



Compass

The Official Magazine of Sun City Lincoln Hills

July 2013



**ARC Makes Recommendation to Amend
Exterior Paint Selection Process... pages 2 & 7**

**Three New Pickleball
Courts Completed... page 9**

**Plan Your National Night Out
Party August 6... page 19**

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On the cover

Every Friday night we start happy hour at Kilaga Springs Café at 5:00 PM and offer free live music and drink & food specials for your enjoyment

Lots of Things Happening in Lincoln Hills

Board of Directors Report

Martin Rubins, Director, SCLH Board of Directors



At the Board of Directors regular meeting on June 27, the Architectural Review Committee (ARC) proposed an Amendment to the Design Guidelines Section 66.

Under this Amendment, all exterior home colors must use the new ARC approved color schemes. Residents will no longer be able to repaint their homes the original colors if they do not fall within the new ARC color schemes. To see the color schemes that have been developed, contact the Community Standards Department at 625-4006. The Amendment is to be published and voted on by the Board of Directors 45 days from June 27. The Amendment can be viewed on the Orchard Creek bulletin board, on the Sun City Lincoln Hills website, and in this issue of the *Compass* on page 7.

Another proposal to come before the Board was from the Properties Committee. It requested that the Board investigate the need for additional multipurpose room space. Two options were proposed.

- A 2310 square foot building at an estimated cost of \$375,910.

- A 3500 square foot building at an estimated cost of \$513,708.

Plans with drawings and specifications and the location of the building were presented. At this time the Board will study, with staff help, to see if there is a real need for additional space, or if more effective utilization can be made of our existing space.

The three new pickleball courts that have been in the works for quite a long time are finally finished and should be in use by the time you read this. These courts should help alleviate the crowded conditions that have caused excessive waits for playing time. They have an updated look with a new blue and green color scheme. As one of the original pickleball players at Lincoln Hills, I personally invite you to come down and give pickleball a try. It is a fun sport, with a great group of players at all levels, and for beginners, free instruction is given.

Make a Difference

Announcing Openings for Committee Members

Architectural Review Committee (ARC)

Looking for an opportunity to be part of a team responsible for maintaining the architectural standards of our community? The Architectural Review Committee (ARC) currently has openings for residents with experience in landscaping and construction. ARC members review plans for landscaping, new construction, or exterior alterations and help to decide if the project conforms to the CC&Rs and Design Guidelines. Qualities desired of committee members: Enthusiasm, dedication, and commitment. The ability to interact with fellow residents in a positive and diplomatic manner is important. The ability to read landscape and building plans is a plus for membership. Knowledge of

landscaping and/or various plants can also be helpful. However, no one quality is necessary to become a member of the committee. *Where can I get more information?* Go to our resident website suncity-lincolnhills.org/residents, login, go to News and click on ARC, or contact Art Sacks, ARC Chair, at arc@scclha.com or 253-3311.

Communications and Community Relations Committee (CCRC)

The areas for interested residents involve technical communication and Community Forum planning. The committee has seven members serving two-year terms. Desired member skills encompass: understanding/using technical communication tools; organizational and correspondence skills; interest in handling

Please see "Openings" on page 43

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



The Resident Website has elicited many emails recently, a result of hundreds of residents checking out the new website. Thank you for your positive emails and constructive feedback. I have come to appreciate the intricacies of technology and how the variety of browsers, different versions of software, and the age of hardware and software can create frustrations when using new technology. **Some of those difficulties stem from system compatibility, so we encourage you to update your systems if they are more than a couple of years old.** Technology changes quickly and we are doing our best to assist you access the website.

This is a great time to acknowledge our **Lincoln Hills Computer Club (PC) and Macintosh User Group LHMUG members** who volunteer their time to provide technical assistance to residents and offer classes. If you are stumped by your computer, please reach out to one of these clubs for help or register

for computer classes offered through the Activities Department. Association staff is limited to the amount and type of computer support we can offer.

Outdated technology isn't always the issue. This past month many residents experienced **links on the website that did not work, or had oddities appear out of nowhere**, creating frustration — we apologize for this. If you were among the frustrated, please try again! We have now made several improvements.

Some problems occurred when residents found they were "locked out" of the site. The remedy for this is to **make sure you are correctly logged in.** You must be logged in to access Lifestyle Online (to purchase events, trips or classes); Library (to access documents and forms); and Classifieds (to see items for sale by other residents). If you have not logged

Please see "Connections" on page 36

"The Resident Website has elicited many emails recently... Thank you for your positive emails and constructive feedback... If you were among the frustrated, please try again! We have now made several improvements."

Calendar of Events

July 15-August 31

Date	Event	Page #
07/15	Document Destruction	41
07/16	"How Solar Power Works"	29
07/16	New Resident Orientation	41
07/17	Forum: "Great American Gold Rushes"	101
07/18	Book Discussion: <i>The Columbus Affair</i>	24
07/18	Speaker: Former PT Boat Officer & LST Captain	36
07/23	Bus Trip: Red Hawk Casino	49
07/24	Forum: "Don't Make Me Laugh... Or Sneeze"	15, 101
07/24	Bus Trip: Music Circus "Sugar"	61*
07/26	Summer Concert Series: Jefferson Starship	46
07/27	Bus Trip: USS Potomac	61*
07/28	Bus Trip: Giants vs. Chicago Cubs	56
07/30	Concert: World of Weber	45
08/01	Grandkids Camp	49
08/01	Bus Trip: River Cats vs. Albuquerque Isotopes	58
08/03	Bus Trip: American Craft Council San Fran. Show	56
08/05	KS at the Movies: "Some Like It Hot"	41
08/07-09	"Don't Cry For Me, Margaret Mitchell"	32, 45
08/08	"The Latest in Low Vision Technology"	26
08/08	"Fitness Opportunities for Low Vision Residents"	26
08/08	Bus Trip: Music Circus "The King & I"	61*
08/09	Summer Surfin' Dance Party	47
08/12	Concert: "Close to You" — A Carpenters Tribute	46
08/13	Neighborhood Watch Safety Seminar	11, 19, 41
08/13	Bus Trip: San Francisco for the Day	56
08/14	"Using the Internet to Get Your TV Programs"	25
08/15	Forum: Transnational Impact/Finc. Crimes Inv.	101
08/15	Book Discussion: <i>Gone Girl</i>	24
08/17	Bus Trip: USS Hornet — Living Ship Day	58
08/19	"A Universe From Nothing"	22
08/20	"How Much Money Do You Need in Retirement"	90
08/21	Bus Trip: Giants vs. Boston Red Sox	56
08/21	Forum: "Preserving Body's Largest Organ: Skin Care"	101
08/22	Bus Trip: Off to the Races	49
08/23	Music Group sponsored "Open Mic Night"	30
08/23	Summer Concert Series: Papa Doo Run Run	47
08/26	Bus Trip: River Cats vs. Fresno Grizzlies	58
08/26	"Shopping Farmers Market"	93
08/28	Bus Trip: Music Circus "Chicago"	55
08/29	Bus Trip: Best in the West — Rib Cook-off	51
08/30	Bus Trip: Gold Rush Days	49

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

Upcoming Association-Related Meetings

Date • Time • Place July 15-August 31

Golf Cart Registration	Thursday, July 18, August 1 & 15, 8:00 AM, OC Lodge
Finance Committee Meeting	Thursday, July 18, 9:00 AM, Oaks
ARC/Architectural Review Committee	Monday, July 22, 9:00 AM, Heights
Board of Directors Meeting	Thursday, July 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, July 25, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, July 25, 11:00 AM, Oaks
Elections Committee Meeting	Friday, August 2, 10:00 AM, Fine Arts Room
CCOC/Chartered Clubs & Community Orgs.	Tuesday, August 6, 9:30 AM, Oaks
Compliance Committee Meeting	Wednesday, August 7, 10:30 AM, Solarium
ARC/Architectural Review Committee	Monday, August 12, 9:00 AM, Heights
Properties Committee Meeting	Tuesday, August 13, 1:00 PM, Fine Arts Room
Listening Post	Wednesday, August 14, 9:00 AM, Solarium
Finance Committee Meeting	Thursday, August 15, 9:00 AM, Oaks
Board of Directors Meeting	Thursday, August 22, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, August 22, 10:30 AM, Presentation Hall (KS)
Board of Directors Executive Session	Thursday, August 22, 11:00 AM, Oaks
ARC/Architectural Review Committee	Monday, August 26, 9:00 AM, Heights

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

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we'll check for worn hoses & seals, test system for pressure leaks or contamination.

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Activities News & Happenings

Rain or Shine!

Lavina Samoy, Lifestyle Manager

Can you believe the weather we've had? Summer Amphitheater Concert Series has experienced 100+ degree weather and rain. However, the weather has not deterred our residents from having a great time at the concerts. Photos from the recent Beatles Tribute Concert, performed by Paperback Writer, speak for themselves.

You still have four more chances to enjoy the Amphitheater summer experience with **Jefferson Starship on July 26** (page 46); **Papa Doo Run Run on August 23** (page 47); the music of Johnny Cash, the "Man in Black," featuring **James Garner's Cash Tribute on September 5** (page 47); and **The Bronx Wanderers** singing 50's and 60's doo-wop, including a Frankie Valli medley, to close the series on **September 20** (page 47).

Another event we are excited to bring you is our first **Summer Surfin' Dance Pool Party on August 9**. In cooperation with the Fitness and Food & Beverage Departments, we are hosting the biggest dance and swim party yet. OC Fitness pool will be transformed into a tropical beach paradise with games, fun and prizes. Expect beach, rock n' roll and oldies music as our DJ spins your favorite dance tunes to keep the dance floor hopping. Specially prepared food and drinks from Meridians will be available for purchase to complete the party (page 47)!

Preparation for our **Annual Grandkids Camp on August 1** is well underway with this year's focus: *All About Animals!* Register your grandkids early as spaces are limited (page 49).

"Close To You," a **Tribute to The Carpenters Concert** has replaced the postponed show of Faith Prince on **August 12** (page 46). Highly-praised by residents, last year's sold out performance comes back with more hits by the inimitable sound of the best-selling duo of all times.

Discover **Sonora Gold Country and Columbia State Park** plus the quaint town of Murphy with their wineries and unique shops during our two-night adventure on **September 11-13** (page 58). You cannot get a better price for the total experience we provide. Sign up by July 30. Cruise around San Francisco Bay and enjoy a Champagne Brunch on the **Hornblower** and check out America's Cup Pavilion during our day trip on **September 7** (page 58).

Brush up on your computer skills! We have new classes for both PC and Macintosh to keep you updated (starts page 63). Ray Ashton's Music History Class reviews four **Backyard Musicals** starring Judy Garland and Mickey Rooney (page 81).

Rain or shine, we are here for you!

Fall Fashion Show Model Call

Are you interested in fashion and enjoy being on stage? We are currently looking for models of all sizes and shapes to participate in the upcoming October 22 Fashion Show. Interested parties should attend the model call meeting on September 10 at 10:00 AM in the Multipurpose Room (OC) to fill out an application and talk with the Fashion Show Committee. Please bring your measurements and a recent photo to the meeting. Models are required to attend the Fashion Show Rehearsal on Monday, October 21 from 2:00-3:00 PM and the show on Tuesday, October 22 from 10:00 AM-3:00 PM. If you are not able to make the model call meeting, please send an email to Tamara Coil, Entertainment Coordinator at tamara.coil@sclhca.com.



The rain cleared and residents came out to enjoy the June 25 Paperback Writer Beatles Tribute Summer Concert Series performance

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**Sun City Lincoln Hills Community Association
ARCHITECTURAL REVIEW COMMITTEE (ARC)
RECOMMENDATION FOR AMENDMENT TO DESIGN GUIDELINES SECTION 66. PAINTING**

The following Architectural Review Committee (ARC) recommendation for amendment to the Design Guidelines was approved for posting by the Board of Directors at its June 27, 2013 meeting. The amendment will be posted for 30 days to allow Owners the opportunity to review and comment on the proposed changes to the Design Guidelines.

As stated in Section 5.02. of the CC&Rs and in accordance with Section 5.09(b), Guidelines for Particular Projects or Approved Colors and Design Guidelines Section 9., Changes and Amendments to the Design Guidelines, the ARC's scope of authority includes proposing amendments to the Design Guidelines for consideration and possible adoption by the Board of Directors.

Proposed Amendment to Design Guidelines Section 66

- 66 Painting.** See Checklist #18. All exterior paint color changes must be approved. This requirement applies to siding, doors, shutters, trim and other auxiliary structures. ~~ARC approval is not required to repaint existing colors. However, owners painting to match the original color scheme shall ensure the color, type of paint and finish, e.g. flat or semi gloss latex, are consistent with the original materials. If you have any~~ For questions regarding a paint project, please contact the Community Standards Department, at 625-4006
- 66.1 Paint Profile.** All paint applications shall include the Paint Profile Checklist and describe the ARC approved color scheme selected. ~~Photos showing the existing colors of the applicant's home shall be included.~~
- 66.2 Color Schemes.** ARC approved color schemes are provided in sample Paint Books available for viewing at the Orchard Creek Lodge. Owners applying to ~~change the existing~~ paint color of their home shall select a color scheme from the sample Paint Books. The schemes provide different colors which may be applied to the body, trim or accent areas of the building to promote variety and depth. A minimum of two colors shall be used.
- 66.3 Paint Colors.** The ARC approved color schemes have been developed with attention to the natural color palette of the region, consistent with the preferred examples provided for in the General Development Plan for Del Webb Lincoln, Ordinance No. 691B of the city of Lincoln: warm, off-white to middle tone bodies; combinations of white, off-white, and middle to deeper tones at trim, bands, barges and eaves; white to off-white tones at porch columns and railings; heavier gray, beige, rust, and blue grays at stone veneers; heavier and warmer terra cottas, rusts, and distressed off-reds at brick veneers; and accent colors in whites, dusty blues, greens, off-reds and grays.

It's My Pleasure!

Cecelia Dirstine

Community Standards Manager

"It's my pleasure." How often do you hear that said? Most likely you hear it as an expression of courtesy, but I offer it to you now as an expression of gratitude.



Just what makes me grateful? Well, I'm grateful for your support in my new role as Community Standards Manager. I can honestly say that in more than six years on staff, it has been a pleasure to meet you and help with your questions and concerns. Your appreciation never fails to lift my spirits. And it's especially gratifying to see that when you bring cooperation and mutual respect into play, you help to resolve many of those concerns.

It's a pleasure to have the support of a community where so many of you con-

tribute to our exceptional environment. We owe a debt of gratitude to all those volunteers, staff members, and neighbors who work to support and uphold our community standards.

"With the [Architectural Review] Committee's dedication and hard work, owners will soon have a simplified paint selection process while having even more color choices."

One exciting example is the work the Architectural Review Committee is doing to improve the exterior paint selection process. With the committee's dedication and hard work, owners will soon have a simplified paint selection process while having even more color choices. So keep on the lookout for the ARC announcement of the new color selection process.

The committee's recommendation for the amendment is shown above.

Another example is how vital your support is in helping the Compliance Committee to investigate alleged violations of the rules. Your written reports are a key aide in alerting the committee to compliance issues such as property maintenance. To submit an observation, look for Complaint Report forms at Orchard Creek Lodge or on the resident website.

For my part, it's a pleasure to be here for you and to continue to work in a community that values cooperation and dedication to maintaining our exceptional environment.

If you have any concerns or questions, please don't hesitate to contact me or new Community Standards Coordinator Melinda Rogers. You can reach me at 625-4006 (cecelia.dirstine@sclhca.com) or Melinda at 625-4008 (melinda.rogers@sclhca.com).

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Wellness & Fitness News

The Benefits of a Personal Trainer

Deborah McIlvaine, Fitness Coordinator

Having a hard time getting motivated, or just don't feel like you're getting enough out of your exercise routine? Consider hiring a personal trainer. Working with a personal trainer is one of the fastest, easiest, most successful ways to improve your health and fitness.

Learn proper technique and form. Doing exercises incorrectly can lead to injury that can sideline you. By doing them correctly, you're staying safe and also getting the maximum benefit from your workout. Trainers shouldn't simply lead you through exercises; instead, they should be teaching you. A one-on-one personal training experience should be all about you, your needs, and special issues you're dealing with.

Improve your overall fitness and achieve your goals. Personal trainers offer professional assistance to improve cardiovascular health, strength, flexibility, endurance, posture, balance, and coordination. Personal trainers will monitor your

progress and fine-tune your program as you go, helping you work through plateaus and stay on track toward your goals.

Focus on your unique health concerns. Do you have special medical needs such as arthritis, diabetes, or heart conditions? A personal trainer can help you with these

Sign up with a personal trainer between July 16 and August 16 and receive a 10% discount off your next purchase. Ask one of the participating trainers for a coupon at your next session.

and other issues, including low-back pain, rehabilitation for injury, and cardiac rehab. A personal trainer can work with your physician and/or physical therapist to plan a safe and effective program that will speed your recovery.

**Wellness & Fitness Classes: pages 83-95 • Exercise Class Schedules 96-98
Group Exercise Class Descriptions 99**

Benefit from the two on one training (buddy system). What could be better than working out with a friend? Make a commitment to regularly meet with someone who will provide you with individualized monitoring and support you both need.

How to find the best trainer for you. Go to one of the Fitness Centers (Orchard Creek or Kilaga Springs) and ask for a list of trainers at the front desk. The list will provide their contact information, pricing, qualifications, and experience. Call one to set up an appointment for a free assessment. This will give you a good idea of the trainer's personality and skills. You want to make sure that the trainer is a good fit for you and your workout style.

For more information check out the website at: www.suncity-lincolnhills.org/residents/index.php/training-services

Sign up with a personal trainer between July 16 and August 16 and receive a 10% discount off your next purchase. Ask one of the participating trainers for a coupon at your next session.



Three New Pickleball Courts Completed

Pete Savoia, Properties Committee Chair

Pickleball is the country's fastest growing sport for active adults, and our Association has responded to the challenge of keeping our community competitive by adding

additional courts. Our two-phase development plan has been completed with the addition of three courts, complementing the three courts built almost four years ago. Because this addition was planned in advance, the new courts fit seamlessly into

their location near the Sports Pavilion. The courts were dedicated earlier this month, and are shown in the photo to the left.



Pickleball players celebrate the opening of the new courts on the Fourth of July

The new courts have the same dimensions as the original courts, but there are several differences designed to improve the quality of play and, more importantly, the availability of the courts. The most significant of these changes is improved lighting on the new courts. The improved lighting arrangement will increase usage in the evening hours, resulting in fuller utilization. A passage way has been created between the old and new courts, with gates to allow players to enter and exit each court without disrupting play on any other court. A more subtle change involves the short fences separating the three new courts from each other. There is now one opening at the middle, rather than an opening at each end to minimize the encroachment of balls from adjacent courts, providing fewer interruptions of play. All of the above changes were suggested by the Pickleball Club, and will provide fuller

Please see "Pickleball" on page 36

Delectable Summer Cuisine at Meridians

Jerry McCarthy, Director of Food & Beverage

Summer is here and with the change of temperature comes a bounty of summer fruit, vegetables, and exciting summer entrees. Make sure to look for exciting items such as:



Strawberry Salad, Tri-Tip Taco Salad, Herb Crusted Shrimp Skewers, Heirloom Tomato & Mozzarella Flatbread, Seared Sea Scallops, Grilled Rib Eye Steak, and much more. Every Monday night is *Chicken Piccata* for only \$10. Buy 10 Chicken Piccata entrees and the next is **free!**

Chef Roderick is conducting the **Farmers Market Series** this summer, bringing to life all of the fresh seasonal items that can be discovered in our own Wednesday Farmers Market. We will be having two dinners in the Secret Garden where Chef Roderick will be cooking and teaching about dishes that he prepares for you. Farmers Market dinner dates are Tuesday, August 6 and Tuesday, September 10.

Space is limited and will sell out quickly. Reservations and prepayment are requested.

As the temperature heats up there is no better way to stay cool than with happy hour. Besides our normal happy hour selections that we offer daily, Meridians has added three new exciting options! Every Thursday night we start happy hour at the Orchard Creek Pool at 5:00 PM and every Friday night we start happy hour at Kilaga Springs Café at 5:00 PM. Both nights offer **free** live music as well as drink & food specials for your enjoyment. In addition, the first Sunday night of the month (August 4) Meridians offers Late Night Happy Hour in the Sports Bar starting at 7:30 PM. Once again you'll enjoy **free** live music with drink and food specials. All the dates and details can be



Don Maeder providing the music for happy hour at Kilaga Springs Café

found at www.meridiansrestaurant.com. You will also see other special events that are coming soon on our website. You'll want to circle the calendar for the 2013 Summer Amphitheater Concert Series, Brew Master dinner with Chef Roderick & Gordon Biersch on July 23, Deli Night on August 27, Crab Feed Night in October, and special offers and promotions. ~ Please see our ad on page 20. ~

found at www.meridiansrestaurant.com.

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~ Please see our ad on page 20. ~

Lots of Improvements Going On

Hank Lipschitz, Finance Committee Chair

The Finance Committee received the results for May and we were just slightly below Plan for the month and continue well ahead of budget for the year. May showed net revenue in excess of expenses of \$13,863 vs. budget of \$34,567

for a negative variance of \$20,704. As you can see in the accompanying chart, we are \$216,708 better than budget year-to-date. During the month we had some minor issues such as continued construction of The Spa upgrade that affected their results

and Food & Beverage working to maintain a high level of service while sales volume was off slightly and food costs are high.



Operating Fund cash balance was \$4,814,810 at the end of May with \$2,979,537 in Unrestricted Operating Funds, \$389,525 in the Building/Capital Enhancement Fund, and Settlement Proceeds Fund of \$1,445,748. Our Reserve Fund ended the month at \$4,619,682. All funds are invested in FDIC-insured accounts or US Treasuries, according to policy. There were 142 homes with past due assessments amounting to \$85,800.

We are well on our way to completion of four large projects that improve our community. They are the Amphitheater Rebuild, The Spa at Kilaga Springs Expansion, the Pickleball Court Construction and the Presentation Hall Remodel. These projects are all nearing completion and represent

Please see "Improvements" on page 43

Statement of Operations YTD — 5/31/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$3,146,901	\$3,134,771	\$12,130
Administration (Expense)	(783,720)	(899,319)	115,599
The Spa at Kilaga Springs	14,159	1,340	12,819
Fitness	(136,731)	(170,292)	33,561
Activities	(70,019)	(91,045)	21,026
Rec. Center / Maintenance	(929,109)	(967,466)	38,357
Landscape Maintenance	(1,012,158)	(1,035,146)	22,988
Food & Beverage	(78,394)	(38,622)	(39,772)
Capital Asset	0	0	0
Net Revenues (Expense)	\$150,929	(\$65,779)	\$216,708

NEIGHBORHOOD WATCH PRESENTS

AUGUST SAFETY SYMPOSIUM

Tuesday, August 13 • 1:00 to 3:00 PM

Orchard Creek Front Ballroom

Special Guest: Dan Ruden, Lincoln Police Chief

Guest Speaker: Gary Leonard, Retired Police Chief



SPECIAL GUEST: Lincoln Police Chief Dan Ruden.... Chief Ruden believes the community plays a role in keeping Lincoln safe by helping reduce the crime rate until more officers can be hired. California crime rate: 30 per 1000 people; Lincoln crime rate: 16 per 1000 people. Neighborhood Watch does make a difference.



BACK BY POPULAR DEMAND: Chief Leonard is a retired Law Enforcement Officer with 50 years experience, a lecturer on Crime Prevention and an eight-year resident of Sun City Lincoln Hills. He has extensive knowledge of: House Security — Avoiding Scams — Personal Safety & Security.

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The Spa at Kilaga Springs

The Role of Essential Oils in Healing Your Body

Tina Ginnetti, Manager, The Spa at Kilaga Springs

www.facebook.com/SpaAtKilagaSprings www.twitter.com/KilagaSpa



I recently returned from a trade event with two very important reminders: (1) **skincare is no longer just about outside beauty, and (2) skincare, massage, and nail care play an important role in total body wellness and everyday wellness.** My lifetime goal has been to bring wellness and healing to everyone. I believe beauty on the inside is reflected by a glowing skin and general healthy appearance.

Practically every vendor I visited with was using essential oils in their protocols and all were pure and natural. Essential oils can play a very important part in your massage or facial or manicure. Not only are you receiving the benefits of ingredients like coconut oil, comfrey, chamomile, arnica, beeswax, acai berry, for your skin,

but you are also receiving the physical balancing effects of geranium, gardenia, eucalyptus, lavender and more. Essential oils have been shown to balance us on all levels, specific oils giving specific results.

Our Aveda products are excellent examples. They are based on *ayurveda* (from Sanskrit: *ayur* + *veda*, or “life knowledge”), an ancient traditional system of holistic medicine. Aveda is 30+ years old and has always created their products for the purpose of healing: healing our bodies using pure products that do not harm the body or the planet. Another product we use is **HydroPeptide**, which takes a physician’s formula using edelweiss, apple stem

cells, and over 100 herbs and plants to create their products.

As part of your massage or facial service we offer what is called the sensory journey. It is where your body chooses which oil appeals to you that day, based on your physical, mental, and emotional state. At the end of the service, most will comment on the total relaxation they feel.

Our goal at The Spa continues to give you, “A health and wellness destination,” striving to bring you total body wellness through service, products, and education.

This month begins our annual HydroPeptide Anniversary Sale. From July 15-August 30, receive membership pricing on all HydroPeptide facials: \$99. Regular \$120 and \$135. Any purchase on your day of service will give you a 10% discount on HydroPeptide products. See you at The Spa!

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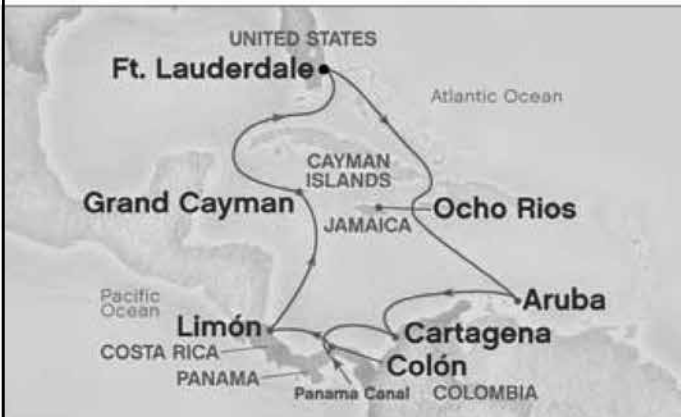


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Whitney, Spring Valley, and Twelve Bridges

Important Names in Our Past

Al Roten, Roving Reporter



As we entered our new community upon moving to Lincoln Hills, not only the names of streets and commercial centers brought new names to us, but names of historical significance were introduced. I am curious about such things and find enjoyment in sharing some background and origin of these now familiar names.

In 1852 at the age of 17, Joel Parker Whitney arrived in California seeking his Gold Rush related fortune. Three of his brothers had also come to California and settled in San Francisco as merchants. Joel was a bit more of an adventurer, travel-

ing throughout northern California and the West. He had seen and admired the rolling hills of South Placer County and in 1854 advised his father, George, that the area was prime sheep-grazing land. George bought acreage in this area and introduced a hybrid breed of sheep with higher quality wool than had previously been available. An original purchase of 320 acres became the genesis of the Whitney Ranch, which by the 1870's

One of twelve granite bridges



grew to about 20,000 acres. The general boundaries of the Whitney Ranch were roughly Lincoln and Roseville on the north. Please see "Names in Our Past" on page 36

Aging Well

Quibbling About Dribbling

Shirley Schultz, Health Reporter

Urinary incontinence is a symptom rather than a disease. Although it may be cured or tempered once you know the underlying cause, it may also indicate more serious underlying conditions. You can be enlightened about this common problem by attending the **Community Forum on July 24, "Don't Make Me Laugh... Or Sneeze Please"** (see page 101). Even if you don't suffer from the problem right now, it is one that you would like to be prepared for if it does happen.

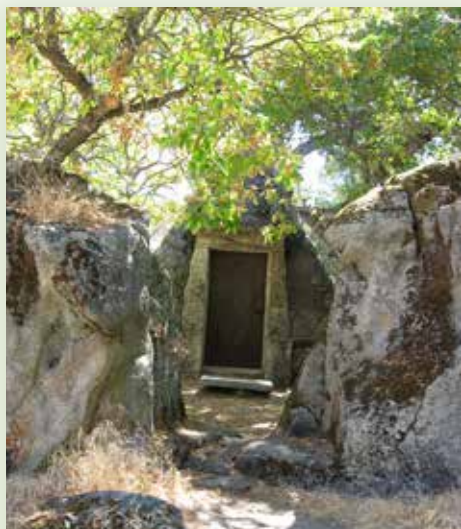
Inability to control the release of urine from your bladder may result in dribbles or minor leaks all the way up to what-seems-like Niagara Falls! There are several different types of urinary incontinence, but the most common ones are classified as stress, urge, or overflow incontinence. If you leak urine when you exert pressure by sneezing, coughing, laughing, exercising, or lifting something heavy, you are in the "stress" group. If you have sudden, intense urges to urinate and your bladder muscles contract causing loss of urine on the spot, you are in the "urge" group. Overflow incontinence occurs because you do not completely empty your bladder and it overfills so that you dribble and have to urinate frequently.

The list is long for what can contribute

to or cause urinary incontinence, and this may vary depending on your sex. A partial listing of contributors includes: changes with aging; alcohol; drinking too much fluid in a short period; caffeine; bladder irritation caused by such things as carbonated beverages, tea, and coffee; medications such as diuretics; urinary tract infections; constipation; pregnancy and childbirth; prostate problems; bladder cancer and bladder stones; neurological conditions such as Parkinson's disease or multiple sclerosis; and obstruction.

This brings me to a quibble about something that irks me. Spare me the indignity of calling them "adult diapers"! Call them incontinence pads or incontinence pants or by their brand name such as "Depends." "Diapers" are for babies, so do not diminish an adult's dignity by telling him or her to wear diapers. If babies advance to "potty training," then adults may need to go through "bladder training" or "retraining" as a treatment for incontinence.

Your quality of life is being affected if you restrict or avoid activities or social interactions because of incontinence. Be aware that rushing to the toilet increases your risk of falls! Seek medical evaluation and treatment for urinary incontinence.



Whitney's Pyramid Crypt

Lincoln Hills Foundation Coupon Books: Addendum

In the Lincoln Hills Foundation article in the June 15 issue of the *Compass*, please note the Dine Around Shop Around Lincoln (DASAL) coupons were printed by volunteers Dennis & Debi Wagner, not by professional printers as was originally reported. The Foundation is grateful for their contribution.

Jerry Johnson, President LHF



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Sizzling Summer Reads...

Nina Mazzo, Library Volunteer

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baseball locations – from *Murder at Wrigley Field* to *Murder at Fenway Park* and *Hunting a Detroit Tiger*. I discovered this author in the OC reading area. This leads me to remind you that we have quite a variety of authors in OC and all the books are paperback Fiction. Simply drop off your returns on the wooden library cart.

Many thanks to residents who donate their gently used books published after 2005.

Please remember KS cannot accept any books published between 1900 and 2004.

We suggest you donate those older books to Twelve Bridges Library.

Contact information:
book donations – Sandy Melnick (408-1035); volunteer – Sandy Maloff (408-2368); investment section – Cleon Johnson (408-5648); Community Living Room (OC) – Nina Mazzo (408-7620).



Neighbors InDeed

A look “behind the scenes”

Doug Brown, Resident Editor

Alice needs to have her furnace filter changed, smoke alarm batteries replaced, and garage door lubed. She calls Neighbors InDeed (NID) at 223-2763. The next day a Handy Helper calls, sets up an appointment, and soon all three jobs are done!

Gary arrives home from knee surgery, manages to hobble into the house. A couple of days later, ambulating with crutches from room to room in his home proves to be challenging. “Wouldn’t a wheel chair be useful here for the next week or so?” His wife calls NID and a day later a Medical Equipment Loan volunteer

delivers a wheelchair to the front door. Nice!

What happens *behind the scenes* to offer so many *free* services to SCLH residents? How does a phone call one day morph into a NID volunteer at your doorstep the next? Well, you can imagine that in an organization of well over a hundred telephone responders, dispatchers, data entry staff, coordinators, and more, there’s a well-oiled—and to you invisible—system that makes all this happen.

The system is far from invisible to Neighbors InDeed volunteers. Here’s a peek “backstage.”

- Your call goes into the NID message center.
- A volunteer logs your information into the NID database, calls you back to confirm your request, and gets further details, such as: Do you have a ladder? Nine-volt batteries? Would you like a regular wheelchair or transport chair (needs to be pushed by someone else)?
- Your request is then reviewed by a dispatcher who accesses your information from the database.
- For Handy Helper calls, the dispatcher consults a list of available Handy Helpers (all within the database), and calls a Handy Helper to relay your name, address, phone number, and services needed. The Handy Helper then calls you to set up an appointment time.



Al Witten, Database Coordinator, smiles for the camera as he works on the NID database.

- For a Medical Equipment Loan, a similar process is followed.
- If your call is a request for a vendor/agency, the initial responder consults NID’s maintained list of residents’ feedback and gives you several referrals to choose from.
- When service calls are completed, a volunteer logs that information into the database.

All this within about a 24-hour period! But it takes many volunteers working together to make it happen.

NID is an all-volunteer grass-roots Lincoln Hills organization with a 12-year history of serving residents’ needs. Do you need some services? Call NID at 223-2763, and for more information, visit www.neighborsindeed.org.



three jobs are done!

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Arnie Sondergard, Medical Equipment Coordinator, delivers a wheelchair to Barbara Dick, for her grateful husband



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Disaster Preparedness: Part Seven**Neighbors Caring for Neighbors**

Bill Beal

When disaster strikes, not everyone in Sun City Lincoln will be prepared. Some will be unprepared by choice, others by circumstance. In either case, these individuals are still our neighbors, and neighbors take care of neighbors regardless of circumstance.

Taking care of others in need is a hallmark of this nation, and that generosity is not just a national tradition, it is local as well. Recently we've witnessed terrible disasters in the Midwest. In every case it was not first responders that rushed

to the scene, it was neighbors helping neighbors. It will be no different here, during a disaster neighbors will be the first responders.

I moved to a senior community because I wanted to be surrounded by people who watch out for each other. In Sun City Lincoln Hills neighbors watch out for neighbors, and when someone is in need we gladly step forward because next week it might be you that needs a helping hand.

So what can you do to help your neighbors during a disaster?

- First, be prepared by following the recommendations provided in this series of articles.
- Second, stock up a little extra food and water that can be shared with a

neighbor. If everyone puts aside a little extra, then when a disaster strikes no one will go hungry or thirsty.

- Third, get to know your neighbors and watch out for them. You may be the only friend or family they have.
- And finally, get involved in your community, participate in activities such as Neighborhood Watch, attend meetings and functions put on by the Association, and bring a neighbor with you.

Next month we'll discuss how to care for pets during a disaster.

**Neighborhood Watch****Thirty-Year Anniversary for National Night Out Plan Your Party for Tuesday, August 6**

Patricia Evans

In bygone years, the reassuring voice of the night watchman would call out, "Ten o'clock and all is well," as he surveyed the security of a small village. Fast forward and those villages are now cities. Today it takes many alert citizens to insure the safety of our present communities.

Thirty years ago Matt Peskin of the National Association of Town Watch observed that crime made many neighborhood streets unsafe in the evenings. He decided that a night of special celebration where residents could safely enjoy street

parties would be beneficial. In 1984, 400 communities celebrated promoting crime prevention. By 2012 over 15,000 communities participated from all 50 states and Canada.

National Night Out has now grown into a preventive measure where the stimulus for NNO parties is knowing our neighbors. Neighborhood Watch volunteers agree that a friendly neighborhood is a safer neighborhood. We seniors place a high value on a community with minimal crime!

This is the seventh year that SCLH National Night Out has been coordinated by Pauline Watson, and participation has grown from 40 parties to over 110, some

very small and some very large. Our first NNO was in 2006.

Pauline wants to know if you are planning a NNO party, small or large! Please contact her at 543-8436 or frpawatson@sbcglobal.net.

Safety Symposium, August 13, 1:00-3:00 PM, OC Ballroom. Please turn to page 11 and see our ad describing this event and to Community Perks on page 41 for more information.

Please turn to page 30 for National Night Out party ideas.

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mvw6@sbcglobal.net
 - Pauline Watson, 543-8436
frpawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org



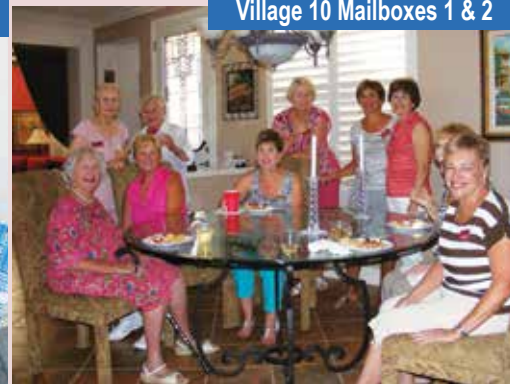
Village 15



Village 42B



Village 10 Mailboxes 1 & 2



A few of last year's SCLH National Night Out events where residents celebrated with parties to increase our security through friendly neighborhoods

Gordon Biersch



5

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Re-enactment of a 1765 Colonial Williamsburg Dinner

Gay Sprague, Roving Reporter

Lincoln Hills residents Jim & Arlene Pirkle visited Williamsburg, Virginia in 1995 and became huge fans of Colonial Williamsburg. They stayed in a very quaint inn, and were advised to try a local tavern for a unique dining experience. The tavern turned out to be rather famous, as both Washington and Jefferson had dined there.

When they arrived, they found no lights in the tavern. They were greeted

and escorted to a table, with only a candle for light, and found a somewhat limited menu written on a board. There was no “visible” electricity. After this immensely enjoyable dining experience, they walked on smudge-pot-lit paths to a 1700’s concert performed by an a cappella choir at the House of Burgess.

Thoroughly “smitten” by Colonial Williamsburg, the Pirkles returned to California and began to think how much fun it could be to recreate this authentic dining experience, in full costume, with some of their friends. This past February, the Pirkles did indeed host their version of an authentic Colonial Williamsburg dinner! Their guests were SCLH residents Fred & Sandy Bickel, Jeff & Jan Johns, and Mac & Marilyn Hunter. The menu, penned on a board by Arlene, read:

Wednesday February 13th 1765 – Evening Fare – Harvest Salad, Cream of Squash Soup, Roasted Game Hens with Wild Rice (served with Corn Bread Soufflé); Dessert: Stuffed Apples with Clotted Cream – Assorted Aperitifs.

The dinner menu was a replica of one from their Williamsburg trip. Once the meal was cooked, there was no

electricity used.

When asked whether their dinner was authentic, there was a resounding “yes”! The Pirkles and guests wore costumes they pieced together from thrift stores, costume stores, on-line, and one guest made her entire outfit. And, shortly before this event, a friend of Arlene’s left her a complete set of Williamsburg pewter plates, goblets, and tankards, which were properly used. Oil lamps were used inside and there were lots of candles and luminarias to light their walkway.

The Pirkles admit to staying in character until perhaps their second glass of wine. Oh yes, the wines served were *Williamsburg Red* and *Monticello White* served from old wine bottles they were able to locate! Above all, they genuinely enjoyed stepping back into history through this authentic dining experience.



The Pirkles, Bickles, Johns and Hunters wore costumes they pieced together from thrift stores, costume stores, on-line, and one guest made her entire outfit



A friend left Arlene her complete set of Williamsburg pewter plates, goblets, and tankards, which were properly used

Commercial Presentation (Paid Advertisement)

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

Living Trust Seminar

Tuesday, July 23 10:00 AM Heights Room (OC)

Presenter: Vic DiMattia

Free Living Trust Seminar: No Living Trust more than \$495 complete. Speaker: Vic DiMattia, Attorney at Law #129382. **Lincoln Hills Resident.** Thousands of Trusts established. Come and learn about wills, trusts, probate, estate taxes, joint tenancy issues and components of a complete estate plan.

RSVP 253-9991.

Did You Know?

The Community Association is responsible for street light maintenance. Please do not contact the city of Lincoln for street light issues as it slows the process for repair. Report street light issues to the Community Association by calling 645-4500.





Club News



Alzheimer's/Dementia

Caregivers Support Group

Michelle Nevins from del Oro Caregiver Resource Center will lead the support group in a discussion session on Wednesday, July 24 beginning at 1:00 PM in the Multipurpose Room (OC). Participants benefit from working through behavior problems or issues of daily care-giving by brainstorming with others who understand and can offer suggestions and advice.

Heat alert: We remind caregivers that your loved one may not be aware of being thirsty or the need to hydrate. Try to develop a regular schedule to include water, supplemented by juices, broth, and fruits like oranges, grapes and watermelon which are full of water and also can be part of a hydration schedule.

Thanks to the support of the Lincoln Hills Foundation, we have a large selection of relevant books and DVDs on Alzheimer's/Dementia and related topics that can be borrowed and shared with family and friends.

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



Antiques Appreciation

Coming off two great meetings, the Mini Road Show in May and the Ladies' Victorian Garden Tea in June, we settled down a little in July and had Show and Tell. The theme was antique and vintage items that would be found on a ladies dressing table. It was amazing what the members came up with and the stories they told! There were many beautiful and interesting items that were mostly handed down in their families.

Our Antiques Club window was spectacular again, after a Mother's Day theme



Fran White in the winning hat at the Ladies' Victorian Garden Tea

for May, and a Father's Day theme for June! Now it's all decorated up for the Fourth of July, a must see!!

If you collect or just enjoy antique and vintage "stuff," please join us at our monthly meetings on the first Monday of each month at 10:00 AM in the Multipurpose Room (OC). We have fun!!

Contacts: Jan Robinson 408-7332;
Jane Delno 543-6855
Antique Appraisals 408-4004



Astronomy

- July — no meetings.
- Wednesday, August 7: Star Party at Blue Canyon. Contact Ron Olson (408-1435) rolson@starstream.net, carpooling available.

- Monday, August 19. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Video "A Universe From Nothing" — Professor Lawrence Krauss. Contact Morey Lewis (408-4469) for more information.
- Wednesday, August 21. Sierra College Planetarium Show and Presentation "In the Shadow of Time" by Professor Dick Marasso. \$5 donation. Contact Ron Olson, carpooling available.
- Monday, September 16. Cosmology Interest Group — starting a new DVD series "Cosmology – The History and Nature of our Universe." These lectures are by Professor Mark Whittle from the University of Virginia and are an



May 15 Community Star Party behind OC Lodge; Robert French presenting "Saturn's Rings — New Results from Cassini" at the June 5 meeting

excellent, simple explanation of the Big Bang Theory.

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;
Nina Mazzo 408-7620
ninamazzo@me.com
Website: www.lhag.org



Ballroom Dance

Be cool when it's hot! Join us in July on Tuesdays at KS from 2:00-5:00 PM for the ever-popular, smooth Fox Trot. Think you can't dance? You can! Experienced dancer? Come learn new steps or brush up on your moves. Our patient and personable instructors will teach you in a spacious, relaxed group setting. It's fun and friendly. Beginning classes are 2:00 to 3:00 PM. From 3:00 to 4:00 PM is open dancing offering a variety of music and styles. You can practice and socialize too. Intermediate instruction follows from 4:00 to 5:00 PM.



Chris & John Geist

The last Tuesday in July will be devoted to Waltz styling in first hour, followed by open dancing, then Merengue in the final hour. In August, we will learn the passionate American Tango.

We have many fun social events through the year. Dues are only \$7 per year, per person. Come and give it a try.

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



Bereavement Support

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

next support meetings will be July 17 and August 14. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Tuesday, August 6 at *Woody's*. Meet in front of OC Lodge by 11:20 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan. **Contact: Joan Logue 434-0749, joanlogue@sbcglobal.net**



Billiards

The Shooters

- Eight-Ball Singles 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, June 5 — Winner: Phil Delaney; Runner-up: Bob Soriano.
- Nine-Ball Singles, June 11 — Winner: Phil Delaney; Runners-up: Bob Doney and Norm Hagerty.
- Eight-Ball Doubles, June 19 —
Winners: Clyde McFadden and Phil Delaney; Runners-up: Chet Lelio and Bob Doney.

The Shooters sorely miss Les Birch.

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

Challengers Billiards

Summer is here and it's a good time to stay out of the sun and play pool. We play every Friday from 10:00 AM to 12:00 PM at the Billiard Room (KS).

The last Friday of each month is sign-up day for the following month. New players are always welcome, please sign in or just drop in as a standby player.

Here are our recent winners — First place: Seven games — George Black; six of seven games — Dan Oden, Ron Weech, Joe Perez, Bill Kim; five-and-a-half of seven games — Lyle Moore. Second place: Five of seven games — Sylvia Gutierrez, Rita Baikauskas, Del Torres, Bill Huth, Howard Skulnick, Joe Hobby, Sherry Weech. Special recognition for Howard Skulnick who sunk

the Eight Ball on the break.

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

Couples Billiards

We meet every Wednesday at KS at 4:00 PM for an exciting and fun evening with our billiards friends.

Our first week of the playing period had one team winning all six games. Those players were Ron/Sherry Weech, while Roger Corley/Sandy Pavlovich came in second with five wins.

The second week Joe Perez/Bob Soriano won all six games. Dan Oden/Gail Harmon won five.

On week three, there were no six game winners. We did have a three-way tie winning five games. Those partners were: Joe/Nicki Hobby, Dan Oden/Gail Harmon and Bob Soriano/Doyle Coker.

The last week again we did not have any six game winners. We had a two-way tie with those partners being: Dan Oden/Lydia King and Ron/Sherry Weech winning five games.

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

Players Billiards

It's cool and fun in the Billiards Room (KS) every Thursday but there is a lot of heat on the tables! Come join our mid-level skilled players for six games of Eight Ball!

Sign up on the last Thursday for the following month and show up before 2:15 PM to play until 4:30 PM. It's summer vacation time so there will frequently be room to play even for standby players. If you haven't played in awhile check out the rule book on the fireplace as many things have changed.

Congratulations to our recent winners: — Six games: Peshu Irani, Dan Oden, Hugh Duberley, Sean Brancato; five of six games: Hugh Duberley, Bob Wehner, Bill Huth, Phil Berlenghi, Ron Farebrother, Howard Skulnick, Peshu Irani, Joe Perez, Dan Oden; four of six games: Bob Soriano, Dennis Dreiling, Del Torres, Ken Hawley, Dave Craig, Doyle Coker, Bob Bienkowski, Peshu Irani, Howard Skulnick,

Sandy Pavlovich, Bob Wehner, Rita Baikauskas.

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

Upstarts Billiards

*With us but awhile,
Always with a smile;
Tho his time be done,
Mem'ries do live on.
Ray Hinkley: May he rest in Peace.*

Would you like to play some Billiards with us? We are a group of beginners-to-average players, having a little fun. We play standard Eight Ball on Thursdays, 11:45 AM to 2:00 PM at the Billiards Room (KS). This is a special invitation for you to join us: Stay cool; play pool.

Winners — six games: Randy Ransdell (Mr. Excellence, himself!); five games: Gary Averett, Margrit Blanc, Frank DeMasi, Richard Gsell, Connie Hoetger, Larry Koenig, Gary Smith.

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

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



Bird

August is a quiet month for the Bird Group. However, on September 3 we look forward to Ed Pandolfino's presentation about his new book, *Birds of the Sierra Nevada*. This will be a fun and informative meeting. So mark the second Monday of September on your calendars.

Many of us will have an opportunity to visit the coast or our nearby mountains during the hot summer months here in Lincoln. The birds are busy in these cooler areas, so remember to pack your bird books and binoculars. Have a wonderful summer! We'll see you in September!!

**Contact: Kathi Ridley 253-7086,
kathiridley@yahoo.com
Lh_bird_group@yahoo.com
Website: www.suncity-lincolnhills.org/residents**



Bocce Ball, Mad Hatters

For years Mad Hatters have played Thursday mornings for two hours. We have two teams, two players each to total four players on a court. We

have traditionally played six 20-minute games where winners change courts and losers stay where they are for the next game. Whether you win or lose you don't play with the same partner again. This rotation scheme has successfully prevented any one team or couple from dominating the competition. If you're changing courts after every game you know you're playing well that day. If you're still on the same court you started on you know you're having a bad day. Short of that we don't really keep track of who the winners and losers are. A primary benefit of our format is that you meet different people every game. That is not a bad way to meet people if you are new to Lincoln Hills.

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



Book Group, OC

Imagine, if you will, that Christopher Columbus was a Jew forced to convert to Christianity. Imagine further, that when he sailed to the New World, he secretly transported sacred artifacts rescued from the Temple Mount in Jerusalem and hid them in Jamaica. What might a modern day search for this treasure uncover? And, what would its effect on global society be? Join us on July 18 as we explore *The Columbus Affair* by Steve Berry.

Our meetings take place on the third Thursday of each month at 1:00 PM in the Multipurpose Room (OC). Newcomers are always welcome.

Remaining Schedule:

- August 15: *Gone Girl* by Gillian Flynn
- September 19: *The Tennis Partner* by Abraham Verghese
- October 17: *The Queen of Water* by Laura Resau
- November 21: *The Coffee Trader* by David Liss
- December 19: Holiday Luncheon

Contacts: Penny Pearl 409-0510;
Darlis Beale 408-0269;

Dale Nater 543-8755

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

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



Bosom Buddies

Breast Cancer Survivors

Bosom Buddies had a great program June 13. There were 30 of us ladies to learn about "La Bella Donna Cosmetics." We were very impressed and after the meeting headed to The Spa at Kilaga Springs to make a purchase.

We will not be having any meetings the month of July. We will have our core meeting August 1. Our next general meeting is August 8 at the Meridians Solarium which is the Officers Luncheon. If you wish to join us, please call 408-4185.

Bosom Buddies is a social group supporting breast cancer survivors. If you have questions or you wish to join us, please call Marianne.

Contacts:
Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bowling

Everyone is enjoying the summer and looking forward to the new season, 2013-2014.

Remember our next meeting is August 27, P-Hall (KS), 10:00 AM. Please have a representative present from each team, as we will be discussing some suggested changes to the By-Laws once again! Also, we welcome new bowlers and subs as we have had some movers, etc. Even if you have never bowled on a league, come on down! We are a lot of fun!

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 put you and your partner on the list, or just show up and take your chance to play. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and finish at 8:30 PM. Please arrive a little early.

- June 6 (nine tables) winners — First: Don & Santa Anderson; second: Reta Blanchard and Bev Ansbro; third: Bob & Lorraine Minke; fourth: Warren Sonnenburg and partner BJ who also had a high

round of 1,620.

- June 20 (13 tables) winners — First: Reta Blanchard and Bev Ansbro; second: Basil Molony and Marlene Harner; third: Ed Page and Mary Nieman; fourth: Lydia King and Nancy Turrini. Gay Gladden and Mary Harrington had a high round of 1,790.

Contact: Lorraine or Bob Minke
408-4009

Thursday Evening Second & Fourth

If you are interested in playing partners bridge with a relaxed group of people, please join us. Give us a call, and we will put you and your partner on the list, or just show up and take your chances to play if we have an even number of pairs. We start promptly at 6:00 PM in the Terra Cotta Room (KS) and we finish at 8:30 PM. Please arrive early. Each four-hand table of the five rounds is limited to a maximum of 30 minutes. Please observe these times so as not to limit another couple to less than four hands per table.

June 13 winners — First: Judy Olson and Ann Leitze; second: Kay & Ben Newton; third: Bev Van der Beets and Jack Henricks; Fourth: Neal & Kelly O'Boyle, who also had the high round of 1,530.

June 27 results in next month's *Compass*.
Contacts: Dolores Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Duplicate

The teams of Betty Sutherland/Betty Remensperger and Tony Trigg/Jack Uppal were tops on our recent "all male" and "all female" pairs session.

Continuing — Duplicate Bridge orientation. Call Dede Ranahan, 408-4511, for details.

During the May/June California Capital Regional, Bob Elliott, Joanne Mitchell, Lynne White, John White, Sheldon Fein, and Julius Kerenyi each earned more than 15 Master Points.

Joan Rouse is now a Silver Life Master; Bob Elliott and Bob Schooling have achieved Bronze Life Master; and Tom Rosen and Donna McCullough are Junior Life Masters.

Duplicate bridge sessions are played

three times weekly: Wednesdays and Saturdays at 12:30 PM in the Multipurpose Room (KS), and 5:00 PM Fridays 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 during the Saturday session, a "299er" section is limited to players under 300 MPs.

Contacts: John White 253-9882;

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Terra Cotta Room (KS). Join us for a fun afternoon of social bridge. You must make a reservation to play and please call if you need to cancel. You do not need a partner, but must arrive by 12:50 PM to assure a place to play.

Congratulations to Eleanor Amar and JoAnn Holston who bid and made a Grand Slam!

Winners for May 17 to June 14 are — First: Lee Holman, Jim Monnin, Phil Sanderson, Lynda Sader and Lois Burke; second: Jack Hendricks, JoAnn Holston, Randy Rasmussen, Phil Sanderson and Mo Scarpitti; third: Bev Blaine, Dolores Marchand, Neil Winson, Bob Moore and Helen Helm; fourth: Dolores Marchand, Eleanor Amar and Ralph Madsen, tied, Jack Hendricks, JoAnn Holston and Dolores Marchand.

Reservations July & August: Jim Busey 408-0671

Contact: Jodi Deeley 208-4086, jodi@wavecable.com



Bunco

If you picked up your *Compass* by July 17, you can still join us for our annual summer potluck Thursday, July 18. We will be enjoying our morning Bunco play, then reconvening at the SCLH Pavilion immediately following for our delicious potluck. We plan to eat at 12:00 PM, so if you can't make the bunco play, bring a dish and join in the fun.

Our Bunco Club meets every third Thursday of the month at 9:00 AM in the

Cards Room (OC). Being a drop-in event, all you need is \$5 to join in on the fun, laughter and the possibility of becoming a winner of one of six gift certificates. There is never a membership fee, just join us whenever your schedule permits.

June winners — Most Buncos Corry Ostendorf; High Score Phyllis Papagiannis; Most Wins Sudie Moreland; Low Score Sharon Chipman; Most Losses Sandy Pavlovich; Traveler Kathy Sasabuchi.

Contact: Ann Stults 543-6782



Ceramic Arts

Lots happening this month!! It's the perfect time to take that Ceramics class you have talked about taking. Stay out of the heat and enjoy learning all about clay and "playing in the mud." We have great classes, great teachers and a good group of friendly people. Check us out!

Ceramic Arts Group activities include Saturday and Sunday "CAG Workshops." Membership in the CAG is required after your third visit on Saturdays and/or Sundays; we still only charge the 1964 price of \$12!!! What a bargain!!

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

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



Cloggers

Cloggers are preparing for a performance in August for members of the Gold Hill Grange. The program will have a variety of music, gospel, swing, country. Instructor Janice has been directing the dancers and giving tips to perfect their performance.

Saturday, July 20 will be a workshop at

the Barrett Community Center's Multipurpose Room, 1835 Belburn Drive, Belmont, CA: 10:00 AM to 4:30 PM; a dance follows, 5:00-7:00 PM. Refreshments, opportunity drawings and wooden floor. Members are asked to check the taps on their shoes, they should be smooth and well attached to the shoes.

Janice is planning a class introducing the types of clogging, Buck, Flatfoot and Traditional. Watch the *Compass*. Students are looking forward to trying the different types. You see a lot of the "Flatfoot clogging" in old time movies, the latest being "Trouble With A Curve" with Clint Eastwood.

Try clogging, it's stimulating, energizing, downright fun!

Contact: Anita Tyson 543-5330



Computer

- Main Meeting: August 14, 6:30 PM — "Using the Internet to Get Your TV Programs" by Terry Rooney. In the last few years, one of the major technology trends has been



Terry Rooney will present "Using the Internet to Get Your TV Programs" August 14

"cord cutting" which means that people are getting rid of their expensive cable TV provider, and getting TV shows directly from the Internet.

There are a number of ways to go about this. The most widely used are installing a Roku box or Western Digital box or an Apple TV box and getting shows from there, through Netflix or some other channel. Get your favorite TV shows even when you don't have access to your cable provider.

- Clinic: August 16, 3:30 PM — continuation of main meeting with lots of Q & A.
- Ask the Tech: August 26, 10:00 AM — informal Q & A session for any and all technical questions, Android tablets and phones too! Meetings at P-Hall (KS).

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



Mac User

Exciting plans are underway for another festive LHMUG banquet as the club celebrates its 11th anniversary. There is much to celebrate. The Mac User Group has experienced a robust growth rate to 649 households in large part to the piqued interest in the popular Apple devices. These innovations have positively transformed our daily communication, entertainment and learning routine.



Nina Mazzo announces September Western BBQ Banquet

This year, the banquet theme is a Western BBQ. It will be held on Tuesday, September 10 in the OC Ballroom. There will be fun entertainment and a drawing for prizes. All members who attend will receive a special gift!

The prizes are devices many LHMUG members will be delighted to own. Come join the party and the chance to win one of these "got-to-have-items":

- iPad minis
- Bose wireless speaker system
- Apple TV
- E-printer
- Fifth generation iPod touch

Sign up now. Seating is limited to first 300 members.

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



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 sixteen 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



Country Couples

There was a whole lot of dancin' going on this past month. The Sunday Dance at the OC Ballroom was enjoyed by many. It was a little bit Country (couples and line) and a little bit Rock and Roll (ballroom and swing). Many more couples were "crossing over," dancing both venues as DJ Tom provided wonderful dance music that warmed the body and soothed the soul.

Instructors Jim & Jeanne Keener hosted a Mid-Year Roundup Dance and Ho-Down BBQ at Sun City Roseville on June 29. As usual, this was a very popular event. J and J provided the music and offered a review warm-up to many of the dances, so all were familiar with the steps before attempting them.

We were disappointed to lose a newly discovered dance venue with the closure of



Country dancers dancing to live country band at Beermann's

Beermann's Restaurant in Lincoln. Country dancers enjoyed dancing to the music of a live country band.

Contact: Kathy or Rene Lopez
434-5617



Cyclist

Cycling — a Win, Win Deal. Riding a bicycle whenever possible is beneficial to the rider and our environment. The biker gets fresh air and exercise. There are fewer gas omissions and less congestion on our streets. It is easier on our environment and very easy to ride eight-to-ten miles per day just doing errands, going to the Lodge or riding to the store for small items.

I average over ten miles a day doing the above plus a longer ride two or three times a week on our trails or scenic jaunts in beautiful rural Lincoln. In fact, I have logged more miles on my bike than in my car the past few years.

Most bike riders are motorists as well, so know the rules of the road and take safety precautions when riding including wearing a helmet and carrying a cell phone and water.

Article by Vic Freeman.

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



Dominoes

Mexican Train

Whatever the weather, it's always a great time to play a spirited game of dominoes.

We welcome new and seasoned players. Free lessons are available at the Wednesday 9:00 AM session in the Cards Room (OC). There is another session on Wednesday at 12:30 PM for those who like to sleep in. Best of all, it's free. No club dues.

Contact: Cora Peterson 543-7144
Sandy Pavlovich 642-6875



Eye Contact

Low Vision Support

Next meeting: Thursday, August 8, 1:00-3:00 PM, P-Hall (KS)

- 1:00 PM — "The Latest in Low Vision Technology." A leading expert in low vision devices and software will present updates on what's new and what's in the future.
- 2:00 PM — Christine Epperson, Wellness Coordinator, and Brandy

Garcia, Director of Fitness, will discuss available fitness opportunities for residents with low vision at our Fitness Centers. They will emphasize importance of balance and other helpful classes to maintain good balance, describe available equipment and the check-in process and classes they feel appropriate and beneficial to those with limited sight. Christine has experience working with low vision.

For your information: On June 3, National Institutes of Health announced sequestration will reduce federal funding and go into affect March 1, has cut 5% (\$1.55 billion). This will affect all programs, present and future. The proposed amount will be \$29.15 billion this year alone.

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



Fibromyalgia/CFS

Chronic Fatigue Syndrome

Feeling exhausted? Pain that moves all over? Yes, you are getting older, but you could also share a condition which many of your friends or neighbors have: Fibromyalgia and/or Chronic Fatigue Syndrome.

If you are wondering or if you have been diagnosed and want information and a chance to share your story, join us the fourth Thursday of each month from 1:00-3:00 PM in the Multimedia Room (OC). We will not meet in August. We offer support, information and suggestions for living a better quality of life as you navigate through the maze of FM and CFS. Our July meeting will be an open discussion with everyone given the opportunity to share experiences and concerns. We want you to know that you are not alone. We cover such subjects as nutrition, supplements, tips for better sleep, gentle exercise options, the mind-body connection and much more. Questions? Please call:

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



Fishing

Summer is here and the fishing season has taken off. Members have stocked up on steaks at the May 20 BBQ and our January drawing winner has completed his \$5000 Alaska trip. The coho salmon have been biting at Oroville reservoir and the kokanee at New Melones and Lake Berryessa.



The 28 anglers returned with two salmon averaging 18 pounds; this 23-pound salmon is shaped almost like a tuna it is so fat; these ladies had a dream, neither gender or age stopped them

Dominating the June picture is an awesome year for king salmon. Club members have made several trips to Sausalito to take charter boat trips on the "Outer Limits" fishing catamaran. The king salmon have been plentiful and their size has been above average. On our last trip, eight members went out and were rewarded with a limit of two kings each.

Join us at KS on the second Mondays for news of upcoming events. Don't miss

out on the coming weeks planned trips outside the Golden Gate, or kokanee fishing in Wyoming or our fall salmon feed in September.

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



Garden

- Thursday, July 25, General Meeting, 2:00-4:00 PM at KS. The owners (Gary & Debra Sanford) of Placer Pond and Water Gardens, *Historic Downtown Lincoln*, will be the presenters. This is a family-owned and operated business established in 2007.

They provide the following services:

- New construction, rebuilds, service.
- Filtration system design/engineering.
- Retail store: plants, fish and all pond/water garden supplies.
- Farm pond/lake management experts.

There will be "Door Prizes and Brown Bag Sales" at this meeting!

Contact: Lorraine Immel 434-2918,
limmel@ssctv.net; Virgil Dahl
408-3748, hasbeenvd41@att.net

Bonsai Group

The Lincoln Hills Bonsai Group is expanding and the interest is growing. You must be a member of the Garden Group to participate.



Larry Clark gives Bonsai instructions

The hands-on Juniper Workshops in June were well-attended, successful, and satisfying to the participants. The July 18 and 19 miniature Japanese Maple Bonsai Workshops are taking reservations.

Contact: Robert Dougherty 434-8320,
rsdougherty@sbcglobal.net



Gem and Mineral Society

The June program featured a film on mining for agates and a show and tell with Dave Fisk's cabochons collection on display.

Gem and Mineral Society monthly meets the last Monday 4:00 to 5:30 PM, Sierra Room (KS).

Lapidary and Jewelry Shop hours: Mondays 8:00 AM to 12:00 PM, \$5 per two hours in the lab. Funds go to equipment and supplies. Monday morning Shop Master: Dave Fisk. First Monday (12:00-2:00 PM): Ron Clawson.



Crazy Lace Agate Belt Buckle

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

Lapidary and Lost Wax classes are taught in January, March, May, and October. Sign up at the Activities Desks (OC/KS).

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

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



Genealogy

Summer has arrived and to celebrate its arrival the Genealogy Club will hold the annual Ice Cream Social tonight... Monday, July 15 at 6:30 PM in the Social Kitchen (KS). The Ice Cream Social replaces the club's regular monthly business meeting to allow all members to enjoy an evening of friendship, genealogy conversation and other topics of interest.

Tables will also be set up for members who may wish to converse with other members of like country origins... Ireland, Italy, to name a few.

The Genealogy Club will also have a drawing offering a fantastic prize to the lucky member holding the winning ticket... you must be present to win. The prize? A Kindle Fire seven-inch tablet!

- Monday, August 5 at 6:30 PM,

Computer Room (OC): Arlene Rond will present "Scanning and Editing Your Genealogy Documents." Sign up early! Check the web page.

Contacts: Maureen Sausen 543-8594; Joanne Schumacher 209-3366; Website: www.webflavors.com/lincoln



Golf, Ladies

Lincster Lady Niners

Lincster Lady Niners Bring A Friend Tournament was amazing. The purpose of the tournament, aside from playing golf with friends, was to raise money for Patriots Honor, an organization that is working to improve the lives of our service men and women and their families. One of the ways they are doing this is to help integrate wounded soldiers back into the sports world. They are currently focusing on golf, but in time will include other sports as well. The tournament raised and presented a check for \$1000 to Lt. Col. Dave Lineback from Patriots Honor who came to the tournament and spoke about the organization.

The Lincster's "Ball Whackin', Grape Stompin', Bevy of Bodacious Singing Beauties" delivered an edited rendition of "That's Amore" describing the wonders of golf. With copies of the words, the audience stood and sang along. A



Bodacious Singing Beauties, Captain Carol presenting \$1000 to Lt. Col. Dave Lineback of Patriots Honor

wonderful lunch was provided by Original Pete's followed by awards.

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

Ladies XVIII

Our big event last month was the Invitational headed by Lyn Chauvet-Thompson and her able helpers. On the eve of the tournament, Karen Thom graciously hosted a cocktail party for the participants. The day of the Invitational, we were treated to perfect weather, a wonderful breakfast prior to, and luncheon following golf.

There was a full field of members and guests, one of whom had a special occurrence. Cherie Shimeck aced hole #16 and won a very special prize!

Congratulations to all the winners and special thanks to all those who made this event such a big success.

Watch for news of The Captain's Cup event, coming in July and August.

Contact: Beverly Ansbro 645-4399 Website: lhlgsVII.com



Healthy Eating

Our own Chef Roderick of *Meridians* was our recent guest speaker and he left us all with no doubts about his strong interest in healthy eating and his determination that diners should always come away with a good experience. He wants diners to inquire about meeting their special needs for a particular dish on the menu,



Club member with her healthy eating dog "Barack-oli"

so just ask your server when ordering. There is clear consensus among us that dining enjoyment at *Meridians* is now at its highest and will climb still higher with his new summer menu. Kudos to Chef Roderick and to Jerry McCarthy, Director of Food & Beverage!

Planned club activities include workshops on plant-based meals, healthy salad dressings and healthy desserts. Our ongoing "recipe makeover" series is proving to be a highly effective learning tool. Our next general meeting is Monday July 29 at 2:00 PM at P-Hall (KS), guests welcome.

Contact: Don Rickgauer 253-3984; healthy_eating_club@yahoo.com



Hiking and Walking

Walkers: The walkers had a great time venturing out to Hidden Falls recently for a new adventure. Wednesday walks begin at 7:30 AM. Check the website for weekly starting locations.

Hikers: Thirty hikers spent four nights



From top: Muir Beach hike; Vernal Falls
Glacier Point with Half Dome behind

in Yosemite Valley at the housekeeping cabins. Sitting around a campfire each evening rehashing the day's hikes filled the air with laughter. The hiking was challenging, as two hikes were almost 10 miles and involved hiking from Glacier Point to the valley via the Panorama Trail and Nevada and Vernal Falls and hiking to the top of Yosemite Falls and down to the valley.

The final waterfall extravaganza was a two-and-a-half mile hike to Wapama Falls in the Hetch Hetchy area of the park where bridges below the falls allowed the hot hikers to get refreshingly soaked from the cascading falls.

Special thanks to Jim & Gail Cutler for planning a special getaway!

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



Investors' Study

Russ Abbott, our consultant, will lead a discussion this month going back to the basics of asset allocation. We will explore the relevant trends in the current markets and economies throughout the world, and how to implement these trends into your portfolio whether you are a conservative, moderate, or aggressive investor. Russ holds a BA in Economics from UCLA, an MBA from Pepperdine University, and the CPM designation from Columbia University. He has managed clients' assets for over 23 years. He also teaches the Financial Wellness classes here at SCLH.

Our next meeting will be Thursday, August 1 in the P-Hall (KS) from 2:00 to 3:30 PM. Refreshments will be served afterwards.

Contact: Nicki Koch, nicki.k@sbcglobal.net



Lavender Friends

Several Lavender Friends and PFLAG (Parents, Families and Friends of Lesbians and Gays) members marched in the SF Gay Pride Parade. We had another good turnout at Awful Annie's for breakfast the other day. Though our club

was formed several years ago by primarily gay residents to provide a social venue for non-heterosexuals in our community, we would like those who live here to know that we have evolved over time in several ways. In addition to social gatherings, we raise funds to support local charitable groups, and work with PFLAG, a gay, straight alliance. We have straight as well as gay members and welcome anyone interested in learning more about us to contact us for further information. We are looking forward to our September picnic at Lake Natoma. If you want more information about our club, check our website (below) or contact Jacquie or Richard.

Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net; Richard Wong 408-7549, wong-r@sbcglobal.net
Website: www.lavenderfriends.com



LSV/NEV

Low Speed Vehicles/ Neighborhood Electric Vehicles

The LSV/NEV Group meets each third Tuesday of the month at 10:00 AM, P-Hall (KS). The July 16 meeting will feature Mark Reynolds, an energy consultant working for Sunpower Corporation, San Jose. Learn how solar power works, and its impact on the carbon footprint.

The annual Ice Cream Social is scheduled for Friday, July 26 in the Social Kitchen (KS) from 2:00 to 4:00 PM. It's only \$3 per person. Make a sundae with different toppings, have a cone – and we'll have sugar free ice cream too! Join our likeable LSV/NEV friends for another happy gathering.

Questions about our Socials? Please Call Carol McGara 543-7039.

Contact: Larry Yaggi 543-5344



Mah Jongg, Chinese



With summer and high temps here, coming in from the heat and enjoying a very challenging game might be the perfect activity. Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and it is similar to playing rummy. If you are curious about learning this game, please join us every

Monday at 8:30 AM in the Card Room (OC). If you have any questions, just call one of the contacts below.

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



Mah Jongg, National

If you are interested in playing National Mah Jongg, we have a treat in store for you. We are finding that more and more people want to learn this fun tile game. For some, Mah Jongg has been part of their lives for almost as long as they can remember. Therefore, we have tables for all levels of play. We meet in the Card Room (OC) every Tuesday from 12:30 to 4:00 PM. You don't have a National Mah Jongg Hands and Rules card? Don't you worry, we will loan you one for the day and tell you how a card can be ordered. Let us hear from you with any questions.

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



Motorcycle

RoadRunners

Several riders took on an adventurous overnight tour to Yosemite. The ride went through the Sierra Foothills up through Tioga Pass with an overnight stay near Lake Topaz. Returning tour took us through Tahoe back country with a ride down I-80 to home. A great tour was enjoyed by all, thanks to our Road Captain/Leader Patrick Chaves.

The social activities continue with our annual BBQ coming up in a couple of



Yosemite Riders taking break

weeks, and a Bocce Ball tournament in August. Our next scheduled ride will be a Tahoe Loop tour in the cool high Sierras.

If you have a roadworthy motorcycle and if our activities sound interesting to you, come and check us out. RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Guests are always welcome.

"Ride safe, ride with friends!"

Contact: Peter Boyle 408-1955,

boylep18@yahoo.com

Website: www.brinz.net/

roadrunners_2013/roadrunners_2013.html



Music

Interested in learning to play the ukulele? Need encouragement to wipe the cobwebs off your ukulele and begin playing again? If so, come join the LH Ukulele Players each Wednesday, 1:00-3:00 PM, at OC for a strumming, singing jam session in a fun and supportive atmosphere. Beginners and seasoned players are welcome. Beginner's classes are available for those planning on joining the weekly jam sessions. Contact Ron or Molly (409-0463) for information.

The Music Group's General Meeting is held on fourth Wednesdays: Fine Arts Room (OC), 6:30-8:00 PM. Drop-ins always welcome. Bring your voices and/or instruments, sign up to perform, or just relax, enjoy the music, and socialize.

The next popular "Open Mic Night" is scheduled for Friday, August 23, 6:00-8:30 PM, P-Hall, (KS). Musicians and music lovers, come join the fun. Sign-ups for performers at 5:45 PM. Audience participation is encouraged and appreciated but no karaoke.

Contacts: Judy Skillings 253-7237,

kenskillings@gmail.com;

Julie Rigali 408-4579,

jjrigali@yahoo.com

Website: www.suncity-lincolnhills.org/residents, Groups, Music



Needle Arts

Threads of Friendship

There will be no general meeting for the Needle Arts group in August, but most subgroups will meet as usual.

The American Red Cross Disaster Action Team for Placer County visited Community Service on May 22 to explain the

functions of the Disaster Action Team and to pick up eight children's comfort quilts from Community Service. Most people helped by the Disaster Action Team are house fire victims.



Needle Arts Community Service presents eight children's quilts to Bob & Linda Eger of the American Red Cross Placer Disaster Action Team

Community Service also provides children's quilts for a Placer County emergency foster care provider. Children in crisis normally arrive unannounced with nothing from home.

Needle Arts general meetings are held in the Presentation 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 543-9449 to join and see how fiber arts thrive in our community!

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



Neighborhood Watch

Would you like to give a National Night Out party the easy way? Our volunteers tell us this works for a large group or a few neighbors.

Distribute a flyer about two weeks before our Tuesday, August 6, party date giving the place and time, and asking each person to bring a finger food, a beverage of their choice, and a lawn chair. A party will appear (almost) by magic, with plenty of food and drink for all.

Some groups enjoy sharing a "getting to know you" activity, where each person is asked to answer a question such as "Tell us something no one here knows about you," or "What is your favorite

vacation,” or “Tell us an important event from your childhood.” We appreciate our neighbors even more when we know some of their special experiences.

You may be surprised at the resulting warmth of your neighborhood ambience!

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

Pauline Watson 543-8436, frpawatson@sbcglobal.net

Website: www.SCLHWatch.org



Painters

A large group enjoyed a wonderful luncheon in the Secret Garden (OC) last month thanks to Paulette Pesevento and her committee.

At our July membership meeting we all learned more about Abstract Expressionism thanks to several members who shared their paintings with us.

Due to weather issues, our next annual Studio Tour will be in May 2014 and our Artisans at the Lodge event is scheduled for September 2014.

Our club is looking into working with the Photography Club or purchasing photographic equipment for member use in photographing their paintings.

We thank board member, Fred Ekman, who is organizing a library of art books and videos which will be open monthly at our membership meetings.

We remind members and non-members to contact Jim Brunk for monthly plein air outings.

Written by Jacquie Hilton.

Contacts: Joyce Bisbee joybis@aol.com; Bob Porter, bob@aol.com;

Jim Brunk (plein air paint-outs) 434-6317, brunk@starstream.net

Website: www.lhpainters.org



Paper Arts

Members started the Fourth of July with another fun card swap! Each member brought a sample of a hand-crafted card and seven kits to share with others. Gathered in tables of eight, we made a card designed by each of our tablemates and went home with a new supply of original greeting cards. Our thanks to Rayetta Williams and Margaret Grundersen for leading this popular project.



Our super hostess, Becky Leo, welcomed us to her home; Mary Massey and Janet Creets are happy shoppers at our garage sale

And speaking of “Thanks,” Becky Leo (and her husband) did a terrific job of hosting our potluck lunch and garage sale last month. We had great food, good buys, and an overall good time.

Next month we will hold elections of club officers. Be sure to attend so you can cast your vote.

Members are reminded to bring food for the Salt Mine and cards for Operation Homefront to the meeting. Your contributions are greatly appreciated.

Check out our Red-White-and-Blue window display.

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

Phyllis Hunter 408-5843, phyllishunter3@att.net



Photography

If you noticed the premature references to July events in the June issue of this space, they were entirely owing to the writer's utter lack of contemporary consciousness. However, given this pricepoint for writing expertise, what'd'ja expect? Nonetheless, retractions, redactions and remonstrations are strictly the editor's purview, so none will appear here... We're now two weeks into the new LHPG year with a Sierras field trip already under our belts. Results will be shown in part at the August and September meetings, and will also be the focus of the new display at Simple Pleasures Restaurant beginning July 19. Until July 18, the Gladding McBean photos will be on the walls. Umpqua Bank's downtown office also



“Peacock Plumage” and “Peacock Hindsight” by jeffa

has an eclectic display of LHPG talent until mid-August... Note: future presenter information for General Meetings will no longer be available in advance – instead, programs will be a complete surprise to everyone involved.

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



Pickleball

Thank you to the Lincoln Hills Association for our new pickleball courts. They look great and we are enjoying playing our favorite sport without long waits to get on a court. We now have over 300 members and expect that number to grow as word gets out about our new courts. Because of the summer heat, a great time to play is in the evening. Remember to be kind to those who live near the courts and only play between 7:00 AM and 10:00 PM.

Training and orientation will resume on Saturday, July 27 starting at 12:00 PM. All you have to do is show up and Cal will show you how to play the game.

Our next Tournament will be sponsored by Wells Fargo Advisors and will be held in September.

The next pickleball meeting will be on August 14, at 2:00 PM in the Ceramics Room (OC).

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



Players

If you missed our free Readers Theater performance in June, you missed a real treat. Mark your calendars for the next free performances in P-Hall (KS) on October 26 and 27.

Ever wondered how the screenplay for one of the greatest movies ever, "Gone With The Wind" was written? If you have or haven't, you don't want to miss the hilarious spin on a true story. David O. Selznick (Ken Reiss), Ben Hecht (Mike Cox), Victor Fleming (Bob Murdock) rewrite the entire screenplay in one week in Selznick's office with the help of Selznick's assistant, Ms Peabody (Carol Murdock).

The play is "Don't Cry For Me Margaret Mitchell" presented for your enjoyment August 7 at 7:00 PM and August 8 at 2:00 PM and 7:00 PM. Tickets are \$12 for regular seating and \$15 for reserved seating.

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 Mondays, Tuesdays 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 2013 tournaments will be Saturday, July 20 and October 19.

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



RV

Some of the Lincoln Hills RV Group members are in the midst of a journey in Oregon. The 13-day rally started in Fortuna at Riverwalk RV Park on July 9. After three days there the RVers moved on to Seven Feathers RV Resort in Canyonville, Oregon, for a five-day stop. Highlights included a wildlife safari, an Oregon wine tour, barbecue and a golf tournament.

Last stop will be at the Crown Villa RV Resort in Bend, Oregon, five days beginning July 17. Wagon masters John & Blance Eberhardt have a full schedule of events that include a visit to the High Desert Museum and a trip to the Lava Cave and Lava Tube. Also scheduled are a tour of craft breweries, a volcano tour at Newberry Caldera and trips on the Cascade Lake Highway and to Lava Lands and Benham Falls.

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



SCHOOLS Volunteers

Sun City Helping Our Outstanding Lincoln Schools

Our SCHOOLS Volunteers are appreciated by both teachers and students. Thank you from students are very special.

*You're dedicated gardeners,
 Just look at all you've sown.*

*Thanks for your patience and caring.
 Look at how much we have grown.*

By allowing our students to dream big dreams,

*And helping to make learning fun,
 You've planted the seeds of success.*

Thank you for all you do!

Third grade class from First St. School
 Dear Volunteers,

You are the greatest volunteers in the world. You are helpful to us kids and to our teacher. Penny helped us learn to read. Mrs. Bracey did centers and art with us. Mrs. Cassandra helped with art and projects. Ms. Williams worked in our store. You are the kindest volunteers ever!

Love, The kids in room 4

If you want a positive intergenerational experience, please call or email Cindy or Sandy. Join us for an adventure of a lifetime.

Contacts: Sandy Frame 408-1453,
sflincoln4fun@starstream.net
(Elementary); Cindy Moore 408- 1452,
cindysmoore@me.com



SCOOP

Sun City Organization of Pooches

Our Scoop Committee has been busy these past few months organizing speaker meetings, events (including *Breakfast in the Secret Garden* and a luncheon), scheduled morning dog walks (watch for email notifications), and organizing Pooches on Parade scheduled for October 10! Our July 2 speaker, Colleen Watters, from the law office of Dean and Watters, spoke to our group about protecting our pets' futures with our wills and trusts, as well as other pertinent issues. This subject was enjoyed by our members and guests in attendance.

Our "Backyard Socials" that include our well-behaved "smaller" dogs (off-leash), continue to be well attended. If you would

like to host either a morning or evening party, please contact Maggi Georgi, who handles the calendar. Email notices of these scheduled parties are sent to all members in advance of the event.

Questions, Suggestions, Comments? Contact Mary at 409-9923.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Want to tease the brain? Maybe scrabble can provide a fix. Using our brains to figure and to solve problems makes for a keener ability to think. Use it or lose it.

The Lincoln Hills wordsmiths meet on Mondays, at 1:00 PM, in the Cards Room (OC).

We welcome all comers. Everything is provided: dictionaries, cheat sheets and the game boards. Just walk in. No prior notice is required.

The first of July, the scrabblers met for their biannual get-together, a brunch at Awful Annie's. It was a good time and a chance to get to know our fellow players without having to think about the next word to play. These outings seem to capitalize on the camaraderie developed during our Monday playdays.

Article submitted by Candice Koropp, Publicity.

Contact: Joan Spurling 505-5000



Second Cup of Coffee

At the June 17 meeting, a strategic shift occurred! The Steering Committee proposed "to dissolve the group in late 2013 and merge its programming with the broader and similar efforts of CCRC's Community Forum." The attending/voting membership listened to a short history, followed by an optional initiative-vote to restructure the club's mission and a new Steering Committee, which was unanimously rejected. The management proposal vote followed and was accepted. Programming will continue through November.

"Dark July" continues! Monday, August 19, Donna Tofft, Lincoln HS Athletic Director, will present "SCLH Volunteers Helping Lincoln HS Athletic Needs."

Monday, September 16, Katrina Contreras, Store Manager Lincoln's Wal-mart Neighborhood Market, will present requested facts and answer questions.

Monday, October 21, resident Candi Plaza will share a part of her recent life, "Into Africa! A Senior Peace Corps Assignment."

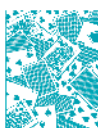
Monday, November 18, a Special Event!

All meetings are at P-Hall (KS), starting at 10:00 AM.

Contact: Wolf Oplesch 408-1788

oplesch@sbcglobal.net

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



Shanghai

During the game of Shanghai, these words can be heard: "Sets... Runs... May I... Your deal... Hey, I'm not down yet... If I could only draw a Joker... I did it — Shanghai!"

Wish to learn and use these words? Call one of the names below for a free lesson. We play in the Card Room (OC) every Thursday at 12:00 PM. We also play on the second and fourth Fridays at 5:45 PM.

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



Singles

Dynamic Singles

We are all so excited that summer has finally arrived in Lincoln Hills. It is time for us to enjoy many more outdoor events and barbecues.

Upcoming Events:

July:

18) 4:30 PM: Dining Out at Crush 29. RSVP by 7/15. (Darline 434-6472)

22) 12:30 PM: Hornblower Cruise/Old Sacramento. Meet by the OC Fitness Center to carpool. Cost \$18. (Judie 408-4308)

25) 6:00 PM: Social Event. Secret Garden Party, OC Ballroom. (Shirl 630-404-2468/Judie 408-4308)

August:

01) 4:00 PM Cocktail Time TBD

- 04) 4:30 PM August Birthday Celebration at the Meridians Sports Bar. (Anita 408-2444/Eileen 434-6383)
- 08) 6:00 PM General Meeting. (Linda 628-5158)
- 10) 9:00 AM Second Saturday Breakfast. \$8. (Gail 543-8587)

Our membership dues are still only \$15 a year for all this fun that is available to you. Please join us.

Weekly Sports:

Bocce: Wednesdays at 6:30 PM at the Sports Park. (Dennis 408-2423)

Golf 18 holes: Friday AM. (Bill 253-7551)

Contact: Linda Bacon 628-5158

Website: www.singleslincolnhills.org

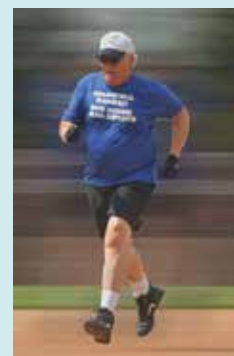


Softball, Senior League

LHSSL is getting ready to elect new Board members for



Senior Softball, from top: 86-year-old Vern De Vincenzi goes three for three; Jim Berry — speed personified?; Brock Dagg turns a double play while Larry Schlosser watches



next year. The decision was made to hold the elections earlier so electees can get organized before actually taking the reins.

Mike Caporale is putting together a fun trip to a River Cats game on July 25. The bus will leave at 5:15 PM, so check with Mike to see if tickets are still available. They are \$32 each and include the bus and the game. This is sure to be a whole lotta fun, so don't miss out.

The Playoffs will be in August. Dates and times will be in the next issue of *Compass*, or go to the Event Calendar on our website. The Championship Finals will be Thursday, August 29, starting at 10:00 AM, and our not-to-be-missed end-of-the-year banquet will follow at 5:00 PM. Set that date aside and get your reservations in as soon as it is formally announced.

**Contact: Joann Hilton 408-0346,
Jhilton777@gmail.com
Website: LHSSL.org**

Coyotes

Two hundred and three teams entered the 26th Rock 'n Reno Challenge Cup. The 55s won the 55AA championship; the 65s won the 65AA; the 75s placed third in the 75AAA.

The 55s were led by MVP *Tom Westlake*/All-tournament players *Bec Cannistraci*/*Joe Bellah*/*John Gho*/*Carlos Zavala*.

The 65s (5-0) were led by All-tournament players *John Moran*/*Jerome Bader*/*Bruce Chappell*/*D.J.Cox*/*Dale Stephens*.

The 75s were led by *Larry Manley*/*Ron Waisner*/*Len Slomski*/*Frank Pulino*/*Wally Etterbeek*/*Rowan Carlson*/*Tuck Halsey*/*Bob Napoli*.

The 70s took fourth place in the 70 Majors led by *Ron Greeno*/*George Bungarz*. The 65s won the Penn Valley tourney led by *Nick Fox*/*D.J.Cox*/*Terry Truesdale*/*Brock Dagg*/*John Moran*/ and stellar defense.

The 70s came in third (2-3) in Penn Valley led by *John Parks*/*Pete Savoia*.

The 75s won their bracket in Yuba City (4-1) led by *Larry Manley*/*John Parks*/*John Maranta*/*Bob Napoli*/*Bob Hunter*/*Tuck Halsey*.

The Blues (5-2) are leading the Thurs-



*The Rock 'n Reno Champions 55s;
the Rock 'n Reno & Penn
Valley Champion 65s;
the Yuba City Champion 75s*

day Coyote League with Maroons (4-3) one game back.

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



Sports Car

We are very sad that our good friend, Bob Shadel, died on June 16. We hope his wife Ginny will continue to participate in our club.

The Hobbys and Kremesecs led an overnight trip to historic Murphys in June. Forty-six members had lunch at the Murphy's hotel, a wine-paring dinner at Ironstone Winery, and a tour of Calaveras Big Trees Park. A good time was had by all.

Also in June, the Mussers and Turners led a trip to Story Winery in Plymouth in the Shenandoah Valley. The weather was beautiful so it was a top down day.

The Webbs led a trip to Beale Air Force Base in May. The group was treated to



*Welcome by Ironstone;
lecture at Big Trees*

a talk on working dogs, static displays, space suits and a great buffet lunch. We got a full idea of life on the base and the service that Beale brings to the United States.

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



Square & Round Dance

Sun City Squares

The Square Dance Club Summer Hoe Down is scheduled on September 2, 1:00 to 4:00 PM at KS. Our new beginner class will be starting September 9 at 1:00 PM at KS.

Call Chuck or Bob to sign up today!!

We are always ready to add experienced Square Dancers.

Feel free to come in and watch or join, times listed below.

Meeting times:

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



Table Tennis

Summer is here and many of us will be on vacation. As we know, table tennis is an international sport. During our recent (June) trip to London, we discovered a table tennis competition in a public house (Pub). This Pub is located on Earl Courts Road and is aptly named Pong. Earls Court Road is in the fashionable Kensington Borough of London. Our local Brit resident, Elliot can attest to the popularity of table tennis in England.

At Lincoln Hills, table tennis continues throughout the year. Play is generally mixed doubles at KS Sundays (12:30-5:00 PM), Tuesdays (6:00-9:00 PM) and Fridays (8:00-11:00 AM). Players may arrive at any time within these listed times. Equipment is provided.

Contact: Ed or Marsha Rocknich 434-1958, rocknich@yahoo.com

Tap Company

The Tap Company installed new officers at the annual Spring Luncheon. Additionally, the theme and Co-directors and Co-producers for the 2014 Tap Company Show were announced.



The Diamonds

Tap Technique classes are not scheduled for the month of July; however, our Artistic Director Alyson Meader once again held a special month-long Summer Workshop.

We'll be starting Technique Classes again in mid-August with a special Performance Class added for the Production Number planned for the 2014 Tap Company Show. We encourage all of you tappers to come on out for this special number. It was a great way to start our 2013 Show and will be for all skill levels.

More information will be given at the upcoming Luncheon and sign-up information will be in the *Compass*.

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



Tennis

Congratulation to all the members of the LH Mens 65 and over 4.0 USTA team, they are playing in the sectional playoffs in Napa. They have been a consistently successful team over the last six years.

The Mixed Doubles Tournament was held on June 20 with a total of 60 par-



Mixed Doubles Tournament winners, from top: 6.0 level; 7.0 level; 8.0 level



ticipants. The competition was at a very high level but a great time was had by all. The winners of the 6.0 level were Kathy Parsons and Greg Didion, the 7.0 level

winners Zaff Jjanda and Joan Chen, the 8.0 level winners Polly and Russell Smith. Thanks to all that participated and the volunteers.

To renew or join our club, please use the form found on the on the Tennis Group website (below). Annual dues are \$12.

Social Drop-In is held Wednesday and Saturday from 8:00 to 10:00 AM and is open to all residents.

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



Vaudeville Troupe

The Vaudeville Troupe celebrated their amazing "10th Show" performed at P-Hall (KS) last week.

"Another sizzling Vaudeville Show," "So many talented performers in this Troupe," "Countless memorable songs," "They topped their last show!!" "How do they do it?" These were just a sampling of the comments heard from the Vaudeville audience after the July 12-13 shows! Once again, the four shows were a complete sell-out and the crowds loved the Troupe's



Lynn Sotir, Gary Haight at piano, and Jim Henderson practice their July Show number "Heather on the Hill"; Director Marina Eugenios says, "Thank You" to our loyal audiences

Tribute to Country Music! We extend a huge "Thank You" to everyone who has ever attended our fantastic, high-energy and entirely original Vaudeville Shows!

We have several fund-raisers coming up in the fall so keep reading the *Compass* for more information.

Our January 2014 show will be another awesome show featuring our Tribute to "Music of The 50s and 60s."

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



Veterans

Returning guest Ted Robinson, former PT boat officer and captain of a Landing Ship Tank

(LST) during World War II in the Pacific, will be the featured speaker at the general membership meeting at 1:00 PM on July 18 in the P-Hall (KS). Robinson lost his own PT boat in combat a month after participating in the rescue of John F. Kennedy after PT-109 was sunk. He was sent to the rear and recuperated as a tent mate of JFK.

Later in the war, he was captain of an LST at Okinawa, where he struggled to extract an Army unit trapped behind enemy lines during a typhoon. After the war, Robinson's LST was the first U.S. ship to be placed in dry dock for repairs at a Japanese naval base.

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



Woodcarvers

Founded in January 2005, this shared interest group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools, They're also focused 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 available for members.

The group was again honored at The Capital Woodcarvers Show this past year;

Connections

Continued from page 3

in, you will see a login pop-up on your screen. This was designed to force you to login from wherever you are to fully access the website features without issue. Once logged in, you should have smooth sailing.

If you experience problems, please email your issue by going to the Home Page Help Desk email located midway on the right side of the Home Page. Describe the problem, computer type (PC or Mac), and what browser and version you use. Our staff will respond within 24 hours and try to help resolve your problem.

I look forward to your continued feedback and seeing you in the Lodge.

Pickleball

Continued from page 9

utilization of the courts and reduced wait times between games.

A very noticeable difference is that the new courts sport the modern blue and green colors, instead of the traditional green and reddish brown. This color scheme matches the group of tennis courts which were recently resurfaced with the new colors. Eventually, all the pickleball and tennis courts will have the blue and green color scheme.

The additional pickleball courts will increase the opportunity for our residents to stay active as they enjoy this popular sport, while at the same time making our community more attractive to prospective home buyers.

Names in Our Past

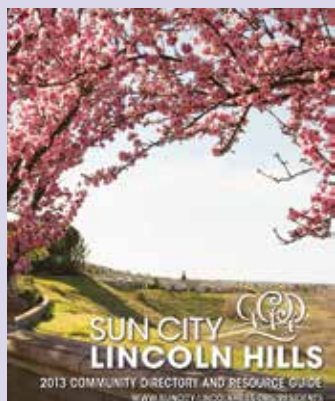
Continued from page 15

and south, Rocklin and the trans-Sierra railroad on the east and the railroad bordering current Highway 65 on the west. By 1873, Joel Parker Whitney had control of the ranch.

One of the prettiest sections of the vast ranch was Spring Valley, which had two springs that furnished water for the flocks of sheep. However, eyeing other potential in the land, Joel took advantage of the waterways created by gold miners and brought irrigation water to Spring Valley. In the 1880's he terraced many hillsides and planted orange trees. Some of these trees still grow wild in the Spring Valley area, now bordered by urbanization not far from Lincoln Hills.

In the northern section of Whitney Ranch, he built a golf course, tennis courts, and other sports facilities nestled in the hills. The road to these wound across many ravines and creeks, across which he built twelve granite bridges. A few of these bridges may still be seen in the Catta Verdera golf course. About 2000 acres of the 3000 acres on which Sun City Lincoln Hills is built were part of the Twelve Bridges section of Whitney Ranch.

Joel Parker Whitney died in 1913. He and several others are interred in a monument near the Whitney Oaks Golf Course.



The Directory is still available for pick up at the Membership Desk showing proof of residency

Did You Know?

All members of the Association are invited to attend Board of Director meetings and any committee meeting. See page 3 of your *Compass* for meeting dates and time and watch your neighbors work to make SCLH the best place to live! Even better, volunteer to serve on a committee!



Novices and Master Carvers took home a number of ribbons. Woodcarver works have been featured at OC and, in *Chip Chats*, a national woodcarving magazine.

Group Leader John Russell and Steering Committee members Harvey Moss, Don Percell, and Joe Propersi are available to discuss the group or just stop by any Wednesday between 1:00 and 5:00 PM at the Sierra Room (KS), to observe or kibitz... visitors are always welcome!

Remember, Woodcarvers never die... they just keep chipping away!

Contacts: John Russell 543-6091, je_russell62@hotmail.com

Website: www.SCLHwoodcarvers.blogspot.com



Writers

The Writers Group is comprised of SCLH residents who

meet to share their writing in a small, supportive environment. Our writing covers all genres including: poetry, prose, fiction, non-fiction, autobiography and memoir. There are no fees to join and no membership criteria as long as you are a resident of SCLH.

Bring 10-12 copies of your musings to share (maximum 1,500 words). We meet on the second, fourth, and fifth Mondays of each month in the Ceramics Room (OC) at 6:30 PM.

Contacts: Linda Bello-Ruiz 543-7952, lmbelloruiz@yahoo.com; Leo Craton 543-9012, cratonl@att.net

Authors & Writers Resource Group

The Authors and Writers Resource Group is a sub-group of the Writers Group. Our mission is to be a resource

for writers on the road to publishing and/or marketing. If you have a manuscript (completed or near completion) and have a dream of seeing your story published, join us for informal dialogue and sharing.

Our topics have included: Where do I find an editor? What's the difference between a concept editor, line editor and copy editor? What's the best way to get published? I want to promote a book I've already written and published. How do I do that? What is social media?

Join our lively monthly meetings over a cup of coffee. Membership is free and open to everyone.

Contact Linda or Leo for time and place.

Contacts: Linda Bello-Ruiz 543-7952, lmbelloruiz@yahoo.com; Leo Craton 543-9012, cratonl@att.net

In Memoriam

Carole M. Aymeric

Carole was born and raised in San Francisco and was a graduate of the Immaculate Conception Academy. An avid traveler, she and her husband of 40 years, Gil, traversed every continent in the world. She especially loved cruising and trips to Maui. More recently she enjoyed impromptu trips to Thunder Valley Casino. Her other great love was spending time with her family. Besides her husband, Carole is survived by two sons, two stepdaughters, two sisters, seven grandchildren and two great-grandchildren.

Richard De Fiore

Richard was born in the same house as his father in San Jose, California. He owned the Di Fiore Trucking Company and then, as an avid scuba diver, he owned the

Seven Seas Dive Shop in San Mateo. Here Richard was active in the Players Group, the Vaudeville Troupe and the Veterans Group, having served in the Army. Besides being an Elk, he volunteered for the Veteran's Hospital in San Francisco and was a greeter at the Lincoln Kaiser. Richard has one surviving daughter, two deceased daughters, ten grandchildren, ten great-grandchildren and five great, great-grandchildren! He will be missed by family, friends and neighbors, and especially his loving wife, Jeri!

John Meyer Evenson

John (aka Jack) was born and raised in San Francisco where he graduated from Washington High School. In 1955 he joined the Air Force for two tours, and during that time met his wife Linda in France. They moved to San Jose, where he worked in the electronic field, in purchasing management. Jack loved the

49ers, was an avid participant and fan of tennis, softball, basketball and bowling, and he also loved to play cards. Besides Linda, his wife of 53 years, he will be missed by his daughter, two sons, four grandchildren and two great grandchildren.

Kenneth Rice

Most of his life was spent in the Bay Area before moving to Lincoln Hills after retirement. Ken was a school administrator for more than 41 years. Married for 55 years to his wife, Nancy, they enjoyed spending leisure time at their home on the Russian River and their home in Maui, Hawaii where he served on the Board of Directors of the Homeowner's Association. Ken was an avid bridge player and golfer. Ken leaves his wife, a daughter, son, their spouses, and two grandchildren.

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

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Bulletin Board

Please email your bulletin board articles to 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.

GE Retirees Group in SCLH

There are about 30 of us that meet a few times a year for lunch or dinner and talk about what we did, what we are doing, and have a good time together. Most worked in the Bay area part of the time, and were at GE for a few years to whole careers. Some live outside of SCLH: one couple is in Auburn, another in Sun City Roseville. Join us. More info: Mike Goldstein, 543-8238.

Glaucoma Support Group

The group will meet on August 14 at 4:00 PM in the Multimedia Room (OC). If you or a family member is living with Glaucoma, please join us. More info: Bonnie Dale, 543-2133.

Italian Club (LHIC)

Our club held a great event in June, Comedian Tony Castle was fabulous. He made us reminisce about our childhood through music and laughter. The home-cooked pasta and meatball dinner was perfect! Thanks Diane Balda and the Events / Social committee — everyone loved it! The LHIC celebrated our 10th Year Anniversary July 14 at Catte Vedera Country Club. We honored the members who founded the club and met the new Board of Directors who we know will carry us forward to more wonderful years.

You are invited...

To the following presentation:
This vendor presentation is open to residents and people from outside the community. Products or services presented are not sponsored or supported by SCLHCA.

Tuesday, July 23 10:00 AM, Living Trust Seminar, Heights (OC)

Thursday, July 25 10:00 AM, Home Depot's Home Improvement, Heights (OC)

Friday, July 26 9:00 AM, Robert Miller Senior Services, Oaks (OC)

Monday, August 5 10:00 AM, Nautilus Society, Oaks (OC)

ry us forward to more wonderful years. August, September, October events are well underway in planning. All members will be notified via personal email as well as on our great website: www.lhitalianclub.org Check it often. Remember, SCLH residents of Italian heritage can join our great social club. More info: Membership Chair Marie Berlenghi, 543-3731, or our website, www.lhitalianclub.org.

Lincoln Hills Foundation

Announcing upcoming life-saving courses sponsored by the Lincoln Hills Foundation. Cardiopulmonary Resuscitation (CPR), Automatic External Defibrillation (AED), and First Aid Training will be taught by a certified CPR instructor on Thursday, August 22, Thursday, September 26, and Thursday, October 24. Classes will be held in the Heights Room (OC) from 9:00 AM-1:00 PM and are open to all SCLH residents. Classes are limited to 20 participants, and the course fee will be supplemented by the Lincoln Hills Foundation as a community service. Applications are available at lincolnhillsfoundation.org. More info: Vern Chong, 408-0306.

Lincoln Multiple Sclerosis Group

It's vacation time! No meetings will be held in July or August. We have an exciting event planned for autumn with details to follow in August! Have a wonderful summer!

Mental Illness, Bipolar, Personality Disorder and Depression Support

If SCLH residents have immediate family members who experience serious mental illnesses such as bipolar disorder, schizoaffective disorder, schizophrenia, obsessive compulsive disorder, clinical depression, etc. join our Family Mental

illness Support Group. As we try to support our loved ones, we need support ourselves. We listen without judging and extend understanding and confidentiality. We meet on the second Friday of the month at 2:00 PM. For location or more information: Dede Ranahan at 408-4541 or dederanahan@gmail.com. If your needs personally relate to Bipolar, Borderline-Personality Disorder, you are not alone. Contact Piper Smith at 645-7012 for further information. If depression is your area of specific personal need, please contact Joan Spurling at 505-5000. SCLH residents are here to support you and your family.

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

Parkinson's Disease Support Group

At our June 18 meeting, we listened to an expert briefing about "Gait, Balance & Falls in Parkinson's Disease." People with PD tend to be slower, walk with a shuffle, feet tend to drag and arms do not swing as much. Because PD people have hypokinesia, their muscles are weak in the lower extremities, they feel rigid and stiff in the hips and joints thus mobility is limited. To help improve one's gait, practice walking with a metronome or walk while listening to music with a fast beat. To prevent falls, declutter your home and do balance and strength exercises. Most important

Continued on page 41

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Douglas Thom



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Continued from page 39

of all, stay active and keep moving. This month our meeting will be on July 16, 10:00 AM at the Raley's Meeting Room. Our guest speaker is Cathy Vincent, M.S. She specializes in speech language pathology. Contacts: Sharon 408-4869, Betty 408-0195.

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). 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 cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

Republican Club

The Lincoln Hills Republican Club invites you to our Fourth Annual BBQ on Saturday, July 20, from 4:00 to 6:00 PM at the Sports Pavilion. Cost is \$10 per person. Registration deadline is July 17. Enjoy guest speakers, socializing and great food (*Tri Tip Roast, Brats and Veggie Burgers served with potato and macaroni salads, coleslaw and soft drinks!*) The Republican Club will provide appetizers and desserts; just bring yourself and your appetite. If you can assist with planning or have questions, please call 408-5195. Mail your reservation by July 17, along with your check made payable to Lincoln Hills Republican Club to: Roberta Argendeli. If you are not a member and would like to join, please include \$15 per person for your 2012-2013 dues. We look forward to having you join us. More info: republicanclubslh.org.

Shalom Group

The group enjoyed the annual picnic and poker run. Bowling has started, with room for more bowlers to sub or to join a team. The Bagel Brunch/Newspapers event will take place Sunday, July 21 at 10:00 AM in the Solarium (OC). Seating is limited to 55 people; sign up with Sharon Kretmar. Besides enjoying a bagel brunch, we may talk about how our many hometown newspapers treat the same news story. Questions?: Harriet Kaufman, 878-1328. On August 26, we will have our general meeting at 7:00 PM at KS. Our own member, Dr. Bob Aron, will talk with us about climate change. While we will not be hosting the high holidays services this year, the Board is working on innovative ideas for the holidays, including Break the Fast. Check the calendar

Continued on page 43

Community Perks

Certified Farmers Market and Vendor Faire Every Wednesday

Support your local farmers and join us every Wednesday at the Fitness Parking Lot from 8:00 AM to 12:00 PM. Local Certified Farmers will be selling fresh fruits and vegetables. There will also be local vendors selling various unique items. Depending on the weather and availability of crops, the plan is to hold the Farmers Market on Wednesdays until November. If you are interested in being one of our vendors for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



Document Destruction Monday, July 15

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!



New Resident Orientation Tuesday, July 16 — Free

Offered quarterly and designed for all new homeowners to meet new residents and the Community Association management staff. Orienta-



tion provides valuable information about your Association committees, lifestyle programming, and clubs. 1:00-3:00 PM, Solarium. Light refreshments. No RSVP required.

KS at the Movies: "Some Like It Hot" Monday, August 5 — Free

120 minutes; Comedy. 1959 original classic starring Marilyn Monroe, Tony Curtis and Jack Lemmon. Doors open at 1:00 PM for a 1:30 PM show. P-Hall (KS).



Neighborhood Watch Safety Seminar Tuesday, August 13 — Free

1:00-3:00 PM, OC Ballroom. Popular speaker, resident Gary Leonard, will present highlights of his 50 years of experience in law enforcement and the psychology of outwitting the bad guys. Special guest speaker, Dan Ruden, Lincoln Police Chief. More information, page 11.



Music Group sponsored "Open Mic Night" Friday, August 23 — Free

6:00-8:30 PM in the P-Hall, (KS). Musicians and music lovers are invited to join the fun. Sign-up to perform at 5:30 PM. Audience participation is encouraged and appreciated, but no karaoke.





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Add on LED Light
Therapy Treatment
TO ANY FACIAL (SAME DAY)

FOR ONLY \$25

thru 8/31/13

Continued from page 41

at www.shalomsg.org for photos, event schedules, and jokes. Membership info: Judy Schane, 253-9129.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for

Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the summer months we meet at 8:00 A.M. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net.

Travel Group www.lh-travelgroup.com

The next meeting is Thursday, August

15, 7:00 PM, KS. Guest presenter: Ilene Ferguson, Alamo Travel. (The members' BBQ replaces the July meeting.) 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, sfowler@starstream.net; Linda Frazier — 434-8266, fraz1774@sbcglobal.net; Sheron Watkins — 434-9504, sheron55@att.net; Louise Kuret — 408-0554, lkuret@sbcglobal.net; Judy Peck — 543-0990, judy@starstream.net.

Wanted: Your "Aha!" Moments and/or Bucket List Items

Have you had an inspirational, life-changing event — an "aha!" moment of insight or amazement, possibly while checking off an item on your Bucket List? Our upcoming "aha!" and/or Bucket List articles will feature not only what

you did, but also how it enhanced or changed your life or outlook on life. Send your stories to our *Compass* Bucket List writer Gay Sprague at gay@gaysprague.com.

Like and Follow our Social Media Sites!

Meridians Restaurant

Facebook: www.facebook.com/MeridiansRestaurant
twitter: Meridians_SCLH

The Spa at Kilaga Springs

Facebook: www.facebook.com/SpaAtKilagaSprings
twitter: KilagaSpa

Entertainment (open to the public)

Facebook: www.facebook.com/SunCityLincolnHillsEntertainment
twitter: SCLH_Events

Orchard Creek Lodge

Facebook: www.facebook.com/OrchardCreekLodge
twitter: Orchard_Creek

SCLH Facebook (this page reposts from Meridians, The Spa, SCLH Entertainment and Orchard Creek Lodge)

Facebook: search Sun City Lincoln Hills – click on the page with the logo
Twitter: SC_LincolnHills

Openings

Continued from page 2

multiple tasks; and enjoying working independently and as a team member. The required time in hours per month includes: monthly meeting (two hours); task force meeting as needed (two-to-four hours); and staff/community contact (one-to-two hours). Many task force efforts are ongoing. **Where can I get more information?** Go to our resident website suncity-lincolnhills.org/residents login and go to News and click on CCRC, or contact Wolf Oplesch, CCRC Chair, ccrc@sclhca.com or 408-1788.

Improvements

Continued from page 10

over \$700,000 in improvements. This is in addition to our normal replacements funded by our Reserve fund which was budgeted at about \$900,000 (the new gym equipment represents a big piece of this). There have been a few unanticipated costs in these projects that could not be foreseen, but overall the projects have been well-managed. The Finance and Properties Committees welcome resident input in the budget process that is coming up shortly.

If you have general questions or need information on the above please write to finance.committee@sclhca.com. The monthly and year-to-date financial statements are available on the Association's website, once logged in, under Library/Financial/2013.

The next meeting of the Finance Committee is Thursday, July 18 at 9:00 AM.

In Memoriam has moved to page 37.

The Series Continues!



FRIDAY, JULY 26
SHOWTIME 7:30PM

JEFFERSON STARSHIP

 TICKETS \$21



FRIDAY, AUGUST 23
SHOWTIME 7:30PM

PAPA DOO RUN RUN

 TICKETS \$20



THURSDAY, SEPTEMBER 5
SHOWTIME 7PM

JAMES GARNER'S CASH TRIBUTE SHOW TICKETS \$16

9/20 THE BRONX WANDERERS  TICKETS \$17
SHOWTIME 7PM

Tickets available at the Activities Desk (OC/KS)

Online Tickets:

www.suncity-lincolnhills.org/residents/SACS

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Tamara Coil, Lifestyle Entertainment Coordinator, tamara.coil@sclhca.com

Entertainment

—Club Performance—

A Players Group Production —

“Don’t Cry For Me, Margaret Mitchell”

Wednesday, August 7, 7:00 PM Show — 5107-07A

Thursday, August 8, 2:00 PM Show — 5107-07B

Thursday, August 8, 7:00 PM Show — 5107-07C

Lincoln Hills Players will see four talented players take the stage for their summer live production of “Don’t Cry For Me, Margaret Mitchell.” The almost completely true story of writing the *Gone With The Wind* screenplay, is directed by Judith Jesness whose local credits include directing Neil Simon’s “Rumors,” the “Octette Bridge Club” and most recently, “Love Loss and What I Wore” for the Lincoln Community Theatre. This is a hilarious look at three men – David O. Selznick, the producer of *Gone With The Wind*, Ben Hecht the legendary writer and Victor Fleming the director – as they try to do in one week what it took Margaret Mitchell ten years to do. The cast includes Ken Riess as Selznick, Bob Murdock as Fleming, Mike Cox as Hecht and Carol Murdock as Selznick’s secretary Peabody. This show is described as Simon’s best, it’s fast-paced and.... “as funny as anything you’ll ever see on the stage.” Ballroom (OC). Shows at 2:00 PM and 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$15. General admission \$12.**



—Comedy—

Comedy Night at KS: Keith Nelson Tuesday, September 10

6:00 PM performance — 5110-07A

8:00 PM performance — 5110-07B

Keith Nelson has been headlining as a stand-up comedian for over 20 years. He has performed in all 50 states and has also been all over the world performing for the troops. Keith has appeared on *Evening at the IMPROV*, *Entertainment Tonight* and the *Fox Show Comedy Express*. He is a three-time Masters National champion in the High Jump and has been ranked number one in the world three times. P-Hall (KS). General admission early registration discounted rate July 17- August 14, \$10. After August 14, \$12.



—Community Perks have moved to page 41—

—Concerts—

“World of Webber” Concert Tuesday, July 30 — 5130-05

Celebrate the songs and musicals of Sir Andrew Lloyd Webber through the years with an intimate cabaret-style concert. Musical theater stars Tielle Baker and Kelly Brandenburg, along with the star of the Tony Award-winning “Movin’ Out” Kyle Martin, perform a musical revue of Webber classics with musical director Evan Alparone at the piano. Songs will include “Music of the Night” (“The Phantom of the Opera”), “Memory” (“Cats”), “Don’t Cry For Me Argentina” (“Evita”), as

Continued on page 46



Summer Amphitheater Concert Series Guidelines

- **Chairs/Seating:** Guests must provide their own seating for the concert. Seating is first-come, first-served. Guests may set up their chair starting at 5:00 AM on the day of the event. **Chairs placed prior to 5:00 AM will be removed from the area.** SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your chairs. Do not move chairs already in place. **Lawn seating** for blankets will be in the grassy area at the left of the stage. Doors open 45 minutes before showtime.
- **ADA:** Designated paved area located in the center top tier adjacent to the pathway.
- **Permitted Items:** Blankets/cushions, lawn chairs, small backpacks/bags.
- **Not Allowed:** Chairs that exceed shoulder height (seated), cans or glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, animals (except identifiable service animals with vest on).
- **Food & Beverage:** No outside food or drink allowed in the facility except water in factory-sealed plastic bottles. A no-host bar and concessions available 45 minutes before concert begins.
- **Ticket Pricing:** See individual articles in Entertainment section for prices. Tickets are non-refundable.
- **Tickets: Wristbands** must be worn during the concert. Online buyers can pick up wristbands from Will Call at OC Lodge after 12:00 PM on the day of performance.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed wherever permit signs are posted.
- **Dancing:** No dancing directly in front of stage. Dancing will be allowed in designated areas.
- **Entertainers:** Please be respectful of all performers/singers/entertainment at venue by avoiding direct physical contact of any nature with them during performances.

well as many more selections from hit shows including “Joseph And The Amazing Technicolor Dreamcoat,” “Whistle,” “Jesus Christ Superstar” and “Sunset Boulevard.” Many residents enjoyed Kyle’s amazing performance at our Music of JOEL concert this past January. Ballroom (OC), 7:00 PM. Premium Reserved Section Seating sold out. General admission \$18.

“Close To You” – A Carpenters Tribute Concert Monday, August 12 — 5112-06

Get your “Ticket to Ride” as we bring back the sold out performance that residents described as one of the best shows they have ever seen! “We’ve Only Just Begun” and “Close To You” are a few of the most popular



songs that you will hear in a moving tribute to the 1970’s singing duo, The Carpenters. Karen Carpenter’s unique and expressive alto voice and the overdubbed densely-layered harmonies creating their signature sound put this group on the map. Michelle Whited performs a stunning reproduction of Karen’s unique voice along with Don Stamey on piano, plus a four-piece band that flawlessly replicates the exclusive Carpenters’ sound. The result is a memorable show that will keep you enthralled as you revisit the remarkable music from an era we cherish. Ballroom (OC), 7:00 PM. General admission. \$17.

“The Music of Frank, Bobby & Bill” — A Bill A. Jones Concert Monday, September 30 — 5130-07

Known to millions as ‘Rod Remington’ from his many appearances on the hit Fox TV show “Glee,” Bill A. Jones delivers a fresh and uplifting interpretation to the music of Frank Sinatra and Bobby Darin. The program will feature

original arrangements with his trio and songs you love including: “I’ve Got You Under My Skin,” “The Way You Look Tonight,” “New York New York,” “Come Fly With Me” and many more. Bill recently had the honor of opening for Tony Bennett at the St. Jude Children’s Hospital 50th Anniversary Gala at The Beverly Hilton, and has toured with The Glenn Miller Orchestra. Bill sings the great standards in the tradition of Frank Sinatra, Michael Bubl  and other big names. Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$21.** General admission early registration discounted rate July 17-August 14, \$16. After August 14, \$19.



—Summer Amphitheater Concert Series—

Jefferson Starship Friday, July 26 — 5000-4D

Jefferson Starship is a collaboration of celebrated musicians steeped in the fantastic realms



of science fiction and the contemporary American shadow land. “Somebody to Love,” “White Rabbit,” “Caroline” and “Miracle” are some of the hits that catapulted the group to the top of the Billboards to reign as one of the most artistically and commercially successful rock groups. Founding band members, songwriter/guitarist Paul Kantner and vocalist David Freiberg, were crucial in developing the renowned “San Francisco Sound” that changed the course of pop music forever. Doors open at 6:45 PM for a 7:30 PM concert. General admission \$21.

Reminders

• **Activities & Fitness Desk Hours & Phone Numbers:** Page 102.

• **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

Papa Doo Run Run Friday, August 23 – 5000-4E

Legendary California band, Papa Doo Run Run started out touring with surf music icons Jan & Dean before their 1975 Top 40 hit “Be True



To Your School” reached No. 1 in California. Papa toured and recorded with the members of the Beach Boys for two decades in the 80’s and their ground-breaking CD “California Project” exploded onto the Billboard Hot 100 Chart at number 17 earning them their second Gold Record and a Grammy Nomination. Hear all the great classic rock hits of the 60’s and 70’s, with a special emphasis on the band’s award-winning re-creation of Beach Boys hits. Their best kept secret... Papa Doo Run Run is who the Beach Boys call when they need someone to fill in with their band. Doors open at 6:45 PM for a 7:30 PM concert. General admission \$20.

James Garner’s “Cash Tribute Show” Thursday, September 5 – 5000-4F

The Cash Tribute Show featuring James Garner celebrates the life and music of the legendary ‘Man in Black’ — Johnny Cash. Garner and his band perform Cash’s music and incorporate historical accounts and personal anecdotes about America’s most beloved singing storyteller. The show is a fun, toe-tapping trip down memory lane honoring Cash’s life and the boom-chicka-boom sound of his longtime backing band, the Tennessee Three. While James is not a Johnny Cash impersonator, he presents songs including “Folsom Prison Blues” and “Ring of Fire” with stunning accuracy and strong conviction. Doors open at 6:15 PM for a 7:00 PM concert. General admission \$16.



The Bronx Wanderers Friday, September 20 — 5000-04G

Capture the magic of the ‘50s and ‘60s doo-wop and rock and roll era with exceptional vocals and musicianship that only the Bronx Wanderers can deliver. Vocals, keyboard, drums, guitar and saxophone tell you a story with each tune. Born and raised in the Bronx, New York, it was Rock & Roll Hall of Fame legend Dion DiMucci who worked with the Wanderers lead vocalist before he decided to form a band with his two sons. This group is noted for popular tunes including “Sleep Walk,” “In My Room” and a great Frankie Valli medley! Doors open at 6:15 PM for a 7:00 PM concert. General admission \$17.



—Dances—

Summer Surfin’ Dance Party Friday, August 9 — 5109-06

Get your beach gear and your Hawaiian shirts and let’s party by the pool! The Activities, Fitness and Food & Beverage Department are joining forces to give you one fabulous summer pool party you will remember! Join friends and neighbors at the OC outdoor pool for dancing, music, beverages, food, beach party games and fun prizes. Dance the night away on the new portable wood dance floor as DJ Gary plays your favorite beach, rock ‘n’ roll and oldies tunes. How low can you go with the Limbo? Group and individual beach games including the limbo, beach ball parachute, 1950’s TV Trivia and more will bring you fun summer prizes and lots of laughs. Singles, couples and groups can enjoy beach themed drinks poolside at the no-host bar. Visit



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.

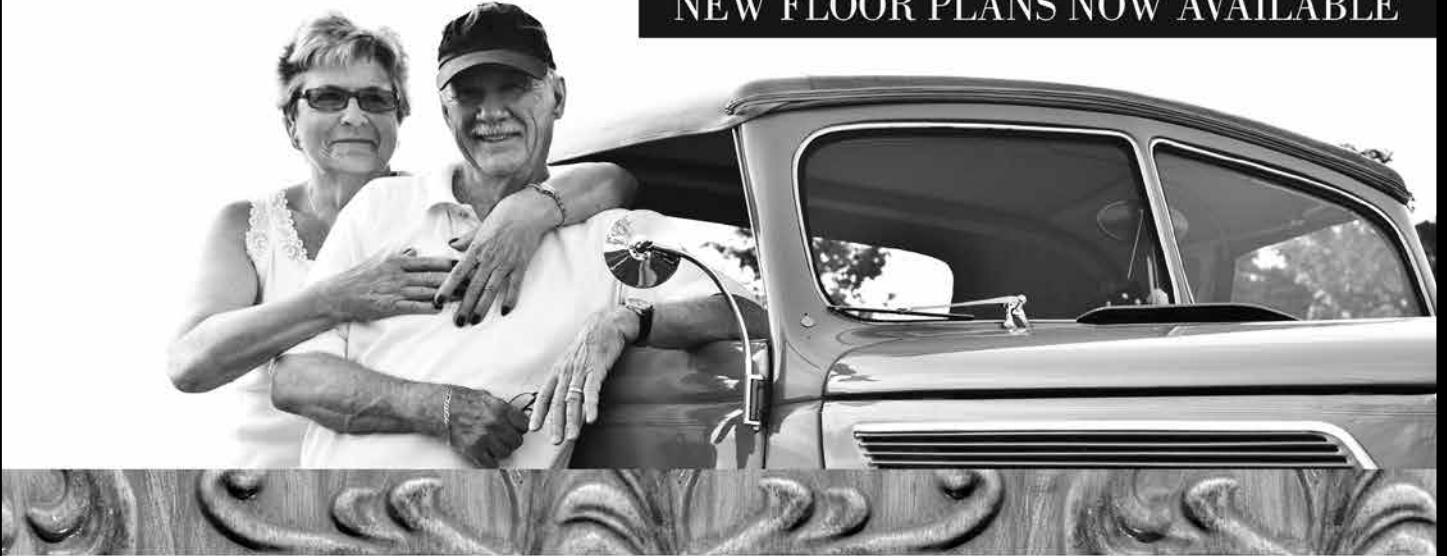
• **Departures:** All bus trips leave from OC

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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At least one resident must be 55 years of age or better, a limited number of residents may be younger and no one under 19 years of age. Some residents may be younger than 55. Community Association fees required. Complete offering terms for the homeowner's association is in an offering plan available from sponsor. Void where prohibited. Prices reflect base prices and are subject to change without notice. Lot premiums may apply. Details available upon request.

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the Grab 'n' Go food station for dinner or a beach snack while you take a break from dancing. Food and drinks sold separately. Fitness Center Outdoor Pool (OC), 6:00-9:00 PM. General admission \$14.

—Grandchildren Activities—

Grandkids Camp — A Day for Grandparents and Their Grandkids Thursday, August 1

Toddler 2-4 yrs. old — 5101-6A1, 5101-6A2, 5101-6A3,
5101-6A4, 5101-6A5 or 5101-6A6

Kids 5-12 yrs. old — 5101-6B1, 5101-6B2, 5101-6B3,
5101-6B4, 5101-6B5 or 5101-6B6

9:30 AM-3:00 PM. Summer fun with your grandchildren is here! The annual Grandkids Camp extravaganza will provide the perfect opportunity to share your interests, hobbies and Lincoln Hills community life. This year's camp theme "All About Animals" will help your grandchild discover the art, science and fun of different animals based on



their age and interests. Everyone will have a fun-filled camp-style day of grandchild / grandparent activities with returning class favorites such as Gardening, Fishing, and Theater! This year's program will also offer new activities: Water Exploration for 2-4 years, Scavenger Hunts and Dance Movement. Classes are arranged by age groups of 2-4 years and 5-12 years. For each registered child, one child and one adult lunch will be provided as part of the camp day activities. Camp schedule with programs and class descriptions available at the Activities Desks (OC/KS) and online. You will be required to select a specific program during registration on a first-come, first-served basis. We recommend selecting a second choice program when reviewing the schedule in case registration is full for your first choice. All activities will be held at OC Lodge. Doors open/welcome Entertainment 9:30 AM; classes and activities 10:00 AM-3:00 PM. General admission early registration discounted rate June 17-July 14, \$15. After July 14, \$18 per child. Children aged 2-12 years only please. *Important: Each child requires a wristband and must be accompanied by an adult for all activities/classes.* Some classes may have additional requirements and restrictions, please review program for items such as bathing suits, shoes, age limitations and more. Additional adult lunch meals may be purchased for \$6 during registration.

Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Red Hawk Casino Tuesday, July 23 — 1942-05

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



Off to the Races Thursday, August 22 — 1846-06

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts,



wind breakers, baseball caps or visors. Tennis shoes for traction are OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$67. RSVP ◆◆ by 7/15.

Colusa Casino Thursday, September 26 — 1950-07

A very popular casino trip! Enjoy a great view of the world's smallest mountain range, the Sutter Buttes. Receive casino credits: New members \$30; 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 September. Four-hour stay at casino. Leave OC 10:00 AM, return ~ 5:00 PM. \$21. RSVP ◆◆ by 8/15.



—Fair/Festival—

Gold Rush Days Friday, August 30 — 1822-06

Find yourself transported back to the days of Gold and Glory, when California was a brand-new state with brand-new ideas. Join in the truly old-time fun in the world of yesterday! More than 200 tons of dirt will pave the streets of Old Sacramento as this an-



Continued on page 51



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nual festival “turns back the clock,” transforming Sacramento’s historic district into a scene straight out of the 1850s. Hundreds of costumed performers take on the roles of celebrities, personalities and just plain folks, bringing history to life while bluegrass pickers and old-time musicians perform on several stages, evoking the vivid tunes of the times. Featuring dancers, street dramas, wagon rides, gold panning, period artifacts, storytelling, craft making, Embarcadero Tent City, period musicians, horse-drawn carriages, shoot-outs in the street and much more! For more information <http://sacramentogoldrushdays.com/about/>. We’ll be spending four hours at this festival with lunch on your own. Leave OC at 9:00 AM, return ~ 3:00 PM. \$22. RSVP ◆◆ by 7/15.

Lodi Grape Festival and Harvest Fair Sunday, September 15 — 1821-07

The annual Lodi Grape Festival and Harvest Fair has been presented since 1937 to promote the agriculture and agricultural products of San Joaquin County, and to offer diverse forms of agricultural education. It strives to present unique, family-oriented exhibits that not only entertain, but educate and enlighten. Enjoy wine tasting, World of Wonders Science Museum, Lodi Serpentarium, Swan Brothers Circus, a bug museum and many artistic and garden/floral displays. We’ll be spending four hours at this festival and arrive in time to attend “Wine Cellar: A Wine Tasting Experience” (on your own). Leave OC 11:30 AM, return ~ 6:30 PM. \$31 (includes admission to festival). RSVP ◆◆ by 8/15.



California Capital Airshow Saturday, October 5 — 1930-07

The California Capital Airshow at Mather Airport is one of the few shows in the nation with a military jet demonstration team this year. Come experience The Royal Canadian Air Force Jet Demonstration Team known as the Snowbirds, world-class aerobatics, barnstorming, wing walking, WWII aircraft and endless entertainment and displays along the ramp. We’ve procured “Flight Line Club Premium Seating” that includes a large tent for shade near the airshow center for best viewing, open air seating, private restrooms specific to the premium area, airshow commemorative poster, hosted water, iced tea, lemonade and a buffet lunch! We also have dedicated staff and a docent for assistance and questions. Skip the traffic and parking hassles and join us on our air conditioned motorcoach for this fall airshow. Complete lunch menu available at Activities Desks (OC/KS), which includes *tri-tip, grilled chicken, salads, fruit, cookies, etc.* Leave OC at 8:30 AM, return ~ 6:30 PM. \$95. RSVP ◆◆ by 8/14.



—Food and Wine—

Best in the West-Rib Cook-off

Thursday, August 29 — 1821-06

Come and enjoy the country’s best rib competition and enjoy the “Best Ribs in the West”! This cooking



competition at Victorian Square in Sparks is a must-attend culinary affair. You’ve seen the BBQ cook-offs on the Food Network, now come experience one in person! This event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. Trips sell out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$33. RSVP ◆◆ by 7/14.

Taste of San Francisco

Tuesday, September 24 — 1842-07

Join our San Francisco step-on guide Gary Holloway and trip coordinator Katrina as we go back for another “Taste of San Francisco” tour. Be prepared to have your senses tantalized. We’ll start at Fisherman’s Wharf for a shrimp or crab cocktail with a short history walk and a visit to Boudin Bakery. Then off to Bocce Cafe in Little Italy for Italian appetizers with wine available for purchase. Will you be ready for Chinese dim sum at Canton Restaurant and then the fabulous finish at Ghirardelli Square with an ice cream sundae? There will be free time available for anyone who would like to join the guide for a short walk to the world famous Buena Vista Café for Irish coffee (on your own). We’ll handle the driving and parking, you partake and enjoy! *Association reserves the right to change itinerary in case of unforeseen circumstances.* Leave OC at 8:00 AM, return ~ 8:00 PM \$99. RSVP ◆◆ by 8/15.



—Museums—

Legion of Honor-Fine Art Museum Impressionists on the Water

Wednesday, September 18 — 1763-07

Coinciding with San Francisco’s hosting of the America’s Cup races this summer, another side of nautical life is revealed by more than 80 remarkable paintings and works on paper by Impressionists such as Claude Monet, Gustave Caillebotte, Pierre-Auguste Renoir, and Camille Pissarro



Continued on page 55



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and Post-Impressionists such as Maurice Denis and Paul Signac — artists whose breathtaking artistry reflects their own deep understanding of pleasure boating and competition. See several paintings on loan from prestigious international collections, including the Musée d'Orsay, Paris; the Van Gogh Museum, Amsterdam and the J. Paul Getty Museum, Los Angeles. Other special exhibitions include, Artful Animals Part Two, a compelling portrait of the animal world, represented in a wide array of cultures, artistic styles, and media, from about AD 1500 to the present. Darren Waterston: A Compendium of Creatures showcases the portfolio *A Swarm, A Flock, A Host: A Compendium of Creatures*, 12-color aquatints by noted artist Darren Waterston and text plates featuring a poem by award-winning writer Mark Doty. Audio guide rental optional. Depart OC at 8:30 AM, return ~ 5:30 PM. \$60. RSVP ◆◆ by 8/15.

—Performances—

Josh Groban “In the Round”

Sleep Train Arena

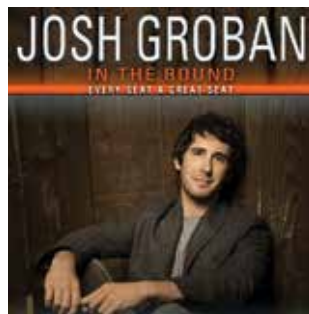
Sunday, October 6 — 4591-07A & 4591-07B

Possessing one of the most outstanding and instantly recognizable voices in music, singer, songwriter, and actor Josh Groban has entertained fans across the globe. The “In the Round” tour will give fans a one of a kind concert experience. Placed in the middle of the floor, this 360 degree stage will allow Josh to interact with fans from all sides of the venue, and they’ll hear Groban sing classic songs that span his illustrious 12-year career. The “In the Round” tour builds on the concept of Groban’s 2011 “Straight to You” world tour, bringing the intimate feel of a theater experience to an arena setting. We’ve obtained lower level seating in two price levels at Sleep Train Arena (formerly Arco Arena). Limited accessible seating available.

Section 123 lower rows \$116 — 4591-07A

Section 123 middle to upper rows \$86 — 4591-07B

Depart OC at 6:30 PM, return ~ 11:30 PM. RSVP ◆◆ by 8/15.



Cirque Du Soleil “Amaluna”

Sunday, January 12, 2014 — 4620-07

See the newest “big-top” touring show creation from Cirque Du Soleil! Amaluna invites the audience to a mysterious island governed by goddesses and guided by the cycles of the moon.

Their queen, Prospera, directs her daughter’s coming-of-age ceremony in a rite that honours femininity, renewal, rebirth and balance which marks the passing of these insights and



values from one generation to the next. In the wake of a storm caused by Prospera, a group of young men lands on the island, triggering an epic, emotional story of love between Prospera’s daughter and a brave young suitor. But theirs is a love that will be put to the test. The couple must face numerous demanding trials and overcome daunting setbacks before they can achieve mutual trust, faith and harmony. We have special reserved price level one tickets in section 104. Cirque’s trademark Grand Chapiteau, one of the biggest tour tents in the world is a climate-controlled tent in the parking lot of AT&T Park. Enjoy the option and convenience of a special box lunch from Meridians to enjoy on the bus en route to the matinee show. *Choice of turkey, roast beef or veggie sandwich with fruit, chips and a bottle of water.* You may also bring your own lunch to eat on the bus or purchase food at the show. *(Circus type food includes; hot dogs, pretzels, popcorn, etc.)* Leave OC at 9:30 AM, return ~ 6:30 PM. \$130 or \$140 with Meridians boxed lunch. RSVP ◆◆ by 8/1.

2013 Music Circus Series

This year’s Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classical musicals as well as the Music Circus Premiere of the original “Chicago.” All shows will be done “Theatre in the Round.” Please note performance time of 7:30 PM for all shows except “The King and I” which starts at 8:00 PM. \$76 each show. RSVP ◆◆ Now.



Additional tickets now available! Chicago

Wednesday, August 28 — 4531-03E

Leave OC at 6:00 PM, return 11:00 PM.

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, anticipation, polish and professionalism of Broadway. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$78 each.

• Priscilla Queen of the Desert

Tuesday, November 5 — 4530-06A

This outrageously fun show tells the uplifting story of a trio of friends, on a road trip of a lifetime, who hop aboard a battered old bus searching for love and friendship in the middle of the Australian outback. Adapted from the 1994 film, it’s set to well-known pop songs and has a heart-warming message of love, friendship and loyalty. *(The musical contains explicit language and mature situations. Show content includes drag queens, transsexuals, homosexuality and homophobia.)*



Continued on page 56

• Buddy — The Buddy Holly Story

Date TBA

In just three years, Buddy Holly set the music world on fire and forever changed the face of rock and roll. *Buddy* charts his meteoric climb and tragic fall on that fateful day the music died. Based on Buddy Holly's quick rise to fame becoming the world's top recording artist, this musical contains the singer's best well-known hits from the golden days of rock 'n roll. (*The show contains mild profanity. The plane crash that took his life at the age of 22 is only referenced and is not acted out.*)



• Flashdance the Musical

Tuesday, February 4, 2014 — 4530-06C

The pop culture phenomenon of "Flashdance" is now live on stage. With electrifying dance as its core, it's the story of a steel mill welder by day and bar dancer by night with dreams of becoming a professional performer. Based on the 1983 film, the musical contains well-known 80s hits and follows the story of a steel mill welder by day and bar dancer by night who aspires to be accepted to a prestigious ballet academy. (*The show contains mature content, including sexy costumes and choreography, and strong language.*)



• 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 and long-running show. The show uses 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.



• 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.



• Wicked!

Tuesday, June 3, 2014 — 4530-06F

Back by popular demand! When it was here last, this cultural phenomenon broke box office records and sold out in record time. Winner of 35 major awards, including a Grammy and three Tony Awards.



—Shopping—

American Craft Council San Francisco Show

Saturday, August 3 — 1784-05

It's the West Coast show to plan around! With more than 230 of the best contemporary jewelry, clothing, furniture and home décor artists from across the country, come see pure craft at its absolute finest. This show is the largest juried craft show west of the Rockies. With nine shopping categories that include holidays, the great outdoors, upscale, handmade greencraft, local, foodieware, men's department and bride-to-be, you're sure to find something you'll love! Located at the Fort Mason Center Festival Pavilion. Leave OC at 8:00 AM, return ~ 5:00 PM. \$50 (includes admission). Last date to purchase is July 30 at 12:00 PM. RSVP ◆◆ Now.



San Francisco for the Day

Tuesday, August 13 — 18844-06

Enjoy a day trip to the heart of San Francisco in Union Square without the hassle of driving, tolls and parking. It's your time to shop and find that perfect fall wardrobe, or meet friends and partake of a nice lunch. To make your shopping more comfortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning purchases so you can do more shopping. (10% off Macy's coupon included.) You are free to do with the time as you wish. There may be America's Cup racing that day where you can purchase viewing tickets on your own. Leave OC at 8:00 AM, return ~ 8:00 PM. \$36. RSVP ◆◆ by 7/15.



—Sports & Outdoor Activities—

San Francisco Giants

The 2012 World Series Champs are back to defend their title! We have five games for you to see the Giants in action. We have added a mid-week day game in August against the Boston Red Sox for an exciting inter-league game. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. All games begin at 1:05 PM. Leave the Lodge at 10:00 AM, return ~ 7:00 PM, except where noted (*). RSVP ◆◆ Now.



• Giants vs. Chicago Cubs

Sunday, July 28 — 6360-01B

Seats in Lower Box Section 131. \$90

• Giants vs. Boston Red Sox

Wednesday, August 21 — Sold Out!

* Bus departs 9:45 AM for 12:45 PM game.

Continued on page 58

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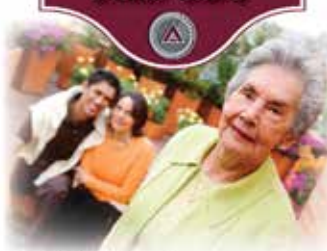


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- **Giants vs. Arizona Diamondbacks**
Sunday, September 8 — 6360-01D
Seats in Lower Box Section 131. \$86
- **Giants vs. San Diego Padres**
Saturday, September 28 — 6360-01E
Seats located in Lower Box Section 135. \$86

River Cats

The River Cats are the Oakland A's AAA farm team with up and coming future stars! Enjoy four games at beautiful Raley Field in West Sacramento. Same as last season, seats are located in Senate Box Sections 110 & 111 (in the bowl area directly behind home plate). Games begin at 7:05 PM. Leave the Lodge at 5:30 PM, return ~ 11:00 PM. \$40 each. RSVP ◆◆ Now.



- **River Cats vs. Albuquerque Isotopes**
Thursday, August 1 — 6300-01C
- **River Cats vs. Fresno Grizzlies**
Monday, August 26 — 6300-01D

—Tours—

USS Hornet — Living Ship Day

Saturday, August 17 — 1834-06

Join us for an interesting and informative day aboard the USS Hornet, a Registered National Historic Landmark anchored at the former Naval Air Station in Alameda. We will be visiting on Living Ship day where you can experience an aircraft carrier in action! Witness simulated flight operations as aircraft is lifted to the flight deck and placed into launch position; participate in mission briefings; meet former crew; sit in the cockpit of a fighter jet! Visit the navigation bridge, stand on the flight deck and take a close look at vintage aircraft including an authentic Apollo capsule. Imagine life on a floating city as you walk through Officers' Quarters, Crew's Deck, Medical Spaces, etc. USS Hornet participated in two significant events: World War II and the recovery of the Apollo II manned lunar mission. **Be aware:** Single elevator available to reach Flight Deck. To see other decks, other than the Main Deck with the Museum will require climbing some ladders. Tour will be led by retired military docents providing a personal touch to your experience. Includes a hot lunch in the Officers' Mess with a food choice of *Meat Loaf or Baked Chicken with Mashed Potatoes and Gravy, Mixed Vegetables, Roll, Cookie* and soft drink or water. Leave OC at 8:30 AM, depart the Hornet at 3:00 PM, return ~ 5:30 PM. \$55. RSVP ◆◆ by 7/15.



Hornblower Brunch Cruise / America's Cup Pavilion

Saturday, September 7 — 1833-06

Enjoy the excitement of America's Cup racing with a trip to the America's Cup Pavilion on the San Francisco waterfront! Start

the day with a Champagne Brunch on Hornblower's "San Francisco Spirit" and a cruise around San Francisco Bay. The brunch includes a bountiful buffet stocked with classic breakfast dishes, lunch entrees and desserts with bottomless mimosas and champagne. The yacht will be returning at 1:30 PM as the America's Cup boats are preparing to race. You'll be transported down the block to The America's Cup Park at Piers 27/29 on the Embarcadero that is the center of event activities during the 34th America's Cup in San Francisco. This is where fans will find team bases, interactive exhibits, food and beverage courts, as well as shops featuring their favorite team gear. On race days there are the dock-in and dock-out shows. *(Note: This trip does not include any race viewing tickets.)* Leave OC at 8:00 AM, return ~ 6:00 PM. \$134. RSVP ◆◆ by 7/15.



Overnight & Extended Travel

Three Days and Two Nights! Columbia State Park / Sonora Gold Country

Wednesday, September 11 through
Friday, September 13 — 1970-06

Tour central California gold country and visit a living gold rush town featuring the largest single collection of existing gold rush-era structures in the state where you can take a ride in an authentic stagecoach! Enjoy a leisurely trip on Highway 49 as we stop



and visit Sutter Creek and roll through the historic towns of San Andreas and Angel's Camp on our way to Black Oak Casino Resort in Tuolumne. This brand new hotel also offers a 24 lane bowling center and underground arcade for non-gaming fun. Ironstone Winery along with their gardens and heritage museum is a must-see destination and we'll spend some time in the town of Murphy's known as the "Queen of the Sierras" with many tasting rooms located along Main Street. Trip includes:

- Two-night stay at Black Oak Casino Resort with gaming & food credits good at Black Oak Cafe or The Mill
- Historic Sutter Creek guided tour and lunch on your own
- Ironstone Vineyards for tour, tasting and an included lunch
- Free time and dinner on your own in Murphy's
- Columbia State Historic Park with an included docent-led tour and lunch on your own

Leave OC at 9:00 AM, Wednesday, September 11, return Friday, September 13 ~ 5:00 PM. *(Be aware this trip will be on roads with some winding areas.)* Lot's of walking! We will be at 2,000 foot elevation, be prepared for changing weather. *Signed liability waiver is required for each participant.* \$298 per person double occupancy. \$417 single. RSVP ◆◆ by 7/15.

Continued on page 61

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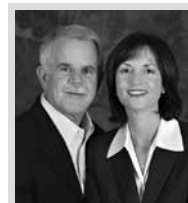
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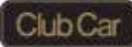
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Ice Show January 23-24, 2014
Country Music Artist Tribute Show
February 27-28, 2014



Sold Out Trips thru August 20

Trip • Date • Departure Time

- Music Circus, "Sugar" — Wednesday, July 24, 6:00 PM
- USS Potomac — Saturday, July 27, 7:30 AM
- Music Circus, "The King & I" — Thursday, August 8, 6:30 PM



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Art

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry Mondays, August 5-26 — 105110-07

9:00-11:30 AM (OC). Instructor: Barry Jamison. \$54 (four sessions). Let out that creative soul and learn pastelling and oil painting with Barry Jamison. From 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. Studied nationally with a number of pastel and oil painters including our very 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 7/29.

Impressionistic Landscape Painting with Oils or Acrylics

Wednesdays, August 7-28 AM Class — 113110-07
Wednesdays, August 7-28 PM Class — 113120-07

Morning class 9:00-11:30 AM; afternoon class 1:30-4:00 PM, (OC). Instructor: Artist/resident Marilyn Rose. \$54 (four sessions). AM and PM classes are not interchangeable. Classes are for all skill levels. Students will receive expert guidance in creating original landscape paintings in oil or acrylic using photographs of their choice. Class demonstrations, masterwork examples and individual instruction will be used to help students understand



various elements of landscape painting and implement them in capturing their unique vision on canvas. Study includes design, visual pathways, value structure, color harmony and painless perspective. First-time students may contact instructor at 409-0397 for a list of suggested supplies for either oil or acrylic painting. **About the instructor:** Marilyn has 20 years experience with plein air and studio landscape painting. For more information, visit Marilyn's website address, www.artistmarilynrose.com. RSVP ◆◆ by 7/31.

Bridge

Bridge Plus with Laurie Thursdays, August 8-September 26 — 162110-07

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$60 (eight sessions). This class is for players who want to improve their knowledge, ability and enjoyment of Bridge. This eight-week course covers basics of modern Standard American Bridge, including conventions with emphasis on partnership communication, and as much play as time permits. Learn more and enjoy the wonderful, challenging game of bridge. RSVP ◆◆ by 8/1.



Ceramics

—Lladro—

Spanish Oil Painting Wednesdays, August 7-28 — 206110-07

1:00-4:00 PM (KS). Instructor: Barbara Bartling. \$38 (four sessions). 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



Continued on page 63



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instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 7/31.

Lladro Workshop

Wednesdays — Ladd3

1:00-4:00 PM (KS). Moderator: Barbara Bartling. \$12 per session. 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, August 6-27 — 212110-07

1:00-4:00 PM (OC). Instructor: Mike Daley. \$54 (four sessions). An introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Mike Daley will be substituting for Jim Alvis. He will carry on 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 7/31.

Advanced Ceramics

Tuesdays, August 6-27 — 212210-07

9:00 AM-12:30 PM (OC). Instructor: Mike Daley. \$54 (four sessions). For self-motivated students/artists with established ceramic skills. Mike's 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 7/31.



Ceramics — All Levels

Thursdays, August 1-29 — 221110-07

1:00-4:00 PM (OC). Instructor: Terry Accomando. \$67 (five sessions). Open to all skill levels. 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 7/25.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). Tuesday Moderator: Mike Daley; Thursday Moderator: Terry Accomando. \$17 per session. 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." 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. Registration for drop-in sessions is only available within the hour prior to class start.

Computer

—Tablets & Other Devices—

Android — 101 Smart Phone and Tablet

Monday, July 29 — 255110-06

Wednesday, August 21 — 255110-07

1:00-4:00 PM (OC). Instructor: Len Carniato. \$40. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" Account. **Note:** July class was changed from June *Compass* publication listing. RSVP ♦♦ by 7/17 or 8/14.



—Social Media—

Facebook 101

Saturdays, July 20 & 27 — 272110-06

9:00-11:00 AM (OC). Instructor: Janet Dixon-Dickens. \$40 (two sessions.) 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



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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 ◆◆ Now.

—Mac—

Beginning Macintosh — Level 1 How to Use Your Macintosh Computer Thursday, July 18 — 263110-06

1:00-5:00 PM (OC). Instructors: Andy Petro and Henry Sandigo. \$40 plus \$5 class material fee payable to instructor. Are you new to the world of Apple computers? If you are, then this class is for you. The only prerequisite for this course is that you have an Apple computer: an iMac, a Mac mini, a Mac Pro, a MacBook Air, or a MacBook Pro. We will explore the Mac OS X Mountain Lion system and all the items that appear on your computer Desktop including: the Finder, the Dock, the Spotlight, the Notification Center, and Documents and Files. We will review all the connection ports on the Mac. We will also cover keyboard shortcuts and navigation technique for using the mouse and trackpad. There is only room for nine students using the lab's iMacs – but, if you have your own MacBook Air or Pro, there is connection space for two, but you must have **OS X Mountain Lion (Version 10.8.2)** installed on your laptop. To sign up using your laptop, please contact Henry or Andy to verify your version of OS X or if have any questions about the class. Call Andy Petro at 253-9130 or Henry Sandigo at 434-7792. RSVP ◆◆ Now.



iPhoto on the iPad — Journals Monday & Tuesday, July 29&30 — 264110-07

9:30-11:30 AM (KS). Instructor: Andy Petro \$40 (two sessions). \$5 class material fee payable to instructor. **Prerequisites:** iPad mini or iPad 2 or later, **iOS 6.1** or later, **"iPhoto"** app from App Store (\$4.99). For Journals, **iCloud** is required. If you know the basics of iPhoto on your iPad and want to learn iPhoto journaling techniques, then this class is for you. Learn how to apply many iPad/iPhoto editing tools to photos taken with your iPad or digital camera. Create beautiful (storytelling) photo journals and how to make them available on iCloud with easy access to anyone you choose. The class will demonstrate some exciting editing techniques available through free/inexpensive apps available from the App Store, for journals with interesting photo effects. Bring your iPad and it will be downloaded with the photo examples used in class so you can participate in the demonstrations on your own device. **Day One:** You will be instructed on how to select and edit photos to be included in a journal. Then you'll be shown how to create, edit, enhance, save the journal on iCloud, and send an email with the journal

link. (After class homework is to create a journal from your pictures on your iPad and email it to instructor.) **Day Two:** We will review all of the techniques used in the journals that were completed the previous night and sent to instructor. Please remember to bring your iPad already loaded with iPhoto. Questions about the prerequisites or class, call Andy Petro (916) 474-1544. RSVP ◆◆ by 7/22.

Introduction to iPhoto'11 on the Mac Monday & Tuesday, August 5 & 6 — 265110-07

1:00-3:00 PM (OC). Instructor: Andy Petro \$40 (two sessions). Class material: \$5 payable to instructor. Class will cover how to get your pictures from a digital camera, email, a CD and a SD card into iPhoto '11, Version 9 on your Mac; get them out for printing; make 'table top' books; and how to send photos to others. Learn how to create a photo slideshow that you can email or put on a DVD. Also learn how to make calendars and cards. Discover how to keep track of your photos, edit them, take out 'redeye' automatically and much more. The class will also include how and why to set preferences, understanding different importing and exporting techniques. Also learn to use the 'Faces and Places' in iPhoto. Room for 10 students using the lab's iMacs – if you have your own laptop there is connection space for two but you must have **iPhoto '11 (Version 9)** installed on your laptop. If you are bringing your laptop, please contact Andy so he can load the example photos on your laptop before class. Class questions? Call Andy Petro (916) 474-1544. RSVP ◆◆ by 7/29.

—PC Operating System—

Windows 8 Training and Tips Monday, Tuesday and Wednesday, August 5, 6 & 7 — 295110-07

2:00-4:00 PM (OC). Instructor: Rita Wronkiewicz. \$60 (three sessions). \$5 class material fee payable to instructor. Windows 8 is a powerful new operating system that can access thousands of useful, interesting and/or fun application (apps). It also offers the same robust desktop experience as Windows 7 computers. If you have brought a new Windows 8 computer and have had difficulty understanding its redesigned start features, class includes tips and how to personalize your Windows 8 device so it is easier to use and is organized specifically for how you use the computer. You will learn tricks to more easily navigate between its start screen functionality (similar to a tablet) and its Desktop functionality (like Windows 7). The instructor 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 instructor will also demonstrate how to set up your login account so you can keep your Windows 8 PC synced with other devices you may have. The class will



Continued on page 69

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Getting the Most Out of Gmail

Tuesday, August 6 — 285310-07

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo \$15. Gmail, also known as Google Mail, is probably the best free email service in the world. It is so good that 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, you will 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, you will learn how easy it is to find what you are looking for. Further, you will learn how to create special groups from your Gmail contacts that will make it super easy for you to send announcements to the different groups in your Village. RSVP ◆◆ by 7/30.



Simplifying Windows Control Panel

Friday, August 9 — 283210-07

9:30 AM 12:00 PM (OC). Instructor: Bob Ringo \$15. The Control Panel is the part of the Windows operating system that allows users to view and manipulate system settings that are the key to controlling Windows behavior. Control Panel isn't a single program or app but rather a collection of programs that monitor and adjust Windows settings. Instructor Bob Ringo, will give you an overview of what's available in Control Panel. In this class, learn how to bring up Control Panel to explore the eight categories that contain most of the settings in Windows which includes: *System and Security, Network and Internet, Hardware and Sound, Programs, User Accounts and Family Safety, Appearance and Personalization, Clock, Language, and Region and Ease of Access*. At the end of the class, you will know how to personalize the Windows environment to behave in a manner that is maximized to meet your individual needs and desires. RSVP ◆◆ by 8/2.

Word Phase One

Wednesdays & Fridays, August 28-September 6 — 292110-07

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). 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 paintbrush; show hide mark; smart tag; copying and moving text; switch-



ing 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 8/21.

—Genealogy—

Genealogy Apps for your Windows 8 Computer

Thursday, July 25 — 287110-06

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. Bob will share many of the great genealogy apps he has discovered since Windows 8 was released in the fall of 2012. Interestingly, these apps are not all expressly for doing genealogy. These apps will allow you to track your trees, manage time, digitize documents, search websites, and more. The majority of the genealogy apps are free and many will work on your tablet computer or smart phone as well. After downloading and installing your genealogy apps, you will learn how to organize the tiles for these apps on the Windows 8 start screen in order to optimize your genealogy workflow. Arranging your genealogy tiles into organized groups that make sense to you is the key to productively using Windows 8 for your genealogy efforts. **Prerequisite:** Familiarity to Windows 8. RSVP ◆◆ by 7/18.



New! Using Evernote to Become a Better Genealogist

Friday, July 26 — 286110-06

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. *Evernote* is a free program that helps you organize and retrieve your genealogy information. Using *Evernote*, you can easily store and retrieve all of your genealogy documents, sound, images, videos, web pages, and more. If you own more than one computer, *Evernote* makes certain that all of your genealogy data is available simultaneously on all your computers. Further, your genealogy data is available to any web browser at all times and on any computer — Windows, Macintosh, Blackberry, Android, iPhones, and the like. *Evernote* also makes backups of your genealogy data in the cloud for security purposes. It even has an option to encrypt your sensitive information. Storage is free for up to one gigabyte of new data added each month. Instructor will demonstrate how you can easily access all of your genealogy information from anywhere at any time. RSVP ◆◆ Now.

Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, August 6-27 — 317110-07

9:00 AM-12:00 PM (KS). Instructor: Dottie Macken. \$32 (four

Continued on page 71

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sessions). Have you ever wanted to make a card but you weren't sure how to get started? This beginners class will be a fun three hours of learning how to make greeting cards along with a cute box. Classes are small so you will receive lots of individual attention. All supplies and tools will be provided. Class size is limited so sign up early. RSVP ◆◆ by 7/30.



Card Making Level 2

Mondays, August 5-26 — 317210-07
Or Fridays, August 9-30 — 317220-07

9:00 AM-12:00 PM; Mondays (KS), Fridays (OC). Instructor: Dottie Macken. \$38 each (four sessions). **Prerequisite:** Completion of Intro to Card Making 101, or instructor's approval. Continue to build on your card-making skills in this fun three-hour class making greeting cards and some 3-D projects. All supplies will be provided. RSVP ◆◆ by 7/29 or 8/2.



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.

Just Try It!

Free Dance Demos/Workshops in July

Have you been wanting to try a dance class but not sure if the dance is for you? Our dance instructors will be promoting their classes in July for *free*. Check out the schedule below and save the date! Current dance students are welcome to join the demo with a friend who has not taken the class before and enjoy the class together. Description of each class can be found under the class list.

July 16: 10:00-11:00 AM, Beginning Line Dance — 380219-06

Instructor: Sandy Gardetto

July 18: 11:00 AM-12:00 PM, Jazz — 353119-06

Instructor: Melanie Greenwood

July 22: 10:00-11:00 AM, Country Couples — 344019-06

Instructors: Jim & Jeanie Keener

July 22: 11:00 AM-12:00 PM, Beginning Tap

with Alyson — 410119-06

Instructor: Alyson Meador

July 29: 11:30 AM-1:00 PM, Argentine Tango — 431019-06

Instructor Morgan Heller

—Clogging—

Beginning Clogging

Tuesdays, August 6-27 — 332110-07

10:00-11:00 AM (KS). Instructor: Janice Hanzel. \$20 (four sessions). Open to new and returning students and those who want to have fun at an easy pace. Class introduces and moves through the



eight basic traditional clogging movements: *Step – Rock – Brush – Drag – Slide – Double Toe – Toe and Heel* at a relaxed pace. We'll learn fun clogging dances with basic clogging steps like *Push Off, Triple, Rock Back, Triple Kick, Basic, Clogover Vine, Joey, Brush and Turn* to name a few. Bluegrass to Big Band, Gospel to Contemporary Pop will round out music choices. Join Janice, a certified clogging instructor with over 30 years of teaching experience, in the noisiest of American Folk Dances. 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 7/29.

Step Review through Intermediate Clogging

Tuesdays, August 6-27 — 332210-07

11:00 AM-12:00 PM (KS). Instructor: Janice Hanzel. \$20 (four sessions). **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. 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 7/29.

Performance and Intermediate Plus Clogging

Tuesdays, August 6-27 — 332310-07

12:00-1:00 PM (KS). Instructor: Janice Hanzel \$20 (four sessions). **Prerequisite:** Instructor approval. Students are strongly encouraged to take "Step Review through Intermediate Level Clogging." Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned as well as learning new steps at a little faster pace. Some dances taught will be created for specific events. Movements such as *Wheels, Tunnels, Stars*, and traditional Appalachian-style dancing involving some partner work will be introduced as part of the skills taught in the Intermediate Plus level. RSVP ◆◆ by 7/29.

—Country Couples Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, August 5-26 — 344210-07

7:00-8:00 PM (KS). Instructors: Jim & Jeanie Keener. \$20 (four sessions). 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 7/30.

Country Couples Western Dance

Intermediate Level Three & Four

Mondays, August 5-26 — 344410-07

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

Continued on page 72

sessions). **Prerequisite:** Beginner level Country Couples for at least six months. After you've 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 are taught at a pace consistent with difficulty and length of dance. The dance for this session will be "Talk to Yo Mama" plus a review of some dances taught earlier in the year. RSVP ♦♦ by 7/30.



**Dancing with Dolly
Jazz/Musical Theater**

Wednesday, August 7-28 — 353551-07

3:45-4:45 PM (OC Fitness). Instructor: Dolly Schumacher James. \$32. (four sessions). Master teacher Dolly Schumacher James has returned to teach her popular dance classes, designed especially for our residents. Ms. James is a renowned choreographer whose students have starred in Musical Theater on Broadway and around the world. Her dances have earned International awards, with students appearing on "So You Think You Can Dance" TV series, and Gregory Hines "Tap" and "Dancin'" promotions. This fun-filled class is a unique combination of classic jazz movement, novelty dance, and the countless variety of musical theater styles. Using music from the 20's up to today's popular tunes, students will increase their musicality, rhythm, body awareness, strength and flexibility. No prior experience necessary! Be prepared to have fun in this exciting dance class where each week there's something new! RSVP ♦♦ by 7/31.



**Ballet/Lyrical
Thursdays, August 1-29 — 353561-07**

5:00-6:00 PM (OC Fitness). Instructor: Dolly Schumacher James. \$40 (five sessions). "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 soar! RSVP ♦♦ by 7/25.

**Performance Dance
Friday, August 2-30 — 353571-07**

2:30-4:00 PM (OC Fitness). Instructor: Dolly Schumacher James. \$61 (five sessions). 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 7/26.

—Hula—

**Beginning Hula
Thursdays, August 1-29 — 390110-07**

12:00-1:00 PM (KS). Instructor: Pam Akina. \$40 (five sessions). For new or less experienced hula students. Learn the beautiful art form of hula from the Hawaiian Islands using the basic steps *kaholo, ka`o, hela,* and *ami,* you will learn a beautiful hula auana (modern hula). In the Hawaiian tradition, language, culture, and history are taught as well because hula is more than just hands and feet! Instructor Pam Akina is the director of Hula Pono Dance School and performance group. RSVP ♦♦ by 7/25.



**Intermediate/Advanced Hula
Thursdays, August 1-29 — 390210-07**

1:15-2:15 PM (KS). Instructor: Pam Akina. \$40 (five sessions). Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval **required** for this class. Email Pamahoa@hulapono.com or call 521-0474. RSVP ♦♦ by 7/25.

—Jazz—

**Jazz Technique
Tuesdays, August 6-27 — 353120-07**

1:00-2:00 PM (KS). \$32 (four sessions). *No Saturday class for the month of August.* Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance your performance skills in a fun and positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. Class is 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 7/30.



—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
Continued on page 74



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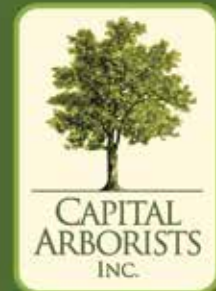
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for a fun class that will prepare you to advance to more challenging line dance classes in the future. Although students register on a month-to-month basis, Intro Classes will be offered as an eight-week session. Every month, a new eight-week Intro class will start, either on Thursday at 4:30 PM with Yvonne or Monday at 6:00 PM with Audrey. Class listing indicates which session is open to new students.

- **Mondays, August 5-26 — 360010-07**
6:00-7:00 PM (KS). Instructor: Audrey Fish. \$24 (four sessions). This is the beginning of an eight-week session. This session is *open* to new students. RSVP ♦♦ by 7/29.
- **Thursdays, August 1-29 — 370010-07**
4:30-5:30 PM (KS). Instructor: Yvonne Krause. \$30 (five sessions). This is a continuation of an eight-week session. This session is *closed* to new students. It will allow students to learn additional steps to prepare for the next level of dance. RSVP ♦♦ by 7/25.

Line Dance Demo/Workshop with Sandy
Wednesday, July 24 — 380229-06

5:00-6:00 PM (KS). Instructor: Sandy Gardetto. *Free*. See for yourself what line dancing is all about. Everyone is welcome. Come join us in this fun workshop and learn simple line dance steps. Great little dances to fun music. Sandy has been teaching at Lincoln Hills for ten years. Come and meet her and see what she can do for you. Bring your friends for more fun!

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, August 5-26 — 370110-07**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). RSVP ♦♦ by 7/29.
- **Mondays, August 5-26 — 370120-07**
6:00-7:00 PM (KS). Instructor: Yvonne Krause-Schenck. \$24 (four sessions). **Note:** class was formerly called “Beginners Plus with Yvonne” and continues to be a transition class between beginner and beginner/intermediate. RSVP ♦♦ by 7/29.
- **Thursdays, August 1-29 — 360110-07**
2:30-3:30 PM (KS). Instructor: Audrey Fish. \$30 (five sessions). RSVP ♦♦ by 7/29.

Line Dance II — Beginner / Intermediate

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

- **Mondays, August 5-26 — 360210-07**
5:00-6:00 PM (KS). Instructor: Audrey Fish. \$24 (four

sessions). RSVP ♦♦ by 7/30.

- **Wednesdays, August 7-28 — 380210-07**
9:00-10:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four sessions). RSVP ♦♦ by 7/31.
- **Thursdays, August 1-29 — 370210-07**
9:00-10:00 AM (KS). Instructor: Yvonne Krause-Schenck. \$30 (five sessions). RSVP ♦♦ by 7/25.

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, August 7-28 — 380310-07**
10:00-11:00 AM (KS). Instructor: Sandy Gardetto. \$24 (four sessions). RSVP ♦♦ by 7/31
- **Thursdays, August 1-29 — 360310-07**
3:30-4:30 PM (KS). Instructor: Audrey Fish. \$30 (five sessions). RSVP ♦♦ by 7/31.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. She has an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance, both from California State University, Sacramento. For her Masters’ thesis study, “The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55,” Audrey used our residents as subjects and her study showed a significant improvement in balance after completing an eight-week line dancing intervention. She also works as a Personal Trainer and Fitness Instructor at Sun City Roseville. She thinks she has the best job in the world for it allows her to teach, inspire, and enrich the lives of seniors and provide both physical and mental exercise daily.



- **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. At the age of eight, Sandy started dance instruction in Tap, Jazz, Ballet, and Ballroom including Baton Twirling. She was a competitive roller skater since age 16, receiving the highest award in Artist Roller Skating. She competed for 10 years, in the Regional and the National Roller Skating Championships, and won a national placement medal in Masters Dance among others. She transferred her dedication to Line Dancing when she moved to Sun City Roseville in 1997. Sandy teaches in workshops in California and Hawaii, and has taken groups of line dancers on cruises.



Continued on page 77

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• **Yvonne Krause**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the 90's. Born to musical parents, Yvonne gets her inspiration for choreography when she hears a great song whether it's an old classic, a country song or any song that has a good beat. Her feet start moving and the wheels start turning as she imagines the dance coming together. 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.



—Tango—

Argentine Tango Beginning

Thursdays, August 1-29 — 431010-07

6:00-7:00 PM (KS). Instructor: Morgan Heller. \$50 (five sessions). This class is for the person with no Argentine tango experience at all and focuses on posture, axis, and the fundamentals of walking, embrace and basic figures. Morgan has a long career in dance that includes over 25 years with ballet companies from the SF Bay area to NYC, New England to Nevada. In Nevada he also worked in casino shows and traveled the country with cabaret shows from Alaska to Florida and many points between. He discovered the Argentine tango about 15 years ago and now loves sharing his experience and love of dance. **Free Dance Demo on July 29 at 11:30 AM.** RSVP ◆◆ by 7/25.



—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. *Regular Technique and Performance classes will take a break in July and resume in August.* **Free Dance Demo on July 22 at 11:00 AM.** RSVP ◆◆ by 6/28.



• **Beginning Tap • Tuesdays, August 13-27 — 410110-07**

9:00-10:00 AM (KS). \$24 (three 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 7/30.

• **Advanced Performance**

Mondays, August 12-26 — 410710-07

12:00-1:00 PM (KS). \$24 (three sessions). RSVP ◆◆ by 8/5

• **Performance • Thursdays, August 15-29 — 410620-07**

10:00-11:00 AM (KS). \$24 (three sessions). RSVP ◆◆ by 8/8.

Technique Classes

• **Advanced Technique Class**

Mondays, August 12-26 — 410510-07

11:00 AM-12:00 PM (KS) \$15 (three 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 8/5.

• **Technique Class • Tuesdays,**

August 13-27— 410520-07

10:00-11:00 AM (KS). \$15 (three sessions). RSVP ◆◆ by 8/6.

• **Technique Class • Thursdays,**

August 8-22 — 410530-07

11:00 AM-12:00 PM (KS) \$15 (three sessions). RSVP ◆◆ by 8/1.

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. **Free Dance Demo on July 15 at 11:00 AM.**



• **Mondays, August 5-26 — 420110-07**

4:45-5:45 PM (KS). Instructor: Judy Young. \$24 (four sessions). From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ◆◆ by 7/29.

• **Fridays, August 2-30 — 420120-07**

1:00-2:00 PM (KS). Instructor: Judy Young. \$30 (five sessions). Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP ◆◆ by 7/26.

—West Coast Swing—

Class description of each class has been updated. Please read each class description before enrolling. Questions?

Please contact Dottie at 543-6005.

West Coast Swing will return in August except for Introduction to West Coast Swing. The introduction class will have a new format and will be offered in September and November.

Introduction to West Coast Swing

Wednesdays, September 4-25 — 318110-06

Continued on page 79



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8:00-9:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP ◆◆ by 8/28.

Intermediate I and II West Coast Swing
Wednesdays, August 7-28 — 318210-06

7:00-8:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must have completed at least three sessions of the four-week classes of the “Introduction to West Coast Swing,” or have instructor’s approval. RSVP ◆◆ by 7/31.



Intermediate/Advanced West Coast Swing
Wednesdays, August 7-28 — 318310-06

6:00-7:00 PM (KS). Instructor: Dottie Macken. \$28 (four weeks). **Prerequisite:** Must know and be able to dance the basics and basic variations of West Coast Swing and have attended both the “Introduction” and “Intermediate I and II Levels of West Coast Swing,” and/or have instructor’s approval. RSVP ◆◆ by 7/31.

Driver Training

AARP Driver Safety Training
Monday & Tuesday, August 5 & 6 — 481010-07

9:00 AM-1:30 PM (OC). Instructor: Jim Thompson. AARP members \$22; non-members \$24. Fee includes a \$10 Association administrative fee. It 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 7/29.



Gem Stone Cutting

Gem and Jewelry Open Workshop

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



(after orientation) or those who have completed the “Intro to Gem Cutting,” “Lost Wax Casting” or “Jewelry Fabrication” classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.

Glass Art

Fusing Glass and Stained Glass Workshop
Monday, July 8 — GLASS

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

Music

—Guitar—

Guitar I — Beginner Level
Wednesdays, August 7-28 — 535110-07

8:00-10:00 AM (KS). Instructor: Bill Sveglini. \$35 (four sessions). **This session is closed to new students.** 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 7/31.



Guitar II — Guitar Intro Continuation
Wednesday, August 7-28 — 535210-07

10:15 AM-12:15 PM (KS). Instructor: Bill Sveglini. \$35 (four sessions). 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 7/31.

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Guitar III — Intermediate**Thursdays, August 1-29 — 535310-07**

8:00-10:00 AM (OC). Instructor: Bill Sveglini. \$44 (five sessions). 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 7/25.

**Guitar IV — Advanced****Thursdays, August 1-29 — 535410-07**

10:00 AM-12:00 PM (OC). Instructor: Bill Sveglini. \$44 (five sessions). **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 7/25.

—Voice—**Beginner Singers Vocal Boot Camp****Friday, August 2-30 — 536110-07**

8:30-10:30 AM (KS). Instructor: Bill Sveglini. \$44 (five sessions). This is a continuing class. **This session is closed 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 7/26.

**Singer Vocal Boot Camp Continuation****Fridays, August 2-30 — 536210-07**

10:30 AM-12:30 PM (KS). Instructor: Bill Sveglini. \$44 (five sessions). **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 7/26.

**— History —****Judy Garland and Mickey Rooney — The Backyard Musicals****Wednesdays, September 4-25 — 52110-07**

1:00-4:00 PM (KS). Instructor: Ray Ashton. \$25 (four sessions). Seldom in the history of movie musicals do you find a pairing like Judy Garland and Mickey Rooney. But here in Lincoln Hills we will be celebrating four of the MGM classic "Backyard Musicals" including "Babes in Arms" (1939), "Strike Up the Band" (1940), "Babes On Broadway" (1941), and "Girl Crazy" (1943). So put on those dancing shoes and get ready to "put on a show" with directors like Busby Berkeley and music by Gershwin, Rogers & Hart, and many more.

**Sewing****Bernina Serger Certification****Monday, August 12 — 591110-07**

1:00-2:00 PM (OC). Instructor: Sylvia Feldman. \$15. All supplies provided. Class limit three. RSVP ◆◆ by 8/6.

Bernina Sewing Machine Certification**Monday, August 12 — 592110-07**

2:30-3:30 PM (OC). Instructor: Sylvia Feldman. \$13 (class cost includes a sewing starter kit with bobbins and needles). Please bring your own scissors to class. RSVP ◆◆ by 8/6.

**Janome Sewing Machine Certification****Monday, August 12 — 593110-07**

3:30-4:30 PM (OC). Instructor: Sylvia Feldman. \$13 (class cost includes a sewing starter kit with bobbins and needles). Please bring your own scissors to class. RSVP ◆◆ by 8/6

Quilting**Quilting II****Mondays, July 15 & 22 — 594110-05**

10:00 AM-12:00 PM (OC). Instructor: Sylvia Feldman \$60 (two sessions). Learn how to measure and sew a 1/4" seam; square up your fabrics; bind and machine quilt; piece your project and sew a binding on the finished project. Learn to cut on the bias to make binding and do perfect mitered corners for your projects. Please bring to class the following items: scissors, pins, ruler, sewing thread. Pattern and supply list for this project will be provided upon sign-up. If you have any questions, please contact Sylvia Feldman, 543-3403. RSVP ◆◆ by 7/8. *Continued on page 83*



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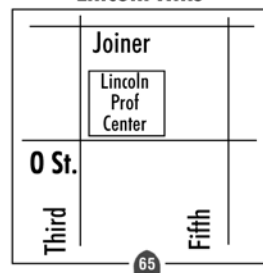


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Wellness & Fitness

Register for these classes at the Fitness Centers or online starting July 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.

—Emotional—

Opportunities to bring awareness and acceptance of one's feelings.

Sound Healing for Emotional Transformation

Saturday July 20 — 820703-06

1:00-3:00 PM, Aerobics Room (OC). \$35: Instructor Sherry Remez. Did you know that up to 90% of disease has an emotional cause? From the view of Traditional Medicine, emotions are generated in the five-organ system, not the brain. Stuck emotional energy causes blockages in the flow of the life-force energy — CHI (“chee”). This profound and dynamic workshop guides you to release the burden of sorrow, anger, worry, grief, etc., using specific sounds to access the physical, emotional, and spiritual levels. Long-time energy healing practitioner and Qigong instructor, Sherry Remez will compassionately share an instantly effective method to release and integrate the energy of the emotions. www.healingwithchi.com. RSVP ◆◆ by 8/13.

—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.

Happy Trails Outdoor Fitness Workout

Daily, August 1-31 — 863201-03

\$3. Summer is here, it's time to get outside and enjoy the beautiful weather! This is a fun, easy program you can take with you anywhere! We'll combine some outdoor activities which include our life trail system (located on Kingfisher Trail), nutritional information and some tools to help guide you to a healthy lifestyle. See how you can use common outdoor objects to gain strength, tone and improve your cardiovascular endurance, you'll see great results while taking in the beautiful outdoors! This is done at your own time, speed and ability. We will provide you with an example workout packet that can be picked up at the front desk in the Fitness Centers when you register.

Indoor Nordixx Pole Walking

Monday, Wednesday, Friday, August 12, 14, 16 — 750000-07

10:00-11:00 AM, Indoor Walking Track (OC). Meet in the OC Fitness Center. \$45 (three sessions). Instructor: Dr. Richard Del Balso. Just 30 minutes of Nordic Pole walking is equiva-

lent to 50 minutes of regular walking with increased health benefits. Dr. Richard Del Balso recently retired from a 35-year chiropractic career and is a certified strength and conditioning specialist. This fitness activity will aid in maintaining upright posture, reduce compression on low back and knee joints, and burn up to 46% more calories while enjoying a low-impact weight-bearing exercise that everybody can do to help strengthen bones. Register: Fitness Desks or online. RSVP ◆◆ by 8/05.

—Disease Prevention & Management—

Opportunities that provide education and management of diseases in order to achieve and maintain optimal health.

Coming Mid September! Move Well Today Diabetes Exercise program

Did you know diabetes is one of the most expensive conditions to treat? Direct medical costs related to diabetes average \$116 billion per year! The Move Well Today program is modeled after the 12-week outcome-based Diabetes Exercise and Education Program (DEEP) that was developed and implemented by Partners Health Plan of Arizona in collaboration with the Tucson Medical Center. This program is an outcome-based intervention program for Diabetes prevention and self management. Move Well Today is suitable for individuals who are at risk for type 2 diabetes, are pre-diabetic, or who have a clinical diagnosis of type 2 diabetes. For more information please call Christine Epperson, Wellness Coordinator at 625-4032.

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 for 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

Continued on page 85

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The Art of Moving

Fridays. 2:00-3:00 PM, Aerobics Room (KS). \$4 per class. Instructor: 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 needing these skills. Included will be stretching and strengthening 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, August 7-28 — 805000-07

Fridays, August 9-30 — 801000-07

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 function. This chair exercise program will gently increase flexibility 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 7/31.



Arthritis Class L2

Tuesdays, August 6-27 — 803000-07

Thursdays, August 8-29 — 803100-07

11:15 AM-12:15 PM, Aerobics Room (OC). \$30 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve 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. Register: Fitness Desks or online. RSVP ◆◆ by 7/30.

New! Stepping On Program, Building Confidence and Reducing Falls Mondays, August 5-September 23 — 820705-07

12:30-2:30 PM, (No class September 2 Labor Day). Fine Arts Room OC. Cost \$40 (seven sessions). Instructor: Renee Charleston MPH, RD Health Education Consultant and Rachel Zerbo MPH, Fall prevention Program Manager, Safe and Active Communities Branch, California Department of Public Health. Stepping On is a new evidence based program for falls prevention being sponsored by the California State Department of Health. This is a seven-week course, for two hours each week designed to improve balance and prevent falls. The program is designed for people who have fallen in the past, or who limit their activities due to a fear of falling. The participatory program will cover exercise, home hazards, and other topics related to fall prevention. Participants should be able to stand without the use of walker or cane to safely participate in exercises. Please note: There is a screening process that Renee will be doing over the phone after you register. If it is determined that you would not benefit from the program because you don't meet the requirements, then a refund will be given. Register: Fitness Desks or online. RSVP ◆◆ by 7/29.

—Group Exercise—

A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers or on the website under Fitness Centers. Purchase a Group Exercise Punch Pass for these classes. \$2.75 per class.

—Lessons—

Masters Swim Class

Mondays & Wednesdays, July 29-August 28 — 780200-07

12:00-1:00 PM, Indoor Pool (KS). Cost: \$75 (eight sessions; no class August 5 or 7) 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. Masters Swimming is a great way for everyone to get in strength training and cardio exercise while having fun learning the proper biomechanics of all swim strokes: Freestyle, Breaststroke, Backstroke and Butterfly. All levels are welcome! Register: Fitness Desks or online. RSVP ◆◆ by 7/22.

Pro Tennis Lessons

Sundays, August 11-September 15

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Intermediate 9:00 AM — 790600-07

Advanced 10:00 AM — 790500-07

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Continued on page 87

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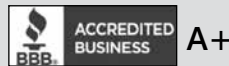
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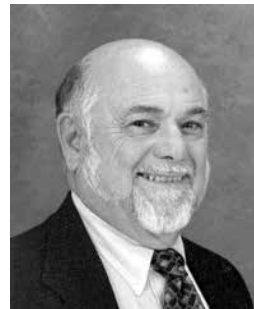
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Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: basics of forehand, backhand, and serves. Proper doubles strategies are also covered. Register: Fitness Desks or online. RSVP ♦♦ by 8/4.

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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 muscles, and a balanced physique with pilates fit. Based on original 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 blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights. Purchase a *Mind & Body Punch Pass* at the Fitness Desks or renew (add more classes) online.



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.

New! Qigong (“chee-gong”) L1

Thursdays, 1:00-2:00 PM or 2:30-3:30 PM. Aerobics Room (KS). \$3.50 per class. Instructor: Sherry Remez. Enjoy pro-

found relaxation and rejuvenation in a light-hearted approach to methods of an ancient technology that is endorsed by modern medicine and physics. Course includes “five minute meditation for relaxation and renewal,” and “Lift Chi Up/Pour Chi Down,” a slow, gentle in-place movement meditation for all levels of fitness. You will experience chi, the energy of life, and increase its power for mental clarity, emotional stability, immune strength, and pain relief. 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, August 12-26 — 832001-07

12:30-1:30 PM, Indoor Pool (OC). \$24 (three 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 8/5. *Continued on page 90*



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Evening Hatha Yoga L2**Tuesdays, August 6-27 — 711000-07**

6:30-7:45 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Its summertime, and the evenings are bright and mild enough to try an early evening yoga class that will give you increased energy, improve your flexibility, balance, and strength, all while reducing stress. Everyone is welcome to this fun-filled, informative class, although it is L2 so it's challenging! Register: Fitness Desks or online. RSVP ◆◆ by 7/30.

Evening Yoga and Meditation L1**Thursdays, August 1-29 — 711100-07**

6:00-7:30 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures done in the "yin" and "restorative" styles, followed by deep relaxation and a brief meditation. Each student receives individual attention, so enrollment is limited. Register: Fitness Desks or online. RSVP ◆◆ by 7/25.

Tai Chi L1**Tuesdays, August 6-27 — 730100-07****Saturdays, August 3-31 — 730200-07**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). Tuesdays \$40 (four sessions); Saturday \$50 (five sessions). 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 7/27.

**Tai Chi Intermediate L2****Tuesdays, August 6-27 — 730300-07**

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 7/30.

Yoga for Osteoporosis L1**Fridays, August 2-30 — 710200-07**

5:30-6:45 PM, Aerobics Room (KS). \$55 (five sessions). Instructor: Susan Hayes. Exercise cannot replace bone that has already been lost, but it can help maintain strength in the bones. Yoga can bring softness and agility to the joints, which helps to maintain balance to prevent falling as we age. Standing poses are weight bearing on the large bones of the legs and hips and they promote flexibility. We will also practice weight training, balancing and deep relaxation. Register: Fitness Desks or online. RSVP ◆◆ by 7/26.

**New! Mind Training for Sleep****Wednesday, July 24 — 879102-06****Saturday, July 27 — 879000-06**

Wednesday 10:00-11:30 AM, Gables (OC); Saturday 11:15 AM-12:45 PM, Aerobics Room (OC). \$15. Instructor: Iram Khan. Iram is an iRest® instructor and a registered yoga teacher. Mind training for sleep is a guided meditation. It's a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress and a host of other things. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience is needed for the mind training for sleep class. All you need to do is come with an open mind and follow directions. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you choose to practice the class lying down on a yoga mat on the floor. Register: Fitness/Activities Desk or online. RSVP ◆◆ by 7/17.

—Money Matters—

Classes that encourage a healthy state of well-being while preparing financially for the future.

How Much Money Do You Need To Have in Retirement**Tuesday, August 20 — 870000-07**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. How much money do you need to have in Retirement? You are always told to save and save for retirement, but what's the end game? How long do you need to save, how much, and how do you figure out much you need? What if you are already retired and you have a certain amount saved up, how much income can it support and how do you calculate this figure? Once you figure out these numbers, what's the best way to invest your retirement funds? These questions and many more will be



Continued on page 93



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ARC Makes Recommendation to Amend
Exterior Paint Selection Process... page 7

Three New Pickleball
Courts Completed... page 9

Plan Your National Night Out
Party August 6... page 19

Know how the tax rules change for Senior Taxpayers



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

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

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

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answered in this timely wellness class. Register: Fitness/Activities Desk or online. RSVP ◆◆ by 8/13.

Coming! Let's Talk About Advance Health Care Directives

Friday, September 20 — 863100-07

9:00 AM-12:00 PM, Fine Arts Room (OC). Instructor: Marcia VanWagner. \$10. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials. Register: Fitness Desks, Activities Desks or online. RSVP ◆◆ by 9/13



—Nutrition—

Learning experiences that can create optimal health through whole food nutrition as it relates to everyday life and weight or disease management.

Shopping Farmers Market

Monday, August 26 — 860000-07

9:00-11:00 AM, Multipurpose Room (OC). \$25. Renee Charleston will educate you on this topic. Every Wednesday the SCLH has a *certified* Farmers Market that sells fresh, *local* food raised by *organic* and *sustainable* practices. That's great news, but what do these terms really mean? Come join a participatory two-hour class lead by Renee Charleston, Registered Dietitian and certified farmer, to better understand these issues. RSVP ◆◆ by 8/19.



Coming! Why is Nutrition So Confusing?

Monday, September 23 — 860000-08

9:00-11:00 AM, Multipurpose Room (OC). \$25. RD Renee Charleston will educate you on this topic. Why is nutrition so confusing? Which is best — paleo or vegetarian? What is the best diet to lose weight? What supplements should I take? Low fat used to be the buzzword, but now it's all low carb. Don't use sugar and then don't use artificial sweeteners. It's enough to make you crazy! Let's discuss the issues around research, nutrition advice, advertising and how to make good decisions about what you eat. Join a two-hour participatory class with Renee Charleston. RSVP ◆◆ by 9/16.



—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, August 6-27 — 815000-07

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 young 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/Activities Desks or online. RSVP ◆◆ by 7/30.



—Training Services—

All trainers are independent contractors. For a complete listing and contact information please check the Fitness Centers or website under Fitness.

One-on-One Training: One client and one trainer.

Two-on-One Training: Two clients and one trainer

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.



New! SGT — Beginner TRX Express L1
Mondays & Wednesdays, August 5-28 — 835210-A7
September 4-30 — 835210-A8

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 ◆◆ 7/25 or 8/28.



SGT — Bootcamp L2
Tuesdays & Thursdays,
August 29-September 24 — 835300-A8
Mondays & Wednesdays,
September 9-October 2 — 835300-B8

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions).

Continued on page 94

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 8/22 or 9/2.

SGT — Bootcamp L3

Mondays & Wednesdays, July 24-August 21 — 835400-A7
August 26-September 23 — 835400-A8

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class August 7 or September 2). Instructor: Robert Sanchez. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness. If you think you're going to miss a class, no worries, you can make it up in the other session offered. Talk with the instructor for more details! Register: Fitness Desks or online. RSVP ◆◆ by 7/17 or 9/16



SGT — First Steps to Fitness L1

Mondays & Wednesdays, July 24-August 21 — 835500-A7
August 26-September 23 — 835500-A8

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class August 7 or September 2). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why "First Steps to Fitness" is a perfect place to start. This class will provide you the opportunity to work with a trainer and meet 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 7/17 or 8/19.

SGT — "Fun"ctional Fitness L2

Tuesdays & Thursdays, August 1-27 — 835600-A7
August 29-September 26 — 835600-A8

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 5). 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 encour-

aged. Register: Fitness Desks or online. RSVP ◆◆ by 7/25 or 8/22.

SGT — Healthy Back L2

Tuesdays & Thursdays August 8-September 3 — 835700-A7
September 5-October 1 — 835700-A8

9:30-10:30 AM, 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 (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. All levels welcome. Register: Fitness Desks or online. RSVP ◆◆ by 8/1 or 8/29.

SGT — TRX Interval Training L2

Mondays & Wednesdays, August 5-28 — 835800-A7
September 4-30 — 835800-A8

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 build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ◆◆ by 7/25 or 8/28.



SGT — Outdoor Bootcamp L3

Wednesday & Fridays, July 24-August 16 — 835410-A7
August 21-September 13 — 835410-A8

8:00-9:00 AM, meet at OC Fitness Lobby, classes will be held at the Sports Pavilion. \$135 (eight sessions). Instructor: Nick Gagnon. Take the gym outside with a few basic pieces of fitness gear, and a little friendly motivation. This class is for people seeking weight loss, muscle toning and time-efficient workouts. Register: Fitness Desks or online RSVP by ◆◆ 7/18 or 8/14.

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A7

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.

SGT — Level 1 Pilates Reformer L1

Mondays & Fridays, August 9-September 6 — 835120-A7
September 9-October 11 — 835120-A8

7:00-8:00 AM, Fitness Floor (KS). Instructor: Paula Ainsleigh.
 \$135 (eight sessions; no class September 2, 23 or 27).

Mondays & Wednesday, July 29-August 26 — 835120-B7
August 28-September 25 — 835120-B8

11:30 AM-12:30 PM, Fitness Floor (KS). Instructor: Robert Sanchez. \$135 (eight sessions; no class August 7 or September 2).

Mondays & Wednesdays,
August 12-September 9 — 835120-C7
September 11-October 7 — 835120-C8

2:30-3:30 PM, Fitness Floor (KS). Instructor: Joanie Martin.
 \$135 (eight sessions; no class September 2).

Mondays & Wednesdays, July 24-August 21 — 835120-D7
August 26-September 23 — 835120-D8

4:00-5:00 PM, Fitness Floor (KS). Instructor: Robert Sanchez.
 \$135 (eight sessions; no class August 7 or September 2).

Tuesdays & Thursdays, July 25-August 20 — 835120-E7
August 22-September 17 — 835120-E8

12:30-1:30 PM, Fitness Floor (KS). Instructor: Domine Trosky
 \$135 (eight sessions).

Tuesdays & Thursdays, September 3-26 — 835120-F8

2:00-3:00 PM, Fitness Floor (KS). Instructor Robert Sanchez.
 \$135 (eight sessions).

New! Tuesdays & Saturdays,

August 6-September 3 — 835120-H7
September 7-October 1 — 835120-H8

8:30-9:30 AM, Fitness Floor (KS). Instructor: Robert Sanchez.
 \$135 (eight sessions; no class August 10).

Tuesdays & Thursdays, July 25-August 20 — 835120-G7
August 22-September 17 — 835120-G8

5:00-6:00 PM, Fitness Floor (KS). Instructor Eve Webber.
 \$135 (eight sessions). The reformer provides finely-tuned exercise resistance that 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. Limit three participants per 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 start date.

SGT — Level 2 Pilates Reformer L2

Tuesdays & Thursdays PM,
August 22-September 17 — 835130-A8

New! Mondays & Thursdays AM, September 5-30 — 835130-B8
 AM times: 10:30-11:30 AM; PM times 4:00-5:00 PM. Fitness

Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on 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. **(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.

SGT — Osteo Reformer L1

August 22-September 17 — 835150-A8

11:30 AM-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. A format designed for residents with Osteoporosis or Osteopenia. This class will help you to build bone density by using resistance to build strength for the spine and hip. Safe and effective exercises will be added to improve posture, balance, and increase flexibility and mobility. **(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.

SGT— Scolio Reformer L1

Mondays & Wednesdays, July 29-August 21 — 835140-A7
August 26-September 23 — 835140-A8

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions; no class September 2). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for this special population. **(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.

—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.



AUGUST 2013 Orchard Creek

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	OC	OC	OC	OC	OC	OC	OC
7:00							
7:15							
7:30	Stretch Exp. L1		Stretch Exp. L1		Stretch Exp. L1		
8:00	Low Impact L3	Step It Up L3	Low Impact L3	Step It Up L3	Low Impact L3	Low Impact L3	
8:30							
9:00	Zumba L3	Core & Strength L2	Zumba L3	Core & Strength L2	Low Impact L3	Yoga Basics L1	
9:30							
10:00	Cardio Strength L3	Yoga Flow L2	Ball and More L2	Yoga Flow L2	Cardio Dance & Sculpt L3	Tai Chi L1	
10:30							
11:00	Piloga L2	Arthritis L2	Piloga L2	Arthritis L2	Piloga L2		
11:30		11:15-12:15		11:15-12:15			
12:00	Basic Low Impact L1	Extra Gentle Yoga L1	Arthritis L1/2	Arthritis L1/2	Arthritis L1/2	Mind Training for Sleep 11:15-12:45	
12:30		12:45-1:45	12:10-12:55		12:00-12:45		
1:00	Chair with Flair L1	Traditional Hatha Yoga L2	Chair with Flair L1	Extra Gentle Yoga L1	Basic Chair L1		
1:30				12:45-1:45			
2:00	Balance Exp L1		Balance Exp L1	Traditional Hatha Yoga L2			
2:30							
3:00							
3:30		AF Land L1-L2		AF Land L1-L2	Act. Class		
4:00		3:35-4:20		3:35-4:20			
4:30							
5:00	Zumba L3		Zumba L3	Act. Class			
5:30							
6:00		Self Defense		Act. Class			
6:30							
7:00							
7:30							
7:45							
8:00							

Group Exercise Classes (punch pass)
 Disease P & M (punch pass)
 Mind & Body Classes (punch pass)

Wellness Classes (session based)
 Small Group Training (session based)

For class details please see *Wellness & Fitness section*

AUG 2013 OC INDOOR POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	OC	OC	OC	OC	OC	OC	OC
7:00							
7:30	Water Works L3		Water Works L3		Water Works L3		
8:00							
8:30	Water Works L3		Water Works L3		Water Works L3		
9:00							
9:30							
10:00		Water Works L3	Core n More L3	Water Works L3			
10:30							
11:00	Splash Dance L2	Water Works L3	Splash Dance L2	Water Works L3			
11:30							
12:00	AF Aqua L1		AF Aqua L1		AF Aqua L1		
12:30							
1:00	Aqua Yoga L1						
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	Core n More L3						
6:00		Water Works L3		Water Works L3			
6:30							
7:00							
7:30							
8:00							

For class details please refer to the Wellness & Fitness section

Group Exercise Classes (punch)
Wellness Classes (session based)
Disease P & M (punch card)

AUGUST 2013 Kilaga Springs Fitness Center

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS
6:15	SGT-Bootcamp L2		SGT-Bootcamp L2		SGT-Bootcamp L2		SGT-Bootcamp L2						
7:00		SGT-Reformer L1								SGT-Reformer L1			
7:15													
7:30			Mixed Level Cycle L2				Mixed Level Cycle L2						
8:00													
8:30	Everybody Can L2		Low Impact L3	SGT-Reformer L1	HI NRG Cycle L3		Low Impact L3		HI NRG Cycle L3				
9:00													
9:30			Strictly Strength L2	SGT - Healthy Back L2	Circuit L3		Strictly Strength L2		Cardio Strength L3				
10:00													
10:30	Strictly Strength L2		Piloga Flow L2		Everybody Can L2		Pilates Fit L2		Everybody Can L2				
11:00													
11:30													
12:00													
12:30			SGT- Functional Fit L2	SGT-Osteo Reformer L1			SGT- Functional Fit L2						
12:45	SGT- First Steps L1			SGT-Reformer L1	SGT- First Steps L1		SGT- Functional Fit L2						
1:00													
1:30													
2:00													
2:30	SGT- TRX Interval L2		Tai Chi L1	SGT-Reformer L1			Qigong L1 1:00-2:00						
3:00													
3:30	SGT-Beg.TRX		Tai Chi L2 2:45-3:45		SGT - TRX Interval L2		Qigong L1 2:30-3:30						
4:00													
4:30			SGT-Bootcamp L2	SGT Level 2 Reformer L2									
5:00	SGT-Bootcamp L3			SGT-Reformer L1	SGT-Bootcamp L3								
5:30													
6:00													
6:30													
7:00			Evening Hatha Yoga L2				Even, Yoga & Meditation L1						
7:30													
7:45													
8:00													

Group Exercise Classes (punch pass)
 Disease P & M (Punch Pass)
 Mind & Body Classes (punch pass)

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)
 Small Group Training (session based)

Group Exercise Class Descriptions

A detailed schedule of these classes is listed on the following pages. Purchase a Group Exercise Punch Pass for these classes. Each class is \$2.75. You may also find the colored grids on the Fitness website.

BALANCE EXPRESS L1: A 30-minute class designed to help improve balance. Class is taught as a group with the use of the chair and guided balance stations.

BALL & MORE L2: This class promises to deliver exercises for balance work, little cardio and strength building, by incorporating the stability ball, weights, bands and bars. This class is great for developing core strength and control and perfect for full body training.

BASIC CHAIR L1: Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

BASIC LOW IMPACT L1: 10-minute intervals of easy to follow cardio moves to music with five minute intervals of balance, strength and toning exercises.

CARDIO DANCE & SCULPT L3: A fun, high energy dance aerobic workout which blends aerobic activity and sculpting exercises. Enjoy music that you can really move and just have fun!

CARDIO STRENGTH L3: This class combines short cardio drills between strength sets. Working the whole body through the use of hand held weights, Body Bars, disks, and more that will make you stronger for your everyday activities.

CHAIR WITH FLAIR L1: Have fun, move to the music! Work at your own level. Class is designed for individuals to have an option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

CIRCUIT L3: A class combining strength training and a cardiovascular workout! Strength training will be done with a combination of hand weights, resistance tubing, bands, and stability balls. Cardio portion will include low impact aerobics. A great workout.

CORE-N-MORE L3: Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

CORE-N-STRENGTH L2: A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class using hand weights, resistance tubing, dyna bands, and stability balls. Strengthen your whole body!

EVERYBODY CAN AEROBICS L2: An easy to follow class for those wishing to start a cardiovascular program. The moves will be low impact and simple, no “fancy dance” moves. Light hand weights will be used to increase upper body strength. Come enjoy the benefits of a workout designed just for *you!*

HI-NRG CYCLE L3: This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

LOW IMPACT AEROBICS L3: Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

MIXED LEVEL INDOOR CYCLING L2: A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

SPLASH DANCE L2: A dance party in the pool! An aquatic exercise class with “dance flair”. Designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

STEP IT UP L3: Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. The class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

STRETCH PLUS EXPRESS L1: Stretch your mind and body during this 30 minute stretch class. All major muscle groups will be targeted to help increase flexibility.

STRICTLY STRENGTH L2: A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

WATER WORKS L3: Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

ZUMBA L3: This class fuses Latin rhythms and easy to follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

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Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City of Lincoln)
8:00 AM at OC Lodge
Thursday, July 18 and August 1 & 15

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 at 8:00 AM.

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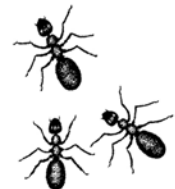
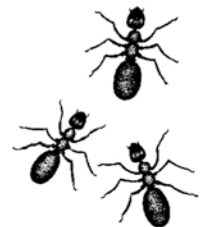


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Great American Gold Rushes... From Forty-niners to Sourdoughs Wednesday, July 17 — Free

1:30-3:30 PM. Ballroom (OC). Gary Kurutz, principal emeritus librarian of the Special Collections Branch of the Sacramento Central Library, accepted our speaker invitation to educate the listeners on a great chapter of American History, starting in our "regional backyard." He will present a slide-illustrated talk on comparing and contrasting the California Gold Rush of 1848-1853 and the Klondike and Alaskan stampedes of 1896-1905. Both were filled with incredible human drama, triumph and tragedy, humor and pathos, and changed forever the destiny of both regions. This period also touched off a great writing and publishing explosion in American History! Gary has authored an award-winning history *California Gold Rush*, and has worked with both Huell Howser ("California Gold") and Rob Stewart ("Rob on the Road"). He continues to research memorabilia supporting his interest for history and literature. Session will be video recorded. Q&A follows.



Don't Make Me Laugh... Or Sneeze Please! Wednesday, July 24 — Free

7:00 PM, Ballroom (OC). Urinary incontinence is no laughing matter for men or women. One out of every three women over the age of 45 has some type of urinary incontinence. For men, urinary incontinence is often related to a post surgical condition or procedure of the prostate or bladder. Some medications may increase the urge to urinate for both sexes. Certain foods may cause the urine to have a peculiar odor. Urinary incontinence is not a sign of old age. Join us for a frank discussion with **David R. Couillard, MD, Urologist**, Dignity Health Medical system at Mercy San Juan Medical Center. He will speak about pelvic health, urinary incontinence and your options for treatment,



both surgical and non-surgical, to improve your condition and return to an active life.

The Transnational Impact of Financial Crimes Investigations Thursday, August 15 — Free

1:00-3:00 PM. P-Hall (KS). The Lincoln Hills Veterans Group is featuring resident Richard Dortch as its speaker. The CCRC/Community Forum team is co-sponsoring this session which will be video-recorded. The presentation will focus on the evolving transnational crime and how the "transnational criminal" has become one of the most dangerous global threats to law enforcement and financial institutions. Richard is a former NCIS crime investigator, postal inspector and currently works within the Citi Bank Corp. as a senior financial crimes investigator. How we can protect ourselves will be helpful information. Q&A follows.



Preserving the Body's Largest Organ: Skin Care Wednesday, August 21— Free

7:00-8:30 PM, Ballroom (OC). The skin that covers your entire body weighs about seven pounds and is the organ that helps protect your internal body structures. Your skin is the first organ visible to the outside world but is often not cared for as well as other organs of the body. Dr. April Armstrong, Director of the Clinical Research Unit at the UC Davis Department of Dermatology will address how to preserve and protect our skin to last a lifetime. Q & A follows.



"Reading... and More!" Thursday, September 5 — Free

10:00 AM-12:00 PM P-Hall (KS). Join us for a look into the **pleasures** of reading! A discussion on the **topics** of why reading is not just for little old ladies, book clubs, **genres** of literature, how to attain your books, as well as the varieties of new and old methods of getting your books (think **Kindle, Nook, and Library**). Residents Penny Pearl, Darlis Beale, Linda Derosier, and Bruce Justeson will give you some of these **tips** and explain the **joys of reading** in our community. Session will be video-recorded. Q&A will be fun!



Community Forums, Date, Time, Location

- | | |
|--|---|
| • Great American Gold Rushes ... From 49ers to Sourdoughs
Wednesday, July 17, 1:30 PM, Ballroom (OC) | • Put Your Antibodies to Work: Immunization/Here & Around the World
Wednesday, September 18, 7:00 PM, Ballroom (OC) |
| • Don't Make Me Laugh ... Or Sneeze Please!
Wednesday, July 24, 7:00 PM, Ballroom (OC) | • The Affordable Care Act and How It Affects You
Wednesday, October 9, 7:00 PM, Ballroom (OC) |
| • "Transnational Impact of Financial Crime Investigations"
Thursday, August 15, 1:00 PM, P-Hall (KS) | • "Roseville's '73 Railroad Explosion!"
Thursday, October 17, 9:30 AM, P-Hall (KS) |
| • Preserving the Body's Largest Organ: Skin Care
Wednesday, August 21, 7:00 PM, Ballroom (OC) | • "More Handy Helpers' Update"
Wednesday, November 13, 1:30 PM, Ballroom (OC) |
| • "Reading ... and More"
Thursday, September 5, 10:00 AM, P-Hall (KS) | • "Belch and Burn" (GERD & other Upper Gastrointestinal Disorders)
Wednesday, October 23, 7:00 PM, Ballroom (OC) |
| • All Systems Go — Thriving Through the Ages
Tuesday, September 17, 7:00 PM, P-Hall (KS) | • Medicare Update 2014
Thursday, October 31, 3:00 PM, Ballroom (OC) |

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

Public Website:

www.suncity-lincolnhills.org

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Kilaga Springs 408-4013

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Banquet Sales Manager

Meghan Louder 625-4043 meghan.louder@slhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti 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

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(916) 771-7185

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General Manager, LH Golf Club

Sean Silva 543-9200, ext. 4

ssilva@lincolnhillsgolfclub.com

Lincoln Police & Fire 645-4040

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July 2013

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