Wednesday, January 1 —  
No meeting.

• Monday, January 20. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Don Wilson will discuss if the universe can be made from nothing; a net zero energy change. This will be followed by the next lecture — "Measuring Distances," from the DVD series "Cosmology — The History and Nature of our Universe." These lectures by Professor Mark Whittle are an excellent simple explanation of the Big Bang Theory. January meeting—contact Morey Lewis [eunmor@pobox.com](mailto:eunmor@pobox.com) (408-4469) for more information.



*Dave Wood, Jim Wronkiewicz,  
Nina Mazzo and Ron Olson —  
presenters of "Astronomy Apps"  
at our November Meeting*

Several LHAG members went out in the early morning hours to view Comet ISON with binoculars and telescopes. As of mid-November the comet was visible, but not with the naked eye.

Astronomy Group meetings are held at P-Hall (KS). What's New in Astronomy/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](mailto:rolson@starstream.net);  
Nina Mazzo 408-7620  
[ninamazzo@me.com](mailto:ninamazzo@me.com)  
Website: [www.lhag.org](http://www.lhag.org)**



### Ballroom Dance

It's not too soon to think of those New Year's resolutions. Would that include getting more exercise for mind and body, or learning a new

skill, or socializing more? You could get all that, and more, in Ballroom Dancing. Every month, except December, a different dance style is taught. Plan now to join us in January at Kilaga Springs Lodge for the ever-popular Waltz. Beginning group class is from 2:00 to 3:00 PM, followed by



*Chris  
& Pete  
Henshaw*

one hour of social dancing to many musical styles. More advanced instruction is from 4:00 to 5:00 PM. Our instructors are patient, experienced, and helpful, and our dance floor is spacious. In January, we are beginning our new Dance Host program. If you are a gentleman who might be interested, please contact us for more information. Plan on beginning the year with a fun and healthy activity. Dues are only \$7 per year per person.

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



### Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be December 18 and January 15.

Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, January 16, at *Buca di Beppo* by the Galleria. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant.

For more information or to put a Memorial in the *Compass*, contact Joan.

**Contact: Joan Logue 434-0749,  
[joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)**



### Billiards

#### The Shooters

• Eight-Ball Singles 1:00-4:00 PM  
First Wednesday

- Nine-Ball Singles 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 November 6 —  
Winner: CV Orr; Runner-up:  
Dave Manwaring.
- Nine-Ball Singles November 12 —  
Winner: Ziggy Brein; Runners-up:  
Chet Lelio and Ed Ryan.
- Eight-Ball Doubles November 20 —  
Winners: Ed Ryan and Steve Brown;  
Runners-up: Doug Porter and  
Bob Wehner, Joe Ferrando and  
Dale Hurlbut.



*Clockwise from top left: CV Orr, winner Eight-Ball Singles; Steve Brown and Ed Ryan; Roseville/SCLH Tournament Morning Players/Afternoon Players*

On November 8, the Shooters Traveling Team and the Sun City Roseville Traveling Team held a tournament at our OC Lodge. It was a close game (37-31) but we retrieved the Trophy. Everyone enjoyed the day.

AM Players: Dale Hurlbut, J T Long, Norm Hagerty, Joe Perez, Oscar Alvares,

Ted Komaki, Dave Manwaring, Ted Baker.  
PM Players: Joe Ferando, Bob Wehner, Ed Ryan, CV Orr, Chet Lelio, Darrell Rinde, Jim Immel, Sam Munoz.

**Contacts: Jim Immel 434-2918;  
Darrell Rinde 253-7602**

### Challengers Billiards

The Challengers Group plays seven games of partner eight ball (1/15). The 1 and 15 balls are to be pocketed in the assigned side pocket. Timing each game at 17 minutes makes this game a little more challenging.

We play every Friday from 10:00 AM to 12:00 PM at Billiard Room (KS).

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

Congratulations to last month's winners:

- First Place: Six and a half of seven games: Gail Harmon; six of seven games: George Black, Bill Kim, Margie Kim, Ziggy Brien, Joe Hobby.
- Second Place: Six of seven games: Doyle Coker; five and a half of seven games: Ted Baker; five of seven games: Dan Oden, Ken Klein, Tom Thornton.

Happy Holidays to everyone!

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

### Couples Billiards

We play billiards from 4:00 PM until around 6:30 PM on Wednesday evenings. We can only play

12 couples at a time so we frequently have two teams sitting out per game.

Peshu Irani/Ahmed Jhanda were the star players this first night winning six games. Dan Oden/Lydia King won five games.

On week two, Joe/Shirley Varner was the only team to win six games. Ron/Sherry Weech and Dave Manwaring/Chiquita Fratto won five games.

There were no six game winners on week three; however, three teams won five games: Dan Oden/Gail Harmon, Dave Manwaring/Chiquita Fratto, and Bob Hodge/Sylvia Gutierrez.

On the fourth week of play we had no six game or five game winners. We had a four-way tie of four games won. Those players were Joe/Shirley Varner, Jim/Barb

Conger, Joe/Nicki Hobby and Ron/Sherry Weech.

Happy Holidays from all of us.

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

### Players Billiards

Every Thursday from 2:15-4:30 PM in the Billiards Room (KS), our group of mid-level skilled players enjoy seven games of Eight Ball timed at 17 minutes per game. We play for honor and glory and an occasional mention here. There is an advance sign-up binder on the fireplace and standby players frequently can play. It is free and fun so come join us over the holidays!

Congratulations to our recent winners:

Seven games: Ed Welch, Dennis Dreiling; six of seven games: Ken Hawley, Chiquita Fratto, Lisa Pabst, Bill Huth, Doyle Coker, Bob Soriano, Bob Bienkowski, Herb Hays, Dan Oden, Rita Baikauskas;

Five of seven games: Joe Perez, Tom Thornton, Dennis Dreiling, Dan Oden, Ahmed Jhanda, Ed Welch, Hugh Duberley, Doyle Coker.

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

### Upstarts Billiards

*"Whoever knew it could be such fun?  
To sink those balls to the very last one!"*

Would you like to join us at Billiards? Our Upstarts Billiards Group is beginners-to-average players. We play Standard Eight Ball every Thursday, from 11:45 AM to 2:00 PM at Billiards Room (KS). We just had our annual holiday party where a grand time was had by all — with good food, and even better company. Join our group, and be there next year!

Winners five games: Gary Averett, Steve Baron, Margrit Blanc, Phyllis Borrelli, Michael Deal, Richard Gsell, Gene Norrett, Hart Sissingh, Gary Smith, Joan Wendell.

Winners four games: Bill Clark, Gary Hoffman, Randy Ransdell, Marie Rucker, Bob Soriano.

Sign up last Thursday each month at 11:30 AM, Billiards Room (KS).

**Contacts: Rita Baikauskas  
408-4687; Phyllis Borrelli 543-3528;  
Dan Oden 408-2687**



## Bird

The Bird Group will hold its first meeting of 2014 on Monday, January 13, 1:30 PM, at the Presentation Hall (KS). One of the topics will be the results of the Lincoln Christmas Bird Count which is part of a larger nationwide bird count.

Our next outing will be on Wednesday, December 18. We will travel to the Sacramento National Wildlife Refuge in Williams. This driving tour of the refuge is a wonderful way to see large numbers of waterfowl, shorebirds and raptors. Then on Saturday, January 11, the group will head to Lodi and Staten Island to see Sandhill Cranes. These magnificent birds, flying over the wetlands at sunset, are truly breathtaking!

Remember to sign up with Kathi Ridley for the Christmas Bird Count which is on Monday, December 30.

**Contact: Kathi Ridley 253-7086,**  
[kathiridley@yahoo.com](mailto:kathiridley@yahoo.com)

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

**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



## Bocce Ball, Mad Hatters

It's official. We're into the rainy season; two days in a row with water falling from the sky and hitting the ground. That strange slightly musical sound you heard coming from your roof was water running through your gutters. What does that have to do with Bocce? We don't play in the rain. If it is raining early on Thursday morning we take a look at weather radar, and if it looks like rain will continue through 10:00 AM we will send out an email canceling the session that morning. We try to do this before 7:00 AM. Our courts drain very well, which affords us the ability to play shortly after it has rained. If it looks like it will clear, we will go get the key and wait to see if anyone shows up. Of course, your presence is always at your discretion.

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



## Book Group, OC

We at the OC Book Group wish all of you a very happy holiday and invite

you to join us on Thursday, January 16 at 1:00 PM in the Multipurpose Room (OC) for our first meeting of 2014. Newcomers are *always* welcome.

Schedule for 2014:

- January 16 — *On Gold Mountain*  
by Lisa See
- February 20 — *Fall of Giants*  
by Ken Follett
- March 20 — *A Being So Gentle*  
by Patricia Brady
- April 17 — *Eighty Days*  
by Matthew Goodman
- May 15 — *The Aviator's Wife*  
by Melanie Benjamin
- June 19 — *The Light between the Oceans*  
by Margot L. Steadman
- July 17 — *How to Eat A Cupcake*  
by Meg Donahue
- August 21 — *The Cuckoo's Calling*  
by JK Rowling
- September 18 — *Killing Lincoln*  
by Bill O'Reilly
- October 16 — *Pride and Prejudice*  
by Jane Austen
- November 20 — *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- December 18 — Holiday Luncheon

**Contacts: Penny Pearl 409-0510;**

**Darlis Beale 408-0269;**

**Dale Nater 543-8755**

**Website: <http://lhocbookgroup.blogspot.com/>**

**blogspot.com/**

**Wiki: <http://ocbookgroup.pbwiki.com/>**



## Bosom Buddies

### Breast Cancer Survivors

Dr. Shelly Garone, Medical Director, Palliative Care Service and Chief of Quality of The Permanente Medical Group, Inc. with Kaiser Permanente joined us November 14 for lunch at Meridians and then at our general meeting. Dr. Garone is an advocate for patients' rights, decisions for medical treatment, DNR and end of life. She stressed how we are in control of our bodies and life. Our December 12 Christmas general meeting was at Patty McCuen's home at 11:30 AM, our Third Annual Christmas Party at Patty's. It has been a huge success each year. There were door prizes and a beautiful gift for those who attended.

We are a wonderful group of ladies



*Bosom Buddies November meeting; Cindy Redhair, program director for Bosom Buddies, and Dr. Garone; Bosom Buddies November*

*Guest Speaker Dr. Garone*

who are very close friends. Please join this friendship the second Thursday of each month in the Multipurpose Room (OC) at 1:00 PM. Please make sure your dues are up-to-date.

Have a wonderful Holiday Season.

**Contact: Marianne Smith 408-1818**

**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



## Bowling

Hope this magazine finds you and yours in the Best Holiday Spirit. Ho! Ho!

Competition is really heating up! Our First Place Team from last year has now jumped ahead five games after our First Position Round this year! (High Hopes — John & Diane Bensi, Don & Terry Jones). Second Place Team (Rick & Junko Serna and Frank & Ruth Schmidig) and Third Place Team (Pin Strikers — Kathy Chapin, Barbara Kurmas, Betty Curtis and Steve Kriner) are trying to narrow the gap in a friendly manner! We have some great individual scores. Men: Dave Fisk, Horace Snowden, Dave Quirarte, Frank Schmidig. Women: Junk Serna, Bobbie Spiess, Arlene Smith, Elaine Yamasaki. Thank goodness for handicap.

*Friendly reminder: We still have 21 weeks*



to go. Still looking for subs, contact Joan Gates 253-9415.

Happy and safe Holidays to all.

**Contact: Joan Gates 253-9415**



### Bridge, Partners Thursday Evening First & Third

Let's play Social Bridge. Bring your partner and join us. Reservations are recommended but not required. Give us a call and we will enter you and your partner on the list or just show up and take your chance to play. We start promptly at 6:00 PM in the Sierra Room (KS) and finish at 8:30 PM. Please arrive a little early.

- November 7 winners include — First: Ben & Kay Newton, second: Bruce Fink and Stanley Mutnick; third: Jodie Deeley and Jack Hendricks; and fourth: Warren Sonnenburg and Larry Mowrer. Bruce Fink and Stanley Mutnick had the high round of 1,680.
- November 21 (10 tables) winners include — First: Joe & Rose Phelan; second, Sharon & Jerry Kluball; third: Ben & Kay Newton; and fourth: Bruce Fink and Stanley Mutnick. Ben & Kay Newton had the high round of 1,420.

**Contact: Lorraine or Bob Minke  
408-4009**

### Thursday Evening Second & Fourth

If you want to play partners bridge, give us a call, and we will put you and your partner on the play list, or take your chances and just show up, and you get to play if we have an even number of pairs and a maximum of 14 tables. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM. Arrive early, and sign in please.

- October 24 winners — First: Erika Wolf and Edith Kesting who also had the high round; second: Diane & John Maranta; third: Janet Pinnell and Bev Ansbro; fourth: Margaret Gandy and Chris Jacobson.
- November 14 winners — First: Linda Theodore and Janet Pinnell; second: Rose & Joe Phelan; third: Johann & Paul Kiesel; fourth: Hilla & Bob Fawcett. The high round went to Judy & Pete Crofoot.

**Contacts: Dolores Marchand  
408-0147; Carol Mayeur 408-4022**



### Bridge, Duplicate

All bridge players in Lincoln Hills are cordially invited to participate in Sun City Lincoln Hills duplicate bridge. Residents new to duplicate, please call Dede Ranahan, 408-4511, for information and/or details.

Duplicate bridge sessions are played three times weekly:

- Wednesdays at 12:30 PM in the Multipurpose Room (KS).
- 5:00 PM Fridays & 12:30 PM Saturdays in the Sierra/Terra Cotta Rooms (KS).

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

Members please attend our annual meeting on Wednesday, January 22, at 10:00 AM in the P-Hall (KS.) Your attendance will help assure the presence of a quorum.

The February 12 Wednesday session is moved to the Ballroom (OC). That is the date that SCLHDBC hosts the Roseville exchange.

**Contact: John White 253-9882;  
Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



### Bridge, Social

We play Fridays from 1:00 to 4:00 PM, Sierra Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play. You do not need a partner but must arrive by 12:45 PM to assure a place to play. Call if canceling.

Winners for October 25 thru November 15 — First: Dolores Marchand, twice,



*Social Bridge Annual Dinner, 60 people in attendance, Ukulele group entertainment! Holiday wishes from us to all!*

Marge Phillips and Linda Scott; second: Neil Wilson, Harry Collings, Kurt Wolff and Joe Phelan; third: Pat Fraas, twice, Phil Sanderson then Peggy Schmidt and Judy Ganulin, tied for third; fourth: Peggy Schmidt, Randy Rasmussen and Joan Schabillion.

Congratulations to our two Grand Slam couples who both bid and made 7 NT. First Chet Winton and Lois Burke on October 25 and then on November 8, Carol Mayeur and Joan Schabillion did the same!

Reservations:

- December: Jim Busey 408-0671
- January: Helen Helm 408-0428 ([h89elen@att.net](mailto:h89elen@att.net))

**Contact: Jodi Deeley 208-4086,  
[jodi@wavecable.com](mailto:jodi@wavecable.com)**



### Bunco

The end of the year brings holiday cheer and changing of the guard for most clubs. We want to thank last year's Steering Committee: Ann Stults, Claudette Rhoads Kinman and Sudie Moreland. Our newly elected steering committee will be led by Kathy Sasabuchi and includes Shirley Mohler and Ann Stults.

Even though November was a busy month, our games were well attended and very lively... many hoops and hollers rang

out in the OC hallway. If you would like to join in the fun, just drop by on the third Thursday of each month at 9:00 AM in the Card Room (OC). There is never a membership fee and it only costs \$5 to play. SCLH gift cards are awarded after play for some lucky winners.

*November winners:* Most Buncos Donna Bishop; High Score Corry Ostendorf; Most Wins Sudie Moreland; Low Score Ann Stults; Most Losses Shirley Studabaker; Traveler Sandy Pavlovich.

**Contact: Kathy Sasabuchi 209-3089**



### Ceramic Arts

The Ceramic Arts Group would like to wish all of our CAG Members and fellow residents a very happy Holiday season. Please be safe and enjoy your families and friends during this time. We are looking forward to a new and exciting 2014 with lots of creative work!

Please note: There will be changes in the workshops and studio times due to the holidays, so please check the postings on the studio doors or check with your room monitors for revised times. Most class times have been posted. If there is news that you'd like to have posted, please contact Mike Daley, CAG webmaster, at mdaley@wavecable.com.

**Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910;**

**KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils**

**Margot Bruestle 434-9575**

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



### Chorus

"Holiday Cheer," this month's concert by the Lincoln Hills Community Chorus, again revealed how far we've come under Bill Sveglini's direction. Hundreds of you came to enjoy and



Lincoln Hills Community Chorus

applaud our three Ballroom performances, and we thank you for your enthusiastic support.

Having discovered or been reminded of how good we are, you won't want to miss our spring concert on May 4, 5, and 6. New members are welcome to join us when rehearsals for it begin on January 7. Contact Sid Frame or Bill Sveglini in advance to express your interest and obtain further information.

**Contacts: Bill Sveglini 434-5655, sveglini@gmail.com; Sid Frame 408-1453, sflincoln4fun@starstream.net Website: www.lincolnhillschorus.org**



### Cloggers

The cloggers enjoyed a delightful Christmas party December 3 in KS; chaired by Anita Tyson and Connie Stephens. Toys were collected for "Toys For Tots." Starting the party off, Janice cued some fun dances. The festive decorations along with a delicious lunch gave a Merry Christmas spirit to all.

Clogging classes will be listed and described in the *Compass* under "Activities Department Classes" by Janice Hanzel, Instructor. Give clogging a try!

Cloggers wanting to dance during December can do so Thursdays, 10:00 AM-12:00 PM. Call Rocklin Parks and Recreation Center to register.

To all, Happy Holidays!

**Contact: Anita Tyson 543-5330**



### Computer

- Main Meeting: January 8, 6:30 PM — "Windows 8.1

Tips & Tricks" by Rita Wronkiewicz. Rita will show us how to use this first revision to Windows 8. Door prize will be a MS Surface Tablet with 8.1 (Members Only!), OC Ballroom.

- Clinic January 10, 9:00 AM — "More 8.1 Tips & Tricks." Multipurpose Room (OC).
- Walk-In-Workshop: January 21, 1:00-3:00 PM in the *Computer Lab* (OC). Our more experienced computer members will provide assistance to any of our Club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

- Ask the Tech: January 24, 10:00 AM Informal Q & A session for any and all technical questions, Android tablets & phones too! Multipurpose Room (OC).

*Note: Pay close attention, times & places have changed for 2014!!*

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

**Website: www.sclhcc.org**



### Mac User

The LHMUG was a storehouse of fun and educational events for everything Apple for its 694 members in 2013.

*App Night III* was featured in the spring. *Western Banquet* was the end of summer fun. Upgrading to *Maverick* and *iOS7* was the focus in the fall. Year round tech advice and four monthly meetings helped members stay up with the latest technology. Community speakers added interest to the mix.

At the heart of it all is a great support team!



Newly elected officers

In the November General Meeting the membership elected new officers for 2014: Henry Sandigo — President  
Vicki White — Vice President  
Helen Rains — Secretary  
Gerry Esker — Treasurer

Members can look forward to the same high standard experience with next year's Newbie and special interest programs. There will be topics like: Mail, Photos, Movies, Calendar and Maps and Keychain. Check the LHMUG website for the January calendar of meetings and membership renewal information.

**Contacts: Henry Sandigo, (415) 716-0666,**

**hsandigo@gmail.com;**

**Website: www.lhmug.org**



## Country Couples

Per the general meeting, three current members of the Steering Committee, in an uncontested election, retained their positions for the next year. Congratulations to Kathy Lopez, Judy Carlson, and Terri Krcha, who join Rene Lopez and Georgi Dawson as the 2014 Steering Committee.

A member has designed a new logo to represent Country Couples on sponsored literature and paraphernalia. We are grateful for her talent and generosity in sharing this unique artwork.

A great time was had at a post-Halloween Dance on November 4. Many were in costume and all enjoyed the potluck appetizers and desserts and the music of Jim Keener.

On December 3, CC kicked off the Holiday Season with a dinner dance in OC Ballroom. A delicious turkey dinner was served to a large crowd of exuberant dancers who enjoyed dancing as much as sharing special times with their CC friends. Such a wonderful group of people!

**Contact: Kathy or Rene Lopez 434-5617**



## Cribbage

Cribbage Club plays 8:00 AM-12:00 PM Tuesdays at the Card Room (OC). A six-game mini-tournament starts at 9:00 AM. We play four-handed partner games, adding a two-handed or three-handed game when necessary or a sit-out when required by the number of players. We use a rotation system to mix players. We generally have 16 or more players so there is plenty of room for more to come and join the fun.

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



## Cyclist

We have had a great summer but now the cold weather is here. Cyclists need not put away their bikes just because it is cold outside. Here are some tips for cycling in the cold.

Don't overdress. Wear layers with a good base layer that will wick moisture. Cotton does not have good wicking capacity. As one of your layers, use a turtleneck

to protect your neck. Wear a light wind-breaker that can easily be folded and put in a pocket.

Take care of your extremities. Use leg and arm warmers. Put on two pairs of thin cycling socks. Wear long fingered or split fingered gloves with liners. Don't forget your head. You lose a lot of body heat through your head. Skull caps, balaclavas or helmet covers work well. Protect your ears with ear bands, ear bags or helmet caps with ear flaps.

Watch out for those icy spots.

**Contacts: Steve Valeriote 408-5506,  
jillsteval@gmail.com**

**Website: www.LHcyclist.com**



## Dominoes

### Mexican Train

All are welcome to our session every Wednesday at the Card Room (OC). Time is 9:00 AM to 12:30 PM.

For those who played the afternoon session, which has been discontinued, *welcome to the early game*. We welcome new players and always have a teacher available. Come have fun and meet new people. It is a game to play with your grandchildren.

Any questions please contact:

**Contacts: Cora Peterson 543-7144;  
Sandy Pavlovich 543-0467**



## Eye Contact

### Low Vision Support

Next meeting: January 9, 1:00-3:00 PM in the Solarium (OC) due to a meeting in the P-Hall (KS).

1:00 PM: Video Presentation — "Overcoming the Emotional Barrier of Blindness." Michael Hingson was the keynote speaker at the Visions 2013 meeting. Blind since birth, Michael was able to survive the Twin Towers attack with the assistance of his guide dog, Roselle. He is the author of *Thunder Dog* which tells the story of that experience.

We will not have a speaker from Society for the Blind. Work is progressing to arrange a tour to the Society for the Blind facility sometime soon. The trip is positive, but when is not. Once the date is set, a van from the Society will transport members who have agreed to participate at 10:00

AM from OC Lodge. Private transit to and from OC Lodge will be will needed.

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



## Fibromyalgia/CFS

### Chronic Fatigue Syndrome

The Fibromyalgia and Chronic Fatigue Support Group encourages anyone living with these or other chronic pain conditions to join us for our group meetings. We meet the fourth Thursday of the month in the Multimedia Room (OC) from 1:00-3:00 PM.

We will not meet in December due to the busy holiday activities. Our first meeting of 2014 will be a potluck luncheon at Sandy Barry's home on January 24 at 12:00 PM. Our purpose is to provide positive support to those who are affected with chronic pain and fatigue. Please feel free to call one of our contacts with questions. Please RSVP to Sandy Barry for this luncheon.

**Contacts: Sandy Barry 209-3247;  
Shirley Lincoln 543-9480; Jackie  
Wilson 253-3744**



## Fishing

A great time was had by members of the Fishing Group who celebrated our Christmas party at Turkey Creek on December 9.



*Our annual drawing supports the Kids fishin' derby and groups like SARSAS and the Lincoln High School Natural Sciences program*

It's time to purchase tickets for the giant Crab Feed, January 18 at the Veterans Hall. This year's event will feature the usual menu of fantastic clam chowder and all-you-can-eat crab for just \$37. In addition, members and non-members can take part in our huge drawing with over \$6000 in prizes. Top prize again this year is a six-day Alaskan fishing adventure hosted by Captain Larry Larson of Wild Alaska Sport Fishing and Cruises. Enjoy a trip of a lifetime onboard the Five Star Coast Guard safety-rated "Perseverance" as she takes you to the lesser fished reaches of Alaska's Inland Passage. To preview this prize visit: [www.wildalaskacruises.com](http://www.wildalaskacruises.com).

**Contacts: Jerry Messier 434-6917, [jmessier@starstream.net](mailto:jmessier@starstream.net)**



### Garden

There is no General Meeting in December due to the Annual Holiday Brunch!

The 2014 Membership will commence in January. Dues will still be \$15 per household. You may pay starting (January 1 or) at the General meeting January 26. Contact: Membership Chair, Bettie Anderson, 434-7106.

Tip for winter: Mulch, water, and cover tender plants to protect from frost. This tip (and many others) comes from the Placer County Master Gardener Calendars. The 2014 edition is on sale now and can be purchased locally by calling Pam Effa, 408-1277, or Marie Salers,



Happy Holidays; Poinsettia Garden; Winter Flora & Fauna

408-3895. They make great Holiday gifts!

We wish everyone a Merry Christmas and Happy Holidays. Thank you to all the members who serve on the Steering Committee, chair events, and assist with programs and civic projects throughout the year! Happy New Year!

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Virgil Dahl 408-3748, [hasbeenvd41@att.net](mailto:hasbeenvd41@att.net)**

### Bonsai Group

With the weather change, you do not need to water your Bonsai every day, unless there is a long, dry cold spell. Do not prune your maples at this time of the year. Wait until late March or April so you don't get ugly die back on your branch.

We are planning a trip to Murayama's nursery in Sacramento after the first of the year to see and purchase, if desired, Satsuki Azaleas, which are imported from Japan. He has a beautiful nursery and he is willing to share his knowledge.

**Contact: Robert Dougherty 434-8320, [rsdougherty@sbcglobal.net](mailto:rsdougherty@sbcglobal.net)**

### Floral Design Class

*Until further notice, the classes have been cancelled.*

**Contact: Shirley Allan 408-1784**



### Gem and Mineral Society

The monthly meeting will commence in January 2014.

California gemstones are on display at Orchard Creek Lodge in the display case.

Gem and Mineral Society normally meets monthly: Last Monday, 4:00 to 5:30 PM, Sierra Room (KS). The next meeting will be in January 2014.

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. Shop Master: Dave Fisk

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

Lapidary classes may be taught during the lab.

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

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

### Gem and Jewelry Open Workshop

The Gem and Jewelry Workshop is open most Mondays from 8:00 AM to 12:00 PM. The shop has equipment to do lapidary (stone cutting and polishing), lost wax casting (gold or silver), metal enameling, and metal jewelry fabrication. This equipment is for use by residents, with assistance from a shop master or lab monitor.

Cabochon gem cutting instruction is available by arrangement with the shop master.

This equipment is open to use by experienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication class.

Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax, jewelry enameling and jewelry fabrication equipment. Some projects may require purchase of expendable supplies. Maintenance Fee \$5 per two-hour session. Shop Master: Dave Fisk 434-0747.



### Genealogy

There are no general meetings planned for the Genealogy Club in December.

The general meetings in 2013 were unique in that a door prize was awarded to one lucky member each month. The month of July was time for a social event attended by most all the membership... an *Ice Cream Social!* And in the month of November, following the general meeting... the members moved across the hall to enjoy another social event... *Pie!* Now, it doesn't get any better than that!

Nominating committee will be searching for members to serve on the board (Steering Committee) for the year 2014. Serving the members to prepare for the coming year is not only an honor, but a rewarding experience. Don't be bashful... be a candidate!

The entire membership of the Genealogy Club extends to all our neighbors a Happy Holiday Season... stay safe, healthy, and happy!

**Contacts: Maureen Sausen 543-8594; Joanne Schumacher 209-3366; Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**



**Golf, Ladies**

**Lincster Lady Niners**

“Lincsters’ Old Fashion Holiday Party” was the theme of this year’s Lincster luncheon held at the OC Ballroom on December 12. The 2014 slate of officers was installed. The annual golf awards were presented for 2013. Each person attending the luncheon brought a gift for a patient at Lincoln Meadows. This gift-giving has been an annual event for the past seven years and is coordinated by Edna Linville.

Congratulations to Marcia Bush, October “Golfer of the Month.” Be sure to view the 2013 monthly winners on the Lincster website.

*Written by Barbara Mumma and Sue Pharis.*

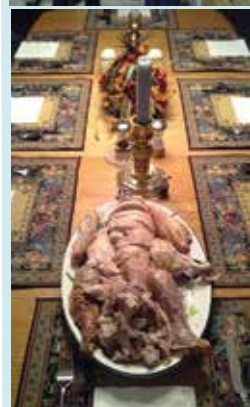
**Contact: Carol Golbranson 543-8647**

**Website: www.lincsters.com**



**Healthy Eating**

Club members prepared a stellar and healthy Thanksgiving dinner featuring traditional dishes



*Club chili-making workshop; club Thanksgiving workshop; correctly cooked and carved turkey*

that included roast turkey and dressing, mashed potatoes and gravy, cranberry sauce, butternut squash, pumpkin pie and a light vegetable appetizer. Utilizing the practices we’ve learned in our club meetings and workshops, we estimate we cut the saturated fat, the sugar and the sodium content of the meal between 50 and 75 percent compared to a standard American Thanksgiving dinner. Several of us underwent Turkey Carving 101 before dinner and we all graduated with honors... *Oh, yes!!*

Our club’s mission is to share knowledge and experiences about the importance of healthy eating.

Our general meetings are on the fourth Monday of each month at 2:00 PM in P-Hall (KS), *guests welcome*. There is no meeting in December! Our next meeting is January 27; annual dues are \$15.

**Contact: Don Rickgauer 253-3984, Healthy\_Eating\_Club@yahoo.com**



**Hiking and Walking**

*Special notice:* A special thanks to all our members and guests who joined us for our Annual Hiking/Walking Club meeting. Our guest speaker, Richard Hilton, Professor of Geology at Sierra College, gave a most informative presentation on the Geology of the Sierras.

Walkers: A cool walk every Wednesday can be a great start to the day. Join

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

Hikers: This time of year we continue to maintain our “hike a week” practice. To accomplish this we hike closer to Lincoln and shorten many of our hikes to the easy or moderate category. Check the website for our calendar of hikes through February. Many are in the local Auburn, Rocklin and Folsom areas. A special treat is hike at Golden Gate Park scheduled for January 30.

I’m sure we have just the right hike for you!

**Contacts: Hiking: Dennis Ratay 543-9935, Denratay@sbcglobal.net; Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com Website: http://lincolnhillshikers.org/**



**Investors’ Study**

Our lineup of speakers for 2014 begins with our consultant, Russ Abbott. Come hear an update on current economic trends and a review of 2013 on January 2 at 2:00 PM in the P-Hall (KS). Refreshments will be served afterward in the Placer Room (KS). He will also give the outlook for 2014 for conservative, moderate, and aggressive investors.

Russ teaches the Financial Wellness University here at Sun City Lincoln Hills. He is a Senior Vice President of Invest-



*Middle Fork American River near Cool; Hiking Group members crossing Poorman Creek; Bullwinkle Ravine on Deer Creek*



*Candice Tse from Goldman Sachs*

ments and Portfolio Management Director at a major brokerage firm. He has a BA in Economics from UCLA and an MBA from Pepperdine University. He has taught investment courses here and at Golden Gate University, Sierra College and Sacramento City College for over 20 years.

The Active Investors will meet on Monday, January 13, at 3:00 PM in the Multimedia Room (OC). (Contact Bill Ness, 434-6564 bilnes@att.net.)

**Contact: John Noon 645-5600, thenoons@att.net**



### Lavender Friends

After three years as President of Lavender Friends Club, Phil decided to step down and Claudia will be our new President. At our meeting last week we had two volunteers for Vice President and Treasurer. A big thank you goes to Jacquie and Nancy who hosted their annual Christmas Brunch with 25 members in attendance.

Our last event for the year will be the Christmas Dinner & Dance at Turkey Creek Golf Club. I will be stepping down as Communications and Terry will take over. Kate and Rosemary volunteered to write the articles for the *Sun Senior News* and *Compass*. Now that this year is coming to an end, we want to thank everyone who hosted. Want to wish everyone a Merry Christmas and a Happy New Year. If you want more information about our club, check our website at [www.lavenderfriends.com](http://www.lavenderfriends.com) or contact Jacquie Hilton or Richard Wong.

**Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; Richard Wong 408-7549, wong-r@sbcglobal.net Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**

### Lincoln Hills

#### Line Dance

Some people stereotype line dance as people dancing in cowboy boots and hats to country music. That's not so!

All genres of music and all dance styles including Latin, Waltz and Rock n' Roll are danced, to name a few. Line dancing is for everyone. No background dance experience is necessary, it's suitable for all ages and levels and no partner is required.

We are lucky to have three great line dance instructors — Audrey, Sandy and Yvonne — who have all been teaching line dancing since the 90's. There are eleven classes to choose from. Classes are taught from an Introduction level to the Intermediate level: Two introduction to line dance classes for real beginners, four beginner classes, three beginner/intermediate classes and two intermediate/advanced classes.

The New Year is right around the corner so check your monthly *Compass* for class dates and times.

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



#### LSV/NEV

#### Low Speed Vehicles/Neighborhood Electric Vehicles

There will not be a membership meeting in December for the LSV/NEV Group.

Please join us on Tuesday, January 21, for the membership meeting, featuring Larry Schurr of Neighbors InDeed at the P-Hall (KS) at 10:00 AM. Larry will inform us of the scope of the 'Neighbors' program and how to take advantage of this unique benefit as a Lincoln Hills resident.

Prior to the meeting, we will again feature our pre-meeting coffee for the members being held in the Social Kitchen (KS) at 9:00 AM. Lots of friendly people, tasty donuts and fruit, make it a grand start for another active year for the LSV/NEV Group.

**Contact: Dan Gilliam 209-3946**



#### Mah Jongg, Chinese

Winter has arrived. It may be a good time to learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us every Monday at 8:30 AM in the Card Room (OC). We hope to see you soon. If you have any questions, just call one of the contacts below.

**Contacts: Dianne Vincent 543-0543; Bruce Castle 408-7476**



#### Mah Jongg, National

Merry Christmas and Happy Hanukkah to our many National Mah Jongg friends! We meet on Tuesdays in the Card Room (OC), 12:30-4:00 PM. Anyone is welcome, even those who have not played and would like to learn. *Please note:* Due to the holidays, OC Lodge will be closing early on Tuesday, December 24 and Tuesday, December 31. Therefore, National Mah Jongg will not be meeting on those two days this month. May your holidays glow with happiness as you celebrate traditions with family and friends.

Wishing you joy in your home and peace in your world,

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



#### Mixed Media Collage Arts

How do you get started? How do you stay inspired? Creative folks know the dilemma you face when you simply have too many ideas and/or too much stuff staring you in the face! One suggestion — take five minutes and go through some magazines and cut out pictures; use repurposed or recycled papers and pieces of imagery that catch your eye; play with arranging them and then glue them down on your canvas; add some words or color. The trick is to keep your



*MaryBeth Quallick demonstrating alcohol inks on specialty papers*

hands moving. Our club meets the third Wednesday from 1:00-5:00 PM in the Ceramics Room (OC). Dues are \$10 per year and members are also able to use the Ceramics Room (OC) for individual projects on the fourth Tuesday of each month from 6:00-8:30 PM.

**Contact: Nina Mazzo 408-7620, ninamazzo@me.com; Frima Stewart 253-7659, frimastewart@gmail.com**



## Motorcycle RoadRunners

Winter season has set in and touring has come to an end. We closed a great riding year with our traditional Christmas party. Once again it was held at Mimi's, giving us opportunity to install new officers and reminisce on the year's rides. Our returning President, Dale Brinsley, was installed along with VP/ Head Road Captain Doug Sterne, VP of Membership Patrick Chaves, Treasurer Larry Ridley and Secretary Patti Sterne. Congratulations to our new leadership team!



*RoadRunners touring Gold Country*

Our final tour for the year took us on our annual Icicle Ride. We set out for the Gold Country, stopping off in Plymouth for a rest, then on to Mokelumne Hill for a look at historic buildings and visit to local shops. Lunch found us in historic Lodi for a pleasant lunch at the Brewery/Pub. Thanks to Road Captain John Marin for an enjoyable tour.

Road Runners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Following the meeting, members go to a local restaurant for dinner and a social get-together. There will be no December meeting due to the Holidays.

**Contact: Peter Boyle 408-1955, boylep18@yahoo.com**

**Website: [www.brinz.net/roadrunners\\_2013/roadrunners\\_2013.html](http://www.brinz.net/roadrunners_2013/roadrunners_2013.html)**



## Music

The Music Group's Holiday Party at Kilaga Springs Lodge on Friday, November 15, was well attended and featured a tasty potluck dinner along with a wide variety of entertainment. If you missed it this year, wipe away your tears and come join the revelry next year.

The weekly jam sessions of the friendly and enthusiastic L.H. Ukulele Players will continue through the holiday months. Come join in the fun at Orchard Creek Lodge each Wednesday, 1:00-3:00 PM. Beginners are always welcomed and a new class for those who would like instruction will start in January. Those interested in joining the class, which is intended for those planning to join the weekly sessions, should contact Ron or Molly (409-0463) for more information.

"Open Mic Night" will resume on February 28. Mark your calendar now for that enjoyable event where musicians and music lovers mingle in a friendly, supportive atmosphere.

**Contacts: Judy Skillings 253-7237, kenskillings@gmail.com; Julie Rigali 408-4579, jrigali@yahoo.com**  
**Website: [www.suncity-lincolnhills.org/residents\\_Groups\\_Music](http://www.suncity-lincolnhills.org/residents_Groups_Music)**



## Needle Arts

### Threads of Friendship

Michelle Peerson will be the speaker



*Needle Arts Community Service volunteers are shown with two Quilts of Valor which were donated to the Patriot's Honor organization. These quilts were presented to Russ Martin and Chris Wicks at the Patriot's Honor Golf Tournament in October*

on Tuesday, January 14, at our Needle Arts general meeting. Michelle will tell about her journey into the Fiber Arts world, while showing us some of her wonderful designs. An accomplished artist, Michelle uses fabric and other related fibers, to design lovely art quilts. Michelle exhibits, lectures and teaches worldwide, however, the majority of her exhibits are in California where she resides. As an avid world traveler, her designs are often influenced by many of the beautiful places she has visited.

General meetings are held in the P-Hall (KS), 1:00 PM, the second Tuesday each month. Our various subgroups meet in the Sewing Room (OC). Check the Sewing Room window for times. Please contact Membership Chair Joan Daley at 543-9449 to join and see how fiber arts thrive in our community!

**Contact: Twila Miller 408-3790, itstwi@sbcglobal.net**



## Neighborhood Watch

Santa Claus says "an ounce of prevention is worth a pound of cure." The bad guys will be looking for extra holiday cash while you shop at the mall or for groceries. They do not know that the sack in your car contains yesterday's leftover lunch, not an iPad. They hope the lump under a sweater is your purse. Santa says leave nothing visible in your car.



In the stress of the season, burglars realize that you are more apt to rush out "for a few minutes" without locking your doors and windows. They will thank you for making their job easier!

Scammers are also more active than usual during the holidays. A request for personal information is a red flag to contact the supposed sender directly.

Santa and Neighborhood Watch wish you a joyful holiday season. And may the bad guys find coal or corn cobs in their stockings!

**Contacts: Larry Wilson 408-0667, mww6@sbcglobal.net; Pauline Watson 543-8436, frpawatson@sbcglobal.net**  
**Website: www.SCLHWatch.org**



### Painters

Our November membership meeting featured a self-portrait challenge in which 20 artists participated. Winning ribbons, following a secret vote, were: First, Nancy Slone; second, Bob Porter; and third, Marilyn Rose.

We congratulate them and thank all who entered this challenging effort. In early December, many members enjoyed our Artists' Table Luncheon. At our January meeting, forms for participation in our 11th Annual Fine Arts Show, scheduled for February 21 thru 23, will be handed out and reviewed. In February, our program presenter will be Michael Mikalon, who will honor us with a drawing demo. Artists are reminded that, beginning in January, Michael will begin teaching two classes here: Drawing and Water Color. At our November meeting Jack Cook, Gary Hoffman, Ron Bauer, Jim Brunk, Bob Maske, Jonie Adams, and Joyce Bisbee shared recent artistic pieces with us.

**Contacts: Joyce Bisbee, joybis@aol.com; Bob Porter, bob@aol.com; Jim Brunk (plein air paint-outs) 434-6317, brunk@starstream.net**  
**Website: http://lhpainters.org**



### Paper Arts

Our Christmas luncheon on December 5 started off the holiday season in style. The Christmas tree table centerpieces were adorned with handcrafted gift

bags made by members. We shared our holiday spirit with donations of food and toys to the Salt Mine for our local families. Our thanks to all who helped to make this event so enjoyable.

Lori Lucchetti and Jackie Fong will lead us in a card swap project in January. Each member brings a set of kits to share with others and we all leave the meeting with new ideas and eight handcrafted cards.

Members are reminded to save the fronts of the Christmas cards you receive as we will again donate these to Shriners' Hospital. Patients use the cards to create and sell new items to benefit the care of children.

Happy Holidays to all and check out our lovely window display at OC Lodge.

**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 Card 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; Doris DeRoss 253-7164, dorisdeross@gmail.com**



### Photography

Challenges, challenges. The one behind us now was the gastronomic challenge of not having another goodie at our Christmas breakfast on the 11<sup>th</sup>. But more artistic tests are on the horizon. Holiday lights are always a fun project, be they stationary, mobile, or flashing. We'll see those shots in January along with some HDR captures. HDR, of course, means hunky digital representation, and is a construct of exposures designed to bring out greater detail in a photo. Like pimples on your favorite teenager, or the scratches on your brand new car, or perhaps a stunning landscape or architectural shot. Looking down the digital road, the Group's photo project for

2014 is Highway 49, the Mother Lode's towns and scenes. A sea change begins in January with the artistic ladies of our group offering what floats their respective photographic boats. These would be yachts, not dinghies, to board.

*Scribe: jeffa*

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



### Pickleball

Happy Holidays! I hope everyone gets the new pickleball paddle they want from Santa. Get in touch with Wayne Schmeck at wschmeck31@gmail.com so he can get your order in time for Christmas. Wayne has lots of paddles for you to demo, he is usually at the courts during ladder play, 1:00 PM weekdays.



*Lynn, Wendy & Cindy; Lincoln Hills brings home the gold from St. George*

Our General Meeting was held in November and three new board members were elected: Wendy Soars, Secretary, Cindy Pulliam, Publicity, and Lynn Fraser, Social. Congratulations ladies. Thanks for reading about pickleball in the *Compass* for the last two years, I will pass this job to Cindy starting in January.

If you are the last people on the courts please lock the cabinet and turn off the lights.

Our next meeting will be January 22, in the Ceramics Room (OC) at 2:00 PM. All



members are welcome to attend.

**Contact: Scott Sutherland 253-3997,**  
**swsuther@sbcglobal.net**  
**Website: www.lhpickleball.com**



### Players

The Players would like to wish you and your families a happy holiday season.

With the New Year around the corner, both the Readers Theater and Main Stage casts are in rehearsal. Both casts will be announced in the January edition of the *Compass*.

Neil Simon's "The Odd Couple" will be performed in the Orchard Creek Ballroom on March 5 and 6. See next month's issue for ticket information.

The first production of 2014 is the Readers Theater show featuring two One Act plays on Saturday, February 8 at 7:00 PM and on Sunday, February 9 at 3:00 PM. Both are in the P-Hall (KS) and admission is *free!*

For more information, either come to a meeting, or contact the member listed below. Try something new in 2014 — we would be glad to have you.

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 Fridays 1:00-4:30 PM in the Multipurpose Room (OC) or Fine Arts Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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

The Quarterly Hold 'em tournaments are open to all residents, first-come/first-served, as they usually fill up quickly with a 48-player cap. Our 2014 tournaments will be Saturday — January 11, April 12, July 12 and October 11. 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;**  
**Joe Frenna 543-8634**



### Rummikub

We proudly call ourselves "Rummikub-ers." We welcome Newbies, alone, or with your friends, to join our hassle-free Rummikub Club and become one of us. We meet on Wednesdays at 1:00 PM in the Card Room (OC). We provide the games and tables to teach anyone this easy-to-learn game. So, if you are looking for a fast action game, where the outcome is undecided until the last play, and with a never-ending variety of strategies and play situations, this is your game. Do come and join us.

**Contacts: Joan Cosme 622-5560; Xky Dixon 408-4240; Bette Ahrens 408-5325**



### RV

Officers for 2014 were installed at the group's Holiday Party December 13 in the Orchard Creek Ballroom. Rosie Eads is the new president, Betty Schumacher is vice president, Blance Eberhardt is secretary and Sharon McMillan is treasurer. Martha Chatoian will be the new membership chair.

The RVers had a fun night of dining and dancing. Members brought toys that were picked up by members of the Lincoln Fire Department — toys to become Christmas presents to needy children in Lincoln.

The group tried something new at its November meeting and held it in the Placer Room (KS) instead of the P-Hall (KS). That enabled them to socialize more, and enjoy wine, beer or soft drinks from the cafeteria across the hall. The group voted to hold quarterly meetings in the Placer Room in 2014. The other monthly (second Thursday, 4:00 PM) meetings will be in P-Hall (KS).

**Contact: Michael Genest 209-3370**  
**Website: www.lhrvg.com**



### SCOOP

#### Sun City Organization of Pooches

SCOOP's December 13 Holiday potluck party was well attended by SCOOP Mem-

bers/friends. There were lots of sing-alongs provided by *Wayne on the Piano*. Great food, prizes, and a no host bar were provided!

By acclamation, our new SCOOP Committee Members are: Pam Abad, Vicki Augenstein, and Ann Neeson who will fill the two positions of Co-leaders and Membership. Laurie Wermuth remains as Secretary and Deirdre Ryan continues as Treasurer.

A huge "thank you" to Mary Shelton, our Leader this past SCOOP year. Under her guidance, we've had many popular events, including Pooches on Parade at the OC Amphitheater, some great guest speakers, and patio breakfasts with our four-legged friends at Meridians, to name a few.

With the help of Pearl Chang, SCOOP & Neighborhood Watch have "teamed up" to expedite the process of notification of our lost pets. More information will follow.

Next Speaker Meeting: February 4 — details will follow.

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



### Scrabble

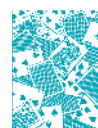
The Scrabble Club meets each Monday afternoon at 1:00 PM, in the Card Room (OC). We welcome all levels of play, and there is always room for new and "old" players. Typically, we have three tables playing. And, late arrivals may join in or await a new game around the 2:00 PM hour.

It is amazing to us that many small words are actually foreign words, but allowable in today's official Scrabble dictionary. Words like *avo*, *ka*, *kobo*, *li*, *oka*, *qi*, *suq* and *ti* are typical good hook-on plays. Everyone soon picks up these new short words, even if they forget what they mean. Part of the fun, is learning new words and keeping others guessing. The trick is to remember them.

Come join us for a game or two. Now that the weather is turning cooler, it is a good time to look for an indoor activity.

*Submitted by Candice Koropp.*

**Contact: Joan Spurling 505-5000**



### Shanghai

Wish to play cards in a fun group of four-to-five players?

Wish to learn a new game? Join us in playing Shanghai at Orchard Creek Lodge on Thursdays from 12:30-4:30 PM and on the second and fourth Friday nights at 5:45 PM. To learn, contact one of the names below.

**Contacts: Howard Beaumont  
408-0395; Chuck Kaul 408-4153**

## Singles

### Dynamic Singles

December is here and the activities committee has worked overtime to see that you have a good time at our parties and luncheons. As usual on Tuesday nights we have our Lets Dance at Meridians. It starts at 7:00 PM and is a drop-in event. The Hiking Group has started up again and hikes are planned for the second and fourth Wednesdays of the month. Our Singles Annual Pre-New Year's party will be held on Friday, December 27 at Kilaga Springs Lodge. Yester-Days-News will play for our dancing and drinking pleasure. Tickets are now on sale for only \$15 which includes dinner!! Call Carol Sexton at 408-3061 for tickets.

Don't forget to renew your membership. Either mail or drop off a check to Donna McDonald made out to Lincoln Hills Singles. Her phone number is 543-3489. To all — Have Happy Holidays and a Happy New Year!

**Contact: Linda Bacon 628-5158**

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

## Ski

A large turnout for our November general membership meeting made for some lively discussions as we brainstormed ideas to enhance members' enjoyment of club events at local ski resorts. As always, we will be coordinating weekly ride-sharing trips to the ski resorts. We also try out some new ideas, for example: expand our member roster information to include where members have their season passes or where they otherwise plan to ski (this could help form groups to ski together); coordinate the sharing/exchanging of friend/family discount lift tickets that many members have; charter buses to resorts that are just a bit far away for driving.

Our next general membership meeting is scheduled for January 21, 4:00 PM, in the Fine Arts Room (OC). The meeting agenda will be provided soon.

**Contacts: Mike Hilton, Sue Worrall,  
Bob Vincent 258-2150,  
lhskiclub@gmail.com**

## Softball, Senior League



Softball is entering its hiatus — those long cold months between the end of fall season and the beginning of spring Ball, a time to heal pulled muscles and aching joints and get ready to do it all over again.

It's when committees review ways to make the experience even better for recreational players and tournament teams alike — the time to reflect on how we do things, looking for the slightest improvements.

If you've ever considered joining one of the greatest groups in our community, now is the time to come visit, meet some of the players, ask questions, and share experiences from prior lives. Watch for announcements of our meetings and drop in to find out why over 200 seniors think it is such fun to push themselves to the max. Come join neighbors of all ages, from mid-50s to mid-80s, who share a love of America's past-time.

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

**[jhilton777@gmail.com](mailto:jhilton777@gmail.com)**

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

## Coyotes

Who in the world plays softball all winter long, regardless of the cold weather? Some of the "softball junkies" from the Coyote program, that's who. They belong to The Sierra League, a group of teams from around Northern California who want to keep up their competitive skills between seasons.

Every Thursday they compete for the sheer love of the sport, and the December 19, January 9 & 23, February 20, and March 6 & 20 games are at Del Webb Field. The level of play is top-notch — many players have been on National Championship teams — so if you don't want to wait until spring to watch a ballgame, come on out and enjoy yourself.

The Coyotes are a group of highly

regarded, age-specific teams and require tryouts for a position. Watch for notices of when they will be held and come see if you have the right stuff.

**Contact: Dave Rich, [richerino@aol.com](mailto:richerino@aol.com)**

**Website: [LHSSL.org/Travel Teams](http://LHSSL.org/Travel Teams)**



## Sports Car

We finished off the year with our Christmas party on December 12 at Catta Verdera Country Club, with live music by "The Free Styles" and in the same beautiful room as last year. What a wonderful time! The ladies of the club wrapped 165 little boxes to create wonderful table decorations, the dinners were really good, and we danced the night away.

Edy Ternullo will be our new president next year. We wish her good luck and look forward to another good year. Thanks go to Dave Steinkraus for his successful year at our helm.



*One of our wine tasting trips this year*

This year has been very active and fun for the club. We had trips to places such as the Delta, Napa, and Murphys. There were overnight trips to Pacific Grove, Pismo Beach and the Sierras. Thanks go to Tony Mason who coordinated all the trips and Kathy Mason for the social events.

**Contact: DiAnn Rooney 543-9474,**

**[dlrooney@mac.com](mailto:dvrooney@mac.com)**

**Website: [LHsportscars.com](http://LHsportscars.com)**



## Square & Round Dance

### Sun City Squares

The Square Dance Club Holiday Party was a great time for all. The new officers for the Square Dance Club were installed. All club members are looking forward to a new year of activities and fun...

Call Louis or Wanda 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:

- Basic/Mainstream 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: Louis Bobrowsky 434-5932**  
[louisbobrowsky@yahoo.com](mailto:louisbobrowsky@yahoo.com);  
**Wanda Gentry 409-9002**  
[wanda.gentry@att.net](mailto:wanda.gentry@att.net)



### Table Tennis

It is now the middle of December and a time for reflection. Table Tennis this year was quite rewarding. New residents started play and our strong core of regulars, many of whom play at all sessions. The Table Tennis Group enjoyed a summer picnic at our Sport Pavilion and a Christmas and holiday party held at Mimi's restaurant in Lincoln. Thanks to George Porzio and Valerie Green for organizing these "events." Kudos to the Table Tennis Board led by President Marc Fong. Marc emphasized that the main goal of our play was to have fun and enjoy one another. A special thanks also to Robert Grittner and Tim Frank. These two are passionate about table tennis and assist all players to develop their skills.

Table tennis will resume in January at Kilaga Springs Lodge on Sundays (12:30-5:00 PM), Tuesdays (6:00-9:00 PM) and Fridays (8:00-11:00 AM).

**Contact: Ed Rocknich 434-1958,**  
[rocknich@yahoo.com](mailto:rocknich@yahoo.com)



### Tap Company

The Lincoln Hills Tap Company is setting its sights on its blockbuster April 2014 show, "Remembering Rosie," written and directed by Paul & Peggy Schechter. While American men were engaged in battle in 1942, *Rosie the Riveter* (to be played by Janet Becker) became symbolic of women taking jobs in war production. This show will honor these heroic women as they leave civilian jobs and adjust to factory life against the background of the period's popular music including "In the Mood," "Boogie Woogie



"Rosie"

Bugle Boy," and many more. Mark your calendars for April 3-5.

The Lincoln Hills Tap Company will be starting a new beginner's class in January. Come out and join us in this fun-filled activity that provides both physical and mental exercise. If anyone recruits a new beginner they will receive a handmade prize from our President, Janet Becker. See how many prizes you can collect.

**Contact: Janet Becker 543-3493,**  
[beckerjm1962@gmail.com](mailto:beckerjm1962@gmail.com);  
**Natalie Grossner 209-3804,**  
[natalie\\_g@msn.com](mailto:natalie_g@msn.com)



### Tennis

Our annual dinner dance was held November 7 at the Rock Hill winery in Loomis. The event featured dinner, dancing and wine barrel tasting. One hundred and one members and spouses were treated to fine music from a live blues band and a fine dinner buffet.

Our yearly Christmas Luncheons were held on December 5, men gathered at Old Town Pizza and the ladies at Catta Vadera.

The election for our new board of directors was held at our General Meeting on December 10. They will take over the first of the year.

To renew or join our club, please use the form found on the Tennis Group website <http://sclhtg.com>. Annual dues are \$12.

*Please note:* Social drop-in time is changing for the winter months. Sessions will now be held on Wednesday and Saturday from 9:00 to 11:00 AM open to all residents of Lincoln Hills.

*See the Tennis Group article on page 15.*

**Contacts: Pat Campbell 543-0618,**  
[patacam@gmail.com](mailto:patacam@gmail.com); **Sharon Klotz**  
**543-6950, [tennislady@yahoo.com](mailto:tennislady@yahoo.com);**  
**Website: <http://sclhtg.com>**



### Vaudeville Troupe

*Tickets on sale:* SCLH's "outrageously entertaining" Vaudeville Troupe returns for their sixth year on January 10-11 to the "Cabaret-style" stage of the Presentation Hall (KS) to present their Old-Time Vaudeville/Variety Show, "The Cavalcade of Stars." This high-energy, non-stop action extravaganza provides performances that are original, fast-paced, and never fail to dazzle!! Enjoy hilarious comedy skits, fabulous vocalists, talented musicians and fantastic dancers; there are always surprises in these shows so get ready for some genuine theatrical entertainment! The Tribute features: "Music of the 50s and 60s"... including a "Mini-



*Vaudeville's Tribute: "Music of the 50s and 60s" featuring a fantastic "Mini-Tribute" to Elvis! Don't miss this show!*

Tribute to Elvis"... You will not want to miss this show! You'll recognize many numbers from the "Good-Old Days" of Malt Shops, Juke Boxes and Hot-Rods. Shows on January 10 and January 11 — 2:00 PM and 6:00 PM both days — always a sell-out! Purchase tickets today at the Activities Desks ... don't wait too long as there is assigned seating. Tickets \$12.

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

## Veterans

A standing-room-only crowd turned out for the annual Veterans Day ceremony in the OC Ballroom on November 11. The celebration began with the placement of a wreath next to the veterans' memorial monument by the OC Lodge main entrance. Patriotic music



Annual Veterans Day Wreath Laying 2013

by the Roseville Community Concert Band followed. The formal ceremony began at 11:00 AM. It recognized veterans of all wars, explored the origin of the Tomb of the Unknowns, recognized Lincoln schoolgirls who raise money for the VA healthcare system, and honored others who contribute to the welfare of active troops and veterans.

Every year since 2006, the Veterans Group has placed a commemorative wreath next to the veterans' memorial monument outside the main entrance to OC Lodge. This year's wreath was placed by, from left, Walt Green, Jon Hodson, Doug Cooper, 2013 President Roger Espiritu and 2014 President Malcolm Singer.

**Contact: Roger Espiritu 543-0395, usn2100@sbcglobal.net;**  
**Website: lhvets.org.**



## Water Volleyball

Our annual Christmas party was Saturday, December 7. There was lots of good food and entertainment and the new steering committee members were introduced.

Come join us in the pool at Kilaga Springs Lodge any time. Water volleyball is open to all residents of any skill level. We have open play as well as competitive (advanced) play. Training is also available monthly.

Don't forget our new play times on Wednesdays. There are now two sessions, open play at 5:30 PM and advanced players at 6:45 PM (up to six sessions available each week!). See you in the pool!

Play available (KS):

Open Play (all levels): Saturdays 9:00 AM; Mondays, Wednesdays 5:30 PM.

Advanced Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:30 PM.

Training: Third Mondays 5:30 PM.

**Contacts: Steve Parke 543-0067, stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net**  
**Website: www.lincolnsuncity.org/residents**

## West Coast Swing

We wish all of you and your families a wonderful holiday season and a healthy and peaceful New Year, with lots of Dancin' in the mix.

We are on holiday break until February and hope to see all of you on the dance floor during the holidays, and in 2014!

Happy Holidays!

**Contact: Dottie Macken 543-6005, justdottie@sbcglobal.net; Bob Roman 543-6618**

## Woodcarvers

Woodcarver's Focus: Santa's Helpers. It's that time of the year when all the chips are down for Santa... when the Lincoln Hills Woodcarvers turn their attention to all sorts of Christmas ornaments and gifts for friends.

This shared interest group meets every Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS).



Lincoln Hills Woodcarvers turn their attention to Christmas ornaments and gifts for friends

Dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools, The Lincoln Hills Woodcarvers also focus on developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and a large support library are also available for members. Visitors are always welcome. Stop by, look around and chat a bit. Remember, Woodcarvers never die... they just keep chipping away!

Happy Holidays and the best to all in the New Year.

**Contact: John Russell 543-6091, je\_russell62@hotmail.com**  
**Website: www.SCLH Woodcarvers.blogspot.com**

## Writers

Beverly Deen has just published *Pecans and Magnolias!* She wrote her memoir because, "It's important to me that people know their family history. I decided to share what life was like growing up in Central Florida in the thirties."

Bev joined the Writers Group two years ago. "I quickly made new friends and encouragement at the meetings."

She completed her manuscript in November but was clueless about how to proceed. "I had almost decided to go to Staples and have the memoirs printed and put into a binder."

Then fellow writing member Leo Craton, author of *California Boy* and *California Boy 2*, offered help. "He took me under his wing, spent hours of effort formatting the text and pictures, did his computer magic and voila, *Pecans & Magnolias* is now available on Amazon. What a won-



Beverly Deen

derful Christmas gift for my family! If anyone has even the slightest inclination to write, SCLH Writers Group is the place to be!"

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

**Contacts: Linda Bello-Ruiz 543-7952, [Imbelloruiz@gmail.com](mailto:Imbelloruiz@gmail.com); Leo Craton 543-9012, [cratonl@att.net](mailto:cratonl@att.net)**

### Authors & Writers Resource Group

The A&W Resource Group members have been busy promoting their books. Four authors traveled to neighboring Sun City Roseville for a Meet the Authors event on November 19. Eight authors held a second Meet the Authors book event at SCLH on December 7. And eight authors spoke at and presented their books to a large group of residents at Del Webb/Glenbrook in Elk Grove. We would like to say "Thank You" to all who

have attended our events.

We wish you all a wonderful holiday season and a very happy New Year.

We will resume our group activities in January. The SCLH A&W Resource Group meets monthly to encourage and support each other on the road to editing, publishing and promoting our books. Contact Linda (below) for date/time/place.

**Contacts: Linda Bello-Ruiz 543-7952, [Imbelloruiz@gmail.com](mailto:Imbelloruiz@gmail.com); Leo Craton 543-9012, [cratonl@att.net](mailto:cratonl@att.net)**

## In Memoriam

### Joyce Chazen

A gentle, peaceful woman, Joyce was raised in Buffalo, New York. When she met and married her husband, she knew her life would be an adventure. They moved out West where they raised three sons. Joyce got her master's degree in Occupational Counseling and had leadership roles in Biofeedback and Stress Management, Suicide Prevention and a Crisis Call Center. She cared for others, even taking them into her home. She also volunteered for charitable and political causes and still found time to travel. Joyce was preceded in death by her husband of 52 years, Marshall. Besides many friends, she is survived by her three sons and four grandchildren.

### Joey Chisesi

Born in Chicago, Joey became a musician, producer, writer, journalist and businessman. He served in the US Navy in WWII and as President of the Lincoln Hills Veterans Group in 2012. He also was a local musician who served our community many times with his piano skills. Joey is survived by his wife of 15 years, Catherine, his seven children and seven grandchildren. He was preceded in death by his late wife, Joan. He will be dearly missed by his family and many friends.

### Mary Ellen Unzelman

Mary Ellen was born in Seattle, graduated with a degree in Nursing and worked in the Navy Nurse Corps during World War II. Later she received her master's degree

in Psychiatric Social Work and started a new career. She became Area Director for the Girl Scout Council, and was involved with the PTA, Red Cross and the Catholic Church. She and her husband, George, traveled extensively. Her hobbies included bridge, oil painting, jewelry making, Irish Belleek Pottery collecting and photography. Mary Ellen was a member of the Gem and Mineral Society and the Social Bridge Group. She battled breast cancer and macular degeneration, but kept on going. She is survived by her husband, two children, and grandchildren.

### Bessie Eugenios

Bessie has fought the ravages of Alzheimer's Disease for over 13 years with the love and devotion of her daughter, Marina, and caring friends and caregivers. She enjoyed music, singing and dancing and was a talented pianist, learning that instrument in her 60's and becoming very proficient. She was born in Iowa nearly 86 years ago to Greek immigrant parents and she spoke, read and wrote Greek fluently. She passed away peacefully in Marina's home with a beautiful smile on her face.

### Paul Forrest Mooney

Paul was born in San Antonio, Texas, 92 years ago. A Veteran of WWII, Paul is survived by his wife Madeleine of 69 years, his three sons, his granddaughter and his two great granddaughters. Paul was a very active person and loved fishing, boating,

cruising, golf, gardening and traveling with his wife in their RV. He was an avid yachtsman and was especially fond of the cruises that he, Madeleine and their little dog Jason took to Mexico. He will be greatly missed by all who knew him.

### Margaret Alma Reed

Alma was born in Lancashire, England. She studied secretarial procedures and worked at the Royal Air Force Station where she met her US Air Force husband, Bob, who was stationed in England. They married and moved to California where she enjoyed her job at Semtech Corporation in Newbury Park for 27 years. Alma and Bob shared a love of Classical Music, which began on their first date. She also enjoyed almost 14 years in Lincoln Hills.

### Richard Schultz

A Native Californian, Dick spent 20 years as a United States Air Force officer and a professional pilot. He also received a Nursing degree and his USAF commission as a Second Lieutenant in 1972. While assigned to the Mather AFB Hospital as a pediatric nurse, Richard met and married the love of his life, Shirley. Dick was also a commercial pilot and flight instructor. Later he served as the Curator of the March Field Air Museum and is past President of our Veterans Group, and an active member of the RV and Travel Groups. Dick is survived by his wife of 38 years, and four children from his former marriage, eight grandchildren and four great-grandchildren.

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## Bulletin Board

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

### Italian Club (LHIC)

It's almost time to "get crackin'." The LHIC will hold its first event of the new year – the annual Crab Feed, Friday, January 17, at McBean Pavilion. A social hour will start at 6:00 PM followed by dinner at 7:00 PM. Contact Jennifer Lauchner at 543-2858. Don't miss out on this tasty feast. "Membership Matters" the drive to enlist new members is gaining momentum. An energetic committee met in mid-November to roll out a plan. With word of the campaign now underway, the club already has enlisted many new members. Thank you to those who donated canned goods at Turkey Bingo and items for "Toys for Tots" at the Christmas party. Grazie! Are you a Sun City Lincoln Hills resident of Italian heritage? Join us for fun and friendship. Club info and future events: [www.lhitalianclub.org](http://www.lhitalianclub.org) or Marie Berlenghi, membership chair, at 543-3731.

### Lincoln Hills Foundation

Last minute gift? What better to give to your hairdresser, mailperson, or gardener than a DineAroundShopAroundLincoln book of discount coupons from the Lincoln Hills Foundation? A perfect way to say "Thank You" for their good service, plus the proceeds go to making the

### It's the Law

Douglas Thom



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## You are invited to attend...

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

Tuesday, January 7 • 10:30 AM: Nautilus Society, Oaks (OC)

holidays a bit brighter for area seniors. Orders and free delivery: Dan Larsen, 543-0000, or Dave Hathaway, 408-0228. Happy Holidays to all from The Lincoln Hills Foundation.

### LH Travel Group [www.lh-travelgroup.com](http://www.lh-travelgroup.com)

There is no meeting in December. The holiday party replaces the meeting. The next meeting is Thursday, January 16, 7:00 PM at Kilaga Springs Lodge. Guest presenter: Collette Vacations District Sales Manager, Jay Fehan. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler — 543-3349 or [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier — 434-8266 or [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins — 434-9504 or [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret — 408-0554 or [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck — 543-0990 or [judy@starstream.net](mailto:judy@starstream.net).

### Open Play

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

### Parkinson's Disease Support Group

The speaker was George L. Johnston who spoke briefly on points gleaned from his attendance at the Third World Parkinson's Congress in Montreal Canada. He was diagnosed with PD at age 43 and has written a book titled, *The Unexpected Journey-Living on the Edge of Life's Promises*. George began by stressing three points: Add distance or minutes to your exercise routine; eat healthy; and

fight the tendency to withdraw — stay active, join a support group. Noted at the Congress was the use of "posters" to convey scientific information. Of note were posters on Prescription Research, Diagnosis/Treatment, Shared Decision Making and Patients Age and PD Development. He said, "We are participants not just patients." He spoke of the need for being responsible for someone other than oneself — a pet, and the need for maintaining personal happiness by displaying current photos (six months or less). Thank you George.

### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

### Republican Club

Congressman Tom McClintock and District 7 Congressional Candidate Igor Birman will speak at the Sun City Lincoln Hills Republican Club meeting on Tuesday, December 17 at the Presentation Hall (KS). Doors will open at 6:30 PM with speakers at 7:00 PM. This will be an opportunity to speak to the Congressman and to meet his former Chief of Staff, Igor Birman, who is running for the congressional seat in neighboring District 7. Congressman McClintock will speak to us about what is going on in Washington and can answer your questions. Candidate Birman will tell you his story of coming to the US in 1994 with his parents and younger brother as a 13-year-old. Everyone is invited no matter political preferences!

*Continued on page 43*



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Orchard Creek Lodge**



**Golf Cart  
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(City of  
Lincoln)  
at OC Lodge  
Thursday,  
December  
19, and  
January  
2 & 16 at  
9:00 AM**

**Golf cart inspections** are required every two years. Please obtain an application and requirements from the OC Business Office (next to the Activities Desk (OC). Inspections are done by the Lincoln Police at OC Lodge the first and third Thursday.



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Continued from page 39

### Shooting Club

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 encour-

aged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the winter months we meet at 9:00 AM. For shooting sched-

ule hours, please contact John Kightlinger at the phone number or email below. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger at 408-3928 or johnnpat@sbcglobal.net.

## Community Perks

### Annual Holiday Open House & Community Celebration

Monday, December 16 — Free

1:00-3:00 PM, OC Ballroom. Join us to enjoy the beautifully decorated Lodge, light refreshments and holiday music and visit with your neighbors. A list of decorated homes in SCLH will be available at the Open House.



### KS at the Movies: "Avatar"

Monday, January 6 — Free

PG-13, 162 minutes. Action/Adventure/Fantasy. Starring Sam Worthington, Zoe Saldana and Sigourney Weaver directed by James Cameron. Doors open 1:00 PM for 1:30 PM screening.



### Document Destruction

Monday, January 13

9:30-11:30 AM, OC Fitness Center 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!



### e-Waste Recycling

Tuesday, January 14 — Free

9:00 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 unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We will offer this service twice a year. The list of acceptable electronics for recycling will be available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!



## Community Forum

Continued from page 5

- "State of Placer County" — 2ndCupofCoff/Supervisor Weygandt (KS/PH)
- "Andy's First Death" — Petro (KS/PH)
- "Snakes, Again: Facts, Fiction & Myths" — Rich, Parks, Liebgold
- "Race Back To Space" — Astronomy/Poppenreiter, NASA ambassador
- "Senior Driving Update" — Locher/DMV Sr. Ombudsman, Lewis/Advocate
- "Embracing Association Lifestyle" — 2ndCupofCoff/Jeanne Balcombe (KS/PH)
- "Fight the Bite—West Nile Virus Update" — Buettner/PCVMC (KS/PH)
- "Gold Rush-California and Klondike" — Gary Kurutz/CA State Library
- "Transnational Financial Crisis Investigations" — Veterans/Dortch (KS/PH)
- "'73 Roseville RR Explosion" — Wally Wilson/ret.SP RR (KS/PH)

## Finance

Continued from page 9

We had 229 homes with past due assessments of \$122,500 at month end compared to 237 homes and \$126,500 at the comparable month of July.

If you have general questions or need information on the above, I may be reached at [finance.committee@sclhca.com](mailto:finance.committee@sclhca.com).

The monthly and year-to-date financial statements are available on the Association's website under Library/Financial.

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

## SCLH Classes

Continued from page 13

a class is announced. We are obliged to meet a minimum number of students per instructors' contracts, and have to cancel a class that falls short. This allows us to open up the facility for some new classes. (Check out all classes starting on page 56.)

**Doug:** If residents have questions, may they contact you?

**Betty:** Sure! If you have a class or an instructor in mind, feel free to contact me by email at [Betty.Maxie@sclhca.com](mailto:Betty.Maxie@sclhca.com) or at 408-7859.

If you haven't tried a class before, it's not too late! Not only will you discover something new within yourself and meet new friends, but classes also provide learning, exercise, and socialization.

LINCOLN  HILLS

# NEW YEAR'S EVE

## ROARING 20'S CELEBRATION

**TUESDAY, DECEMBER 31 AT ORCHARD CREEK LODGE**

**Ballroom — 5031-14B | Meridians — 5031-14M | Pre-Function — 5031-10P**  
**Solarium — 5031-14S | Entertainment Only — 5031-14E**

Ring in the New Year with fun and folly by going back in time to the Roaring Twenties. Guys and Dolls will enjoy a customized party experience including swanky music and entertainment. Reminiscent of *The Great Gatsby* and straight from the Speakeasy, select your favorite party room location.

Pick an entrée from our expanded six-choice menu and enjoy free-flowing champagne at midnight. Toast the New Year as a dazzling Amphitheater fireworks display lights the night sky.

The sparkle and shine of this 1920's soiree will come alive after dinner when everyone will experience DJ Tom in the Ballroom, the Royal Society Jazz Orchestra ensemble live in the Meridians Restaurant, 20's silent movie and theme shorts screening in the Community Living Room and flash images in the prop photo booth. If you choose to dine in the Ballroom, Bootleg Boulevard opens a door to intrigue and crime with the Gibson House Murder Mystery Dinner Show. Guests seated for dinner in the Pre-Function, Meridians and Solarium will be serenaded by the Royal Society Jazz Orchestra's Don Neely Jazz Quintet featuring Carla Normand. No matter where you are seated, watch your every step down Roaring Roadway as you may run into Flappers from Buggy's Jazz Club or a group of Gangsters heading to Machine Gun Alley.

Come as you are, or join in the 20's theme and dress as a gangster, flapper or silent screen star.

The Secret Password to get into the Speakeasy is "Bathtub Gin" and further instructions will be posted at a later date.

New this year, for those who do not want to have dinner, join the soiree from 9:00 PM-12:30 AM to enjoy the entertainment and fireworks with our Entertainment Only ticket for \$40. Reserved seating not available with Entertainment Only tickets. Tailored dinner options start at only \$82 per person.

- Ballroom and Solarium Guests, doors open 6:45 PM, show 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.
- Guests may select their tables during registration on first-come, first-served basis. If you are purchasing a table for your group, provide seating location with their entrée selections at time of registration.
- Tickets required for entry. No refunds or exchanges.
- Guests that purchase online can pick up their tickets between December 28-30 at Orchard Creek Lodge.
- Complete menus available at the Activities Desks with pricing and dinner selections.



**Tamara Coil**  
Lifestyle Entertainment Coordinator  
tamara.coil@scfhca.com

## Entertainment

### —Club Performance—

#### Vaudeville Troupe – “The Cavalcade of Stars”

Friday, January 10, 2:00 PM Show — 5210-11A

Friday, January 10, 6:00 PM Show — 5210-11B

Saturday, January 11, 2:00 PM Show — 5210-11C

Saturday, January 11, 6:00 PM Show — 5210-11D

Lincoln Hill’s popular and “outrageously entertaining” Vaudeville Troupe returns for their sixth year of entertaining audiences at the “Cabaret-style” stage of Presentation Hall (KS). Presenting their old-time Vaudeville/Variety Show, known as “The Cavalcade of Stars,” this high-energy, non-stop action extravaganza provides performances that are wildly original, fast-paced and never fail to dazzle guests. Sit back in the comfort of the Presentation Hall (KS) and be entertained with hilarious comedy skits, fabulous vocalists, talented musicians and fantastic dancers. The Vaudeville Troupe engage and interact with the audience, so prepare for fun surprises and some genuine theatrical entertainment! The Troupe will proudly feature a Tribute: “Music of the 50s and 60s”... including a “Mini-Tribute to Elvis”... You will not want to miss this show! Everyone will certainly recognize many numbers about the “Good-Old Days” of Malt Shops and Hot-Rods. Four shows only that always draw sell-out crowds. Assigned seating by row and seat number is available in the P-Hall (KS) so there is no need to wait in line on the day of the show. P-Hall (KS). Shows at 2:00 PM and 6:00 PM. General admission \$12.



### —Comedy—

#### Comedy Night at KS: Mark Pitta

Monday, December 16

6:00 PM performance — 5116-10A

8:00 PM performance — 5116-10B

Mark Pitta is a national headliner coming from the fervent San Francisco comedy scene of the 1980s. After moving to Los Angeles, Mark’s career flourished, fulfilling his dream of appearing on The Tonight Show with Johnny Carson and Jay Leno. Mark has made guest appearances on Mad About You and Third Rock From the Sun. For *Comedy Central* Mark has appeared on Premium Blend, The A-List, Dr. Katz and Make Me Laugh. A favorite on the comedy club circuit, Mark has also opened for Chris Issak, Paul Anka, Kenny Rogers, Olivia Newton John, Smokey Robinson, and Rick Springfield. P-Hall (KS). General admission \$12.



#### Comedy Night at KS: Jeff Applebaum

Monday, January 6

6:00 PM performance — 5206-11A

8:00 PM performance — 5206-11B

Jeff Applebaum’s comedy examines his particular life experiences, which include being the only white kid on his Little League team in Queens, having a Chinese wife who orders from take-out menus in fluent Mandarin, and raising a teen son who calls himself “Jewnese,” because he says it sounds better than “Chine-ish.” Jeff recently made his national U.S. TV debut on CBS as a comedian on the “Late Late Show with Craig Ferguson.” Over the past 20 years he has also appeared on “Comedy.TV,” Byron Allen’s nationally syndicated Entertainment Studios program, “ABC-TV,” and opened for and performed with comic legends Robert Klein, Richard Lewis, Robin Williams, Kevin Pollak, Jake Johannsen, and more. Jeff is also credited and appears in the blockbuster film “The Pursuit of Happyness,” starring Will Smith. P-Hall (KS). General admission \$12.



#### Comedy Night at KS: Steve Barkley

Tuesday, February 18

6:00 PM performance — 5218-12A

8:00 PM performance — 5218-12B

Chicago Steve Barkley is a 30-year veteran of stage and screen, winning 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 many others. Steve has shared the stage with Jerry Seinfeld and Robin Williams, and his television credits include: Showtime’s Comedy Club Network, A & E’s Evening at the Improv, and ABC’s Foul Ups, Bleeps and Blunders. Residents enjoyed Chicago Steve during his appearance in early 2012. P-Hall (KS). General admission early registration discounted rate December 17-January 14, \$10. After January 14, \$12.



### —Concerts—

#### “Motown Holiday Revue” — A Holiday-themed

Concert Motown Style with Top Shelf

Thursday, December 19 — 5119-10

Take a hit-filled musical journey through the sounds of Motown with a holiday flare. Resident favorite Top Shelf presents a special program featuring Motown versions of holiday classics and songs from Stevie Wonder, The Temptations, The Four Tops, Smokey Robinson... and many more! From the early days of Motown to the ‘80s, Top Shelf’s wonderful harmonies and unique live performance will dazzle you. The band has performed nationally and interna-



*Continued on page 46*

tionally since 1991, from San Francisco to Europe, becoming a Bay Area musical and entertainment cornerstone. Ballroom (OC) 7:00 PM. General admission \$18.

### SuperHuey Concert

Thursday, January 16 — 5216-11

The heart of rock 'n' roll is still beating! Huey Lewis and the News have carried the banner as the quintessential American rock band, endearing them to millions of fans and earning them the right to mark their place in pop music history. With a nearly unbroken string of hit songs, their music became the sound track for a generation. During the 1980's and early 1990's they scored a total of 19 top-ten singles across the Billboard Hot 100, Adult Contemporary, and Mainstream Rock charts. SuperHuey is the ultimate Huey Lewis tribute experience with an eight-piece band that has exploded across the United States thrilling audiences of all ages at fairs, festivals, arenas, sporting events and showrooms. Their super high-energy faithful renditions of feel-good music will take you back in time with: "The Power of Love," "Heart of Rock 'n' Roll," "Hip to be Square" and "Workin' for a Livin'." Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$22.** General admission \$19.



### "Hollywood" with Franc D' Ambrosio – A Broadway Concert

Tuesday, January 28 — 5228-11

We bring back Broadway's longest running "Phantom," Franc D' Ambrosio, with his Broadway show "Hollywood," featuring music from the 50's and 60's silver screen. 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 ac-



cepted 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 comes back after his holiday show in 2012 to wow you with the tunes of Hollywood. Featured at famed Rrazz Room in San Francisco, don't miss this amazing performer. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$23.** General admission \$20.

### KS Music Night Presents "In the Spirit of John Lennon" with Drew Harrison

Thursday, February 6 — 5206-12

Back after two sold out performances in 2013, don't miss this amazing music tribute to the legendary John Lennon. Singer-songwriter Drew Harrison is a rare artist with the ability to translate life into song with his passionate, honest and intense style. As a solo artist, he has performed in Europe, South America, and in the States for artists including Richard Thompson, Lyle Lovett, and Steve Miller to name a few. Drew debuted The Plastic Fauxno Band who presented "Love Is the Answer – The Concert for John Lennon" in 2010 to a sold out crowd in San Francisco. The two-and-a-half-hour concert for John Lennon was presented as the concert John might have performed had he toured in 1982. The program will include hit songs such as "In My Life" and "Imagine." When Drew is not performing solo, he is a lead singer in the Sun Kings band. P-Hall (KS) 7:00 PM. General admission early registration discounted rate December 17-January 14, \$13. After January 14, \$16.



### The Saxophobia Quartet Tuesday, February 25 — 5225-12

Take a musical journey and gain a rare glimpse at some of the most unusual saxophones ever made as you enjoy a



## Reminders

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 98.

• **Two Lodges:** Orchard Creek (OC) & Kilaga Springs (KS)

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

• **Want to sell?** Contact the Activities Desk (OC/KS) if unable to attend an event, trip or Activities Department class.

• **RSVP Date** ♦♦: If RSVP date is shown, up until that date, registration for Trips, Events, and Classes are for residents only, two per household. After 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 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 seven 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.

• **Weather:** Association trips & events are held regardless of inclement weather.

• **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from

tribute to the legendary artists who gave the sax its unique voice in jazz. Rob Verdi's "Saxophobia" Quartet will bring over ten different instruments to our stage for an up-close view of a tiny curved soprano (smallest sax in the world), slide sax, conno sax, plastic alto, straight tenor, and even a 6 1/2' tall contrabass saxophone. With piano, bass and drums, the program will explore classic jazz melodies associated with this warmly embraced musical instrument. Hear amazing sax selections of "Yakety Sax," "Tequila," and "Pink Panther," with a mixture of history and perspective about the sax. Rob has been a featured soloist with the Phoenix Symphony and performs with the Disneyland Resort house jazz band, Side Street Strutters. Rob's 2011 performance left residents in awe, so don't miss this return engagement! Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$20.** General admission early registration discounted rate November 17-December 14, \$13. After December 14, \$16.

**"Have A Little Faith" –  
A Broadway Concert with Faith Prince  
Friday, March 14 — 5014-12**

With her most recent role of Mrs. Hannigan on Broadway, Tony Award winner Faith Prince dazzles audiences as she moves between theater, live performance, television and movies. "An opening medley from "Guys & Dolls," "The King & I" and "Bells Are Ringing" is followed by gems like "Little Shop Of Horrors" and "Scrambled Feet." Faith, serves it all up with dollops of her trademark quirky humor. She has been astounding Broadway audiences since winning the Tony, Drama Desk and Outer Critics Circle Awards for her performance as "Ms. Adelaide" in "Guys & Dolls." Other Broadway credits include "The Little Mermaid," "Nick & Nora," "Little Me," "The Dead," Noises Off and "Billy Elliott." Faith currently recurs on Lifetime's hit series "Drop Dead Diva" as Brooke Elliott's mother Elaine. She works often with The



Boston Pops, Utah Symphony, Cincinnati Pops and Philly Pops, and recently starred in The Orlando Philharmonic's concert version of "Sweeney Todd." Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$23.** General admission early registration discounted rate December 17-January 14, \$16. After January 14, \$19.

**—Grandkids Activities—**

**Grandkids Santa Adventure — Sold Out  
Sunday, December 15**

**—Shows—**

**"Two To Fly" —  
A Contemporary Circus and Aerial Show  
Friday, February 14 — 5214-12**

The art of circus and the heart of Big Apple performance comes together to create a contemporary circus extravaganza and aerial show. Joshua Dean and Ben Franklin are "Two To Fly," showcasing a variety of circus arts including solo and duo trapeze, aerial fabric, rope, spanish web, lyra, duo acrobatics, cube spinning, and more. Dean and Franklin are a seasoned performing team having toured the world in various forms of performance from Broadway to Dance Companies to Cirque-style entertainment. They have performed alongside celebrity artists such as Kelsey Grammar, Brian Dennehy, Patrick Cassidy and in world-renowned venues such as Lincoln Center, Boston Center For the Arts and most recently aboard Norwegian Cruise Lines. Don't miss this production as it takes flight to provide a one-of-a-kind night of entertainment with a few Valentine's inspired elements. Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$24.** General admission early registration discounted rate December 17-January 14, \$17. After January 14, \$20.



*Continued on page 49*

**Reminders**

wearing perfume, cologne, and scented bath & body products. Many have serious allergies exacerbated by scents.

• **Showtime:** For Entertainment, doors open 30 minutes prior to showtime unless noted.

• **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows. Seats located on *stage right (section A)* and *middle front (section B)*.

• **Events that Include a Meal:** Ticket sales for Entertainment that includes a

meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.

• **Special Accommodations:** We strive to make each event an enjoyable experience. For special accommodations, please inform the Monitor during registration. For **Entertainment**, 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 OC Fitness Center unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

• **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.

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**Katrina Ferland**  
Lifestyle Trips Coordinator  
katrina.ferland@sclhca.com

## Day Trips

### —Casino/Racing—

#### Red Hawk Casino

**Tuesday, January 28 — 1942-11**

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 guests a \$15 gaming credit or \$20 in match play. Be sure to bring your personal identification to receive your Rewards Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ♦♦ Now.



#### Newly Remodeled! Colusa Casino

**Thursday, February 20 — 1950-12**

Visit the newly-remodeled Colusa Casino, a resident favorite. Enjoy a great view of the world's smallest mountain range, the Sutter Buttes. Receive casino credits: New members \$25; Current members \$10, Premier \$15 and Elite \$25. All residents and their guests over 50 years of age will receive additional slot and/or food credits depending on the casino promotion for February. Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$21. RSVP ♦♦ by 1/15.



### —Fair/Festival—

#### Cornish Christmas

**Friday, December 20 — Sold Out**

Recapture the spirit of Christmas past amid the charming surroundings of historic downtown Grass Valley during the annual Cornish Christmas Celebration. Started in 1967 as a way to preserve Grass Valley's Cornish heritage and holiday traditions, Cornish Christmas remains a very popular event. The streets are filled with lights 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 on display. Delicious food and drinks available from restaurants and specialty food vendors. This evening trip will tickle all your senses. Depart OC 4:30 PM, return ~ 10:30 PM. \$22.



#### Chinese New Year — San Francisco

**Sunday, February 16 — 1921-11**

Come celebrate the Year of the Horse in San Francisco's Chinatown. Enjoy a Chinese family-style lunch at The Garden Restaurant followed by a short walk



to the largest Buddhist church in America, Buddha's Universal Church, for a performance of "A Tangled Web We Weave." Set in ancient China in Professor Ming's mansion, enjoy humorous wit in bilingual prose and song, graceful dance and an elaborate traditional Chinese wedding! The Chinatown Community Street Fair will also be in full-swing, you'll be given free-time to peruse. Be aware streets will be crowded. Depart OC 9:00 AM, return ~ 8:00 PM. \$63. RSVP ♦♦ Now.

### —Museums—

#### Crocker Art Museum

**Tuesday, February 25 — 1760-11**

Join us for a docent-led tour of the museum which includes Sam Francis' Five Decades of Abstract Expressionism from California Collections and the first museum exhibit of California artist Jules Tavernier, the artist's entire paintings and works on paper. Other Crocker exhibitions include Warren MacKenzie Ceramics and Crocker's permanent collection of more than 15,000 works of art. Lunch on your own at Crocker Cafe. Limited to 40 people. Depart OC 10:00 AM, return ~ 4:00 PM. \$34. RSVP ♦♦ Now.



#### deYoung Museum: "Modern Nature — Georgia O'Keeffe and Lake George"

**Thursday, March 13 — 1764-12**

From 1918 until the early 1930s, Georgia O'Keeffe lived for part of the year at a 36-acre property situated just north of Lake George Village, along the western shore of this 30-mile long glacial lake in the Adirondack Mountains. Despite the fact that the Lake George work was critical to Georgia O'Keeffe's development of her signature style of modernism and abstraction, this is the first major exhibition and publication devoted to this period in her career. You'll also have the opportunity to enjoy the exhibit "The Bay Bridge: A Work in Progress, 1933-1936." For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:15 AM, return ~ 6:00 PM. \$60. RSVP ♦♦ by 1/15..



### —Performances—

#### Forever Tango

**Saturday, January 4 — Cancelled**

"Forever Tango" at the Harris Center for the Arts in Folsom (formerly Three Stages) features 14 world-class tango dancers, one vocalist and



*Continued on page 51*

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an 11-piece orchestra, in a show that celebrates the passionate music and dance of Argentina. The dances are performed to original and traditional music. "The tango is a feeling that you dance," says Luis "Luis" Now director. It's passionate, melancholic, tender, and violent at the same time. You dance it with somebody — but it is so internal, you dance it by yourself. The tango may be Argentina's best known export! Leave OC at 12:30 PM, return ~ 5:30 PM. \$83. )

### Swan Lake — The Moscow Festival Ballet Company Wednesday, February 5 — 4610-11

Founded in 1989 by legendary principal dancer of the Bolshoi Ballet, Sergei Radchenko, the Moscow Festival Ballet Company brings together the highest classical elements of the great Bolshoi and Kirov Ballet within the framework of Russian classic ballet. Leading dancers from across Russia have forged under Radchenko's direction an exciting new company staging new productions of timeless classics including Tchaikovsky's Swan Lake, based on Russian folk tales. Join us for a matinee performance with orchestra seating at the Harris Center for the Arts in Folsom (formerly Three Stages). Leave OC at 12:30 PM, return ~ 5:30 PM. \$73. RSVP ◆◆ Now.



### Peter & the Starcatcher at Harris Center Folsom

Wednesday, March 26 — 4550-12

The national tour of Peter & the Starcatcher takes a hilarious romp through the Neverland you never knew. The winner of five Tony Awards®, this swashbuckling prequel to Peter Pan will have you hooked from the moment you let your imagination take flight. Peter and the Starcatcher is the innovative and imaginative musical play based on the best-selling novel by Dave Barry and Ridley Pearson. A company of a dozen actors play more than 100 unforgettable characters, all on a journey to answer the century-old question: How did Peter Pan become The Boy Who Never Grew Up? Mid-orchestra seating. (This is the same show that was in San Francisco.) Depart OC at 12:30 PM, return 5:30 PM. \$90. RSVP ◆◆ by 1/15.



### Broadway Sacramento 2013-2014

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 with glitz, glamour, excitement, polish and professionalism of Broadway. All performances held at Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$78 each. RSVP ◆◆ Now.

• **Second bus added! Flashdance the Musical**  
Tuesday, February 4, 2014 — Sold Out

• **Blue Man Group**  
Tuesday, March 11, 2014 — 4530-06D

Blue Man Group will thrill Sacramento with its high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music, and technology. Three blue-painted men create music, art and hilarity in unusual ways in this unique, long-running show. Mostly visuals, music and action, rather than words or a plot. If you've never seen Blue Man Group, it's a must-see. If you're already a fan, you won't want to miss it. \$78.

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• **Sister Act**  
Tuesday, April 8, 2014 — 4530-06E

Broadway's feel-amazing musical comedy smash, the story of a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in a convent. Music by eight-time Oscar® winner Alan Menken and based on the 1992 film. \$78.



• **Wicked!**  
Tuesday, June 3, 2014 — Sold out!

### —Shopping—

### San Francisco Shopping

Saturday, December 21 — 1840-10B

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 ~ 8:00 PM. \$36. RSVP ◆◆ Now.



### San Francisco Day Trip — Westfield Galleria

Wednesday, February 12 — 1844-12

Enjoy the beautiful City by the Bay without the worries of traffic and parking. Relax in the comfort of our motor coach as you go over the Bay Bridge into San Francisco. This is your day to do as you wish. The stop this trip is Westfield Shopping Center downtown off Market & 5<sup>th</sup>. Receive a VIP passport to savings booklet with special offers and amenities from retailers and restaurants. New shops include a San Francisco 49ers Team Store and a Microsoft Store. BART, street cars and Muni are located just outside the mall and Union Square and Macy's are just a few short blocks away. Arrive around 10:30 AM and depart SF at 5:30 PM. Leave OC at 8:00 AM, return ~ 8:00 PM. \$38. RSVP ◆◆ by 1/15.



Continued on page 55



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June 25, 2014	\$1,308	\$1,458	\$2,158
Aug 30, 2014	\$1,358	\$1,508	\$2,308

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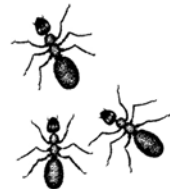
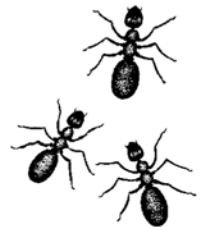
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## —Sports—

### Sacramento Kings vs. Dallas Mavericks Sunday, April 6 — 6310-12

Join us for a matinee Sacramento Kings game as they go up against the Dallas Mavericks at Sleep Train Arena. Experience a fun afternoon of exciting basketball with our local NBA team. Arrive at arena in time to enjoy pregame activities and purchase from the various food vendors, if desired. Seats located in Lower Level Section 118. Leave OC at 1:30 PM, return ~ 6:30 PM. \$85. RSVP ◆◆ by 1/14.



### Oakland A's

We're going back to see the AL West champs Oakland A's for two games in 2014. First we'll enjoy a pre-season game against the San Francisco Giants. Our second visit will be against the World Series Champions Boston Red Sox! Both day games will provide you ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Seats located in Field Level. (Tentatively first base line.) Game time 1:05 PM. Depart OC at 9:30 AM, Return ~ 7:00 PM. RSVP ◆◆ by 1/15.



- **Oakland A's vs. San Francisco Giants • \$63**  
Saturday, March 29 — 6320-12A
- **Oakland A's vs. Boston Red Sox • \$67**  
Sunday, June 22 — 6320-12B

Watch out for game tickets to SF Giants & Rivercats games on sale in January *Compass*.

## Overnight & Extended Travel

### Second Bus Added!

### Palm Springs — Four days, three nights! Tuesday, March 18 to Friday, March 21, 2014 — 1970-09 B

We've added a second bus to see the famous "Fabulous Palm Springs Follies" before they take their final bow! Watch headliner Darlene Love and variety act Frank Olivier from "America's Got Talent" close the final season. Trip Package includes:

- Reserved seat ticket on main floor at "The Fabulous Palm Springs Follies"
- Three-night stay at The Saguaro-a Joie de Vivre Hotel, an all non-smoking property with special amenities including: complimentary Wi-Fi, luxurious robes, free yoga, bike rentals, downtown shuttle, pool bar and Jacuzzi. Hotel offers Iron Chef Jose Garces' two restaurants Tinto & El Jefe.
- Welcome dinner at hotel in a private banquet room plus daily breakfast
- Lunch at the Kaiser Grille in downtown Palm Springs
- Palm Springs Aerial Tramway and sunset dinner on top of Mount San Jacinto



- Step-on guide tour of celebrity homes in Palm Springs
- Palm Springs VillageFest street faire and free admission to Palm Springs Art museum
- Stop at Borax Museum & Mine on way home
- Buffet lunch at Domingo's Mexican Restaurant (*first place the space shuttle astronauts go to eat after landing at Edwards AFB*)
- Dinner at Split Pea Anderson's, Santa Nella
- Box lunch from Meridians
- All gratuities included for nine meals, bell service, step-on guide, and bus driver

\$99 optional golf outing with breakfast & lunch buffet and two drink coupons at Tahquitz Creek Golf on the "Resort Course" (rated "One of the Best Places to Play" for golf resorts by *Golf Digest*). There will be rest stops, a movie and games on trip! Leave OC at 7:00 AM, Tuesday, March 18, return Friday, March 21 ~ 9:00 PM. A *signed liability waiver is required for each participant*. \$733 per person double occupancy. \$1,012 single. *Pick up detailed trip itinerary, menus and trip insurance providers list from the US State Department at Activities Desk or view online.* RSVP ◆◆ Now.



### Yosemite — Stay in the Park

### Three days, two nights! Tuesday, September 9 to Thursday, September 11, 2014 — 1972-11

Join Katrina, your Trip Coordinator, and experience the grandeur and beauty of Yosemite with a two-night, three-day stay in the park! We'll be staying at

Yosemite Lodge at the Falls in the heart of the park ideal for exploring the valley. There will be a stop in Mariposa on the way in for lunch on your own and free time to explore many historical sites and unique stores.

On the first night, enjoy an included welcome Italian Buffet Dinner, and an evening ranger talk at the Lodge amphitheater. Second day is a free day for exploring on your own the amazing sights and sounds the park offers.

Yosemite Valley has a wide range of walking and hiking possibilities, easy to very strenuous. Take a Grand, Glacier or Valley Floor Tour, rent a bike, go mule or horseback riding, ranger nature walks & talks, Yosemite Art Center workshops, fishing, and much more! All meals except for welcome dinner are on your own with many dining options at the park or enjoy that special meal at the Ahwahnee Hotel and maybe even a historic tour of the property. On our way home, we will stop at historic Groveland for lunch on your own. Check out the infamous Iron Door Saloon, said to be California's oldest continuously-operating saloon. There are scheduled rest stops included in this



*Continued on page 56*

trip. For more park information, [www.yosemitepark.com/plan-your-visit.aspx](http://www.yosemitepark.com/plan-your-visit.aspx). There is neither air conditioning nor elevators in the hotel, so please advise at sign-up if you need a downstairs or ADA room as they are very limited. We will be in the Lodge rooms which have either a balcony or patio and a refrigerator. Leave OC at 8:00 AM, Tuesday, September 9, return LH Thursday, September 11 ~ 6:00 PM. *A signed liability waiver is required for each participant.* \$532 per person double occupancy. \$840 single. RSVP ♦♦ by 12/1. *Due to vendor deadlines, this trip must meet a minimum of 37 sign-ups by January 31 by 12:00 PM or trip will be canceled.*

## Sold Out Trips thru January 20

### Trip • Date • Departure Time

- Victorian Christmas — Sunday, December 15, 12:30 PM
- San Francisco Shopping Wednesday, December 18, 8:00 AM
- Jackson Rancheria — Monday, December 30, 9:00 AM
- Buddy Holly Story — Thursday, January 2, 6:45 PM
- Speaker Series — Mullen — Tuesday, January 7, 6:45 PM
- Sun City Snow Train — Thursday, January 9, 10:30 AM
- Cirque du Soleil — Sunday, January 12, 9:30 AM

## Activities Department Classes



**Betty Maxie**  
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### Art

#### —Drawing—

#### New! Beginner Drawing

Thursdays, January 9-30 — 132214-11

9:00 AM-12:00 PM ( OC). \$52 (four sessions).

Instructor Michael Mikolon. The artistic journey all starts with the basics of drawing. In this beginner class, we will focus on materials and techniques as well as developing your sense of design. Drawing is about observing.

Learn how to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction provided by the teacher. Artist Michael Mikolon is an accomplished Artist and Owner of 12th & S Art in downtown Sacramento teaching and running figure drawing sessions. He lives in California as a full time artist with a focus on landscape and figure. Request supply list at registration. RSVP ♦♦ by 1/2.



#### —Oils, Pastels & Acrylics—

#### Painting Pastels and Oils with Barry

Mondays, January 6-27

9:00-11:30 AM Class — 105114-12

Or 1:30-4:00 PM Class — 105214-12

(OC). \$52 (four sessions). Instructor: Barry Jamison. Let out that creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an



enjoyable process of creating attention-getting works. **New students:** Ask for supply list at registration. *About the instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP ♦♦ by 12/29.

#### Paint Your Vision in Oils or Acrylics

Wednesdays, January 8-29

9:00-11:30 AM Class — 113114-12

Or 1:30-4:00 PM Class — 113214-12

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether the landscape, still life, portrait or clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance the students' understanding and implementation of these techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the United States. For more information visit her website at [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Call Marilyn at 409-0397 with any question, and ask at Activities Desk for suggested supplies list upon registration. RSVP ♦♦ by 1/1.



#### —Watercolor—

#### New! Beginner Watercolor Painting

Thursdays, January 9-30 — 132114-11

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on



*Continued on page 61*



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materials and painting techniques as well as developing your sense of color: looking into the basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss the master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos will be performed weekly showing how to use the medium first hand with one-on-one instruction provided by the teacher during the class. Artist Michael Mikolon is an accomplished Watercolorist and owner of 12th & S Art in downtown Sacramento. Request supply list at registration. RSVP ♦♦ by 1/2.

## Bridge

### Bridge – Play of the Hand with Laurie Thursday, January 9-February 27 — 162114-11

10:00 AM-12:00 PM (KS). \$75 (eight sessions). Instructor: Laurie Vath. Now that you've learned the fundamentals of bidding, it's time to address the fundamentals of card play. Course includes planning the play, developing tricks through promotion and length, managing entries and much more. Classes will include lecture, exercises and as much play as time permits. RSVP ♦♦ by 1/2.



## Ceramics

### —Lladro—

### Spanish Oil Painting Wednesdays, January 8-29 — 206114-12

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Barbara Bartling. This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 1/1.



### Lladro Workshop Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. Drop-in sessions for Lladro hobbyists who can work independently. Workshop is not for beginners and does 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." 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 Tuesdays, January 7- 28 — 212114-12

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. An introductory class for residents who have never worked with clay and continuing students who want to further develop skills the class program of basic hand-building and teach wheel throwing techniques. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP ♦♦ by 12/31.

### Advanced Ceramics Tuesdays, January 7-28 — 212214-12

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Jim experience and continuing education in Ceramics Arts from workshops nationwide provides him the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP ♦♦ by 12/31.



### Ceramics — All Levels Thursdays, January 2-30 — 221114-12

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any project 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 when you register. RSVP ♦♦ by 12/25.

### Ceramics Vacation Drop-In Session Tuesdays — CERD1 Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Mike or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress."

*Continued on page 63*

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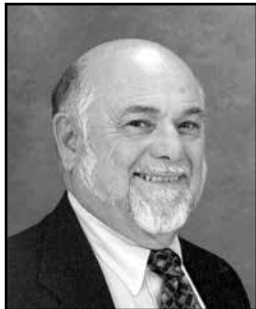


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Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is on first-come, first-served basis. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

### Dance

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

### —Clogging—

#### Beginning Clogging

**Tuesdays, January 7-28 — 332114-11**

10:00-11:00 AM (KS). \$21 (three sessions; no class January 21.) Instructor: Janice Hanzel. No new students accepted until spring 2014. Class continues to move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level clogging steps. Special attention to balance skills is part of the lessons. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 12/31.



#### Easy to Intermediate Clogging

**Tuesdays, January 7-28 — 332214-11**

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 12/31.

#### Intermediate Plus Clogging

**Tuesdays, January 7-28 — 332314-11**

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP ♦♦ by 12/31.

### —Country Western Dance—

#### Beginner Country Two Step

**Thursdays, January 2-30 — 345114-11**

6:00-7:00 PM (KS). \$25 (five sessions). Instructor: Jim Sekelsky.

Two-step is a popular dance performed to Country Western music. The country and western two-step is a dance that requires a repeated step sequence. The two-step dance consists of two quick steps followed by two slow steps, or vice-versa. You can dance the two-step to either up-tempo or slow country and western music. Jim will cover the basic moves for the two-step. As a beginner, you may want to start with slower music until you master the dance sequence, and then try out your two-step with a faster beat. Note that this is *partner dancing*. RSVP ♦♦ by 12/26.

#### Country Couples Western Dance Beginner Level One & Two

**Mondays, January 6-27 — 344214-11**

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the 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. If you don't have a partner, many of the dances can be done as an individual. RSVP ♦♦ by 12/30.



#### Country Couples Western Dance Beginner/Intermediate Level Three & Four

**Mondays, January 6-27 — 344414-11**

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Classes taught will be a circle cha cha, babykakes and Joe's diner. Get ready for our Holiday party and brush up on all. RSVP ♦♦ by 12/30.

### —Dancing with Dolly—

#### Ballet/Lyrical

**Thursdays, January 2-30 — 353564-11**

5:00-6:30 PM, (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP ♦♦ by 12/26.



*Continued on page 65*

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**Performance Dance****Fridays, January 3-31 — 353574-11**

2:30-4:00 PM, (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 12/27.

**—Hula—****Hula****Thursdays, January 9-30 — 390214-11**

1:15-2:15 PM (KS). \$32 (four sessions). Instructor: Pam Akina.

Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. Prerequisite: Instructor approval required for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 1/2.

**—Jazz—****Jazz Class for the Beginner****Thursdays, January 2-30 — 353014-11**

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18-years-old. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno. Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join me! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP ♦♦ by 12/26.

**Jazz Technique 1****Saturdays, January 4-25 — 353124-11**

3:00-4:00 PM (OC). \$32 (four sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun, positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. For all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ♦♦ by 12/28.

**Jazz Technique 2****Tuesdays, January 7-28 — 353114-11**

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie

Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginner to professional levels. She has danced professionally across the U.S. and Canada. Performed in USO shows in Europe, her favorite was performing on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Come join us! We dance to live and live to dance. RSVP ♦♦ by 12/31.

**—Line Dance—**

*We offer various levels of Line Dance classes taught by three different instructors. Choose the skill level, schedule and instructor that will best fit your needs. Listed below are the instructors and classes listed in order of difficulty.*

**Intro to Line Dance**

The first step to learning line dancing! This class is for real beginners introducing basic line dance steps, dances and terminology at a very slow and easy pace. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



- **Mondays, January 6-27 — 360014-11**  
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/30.
- **Thursdays, January 2-30 — 370014-11**  
4:30-5:30 PM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 12/26.

**Line Dance I Beginner**

Class reviews fundamentals of line dance, including basic steps such as *Grapevine*, *Jazz Box*, *Shuffle Quarter* and *Half Turns* at a slow tempo. Not for newbies, students must be familiar with line dance terminology.

- **Mondays, January 6-27 — 370114-11**  
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 12/30.
- **Mondays, January 6-27 — 370124-11**  
6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Note:** Class was formerly called "Beginners Plus with Yvonne" and continues to be a transition class between beginner and beginner/intermediate. RSVP ♦♦ by 12/30.
- **Thursdays, January 2-30 — 360114-11**  
2:30-3:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/26.
- **Fridays, January 3-31 — 380114-11**  
12:00-1:00 PM (KS). \$30 (five sessions). Instructor: Sandy Garetto. RSVP ♦♦ by 12/27.

**Line Dance II — Beginner / Intermediate**

**Prerequisite:** Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and

*Continued on page 66*

some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include *Full Turns*, *Three Quarter Turns*, *Sailor Steps*, *Synco-pated Vines*, etc.

- **Mondays, January 6-27 — 360214-11**  
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/30.
- **Wednesdays, January 8-29 — 380214-11**  
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 1/1.
- **Thursdays, January 2-30 — 370214-11**  
9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP ♦♦ by 12/31.

### Line Dance III — Intermediate

Steps 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. 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. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, January 8-29 — 380314-11**  
10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ♦♦ by 1/1.
- **Thursdays, January 2-30 — 360314-11**  
3:30-4:30 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP ♦♦ by 12/26.

### Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento, her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," showed a significant improvement in balance after completing an eight-week line dancing intervention.



- **Sandy Gardetto**

Sandy has been line dancing for over 14 years, teaching in Sun City Roseville for 11 years and seven years in our community. Sandy teaches in workshops in California and Hawaii.



- **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



### —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.



- **Beginning Tap**

**Tuesdays, January 7-28 — 410114-11**  
9:00-10:00 AM (KS). \$32 (four sessions).

This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. 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. Minimum of 10 students required for the class. RSVP ♦♦ by 12/31.



- **Advanced Performance**

**Mondays, January 6-27 — 410714-11**  
12:00-1:00 PM (KS). \$32 (four sessions). RSVP ♦♦ by 12/30.

- **Performance Classes**

**Mondays, January 6-27 — 410614-11**  
10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 12/30.

- **Thursdays, January 9-30 — 410624-11**  
10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 1/1.

- **Thursdays, January 9-30 — 410634-11**  
12:00-1:00 PM (KS) \$32 (four sessions). RSVP ♦♦ by 1/1.

#### Technique Classes

- **Advanced Technique Class**

**Mondays, January 6-27 — 410514-11**  
11:00 AM-12:00 PM (KS) \$32 (four sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP ♦♦ by 12/30.

- **Technique Classes**

**Tuesdays, January 7-28 — 410524-11**  
10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 12/31.

- **Thursdays, January 9-30 — 410534-11**  
11:00 AM-12:00 PM (KS). \$32 (four sessions). RSVP ♦♦ by 1/2.

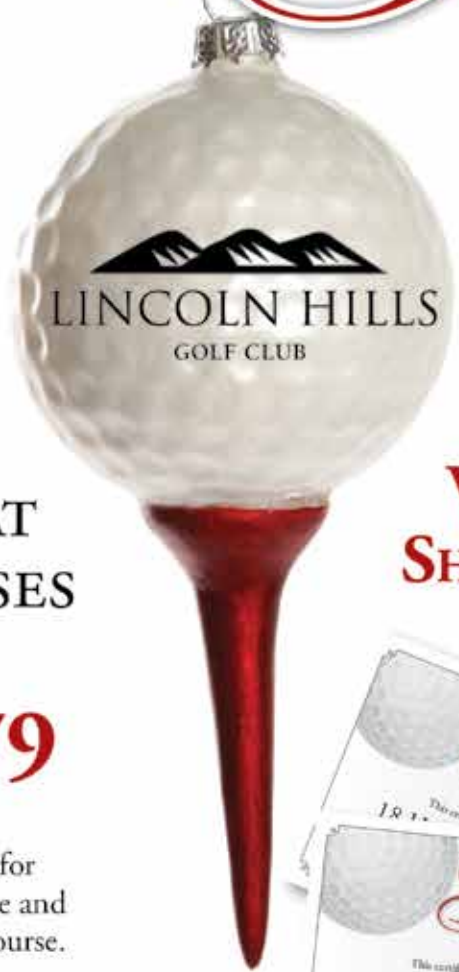
#### Tap for Fun with Judy

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



*Continued on page 69*

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- **Mondays, January 6-27 — 420114-11**  
4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 12/30.
- **Fridays, January 3-31 — 420124-11**  
1:00-2:00 PM (KS). \$30 (five sessions). Instructor: Judy Young. Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP ♦♦ by 12/27.

**—West Coast Swing—**

**Introduction to West Coast Swing**

**Wednesdays, February 5-26 — 318114-12**

8:00-9:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. 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. Join this fun and very social dance class. RSVP ♦♦ by 1/29.

**Intermediate I and II West Coast Swing**

**Wednesdays, February 5-26 — 318214-12**

7:00-8:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must have completed at least three sessions of the four-week classes of the “Introduction to West Coast Swing,” or have instructor’s approval. RSVP ♦♦ by 1/29.



**Intermediate/Advanced West Coast Swing**

**Wednesdays, February 5-26 — 318314-12**

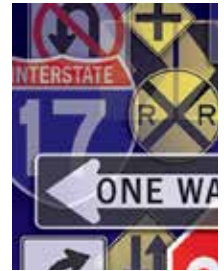
6:00-7:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variations of West Coast Swing and have attended both the “Introduction” and “Intermediate I and II Levels of West Coast Swing,” and/or have instructor’s approval. RSVP ♦♦ by 1/29.

**Driver Training**

**AARP Driver Safety Refresher Training**

**Saturday, January 25 — 481014-12**

9:00 AM-1:30 PM. (OC) Instructor: Paul Jessen: AARP members \$25 Non-members \$30. Fee includes a \$5 Association administrative fee. This half-day refresher course is available to past attendees of the eight hour AARP Driver Safety Training, is geared to the “over 50” driver, and covers how to adjust our driving to age-related changes in our bodies, as well as common sense ways to drive more safely. The course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. Present your AARP membership card at registration *and* bring to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited. RSVP ♦♦ by 1/18.



**Glass Art**

**Fusing Glass and Stained Glass Workshop**

**Monday, January 6 — GLASS**

4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. Workshop is held once a month; *for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods.* Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



*Continued on page 72*



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## Jewelry

### Easy-Peasy Spiral Necklace

**Tuesday, January 7 — 513714-11**

9:00 AM-12:00 PM (KS). \$20. Instructor: Cathie Szabo. Perfect for beginners! Here's an easy way to try bead weaving and end up with a beautiful necklace. Just one simple stitch unlocks the mystery of the spiral! If you can sew, you can make this necklace. Choose pearls, crystals or even seed bead drops for the accent. Experienced beaders — here's a way to use up that stash! Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Easy-Peasy Spiral Necklace as well as the photo of the necklace. RSVP ♦♦ by 12/31.



### Ribbon of Beads Necklace

**Tuesdays, January 14-28 — 513724-11**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Cathie Szabo. A real showstopper, but easy to do! Invest some time and you'll end up with a spectacular necklace. Check the display cases in the Lodges for a sample of this super look! Simple peyote stitch forms the "ribbon" that's the base of the necklace. Tie the ribbon into a loose knot and add an eye-catching focal if you like. Sprinkle accents of pearls, crystals or polished glass beads. Easy to do, spectacular result. Students should be comfortable working with smaller beads. A bit of homework will be required between classes. Be sure you get the proper materials list when you register — look for the name and code # for Ribbon of Beads Necklace as well as the photo of the necklace. RSVP ♦♦ by 1/7.



## Movies

### The Art of Fred Astaire

**Wednesdays, January 29-February 19 — 521114-12**

12:00-3:00 PM (KS). \$25 (four sessions). Instructor: Ray Ashton. "The history of dance on film begins with Fred Astaire." This tribute was spoken by none other than Gene Kelly. In his 76-year career, Fred Astaire starred in 31 film musicals. We will be taking a look at his great career, scenes from many of his movies, as well as four complete versions of the films. "Swing Time" (1936), "Royal Wedding" (1951), "Easter Parade" (1948), and "Holiday Inn" (1942). So get your dancin' shoes on because, as my Mom once told me, "When you watch Fred, you see the best that ever was." RSVP ♦♦ by 1/22.



## Music

### —Guitar—

#### Guitar 2A — Beginner Level

**Wednesdays, January 8-29 — 535114-12**

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **No new student will be accepted.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. 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 can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 1/1.



#### Guitar 2B — Guitar Intro Continuation

**Wednesdays, January 8-29 — 535214-12**

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 1/1.

#### Guitar III — Intermediate

**Thursdays, January 2-30 — 535314-12**

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 12/26.

#### Guitar IV — Advanced

**Thursdays, January 2-30 — 535414-12**

10:00 AM-12:00 PM (OC). Bill Sveglini. \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 12/26.

*Continued on page 75*



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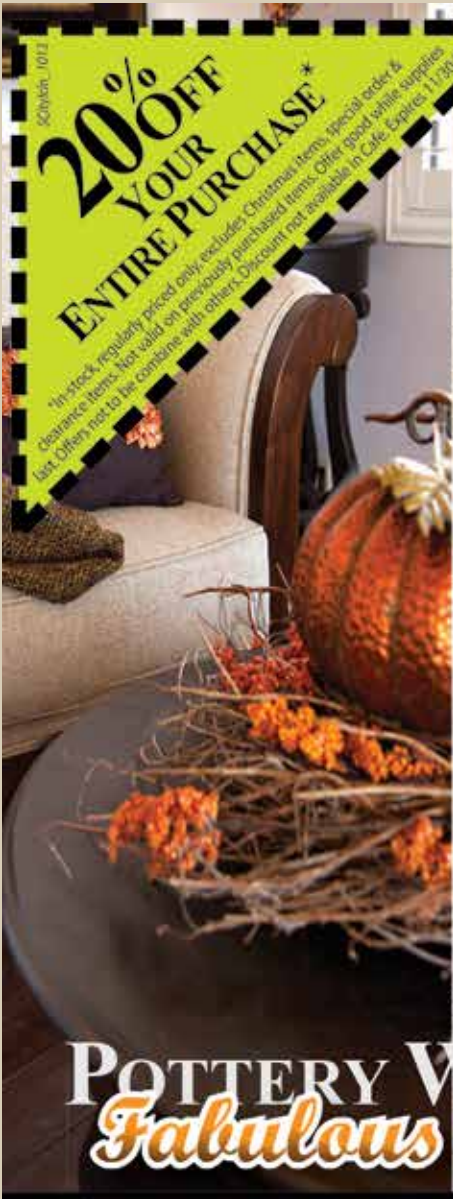
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## —Voice—

**Beginner Singers Vocal Boot Camp****Fridays, January 3-31 — 536114-12**

8:30-10:30 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. This is a continuing class. **This session is open to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. 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 beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP ♦♦ by 12/27.

**Singer Vocal Boot Camp Continuation****Fridays, January 3-31 — 536214-12**

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work very hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 12/27.

## Technology

## —General—

**Google Drive and Docs****Thursday, January 9 — 286214-11**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. You can keep your files safe and secure in the cloud with Google Drive and create impressive documents with Google Docs. Best of all they are both free — no need to buy pricey Microsoft Office or Word. In this class, learn to save your files to the cloud and access them from any place in the world with an Internet connection. Despite the fact it's online, learn to create documents that look just as good as they would if created with a desktop application like Microsoft Word. Since everyone has his own way of working, you will learn to tweak Google Docs' settings to make sure it fits in with your personal way of working. Once you have made the perfect document, learn to use Google Templates so that you don't waste time recreating similar documents. RSVP ♦♦ by 1/2.



## YouTube

**Friday, January 17 — 286314-11**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. All of a sudden Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full length movies. YouTube is no longer about kids saying and doing crazy things — you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site. It's incredibly easy to make simple video edits using the new YouTube Editor to improve your videos. RSVP ♦♦ by 1/10.

**Getting the Most Out of Gmail****Thursday January 23 — 285314-12**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. Many users rely on Gmail as their primary email address. If you don't have a Gmail account, it is time to get one. Gmail is always available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading your email from your current email service provider is no problem with Gmail. In this class, learn to create a Gmail account and use the many features and options available in Gmail that make it such a great email service. With the power of Google Search in your inbox, learn how easy it is to find what you are looking for. Also learn to create special groups from your Gmail contacts that will make it easy for you to send announcements to the different groups in your Village. RSVP ♦♦ by 1/16.

**iPhoto on the iPad — Photo Journals****Monday & Tuesday, February 3 & 4 — 264114-12**

9:30 AM-11:00 PM (OC). \$40 (two sessions). Class Material: \$5. Instructor: Andy Petro. If you know the basics of iPhoto on your iPad and want to learn iPhoto journaling techniques, this class is for you. **Day One:** Learn how to select and edit photos to be included in a journal. Then you'll be shown how to create, edit, enhance, save the photo journal on iCloud, and send an email with the journal link. **Day Two:** We will review all of the techniques used in the photo journals. **Prerequisites:** iPad mini or iPad 2 or later, iOS 7.0.3 or later, "iPhoto Version 2.0" app from App Store (\$4.99). If you have any specific questions about prerequisites or class call Andy Petro, 474-1544. RSVP ♦♦ by 1/27.

## —Mac—

**Beginning Macintosh - Level 1****Wednesday & Thursday,****February 12 & 13 — 263114-12**

9:00-11:00 AM (OC). \$40 (two sessions). Class Material: \$5.

*Continued on page 78*

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Instructors: Andy Petro & Henry Sandigo. Are you new to the world of Apple computers or want a review of Mac's OS X Mavericks? Then this class is for you. The only prerequisite for this course is that you have an Apple computer. We will review the Mac OS X Mavericks (Version 10.9 or later) system and all the items that appear on your computer Desktop. We will also show you how to organize, navigate, and personalize your Mac Desktop. There are 10 iMac's in the lab, one for every participant. If you have any specific questions about the class call Andy Petro at: 916-474-1544 or Henry Sandigo at: (916) 434-7792. RSVP ♦♦ by 2/5.



To receive optimum experience, bring your own Windows 8 laptop if you have one. Handout will be included to reinforce the class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP ♦♦ by 1/6.

**Tips & Tricks for Beginning PC Users**

**Tuesday, January 28 — 282114-12**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. The beginning computer user is often frustrated when it comes to cutting and pasting, using the scroll bar, downloading files, creating folders, right clicking, and much more. These are all essential Windows techniques that everyone assumes you know, but you don't. Computer tips and tricks can fill a book, but this class is a review of all those things my family, friends, and fellow club members over the years did not know. Taking advantage of the tips and tricks you learn in this class will make using your computer more pleasurable and much less maddening. **Prerequisites:** Basic computer skills and comfortable using an Internet browser. Please bring a flash drive. RSVP ♦♦ by 1/21.

**More Tips & Tricks for Beginning PC Users**

**Thursday, January 30 — 282214-12**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. In this class you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive. RSVP ♦♦ by 1/23.

**—Social Media—**

**Facebook 101**

**Saturdays, January 11&18 — 272114-12**

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ♦♦ by 1/4.



**—PC—**

**Windows 8 Training and Tips  
Monday, Tuesday and Wednesday,  
January 13, 14, 15 — 295114-11**

2:00-4:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8 is a powerful new operating system that can access thousands of useful, interesting and fun application (apps). It offers the same robust desktop experience as Windows 7 computers. If you have difficulty understanding Windows 8 redesigned start features from your new computer, take this class. Class includes tips on how to personalize Windows 8 device to make it easy and organized; navigate between its start screen functionality (similar to a tablet) and its desktop functionality (like Windows 7) and set up your login account to keep your Windows 8 PC synced with your other devices. Rita will show you where to find all the features that you're familiar with in Windows XP or Windows 7 — and how to do the same thing in Windows 8. The class utilizes mouse/keyboard data entry.



**—Genealogy—**

**Getting Started with Family Tree Maker 2014**

**Tuesday, January 7 — 285114-11**

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. If you find that your children and grandchildren are making inquiries about their family history, it's time for you to create and publish what you know about your family history before it is lost forever. Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. Even adding movies and pictures is a snap. After the class, you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree. RSVP ♦♦ by 12/31.



*Continued on page 81*



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**—Microsoft Office—****Excel Basics****Mondays & Wednesdays, January 6-15 — 292314-11**

9:00-11:00 AM (OC). \$50 (four sessions).

Instructor: Angela Blas. It's the first of the year and you know what that means! Yes, it's time to get your "stuff" together for taxes. Class will introduce you to the basics of Microsoft Excel. With this knowledge, you can begin to organize your tax information as well as many other financial documents such as budgets whether personal or for a group. You will learn various Excel capabilities — from entering data into a spreadsheet to simple formulas, and basic arithmetic functions. We will also practice formatting the Excel spreadsheet to make it easier to read and understand. Don't let the word "arithmetic" scare you. This class will use simple



things like add, subtract, multiply, divide, average and sum. Hope to see you for this exploration of the basic functions of Excel. RSVP ♦♦ by 12/29.

**Word Phase One****Mondays & Wednesdays, February 3-12 — 292114-11**

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class provides you with some of the basic features of Microsoft Word 2007 plus the "good stuff." It will introduce new shortcuts and tips. We will cover auto correct, format paint brush; show hide mark; smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting: line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. No special prerequisites for this class. RSVP ♦♦ by 1/27.

**Wellness & Fitness Classes****Wellness & Fitness**

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

Classes incorporating physical movement are designated with a level. Level 1 is designed for the beginner or returning exerciser. Level 2 is designed for an intermediate exerciser with established exercise ability and Level 3 is a class designed for the advanced exerciser.

**Environmental—**

*Experiences that involve caring for and appreciating nature. Encompasses not just our relationship with the planet and nature, but our relationship with our personal surroundings.*

**Indoor Nordixx Pole Walking****Monday & Tuesday, January 27 & 28 — 750000-12**

1:00-2:30 PM. Meet in the OC Fitness Center. \$30 (two outdoor sessions). Instructor: Dr. Richard Del Balso. Just 30 minutes of Nordic Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. Dr. Richard Del Balso is a chiropractor and a Certified Strength & Conditioning Specialist. Especially if you have had hip or knee replacement surgery, this smarter way to walk helps maintain upright posture, reduces compression on low back, hip and knee joints, and burns up to 46% more calories than walking without poles, all while enjoying a low-impact weight-bearing exercise that helps strengthen bones. Register: Fitness Desks or online. RSVP ♦♦ by 1/20.

**—Disease Prevention & Management—**

*Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.*

**Disease Prevention & Management Punch Card Classes****Arthritis Foundation Aqua Class L1**

Mondays, Wednesdays, Fridays. 11:30 AM-12:15 PM (OC). \$4 per class. Instructors: Cathy Keller and Tami Fields. This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter, you can't miss with this class! Purchase a Disease Prevention & Management Punch Pass at the Fitness Desks or renew (add more classes) online.

**Arthritis Foundation Land Class L1-L2**

Tuesdays and Thursdays. 3:35-4:20 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion, endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. This instructor has been specializing in senior fitness and arthritis programs for 13 years. Come prepared to improve your body, balance, and have fun! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

**The Art of Moving L1 — Cancelled**

Fridays. 2:00-3:00 PM, Aerobics Room (KS). \$4 per class. In-

*Continued on page 82*

structor: Renee Neal. This is an adaptive movement course, designed to provide basic functional movement ability as the result of injury or disease. It is also for caretakers or participants with a future concern for these skills. Included will be stretching and **Cancelled** movements relative to the required skills, as well as balance and body awareness training to help prevent falls and injuries. Skills are tailored to the individual's needs. Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

### Arthritis Class L1-L2

Wednesdays, January 8-29 — 805000-12

Fridays, January 10-31 — 801000-12

Wednesdays 12:10-12:55 PM, Fridays

12:00-12:45 PM, Aerobics Room (OC).

\$28 (four sessions). Instructor: Lin

Hunter. This class is great for those

with arthritis and other rheumatic

diseases. Range of motion exercises

(stretching and flexibility) help maintain normal joint func-

tion. This chair exercise program will gently increase flexibil-

ity and range of motion to normal or near-normal range. The

class is designed to reduce pain and stiffness and is suitable

for any fitness level. Register: Fitness Desks or online. RSVP

◆◆ by 1/1.



### Arthritis Class L2

Tuesdays, January 7-28 — 803000-12

Thursdays, January 9-30 — 803100-12

11:15 AM-12:15 PM, Aerobics Room (OC). \$30 (four sessions).

Instructor: Lin Hunter. This class will boost your stamina, im-

prove your flexibility, and strengthen your core muscles. Gentle

strengthening of the muscles around the joints will help

decrease joint pain. Some standing, balance, and marching

is incorporated. We will end each class with relaxing guided

imagery and breathing exercises. This class is an extension of

L1 with an additional 15 minutes of cardio and strength. Reg-

ister: Fitness Desks or online. RSVP ◆◆ by 1/1.

### —Group Exercise—

*A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers. Purchase a Group Exercise Punch Pass for these classes. \$2.75 per class.*

### —Lessons—

### Masters Swim Class

Mondays & Wednesdays

*Class will resume February 2014.*

12:00-1:00 PM, Indoor Pool (KS). Cost: \$75 (eight sessions)

plus optional one-time US Masters Registration of \$48 paid

to instructor. Instructor: Joan Marenger. Masters swimming is

a great way for Triathletes to get help with efficiency on the swim portion of their Tri. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. This is also great for swimmers just looking to get strength and cardio while having fun learning the proper biomechanics of all swim strokes. All levels are welcome!

### —Living Through Transitions: The Next Step—

*An incredibly exciting new program for residents that helps to create a plan for aging successfully.*

### Living Through Transitions: The Next Step

February 1-August 2 — 823500-11

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9:00 AM- 12:00 PM. Fine Arts (OC). \$100 (seven sessions).

9:00 AM-12:00 PM. Fine Arts (OC). \$100 (seven sessions).

(Some sessions will happen on another set of Saturdays; all class dates are given when you register). Do you plan to age

in place here in SCLH? Do you need help in planning how to do that successfully? This program will take you through

10 topics that will facilitate your planning. Topics include:

personal finances, legal matters, becoming suddenly single,

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residents who enroll to also bring a support person to the

sessions as two heads (and four ears) are better than one.

Don't miss your opportunity — space is very limited: 20

residents. Register: Fitness/Activities Desks. RSVP ◆◆ by

1/27.

### —Mind & Body Connection—

*Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors.*

### Mind & Body Punch Card Classes

#### Pilates Fit L2

Thursdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per

class. Instructor: Domine Trosky. The ultimate mind-body

workout. Build a strong core center, longer and leaner mus-

cles, and a balanced physique with Pilates fit. Based on origi-

nal Pilates exercises. You will feel the benefits after your first

workout and keep them for a lifetime. Purchase a Mind & Body

Punch Pass at the Fitness Desks or renew (add more classes)

online.

#### Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics

Room (OC). \$3.50 per class. Instructor: Lola Lundquist. Piloga

*Continued on page 85*

*Meridians*

# New Year's Day Brunch Buffet

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### **Piloga Flow L2**

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). \$3.50 per class. Instructor: Joanie Martin. Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhhh! Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### **Qigong (“chee-gong”) L1**

Thursdays, 1:00-2:00 PM. Aerobics Room (KS). \$3.50 per class. Instructor: Sherry Remez. Enjoy profound relaxation and rejuvenation doing slow, easy, gentle movement and visualization meditations. Standing or seated. Perfect for all fitness levels. Results of regular practice are medically documented: stress relief, increased immune response, more mental clarity and emotional stability, and longevity as you ‘go with the flow’ of your life. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### **Mind Training for Sleep L1**

Wednesdays, 6:00-7:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. The program is offered by trained instructors and backed by a board certified sleep specialist physician. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### **Beginning Yoga L1**

Mondays, 1:25-2:25 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Susan Hayes. Come see what the “buzz” is all about! Yoga starting from scratch, for the uninitiated — although all aspiring yogis are invited to attend, this is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



### **Rise and Shine Yoga L2**

Saturdays, 7:00-8:00 AM, Aerobic Room (KS). \$3.50 per class. Instructor: Ashley Freeman. Get up and get energized with a slow flow style of hatha yoga that will lengthen and strengthen muscles throughout your entire body — flowing sequences and static holds that include standing and seated postures. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### **Yoga Basics L1**

Saturdays, 9:00-10:00 AM. Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Come learn the fundamentals of yoga. This class is designed for those with just a little yoga experience. Improve balance and muscular strength. The small stability ball will be introduced to emphasize stabilization of the core. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### **Yoga Flow L2**

Tuesdays & Thursdays, 10:00-11:00 AM, Aerobics Room (OC). \$3.50 per class. Instructor: Karen Kaffka. Designed using the relaxing and powerful techniques of yoga to tone, strengthen, improve balance, and increase flexibility. These exercises can reduce risk of injury and help with chronic pain. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

### **Aqua Yoga L1**

**Mondays, January 6-27 — 832001-12**

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 12/30.

### **Evening Hatha Yoga L2**

**Tuesdays, January 7-29 — 711000-12**

6:00-7:15 PM, Aerobics Room (KS). \$44 (four sessions) Instructor: Susan Hayes. A new year, a new start, a new you! This early evening yoga class will increase your energy, improve your balance, and give you strength and flexibility. All while reducing stress! Everybody is welcome to this fun-filled, informative class, although it is a level 2, so it is challenging. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

*Continued on page 87*

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## Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration  
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at 9:00 AM

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 9:00 AM.

**Evening Yoga and Meditation L1****Thursdays, January 9-30 — 711100-12**

6:00-7:30 PM, Aerobics Room (KS). \$44 (four sessions) Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience. Each student receives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP ♦♦ by 1/2.

**Extra Gentle Yoga L1****Tuesdays, January 7-28 — 710000-12**

12:45-1:45 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. We use a chair for about half of the class. The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

**Meditation L1****Tuesdays, January 7-29 — 712400-12**

4:30-5:30 PM, Aerobics Rooms (KS). \$44 (four sessions). Instructor: Susan Hayes. Have you always wanted to meditate? Has your doctor, a friend or a loved one suggested that you need to meditate? Have you tried to meditate, and thought that you failed? This friendly introductory class offers you guidance as well as first-hand experience of the various meditation techniques that could be useful. Give us a try! Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

**Traditional Hatha Yoga L2****Tuesdays, January 7-28 — 710100-12****Thursdays, January 9-30 — 710120-12**

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

**Tai Chi L1****Tuesdays, January 7-28 — 730100-12****Saturdays, January 11-25 — 730200-12**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions) Tuesdays; \$30 (three sessions) Saturdays. 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 brings about harmony of spirit and mind, known as the moving meditation. Tai chi and chi gong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and chi gong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

**Tai Chi Intermediate L2****Tuesdays, January 7-28 — 730300-12**

2:45-3:45 PM, Aerobics Room (KS). \$40 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

**Yoga for Osteoporosis L1****Mondays, January 6-27 — 711200-12****Fridays, January 10-31 — 710200-12**

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Monday \$44 (four sessions). Instructor: Susan Hayes. This class is designed to help maintain bone strength and balance. We lift small hand weights, sitting in chairs, to strengthen the upper arms and keep the wrists supple. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We also do deep breathing exercises, and finish with a restorative deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

**—Money Matters—**

*Classes that encourage a healthy state of well-being while preparing financially for the future.*

*Continued on page 88*

## How to Move on from Past Investment Mistakes and Prosper

**Tuesday, January 28 — 870000-12**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Many investors have let their past mistakes stand in the way of future gains. Even the most seasoned professional investors make mistakes, this is true of any profession. However, making mistakes should not be the reason why an investor does not prosper in the future. Come learn how to identify an investment mistake, learn from it, and use it for the future, profitably! Russ Abbott will help develop a strategy for any market condition. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 1/21.



## —Personal Growth—

*Programs that provide learning and development in areas of life that are unique to each individual.*

## How Would You Like to Learn Real World Practical Self-Defense and Martial Arts?

**Tuesdays, January 7-28 — 815000-12**

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.



## The Sudoku Series

**Tuesday, January 28 — 870000-12**

9:00 -10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from January to June, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned as the instructor, Russ Abbott, will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and the advances as the months pass. January begins the series with the basics coinciding with the “Easy” and “Medium” puzzles in local newspapers. Students will have a solid understanding of Sudoku logic. Come join us. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 1/21.



## —Training Services—

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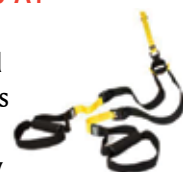
**Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people. **Please note: Starting January 2014 you will only be allowed to register for one month at a time.**



## SGT — TRX Express L1

**Mondays & Wednesdays, January 6-29 — 835210-A1**

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Curious about small group training? This class teaches the basic moves of the TRX with a sampling of boot camp, all in 30 minutes. A great way to get oriented with new equipment and have a safe / effective workout. Register: Fitness Desk or online. RSVP ♦♦ by 12/30.



## New! SGT TRX Express L2

**Tuesday & Thursdays, January 7-30 — 835211-A1**

5:30-6:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor Julia Roper. This is 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body. Register: Fitness Desk or online. RSVP ♦♦ by 12/31.

## SGT — Bootcamp L2

**Tuesdays & Thursdays, January 7-30 — 835300-A1**

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions,). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.



## SGT — Bootcamp L3

**Mondays & Wednesdays, January 6-29 — 835400-A1**

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez

**Tuesdays & Thursdays, January 7-30 — 835400-B1**

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions,). Instructor: Richie Anderson. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body

*Continued on page 91*



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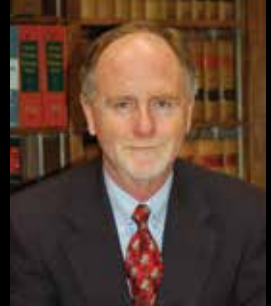


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### SGT — Circuit Express L1

**Mondays & Wednesdays, January 6-29 — 835200-A1**

5:00-5:30 PM, Fitness Floor (OC). \$70 (eight sessions, no class November 27). Instructor: Julia Roper. 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. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

### New SGT — Fit 101 Express L1

**Mondays & Wednesdays, January 6-29 — 835500-A1**

12:30-1:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class is 30-minutes long and will provide you the opportunity to work with a trainer and meet friends that share the same fitness goals. Class will include weights for strengthening, walking for cardiovascular, stretching for flexibility, and more. Register: Fitness Desks or online. RSVP ♦♦ by 12/30.

### SGT — “Fun”ctional Fitness L2

**Tuesdays & Thursdays, January 7-30 — 835600-A1**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions.). Instructor: Deanne Griffin. A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on “Functional Fitness” using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ♦♦ by 12/31.

### New Time & Day! SGT — Healthy Back L1

**Monday & Wednesday, January 6-29 — 835700-A1**

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretch-

ing correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ♦♦ by 12/30.

### SGT — Healthy Back L2.

**Mondays & Wednesdays, January 6-29 — 835701-A1**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1. Register: Fitness Desk or online. RSVP ♦♦ by 12/30.

### SGT — Swimming 101 L1

Monday & Wednesday, Class will resume February 2014  
1:15-2:15 PM, Indoor Pool (KS). \$135 (eight sessions). Instructor: Joan Marenger. Anyone who wants to revisit the basics of swimming can jump in. This group lesson targets techniques of all four strokes, breath control and simple biomechanics of the strokes (arm stroke, body roll, and kicks). There is no intimidation here, just comfort conditioning and fun. Register: Fitness Desks or online.

### SGT — TRX Interval Training L2

**Mondays & Wednesdays, January 6-31 — 835800-A1**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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 builds power, strength, flexibility, balance, mobility, and prevents 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! Register: Fitness Desks or online. RSVP ♦♦ by 12/30.

## Pilates Reformer Section

### SGT — Introductory Reformer Session L1

**Continuous Dates — 835110-A1**

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Joanie Martin, Domine Trosky and Eve Webber. This session is a prerequisite for Pilates Reformer L1. You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations / goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.



*Continued on page 92*

**SGT —The Basics L1****Mondays & Fridays, January 6-February 3 — 835120-A1**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions; no class January 10). Instructor: Paula Ainsleigh.

**Tuesday & Fridays, January 7-31 — 835120-B1**

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor Robert Sanchez. This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT —Introductory Reformer session L1 on page 87). Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

**SGT —Intermediate L2****Monday & Wednesday, January 6-29 — 835130-A1**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor Domine Trosky.

**Tuesday & Thursday, January 7-30 — 835130-B1**

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor Joanie Martin.

**Tuesday & Thursday, January 7-30 — 835130-C1**

3:30-4:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor Robert Sanchez. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**New! SGT — Total Body Reformer L3****Tuesday & Thursday, January 7-30 — 835170-A1**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor Eve Webber. This advanced reformer level 3 class is for seasoned Pilates participants, who have mastered both the Basics L1 and Intermediate L2 workouts. This class will challenge strength and endurance.

Please note: For safety purposes, participants must be given instructor approval before attending the advanced class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**New! SGT — Fit for Golf L2****Monday & Wednesday, January 6-29 — 835180-A1**

3:30-4:30 PM, Fitness Floor (KS). \$135 (eight sessions), Instructor Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Anneka Sorensen.



They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 87.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**New Time! SGT—Boot Camp Reformer L3****Mondays & Wednesdays, January 6-29 — 835140-A1**

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the L2 Reformer adding more intense exercises, in addition to use of intervals adding in TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 87.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**SGT— Special Populations Reformer L1****Mondays & Wednesdays, January 6-29 — 835160-A1**

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 87.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**New! SGT —Special Populations Reformer L2****Tuesdays & Thursdays, January 7-30 — 835150-A1**

4:30-5:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class is the next step up from Special Populations level 1, This class is for more experienced people who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to Level 1. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 87.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

**–Wellness Services–**

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

- Emotional Counseling  
Carol Karkazis, MA: 672-8533.
- Estate/Financial Planning  
Russ Abbott, Wealth Advisor: 797-7760.

**OC Aqua WellFit Class Schedule January 2014**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L3 - Deanne	OC	Water Works L3- Annamarie	OC	Water Works L3- Roman	OC	OC
8:00							
8:30	 L2 Annamarie		 L2 - Annamarie		Water Works L3- Roman		
9:00							
9:30		Water Works L3 - Deanne	Core n More L3- Kathryn	Water Works L3 - Deanne			
10:00							
10:30							
11:00	Splash Dance L3- Roman	Water Works L3 - Deanne	Splash Dance L2- Tami	Water Works L3 - Deanne	 L2 Lisa		
11:30							
12:00	AF Aqua L1- Cathy		AF Aqua L1- Tami		AF Aqua L1- Cathy		
12:30							
1:00	Aqua Yoga L1- Joanie						
1:30							
2:00							
2:30							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
3:30							
4:00							
4:30							
5:00							
5:30		Water Works L3- Roman		Water Works L3- Roman			
6:00							

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)  
Disease P & M (punch card) \$4.00  
Group Exercise (punch card) \$2.75

OC WellFit Class Schedule January 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15	OC	OC	OC	OC	OC	OC
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri	
8:00	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3 - Jeri	Step It Up L3- Kim	Low Impact L3 - Jeri	Low Impact L3 - Jeri
8:30	Zumba L3 - Andi	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	Step & Sculpt L2- Jeri	Yoga Basics L1- Karen
9:30	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Karen	Ball and More L2- Domine	Yoga Flow L2- Karen	Cardio Dance & Sculpt L3- Domine	Tai Chi L1- Peli
10:00	Piloga L2 - Lola		Piloga L2 -Lola		Piloga L2- Lola	
10:30		Arthritis L2 (11:15-12:15)- Lin	Arthritis L1/2 (12:10-12:55)-Lin	Arthritis L2 (11:15-12:15)- Lin	Arthritis L1/2 -Lin	
11:00						
11:30		Extra Gentle Yoga L1 (12:45-1:45)-Julie	Chair with Flair L1- Cindy		Basic Chair L1-Lola	
12:00	Chair with Flair L1 - Cindy					
12:30						
12:45						
1:00	Balance Exp L1 - Cindy	Traditional Hatha Yoga L2 -Julie	Balance Exp L1-Cindy	Traditional Hatha Yoga L2 -Julie		
1:30						
1:45						
2:00						
2:30						
3:00	MoveWell Today- Christine/Cathy	AF Land L1-L2 Cathy	MoveWell Today- Christine/Cathy	AF Land L1-L2 Cathy		
3:30						
4:00						
4:30						
5:00	Zumba L3 - Andi	Meditation L1 - Susan	Zumba L3-Andi			
5:30						
6:00	Yoga for Osteo L1- Susan	Self Defense -Paul	Mind Training for Sleep L1 -Iram			
6:30						
7:00						
7:30						
7:45						
8:00						

Group Exercise Classes (punch pass) \$2.75  
 Disease P & M (punch pass) \$4.00  
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)  
 Small Group Training (session based)

KS WellFit Class Schedule January 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15	KS	KS FLOOR	KS	KS	KS FLOOR	KS
7:00		SGT - Ref. The Basics L1 - Paula		SGT - Bootcamp L2 - Robert		SGT - Ref. The Basics L1 - Paula
7:15				Mixed Level Cycle L2 - Deanne		Rise & Shine Yoga L2 - Ashley
7:30						Hi NRG Cycle L3 - Deanne
8:00						
8:30	Everybody Can L2 - Lin		Hi NRG Cycle L3 - David			SGT - Ref. The Basics L1 - Robert
9:00						
9:30	Circuit L3 - Roman	SGT - Ref Special Pop. L1 - Eve		SGT - Ref. The Basics L1 - Robert		
10:00						
10:30	Strictly Strength L2 - Jeri	SGT - Ref. Intermediate L2 - Joanne		Strictly Strength L2 - Lin		Cardio Strength L3 - Deborah
11:00						
11:30	SGT - Healthy Back L1 - Kathryn	SGT - Ref. Intermediate L2 - Joanne		SGT - Ref. Total Body L3 - Eve		Everybody Can L2 - Lin
12:00						
12:30	SGT -101 Express L1 - Robert	SGT - Functional Fit L2 - Deanne		SGT - Functional Fit L2 - Deanne		
12:45						
1:00						
1:30						
1:45	Begin, Yoga L1 - Suson	Tai Chi L1 - Pelli				Qigong L1 - Sherry
2:00						
2:30						
3:00	SGT - TRX Interval L3 - Julia					
3:30	SGT - TRX Express L1 - Julia	Tai Chi L2 (2:45-3:45) - Pelli				
4:00	SGT Healthy Back L2 - Kathryn					
4:30						
5:00	SGT - Bootcamp L3 - Robert	SGT - TRX Exp. L1 - Julia				
5:30						
6:00						
6:30						
7:00						

Group Exercise Classes (punch pass) \$2.75  
 Disease P & M (punch pass) \$4.00  
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)  
 Small Group Training (session based)



**So You Think You Know Football?**

**Thursday, January 9 — Free**

10:00 AM-12:00 PM, Ballroom (OC). Resident Bill Richardson spends 10 months of every year preparing for his PAC-12 and NFL football season. He attends clinics and meetings, takes rules exams, reviews countless hours of videos, holds weekly conference calls, and conducts instructional seminars for officiating associations throughout the country. Then the season finally starts, but the learning still continues. Many residents have attended “You Make the Call” sessions that began several seasons ago with a small group of Second Coffee Cuppers in the Sports Pavilion that has grown to capacity crowds in the OC Ballroom. So Bill must have all the answers, right? Not a chance, he says! Come *again* to see how this game we so love is still evolving, even on a week-to-week basis. Q&A continuous! Video recorded for website.



**Living Through Transitions**

**Wednesday, January 22 — Free**

7:00 PM, Ballroom (OC). See ad on page 97.

**Password**

**Wednesday, January 29 — Free**

2:00 PM, Ballroom (OC). Do you have too many Passwords? Don’t know how to keep track of them? What makes a good Password? What is a Master Password? This is your opportunity to learn about these questions and get your questions answered about handling your passwords. Ken Silverman presents all about Passwords.



**More Maintenance Update, Handy Helpers/Neighbors InDeed**

**Tuesday, February 11 — Free**

2:00 PM, Ballroom (OC). Once again Handy Helpers will be making a presentation on “how to maintain your home.” The last two presentations were standing room only which is indicative of the interest our residents have in maintaining their home in top condition. We typically discuss maintenance items the homeowner can perform themselves and the importance of maintaining smoke detectors, thermostats, plumbing & electrical fixtures and appliances. We also discuss safety issues and how to avoid being ripped off by contractors. As our houses age, another issue of importance is the life expectancy of major components and appliances in your home; this issue will be discussed as well. Finally, a question and answer period will follow the Handy Helpers presentation.



**Community Forums, Date, Time, Location**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <b>So You Think You Know Football?</b><br/>Thursday, January 9, 10:00 AM, Ballroom (OC)</li> <li>• <b>Living Through Transitions</b><br/>Wednesday, January 22, 7:00 PM, Ballroom (OC)</li> <li>• <b>Password</b><br/>Wednesday, January 29, 2:00 PM, Ballroom (OC)</li> <li>• <b>More Maintenance Update, Handy Helpers/Neighbors InDeed</b><br/>Tuesday, February 11, 2:00 PM, Ballroom (OC)</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Fountain of Youth: Secrets for a Long and Happy Life</b><br/>Wednesday, February 26, 7:00 PM, Ballroom (OC)</li> <li>• <b>Alive in the Light — Remember Eternity</b><br/>Tuesday, March 11, 10:00 AM, Ballroom (OC)</li> <li>• <b>It's Saudi Duty Time</b><br/>Tuesday, March 18, 2:00 PM, Front Ballroom (OC)</li> <li>• <b>Watch for more Community Forums in next month's Compass</b></li> </ul> |
|--|---|

**Chinese, Gold Fields, and Lincoln**

*Continued from page 15*

and do the hard work of extracting gold dust.

Prior to the coming of the railroad and establishment of Lincoln, Virginiatown was the largest of the Gold Rush camps. In the aftermath of a disastrous fire, that community was split into two towns, one for Europeans and another for Chinese.

Lincoln’s Chinatown was on 6<sup>th</sup> Street between Lincoln Boulevard and F Street. Artifacts were excavated with the building of the Lincoln City Hall at that site.

In the early 1990s there was extensive archeological excavation of two Chinese cemeteries in Virginiatown. It was confirmed that the Chinese practiced burial for a period of time until decomposition had completed, then bodies were exhumed and the bones cleaned and placed in urns. Some were reburied and others shipped back to China for final interment. A Chinese cemetery still exists beside Highway 49 north of downtown Auburn.

With the coming of the railroads, Chinese workers became a major part of the workforce. According to Lincoln historian Jerry Logan, in 1865 the Chinese laborers of the Central Pacific Railroad were blasting out a mile a week over the “impassable” route towards Donner Summit. Many of us remember the term “coolie” referring to a Chinese laborer. It is interesting that this word comes from the Chinese words “koo,” meaning to rent, and “lee,” meaning muscle. The coolies literally rented out their muscle in manual labor.

The Chinese influence is just another facet of our Lincoln Heritage.



*Furnace in Chinese Cemetery*





# LIVING THROUGH TRANSITIONS

**Most Sun City residents intend to live here as long as possible.**

**Do you have your plan in place to make that a reality?**

A new program called Living Through Transitions (LTT) was designed\* with your special interests in mind.

During the 10-session program, experts from many areas of aging will discuss how to age successfully. Registrants will create a plan/notebook taken from topics discussed including: finding your way in the medical maze; what to do if you find yourself suddenly single; financial planning; actions you need to take to be prepared; available resources and how to use them; answers to individual questions.

**Start planning now for the eventual transition from a “normal” active lifestyle to a less active lifestyle.**

**Registration for Living Through Transitions begins December 17 at the Wellness/Fitness Centers.**

**For more information about the Living Through Transitions 10-session program, plan to attend a presentation Wednesday, January 22, 2014 from 7-8:30 PM in the Ballroom (OC). Learn from residents who had plans and from those who didn't and what they learned from their experiences.**

*\*Living Through Transitions: The Next Step program, is a one of a kind program designed in collaboration with Wellness & Fitness staff and residents with expertise in the field of health and education.*

## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

**Kilaga Springs: 1167 Sun City Blvd.**

KS Main Phone: (916) 408-4013

Website for residents:

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

Public Website:

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

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### •The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti [tina.ginnetti@slhca.com](mailto:tina.ginnetti@slhca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

Monday-Saturday\* 8:00 AM-9:00 PM

Sunday\* 8:00 AM-5:00 PM

### Activities Registration: OC & KS

Monday-Saturday\* 8:00 AM-8:00 PM

Sunday\* 8:00 AM-4:00 PM

### Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (First only) 8:00 AM-12:00 PM

### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 8:00 AM-4:00 PM

### Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

### The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

\*Hours change effective January 1, 2014, see "Connections" page 3 for new hours.

## General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

[bgeppert@billycaspergolf.com](mailto:bgeppert@billycaspergolf.com)

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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