



Compass

The Official Magazine of Sun City Lincoln Hills

January 2014



Good Water — Our Golden Heritage... page 19

What's New for 2014... page 9

Wellness & Fitness News: Team 200, a New Year Incentive Program... page 10

New Year's Eve Photo Review... pages 6-7

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On the cover

Springtime shot of Angler's Cove, water from the Hemphill Trench off Auburn Ravine, see page 19

for more details

Photo by Brie Coleman

Balance

Board of Directors Report

John Snyder, Vice President, SCLH Board of Directors



The Board wishes each of you a happy and healthy 2014.

There is natural constant scheduling conflict for the use of finite Association facilities and services between Association members and its clubs and groups, and each of them with non-member entities.

Because of significant pricing differentials, the Association receives a greater financial benefit when non-members use a service or facility than when used by members. By accommodating non-member usage of facilities and services, the net costs of operations for the Association is minimized and correspondingly, so are members' dues.

As a member of the Board of Directors I am always aware that I serve on behalf of all members. I often hear the comment: "Decisions must be made for the benefit of the Association." But the reality is members are the Association and the Association doesn't exist without its members. Decisions must be made for the benefit of all members generally, and not just the individual, club or group. This is a weighty responsibility that requires listening to alternative viewpoints, applying sound and purposeful judgment in setting priorities, struggling with difficult questions and issues and providing alternative solutions.

I believe the same guiding principal of service to all members applies to committee members who work diligent-

ly for the improvement of the Association and it certainly applies to Association staff. For almost every decision or action, staff has multiple competing constituencies and the extra burden of time constraints. At times, specific requests cannot be accommodated and some may

"For almost every decision or action, staff has multiple competing constituencies and the extra burden of time constraints. At times, specific requests cannot be accommodated and some may feel the Association has not fulfilled its promise. When this occurs, one must realize that there are many with needs, each with different priorities, and each believing in their superior position... Before you take a hardened position, make a concerted effort to 'walk in the other guy's shoes.' I believe compromise and alternative solutions are an art, a gift and a necessity."

feel the Association has not fulfilled its promise. When this occurs, one must realize that there are many with needs, each with different priorities, and each believing in their superior position. Naturally, you believe your or your group's interest is important. However, there are competing interests and the big picture for all members must to be considered. Before you take a hardened position, make a concerted effort to "walk in the other guy's shoes." I believe compromise and alternative solutions are an art, a gift and a necessity.

I believe, based on nine years of personal experience with this Association and the prolific activities and events taking place at our facilities, that the Board, committee members and staff are dedicated to providing at a reasonable cost, the best operations, the best facilities, the best conditioned properties and the most fulfilling and rewarding experiences for all members. Now that takes Balance!

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Wishing you and yours a very Happy and Healthy New Year!

The new year budget provided us the opportunity to purchase software and hardware to enable us to put a bar scan on all Entertainment Event tickets so that we can scan tickets at the door to expedite your entry into the venue.



For those who choose to purchase their Entertainment tickets online, all you need to do is print one

page per ticket and redeem it at the door.

If you choose to go paperless, show your ticket on your

mobile device and we can scan the bar-code for your entry.

Scanners will only allow each ticket to be scanned once. Keep your tickets in a

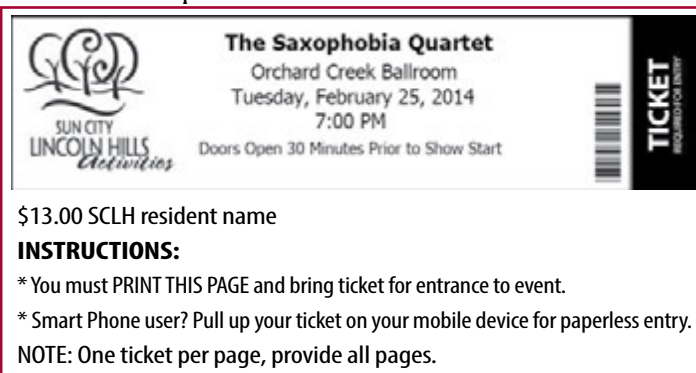
safe place and remember to bring them with you for expeditious entry to events. We will begin ticket scanning in February. Please see the E-Ticket sample printout below. We look forward to hearing your feedback on this new and improved means for ticket collection.

Our newly reduced hours of operation for Kilaga Springs and Orchard Creek Lodges created some confusion regarding hours for Meridians. The reduced hours do not affect service at Meridians. They remain the same. Please refer to the Association Contacts and Hours on

the inside back page of the *Compass*, page 98 for details.

There are many new

classes, events and activities awaiting your participation. We look forward to your participation in 2014! See you in the Lodge.



Calendar of Events

January 15-March 15

Date	Event	Page #
01/15	New Resident Orientation	39
01/16	Book Discussion: <i>On Gold Mountain</i>	24
01/16	Speaker: Japanese Attack/Pearl Harbor Survivor	36
01/16	Concert: SuperHuey	45
01/20	Can the Universe be Made from Nothing?	22
01/20	"Cosmology — Measuring Distances"	22
01/20	"DNA for Genealogists"	28
01/21	Services offered by Neighbors InDeed	31
01/23	"Farm to Fork"	28
01/23	Overnight: Sun City Snow Train	55*
01/27	Show & Tell: 2013 Projects & Stones	28
01/28	"Hollywood" with Franc D'Ambrosio	45
01/28	Bus Trip: Red Hawk Casino	47
01/29	Forum: Password	96
02/03	Vintage Tin Easter Egg Presentation	22
02/03	KS at the Movies: "Date Night"	43
02/04	Bus Trip: Flashdance	55*
02/05	"Discovering Deep Space"	22
02/05	Bus Trip: Swan Lake	55*
02/06	KS Music Night: "In the Spirit of John Lennon"	45
02/08-09	Players Group Show: "The Solid Gold Cadillac"	33
02/08-09	Players Group Show: "The Fabulous Dr. Tweedy"	33
02/11	Search for the Perfect Appliqué	32
02/11	Forum: "How to Maintain Your Home"	96
02/12	"Browsers — New Capabilities"	26
02/12	Bus Trip: San Francisco - Westfield Galleria	51
02/13	How to Conquer Our Fears	27
02/14	"Browsers — New Capabilities" continued	26
02/14	Show: "Two to Fly" — A Contemporary Circus	46
02/16	Bus Trip: Chinese New Year, San Francisco	47
02/18	Comedy Night at KS: Steve Barkley	45
02/18	Bus Trip: Speaker Series — Judy Smith	55*
02/18	Forum: Money in Politics	96
02/20	Book Discussion: <i>Fall of Giants</i>	24
02/20	Bus Trip: Colusa Casino	47
02/25	Concert: The Saxophobia Quartet	46
02/25	Bus Trip: Crocker Art Museum	49
02/26	Forum: The Fountain of Youth	96
02/28	Music Group Sponsored "Open Mic Night"	32, 43
03/03	KS Music Night Presents Martini Crush	46
03/05-06	Player's Group Presents "The Odd Couple"	45
03/11	Forum: Alive in the Light - Remembering Eternity	96
03/11	Bus Trip: Blue Man Group/Broadway Sacramento	49
03/13	"Echolocation: Seeing with your Tongue"	27
03/13	Bus Trip: deYoung Museum Georgia O'Keeffe	49
03/14	Concert: "Have a Little Faith"	46

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

Upcoming Association-Related Meetings: Date, Time, Place

January 15-February 28

New Resident Orientation	Wednesday, January 15, 1:00, Solarium
Golf Cart Registration	Thursday, January 16, February 6 & 20, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, January 16, 9:00 AM, Solarium
Board of Directors Meeting	Thursday, January 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, January 23, 10:30 AM, Heights
Board of Directors Executive Session	Thursday, January 23, 11:00 AM, Heights
ARC/Architectural Review Committee	Monday, January 27, 9:00 AM, Heights
CCOC/Clubs & Community Organizations	Tuesday, February 4, 9:30 AM, Heights
Compliance Committee Meeting	Wednesday, February 5, 10:30 AM, Solarium
Elections Committee Meeting	Friday, February 7, 10:00 AM, Solarium
ARC/Architectural Review Committee	Monday, February 10, 9:00 AM, Multipurpose Room
Properties Committee Meeting	Tuesday, February 11, 1:00 PM, Fine Arts Room
Listening Post	Wednesday, February 12, 9:00 AM, Solarium
CCRC/Communications & Community Rel.	Friday, February 14, 9:30 AM, Heights
Finance Committee Meeting	Wednesday, February 19, 9:00 AM, Solarium
Board of Directors Annual Mtg. of Members	Thursday, February 20, 9:00 AM, Ballroom
Board of Directors Meeting	Thursday, February 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, February 27, 10:30 AM, Heights
Board of Directors Executive Session	Thursday, February 27, 11:00 AM, Heights

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



WINE

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FEBRUARY 6TH AT 5:30 PM
4 COURSE DINNER
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FRIDAY, FEBRUARY 14TH

\$30++ PER PERSON

*Chef Roderick prepares a special 3-course dinner
with a decadent dessert*

Please Rsvp
916.625.4040

SCLH 2014 Directory

Message from Membership

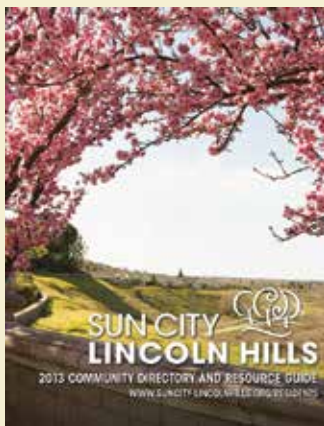
The Association is in the process of putting together the 2014 Community Directory and Resource Guide.

Have you had changes in your household such as additions or deletions to names, or a change to your telephone number?

Stop by the Membership Desk for a Resident Change of Information Form, or log into the resident website: www.suncity-lincolnhills.org/residents Home > Library > Forms > Resident Directory Forms and complete the forms online and email to Bertha.Mendez@sclhca.com.

All changes must be received by noon on Monday, January 27 to be included in the 2014 Directory. We anticipate the 2014 Resident Directory to arrive in early June.

Thank you for updating your information so that our entries are as up-to-date as possible. Please remember staff and the Association does not release personal information beyond publication in the directory which is limited to distribution to our members.



Did You Know?

At the 2014 Annual Board of Directors Meeting on February 20, three Directors will be appointed to serve a second two-year term of office. Since Gay Mackintosh, Ken Silverman, and Marcia VanWagner are first-term incumbents and there were no other candidates, they will be appointed without the normal election process.

This procedure is in compliance with the Association Bylaws.



How Do You Spell Resolution?

Cecelia Dirstine

Community Standards Manager

It may be old hat, nevertheless, most of us begin the new year making the traditional resolutions for personal change. But what kind of resolutions would you make for change in our community? Here in Community Standards, we receive a lot of suggestions on ways to improve Lincoln Hills. So, to give you some food for thought, we offer to share some of those ideas with you.

As our community ages, the condition of the exterior paint affects the appearance of our homes. In fact, a great many of the applications we receive are for painting projects. The Architectural Review Committee (ARC) has already gotten a head start on paint changes in the new year. Working with owners' feedback on suggested colors, the ARC has added 17 new color palettes to the 21 palettes introduced last September. That gives owners more than 38 base colors to choose from in designing their exterior paint colors – a great fresh start.

Other hoped for changes we hear about involve ways to improve neglected landscaping. By far the most complaints

Community Standards receives are for poor yard upkeep. Lack of bark, excessive rock and missing plants affect curb appeal and our property values. In response to owners looking to xeriscape (water-conserving landscaping) their yards and gardens, your ARC and Compliance Committee will be working to establish guidelines to help achieve conservation goals and prevent gardens from looking like desert “zero” scapes.

Also in the new year, both committees will tackle guidelines to limit the height of hedges in front yards. As our landscaping has matured and grown, many plants now block the view of the street as residents back out of their driveways. The guidelines will bring our governing documents into line with city code calling for plants, within the first 12.5 feet of the sidewalk, to be no higher than four feet. Speaking of fresh starts, the best time to start pruning many of those too-tall plants is right about this time of year.

Don't forget, the rules are made by you, the owners. So make a resolution to participate in developing proposed changes by attending the ARC and Compliance workshops. Watch your *Compass* and our Lincoln Hills resident website for information on meetings.

Go Green — Use Your Association's Electronic Payment Program and Help Improve the Planet

Sign up for email statements and ACH payment of your Association assessments and save energy.

Have you ever stopped to consider how much energy it takes to process a payment using a check? Multiply this by thousands of payments and it is a lot of energy. Wood from our forests is harvested and processed, using caustic chemicals, into paper to make the check and envelope you use to send the payment. The same process is used to manufacture the statement form you receive every quarter. Bulk paper is heavy and it takes a lot of energy to ship it from place to place. The United States Postal Service uses small trucks, large trucks and airplanes to move mail from the sender to the recipient. All of this consumes precious fuel and costs you money.

Join the Green Revolution and do your part to protect the planet. A simple one-page form is all it takes. Please visit the Membership Desk at Orchard Creek Lodge or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter and you are reducing your carbon footprint.

Activities News & Happenings

Welcome 2014!

Lavina Samoy, Lifestyle Manager

There is so much to look forward to in 2014. We have exciting shows like Franc D'Ambrosio's "Hollywood" on January 28 (page 45), The Saxophobia Quartet on February 25 (page 46), "Have a Little Faith," a Broadway Concert with Faith Prince on March 14 (page 46) and for the first time,

an aerial show "Two to Fly" on February 14 (page 46). Trips to the San Francisco Giants games are also now on sale (page 52). And our first trip to Graton Resort Casino comes in an overnight package on April 28 (page 52). Check out the wonderful classes we offer starting on page 55, and not to be missed, The Art of Fred Astaire starting January 29 (page 66).

But before we gallop into the Year of

the Horse, let me share the fun we had during our Roaring 20s New Year's Eve Party with the photos on this page. If the photos are any indication of what lies ahead, I say get ready for one fantastic wild ride through 2014! May we all stay healthy, happy, and joyful through the year!





Handy Helper Community Forum

Neighbors InDeed to bring you home maintenance tips

Doug Brown, Resident Editor

The ever-practical Handy Helper Forum is back on **Tuesday, February 11 from 1:00-3:00 PM in the OC Ballroom** to offer residents a *free* workshop on home maintenance. Come and learn how to save money, time, and energy in your home, and walk away with new ideas about water conservation, sprinkler systems, garage doors, furnace filters, and more. Mark your calendar for this popular offering by the Lincoln Hills Community Forums.

Some of the topics planned by Handy Helpers Coordinators Larry Schurr and Herman Tijsseling:

Water-saving tips. Are your sprinkler / dripper settings properly set for maximum water savings in what may turn out to be *critical drought conditions* this year? In the spring, summer, and fall months, a huge proportion of our water usage goes into irrigation. What are you doing to cut consumption?

Heating and AC systems. Your furnace and AC unit should last about 20 years, but are you getting regular inspections?

Plumbing issues. Are you safeguarded

from damaging leaks (or worse, flooding) from toilet connectors, refrigerator filter hoses, and other water supply connectors?

Energy saving measures. Are you minimizing your use of electrical and gas energy? Switched to CFL or LED light bulbs yet?

You will get authoritative information on these and more issues at the Forum on February 11. Don't miss it!

Meanwhile, call Neighbors InDeed at 223-2763 if you'd like a Handy Helper to come to your home to perform one or two of many possible minor home maintenance tasks.



Overwatering wastes many gallons of water. Irrigation timers can control this.

Bucket List

Rafting on the Colorado River through the Grand Canyon

Gay Sprague, Roving Reporter

In March of 2012, after being overweight her entire life and faced with challenging health issues, Stephanie ("Steph") Huntingdale decided to go on a medical weight loss program, signing up with a reputable clinic in our area. Simultaneously, Steph went to the Orchard Creek Fitness Center, taking water aerobics classes three times weekly, and eventually moved on to a personal trainer there to help her with extra toning. She also joined the SCLH Hiking Group. In about one year, Steph says, she lost 118 pounds and gained mobility that she never had before, and never thought she would have.

Realizing she needed to stay motivated with a plan to keep her weight off, Steph and her husband Phil McCoubrey planned a river-rafting trip down the Colorado River through the Grand Canyon, a trip her brother had taken many years before, and one she had only dreamed of doing herself. The upcoming trip motivated Steph to keep her weight

Please see "Bucket List" on page 21



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What's New for 2014?

Pete Savoia, Properties Committee Chair

The Properties Committee has a new look as we begin 2014. I have retired from the committee after five



very rewarding years. The new Chair is Bill Attwater, who has had several years' leadership experience as Chair of the Architectural Review Committee. Chuck Vickers will continue as Vice Chair. Mike Brown comes

aboard this month and joins members Jim Luckey, Alain Girard, Natalie Zeek and Frank Reina to round out the committee's seven members.

The largest project for 2014 is the replacement of the HVAC system at Orchard Creek Lodge. This work was started

"For those who use, or would like to use, the Pilates reformers at the Kilaga Springs Lodge Fitness Center, three new reformers will be purchased this year to double the capacity of those popular fitness machines."

late last year, and will be completed this month. To ensure the reliability of this important system, it was necessary to replace the original hardware after 15 years. Other projects to look for this year are:

The new portable stage to be used for our outdoor concert series. Last year we had to rent the stage for several concerts, but this year we will purchase our own stage, with considerable cost savings going forward.

To improve communication with residents about upcoming events, TV monitors will be added at the Activities and Fitness Desks in both Lodges to help keep us informed.

Ticket scanners will be purchased for use by the ticket takers at our community events. The use of these scanners will provide the opportunity for residents to purchase tickets online, and print them at home.

For those who use, or would like to

use, the Pilates reformers at the Kilaga Springs Lodge Fitness Center, three new reformers will be purchased this year to double the capacity of these popular fitness machines.

If you have an idea for a new project, use the Project Request form to initiate the approval process. The May 2013 *Compass* article, "How to Submit a Project Request," provides guidelines for submitting your request.

Wellness & Fitness News

Living Through Transitions (LTT) Presentation

Christine Epperson, Wellness Coordinator

When you hear the term "aging in place," what comes to mind? Will I be aging in place in the comfort of my home opposed to an assisted living or skilled nursing facility? What does aging in place encompass? Can I remain in my Lincoln Hills home safely, independently, and comfortably, regardless of age, ability or income? The unexpected happens unexpectedly — are you well prepared for that? Living Through Transitions (LTT) can help you expect the unexpected as we age.

"Please join us on Wednesday, January 22 in the Orchard Creek Ballroom at 7:00 PM to hear the details of the new Wellness Department program, "Living Through Transitions."

To keep informed of the changes being made to our buildings and grounds, please attend the monthly Properties Committee meeting. The committee meets at 1:00 PM on the second Tuesday of each month. The location of the meeting is provided in the Upcoming Meetings section of the current *Compass*, page 3, and on the Association's website.

Please join us on Wednesday, January 22 in the Orchard Creek Ballroom at 7:00 PM to



hear the details of the new Wellness Department program, "Living Through Transitions." You'll hear how planning helps you learn what you need to know to successfully age in place, and you'll also hear

the specifics on the Living Through Transitions program series.

Committee Opening

Ever wonder what helps our Association run smoothly?

Committee members like you. Be the **red** chair. Volunteer!

Properties Committee

If you're interested in keeping our community beautiful, our buildings well-maintained, and our amenities competitive with other active adult communities, then this is the committee for you. In the near future, the Properties Committee will have one opening. Contributing to the improvement and maintenance of our facilities is very satisfying. While maintenance or construction backgrounds are useful, they are not necessary for being a productive member of the committee. The willing-



ness to work with others and on special projects is certainly beneficial. We meet at 1:00 PM, the second Tuesday of every month for about two hours, including the monthly inspection of facilities. Working on a special project will involve more time, but provides the greatest satisfaction.

For more information, please contact Properties chair, Bill Attwater at properties.committee@schca.com or complete an application available at the Activities Desk and online.

Questions? Email addresses for Committee Chairs are located in the Compass on the Association Contacts and Hours page. Committee Applications are available at the Activities Desks in both Lodges and on the resident website.

Wellness & Fitness News

**New Incentive Program:
Team 200**

Deborah McIlvain, Director of Fitness

Beginning February 1 our New Year's incentive program *Team 200* begins. It's simple to participate: just check into the



Fitness Centers (OC or KS) and receive points for gym visits, punch classes, personal training, wellness classes/workshops, and more! Once you earn 200

points you will become part of the elite *Team 200* and receive a special WellFit T-shirt, but don't stop there! Keep earning points to reach new levels: earn discounts on retail purchases, free personal training, free classes, and more! Stop by the Fitness Center front desks for more details.

The Wellness & Fitness department

is now offering nutrition workshops throughout the year. Go to Wellness & Fitness Classes beginning on page 75 and look under the Nutrition heading for classes that can create optimal health through whole food nutrition for everyday living, including weight or disease management.

**Nutrition tip from Christine Epperson,
Wellness Coordinator**

Improve your food environment. This is a challenge even for the most motivated athletes. The bottom line is if the food is in the house, you're probably going to eat it! *Start being healthy by shopping healthy.* When you store food in the house, keep sweets, desserts, and "foods of questionable nutrition" to one shelf in the pantry or a single cabinet. Don't be afraid to put some foods "out of sight" by using cabinets you don't commonly look in. I'm not saying to never purchase these foods — just to be smarter about what you bring into

your household food supply and to what extent you expose yourself to it. Your food environment is not only in the home, but you must consider where you eat out as well. Consider eating at "healthier" establishments and don't forget to allow yourselves some leeway in what you eat and where.



Don't be afraid to put some foods "out of sight" by using cabinets you don't commonly look in

**Getting Ready to
Start the New Year**

Hank Lipschitz, Finance Committee Chair

Here we are and it's 2014! I am again happy to report that we will finish 2013 well ahead of budget. As we begin 2014 I'd like to take this opportunity to remind everyone that our quarterly dues payment amount is now \$321. I also suggest that you consider making your payments via ACH instructions and then you do not have to concern yourself with

these changes or making them on time. I have been doing this for many years and not only does it make my life simpler but it saves our Association administrative time and mailing costs. Just stop by the Orchard Creek Lodge front desk and ask for the form, or go to our resident website and print it from there.

The month of November results were \$17,170 below budget, bringing our year-to-date results to \$220,355 better than budget. Significant items include strong performance of The Spa at Kilaga

Springs making a profit of \$10,247. Food & Beverage missed budget by \$24,047. This was mainly due to an overly optimistic budget and Fitness missed budget by \$8,304.

As of November 30, the Operating Fund stood at \$4,314,369. This included \$1,307,276 in the Settlement Proceeds Fund and \$36,161 in the Building Capital Enhancement Fund. The Reserve Fund had a balance of \$4,881,723 and in accordance with our policy virtually all our funds are in FDIC-insured accounts or Treasury Securities.



Homes with past due assessments declined to 134 units compared to 151 in August. Total past due assessments were \$86,800 compared to \$91,800.

If you have general questions or need information on the above I may be reached at finance.committee@sclhca.com. The monthly and year-to-date financial statements are available on the Association's website under Document Library/Financial.

The next regularly scheduled Finance Committee meeting will be held on Thursday, January 16, at 9:00 AM.

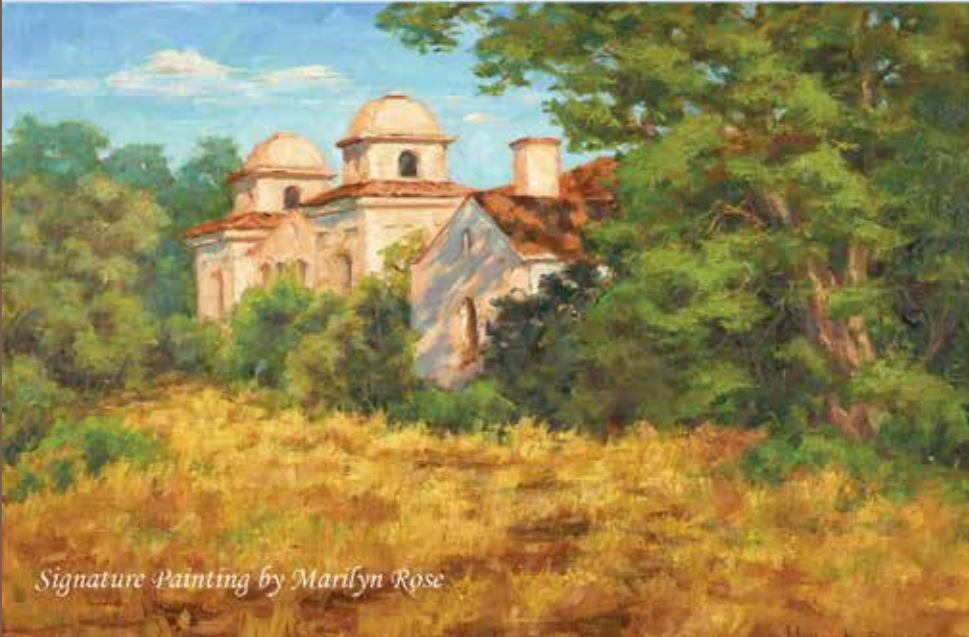
Statement of Operations YTD — 11/30/13

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$6,933,686	\$6,908,765	\$24,921
Administration (Expense)	(1,719,038)	(1,902,874)	183,836
The Spa at Kilaga Springs	54,963	22,035	32,928
Fitness	(324,068)	(366,911)	42,843
Activities	(185,454)	(192,530)	7,076
Rec. Center / Maintenance	(2,185,928)	(2,233,201)	47,273
Landscape Maintenance	(2,350,372)	(2,282,230)	(68,142)
Food & Beverage	(58,739)	(8,359)	(50,380)
Capital Asset	0	0	0
Net Revenues (Expense)	\$165,050	(\$55,305)	\$220,355

11th Annual Fine Arts Show and Sale

At Lincoln Hills - Orchard Creek Lodge

February 21, 5-8 pm February 22, 9 am-6pm February 23, 9 am-3 pm



Signature Painting by Marilyn Rose

— Free Admission —

20% coupon for Entree at Meridians Restaurant During the Show

Look for these future Painters Club Events:

Studio Tour
May, 2014

Artisans in the Lodge
Fall 2014



Fly Your Flag With Pride

If it's torn, tattered, or worn....

Replace it NOW

Lincoln Hills Veterans Club
Flag Table
Orchard Creek Entrance
15th of every month
Only \$20.00

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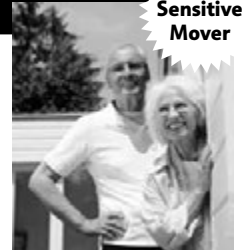
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Happy New Year from Meridians, Kilaga Springs Café and Orchard Creek Lodge!

Jerry McCarthy, Director of Food & Beverage

Our new **Winter Menu** was just released and is getting great reviews. In addition, we have added Flat Bread Super Saver Entrees starting at only \$5 on Mondays. Also back by popular demand will be Italian Night on Thursdays with entrées starting at \$9.95. We have dancing every Tuesday and live music on Wednesday, Friday, and Saturday evenings. We are working on menus that reflect, whenever possible, local, fresh, and sustainable fruits and vegetables that capture the winter season.

Exciting 2014 happenings. Many delightful events are already on the books for the new year. We just held our second annual New Year's Day Brunch with over 800 reservations. The event was a complete sell-out and a few residents missed out because they waited too long to make

reservations! To give everyone a sneak peak for 2014, we already have plans for Valentine's Day, Super Bowl Sunday, Wine Maker's Dinners, Murder Mystery Dinners, St. Patrick's Day, Mardi Gras, Easter Brunch, Crab Feed, Mother's Day Brunch, and the list goes on. In addition,

"I will be announcing all of our special events for Meridians on the website... you may also sign up to receive Food & Beverage eNews, where you will find more of our very successful e-coupons."

we will be announcing new menus, holiday events, and other special events on a monthly basis. It's not too early to start thinking about Valentine's Day. Make your reservations now by calling 625-4040.

Visit our website. The best way to stay in touch with Meridians is by look-

ing at our website at www.meridiansrestaurant.com. I will be announcing all of our special events for Meridians on the website. Make sure to check in to see what exciting things we have planned. Don't forget, you may also sign up to receive Food & Beverage eNews, where you will find more of our very successful e-coupons. Keep your eyes open for more exciting discounts for residents only! We will also start great savings and exciting offerings via e-coupons at Kilaga Springs Café as well.

Once again, thank you for a great 2013 and we look forward to serving you in 2014. We realize that we have to earn your business each and every time you visit us. We will continue to change, improve, and enhance your dining experiences. Every dollar you spend with the Food & Beverage Department helps keep your HOA fees down. The entire team from the Food & Beverage Department wish you and your family a Happy New Year!

~ Please see our ad on page 4. ~

The Spa at Kilaga Springs

The Benefits of Hot Stone Massage and Infrared Therapy

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Massage is possibly the oldest type of hands-on-healing acknowledged by humans, easily pre-dating written records. Although **hot stone massage** has only become widely popular in modern times, its use for healing dates back thousands of years. The three main cultures which have greatly influenced how modern-day stone massage has evolved include Native American, Chinese, and Hawaiian cultures.

A hot stone massage is different from a traditional massage because it involves the use of heated stones placed on key areas of the body. These stones are typically basalt, which is an iron-rich volcanic rock that can absorb and retain heat for a long period of time. The hot stone massage alternates the use of the stones on the body, either the laying of stones, or long strokes with

the stones, and then detailed deeper massage by hand. The soothing heat results in a more profound relaxation and enables the technician to massage on a deeper level because the muscles are relaxed and softened.

Full spectrum infrared therapy. The latest in therapy is a combination of far-, mid-, and near-infrared, allowing deeper penetration of heat as well as healing from what each level provides. Infrared has enjoyed strong public support for cardiovascular health from noted cardiologists Mehmet Oz and Stephen Sinatra. There

is some preliminary support for its role in reducing chronic pain. Because infrared heat penetrates more deeply than warmed air, users of infrared saunas develop a more vigorous sweat at a lower temperature than users of traditional saunas. The cardiovascular demand imparted by thermoregulatory homeostasis is similar to that achieved by walking at a moderate pace. As such, infrared sauna might be of particular benefit to those who are sedentary due to various medical conditions like osteoarthritis and cardiovascular or respiratory problems.

Introductory offer thru February 15:
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A new program called Living Through Transitions (LTT) was designed* with your special interests in mind.

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For more information about the Living Through Transitions 7-session program, plan to attend a presentation Wednesday, January 22, 2014 from 7-8:30 PM in the Ballroom (OC). Learn from residents who had plans and from those who didn't and what they learned from their experiences.

*Living Through Transitions: The Next Step program, is a one of a kind program designed in collaboration with Wellness & Fitness staff and residents with expertise in the field of health and education.

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Orienteering**Have It Your Way on the Kingfisher Trail**

Dee Hynes



We aren't talking hamburgers here, we are talking trail choices! The Kingfisher Trail offers cross-training and variety.

Walk on the wild side: Experience the Open Space of the Orchard Creek Preserve. After crossing the creek, the path reaches the Fountain Loop Trail.

Fitness Fun: TimeLife fitness strength training equipment adjoins the personal park.

Strairclimber: These stairs are not for the faint of heart. A few repetitions on this stairway may fulfill your cardio requirements.

Serene Sauntering: Enjoy a 20-30

minute stroll on this loop trail. The Blue Heron Loop sidewalk transitions to a cement path behind the homes. Jogging and running is acceptable, too!

The trail has an elevation change at its midpoint. Here, a path bisects the loop for a shorter walk.

Come to the Kingfisher Trail and have it your way!

Directions: From OC, turn right on Del Webb Blvd., left on Stoneridge Blvd., right on Spring Valley Pkwy., left on Blue Heron Loop and park at the personal park between 2564 and 2588 Blue Heron Loop. See your Community Directory and Resource Guide foldout Fitness North map (3B) for additional access points.



The stairway at the end of Grand Pheasant Lane provides exercise options at its base. Continue on to Open Space or turn to stroll the Blue Heron Loop path



Elaine Kalani enjoys viewing the mature landscaping along the interior path of the trail loop



Enjoy Open Space views, TimeLife fitness strength training equipment and a personal park beside the trail

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

DiMattia and Associates — Free Living Trust Seminar.

Thursday, January 23 10:00 AM Oaks (OC)

Presenter: Vic DiMattia, Attorney @ Law

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See the "Crud" in Blood — What Does It All Mean? / Harmony Health Services, LLC

Thursday, January 30 4:00 PM Solarium (OC)

Presenter: Jon Licnert, B.A., Certified Live-Cell Morphology and Cardio B Pro Technology Have you ever wondered if you have yeast, fungal forms, plaque, or even parasites in your blood? Come learn and see how a simple procedure with a single drop of blood can reveal potentially life-saving information. We'll also talk about one of the latest and most informative cardiovascular technologies available.

RSVP by January 30 to Margie Sawyer 205-8718 or Jon Licnert 871-5974

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Good Water — Our Golden Heritage

Al Roten, Roving Reporter

We live in Placer County — why Placer? “Placer” refers to sediment deposited by flowing water or ice. It is in such



Auburn Ravine soil that gold was found by Claude Chana in 1848, reinforcing the start of the Gold Rush in California.

Early mining methods often directed strong streams of water at hills formed by ancient rivers. From this, countless tons of topsoil and rock were washed downstream, changing the course of rivers, flooding towns, and ruining good farmlands. In 1884 a California court ruling outlawed hydraulic mining.

Gold was also mined by digging holes in the ground or by dredging river and streambeds. These methods required a constant flow of water to separate the

heavy gold, from sand and gravel. With no reliable year-round source of water to many mine locations, the solution was to dig many miles of trenches, directing constantly flowing water to the mining location.

When miners redirected water from a stream or main trench, a method of water measurement was needed. At the juncture of a main water channel and a diversion, a wooden gate extending above water level was built: a few inches below normal water level a one-inch square hole would be cut in the separating boards. The amount of water flowing through that hole constitutes what came to be known as a “miner’s inch.” Of course the hole could be smaller or larger, but the measure is in inches.

In time, the gold ran out and the water supply was used for electrical power generation and farm irrigation. Later, water purveyors such PG&E, Nevada Irrigation District (NID), and Placer County Water Agency (PCWA) took over the trenches and improved them by expansion and concrete linings. This water matrix has resulted in Placer County possessing the most complex water system in the nation.

Today the two year-round creeks flowing through Lincoln Hills are fed by water channels inherited from gold mining.



*Al Roten at the Orchard Creek gate.
Photographs by Phil Robertson*

On our northern edge, the creek flowing to Ferrari Pond and Angler’s Cove comes through the Hemphill Trench off Auburn Ravine, and Orchard Creek flows from the Caperton Trench on the crest of the hill above Catta Verdera. Most of our potable household water comes out of the Caperton Trench and is then treated by the city of Lincoln.

In the long run, the real value flowing through the trenches is in the water rather than the gold extracted a century and a half ago.



Caperton Canal



Hemphill Trench Gate is behind this dam



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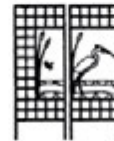
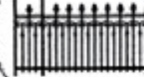
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Library News

Reading Resolutions and Transitions

Nina Mazzo, Library Volunteer

Readers' resolutions might include taking a look at a new author and/or genre this year and perhaps even re-read some old favorites. I spotted *Life After Life* by Kate Atkinson in Fiction – the main character dies and is reborn – not once but many times. The author takes you on a thrilling ride through history as the characters new life takes multiple directions. I found myself considering destiny and fate – hmmm – best to have that thought process while sipping an adult beverage. Meanwhile, in the Community Living Room (OC) I picked up some lighter fare — *A Cup of Jo* by Sandra Balzo. The main character owns a coffee house and is also an amateur sleuth. She has a “Grande” while

she “Espresso’s” herself!

As a member of the KS Library Steering Committee, I have written this column for a few years. Time to take a break as I am running out of words and will now take on the task of keeping the books organized in our Community Living Room (OC). See ya “Latte”!

Sandy Melnick will be writing the Library articles in the future.



Contacts: Community Living Room (OC) – Nina Mazzo (408-7620); volunteers to help keep the Library shelves tidy (KS) – Sandy Maloff (408-2368); investment materials – Cleon Johnson (408-5648); donation of books published after 2006 – Sandy Melnick (408-1035).



Neighborhood Watch

You and the Neighborhood Watch Board

Patricia Evans

Did you know that every resident in SCLH is automatically a member of Neighborhood Watch? (We are the only SCLH organization with this distinction.)

The NW Board is constantly working to improve your safety and security through encouraging neighbors to look after each other and watch for anything unusual on their street.

We are pleased to welcome four new NW Board members (see photo) who bring fresh ideas to assist in achieving our safety and security goals. Reaching our residents more effectively is a constant challenge and our organization is enriched by new proposals. Do you have some innovative ideas you would like us to consider?

Think of the NW Board as the hub of the wheel, the Village Coordinators as the spokes, and the Mail Box Captains making up the vital rim that completes the smoothly spinning circle, the grass roots of our organization. You may be surprised to know that these Board members are also frequently Village Coordinators.

Please see “Neighborhood Watch” on page 37



The Neighborhood Watch Board is ready to serve you: (Clockwise from left) Gus Alegado, Don Budde, Ron Wood, Richard Moore (new), Nancy Whitaker (new), Pauline Watson, Bill Carvalho (new), Kathy Gire (new), Larry Wilson (Executive Director), Elaine Small, (not shown Dan Larsen)

Bucket List

Continued from page 7

down, as the trip would be physically demanding with loading/unloading, hiking, no shower facilities, and most of their time spent in a muddy river. She maintained her exercise regimen here at SCLH and her “check-ins” with her weight loss clinic. And her regimen paid off in spades!

Steph said their trip was “amazing,” as well as educational, and that the rapids were “awesome.” She learned the canyon



Steph and Phil at waterfall

walls are millions of years old, and she felt as if she could see faces in the rocks at times. She also found the trip to be very mystical and sometimes spiritual. And it was as promised, very physical!

Her tour consisted of two rafts and 20 people, plus a crew of four. They enjoyed their raft partners, with whom they have now become good friends.

Steph says she is so happy with herself for making this huge change in her life, taking this strenuous trip that was a dream of a lifetime, and she still continues to maintain her weight loss! Congratulations & happy new year to you, Steph!



Club News



Alzheimer's/Dementia

Caregivers Support Group

As a caregiver for a loved one with memory impairment, stress impacts all areas of daily life. Support groups provide a forum to share feelings, concerns, information and offer participants a way to support and encourage each other. Participating in the Lincoln Hills Caregiver's Support Group is a good way to begin the new year and find the support that will benefit all caregivers.

The Support Group meets the fourth Wednesday of each month at 1:00 PM in the Multipurpose Room (OC). Wednesday, January 22 is the first meeting of the year and will be a discussion facilitated by Anne Spaller from del Oro Caregiver Resource Center. We alternate discussion sessions with programs led by an invited speaker who brings useful information to the group.

You may borrow books and DVDs from our library provided with funds from the Lincoln Hills Foundation.

For additional information or assistance contact:

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332;

Maria Stahl 409-0349

Antiques Appreciation

With the new year came a new board of directors, some continuing and some new faces! And our first meeting of 2014 in our new meeting room was well attended and enjoyed by all! Many mem-



Front Row: Pat Le Page, Rose Marie Wildsmith, Carolyn Kuczyski, Beverly Gabrielli, Jo Adair; back: Fran Farrell, Ann Renyer, Bill Bear, Barbara Engquist, Shirley Curtis, Charlene Decker

bers brought a favorite antique or vintage piece to show and tell about, and it was a very relaxed and fun time. We always have "show and tell" the first meeting of the new year! It gives us a chance to get reconnected and organized for the coming year!

The February 3 meeting at 10:00 AM will be about a 30-year collection of "Vintage Tin Easter Eggs," something we've never had the pleasure of seeing before! The program will be put on by a long-time Lincoln resident. Be sure to join us for an interesting and informative presentation in our new meeting room. We'll be entering through the entrance to the Gables Room.

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



Astronomy

Monday, January 20. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Don Wilson will discuss if the universe can be made from nothing; a net zero energy change. This will be followed by the lecture "Measuring Distances," from the DVD series "Cosmology – The History and Nature of our Universe." Contact Morey Lewis eunmor@pobox.com (408-4469) for more information.



John Neil presenting "Stellar and Planetary Evolution — from the Ground

Up" at our December Meeting

Wednesday February 5: "Discovering Deep Space" — BBC video and presentation by Morey Lewis. BBC video: Worldwide, astronomers are hunting for the most mysterious objects in the universe including young stars, black holes, even other forms of life with a new set of super-telescopes in some of the most extreme environments on earth. Morey Lewis will review the electromagnetic spectrum targeted by these telescopes, and update their current status.

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.

Contacts: Ron Olson 408-1435,

rolson@starstream.net;

Nina Mazzo 408-7620

ninamazzo@me.com

Website: www.lhag.org



Ballroom Dance

Dancing is fun. Why not "re-solve" to have more fun in your new year? Join us on Tuesday afternoons at Kilaga Springs Lodge. We have a fun group of folks who enjoy getting together for group lessons, open dancing, and dance-themed events during the year.



Louise York and Bob Cowen

Every month, except December, a new dance style is taught. January features the graceful, flowing Waltz. Heat up your February with the sensuous Rumba. Beginning level is taught from 2:00 to 3:00 PM, open dancing follows from 3:00 to 4:00 PM. A more advanced level of the monthly dance is taught from 4:00 to 5:00 PM. Besides all the physical benefits of dancing, did you know that it is a medically proven fact that Ballroom dancing can make us even smarter? So, get a fun and healthy start in 2014! Dues are only \$7 per year. Lessons are included! Ask about our Dance Host Program.

Contacts: Ruth Algeri 408-4752;

Brigid Donaghy 543-6003



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the third Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be January 15 and February 19. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch

even if you do not attend the support meeting. Our next lunch will be Thursday, January 16, at *Buca di Beppo* by the Galleria and February 11 at *Jumbo Chinese* in Lincoln. Meet in front of OC Lodge by 11:15 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 December 4 —
Winner: Phil Delaney; Runners-up:
Steve Brown and Ted Komaki.
- Nine-Ball Singles December 10 —
Winner: Dale Hurlbut; Runners-up:
Phil Delaney, Chet Lelio and Bob Armour.



From top:
Eight-Ball
Singles
Winner —
Phil Delaney,
Runners-up:
Steve Brown
and Ted
Komaki;
Nine-Ball
Singles
Winner:
Dale Hurlbut
and runner-
up (not
shown)



Phil Delaney; Eight-Ball Doubles
Winners: Dale Hurlbut and Joe Perez

- Eight-Ball Doubles December 18 —
Winners: Joe Perez and Dale Hurlbut;
Runners-up: Ed Ryan and
Wayne Bullen, Tom Augustine and
Steve Brown.

Friday, December 20 — The Shooters had a play-off to qualify for the Traveling Team for the next tournament with Sun City Roseville. The qualified Shooters enjoyed Pizza at Old Towne afterwards.

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

Challengers Billiards

The Challengers Group is for mid-level to advanced players. We play every Friday from 10:00 AM to 12:00 PM at the Billiards Room (KS). The last Friday of each month is sign-up day for the following month.

In December we had a wonderful Christmas Party, coordinated by Dan Oden and his Elves. It was good to see so many players and their spouses and friends.

Special thanks to Joe Hobby, who is resigning from the Helm of this group. We hope to see you play with us ever so often.

Here are our recent winners:

- First place — Seven games: Ken Klein;
Six of seven games: Bill Kim, Doyle
Coker, Joe Hobby.
- Second place — Five and a half of
seven games: Gary Smith; Five of
seven games: Chiquita Fratto, Bill
Huth.

Happy New Year to everyone.

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

Couples Billiards

The holiday season is winding down... KS is brightly lit with Christmas decorations that will soon be put away for another year. It has been a very competitive year again in the Billiards Room (KS). There are many tie games. We play every Wednesday from 4:15-6:30 PM. If you want to play, you need to sign up each week in the book before Wednesday that is located on the fireplace

- Week one: Two teams tied with five
games won. They were Joe Perez/Rita
Baikauskas and Joe/Nicki Hobby. Five
teams won four games.
- Week two: Again two teams tied with



*Upstarts, Players, Couples and Challengers
Billiards Groups enjoy Holiday party food!
Photo by Larry White*

five wins. Those teams were Joe/Nicki Hobby and Ron/Sherry Weech. Del/Veronica Torres won four games this week.

- Week three: Ron/Sherry Weech was
the only six-game winners. Doyle
Coker/Chiquita Fratto and Roger
Corley/Sandy Pavlovich won five games.
- Week four: Joe/Nicki Hobby and Joe
Perez/Rita Baikauskas won five games
this week.

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

Players Billiards

It's a new year... time to enjoy some fun at the pool tables with some good, friendly competition! Every Thursday from 2:15-4:30 PM, our group of mid-level skilled players meet to play seven games of Eight Ball timed at 17 minutes per game. We play by the APA rules and advance sign-up is encouraged but stand-by players can frequently play. It's free and fun... come join us!

Congratulations to our recent winners — Six of seven games: Ed Welch, Dan Oden, Dennis Dreiling; Five of seven games: Doyle Coker, Rita Baikauskas, Hugh Duberley, Bob Bienkowski, Ed Welch, Ken Hawley, Herb Hays, Phil Berlenghi, Bob Wehner, Ernie Recabaren.

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

Upstarts Billiards

Bill Clark:

*"Well or ill, he summoned the will;
Playing pool till we'd all had our fill.
Wish good-natured Bill was with us still.
May he RIP, our good-natured Bill."*

How's about some Billiards? Upstarts Billiards is a group of beginners-to-average

players. We play Standard Eight Ball on Thursdays, between 11:45 AM and 2:00 PM at the Billiards Room (KS). We'd love to have you join us, so come on by, and see what the fun is all about!

- Winners five games — Stephen Baron, Larry Koenig, Hart Sissingh, Audrey Thrall.
- Winners four games — Gary Averett, Frank DeMasi, Larry Fox, Richard Gsell, Lydia King, Phyllis Pappagiannis, Marie Rucker, Gary Smith.

Sign-ups on last Thursdays, each month at 11:30 AM, Billiards Room (KS).

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



Bird

The Bird Group holds its monthly meetings on the second Monday of the month at P-Hall (KS) at 1:30 PM. We encourage anyone who is interested to drop by our next meeting on February 10 or join us for one of the walks lead by Paul MacGarvey.

On January 25, a Saturday, we will drive down to Linden. The beautiful country east of Linden is mostly farmland, rolling hills and oaks and is a wonderful habitat for raptors. Then on February 8 our group will meet at Anglers Cove and walk the Ferrari Pond trail to the Salt Ponds. This is a great way to see the many waterfowl and backyard birds that winter here in Lincoln Hills. It is not unusual to see over 50 species on this walk!

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



Bocce Ball, Mad Hatters

Welcome to the new year. We'd



Bocce Ball Christmas Luncheon

like to start the year off by thanking everyone who showed up for our Christmas luncheon. Twenty-seven people, including some spouses we hadn't met before, had a very pleasant time at Mimi's on December 12. One of the nice things about our party this year was the number of "new" people in attendance. We've been fortunate this past year to have several new Lincoln Hills residents join our group so our luncheon was a pleasant mix of "old" and new.

If you'd like to join our group and meet the old and the new, you are welcome to play Bocce with us every Thursday morning at 10:00 AM. All residents are welcome. All you need to do is show up.

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



Book Group, OC

Join us January 16, Multipurpose Room (OC), to discuss *On Gold Mountain* by Lisa See.



At our holiday luncheon, resident Phyllis Kalbach, author of *Blue Eden: The Future*

After The Ice Melts, a compelling novel predicting what will happen to ordinary people when modern cities are hundreds of feet below the oceans

Remaining 2014 Schedule:

- February 20 — *Fall of Giants* by Ken Follett
- March 20 — *A Being So Gentle* by Patricia Brady
- April 17 — *Eighty Days* by Matthew Goodman
- May 15 — *The Aviator's Wife* by Melanie Benjamin
- June 19 — *The Light Between Oceans* by Margot Stedman
- July 17 — *How to Eat a Cupcake* by Meg Donohue
- August 21 — *The Cuckoo's Calling* by JK Rowling

- September 18 — *Killing Lincoln* by Bill O'Reilly
- October 16 — *Pride and Prejudice* by Jane Austen
- November 20 — *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- December 18 — Holiday Luncheon

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



Bosom Buddies

Breast Cancer Survivors

Thirty-four members enjoyed themselves at a sit-down luncheon in Patty McCuen's home. The lasagna, steak salad, garlic bread were pick-up from Pete's. Sandi purchased a yummy selection of Costco sweets. Everyone was happy with the Christmas celebration as Christmas Chorals were sung. Neighbors were en-



Bosom Buddies Christmas Party; Kay Brady and Jane Nichols each with an "Elf on a Shelf"; Marianne, Sylvia, Bonnie and Pat

tertained with glee. Cindy Redhair and Kay Brady began making an “Elf on the Shelf” for all guests in September. Kay Brady and Jane Nichols are each holding one. The four beautiful smiling ladies are Marianne Smith, Sylvia Kinney, Bonnie Haggard and Pat Robertshaw. This party is now tradition. Become a member now and join us next year.

January will be an informative meeting with Bob Ringo who will give us a presentation on how to begin researching our heritage. Bob teaches Genealogy classes at OC and is President of the Computer Club. Bring pencil and paper and get started finding that long lost “rich” Aunt.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bowling

Second Position Round complete. Lots of mix up in positions! As with all seasons, there is much confusion.

Hopefully 2014, will bring it all together. Happy New Year to all.

Still looking for Subs. Call Joan Gates.

Contact: Joan Gates 253-9415



Bridge, Partners

Thursday Evening First & Third

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

- December 5 winners include — First: Linda Theodore & Janet Pinnell; Second: Ben & Kay Newton; Third: Rose & Joe Phelan; and Fourth: Alan & Joanna Haselwood. Ben & Kay Newton had the high round of 1,640.
- December 19 winners include — First: Allan & Bev Blaine; Second, Reta Blanchard & Bev Ansbro; Third: Bruce Fink & Stanley Mutnick; Fourth Gail Ramsden and BJ Acosta.

Allan & Bev Blaine had the high round of 1,640.

Contact: Lorraine or Bob Minke 408-4009

Thursday Evening Second & Fourth

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

- November 28 winners — We are all winners playing brain exercising bridge, however no bridge games were held on Thanksgiving so that we all might give thanks for really good cards!!!
- December 12 winners — First: Lorraine & Bob Minke; Second: Janet Pinnell and Linda Theodore; Third: Joanna & Alan Haselwood; Fourth: Olga Hayden and Gail Ramsden who also had the high round for the evening.

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



Bridge, Duplicate

Reminder to SCLHDBC members — please attend the annual meeting Wednesday, January 22, at 10:00 AM in the P-Hall (KS).

February 12 is the date on which we host the Roseville exchange.

Duplicate Bridge sessions are played three times weekly:

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

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

All bridge-playing residents in Lincoln Hills are cordially invited to participate in

duplicate bridge. Those new to duplicate, please call Dede Ranahan, 408-4511, for information and/or details.

Contact: John White 253-9882;

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). Join us for a fun afternoon of Social Bridge. You must make a reservation to play. Please call if you need to cancel. You do not need a partner but must arrive by 12:45 PM to assure a place to play.

Winners for November 22 through December 13 — First: Carol Mayeur, Ralph Madsen, Harry Collings and Alan Haselwood. Second: Joan Schabillion, Carol Mayeur, Phil Sanderson and Dee Williams. Third: Dee Williams, Mo Scarpitti, Alan Haselwood and Dolores Marchand. Fourth: Phil Sanderson, Jim Busey, Beverlee Blaine and Rita Glen tied and Joe Phelan.

Reservations: January and February: Helen Helm 408-0428 (h89elen@att.net).

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



Bunco

We had a lively and wonderful December Bunco get-together! It was a full house of fun immediately followed by the gift exchange including one steal (watch out for the siblings that is when the real stealing begins). Following Bunco



December Bunco

and the gift exchange we headed over to Thunder Valley for a delightful afternoon of food and, of course, gambling for those who were willing to partake.

The Bunco Group meets every third Thursday of the month at 9:00 AM in the Card Room (OC). Bring a friend or meet some new ones! A \$5 play fee is your only expense to enjoy the fun! Watch out in

January — the new steering committee is shaking things up!

December winners: Most Buncos Kathy Gire; High Score Lynda Fagan; Most Wins Sara Klesius; Low Score Polly Smith; Most Losses Janet Dewitt; Traveler Faye Browning.

Contact: Kathy Sasabuchi 209-3089



Ceramic Arts

Happy New Year to everyone!!! We hope you all had a very Merry Christmas and a great New Years. By now we hope you have all seen our Penguin Parade in the Ceramic Studio window (OC). This fun display was made by Mike Daley's Tuesday afternoon Ceramics Class. Thank you JoAnn Enstrom for all of your sculpturing help to the students. If you ever thought about a ceramics class, now is the time to enroll — a new year with a new endeavor. Come join us!!

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

KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils

Margot Bruestle 434-9575

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



Chorus

A week after our sold-out "Holiday Cheer" concerts, two of our choral subgroups entertained those attending the Holiday Open House at Orchard Creek Lodge on December 16. The Hills Brothers and the Sunny Singers — the latter accompanied by pianists Cherilyn Duncan and Donna Jenkins and flutist Mona Stryker — enlivened this annual



The Hills Brothers; the Sunny Singers

occasion with a range of Christmas and other seasonal music.

Now we're hard at work on our forthcoming "Fabulous Fifties" concert, featuring memorable music from when most of us came of age. It's sure to be our most popular spring offering ever, so mark your calendar now for one of our three Ballroom performances on May 4-6.

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



Cloggers

Welcome to a brand new year of clogging! We invite you to join us for health, happiness, and lots of fun in 2014. So, right now, go to the Activities Department area of the *Compass* under "Dance," find clogging taught by Janice Hanzel (page 61) and sign up. You'll see classes from beginning to intermediate plus (means high level), and we'll be working on performance pieces, too. If you missed the January class series, that's okay, February is coming fast!

Thinking ahead to Thanksgiving, the



A clogging Christmas 2013

National Clogging Convention 2014 will be held in Reno, NV, at the Peppermill Resort, November 27-29. We cloggers receive a special rate, get to dance with the best, and we're not slaving over a hot turkey! Go to www.clog.org for all the details (and to learn even more about clogging).

For exercise, rhythm, high energy and fun, clogging is the answer!

Written by Jeri Chase Ferris.

Contact: Anita Tyson 543-5330



Computer

- Main Meeting February 12, 6:30 PM "Browsers — New Capabilities" by Terry Rooney. Micro



Terry Rooney on February 12: "Browsers—New Capabilities"

soft's Internet Explorer was once dominant but now has several very able competitors, Google's Chrome and Mozilla's Firefox. This presentation will cover: how to change home pages and search engines; how to optimize each browser for maximum security; how to use "extensions;" and perhaps most importantly, how to reset the browser back to default conditions when it gets fouled up, either by malware or by inadvertent choices by the user.

These three products are constantly trying to one-up each other, making for a ferocious market share fight and great benefits to consumers.

- Clinic February 14, 3:30 PM a continuation of main meeting, both at P-Hall (KS).
- Ask the Tech: February 28, 10:00 AM Informal Q & A session for any and all technical questions. Multipurpose Room (OC).

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

Contact: Bob Ringo

president@sclhcc.org

Website: www.sclhcc.org



Mac User

Your LHMUG team is back from winter break, looking forward to some exceptional programs this year. Each month will have our General



LHMUG Board and Support Staff. Photo by Irwin Maloff

Meeting, two Educational Seminars, one Newbie Seminar, and two labs. See details below and on LHMUG.org!

In the January 23 Seminar, Henry will explore the Downloads Folder, where we place things downloaded from the internet. It is a key tool to help you capture information, then store or update it on your computer!

On February 6 (in the Ballroom), Henry will show how Contacts can help organize your life. No Little Black Book needed — Contacts makes it easier!

On February 11, Andy Petro will explore “iWork,” and how to use it on all Apple computers / devices easily. “It looks like magic,” Andy says. This is our monthly meeting, with valuable door prizes for members. You can also renew membership here!

Contact: Henry Sandigo,
(415) 716-0666,
hsandigo@gmail.com;
Website: www.lhmug.org



Country Couples

With all the wonderful dances and activities of 2013 a distant memory, we anticipate the events of 2014 with renewed vigor. This year began with a swinging Chili Potluck dinner dance on January 11 hosted by Jim & Jeanie Keener. Other dates to mark on your 2014 calendar are March 7, May 30 and September 19,



*Kathy &
René Lopez,
Teri & Paul
Krcha; Judy
Carlson,
Georgi &
Dennis
Dawson*



which are reserved for our annual themed dances.

All these events take many hours of planning and preparation. Although they have many volunteers assisting with set-up/clean-up at the dances, ticket sales, and club promotion, and dance practices, the CC Steering Committee, headed by Kathy and René Lopez, Georgi Dawson, Teri Krcha, and Judy Carlson, contributes the bulk of the work. Without their dedication to the club and sacrifice of personal time, the club dances and community involvement would not be the success they are. Much thanks and congratulations to them!

Contact: Kathy or René Lopez
434-5617



Cribbage

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

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



Cyclist

Happy New Year!

Our 2013 Christmas party was held on December 12 and it was a huge success. There was good food and great entertainment. Just over 100 members of the Cyclist Group were in attendance. Thanks to the many members and non-members who gave their time and effort to make this a memorable event.

Many of the attendees won raffle prizes that were either donated by the bike shops that we frequent or purchased by the Cyclist Group.

The highlight of the evening was the surprise entertainment provided by both members and non-members. I understand that “The Shady Ladies” (Line Dance Group) are now on tour in Las Vegas and the Ukulele Group is doing a Don Ho revival in Hawaii.

The most important part of our getting together at this time of year is the ability to celebrate the season with our fellow cyclists and their spouses.

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



Dominoes

Mexican Train

I hope all of you had a great Holiday season. Now is the time to try and keep your New Year’s resolutions, such as, learning new games at the Lodge and meeting people.

Come join us on Wednesdays, 9:00 AM to 12:30 PM and play dominoes. This game is easy to learn and a great social outreach.

We always have a teacher available for newbies.

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



Eye Contact

Low Vision Support

Next meeting: Thursday, February 13, 1:00 PM, P-Hall (KS) — “The Monster Behind the Door.” Dan Roberts will explain how to conquer our fears and how that can open doors of opportunity. The fear of being alone, is the worst of all fears, and, therefore, the biggest challenge in coping with progressive vision loss. Opportunities never thought possible can help.

Thursday, March 13, 1:00 PM, P-Hall (KS) — “Echolocation: Seeing With Your Tongue.” Guest speaker Daniel Kishteaches the blind to navigate the world using tongue clicks. He tells us how it is done and discusses his philosophy of how we see.

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



Fibromyalgia/CFS

If you are experiencing symptoms that include joint pain, very sore areas on arms, legs and torso, and fatigue, and these symptoms seem to move around your body from one day to the next, and you are often feeling “foggy,” you might be suffering from fibromyalgia and/or Chronic

Fatigue Syndrome. You may feel like you are the “only one,” or that you are going slightly crazy – but you’re *not!* Our support group is here to help anyone dealing with chronic pain issues to sort through what might be going on and we are there to listen and make suggestions. We will begin the New Year with a potluck luncheon on January 23. Members are asked to bring a dish or snack to serve 12 people.

If you would like to attend and meet some of our members, please call Sandy.

Written by Sandy Barry.

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



Garden

Happy New Year!

President Virgil Dahl: “Thanks to our Steering Committee members and others for your volunteer work! We are looking forward to an exciting new year with interesting and informative meetings. The focus for the year is “Volunteer,” and we have some openings on several committees.”



Volunteers — President Virgil Dahl, Joyce Higgins, Pam Effa

General Meeting, January 23, 1:00-4:00 PM (KS). Guest Speaker is Greg Novotny, with a “Farm to Fork” presentation. <http://mountpleasantfarmfresh.com/>.

Membership (2014) — renewal and new will be available at 1:00 PM before the meeting. As an incentive, you will receive an additional door prize ticket when you join at the door either in January or February. Paying by check (\$15 per residence, made out to: SCLH Garden Group) will be the fastest way as that will have an automatic receipt. Come early and pick up your two door prize tickets (donated by Home Depot) and get a good seat! Contact: Bettie Anderson, 434-7106.

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

Bonsai Group

The Bonsai Club is planning a trip to Murayama’s bonsai nursery after the first of the year to look at and explore the world of Satsuki Azaleas which are imported from Japan for use in bonsai. Also, planning



Bonsai Show — coming in the spring!

is underway for the Bonsai Show that will be held in late spring of 2014. We look forward to the new year and new growth in our trees.

Contact: Larry Clark 409-5214, lkclark@surewest.net



Gem and Mineral Society

Our January 2014 meeting will feature a show and tell of projects and stones produced in 2013. Please contact Dave Fisk at 434-0747 or dave.fisk@yahoo.com to advise him of what you will present, so I can advertise it to the members and prospective members.

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

Gem and Mineral Society monthly normally meets: Last Monday at 4:00 to 5:30 PM. Sierra Room (KS). The next meeting will be January 27.

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

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

Lapidary classes may be taught during the lab.

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

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

Gem and Jewelry Open Workshop

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

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

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

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

Contact: Dave Fisk 434-0747, dave.fisk@yahoo.com



Genealogy

The first meeting of the new year will take place on January 20 in Presentation Hall at Kilaga Springs and will begin promptly at 6:30 pm. *Genealogy Club officers will be elected for year 2014.*

The guest speaker for the evening is Jim Rader, who is an interesting repeat guest speaker. The topic for Jim’s presentation is “DNA for Genealogists.” Mr. Rader published his first Family History book in 1992 and continued to publish the quarterly *Rader Ramblings* surname newsletter... 33 issues from 1991 through 2001.

The prize drawing this month will be a Samsung Chromebook... don’t forget... this drawing is for members only, so make sure your 2014 dues are paid no later than 6:30 PM prior to the January 20 general meeting. The value of this month’s prize drawing is more than \$150! There will be a valuable prize drawing at each general meeting throughout the year!

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



Golf, Ladies

Lincster Lady Niners

At the Lincoln Hills Lincsters Holiday Luncheon, held on December 12 in the Orchard Creek Ballroom, the new board of officers was presented and installed. The new Executive Board consists of Captain, Carol Golbranson; Co-Captain, Darlynnne Giorgi; Secretary, Cindy Atkinson; Treasurer, Barbara Conger; Tournament Chair, Marie Bossert.



Cindy Atkinson and Lois Gilbert, Golden Putter Award; Kay McAdam, Captain Points

In addition to installing the new board, numerous awards were presented. The Most Dedicated Player award was presented to Kate Gold, who has played in all 42 of the regular play days this year. The award for Captain's Points was awarded to Kay McAdam. Cindy Atkinson won the Golden Putter Award; Cindy had the fewest putts throughout the year in the weekly putting contest. Lois Gilbert was awarded second place. The most improved player of the year was Sharon Duley.

The Lincoln Hills Lincsters has 133 members. New members are always welcome.
Contact: Carol Golbranson 543-8647
Website: www.lincsters.com

Ladies XVIII

LH Ladies Golf celebrated their annual Awards Luncheon, with Rebecca Shoaf presiding. Award categories included: Birdies and Chip-ins, Eclectic (lowest net by hole),

and Hole-in-One(s). Pat Lewis charted the Birdies and Chip-ins, announcing the winners: Flt. 1 Kalani; Flt. 2, Habecker; Flt. 3 Tamanti; and Flt. 4 Devers. Jeanne Reinhardt was charged with determining the Eclectic winners:

Flight	Hills	Orchard
1 —	Koropp	Reinhardt
2 —	Tamanti	Habecker
3 —	Thom	Bedford
4 —	O'Leary	Ward

For 2013, the 18-holers had two Hole-in-One winners. In February, Reinhardt's ball ricocheted off another to roll in on Orchard's #16. Then, Kalani aced Hole #7 (Hills), during the July Match Play Tournament.

The Most Improved Golfer was awarded to Kathi McCoy, as proclaimed by Chris Biswell, Handicap Chair.

Anticipating 2014, the 18-holers said good-bye to Captain Edda Ashe, as the gavel was passed to the incoming Captain, Donna McDonald. Applause ended the afternoon.

Contact: Candice Koropp, 409-0607
Website: lhlgxviii.com



Golf Men's

We hope you all had wonderful holidays.

We had a wonderful year, with great turn-outs for all tournaments and expect even better in 2014.

On December 10, there were two trees planted in memory of Ken Jacob-



Tree Dedication

son and Scott Shoaf, two of our club's past Presidents. The trees were planted between the tunnel and the 16 tee box on the Orchard course. Rodger Oswald spoke a few words and gave a prayer at the dedication.

We had an election for three positions on the Board of Directors. Results are Gene Andrews President, Tuck Halsey Sponsors and Karl Williams Communications.

November 12 we held our yearly Monster tournament which was a two-man scramble, the first place winners are as follows:

Flight 1 — Bill Bowen/Walter Burke
Flight 2 — Steven Brown/Dennis Beldon
Flight 3 — Brian Stowe/Dennis Won
Flight 4 — Bill Higgins/Roy Craig
Flight 5 — Doug Hinchey/Allen Garfein

Contacts: Roger Oswald, rogeroswald@gmail.com; Gen Andrews, eandgolf@sbcglobal.net; Karl Williams, kwill78479@aol.com
Website: lhmgc.org



Hand & Foot

We are still going strong. Hand & Foot (H&F) is a fun card game and we are always happy to welcome new people.

H&F meets in the Card Room (OC) on the first, second and fourth Thursdays 8:30 AM to 12:00 PM every month.

Let's make this the best H&F card year yet.

Contact: Gloria Iannello 543-6681



Healthy Eating

Is 2014 the year you begin your new healthier lifestyle? Studies suggest longevity is just 30% dependent on your genetics and a whopping 70% on lifestyle! Our club's mission is all about the importance of healthy eating in our lifestyles.

Guests are welcome at our January meeting Monday the 27th at 2:00 PM in P-Hall (KS). Our guest speaker is Joanne Neft, author, cooking instructor and authority on locally grown foods. Get your autographed copy of her latest book *The Art Of Real Food*, \$30, In Season Publishing, co-authored with Laura Kenny, with 250+ recipes. Arrive at 1:30 PM for a

private discussion with Joanne. Joanne will show us how real local in-season foods, simply but carefully prepared, can keep our healthier lifestyles in high gear 52 weeks a year.



Clockwise from top left: Club member Charlene shopping; local winter color; local good stuff on display

Club general meetings are the fourth Monday of each month at 2:00 PM in P-Hall (KS); 2014 dues are \$15.

Contact: Don Rickgauer 253-3984, Healthy_Eating_Club@yahoo.com



Hiking and Walking

The lifestyle within LH can be a retiree's dream. But I feel most blessed to have joined the Hiking Group and been introduced to the worldly wonders just outside Lincoln.

Week after week I've witnessed awe-inspiring waterfalls, alpine lakes, and wildflowers in the amazing Sierra mountains and around Lake Tahoe. I've learned about the legacy of the 49ers with hikes at Coloma, Empire Mines and Malakoff Diggings. I've seen the 1800s coal mining capital of California with hikes at Black Diamond Mines. Treks across the Golden Gate and along the Marin Headlands above the Pacific shoreline have been most memorable.

Getaways have taken me to the spectacular National Parks of Yosemite, Sequoia, Kings Canyon, Lassen and the Pinnacles.

Photos captured from all these adventures are limitless. I'm grateful for all the many wonders the Hiking Group has brought my way!

Join me (Dennis) and see what you have been missing!



Wapama Falls above the Hetch Hetchy Reservoir; Vernal Falls, Yosemite; Hiking Club President Dennis Ratay overlooking Yosemite Valley



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



Investors' Study

The Investor Study Group hosts world renowned speakers that address timely topics in the world of finance. After the presentations, refreshments are served and you may talk directly with presenters. All residents are welcome to attend. Annual dues to join are only \$15 per household. No wonder our attendance has doubled in the last two years!

On February 6, from 2:00-3:30 PM in the P-Hall (KS) a representative from Black Rock Investments will speak on hedged investing. We do not invest as a club, rather provide information members can use on their own or with their advisor. Our



Russ Abbot and Pierre Rogers; Investors' Study Group Holiday Party

consultant, Russ Abbott, always updates us on the current economic environment. 2014 is sure to be an interesting year! Bring your questions to our meeting on the first Thursday of each month.

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



Lavender Friends

Lavender Friends (LF) is a social organization serving the LGBT community and those in friendship in SCLH. The specifics of most activities are announced to members through email. If you are interested in joining, please contact the members listed below for more information.

The past month was a joyous time of celebration with family and friends. This included a line dance practice at Gina's house in preparation for the well-attended Sixth Annual Christmas Dinner & Dance. Jacquie and Nancy graciously hosted a Christmas Brunch to add to the good cheer.

On the business side, Jacquie, Nancy, and Rich met with the CCOC to update LF by-laws. A January meeting was held to elect new board members, and plan for the year.

Upcoming events include a breakfast in January, game night and coffee in February, and a potluck in March.

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

Lincoln Hills

Line Dance

It's the start of another year. Just a reminder that there is a class for everyone. Classes range from the introduction level that teaches basic line dance steps and dances. There are two of those. We then go to the beginner classes called, Line Dance I. There are four of those. Then the beginner/intermediate called Line Dance II. There are three of those. That makes a total of eleven classes to choose from with three instructors also to choose from. Check your *Compass* for details on class instructors, days and times. You don't need a partner and it's a great way to socialize and get your exercise at the same time.

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



LSV/NEV

Low Speed Vehicles/Neighborhood Electric Vehicles

Are you really familiar with all of the services that Neighbors InDeed and the Handy Helpers offer to our Lincoln Hills community? Let's start 2014 with more education when you attend the January 21 membership meeting of the LSV/NEV Group, being held at the P-Hall (KS) at 10:00 AM. Experienced and knowledgeable resident, Larry Schurr, of Neighbors InDeed is our program presenter.

Our quarterly pre-meeting coffee will be held at 9:00 AM in the Social Hall (KS). Join us for fellowship, and get acquainted with our friendly group. All residents are welcome to attend our meetings held the third Tuesday of each month.

Our meetings offer information on vehicle maintenance and care, DMV speaker, special vehicle insurance policy information, several socials, pre-meeting coffees and much, much more.

We are celebrating our 11th year, so come along and get acquainted.
Contact: Dan Gilliam 209-3946



Mah Jongg, Chinese



Winter is a good time to learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you.

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

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



Mah Jongg, National

The New Year has presented the National Mah Jongg group with a major change. We will no longer have a teaching table for new players.

If you are familiar with the game and would like to join us for a fun and stimulating afternoon, please come every Tuesday to the Card Room (OC). Play is scheduled from 12:30 to 4:00 PM.

We are currently using the 2013 Official Standard Hands and Rules card. Players will begin using the 2014 card April 1 so you have plenty of time to use your old card and purchase a new one.

Contact: Carol Vasconcellos, 209-3457



Mixed Media Collage Arts

Principles of design are used when you arrange and organize your work on your canvas. They include: balance through symmetry; proportion through scale and size; unity through patterns and rhythm through shapes and colors. These hints and tips along with ideas for painting mediums, tools and imagery are found in *The Collage Workbook* by Randel Plowman.

Our club meets the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC). The creativity flows as we share ideas while working on our individual projects. Dues are \$10 per year but you can visit up to three times prior to joining. Members also have the ability to work on their projects the fourth Tuesday of each month from 6:00-8:30 PM.

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



Motorcycle RoadRunners

New Year's Eve is behind us and it's time to plan our 2014 touring season! We have a standard riding plan to tour the second Saturday of each month, com-



Club enjoying Christmas party

mencing with March and good weather. From there we intersperse special rides for Mother's Day and other holidays. There are always a couple of overnights thrown into the plan for good measure. Usually there are 12 or 13 tours accomplished in a riding season.

The club is continuing to expand our membership and is considering Trike Style bikes for participation. If you are a rider of this style motorcycle and are interested in group touring, please plan to attend one of our monthly meetings.

RoadRunners meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). Following the meeting, members go to a local restaurant for dinner and a social get-together.

Contact: Patrick Chaves 408-1233;
patmcspeed@gmail.com
Website: www.brinz.net/roadrunners_2013/roadrunners_2013.html



Music

The weekly jam sessions of the friendly and enthusiastic L.H. Ukulele Players will continue through 2014. Come join the fun at Orchard Creek Lodge each Wednesday, 1:00-3:00 PM. Beginners are welcome and a class for those desiring instruction is offered. The class is intended for those planning to join the weekly sessions. Contact Ron or Molly (409-0463) for information.

The Sun City Lincoln Hills Music Group will resume their regular monthly meetings on January 22 and will continue on the fourth Wednesday throughout the year.

Bring your instruments and/or voices

and sign up to perform, or just relax, enjoy the music, and socialize. All are welcome: 6:30-8:00 PM, Fine Arts Room (OC).

“Open Mic Night” will resume on Friday, February 28, P-Hall (KS), 6:00-8:30 PM with sign-ups starting at 5:30 (PM). Mark your calendar now for that enjoyable event where musicians and music lovers mingle in a friendly, supportive atmosphere.

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



Needle Arts

Threads of Friendship

Laurel Anderson will be speaking at the Needle Arts general meeting on Tuesday, February 11. Laurel's seminar, *Search for the Perfect Appliqué*, traces her progression from beginner to award-winning appliqué artist. Her quilt designs are inspired by her love of nature as seen in her flower and natural landscape designs. She uses a mix of color, pattern and textures, and she loves dyeing fabrics including silk scarves, wool and bamboo batting. Her work has been seen at West Coast quilt and guild shows. The quilting appliqué techniques can also be applied to wearable art.

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

Contact: *Carol Matthews 543-7863, carol.matthews1929@sbcglobal.net*



Neighborhood Watch

How long has it been since you checked the medical data on your Personal Medication Record (wallet size card), and your Vial of Life forms? Many of us will be surprised that the data recorded on these valuable documents are a year or more old.

The New Year is an excellent time to give yourself the gift of medical security with fresh forms to enter your up-to-date

information. You may obtain these forms from your Neighborhood Watch Mail Box Captain or from Bobbie Swenson, ronbobby@aol.com, 543-6362.

A fresh Vial of Life sticker for your front door will alert emergency medical personnel that this information is on the top shelf of your refrigerator. It will speak for you if you cannot speak for yourself.

Medical records cards not only provide information in emergencies, but they are also useful for medical appointment requests for your prescription and supplement information.

Contacts: *Larry Wilson 408-0667, mvw6@sbcglobal.net; Pauline Watson 543-8436, fpawatson@sbcglobal.net*
Website: www.SCLHWatch.org



Painters

In December, we enjoyed a wonderful luncheon in the Solarium (OC). The food and service were excellent and several of those present drew lucky drawing tickets and went home with lovely potted poinsettias. Thank you Bonnie Dunlap, Paulette Pesavento and team. Entry Forms for our 11th Annual Fine Arts Show which will take place in the OC Ballroom, February 21, 22, 23, were handed out. Details were shared at our January membership meeting. Contact persons are Joyce Bisbee and Diane Pargament.

Our February meeting will feature Michael Mikalon presenting a drawing demo.

Our club extends condolences to Liz Schelton, our treasurer, and her family, in the recent loss of her husband.

You are reminded that the 2014 Art Studio Tour, presented by the Lincoln Hills Painters and chaired by Barbara Walker and Catherine High, will be held in May. We thank these two club members for their efforts.

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



Paper Arts

The new year got off to a productive start with a card swap, our January project. Everyone brought an original card and seven kits to share at their table, making it possible to leave with eight original cards at the end of the meeting. Thanks to Lori Lucchetti and Jackie Fong for coordinating the project.



Paper Arts members enjoying a luncheon at Kilaga Springs Lodge

February will feature a new technique — Tanglewood — taught by Pat DeChristofaro. This technique involves creating original designs, it will be fun to see what everyone creates.

We are still collecting the fronts of Christmas cards to send to Shriner's hospital, if you still have cards, remember to bring them to our February meeting.

Our picture from our Christmas luncheon (above) is a nice reminder of a very special event. Not only did we enjoy ourselves, our donations of food, toys, and monetary gift to the Salt Mine made a special time for members of our community.

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



Pedro

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

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

Contacts: *Denise Jones 543-3317, djonesea@att.net; Doris DeRoss 253-7164, dorisdeross@gmail.com*

Photography

We had a grand time at our Christmas Breakfast last month, replete with gifts, gab, and goodies. Thanks big-time to the crew that produced the event.

Our Christmas Breakfast — Jeff Hanner contemplating his new house mouse with prize master Gary Sloan; Patrick Jewell meandering through the crowd to claim his zillion gigabyte flash drive. Photos by John Campbell



Next month on February 12 we'll have local photographer Christina Santiago describing her metamorphosis from portraiture to fine art.

This month the display at Lincoln's Simple Pleasures restaurant changes from views of Lincoln (our 2012-2013 annual project theme) to The Ladies. Our members of the female persuasion will be putting on a show until April of the subjects that have most inspired them to capture their images. Never too soon to consider, election of the Grand Poobah and Court is upcoming in June, so cast your thoughts to making your difference in our group

Scribe: jeffa.

Contact: Gary Sloan 434-5445,

Gsloan33@yahoo.com

Website: SCLHphoto.com



Pickleball

Happy New Year! We are currently 375 members strong and encourage pickleball players of any skill level to join. Dues are just \$15/person! Year-round ladder play, club tournaments and outstanding social events come with membership. More info and a member-

ship form are on the club website.

Newsflash! We now have very cool club jackets and shirts available for purchase. See Andrea on the courts at 2:00 PM Tuesdays to order a half-zip or full-zip jacket, Sherry on Mondays at 2:00 PM for a short-sleeved shirt. Pre-payment required when you order. Get one of each! Both are high quality and include our club name.

Want to learn pickleball? Free clinics are offered to new players on the courts Saturdays at 12:00 PM. Paddles are available during clinics.

Our next board meeting will be at 2:00 PM, January 22 in the Ceramics Room (OC) and open to all club members. Hope to see you there!

Contact: Scott Sutherland 253-3997,
swsuther@sbcglobal.net

Website: www.lhpickleball.com



Players

Happy New Year! Please join the Players Group for the first show of the year.

The production is a show featuring "The Solid Gold Cadillac" and "The Fabulous Dr. Tweedy" on Saturday, February 8 at 7:00 p.m. and on Sunday, February 9 at 2:00 PM. *Please note time change.* Both are in P-Hall (KS) and admission is *Free!*

Director Judith Jesness has selected her cast for Neil Simon's "The Odd Couple". Joining her are Mike Cox, Ken Reiss, Bob Parker, Dick Rooney, George FitzGerald, Bob Zimmerman, Frances Swanson and Pat Shafer. Performances are on March 5 and 6. Tickets go on sale January 17.

For more information either come to our next meeting, on February 10, or contact the member listed below. Try something new in 2014 we would be glad to have you.

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

Contact: Bob Murdock 408-8511,

bamabc@sbcglobal.net

Website: www.lincolnhillspkay.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). 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. Tournaments for 2014 are January 11, April 12, July 12 and October 11.

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

Contacts: Mike Goldstein 543-8238;

Ginger Nickerson 253-3322;

Joe Frenna 543-8634



Rummikub

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

Contact: Joan Cosme 622-5560



RV

The RV Group will be holding its monthly meetings in the Social Kitchen (KS), starting February 13, at 4:00 PM.

More than just meetings, the get-togethers, on the second Thursdays of each month, will be social events where the group members will be able to walk a few feet down the hall to the Kilaga Springs Café to purchase beer, wine or soft drinks. Past meetings had been held in the P-Hall (KS).

At the RV Holiday Party in December, members brought toys for needy children. Guest Frank Neves, a former Marine and now a coordinator for the Toys for Tots program, explained how the program,

which is in its 66th year, operates. He collected two large boxes filled with toys.

Prospective members are always welcome at the group's meetings, so any Lincoln Hills people with motor homes, trailers or fifth wheels are invited.

Contact: Rosie Eads 408-0129

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

Happy New Year! As we reflect on 2013, we are proud and pleased to have supported so many students in WPUSD. Lincoln Hills Volunteers continue to play a significant role in academic achievement with local students, kindergarten through high school. Now that you have recovered from the holidays are you wondering what might make 2014 a very special year? We invite you to give tutoring a try as we place residents throughout the year. SCHOOLS volunteers have established a great reputation and we continue to get requests from teachers all year. If you enjoy being with kids, are reliable and motivated, give Cindy or Sandy a call. Making a commitment to tutor is flexible and individualized to meet your needs, lifestyle and interests. The only two requirements are a TB test and fingerprinting.

Important dates for 2014: June 10 Picnic, September 8 Annual Meeting, September 16 Orientation Workshop

Contacts: Sandy Frame 408-1453,

sflincoln4fun@starstream.net

(Elementary); Cindy Moore 408-1452,

cindymoore@me.com



SCOOP

Sun City Organization of Pooches

Approximately 100 members joined us for our 2013 SCOOP Holiday Potluck Party on December 13. Linda Derosier was our emcee for the evening, doing a wonderful job of keeping us on track and entertaining us. She and the Committee led us in singing Christmas Carols, with Wayne Leslie on the piano.

Thanks to SCOOP and Neighborhood Watch for keeping our community informed of missing pets. "Peekachew,"



Our SCOOP Holiday Potluck Party — Linda Derosier, Emcee at the party; members enjoying the Evening. Photos by John Cho



a little Yorkie went missing during the holidays. He was found the next day in the Safeway center, and back-tracking old data in his micro-chip reunited him safely with his owner.

It is important to keep identification on your pet and to ensure he/she is currently chipped. This makes it so much easier for our pets to be quickly returned when they become lost.

SCOOP 2014 dues (\$12) are payable to SCOOP, and mailed to Deirdre.

Next meeting: February 4.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Before ringing in the New Year, we look back upon the close of a fun-filled 2013. The Scrabble Group met for a year-end celebration at Buonarroti's, with most of the die-hard players in attendance. Afterward, we met at Shari's house for dessert and a gift exchange, adding lots of cheer.



From left, Joan, Darlis, Anne, Linda, Connie and Shari. Photograph by Candy

Our standout player for December was Jean, who managed to lay down seven bingos, scoring an average of 73, and she won about half the games she played. In September, her bingo (*glazers*) was worth 133 — a record? Fantastic as a second year wordsmith with our group!

Why not give our group a try for 2014. We meet each Monday, at 1:00 PM, in the Card Room (OC). All are welcome, and we allow dictionaries and cheat sheets so if memory lapses, no problem here.

Contact: Joan Spurling 505-5000



Second Cup of Coffee

"Swan Song:" Did you know that the Second Cup of Coffee Group has dissolved its organization effective November 18 after 13+ continuous years?

The current Management Team, Judy Peck — Chair, Denny Valentine, Mike Cox, Lillian Nawman, Sonya Woods and Emeritus Chair Wolf Oplesch organized a Special "End-of-Season & Good-bye" Meeting Monday November 18 at the P-Hall (KS)

The mission of the Second Cup of Coffee was real: meet neighbors; enjoy speakers' topics and participate in Q&A; and simple organization. When Community Forums became popular during the last three years, a required leadership change to direct this group's continued efforts was voted upon; a new chapter became clear — exit with pride supporting similar efforts, enjoy the memories and use remaining funds within the Association for our members.

To read more about the meeting and see photos, see the article on page 43.

Goodbye! And Thank-you!



Shanghai

Well, another new year. Why not learn a new card game. Join us in playing Shanghai, a card game for four or five players.

We play every Thursday at 12:30 PM, and every second and fourth Friday nights at 5:45 PM in the Card Room (OC). Don't know how to play? Contact one of the names below for free lessons.

Contacts: Howard Beaumont

408-0395; Chuck Kaul 408-4153



Singles

Dynamic Singles

Hello to 2014. Where do the years go???

February is around the corner and so is Valentine's Day — the perfect time to come to our meeting and meet your new best friend.

If you missed our pre New Year's Eve celebration you missed a treat. Everybody was dressed to the teeth and danced up a storm.

Be sure to bring or mail your Membership dues of \$15 to Donna McDonald so you are current in 2014.

The January Birthday celebration was well attended and a good time was had by all. We expect to see you February Birthday party celebrants at Meridians so we can celebrate together.

Be sure to check out our Hiking group — hikes are planned for the second and fourth Wednesdays of the month. If you are interested, contact Richard Garland at 408-5376. Also be sure to check out our Golfers.

We have a wonderful year scheduled for you so please come on out to our meetings.

Contact: Linda Bacon 628-5158

Website: www.singleslincolnhills.org



Ski

Ski Club members have been chomping at the bit to get onto a lot of snow, and we hope by the time you read this we have been able to do so. Members worked hard to get their muscles ready (see picture), and we inventoried and broadcast where members planned to ski this season.



Ski Clubbers build those Quads!

Our next general membership meeting is January 21, 4:00 PM, in the Fine Arts Room (OC), and we are happy to announce that the meeting will include Ken Brooks

of REI. He will be showing and telling us about the latest in ski equipment and apparel. Bring your questions as Ken has lots of answers!

Conditions permitting we will also be planning après-ski lunches this month at Rainbow Lodge or other inviting locations, so check your emails for details.

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



Sports Car

We finished 2013 with a fabulous Christmas Party at Catta Verdera Country Club on December 12. Over 100 people attended. We had a wonderful dinner and live music by "The Free Styles." Dave Steinkraus passed the gavel to our new president Edy Ternullo. This was a great party in a beautiful venue decorated for Christmas.



At the Christmas party; passing on the gavel

The new board has met and we already had our first meeting on January 6. Vic Kremesec and Pam Berry are organizing this year's rolling events, and Nadine Miller and Linda Snyder are our social co-chairs. We already have lots of ideas for events for this year. Ron Golino has been very busy updating our website and Len Carniato will be our historian.



Square & Round Dance Sun City Squares

The Square Dance Club has restarted square dancing at 1:00 PM at Kilaga Springs Lodge. The club caller is Scot Byars.

We are always ready to welcome 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)

Call Louis or Wanda to join today!!

**Contacts: Louis Bobrowsky 434-5932
louisbobrowsky@yahoo.com;
Wanda Gentry 409-9002
wanda.gentry@att.net**



Table Tennis

After limited December play (Kilaga Springs Lodge table tennis room reserved for Christmas and holiday parties) play is in full swing for 2014. Play continues on Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM and Fridays 8:00-11:00 AM. Note: Sunday hour change from end play of 5:00 PM to 4:30 PM. This is due to Kilaga Springs Lodge closing earlier (winter hours). On March 19, end play will revert back to 5:00 PM on Sundays.

As of this writing there is one change to our board. In January, Peter Schaafsma will replace Marc Fong as the new table tennis President. Congratulations Peter.

Marc has led our group for over two years. Marc personified leadership. Even though Marc is one of the advanced players, Marc always was available to all

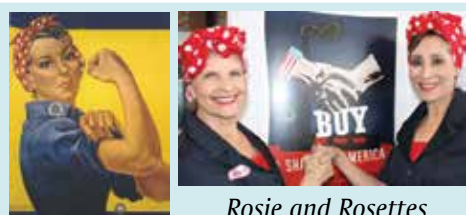
players. Marc is a great asset to the table tennis club.

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



Tap Company

“Remembering Rosie,” the next smash hit by the Lincoln Hills Tap Company, celebrates America’s “We Can Do It” spirit. You’ll meet Rosie the Riveter, her friends and coworkers at Peterson Aircraft Company. Then we’ll recreate a War Bond Rally, like those massive events held in the 1940s to raise money to fight the enemy. Americans attended these star-studded events where they enjoyed the music and entertainment and were



Rosie and Rosettes

encouraged to buy war bonds and stamps. Our dancers and singers will entertain the audience while encouraging the purchase of war bonds and stamps. In the spirit of this year’s show, audience members who so desire will have the opportunity to contribute to the Wounded Warrior Project.

See “Remembering Rosie” at the Orchard Creek Ballroom, April 3-5. Tickets go on sale in February. It’s sure to be another sellout, so mark your calendars now to avoid disappointment.

Contact: Janet Becker 543-3493, beckerjm1962@gmail.com; Natalie Grossner 209-3804, natalie_g@msn.com



Tennis

I’d like to introduce our 2014 Tennis Group Board of Directors:

- President – Greg Burke
- Finance – Carol Vasconcellos
- Communications – Linda Burke
- Tournaments – Bob Sanguinet
- Social – Linda Mateer and Linda McDermott

The election for our new board of directors was held electronically and was approved by a majority of our members.

Our new webmaster is Jack Ryder. We’d

like to thank the new board and all the other volunteers for their willing service to our club.

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

Please note: Social Drop-in is held every Wednesday and Saturday from 9:00 to 11:00 AM. Drop-in is open to all residents of Lincoln Hills.

Contacts: Linda Burke 209-3463, lov10s8@aol.com; Greg Burke 316-3054, burkegbp@aol.com
Website: http://sclhtg.com



Vaudeville Troupe

Well, we did it again! Our January 10-11 Vaudeville Show was another smashing success. It included our Tribute: Music of the 50s and 60s along with our Mini-Tribute to Elvis! We had a “Sold-Out” Theater for all 4 shows and the audiences were treated to our consistent top-notch “Entertainment Extraordinaire”!! As usual, there were tons of laughs, fabulous songs and some great



Marina and her puppet, Bessie Lou, hope you enjoyed the January Show!

new comedy acts and production numbers for some high energy excitement! Thank you all again for your continued support and confidence in our Troupe! Stay tuned for future show information!!

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



Veterans

Louis Conter, one of 13 known remaining USS *Arizona* crew members to survive the Japanese attack on Pearl Harbor, will be

the featured speaker at the January 16 general membership meeting at 1:00 PM in the P-Hall (KS).

The most heavily damaged of all the vessels in Battleship Row, the *Arizona* suffered three near-misses and four direct hits from 800-kg bombs. The resulting massive explosion rendered her a total loss and to this day the ship remains where she sank, a tomb for 945 men who died with her.

Contact: Malcolm Singer 645-8553, singerfamily1@me.com
Website: lhvets.org.



Water Volleyball

Happy New Year everyone! If you made a resolution to get more exercise, water volleyball is the perfect solution. It’s good exercise and a lot of fun, but it’s not too strenuous for aging joints and muscles. Water volleyball is open to all residents of any skill level. There are now up to six sessions available weekly. We have open play as well as competitive (advanced) play. Training is also available monthly.

Our annual Christmas party was a lot of fun with great food and entertainment. We also welcomed our new Steering Committee members for 2014: Pauline Baccelli, Claudia Bernt, Mark Forry, and Bob Forster. Thank you to outgoing members John Cordone, Jim McDonald, and Phil Savio.

Play available (KS):
Open Play (all levels): Saturdays 9:00 AM; Mondays, Wednesdays 5:30 PM.
Advanced Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:30 PM.

Training: Third Mondays 5:30 PM.
Contacts: Steve Parke 543-0067, stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net
Website: www.lincolnsuncity.org/residents



West Coast Swing

Happy New Year, may you soar into the new year filled with health, happiness and prosperity, and lots of dancing — hope it’s the best year yet!



John & Chris Geist dancing at our holiday party

We are currently working on our calendar for 2014, and are planning another action packed year - calendars will be available soon. If you would like a copy, just send us an email.

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

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

Group Leader John Russell and Steering Committee members, Harvey Moss, Richard Madsen, 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 kabit... visitors are always welcome!

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

Contact: John Russell 543-6091, je_russell62@hotmail.com
Website: www.SCLH Woodcarvers.blogspot.com



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 also focus on developing friendships. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and large support library are also available for members.

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



Writers

The SCLH Writers Group met on December 9 for elections for the 2014 leadership which will be: President, Bev Brannon; Vice President, Jim Fulcomer; and Secretary, Linda Lucchetti.

Is writing one of *your* New Year's Resolutions? 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. If you have an inkling to write in 2014 or to complete your writing, please join us!

Contacts: Bev Brannon 434-6780, bevbrn49@aol.com; Linda Lucchetti, linnluu@aol.com

Authors & Writers Resource Group

The A&W Resource Group would like to wish each of you a healthy, prosperous 2014. Our group was busy during 2013, learning about editing, formatting, publishing and marketing. Four of our members reached their publishing goal in 2013 (Irene Douglass, Quentin Grady, Leo Craton, and Linda Bello-Ruiz). Other members are on the road to publishing in 2014.

We are a group of SCLH residents who are passionate about writing. We meet monthly over coffee and cookies to talk about and share our experiences in taking a manuscript from a "completed" form (sitting on our computers or in a desk drawer) to book form. There are all kinds of avenues to reach that goal – some good and some not so good. We can help *you* move around your obstacles and reach *your* goal in 2014. Let us help you graduate from being a "writer" to becoming an "author."

Contact Linda Bello-Ruiz for date/time/place of meeting.

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

In Memoriam

Bernt T. Sween

Born in Norway, "Trig" came to this country at age five. He served in the Marine Corps and in the Okinawa Invasion. After discharge, he reinlisted and was recalled to active duty. He retired in 1975 as a Colonel. Trig was employed by Lockheed in Sunnyvale for 27 years and he regularly donated blood at Stanford. He also enjoyed woodworking. Trig and his wife, Mary, of 63 years have a son, daughter-in-law, two grandchildren and two great-grandchildren. He will also be missed by many friends.

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.

Neighborhood Watch

Continued from page 21

tors and Mail Box Captains. They fill in the vacancies in their assigned areas.

Board members are currently looking for volunteers for Mail Box Captains in many Villages, and Village Coordinators in 8A, 8B, 11, 14, 16B, 22A, 24A, 24C, 30C, and 32A. Some of our current volunteers have adopted additional Mail Stations or Villages.

The Board has approved six new workshops for Mail Box Captains and Village Coordinators. They will be on February 28, March 28, May 23, June 27, August 22, and October 24 from 2:00-4:00 PM, (except March 28 from 6:00-8:00 PM).

Please see page 32 for some new year's suggestions.

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

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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.

AARP

Get Ready for the 2014 Tax Season! AARP Tax-Aide volunteers are ready to assist you! This joint IRS and AARP Foundation administered program is staffed by volunteers from Lincoln who are trained in preparing income tax returns. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board. This service will be available by appointment only this year at Lincoln City Hall, third floor, 6th and "F" Streets. Beginning January 16, people can make appointments by calling 878-6249. The Intake/Interview Sheet is required of all clients, and may be downloaded or completed online from www.irs.gov by entering Form 13614-c under Forms and Publications search box and pressing enter, then clicking on the form. The form is available in the City Hall lobby, in the rack under the agenda cabinet in the Orchard Creek Lodge lobby, and in the Kilaga Springs Lodge Library.

Glaucoma Support Group

The Glaucoma Support Group will meet on February 12, at 4:00 PM in the Multimedia Room (OC). If you have Glaucoma or a family member is living with Glaucoma, please join us for our discussions. More info: Bonnie Dale, 543-2133.

Grief Recovery Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life. A new group starts Tuesday, February 11-May 6 from 9:30-11:30 AM at Granite Springs Church, 916-645.9620. Contact: Cheryl Edwards, 505-5777 or LincCa.GS@gmail.com.

You are invited to attend...

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

- Friday, January 17** • 10:00 AM: Acupuncture Medical Center—Workshop, Gables (OC)
Thursday, January 23 • 10:00 AM: Living Trust Seminar, Oaks (OC)
Saturday, February 1 • 11:00 AM: Gold City Jewelers Gold Buy, Heights (OC)
Tuesday, February 11 • 6:30 PM: Spinal Aid Center Presentation, Heights (OC)

Italian Club (LHIC)

Felice anno nuovo. Happy New Year! The LHIC closed out 2013 with an enjoyable holiday dinner dance for more than 140 members and guests. Now it's time to look ahead to the many activities planned for 2014. The first event of the New Year -- the annual Crab Feed, takes place Friday, January 17, at the McBean Pavilion. The "Membership Matters" campaign continues to draw new members. Plans are now underway for a 'Welcome Mixer' February 5, from 2:00-5:00 PM at the Solarium Room (OC). On February 22 at Kilaga Springs Lodge there will be a lasagna dinner followed by the entertainment of comedian Tony Castle. Are you a SCLH resident of Italian heritage? Join us for fun and friendship. More about the club and the variety of events planned for 2014: www.lhitalianclub.org or contact Marie Berleghi, membership chair, 543-3731.

Lincoln Democratic Club

Betty Williams, immediate past President of the Sacramento NAACP branch, will be the guest speaker at the January 16 meeting of the Lincoln Democratic Club. There will be a presentation and discussion concerning Voter Suppression. The meeting will begin at 6:45 PM in the Kilaga Springs Lodge. The public is invited. Questions: June Paquette, 408-2263.

LH Foundation: Bingo

New Year's Bingo. Reserve the date of Wednesday, January 22 for fun, fellowship and a rousing afternoon of Bingo in the Ballroom (OC). Presented by the Lincoln Hills Foundation. Cash and door prizes will be given away. All proceeds go to aid Lincoln area seniors. Doors open at 12:30 PM. The fun starts at 1:00 PM. Get your friends and neighbors together at one table by calling Vern Chong at 408-0306.

Or visit our website at lincolnhillsfoundation.org for a special bingo promotion.

LH Parkinson's Disease Support Group

The LHPDSG meets every third Tuesday in the Lincoln Raley's conference room at 10:00 AM. Newcomers are welcome. More info: Sharon, 408-4869. Today our group met at the Lincoln Chinese Restaurant for an informal luncheon. Fourteen members enjoyed a delicious lunch that included sweet & sour pork, shrimp & walnuts, and of course steamed white rice and hot tea. We welcomed newcomers Bob & Peggy Blakeley to the group. Thank you George & Betty Chiang for spearheading the event. My fortune cookie note says, "Do not rush through life, pause and enjoy it."

LH Travel Group www.lh-travelgroup.com

The next meeting is Thursday, January 16, 7:00 PM (KS). Guest presenter: Collette Vacations District Sales Manager, Jay Fehan. You don't have to be a member to attend our meetings. Friends and family may join our trips. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@

Continued on page 43

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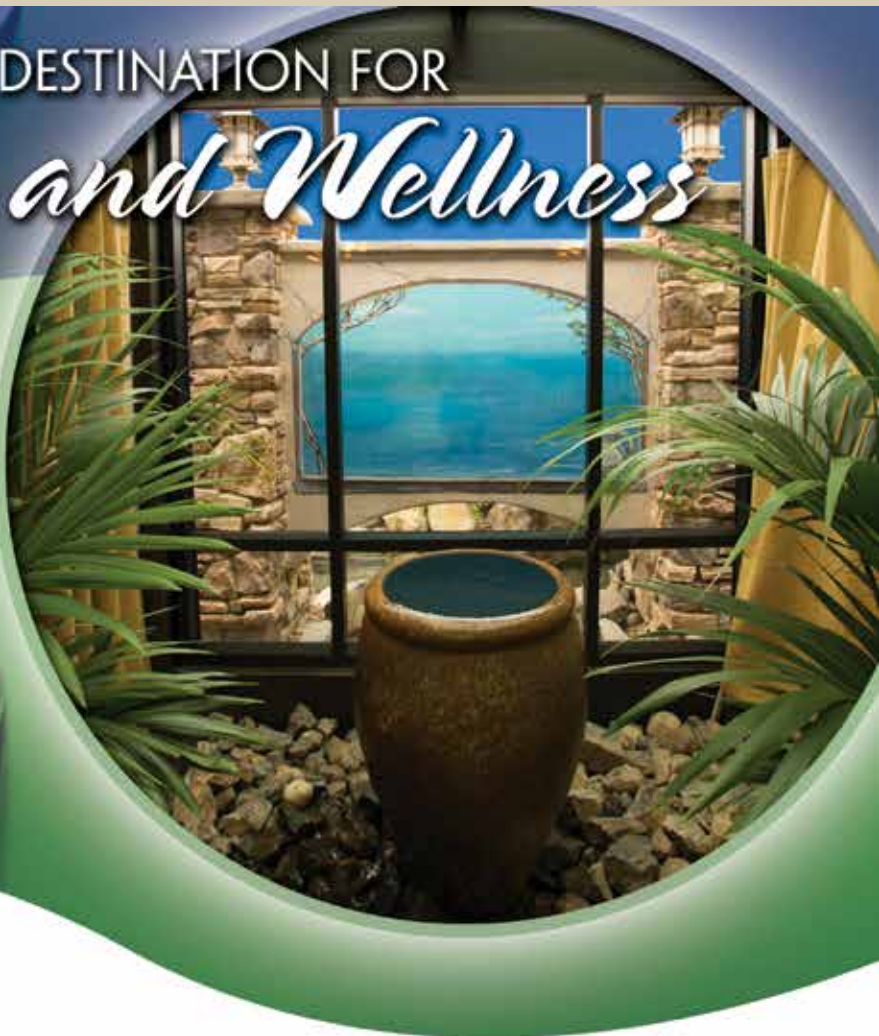


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Dates and Locations:

Nevada County: Saturday, January 18th - 9-11 a.m. (8:30 a.m. check-in)
Holbrooke Hotel, 212 W. Main St., Grass Valley

Sutter County: Saturday, January 25th - 10 a.m.-12 p.m. (9:30 a.m. check-in)
Sutter Surgical Hospital - North Valley, 455 Plumas Blvd., Yuba City

Sacramento County: Saturday, February 1st - 9-11 a.m. (8:30 a.m. check-in)
Sutter Cancer Center, 2800 L St., Sacramento

Placer County: Saturday, February 8th - 9-11 a.m. (8:30 a.m. check-in)
Sutter Roseville Medical Center, 1 Medical Plaza, Roseville

Solano County: Thursday, February 13th - 6-8 p.m. (5:30 p.m. check-in)
Sutter Fairfield Surgery Center,
2700 Low Ct., Fairfield

Refreshments will be provided.



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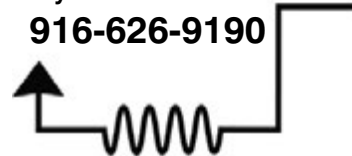
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Continued from page 39
att.net; Louise Kuret 408-0554, lkuret@
sbcglobal.net; Judy Peck 543-0990,
judyp@starstream.net

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.

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 winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Residents interested in rifle or pistol shooting can contact each other through our group. Membership is free. Contact: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net.

Community Perks

New Resident Orientation Wednesday, January 153 — Free

Designed for all new homeowners to meet new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. Solarium. Light refreshments. No RSVP required.



tine date! Starring Steve Carell and Tina Fey. Doors open 1:00 PM for 1:30 PM screening.

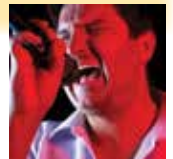


KS at the Movies: "Date Night" Monday, February 3 — Free

PG-13, 88 minutes. Comedy/Crime/Romance. Make it a Valen-

Music Group Sponsored "Open Mic Night" Friday, February 28 — Free

6:00-8:30 PM, sign-ups starting at 5:30 PM. Musicians and music lovers are invited to join the fun. Audience participation is encouraged and appreciated; no karaoke.



Second Cup of Coffee "Swan Song"

Did you know that the Second Cup of Coffee Group has dissolved its organization effective November 18 after 13+ continuous years?

The current Management Team, Judy Peck — Chair, Denny Valentine, Mike Cox, Lillian Nawman, Sonya Woods and Emeritus Chair Wolf Oplesch organized a Special "End-of-Season & Good-bye" Meeting Monday, November 18 at the P-Hall (KS). At the entrance, an unusual door-ticket entry was established with catered free coffee. Vic Freeman's introductory yodel blasted the 100+ attendees for the last time! The short business section involved vetting five new SNORE (senior non-official retired executive) alumni for



Bill Laws speaking,
Wolf Oplesch
holding the mic

their services with a certificate. Of the historical 25 SNORE alumni, more than 12 attended. Bill Kichin, Forrest Funk and Rita McPeak were chosen to present a few minutes representing all their alumni memorable words and memories. Founder Bill Laws spoke with Wolf holding the mic as to why and how the group started, followed by Bill Richardson, our traditional kick-off traditional January speaker for eight years who reminded all that this session will continue as a Community Forum, and finally resident Jack Fabian presented a keynote soliloquy "Old People Are Funny" creating a few needed laughs.



Bill Richardson

Finally, Lillian and Judy concluded the program. They confirmed that the steering committee had agreed to deplete remaining funds in the form of ten \$25

gift certificates for all HOA activities including Food & Beverage service to be awarded to ticket holders. In 15 minutes, ten attendees enjoyed the rewards, and everyone was ready to say goodbye!

The mission of the Second Cup of Coffee was real: meet neighbors; enjoy speakers' topics and participate in Q&A; and simple organization. When Community Forums became popular during the last three years, a required leadership change to direct this group's continued efforts was voted upon; a new chapter became clear — exit with pride supporting similar efforts, enjoy the memories and use remaining funds within the Association for our members.



Jack Fabian

Goodbye! And Thank-you!

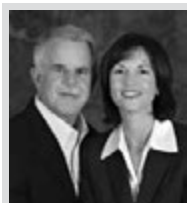
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Entertainment

—Club Performance—

The Players Group Presents “The Odd Couple”

Wednesday, March 5 — 7:00 PM Show — 5205-01A

Thursday, March 6 — 7:00 PM Show — 5205-01B

They're back! That famous two-some: Felix and Oscar in Neil Simon's funniest comedy *The Odd Couple*. The Lincoln Hills Players Group brings a fresh, fast-paced, laugh-a-minute production of this beloved play to the Orchard Creek Ballroom in March for two performances only. We suggest you hop on it and get your tickets now! Ballroom (OC). Shows at 7:00 PM. For those who do not like standing in line prior to the concert, Premium Reserved Section Seating available at the Activities Desks and online, \$16. General admission \$12.



—Comedy—

Comedy Night at KS: Steve Barkley

Tuesday, February 18

6:00 PM performance — 5218-12A

8:00 PM performance — 5218-12B

Chicago Steve Barkley is a 30-year veteran of stage and screen, winning the First Place \$10,000 prize on America's Funniest People. Traveling the globe with his hilarious brand of comedy and sound effects, he has opened for Ray Charles, Neil Young, Herbie Hancock, and many others. Steve has shared the stage with Jerry Seinfeld and Robin Williams, and his television credits include: Showtime's Comedy Club Network, A & E's Evening at the Improv, and ABC's Foul Ups, Bleeps and Blunders. Residents enjoyed Chicago Steve during his appearance in early 2012. P-Hall (KS). General admission \$12.



—Concerts—

SuperHuey Concert

Thursday, January 16 — 5216-11

The heart of rock 'n' roll is still beating! Huey Lewis and the News have carried the banner as the quintessential American rock band, endearing them to millions of fans. With a nearly unbroken string of hit songs, their music became the sound track for a generation. During the 1980's and early 1990's they scored a total of 19



top-ten singles across the Billboard Hot 100, Adult Contemporary, and Mainstream Rock charts. SuperHuey is the ultimate Huey Lewis tribute experience with an eight-piece band that has exploded across the United States thrilling audiences of all ages at fairs, festivals, arenas, sporting events and showrooms. Their super high-energy faithful renditions of feel-good music will take you back in time with: “The Power of Love,” “Heart of Rock ‘n’ Roll,” “Hip to be Square” and “Workin’ for a Livin.” Ballroom (OC) 7:00 PM. For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$22. General admission \$19.

“Hollywood” with Franc D’ Ambrosio

— A Broadway Concert

Tuesday, January 28 — 5228-11

We bring back Broadway's longest running “Phantom,” Franc D’ Ambrosio, with his Broadway show “Hollywood,” featuring music from the 50's and 60's silver screen. Best known for his portrayal in Andrew Lloyd Webber's Tony Award-winning Musical, “The Phantom of the Opera,” he was awarded the distinction as the “World's Longest Running Phantom” which he has retained for over a decade. Discovered by Francis Ford Coppola as Anthony Corleone in Godfather III, Franc was accepted by legendary tenor, Luciano Pavarotti, to study with him at his home in Italy. A varied and noteworthy career began with multiple nominations from highly respectable award-giving bodies. Franc tours extensively throughout the United States, Europe and South America and comes back after his holiday show in 2012 to wow you with the tunes of Hollywood. Featured at famed Razz Room in San Francisco, don't miss this amazing performer. Ballroom (OC) 7:00 PM. General admission \$20.



KS Music Night Presents “In the Spirit of John

Lennon” with Drew Harrison

Thursday, February 6 — 5206-12

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



Continued on page 46

The Saxophobia Quartet Tuesday, February 25 — 5225-12

Take a musical journey and gain a rare glimpse at some of the most unusual saxophones ever made as you enjoy a tribute to the legendary artists who gave the sax its unique voice in jazz. Rob Verdi's "Saxophobia" Quartet will bring over ten different instruments to our stage for an up-close view of a tiny curved soprano (smallest sax in the world), slide sax, connosax, plastic alto, straight tenor, and even a six and a half-foot tall contrabass saxophone. With piano, bass and drums, the program will explore classic jazz melodies associated with this musical instrument. Hear sax selections of "Yakety Sax," "Tequila," and "Pink Panther," with history and perspective about the sax. Rob has been a featured soloist with the Phoenix Symphony and performs with the Disneyland Resort house jazz band, Side Street Strutters. Rob's 2011 performance left residents in awe, so don't miss this return engagement! Ballroom (OC) 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$20.** General admission \$16.



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

With her most recent role of Mrs. Hannigan on Broadway, Tony Award winner Faith Prince dazzles audiences as she moves between theater, live performance, television and movies." An opening medley from "Guys & Dolls," "The King & I" and "Bells Are Ringing" is followed by gems like "Little Shop of Horrors" and "Scrambled Feet." Faith, serves it up with dollops of her quirky humor. She has been astounding Broadway audiences since winning the Tony, Drama Desk and Outer Critics Circle Awards for her performance as "Ms. Adelaide" in "Guys & Dolls." Other Broadway credits include "The Lit-



tle Mermaid," "Nick & Nora," "Little Me," "The Dead," Noises Off and "Billy Elliott." Faith currently recurs on Lifetime's hit series "Drop Dead Diva" as Brooke Elliott's mother Elaine. She works often with The Boston Pops, Utah Symphony, Cincinnati Pops and Philly Pops, and recently starred in The Orlando Philharmonic's concert version of "Sweeney Todd." Ballroom (OC), 7:00 PM. **Premium Reserved Section Seating \$23.** General admission \$19.

KS Music Night Presents Martini Crush Monday, March 3 — 5206-01

Jazz is back! Martini Crush brings classic renditions of jazz favorites from the 30's, 40's, and 50's, cool bossa novas from the 60's, dreamy romantic ballads and straight-ahead instrumentals, all mixed together with cocktail-induced swing versions of popular songs from the 90s. The trio includes piano, saxophone and vocals with Kacey Kamrin. A gifted vocalist, Kacey is blessed with an engaging style reminiscent of many legendary jazz singers. Its 5:00 PM somewhere... so join us to relax and enjoy a night with Martini Crush. P-Hall (KS), 7:00 PM. General admission early registration discounted rate January 17-February 14, \$14. After February 14, \$16.



—Shows—

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

The art of circus and the heart of Big Apple performance comes together to create a contemporary circus extravaganza and aerial show. Joshua Dean and Ben Franklin are "Two To Fly," showcasing a variety of circus arts including solo and duo trapeze, aerial fabric, rope, spanish web, lyra, duo acrobatics, cube spinning,



Reminders

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

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

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

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

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

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

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

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

and more. Dean and Franklin are a seasoned performing team having toured the world in various forms of performance from Broadway to Dance Companies to Cirque-style entertainment. They have performed alongside celebrity artists such as Kelsey Grammar, Brian Dennehy, Patrick Cassidy and in world-renowned venues such as Lincoln Center, Boston Center For the

Arts and most recently aboard Norwegian Cruise Lines. Don't miss this production as it takes flight to provide a one-of-a-kind night of entertainment with a few Valentine's inspired elements. Ballroom (OC), 7:00 PM. **For those who do not like standing in line prior to the concert, Premium Reserved Section Seating \$24.** General admission \$20.

Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Red Hawk Casino

Tuesday, January 28 — 1942-11

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our guests a \$15 gaming credit or \$20 in match play. Be sure to bring your personal identification to receive your Rewards Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$23. RSVP ◆◆ Now.



Newly Remodeled! Colusa Casino

Thursday, February 20 — 1950-12

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



Off to the Races

Thursday, March 27 — 1846-01

Time for spring horse-racing at Golden Gate Fields next to the San Francisco Bay! Enjoy the heart-pounding intensity of live horse racing and relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. 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 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. \$69. RSVP ◆◆ by 2/15.



—Fair/Festival—

Chinese New Year — San Francisco

Sunday, February 16 — 1921-11

Come celebrate the Year of the Horse in San Francisco's Chinatown. Enjoy a Chinese family-style lunch at The Garden Restaurant followed by a short walk to the largest Buddhist church in America, Buddha's Universal Church, for a performance of "A Tangled Web We Weave." Set



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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Cost: \$532 per person double occupancy. \$840 single.

Code: 1972-11

FOR COMPLETE DETAILS, SEE ARTICLE ON PAGE:

For more info: www.YosemitePark.com/Plan-Your-Visit.aspx



Tickets available at Activities Desk (OC/KS) and online, www.suncity-lincolnhills.org/residents "Lifestyle Online"

in ancient China in Professor Ming's mansion, enjoy humorous wit in bilingual prose and song, graceful dance and an elaborate traditional Chinese wedding! The Chinatown Community Street Fair will also be in full-swing, you'll be given free-time to peruse. Be aware streets will be crowded. Depart OC 9:00 AM, return ~ 8:00 PM. \$63. RSVP ♦♦ Now.

—Food/Wine—

Ironstone Winery Thursday, April 3 — 1810-01

Enjoy a spring tour of Ironstone Winery in Murphys built in the style of a 19th century gold stamp mill, with antiques and gold mining artifacts on display throughout the grounds. Tour the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and fourteen acres of spectacular flower-filled, manicured gardens on a natural lake. See the Alhambra Music Room with the artfully restored Theatre Pipe Organ, plus the Heritage Museum and Jewelry Shoppe which features a magnificent 44-pound Crystalline Gold Leaf Specimen — the largest in the world! Our day will start with tasting and canapés in the culinary center to follow with lunch, tour & free time. **Menu:** Grilled Chicken Breast with Basil Pesto Sauce, Roasted Yukon Gold Potatoes & Fresh Vegetables, Green Salad, Bread & Butter, Chef's Choice for dessert. (Vegetarian upon request at registration.) Leave OC at 8:30 AM, return ~ 6:30 PM. \$73. RSVP ♦♦ by 2/15.



—Museums—

Crocker Art Museum Tuesday, February 25 — 1760-11

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



deYoung Museum: Modern Nature — Georgia O'Keeffe and Lake George Thursday, March 13 — 1764-12

From 1918 until the early 1930s, Georgia O'Keeffe lived for part of the year at a 36-acre property situated just north of Lake George Village, along the western shore of this 30-mile

long glacial lake in the Adirondack Mountains. Despite the fact that the Lake George work was critical to Georgia O'Keeffe's development of her signature style of modernism and abstraction, this is the first major exhibition and publication devoted to this period in her career. You'll also have the opportunity to enjoy the exhibit "The Bay Bridge: A Work in Progress, 1933–1936." For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:15 AM, return ~ 6:00 PM. \$60. RSVP ♦♦ Now.



—Performances—

Blue Man Group — Broadway Sacramento Tuesday, March 11 — 4530-06D



The largest performing arts event in the capital will thrill Sacramento with Blue Man Group, a high-octane theatrical experience. Escape the ordinary and surround yourself in an explosion of comedy, music, and technology. Three blue-painted men create music, art and hilarity in unusual ways in this unique, long-running show. Mostly visuals, music and action, rather than words or a plot. If you've never seen Blue Man Group, it's a must-see. If you're already a fan, you won't want to miss it. All performances held at Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$78 each.

Peter & the Starcatcher at Harris Center Folsom Wednesday, March 26 — 4550-12

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



Ring of Fire — Eldorado Hotel & Casino Wednesday, April 9 — 1777-01

Ring of Fire, is a musical based on the music of American singer-songwriter Johnny Cash. The production, while not a biography of Cash, uses 38 of his songs to celebrate the es-

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sence of an American experience. These iconic songs tell stories of a hard life lived in the heartland, about love of partner, family, home and land. Featuring a cast of six principles paired off to make three couples at various stages of Johnny and June's life, the Cash lyrics conjure life experiences that are then applied to the characters. "Ring of Fire" includes some of Cash's most beloved songs such as "Ring of Fire," "I Walk the Line," and his final hit, "Hurt." Arrive with plenty of time for gaming and an included buffet dinner (*gratuity included*) prior to the 7:00 PM show. Leave OC at 12:00 PM, return ~ 11:00 PM. \$83. RSVP ♦♦ by 2/15.



Alasdair Fraser & the SF Scottish Fiddlers at Harris Center Folsom

Wednesday, April 16 — 4580-01

Picture a stage with 50 fiddlers backed by piano, drums and guitars, projecting a sound as lively as a dance band, as majestic as a symphony orchestra; a group that creates a raucous sampling of authentic music from Scotland. Founded in 1986 by Master Scottish Fiddler Alasdair Fraser, the group honors the ability to play by ear and be enough in the moment to follow spontaneous changes of direction during performances! They don't sound as brash as bagpipes, but the massed San Francisco Scottish Fiddlers are an experience not to be missed. Wear your kilt! Depart OC at 6:00 PM, return 11:00 PM. \$52. RSVP ♦♦ by 2/7.



Pippin — Golden Gate Theater, San Francisco

Wednesday, October 15 — 4550-01

"Pippin" tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory? Direct from Broadway, "Pippin" is the 2013 Tony Award winner for Best Musical Revival. This captivating production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Join us for a magical, unforgettable new "Pippin". Following the 2:00 PM performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Bring your own lunch to eat en route to theater. *Due to vendor deadlines, trip must meet minimum of 41 by Thursday, February 20 or it will be canceled.* Leave OC 10:45 AM, return ~ 9:45 PM. \$121. RSVP ♦♦ by 2/7.



—Shopping—

San Francisco Day Trip — Westfield Galleria

Wednesday, February 12 — 1841-12

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



—Sports—

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

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



Oakland A's

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



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

River Cats

The River Cats are the Oakland A's AAA farm team with up and coming future stars! We have four River Cats games to enjoy at beautiful Raley Field in West Sac-



Continued on page 52

ramento. We've moved our seats one section closer to home plate in Senate Box 111 with two day games this upcoming season! *Please note departure & game times listed with each game.*

- **River Cats vs. Salt Lake Bees (Los Angeles Angels)**
Tuesday, May 13 — 6271-01A
\$42. Depart OC 10:30 AM (12:05 PM game time).
Return 4:30 PM.
- **River Cats vs. Iowa Cubs (Chicago Cubs)**
Monday, June 16 — 6271-01B
\$42. Depart OC 10:30 AM (12:05 PM game time).
Return 4:30 PM.
- **River Cats vs. Fresno Grizzlies (San Francisco Giants)**
Tuesday, July 1 — 6271-01C
\$42. Depart OC 5:30 PM (7:05 PM game time).
Return 11:30 PM.
- **River Cats vs. Albuquerque Isotopes (Los Angeles Dodgers)**
Friday, August 1 — 6271-01D
\$42. Depart OC 5:30 PM (7:05 PM game time).
Return 11:30 PM.

San Francisco Giants

We're moving on up to Club Level seats for the 2014 season! Club level gives you extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits and a nice carpeted walk over to McCovey Cove if you desire to check out the rest of the stadium and private escalator access and elevator. Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Based on your feedback, we are also going to depart earlier from the Lodge to allow time to watch pre-game festivities. *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. See individual games for departure and pricing. RSVP ♦♦ by 2/15.*



- **Giants vs. Los Angeles Dodgers**
Thursday, April 17 — 6280-01A
Seats located in Club Level 230, \$110.
Depart OC 9:00 AM (12:45 PM game time). Return 7:00 PM.
- **Giants vs. Chicago Cubs**
Wednesday, May 28 — 6280-01B
Seats located in Club Level 230, \$110.
Depart OC 9:00 AM (12:45 PM game time). Return 7:00 PM.
- **Giants vs. St. Louis Cardinals**
Thursday, July 3 — 6280-01C
Seats located in Club Level 230, \$128.
Depart OC 9:00 AM (12:45 PM game time). Return 7:00 PM.

- **Giants vs. Los Angeles Dodgers**
Sunday, September 14 — 6280-01D
Seats located in Club Level 231, \$128.
Depart OC 9:15 AM (1:05 PM game time). Return 7:15 PM.

Overnight & Extended Travel

**Overnight Casino Adventure — Graton & Cache Creek!
Monday, April 28 to Tuesday, April 29 — 1970-01**

Many have asked for a visit to the new Graton Casino in Rohnert Park, and we've arranged not only for a visit, but an overnight stay at the nearby Rohnert Park Best Western Inn with breakfast included! *Dinner on your own from many restaurant choices at the casino.* On the way home we will stop at another highly requested casino, Cache Creek, for more gaming and lunch on your own. *Graton Casino Bonus:* Option of \$10 free play or \$15 match play. *Cache Creek Bonus:* Option of \$10 free play or \$20 match play and \$5 food credit, plus any additional casino promotions for the month of April. Leave OC 9:00 AM, Monday, April 28, return Tuesday, April 29 ~ 5:00 PM. *A signed liability waiver is required for each participant.* \$125 per person double occupancy. \$178 single. RSVP ♦♦ by 2/15.



**Three days, two nights! Yosemite — Stay in the Park
Tuesday, September 9
to Thursday, September 11 — 1972-11**

Join Katrina, your Trip Coordinator, and experience the grandeur and beauty of Yosemite with a two-night, three-day stay in the park! We'll be staying at Yosemite Lodge at the Falls in the heart of the park ideal for exploring the valley. There will be a stop in Mariposa on the way in for lunch on your own and free time to explore many historical sites and unique stores. On the first night, enjoy an included welcome Italian Buffet Dinner, and an evening ranger talk at the Lodge amphitheater. Second day is a free day for exploring on your own the amazing sights and sounds the park offers. Yosemite Valley has a wide range of walking and hiking possibilities, easy to very strenuous. Take a Grand, Glacier or Valley Floor Tour, rent a bike, go mule or horseback riding, ranger nature walks & talks, Yosemite Art Center workshops, fishing, and much more! All meals except for welcome dinner are on your own with many dining options at the park or enjoy that special meal at the Ahwahnee Hotel and maybe even a historic tour of the property. On our way home, we will stop at historic Groveland for lunch on your own. Check out the infamous Iron Door Saloon, said to be California's oldest continuously-operating saloon. There are scheduled rest stops included in this trip. For more park information,



Continued on page 55

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day, September 9, return LH Thursday, September 11 ~ 6:00 PM. A signed liability waiver is required for each participant. \$532 per person double occupancy. \$840 single. RSVP ♦♦ Now. Due to vendor deadlines, this trip must meet a minimum of 37 sign-ups by March 3 at 12:00 PM or trip will be canceled.

Sold Out Trips thru February 20

Trip • Date • Departure Time

- Sun City Snow Train — Thursday, January 23, 10:30 AM
- Flashdance Bus #1 & Bus #2 — Tuesday, February, 4, 6:45 PM
- Swan Lake — Wednesday, February, 5, 12:30 PM
- Speaker Series — Judy Smith — Tuesday, February 18, 6:45 PM



Activities Department Classes



Betty Maxie
Lifestyle Class Coordinator
betty.maxie@sclhca.com

Art

—Drawing—

Beginner Drawing

Thursdays, February 13-27 — 132214-01

9:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques as well as developing your sense of design. Drawing is about observing. Learn how to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction provided by the teacher. Artist Michael Mikolon is an accomplished Artist and Owner of 12th & S Art in downtown Sacramento teaching and running figure drawing sessions. He lives in California as a full-time artist with a focus on landscape and figure. Request supply list at registration. RSVP ♦♦ by 2/6.



—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry

Mondays, February 3-24

9:00-11:30 AM Class — 105114-01

Or 1:30-4:00 PM Class — 105214-01

(OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. **New students:** Ask for supply list at registration. *About the instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP ♦♦ by 1/27.



Paint Your Vision in Oils or Acrylics

Wednesdays, February 5-26

9:00-11:30 AM Class — 113114-01

Or 1:30-4:00 PM Class — 113214-01

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance the students' understanding and implementation of these techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the



Continued on page 56

United States. For more information, visit her website at www.artistmarilynrose.com. Call Marilyn at 409-0397 with any question, and ask at Activities Desk (OC/KS) for suggested supplies list upon registration. RSVP ♦♦ by 1/29.

—Watercolor—

Beginner Watercolor Painting
Thursdays, February 6-27 — 132114-01

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. In this beginner class, we will focus on materials and painting techniques as well as developing your sense of color: looking into the basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss the master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos will be performed weekly showing how to use the medium first hand with one-on-one instruction provided by the teacher during the class. Artist Michael Mikolon is an accomplished Watercolorist and owner of 12th & S Art in downtown Sacramento. Request supply list at registration. RSVP ♦♦ by 1/30.



Ceramics

—Lladro—

Spanish Oil Painting
Wednesdays, February 5-26 — 206114-01

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Barbara Bartling. This is a beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics by painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines are available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP ♦♦ by 1/29.



Lladro Workshop
Wednesdays — Ladd3

1:00-4:00 PM (KS). \$12 per session. Moderator: Barbara Bartling. Drop-in sessions for Lladro hobbyists who can work independently. Workshop is not for beginners and does not provide moderator instruction. Workshop is held in conjunction with the ongoing Lladro class. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

—Pottery—

Beginning/Intermediate Ceramics
Tuesdays, February 4-25 — 212114-01

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. An introductory class for residents who have never worked with clay and continuing students who want to further develop skills the class program of basic hand-building and teach wheel throwing techniques. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at the first meeting for future classes. RSVP ♦♦ by 1/28.

Advanced Ceramics
Tuesdays, February 4-25 — 212214-01

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with 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 1/28.



Ceramics — All Levels
Thursdays, February 6-27 — 221114-01

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter’s wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve their goals on any project they choose. Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. **New students:** Ask for supply list when you register. RSVP ♦♦ by 1/30.

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

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

Continued on page 59



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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 Desks. Registration for drop-in sessions is only available within the hour prior to class start.

Crafts

—Card Making—

Intro to Card Making 101

Tuesdays, February 4-25 — 317114-01

9:00 AM-12:00 PM (KS). \$38

(four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started -- well, then this class is for you! This class will teach you all of the “ins and outs” of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three hour class. Class size is limited, sign up early to reserve your space. All supplies will be provided. RSVP ♦♦ by 1/28.



Card Making Level 2 — Intermediate

Tuesdays, February 4-25 — 317414-01

1:00-3:30 PM (KS). \$38 (four sessions). Instructor: Dottie Macken.

Prerequisite: Completion of at least three-to-four months of Intro to Card Making 101, not a beginner, or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. Class size is limited, sign-up early to reserve your space. All supplies will be provided. RSVP ♦♦ by 1/28.



Card Making Level 3 — Intermediate-Advanced

Mondays, February 3-24 — 317214-01

Or Fridays, February 7-28 — 317224-01

9:00 AM-12:00 PM. Mondays (KS), 8:45-11:45 AM. Fridays (KS). \$38 (four sessions) each class. Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two, or have instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines and dies, much more. This is a fun three-hour class, and all of the supplies and equipment will be provided for you. Class size is limited, sign-up early to reserve your space in the class. All supplies will be provided. RSVP ♦♦ by 1/27 or 1/31.

New Class! Card Making Workshop Punch-Ins: Stamps with an Added Punch

Wednesday March 12 — 317514-01

9:00-11:00 AM (KS). Instructor Shirley Rainman. \$20. In this two-hour workshop, you will use the Make an Impression line of rubber stamps and a variety of paper punches, to learn the simple molding and layering techniques to create paper flowers that pop with dimension and color. All the stamping and punching is done ahead so you will spend class time learning how to shape, mold and place the 3-D flowers. Come experience how fun and easy this technique really is. Instructor Shirley Rainman is from Redmond, Washington. She is owner/designer of “Make an Impression” rubber stamps. Must have basic card making skills, **not** for beginners! Please bring your Basic Card Making Kit, all other tools and supplies are provided. RSVP ♦♦ by 3/5.

—Cooking—

New Day! Cooking with Chef Roderick: Fixing Potatoes

Thursday, February 20 — 322114-01

9:00-11:00 AM (KS). Instructor: Chef Roderick.

\$18. Discover five wonderful dishes to add to your daily menu using the lowly potato. This staple tuber vegetable is a main source of carbohydrates and starch. It can be cooked in various ways and its flat taste easily complements rich tasting food as a side dish and it can transform its taste depending on the seasonings and spices you add to it. Chef Roderick will show you how to make Croquettes, Potato Risotto, Potatoes Duchess, Potato Wrapped Shrimp and Potato & Short Rib Hash. Recipes will be provided for all students and students will enjoy food demo and tasting during class. RSVP ♦♦ by 2/13.



Dance

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

—Clogging—

Beginning Clogging

Tuesdays, February 4-25 — 332114-01

10:00-11:00 AM (KS). \$28 (four sessions.) Instructor: Janice Hanzel. No new students accepted until spring 2014. Class continues to move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level clogging steps. Special attention to balance skills is part of the lessons. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP ♦♦ by 1/28.



Continued on page 61

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Easy-to-Intermediate Clogging**Tuesdays, February 4-25 — 332214-01**

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP ♦♦ by 1/28.

Intermediate Plus Clogging**Tuesdays, February 4-25 — 332314-01**

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

—Country Western Dance—**Beginner Country Two Step****Thursdays, March 6-27 — 345114-01**

6:00-7:00 PM (KS). \$20 (four sessions). Instructor: Jim Sekelsky. Two-step is a popular dance performed to Country Western music. The country and western two-step is a dance that requires a repeated step sequence. The two-step dance consists of two quick steps followed by two slow steps, or vice-versa. You can dance the two-step to either up-tempo or slow country and western music. Jim will cover the basic moves for the two-step. As a beginner, you may want to start with slower music until you master the dance sequence, and then try out your two-step with a faster beat. RSVP ♦♦ by 2/27.

Country Couples Western Dance**Beginner Level One & Two****Mondays, February 3-24 — 344214-01**

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers; also some line dances are done with partners. Instruction will be at a slower pace for beginners. RSVP ♦♦ by 1/27.

Country Couples Western Dance**Beginner/Intermediate Level Three & Four****Mondays, February 3-24 — 344414-01**

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now



it's time to add a few more steps and turns. Classes taught will be Mexican Wind and River City Cha Cha. RSVP ♦♦ by 1/27.

—Dancing with Dolly—**Ballet/Lyrical****Thursdays, February 6-27 — 353564-01**

5:00-6:30 PM, (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP ♦♦ by 1/30.

**Performance Dance****Fridays, February 7-28 — 353574-01**

2:30-4:00 PM, (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. This class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP ♦♦ by 1/31.

**—Hula—****Hula****Thursdays, February 6-27 —****390214-01**

1:15-2:15 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Continue your study of hula in this ongoing class for intermediate and advanced dancers. Variations on the basic steps plus additional steps are taught as well as performance techniques and more complex choreography. **Prerequisite:** Instructor approval required for this class. Email Pamahoa@hulaponono.com or call 521-0474. RSVP ♦♦ by 1/30.

**—Jazz—****Jazz Class for the Beginner****Thursdays, February 6-27 — 353014-01**

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class February 20). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit

Continued on page 63

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feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join me! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP ◆◆ by 1/30.

Jazz Technique 1

Saturdays, February 1-22 — 353124-01

3:00-4:00 PM (OC). \$32 (four sessions). Instructor: Melanie Greenwood. If you are a dancer, singer, or actor, this class will enhance performance skills in a fun, positive way. Have fun learning different styles of jazz dancing emphasizing proper technique. Melanie will demonstrate various dance steps to insure proper execution. For all skill levels. Melanie danced professionally across the U.S. and Canada and choreographed for such artists as Dolly Parton, Louise Mandrell, and Lucy Arnaz. RSVP ◆◆ by 1/25.



Jazz Technique 2

Tuesdays, February 4-25 — 353114-01

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Come join us! We dance to live and live to dance. RSVP ◆◆ by 1/28.

—Line Dance—

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

Intro to Line Dance

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

- **Mondays, February 3-24 — 360014-01**
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ◆◆ by 1/27.
- **Thursdays, February 6-27 — 370014-01**
4:30-5:30 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ◆◆ by 1/30.



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, February 3-24 — 370114-01**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ◆◆ by 1/27.
- **Mondays, February 3-24 — 370124-01**
6:00-7:00 PM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ◆◆ by 1/27.
- **Thursdays, February 6-27 — 360114-01**
2:30-3:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ◆◆ by 1/30.
- **Fridays, February 7-28 — 380114-01**
12:00-1:00 PM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ◆◆ by 1/31.

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, February 3-24 — 360214-01**
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ◆◆ by 1/27.
- **Wednesdays, February 5-26 — 380214-01**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ◆◆ by 1/29.
- **Thursdays, February 6-27 — 370214-01**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP ◆◆ by 1/31.

Line Dance III — Intermediate

Steps could include: *Combination Turns*, i.e., *Half Pivot* followed immediately by a *Quarter Pivot*; *Full Turns*; *Cross and Unwind* *Three-Quarter Turn Step Combination*; *Weaves with Syncopation*; *Tags and Restarts*, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, February 5-26 — 380314-01**
10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP ◆◆ by 1/29.
- **Thursdays, February 6-27 — 360314-01**
3:30-4:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP ◆◆ by 1/30.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at Sun City Lincoln Hills in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Perfor-

Continued on page 65

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mance from California State University, Sacramento, her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," showed a significant improvement in balance after completing an eight-week line dancing intervention.

• **Sandy Gardetto**

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

• **Yvonne Krause**

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



- **Thursdays, February 6-27 — 410634-01**
12:00-1:00 PM (KS) \$32 (four sessions). RSVP ♦♦ by 1/30.

Technique Classes

• **Advanced Technique Class**

Mondays, February 3-24 — 410514-01

11:00 AM-12:00 PM (KS) \$32 (four sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP ♦♦ by 1/30.

• **Technique Classes**

Tuesdays, February 4-25 — 410524-01

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 1/28.

Thursdays, February 6-27 — 410534-01

11:00 AM-12:00 PM (KS). \$32 (four sessions). RSVP ♦♦ by 1/30.

—Tap Dance—

Tap Classes with Alyson

Enjoy tap classes, make new friends, challenge your mind and body. Alyson Meador is a highly accomplished educator in the art of tap dance whose successes as a choreographer and mentor have brought her a great deal of prestige and recognition. As the daughter of a Radio City Rockette and an Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently Artistic Director of the Leighton Dance Project Tap Company and has served the SCLH community since 2000.



• **Beginning Tap**

Tuesdays, February 4-25 — 410114-01

9:00-10:00 AM (KS). \$32 (four sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP ♦♦ by 1/28.



• **Advanced Performance**

Mondays, February 3-24 — 410714-01

12:00-1:00 PM (KS). \$32 (four sessions). RSVP ♦♦ by 1/27.

• **Performance Classes**

Mondays, February 3-24 — 410614-01

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 1/27.

• **Thursdays, February 6-27 — 410624-01**

10:00-11:00 AM (KS). \$32 (four sessions). RSVP ♦♦ by 1/30.

Tap for Fun with Judy

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



• **Mondays, February 3-24 — 420114-01**

4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP ♦♦ by 1/27.

• **Fridays, February 7-28 — 420124-01**

1:00-2:00 PM (KS). \$24 (four sessions). Instructor: Judy Young. Dust off your tap shoes, or buy your first pair. Basic steps and combos create dances with flair. Join us for fun and exercise, too. A toe-tapping time. RSVP ♦♦ by 1/31.

—West Coast Swing—

Introduction to West Coast Swing

Wednesdays, February 5-26 — 318114-12

8:00-9:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP ♦♦ by 1/29.

Intermediate I and II West Coast Swing

Wednesdays, February 5-26 — 318214-12

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



Continued on page 66

Intermediate/Advanced West Coast Swing

Wednesdays, February 5-26 — 318314-12

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

Driver Training

AARP Driver Safety Refresher Training

Monday & Tuesday, February 17 & 18 — 481014-01

9:00 AM-1:30 PM (OC). Instructor: Jim Thomsen: AARP members \$25; non-members \$30. Fee includes a \$10 Association administrative fee. AARP Driver Safety Training, is geared to the "over 50" driver, and covers how to adjust our driving to age-related changes in our bodies, as well as common sense ways to drive more safely. The course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. Present your AARP membership card at registration *and* bring to the class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited. RSVP ♦♦ by 2/10.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, February 3 — GLASS

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



Jewelry

Braid and Beads Necklace

Tuesdays, February 4 - 18 — 513724-01

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Cathie Szabo. A new technique! Kumihimo, the art of Japanese braiding, may be new to us but it's centuries old. It's a simple technique that combines beautifully with beads. In this beginner's

class, you'll learn the basics of kumihimo and use them to create a necklace that blends an old art with modern beads. For experienced bead-ers, here's a chance to diminish your stash to make room for more "treasures." If one of your New Year's resolutions is to learn something new, this is the class for you. Check OC display window for project sample. Be sure to get the materials list when you register — look for the name and code # for Braid and Beads Necklace as well as the photo of the necklace. Note: In addition to the beads needed, class requires a special kumihimo disk and eight plastic bobbins. RSVP ♦♦ by 1/28.



Movies

The Art of Fred Astaire

Wednesdays, January 29-February 19 — 521114-12

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



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, February 5-26 — 535114-01

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **No new student will be accepted.** Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor on the first day of class. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 1/29.



Continued on page 69

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Guitar 2B — Guitar Intro Continuation

Wednesdays, February 5-26 — 535214-01

10:15 AM-12:15 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP ♦♦ by 1/29.

Guitar III — Intermediate

Thursdays, February 6-27 — 535314-01

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh position, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge. RSVP ♦♦ by 1/30.

Guitar IV — Advanced

Thursdays, February 6-27 — 535414-01

10:00 AM-12:00 PM (OC). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor’s approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets. RSVP ♦♦ by 1/30.

—Voice—

Beginner Singers Vocal Boot Camp

Fridays, February 7-28 — 536114-01

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. **This session is open to new students.** Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of

Singers Boot Camp is designed for people who want to be vocalists. This is a beginner’s class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP ♦♦ by 1/31.



Singer Vocal Boot Camp Continuation

Fridays, February 7-28 — 536214-01

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first “Vocal Boot Camp” or have studied music. This is a continuation class of “Vocal Boot Camp.” Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP ♦♦ by 1/31.

Sewing

Bernina Serger Certification

Monday, February 10 — 591114-01

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP ♦♦ by 2/3.

Bernina Sewing Machine Certification

Monday, February 10 — 592114-01

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



Janome Sewing Machine Certification

Monday, February 10 — 593114-01

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP ♦♦ by 2/3.

Foundation Paper Piecing

Monday, February 24 — 594314-01

11:00 AM-3:00 PM (OC). \$45. Instructor: Sylvia Feldman. Hav-

Continued on page 71

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Technology

—General—

Getting the Most Out of Gmail

Thursday January 23 — Sold Out

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo.

New Time! iPhoto on the iPad — Photo Journals

Monday & Tuesday, February 3 & 4 — 264114-12

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



iPad Basic

Saturday, February 22 — 242214-01

9:00 -11:00 AM (KS). Instructor: Ken Silverman. \$30. Get more out of — and into — your iPad or iPad Mini than you ever thought possible. Learn all about iOS7 (the operating system) settings, like Air Play and Internet. This class will demonstrate the many settings and applications on the large screen in the Presentation Hall. Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that 'stuff' into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad — we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class. RSVP ♦♦ by 1/27.



iPad — Beyond the Basic

Saturday, March 15 — 264114-01

10:00 AM-1:00 PM (KS). \$30 plus \$5 class material fee payable to instructor. Instructors: Ken Silverman and Andy Petro. If

you know how your iPad basically operates and want to learn advanced techniques to make your iPad more effective and enjoyable, then this class is for you. Learn how to personalize and improve the controls and security on your iPad. The class will demonstrate interesting ways to make it easier to use your iPad and its apps. You will also be shown how to modify and improve apps like Mail, Notifications, and iPhoto. Bring your iPad Air to class so you can follow along with the instructors and participate in the demonstrations on your own device. **Prerequisites:** Basic operating knowledge of your iPad. Bring iPad mini or iPad 2 or later with iOS 7.0.4 or later. If you have any specific questions about the prerequisites or class call Andy Petro at 474-1544. RSVP ♦♦ by 3/8.

—Mac—

Beginning Macintosh — Level 1

Wednesday & Thursday, February 12 & 13 — 263114-12

9:00-11:00 AM (OC). \$40 (two sessions). Class Material: \$5. Instructors: Andy Petro & Henry Sandigo. Are you new to the world of Apple computers or want a review of Mac's OS X Mavericks? Then this class is for you. The only prerequisite for this course is that you have an Apple computer. We will review the Mac OS X Mavericks (Version 10.9 or later) system and all the items that appear on your computer Desktop. We will also show you how to organize, navigate, and personalize your Mac Desktop. There are 10 iMac's in the lab, one for every participant. If you have any specific questions about the class, call Andy Petro at 474-1544 or Henry Sandigo at 434-7792. RSVP ♦♦ by 2/5.



New Class! General Demonstration of the Various uses of Apple Products

Monday & Tuesday, February 24 & 25 — 265114-01

9:00-11:00 AM (OC). \$30. Instructor: John Fancher. This class is designed to be a general demonstration of the various uses of Apple products and some of their applications. Apple computers, iPods, iPads, iPhones and Apple TV will be the focus of the discussion. We'll talk about how you can benefit from iCloud with these devices. We'll discuss some of the applications that come with the Apple devices and their use. I will also demonstrate some third party devices such as printers, cameras and external storage devices. RSVP ♦♦ by 2/17.

—Social Media—

Facebook 101

Saturdays, February 8-15 — 272114-01

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications,

Continued on page 72

learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP ♦♦ by 2/1.



—PC—

Tips & Tricks for Beginning PC Users

Tuesday, January 28 — 282114-12

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

More Tips & Tricks for Beginning PC Users

Thursday, January 30 — 282214-12

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



Windows 8.1 Training and Tips Monday, Tuesday and Wednesday, February 10-12 — 295114-01

2:00-4:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, less intrusive, touch screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop as Windows 7, it introduces "Start Screen" features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 devices to make them organized and able to navigate between tablet-like processes and desktop functionality. You will be able to



sync Windows 8.1 PC's with other devices and use Windows 8.1 to do the same things you did before. Rita will teach you how to use built-in applications (apps) and download more from the store. *Bring your 8.1 laptop if you have one.* Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP ♦♦ by 2/3.

Organizing Your Windows Information Files & Folders

Tuesday, February 25 — 283114-01

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. The average PC user collects many types of information — music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs, songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun! RSVP ♦♦ by 2/18.

Security for Your Windows Computer

Thursday, February 27 — 284114-01

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. **Prerequisite:** Basic computer skills. Windows comes with several built-in security features. Learn to use these free security programs which include Windows Defender, User Account Control, Windows Firewall, and more, and keep your personal computer secure from the bad guys. You will come away from this class with a better understanding of what Windows security features are available and how they work together; also a better idea of what can go wrong with Windows and how you can fix it. RSVP ♦♦ by 2/20.

—Genealogy—

Getting the Most Out of Ancestry.com

Friday, February 21 — 285114-01

9:30 AM-12:00 PM (OC). Instructor: Bob Ringo. \$15. Millions of genealogists simply type in a name and, possibly a location, and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. RSVP ♦♦ by 2/14.



Continued on page 75

Know how the tax rules change for Senior Taxpayers



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

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

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—Microsoft Office—

Word Phase One

Mondays & Wednesdays, February 3-12 — 292114-11

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

Instructor: Angela Blas. This class provides you with some of the basic features of Microsoft Word 2007 plus the “good stuff.” It will introduce new shortcuts and tips. We will cover auto correct; format paint brush; show hide mark; smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting: line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special char-



acters, and text boxes. No special prerequisites for this class. RSVP ♦♦ by 1/27.

Word Phase Two

Mondays & Wednesdays, February 24- March 5 — 292124-01

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class will provide the student with additional practice with Word 2-7. We will explore the advanced features of word, such as integrating text and graphics, using smart art, styles, section bread, creating flyers, brochures, special labels, tables. These are some of the topics we will cover, and as always, the Instructor will provide tips and shortcuts to do some tasks that previously seemed daunting. **Prerequisite:** Lots of practice with Microsoft Word, or Word Phase one or Word Basics. RSVP ♦♦ by 2/17.

Wellness & Fitness Classes

Wellness & Fitness

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

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

—Environmental—

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

Indoor Nordixx Pole Walking

Tuesday & Thursday, February 25 & 27 — 750000-01

1:00-2:30 PM. Meet in the OC Fitness Center. \$30 (two outdoor sessions). Instructor: Dr. Richard Del Balso. Kick start your New Year's resolution! Just 30 minutes of Nordic Pole walking is equivalent to 50 minutes of regular walking with increased health benefits. Dr. Richard Del Balso is a chiropractor and a Certified Strength & Conditioning Specialist. Especially if you have had hip or knee replacement surgery, this smarter way to walk helps maintain upright posture, reduces compression on low back, hip and knee joints, and burns up to 46% more calories than walking without poles, all while enjoying a low-impact weight-bearing exercise that helps strengthen bones. Register: Fitness Desks or online. RSVP ♦♦ by 2/18.

—Disease Prevention & Management—

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

Move Well Today Diabetes Exercise program

Mondays & Wednesdays, February 3-April 23 — 878000-01

3:00 PM-4:15 PM, Aerobics Room (OC). 12-week program, including Orientation and assessment \$260. 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 Marie McCluskey. 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.

New! Diabetes Exercise Program (DEP 2) L1

Tuesdays and Thursdays beginning January 28 3:35-4:30 PM. Fitness Room (OC). \$4 per class (beginning January 28). Instruc-

Continued on page 78



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

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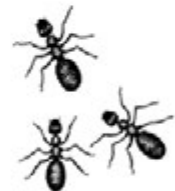
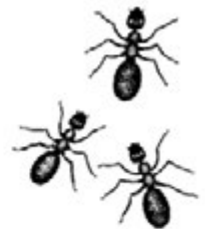
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tor: Cathy Keller, a certified Diabetes instructor. Diabetes Exercise Program Two is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program One or other education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio including the ever popular drum sticks and Endura sticks as well as various ball games. With such success from the DEP 1 class you will want to make sure to buy your passes early and make sure to come to each class! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online

New Time! Arthritis Foundation Land Class L1-L2

Thursdays starting January 30. 12:45-1:30 PM, Aerobics Room (OC). \$4 per class. Instructor: Cathy Keller. This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion, endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. This instructor has been specializing in senior fitness and arthritis programs for 13 years. Come prepared to improve your body, balance, and have fun! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

Arthritis Class L1-L2

Fridays, February 7-28 — 801000-01

12:00-12:55 PM, Aerobics Room (OC). \$30(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 1/31.

Arthritis Class L2

Tuesdays, February 4-25 — 803000-01

Thursdays, February 6-27 — 803100-01

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 1/28.

—Group Exercise—

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

—Lessons—

Masters Swim Class

Mondays & Wednesdays February 3-26 — 780200-02

12:00-1:00 PM, Indoor Pool (KS). Cost: \$84 (seven sessions; no class on February 17) plus optional one-time US Masters Registration of \$48 paid to instructor. Instructor: Joan Marenger. Masters swimming is a great way for Triathletes to get help with efficiency on the swim portion of their Tri. Beginning swimmers can learn to make swimming fun and easy, like “skating on water” instead of battling each stroke. This is also great for swimmers just looking to get strength and cardio while having fun learning the proper biomechanics of all swim strokes. All levels are welcome!

—Living Through Transitions: The Next Step—

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Living Through Transitions Presentation (LTT)

Wednesday, January 22 — Free

7:00-8:30 PM, Ballroom (OC). Free.

Living Through Transitions: The Next Step

February 1-August 2 — 823500-11

Every first Saturday of the month.

February 15-August 16 — 823500-12

Every third Saturday of the month.

First Saturdays: 9:00 AM-12:00 PM. Multipurpose Room (OC). \$100 (seven sessions). Third Saturdays: 9:00 AM-12:00 PM. Fine Arts (OC). \$100 (seven sessions). Some sessions will happen on another set of Saturdays; all class dates are given when you register. Do you plan to age in place here in SCLH? Do you need help in planning how to do that successfully? This program will take you through seven topics that will facilitate your planning. Topics include: personal finances, legal matters, becoming suddenly single, how to navigate the healthcare systems, transportation needs and solutions, and end of life issues. We encourage residents who enroll to also bring a support person to the sessions as two heads (and four ears) are better than one. Don't miss your opportunity — space is very limited: 20 residents. Register: Fitness/Activities Desks. RSVP ♦♦ by 1/27.

Continued on page 81



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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.

Qigong (“chee-gong”) L1

Thursdays, 1:00-2:00 PM. Aerobics Room (KS). \$3.50 per class. Instructor Sherry Remez. Healing with Chi (“chee”) — an integrated approach to profound wellness. Ancient and modern leading-edge energy healing methods are demystified and personally experienced. Effective for stress and pain relief, increasing physical balance, immune response, emotional stability and longevity. Suitable for all levels of wellness. Taught with compassion and humor by Sherry Remez, with 28 years of experience as a holistic healing practitioner, wellness coun-

selor. introducing qigong (life energy cultivation). Endorsed by the Mayo Clinic, Harvard Medical School, the Veterans Administration and Kaiser Permanente. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Mind Training for Sleep L1

Wednesdays, 6:00-7:00 PM, Aerobics Room (OC). \$3.50 per class. Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. The program is offered by trained instructors and backed by a board certified sleep specialist physician. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Beginning Yoga L1

Mondays, 1:25-2:25 PM, Aerobics Room (KS). \$3.50 per class. Instructor: Susan Hayes. Come see what the “buzz” is all about! Yoga starting from scratch, for the uninitiated — although all aspiring yogis are invited to attend, this is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.



Rise and Shine Yoga L2

Saturdays, 7:00-8:00 AM, Aerobic Room (KS). \$3.50 per class. Instructor: Ashley Freeman. Get up and get energized with a slow flow style of hatha yoga that will lengthen and strengthen muscles throughout your entire body — flowing sequences and static holds that include standing and seated postures. Purchase a Mind & Body Punch Pass at the Fitness Desks or renew (add more classes) online.

Yoga Basics L1

Check next month’s *Compass* for schedule. Saturdays, 9:00-10:00 AM. Aerobics Room (OC). \$3.50 per class. 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.

New Instructor! Yoga Flow L2

Tuesdays & Thursdays, 10:00-11:00 AM, Aerobics Room (OC). \$3.50 per class. Instructor: Ashley Freeman. 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.

----- Continued on page 82

Aqua Yoga L1**Mondays, February 3-24 — 832001-01**

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP ♦♦ by 1/27.

New! Aqua Pilates L1**Wednesdays, February 5-26 — 832011-01**

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin is a certified fitness professional with over 17 years of experience. Her areas of expertise include certified Pilates reformer trainer, yoga, aerial yoga, Pilates and aqua aerobics to name a few. The pool has become a new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance in controlled movements from the body's powerhouse to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions such as standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress. Register: Fitness Desks or online. RSVP ♦♦ by 1/27.

Evening Hatha Yoga L2**Tuesdays, February 4-25 — 711000-01**

6:00-7:15 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Fight the winter blahs with this fun-filled, informative early evening yoga class. Yoga will increase your energy and reduce your stress, and it's good for your body! Everybody is welcome to this fun-filled, informative class, although it is Level 2, so it is challenging. Register: Fitness Desks or online. RSVP ♦♦ by 1/28.

Healing Yoga and Meditation L1**Thursdays, February 6-27 — 711100-01**

6:00-7:30 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch

which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience. Each student receives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP ♦♦ by 1/30.

Extra Gentle Yoga L1**Tuesdays, February 4-25 — 710000-01**

12:45-1:45 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This extra gentle class is an hour long and is adaptable to meet the needs of any student. We use a chair for about half of the class. The chair is used for some seated postures and to assist balance while standing. Some floor exercises are included but modifications will be offered. Practice will include gentle stretching, energizing breathing exercises, and guided relaxation. Julie's motto is "yoga is not supposed to hurt." If you've been curious about yoga but a bit intimidated, this class will leave you feeling comfortable and capable. Register: Fitness Desks or online. RSVP ♦♦ by 1/28.

**Meditation L1****Tuesdays, February 4-25 — 712400-01**

4:30-5:30 PM, Aerobics Rooms (OC). \$40 (four sessions). Instructor: Susan Hayes. Have you always wanted to learn how to meditate? Has your doctor, a friend or a loved one suggested that you should meditate? Have you tried to meditate, and thought that you failed? This friendly introductory class offers you guidance as well as first-hand experience of the various meditation techniques that could be useful. Give us a try! Register: Fitness Desks or online. RSVP ♦♦ by 1/28.

Traditional Hatha Yoga L2**Tuesdays, February 4-25 — 710100-01****Thursdays, February 6-27 — 710120-01**

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions). Instructor: Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class. Register: Fitness Desks or online. RSVP ♦♦ by 1/28.

Tai Chi L1**Tuesdays, February 4-25 — 730100-01****Saturdays, February 1-22 — 730200-01**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions) Tuesdays; \$40 (four sessions) Saturdays. Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance,

Continued on page 85



Nick Brooks Keneta Sanchez



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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 1/28.

Tai Chi Intermediate L2

Tuesdays, February 4-25 — 730300-01

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 1/28.



Yoga for Osteoporosis L1

Mondays, February 3-24 — 711200-01

Fridays, February 07-28 — 710200-01

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Either session \$44 (four classes). Instructor: Susan Hayes. This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms and keep the wrists supple. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We also do deep breathing exercises, and finish with a restorative deep relaxation. Register: Fitness Desks or online. RSVP ♦♦ by 1/27.

—Money Matters—

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

How To Be Defensive With Your Portfolio

Tuesday, February 25 — 870000-01

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Investors have learned over the past decades that buying and holding investments, while it sounds like the right thing to do, can cause much harm when markets decline. We all know we need to invest, especially with low interest rates dominating the investment landscape, but how do we protect or become defensive at the right time. Join Russ Abbott for a discussion

on this important topic. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/18

—Nutrition—

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

Why is Nutrition Information so Confusing?

Tuesday January 28 — 870000-N1

1:00-3:00 PM, Multipurpose Room (OC). \$25 How do you make decisions about what to eat with so much conflicting information? Let's discuss the issues around research, nutrition advice, who to trust, advertising and how to make good decisions. Join a two-hour participatory class with Renee Charleston, Registered Dietitian to discuss these issues. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 1/21.

Chronic Diseases

Let's look at the three main chronic diseases that respond to changes in your diet. Renee Charleston, Registered Dietitian will lead a series of participatory classes on Diabetes, Heart Disease and Cancer. Sign up for one or all three.

Nutrition & Diabetes

Tuesday, February 4 — 86000-N2

1:00-3:00 PM, Multipurpose Room (OC). \$25. Do you have diabetes or have a friend or family member with diabetes? Diabetes is the seventh leading cause of death and is a major contributing factor for other diseases and can decrease quality of life. Learn how to better manage diabetes through improving your diet. We will look at an overview of American Diabetes Association recommendations and tips on putting those recommendations in your own dietary plan. Join this two-hour participatory class with Renee Charleston, Registered Dietitian. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 1/28.

Nutrition & Heart Disease

Tuesday, February 11 — 86000-N3

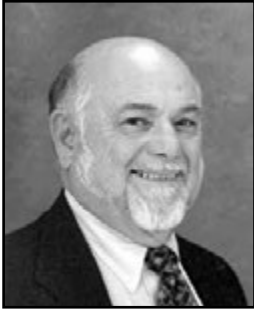
1:00-3:00 PM, Multipurpose Room (OC). \$25. Heart disease is the leading cause of death worldwide. Come join a participatory two-hour session on how your diet can be modified to prevent and slow the progression of heart disease. Based on advice from the American Heart Association, we will look at overall recommendations and how to adapt those to your lifestyle. Join this two-hour participatory class with Renee Charleston, Registered Dietitian. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/4.

Nutrition & Cancer

Tuesday, February 18 — 86000-N4

1:00-3:00 PM, Multipurpose Room (OC). \$25. More than one of every three people will be diagnosed with cancer during

Continued on page 87



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their lifetime. We are all touched by this disease. Join this participatory two-hour session on how your diet can be modified to help prevent cancer and dietary recommendations for living with cancer with Renee Charleston, Registered Dietitian. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/11.

Implementing Dietary Recommendations

A series of three classes will be presented by Renee Charleston, Registered Dietitian on practical application of the three main dietary recommendations for Diabetes, Cancer and Heart Disease. Guidelines for these three main chronic diseases, plus recommendations for improved health include three key steps — *eat more fruits and vegetables, eat more whole grains, and use healthier protein sources* (focusing on plant proteins). Each class will be two hours and follow a participatory format. Sign up for one or all three. The classes will include: Define It — what exactly is the recommendation and the foods involved; Fix It — food preparation strategies and tasty recipes; Mix It — how to incorporate new foods into your lifestyle.

Whole Grains

Tuesday, February 25 — 86000-N4

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Whole Grains, We will define what “whole” grains are and how to prepare them in tasty dishes. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/18.



Proteins

Tuesday, March 4 — 86000-N5

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Healthy Proteins — If you are confused about what the healthiest sources of protein are, we will look at this issue and present ideas for how plant based proteins can be incorporated in your diet. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/25.



Fruits and Vegetables

Tuesday, March 11 — 86000-N6

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Let's look at ideas to incorporate more fruits and veggies in your diet in fun, nutritious ways. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 3/4.



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How Would You Like to Learn Real World Practical Self-Defense and Martial Arts?

Tuesdays, Feb 4-25 — 815000-01

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. Paul, a black belt martial artist with 18 years of experience, teaches this self-defense system based on physics and proper body mechanics — allowing any person to generate a tremendous amount of power. Paul has taught self-defense to a variety of individuals and groups from law enforcement professionals to children. He is highly energetic, and keeps a laser focus on teaching real world techniques that anyone can learn and use to defend themselves. Previous experience not needed, just a strong desire to learn and have fun. Come join Paul to learn how to protect you and your family. Register: Fitness Desks or online. RSVP ♦♦ by 1/28.



The Sudoku Series

Tuesday, February 25 — 870000-02

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from January to June, starting with the basics and progressing to advanced, even a bit of extreme towards the end.

Each class will be valuable to both the beginner as well as the seasoned as the instructor, Russ Abbott, will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and the advances as the months pass. February builds on the basics of January by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves. Come join us. Register: Fitness/Activities Desks or online. RSVP ♦♦ by 2/18.



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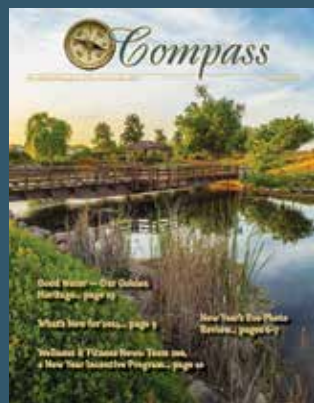
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Buy One Outdoor Glazed Pot, Get Second 50% Off (Lesser or Equal Value)	Up To 60% Off All Patio Furniture	POTTERY WORLD Through January 31 st 2014	

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- 25% Off All Accessories
- 20% Off All Fountains
- 30-60% Off All Patio Furniture
- 30-50% Off Prints and Mirrors
- 30% Off All Lamps
- Buy one Outdoor Glazed Pot Get Second Half Off (Equal or Lesser Value)

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SGT — TRX Express L1**Mondays & Wednesdays, February 3-26 — 835210-A2**

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions; no class February 17); make-up class to be announced). 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 1/27

**SGT TRX Express L2****Tuesday & Thursdays, February 4-27 — 835211-A2**

5:30-6:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor Julia Roper. This is 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body. Register: Fitness Desk or online. RSVP ◆◆ by 1/28.

SGT — Bootcamp L2**Tuesdays & Thursdays, February 4-27 — 835300-A2**

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with full body workout. A variety of equipment will be introduced and used for a workout you've never seen before. Register: Fitness Desks or online. RSVP ◆◆ by 1/28.

**SGT — Bootcamp L3****Mondays & Wednesdays, February 3-March 3 — 835400-A2**

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions; no class February 17). Instructor: Robert Sanchez
Tuesdays & Thursdays, February 4-27 — 835400-B2
4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Richie Anderson. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body 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. Register: Fitness Desks or online. Fitness Desk or online. RSVP ◆◆ by 1/27.

New! SGT — Fit 101 L1**Mondays & Wednesdays, February 3-March 3 — 835500-A2**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class February 17). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you chance to work on the TRX, weights, exercise bands walking, stretching and more. This format is a great opportunity to work with a trainer and

meet friends that share the same fitness goals. Register: Fitness Desks or online. RSVP ◆◆ by 1/27.

SGT — "Fun"ctional Fitness L2**Tuesdays & Thursdays, February 4-27 — 835600-A2**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. A fun-filled strength training class, great for anyone looking for a new method of training. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this small group training you will safely perform exercises that effectively build strength, and cardiovascular health. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual, intermediate to advanced fitness levels encouraged. Register: Fitness Desks or online. RSVP ◆◆ by 1/28.

SGT — Healthy Back L1**Monday & Wednesday, February 10-March 10 — 835700-A2**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class February 17). 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 1/27.

SGT — Healthy Back L2.**Mondays & Wednesdays, February 10-March 10 — 835701-A2**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class February 17). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1. Register: Fitness Desk or online. RSVP ◆◆ by 1/27.

SGT — Swimming 101 L1**Monday & Wednesday, February 3-March 3 — 835930-A2**

1:15-2:15 PM, Indoor Pool (KS). \$135 (eight sessions; no class February 17). Instructor: Joan Marenger. Anyone who wants to revisit the basics of swimming can jump in. This group lesson targets techniques of all four strokes, breath control and simple biomechanics of the strokes (arm stroke, body roll, and kicks). There is no intimidation here, just comfort conditioning and fun. Register: Fitness Desks or online. RSVP ◆◆ by 1/27.

SGT — TRX Interval Training L2**Mondays & Wednesdays, February 3-March 3 — 835800-A2**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no

Continued on page 92

class February 17; make-up class to be announced). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX! Register: Fitness Desks or online. RSVP ♦♦ by 1/27.

Pilates Reformer Section

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A2

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 —The Basics L1

Mondays & Fridays, February 7-March 3 — 835120-A2

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions ;). Instructor: Paula Ainsleigh.

Tuesday & Fridays, February 4-28 — 835120-B2

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor Robert Sanchez. This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session L1 (above). Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class start date.

SGT —Intermediate L2

Monday & Wednesday, February 3-March 3 — 835130-A2

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class February 17). Instructor Domine Trosky.

Tuesday & Thursday, February 4-27 — 835130-B2

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor Joanie Martin.

Tuesday & Thursday, February 4-27 — 835130-C2

3:30-4:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor Robert Sanchez. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on this page.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

SGT — Total Body Reformer L3

Tuesday & Thursday, February 4-27 — 835170-A2

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor Eve Webber. This advanced reformer level 3 class is for seasoned Pilates participants, who have mastered both the Basics L1 and Intermediate L2 workouts. This class will challenge strength and endurance. Please note: For safety purposes, participants must be given instructor approval before attending the advanced class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on this page.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.



SGT — Fit for Golf L2

Monday & Wednesday, February 3-March 3 — 835180-A2

3:30-4:30 PM, Fitness Floor (KS). \$135 (eight sessions; no class February 17). Instructor Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Anika Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on this page.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.



SGT—Boot Camp Reformer L3

Mondays & Wednesdays, February 3-26 — 835140-A2

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the L2 Reformer adding more intense exercises, in addition to use of intervals adding in TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on this page.) Register: Fitness Desks

or online. RSVP ♦♦ by seven days prior to class date.

SGT— Special Populations Reformer L1
Mondays & Wednesdays, February 3-26 — 835160-A2

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain improve lung and heart health for these special populations. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 92.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

SGT —Special Populations Reformer L2
Tuesdays & Thursdays, February 4-27 — 835150-A2

4:30-5:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class is the next step up from Special Populations level 1, This class is for more experienced people





who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to Level 1. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 92.) Register: Fitness Desks or online. RSVP ♦♦ by seven days prior to class date.

—Wellness Services—

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

- **Emotional Counseling**
 Carol Karkazis, MA: 672-8533.
- **Estate/Financial Planning**
 Russ Abbott, Wealth Advisor: 797-7760.

OC Aqua WellFit Class Schedule January 15 - February 15, 2014

Time	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
7:30	Water Works L3 - Deanne		Water Works L3- Annamarie		Water Works L3- Roman		
8:00							
8:30					Water Works L3- Roman		
9:00							
9:30		Water Works L3 - Deanne	* Core n More L3- Annette	Water Works L3 - Deanne			
10:00							
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	* Splash Dance L2- Annette	Water Works L3 - Deanne			
11:00							
11:30	AF Aqua L1- Cathy		*AF Aqua L1- Marie		AF Aqua L1- Cathy		
12:00							
12:30	Aqua Yoga L1- Joanie		**Aqua Pilates L1- Joanie				
1:00							
1:30							
2:00							
2:30	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
3:00							
3:30							
4:00							
4:30							
5:00		Water Works L3- Roman		Water Works L3- Roman			
5:30							
6:00							

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)
Disease P & M (punch card) \$4.00
Group Exercise (punch card) \$2.75
* New instructor
** New Class

OC WellFit Class Schedule January 15-February 15 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15	OC	OC	OC	OC	OC	OC
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri		Stretch Exp. L1 - Jeri	
8:00	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Step It Up L3 - Kim	Low Impact L3 - Jeri	Low Impact L3 - Jeri
8:30	Zumba L3 - Domine	Core & Strength L2 - Julia	Zumba L3 - Andi	Core & Strength L2 - Julia	Step & Sculpt L2 - Jeri	Yoga Basics L1 - TBA
9:00						
9:30						
10:00	Cardio Strength L3 - Annamarie	*Yoga Flow L2 - Ashley	** Cardio Strength L3 - Annamarie	*Yoga Flow L2 - Ashley	Cardio Dance & Sculpt L3 - Domine	Tai Chi L1 - Peli
10:30						
11:00	Piloga L2 - Lola		Piloga L2 - Lola		Piloga L2 - Lola	
11:30		Arthritis L2 (11:15-12:15) - Lin		Arthritis L2 (11:15-12:15) - Lin		
12:00	* Basic Low Impact L1 - Cindy		Arthritis L1/2 (12:10-12:55) - Lin		***Arthritis L1/2 -12:00-12:55 Lin	
12:30						
12:45		Extra Gentle Yoga L1 (12:45-1:45) - Julie	* Chair with Flair L1 - Kathryn	***AF Land L1-L2 12:45-1:30 Cathy	Basic Chair L1 - Lola	
1:00	Chair with Flair L1 - Cindy					
1:30						
1:45						
2:00	Balance Exp L1 - Cindy		* Balance Exp L1 - Kathryn			
2:30		Traditional Hatha Yoga L2 - Julie		Traditional Hatha Yoga L2 - Julie		
3:00						
3:30	MoveWell Today - Christine/Cathy	**Diabetes (DEP 2) L1 - Cathy	MoveWell Today - Christine/Cathy	**Diabetes(DEP 2) L1 - Cathy		
4:00						
4:30						
5:00	Zumba L3 - Andi	Meditation L1 - Susan	Zumba L3 - Andi			
5:30						
6:00	Yoga for Osteo L1 - Susan	Self Defense - Paul	Mind Training for Sleep L1 - Iram			
6:30						
7:00						
7:30						
7:45						
8:00						

Wellness Classes (session based)
 Small Group Training (session based)
 * New instructor
 ** New Instructor & Class
 ***New Time

Group Exercise Classes (punch pass) \$2.75
 Disease P & M (punch pass) \$4.00
 Mind & Body Classes (punch pass) \$3.50

KS WellFit Class Schedule January 15-February 15, 2014

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR
6:15												
7:00		SGT - Ref. The Basics L1 - Paula	Bootcamp L2 - Robert				SGT - Bootcamp L2 - Robert					
7:15			Mixed Level Cycle L2 - Deanne				Mixed Level Cycle L2 - Deanne					
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Group Exercise Classes (punch pass) \$2.75
 Disease P & M (punch pass) \$4.00
 Mind & Body Classes (punch pass) \$3.50

Wellness Classes (session based)
 Small Group Training (session based)
 ** New class



Password

Wednesday, January 29 — Free

2:00 PM, Ballroom (OC). Do you have too many Passwords? Don't know how to keep track of them? What makes a good Password? What is a Master Password? This is your opportunity to learn about these questions and get your questions answered about handling your passwords. Ken Silverman presents all about Passwords.



More Maintenance Update, Handy Helpers/Neighbors InDeed

Tuesday, February 11 — Free

2:00 PM, Ballroom (OC). Once again Handy Helpers will be making a presentation on "how to maintain your home." The last two presentations were standing room only which is indicative of the interest our residents have in maintaining their home in top condition. We typically discuss maintenance items the homeowner can perform themselves and the importance of maintaining smoke detectors, thermostats, plumbing & electrical fixtures and appliances. We also discuss safety issues and how to avoid being ripped off by contractors. As our houses age, another issue of importance is the life expectancy of major components and appliances in your home; this issue will be discussed as well. Finally, a question and answer period will follow the Handy Helpers presentation.



Money in Politics

Tuesday, February 18 — Free

1:00 PM, Front Ballroom (OC). Money has impacted — some would say corrupted — the American political process for generations. But in the wake of legislation and court rulings of recent years, the influence of money has grown to such proportions that ordinary citizens' voices may be drowned out.



Trudy Schafer, Senior Director for Program of California League of Women Voters, will discuss the importance of being able to follow the money. She will share insight on how events at the national level affect us in California including the influence of money on State elections and what is being done to bring sense to campaign regulation and disclosure in California. Trudy Schafer coordinates and advocates for vital issues the League has studied. You can't afford to miss this enlightening presentation. Q&A. Video recorded for website.

The Fountain of Youth: Secrets for a Long and Healthy Life

Wednesday, February 26 — Free

7:00-8:30 PM, Ballroom (OC). R. David Kovacik, M.D., will provide information on National Geographic's Blue Zones, which are geographic areas around the world where people live measurable longer lives than anyone else. He will explain factors that encourage longevity for those who live in these geographic areas. These areas include Loma Linda, CA, where Dr. Kovacik trained. He will also touch on the main findings of "The China Study," a study that details the connection between nutrition and heart disease, diabetes and cancer. He will explain the relationship between diet and the risk of disease, and how we can prevent disease to stay healthy and live life longer. Scientists studying longevity are turning up methods that may help us reach a ripe old age in good and vibrant health.



Alive in the Light — Remembering Eternity

Tuesday, March 11 — Free

10:00-11:30 AM, Front Ballroom (OC). How many of you have ever asked yourself the question: What does it feel like to be dead? Will I be aware of my life on earth after I die and leave everything behind? Will I still have my senses, my sight, my hearing, my voice, my touch? Will I be able to love and be loved? Will I be happy? Andy Petro died before his 18th birthday and remembers everything that happened to him when he was dead — "I knew the answers to all my questions. I would like to share my memories of the Light with you. I was filled with ecstasy, joy, and unconditional love."



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Password Wednesday, January 29, 2:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • It's Saudi Duty Time Tuesday, March 18, 2:00 PM, Front Ballroom (OC)
<ul style="list-style-type: none"> • More Maintenance Update, Handy Helpers/Neighbors InDeed Tuesday, February 11, 2:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Don't Lose Sleep Over It: A Closer Look at Sleep Disorders Wednesday, March 26, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Money in Politics Tuesday, February 18, 1:00 PM, Front Ballroom (OC) 	<ul style="list-style-type: none"> • Personal Holocaust Survivor/Veterans Club Thursday, April 17, 1:00 PM, Presentation Hall (KS)
<ul style="list-style-type: none"> • Fountain of Youth: Secrets for a Long and Happy Life Wednesday, February 26, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Local Snakes Update: Facts, Fiction and Fears Tuesday, April 29, 2:00 PM, Front Ballroom (OC)
<ul style="list-style-type: none"> • Alive in the Light — Remembering Eternity Tuesday, March 11, 10:00 AM, Front Ballroom (OC) 	<ul style="list-style-type: none"> • Vitamins and Supplements: Nutrition in a Pill? Wednesday, April 30, 7:00 PM, Ballroom (OC)

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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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Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 jerry.mccarthy@slhca.com

Catering

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-Friday 8:00 AM-9:00 PM

Saturday* 8:30 AM-8:00 PM

Sunday* 8:30 AM-4:30 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday* 8:30 AM-7:30 PM

Sunday* 8:30 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (First only)* 8:30 AM-12:30 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

*Winter hours effective until March 9, 2014

General Numbers

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: lincolnhillsgolfclub.com

Regional Manager, LH Golf Club

Bob Geppert 543-9200, ext. 4

bgeppert@billycaspergolf.com

Lincoln Police & Fire 645-4040

Neighbors InDeed 223-2763

Pulte Homes Customer Care

Norcal@delwebb.com

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