



Compass

The Official Magazine of Sun City Lincoln Hills

July 2014

BOD Report: Announcement... page 2

**SCLH 15th Anniversary Parade
& Celebration... page 2**

**Summer Amphitheater
Concert Series... pages 44-48**



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On the cover

The Quad Copter captured a spectacular opening night for the 2014 Summer Amphitheater Concert season. See page 7 for photos of residents enjoying the fun June 12. There are six more outdoor concerts left in this year's season. Enjoy the Lifestyle at Lincoln Hills. See you there!

Board of Directors Report

Ken Silverman, President, SCLH Board of Directors



At the June meeting of the Board of Directors I announced that our Executive Director, Bob Cook, has decided to retire at the end of 2014. I have known and worked with Bob over his seven-year tenure mostly as a member of the Board of Directors and was a member of the Board that hired him. He has meant a great deal to our community over these years but I will save that for another article later in the year.

In this article I would like to explain some of the process that the Board will be going through to hire a new Executive Director. The first item to be accomplished will be an update of the Executive Directors Job Description. As the community has aged and changed over time so has the job of the Executive Director. After this is accomplished the Board will decide on the compensation package for the new Executive Director.

The Board will then start to post the job opening where appropriate, like CAI (Community Associations Institute). The

Board will use a blended approach to finding excellent candidates, like last time - i.e., website, search firm, HR for background checks, and our Associations professionals (Attorney, CPA, etc.).

“In the near future, the Board will hold an open workshop for all residents who wish to provide input as to the “Executive Director's characteristics. During the entire process, the Board will post status reports on the SCLH website as appropriate.”

In the near future, the Board will hold an open workshop for all residents who wish to provide input as to the “Executive Director's characteristics.” During the entire process, the Board will post status reports on the SCLH website as appropriate.

The process includes candidate resumes and personal references that will be reviewed by the Board and those who meet our criteria will be asked to a first interview by the Board. Then the top candidates will come back for a second interview. In the end, the Board will make an offer to the final candidate. Once all the legal matters are taken care of, the person will be announced to the community.

Sun City Lincoln Hills 15th Anniversary Party *Parade and Celebration!*

Mark your calendar: Saturday, October 18 • 10:00 AM

Be part of this exciting celebration. Join your friends and neighbors with a fantastic parade made up of your favorite clubs, groups and neighbors followed by food, beverages, music and dancing!

Parade registration deadline is Monday, September 1. Any resident club or organization; neighborhood or individual may participate.

Parade Applications are available on the website, in the OC Business office, or email Barbara Greenfield at — barbieg1@sbcglobal.net.

The parade will begin at Orchard

Creek Lodge and proceed down Sun City Blvd. ending at Kilaga Springs Lodge. A specially priced buffet lunch will be offered in the Ballroom (**tickets on sale August 17**) along with dancing with DJ Ron West on the patio terrace overlooking our beautiful Amphitheater.

Any questions about the parade, please contact:

- Barbara Greenfield 202-6963 barbieg1@sbcglobal.net
- Or event co-chairs:
- Carol McGara 543-7039 mcgara@sbcglobal.net;
- Marlene Wenzler 543-4626 kwenzler@sbcglobal.net

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Our first six months of 2014 are in the books, and we are pleased that our summer concerts in the Amphitheater and in the Ballroom are being well received, along with our WellFit and Activities classes, bus trips, and extended overnight trips. Recently we have received feedback about price increases for our events and bus trip tickets. The average increase in bus rental has gone up \$200-300 dollars, or \$5 per person. Many of the venues we attend have increased their admission prices anywhere from \$3-\$10 per person because of increases in fuel costs, food, insurance, and their wages. Several of the venues have told us that the increased cost of utilities, water, and their suppliers caused them to raise prices.

It may be helpful to realize that any price increase we incur from our vendors will be reflected in the cost of the activity we offer to you. We cannot ask the non participating membership to absorb these expenses via increased dues. At the same time, the percentage added to cover Association costs related to a particular program remains unchanged.

One of the challenges to “raising the bar” is meeting increased expectations and providing new experiences. Staff takes pride in the work they do which includes providing you top level performers and choices at competitive prices. The other day, a resident called about Motown the Musical in San Francisco and asked for our seat locations. He realized what a bargain \$129 was for our trip as the tickets alone were \$98 each at the theater site and he had yet to factor in paying for gas, tolls and parking. (Perhaps the best value is being able to read, visit, or nap both ways while on a bus!)

Whether a concert, class or bus trip, we continue to provide a good value. Planning in advance provides some discounts with group pricing for shows and ballgames, and to some extent catching a performer on a circuit may help to reduce costs if we can “fill out their schedule.”

When you look at our revenue, it is currently better than budget because we
Please see “Connections” on page 5

Calendar of Events

July 15-August 31

Date	Event	Page #
07/15	DMV Ombudsman Sr. Driving Program	32
07/15	e-Waste Recycling	43
07/16	Forum: “Laughter-Secret to Long, Happy Life”	49, 100
07/17	Book Discussion: <i>How to Eat a Cupcake</i>	27
07/17	Speaker, Placer County’s Veterans’ Svcs. Officer	38
07/18	Summer Concert: The Springsteen Experience	44
07/20	Bus Trip: Broadway at Sierra, Sierra College	55
07/21	Cosmology - The History & Nature of our Universe	25
07/21	Genealogy: Newspapers Online and Off	30
07/22	Forum: 100 Years: World War One & Today	100
07/23	Bus Trip: Music Circus — South Pacific	61*
07/24	“Native Bees & Honeybee Syndrome”	30
07/29	Summer Concert: Tribute to Three Dog Night	44
07/30	Bus Trip: Hot August Nights, Reno NV	61*
07/30	Forum: Challenges in Coping with Chronic Pain	12, 100
08/01	Bus Trip: River Cats vs. Albuquerque Isotopes	61*
08/04	Speaker, Collector Bottles & Saloon Memorabilia	25
08/04	KS at the Movies: “Gravity”	43
08/06	Bus Trip: Music Circus — Brigadoon	61*
08/06-07	“The Bold, The Young, and The Murdered”	35, 44
08/07	Speaker, Russ Abbott, Sr. VP Morgan Stanley	32
08/13	“Surface Pro 2”	28
08/13	“Why an Android?”	28
08/13	Cultivating Ability to Recognize What to Photograph	34
08/14	Speaker, CA Rehabilitation Blind Svcs. Program	29
08/14	Speaker, “Products for Independent Living”	29
08/14	Bus Trip: The Walt Disney Family Museum, S.F.	52
08/15	Summer Concert: Tribute to Songs of Billy Joel	46
08/17	Free Line Dance, Ballroom	32
08/18	The First Million Years of the Universe	25
08/19	Bus Trip: USS Hornet — Aircraft Carrier Museum	56
08/20	Bus Trip: Music Circus — La Cage Aux Folles	61*
08/21	Book Discussion: <i>The Cuckoo’s Calling</i>	27
08/21	Bus Trip: Cache Creek Casino	49
08/21	Forum: Internet Security Basics	100
08/22	Music Group sponsored Open Mic Night	33, 43
08/22	Summer Concert: Gary Puckett and the Union Gap	46
08/26	Concert: Classical Guitarist & Guest Flutist	44
08/27	Forum: Got Hormones?	100
08/28	Organizing Your Belongings To Make Life Easier	29
08/28	Bus Trip: Best in the West Rib Cookoff, Sparks NV	52
08/29	Bus Trip: Gold Rush Days, Old Sacramento	51

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

Upcoming Association-Related Meetings: Date, Time, Place

July 15-August 31

Golf Cart Registration.....	Thursday, July 17, August 7 & 21, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, July 17, 9:00 AM
New Resident Orientation.....	Friday, July 18, 1:00 PM
Board of Directors Meeting.....	Thursday, July 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, July 24, 10:30 AM
Board of Directors Executive Session.....	Thursday, July 24, 11:00 AM
ARC/Architectural Review Committee.....	Monday, July 28, 9:00 AM
Elections Committee.....	Friday, August 1, 10:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, August 5, 9:30 AM
Workshop/Capitals and Large Reserves....	Tuesday, August 5, 10:00 AM
Compliance Committee Meeting.....	Wednesday, August 6, 10:30 AM
ARC/Architectural Review Committee.....	Monday, August 11, 9:00 AM
Properties Committee Meeting.....	Tuesday, August 12, 1:00 PM
Listening Post.....	Wednesday, August 13, 9:00 AM
Finance Committee Meeting.....	Thursday, August 21, 9:00 AM
ARC/Architectural Review Committee.....	Monday, August 25, 9:00 AM
Board of Directors Meeting.....	Thursday, August 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, August 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, August 28, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

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Activities News & Happenings

Activities at Your Service

Lavina Samoy, Lifestyle Manager

The Activities Department is here to provide you with the best lifestyle possible through quality entertainment, value-laden trips, and interesting and informative classes.



How do we choose our offerings? Inspiration comes generally from residents' suggestions and recommendations. From there, we

research the recommendation, explore the possibilities with booking agents, venue availability, or instructors and make a decision based on various factors which include price, community interest, facility availability, contract limitations and calendar schedule. Previous positive or negative experience with a similar trip, show or class also plays an important role in our programming. We encourage you to keep your suggestions coming but don't be disappointed if your suggestion isn't feasible. We appreciate your continued support!

New experiences are on the horizon! Per community request, we are going for a four-day, three-night excursion to Southern California to experience the **Reagan Library and Museum** and the Getty Villa and **Getty Museum** on November 12-15 (page 61). Except for the dinner on the last night and lunch on the way home, you

don't have to worry about anything but to have fun on the road.

Something special is happening in September! We are transforming the OC outdoor pool to an island oasis with an **Evening in Polynesia** on September 16 (page 49). The event will offer a tropical island buffet plus authentic Hawaiian entertainment with the Lure of the South Pacific Band and Polynesian Dance Troupe. Seating is limited to the first 180 guests, so buy early! The Summer Amphitheater Concert Series continues to rock the stage in July with **The Springsteen Experience**, A Tribute to the Boss on July 18 (page 44) and Harmony's Tribute to **Three Dog Night** on July 29 (page 44).

We have a new **Stained Glass** instructor! The first class will be offered on September 8 (page 72). All skill levels are welcome. Did you know that class evaluation is now available online to students? Log on to our Resident Website and go to Lifestyle Online>My Account>Class Evaluations. You will have the option to evaluate any class that has the evaluation linked to it, whether you purchased online or at the desk. Your feedback is a valuable tool for improving your class experience.

Follow us on Facebook — SunCityLincolnHillsEntertainment and "like" our posts and share our lifestyle with your friends and family.

The Activities Department is always at your service!

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under the **Volunteer** and **News** headers. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee Applications are available at the Activities Desks, or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address located on page 102.

- **Architectural Review Committee**
- **Elections Committee**
- **Properties Committee**
- **Communications and Community Relations Committee (CCRC)**

Connections

Continued from page 3

have earned your trust and you know we provide great value when you purchase with us.

Continue to be proud of our offerings and recognize that costs have gone up for everyone. When possible, invite guests to join you and be assured that your experience will be great!

In last month's *Compass*, and through eNews, I introduced you to our online and paper Customer Service Survey (www.esurveycreator.com/s/6a585ae). To those who have submitted their responses — Thank you. If you haven't yet completed the survey, please do. The survey will be conducted through August. Your comments are much appreciated.

I look forward to seeing you in the Lodge.

All of Our Websites Have Been Improved

When was the last time you went to our Association websites or suggested a friend go there for information? If you haven't looked since July 1, you are in for a real treat! All of our websites have been improved with a clean look, mobile accessibility, and ease for accessing most information.

Experience our websites yourself, go to:

- Public website — www.suncity-lincolnhills.org
- Orchard Creek Lodge. Focuses on catering services for brides and corporate business. — [website www.orchardcreeklodge.com](http://website.orchardcreeklodge.com)
- Meridians website — www.meridiansrestaurant.com
- The Spa at Kilaga Springs website — www.kilagaspringsspa.com
- Resident website. For all things related to the Association and Lifestyle departments including registration online — www.suncity-lincolnhills.org/residents

If you have yet to register for the weekly eNews bulletins, or to access the videos, Association news for residents only, and online registration, you can REGISTER from the home page of the resident website. We look forward to receiving your comments.

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SCLH Summer Concerts offer music for every generation from the 1950's-1990's

You moved here in part for the Lifestyle, and our summer concerts are some of the best ways to experience the variety of people in your community having fun. Eat a burger and enjoy a beer, or wine and vegetarian wrap. Ticket prices range from \$17 for the Billy Joel Tribute to \$32 for Gary Puckett and the Union Gap, yep THE Gary Puckett! Please note: concerts August 22, September 5 and 19 begin at 7:00 PM. See pages 44-48 for concert details. You won't find a better value for great music and entertainment.



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WellFit Summer News

Deborah McIlvain, WellFit Manager

New! Arrival of Champion Athletic Apparel at Orchard Creek Fitness Retail Corner

We're happy to announce new arrivals of the popular clothing brand, *Champion Athletic Apparel*. If you're looking to stay cool when you work out, choose the super ventilated tank with an oversized open hole mesh back. You will love to wear the Champion Balance™ collection of Yoga pants for workouts, weekends and all the hours in-between. We also are carrying men's workout shorts and tops. Items are with or without the SCLH logo. For swimmers, goggles, kickboards, and other accessories for the pool are available. Pricing is great, and you support your Fitness Department's Retail Corner as well. Sun City Lincoln Hills logo clothing can also be special ordered from our website.



~Please see our ad on the back page.~

Pool Etiquette and Rules

It's that time of year when the pools are busy. Please be courteous to other residents so everyone can enjoy the beautiful pools and environment. To aid in tranquility of pool use, here are a few safety and simple etiquette rules:

- The appropriate time to put your towel on a seat is when you arrive to spend time at the pool. Please, don't save chairs, it's just not fair.
- The Emergency Gate is to be closed at all times. It is not to be used for entry or exiting the pool area.
- All persons must shower before entering pools.
- No jumping or diving from the side of the pools.
- Smoking of any kind is not permitted.
- Beverages: water only in plastic containers by pool.
- Food to be consumed in covered area only.

- Water shoes worn in the pool are not to be worn outside of pool.
- Lap lanes are for swimming, slower lanes to the left.
- Children swim from 2:00-4:00 PM, ages 4-17, no diapers.

For a complete list of swim rules please visit the Fitness Centers or our website.

Coming Soon!

- Luau by the Pool — "An Evening in Polynesia"! A combined WellFit and Activities event is coming in September. See page 49 for more information.

New Classes This Month

- SGT (Small Group Training) Balance Class at OC Monday & Wednesday 2:00-3:00 PM
- Cardio Jump Reformer at KS Tuesdays & Thursdays 9:30-10:00 AM
- Power Vinyasa Yoga at KS on Wednesdays at 8:00 AM

WellFit Classes pages 81-96 • WellFit Class Grids pages 97-99

What's It Worth To You?

Cecelia Dirstine

Community Standards Manager

What does curb appeal mean to you in dollars and cents? According to real estate professionals and appraisers, an attractive and well-maintained community can affect owners' property values by 10 percent or more. So, how does your Association help protect the value of your property in the face of current drought conditions? That's where maintenance rules come into play.

In Community Standards, we assist the Architectural Review and Compliance Committees in enforcing the rules on property maintenance. And that's where *you* come into the equation. Making a commitment to maintain your property in this difficult situation isn't easy.

What can owners and the Association do? Governor Brown has called on Californians to voluntarily reduce water use by 20 percent and limit outdoor watering

of lawns and landscaping to two times a week.

What does this mean to enforcement of the rules? The Governor's order still allows your Association to enforce mainte-

"According to real estate professionals and appraisers, an attractive and well-maintained community can affect owners' property values by 10 percent or more. So how does your Association help protect your property in the face of current drought conditions?"

nance rules as long as it does not prohibit compliance with water saving directives put in place by the state or local agencies. At this time, the city of Lincoln, our water supplier, calls for residents to voluntarily reduce water use by 20 percent; repair all leaks; irrigate at night; reduce indoor use;

and use a car wash that recycles. These are voluntary measures and water use is not monitored by the city or your Association.



According to appraisal professionals, landscaping accounts for about 85% of curb appeal. The dilemma facing us is how to find a balance between conserving water and poor maintenance that directly affects property values. Do we push aside aesthetics and accept dead lawns and allow meager plantings? Should the Association take steps to ask owners to restore and replant landscaping when the drought is declared over?

Even faced with those tough water conservation questions, there are many other things we can do to maintain curb appeal in consideration of home values in our community. Here are some ideas borrowed from realty professionals:

Please see "What's It Worth" on page 39

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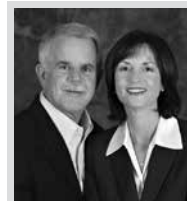
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Aging Well

Pain: Mainly in the Brain

Shirley Schultz, Health Reporter

If you are sane, you know you should not feign pain. Pain is such a brain drain!



How can you rein in your pain if you cannot explain where is the main pain? There's a grain of truth to the claim that pain is all in your brain. Indeed the perception of pain is the brain's eminent domain. If you do not perceive it, it is not pain. Your disdain for pain may lead you to complain, or abstain, or even go insane. Obtain knowledge to explain how to live with pain so that you can regain and maintain a life without the constraint of pain so that you can travel to Spain — even in the rain!

Although I found 496 words that rhyme with *pain*, don't worry, my pursuit of rhyme ends here. Living with chronic pain is a major quality-of-life issue for many. Pain is a confusing and fascinating topic because it is always subjective. We know that much of the same brain chemistry that is involved with pain perception is also the same brain chemistry that is involved with depression.

Sometimes it is difficult to tell whether it is pain or depression or some of both. Often the things that help to alleviate pain also alleviate depression and some antidepressants alleviate pain. This important topic will be discussed from a holistic nonmedical viewpoint at the July 30 **Community Forum, "Challenges in Dealing with Chronic Pain"** by Dr. Bakerjian, a Nurse Practitioner on the faculty of the UC Davis School of Nursing. See page 100.

Pain management must be based on the *cause* of the pain. A man in his senior years paid a visit to his doctor for the regular management of his diabetes, which had resulted in considerable loss of feeling in his feet. Upon examining the man's feet, the doctor said, "You have a thumb tack stuck in the bottom of your right foot!" The man felt nothing and was completely unaware of the tack being there. He did not have pain. In another example, a WWII veteran, who had lost part of his leg in combat many years earlier, complained of pain in the limb that was no longer present. This is called "phantom pain," but it is real to the person who suffers from it. Amazingly, a certain antidepressant relieved the man's pain!

No Pork Belly Futures!

Hank Lipschitz, Finance Committee Chair

The Finance Committee completed the selection process for hiring an Investment Advisor to implement our revised investment policy and the Board has approved the selection of UBS Financial Services Inc. We will not be investing in Pork Belly Futures or Penny Stocks! In fact we will be sticking to conservative fixed income investments but this change will give us a better return with minimal risk.



Results for the month ended May 31 continue to be better than budget. We have been fortunate that we had a mild spring. This has lowered our water and electric usage and has been less taxing on maintaining our facilities. In addition we have The Spa, Activities and Food & Beverage doing better than budget. So the results for five months show us \$242,533 ahead of budget. This shows our staff is hitting on all cylinders (with a little help from Mother Nature)!

Please see "Finance" on page 14

Keeping Costs Down and Going Green

Bill Attwater, Properties Committee Chair

Converting to Solar Power?

On May 10, the Properties Committee formed a Solar Power Task Force at the request of the Board of Directors.



With new rebates available and advances in solar panel construction, it is time to take another look at solar power in order to reduce our PG&E electric bill. The Task Force

will concentrate on reducing the electric bill for Orchard Creek Lodge with its high electric bills for both the indoor and outdoor swimming pools and the heating and air conditioning for the Lodge itself. An automatic load reduction device has also been installed in Orchard Creek Lodge, which allows for automatic power reductions during the 12-18 hot summer days

designated as peak load days. Another money saver is that the lights will only go on when there are people in the room. The total impact will be a significant reduction in our electric bill.

Water Reduction

On the water front, the drought is still with us. For drinkable/usable water (potable water) in our facilities, it costs \$125,000 for 33 million gallons annually. Think about the cost to our residents the next time you take a long shower at one of our facilities. Five-minute showers should be the maximum. The most effective way to save on our water bill is to use less water! So, the men will see waterless urinals coming to the Lodges. No complaints please, using less water is the wave of the future.

For non-potable water, it costs \$84,000 for 111 million gallons. This is the water we use to irrigate our exterior landscaping in Lincoln Hills. What has been going away (has anyone noticed?) are the useless small strips of grass that might have added character to sterile sidewalks and other areas 15 years ago when Lincoln Hills was being built but now are water wasters. This effort has been ongoing and will continue in the future.

Some residents have voiced concern about landscape watering during the heat of the day. We do not live in a perfect world. We get the irrigation water under a contract with the golf course. The golf course waters during the evening hours (when golf courses are not in use) and we irrigate during the day when water is available. For the time being we must live with that arrangement.

Would you like to learn how to Ballroom Dance?

The Ballroom Dance Group provides free lessons with membership.

We teach all the popular dances like waltz, fox trot, cha-cha, rumba, swing, tango and night club two step. Both beginner and intermediate levels.

Enjoy social events and parties.



Ballroom Dance Instructors

Group meetings are held at Kilaga Springs Lodge on Tuesdays, 2:00-5:00 PM. Contact Ruth Algeri 408-4752.

The Spa at Kilaga Springs

Summertime: Take Good Care of Yourself, Treat Yourself

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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

Summer time is here. Outdoor picnics, vacations, grandkids, just more activity overall. Do the stresses of life ease in the summer? Not really. Does the sun and warmer weather affect us? Absolutely, in both positive and not so positive ways.



Typically our services increase in the summer.

Guests visiting, end of the school year self-rewards, bridal parties, and simply people wanting to get away from all the "fun" hustle and bustle to treat themselves to some very profound relaxation and de-stressing time.

What a fun thing to do by bringing in your children or grandchildren for a treatment while they are visiting you! I have seen some great bonding, lots of fun, and a true appreciation of what a spa provides

in the way of a healthy lifestyle. It is truly a way to teach young adults about the values of relationships, how to take care of your skin and body, and the importance of getting off the merry go round.

The same holds true for all of us. The four factors to be especially aware of in the heat:

- 1) **Hydrate** — not just during activity, but all day. Did you know that drinking a glass of water right before bed can prevent heart attacks from happening?
- 2) **Sun Block** — Everyday, all day. Be sure it is chemical-free, which will more effectively help to prevent skin cancer. Check your labels.
- 3) **Protective clothing** — While outdoors,

hiking, playing sports, or even working in the garden, wear clothing designed to protect your skin. The most dangerous rays are from 10:00 AM-3:00 PM daily.

- 4) **Regular skin and bodycare treatments** — Keeping dead skin exfoliated not only encourages new skin, it also keeps your pores open so they can eliminate metabolic waste, supporting the immune system and keeping it strong. Facials, bodyscrubs, and massage facilitate this, keeping your longevity as your goal.

Don't forget, **July is our Hydropeptide Anniversary Special**. If you've been wanting to try this exceptional product and service, here is your opportunity through July 30.

Have a safe, healthy and happy summer — from The Spa.

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Delectable Summer Cuisine at Meridians

Jerry McCarthy, Director of Food & Beverage

As the temperature heats up, there is no better way of staying cool than with **happy hour**. In addition to our normal happy hour selections that we offer daily,



Meridians has added **two new exciting options!** Every Thursday night we start happy hour at the Orchard Creek Pool at 4:00 PM, and every Friday night we start happy hour at Kilaga Springs Café at 4:00 PM. Both nights offer **free** live music as well as drink and food specials for your enjoyment.

Another great way to beat the heat is to attend our **Samuel Adams Brew Master**

dinner on Thursday July 24. Chef Roderick has prepared five exciting courses and hand-selected Samuel Adams beers to complement each course. The Brew Master dinner is only \$70, which includes all five courses, tax, and service charge. Make your reservation today!

With our midsummer weather also comes a bounty of fruit, vegetables, and exciting summer entrees. Make sure to look for delectable items such as: *Petite Milk Shakes, Summer Vegetable Skewers, Mahi Mahi Sliders, Heirloom BLT, Pan Seared Sea Scallops*, and much more. Every Sunday Night we are offering five different summer entrée salads tossed at your table for only \$10. Sunday Summer Salads

include *Grilled Chicken & Nectarine Salad, Summer Berry Burst Salad*, and others. Chef Roderick is conducting the **Farmers Market Series** this summer, bringing to life all of the fresh seasonal items that can be discovered in our own Wednesday Farmers Market. We will be having two dinners in the **Secret Garden** where Chef Roderick will be cooking and teaching about dishes that he prepares for you. Farmers Market dinner dates are **Thursday, July 31 and August 21.**

Visit our website at www.meridiansrestaurant.com for details of the new summer menu, our Sunday Summer Salads, and all of our specials. You'll want to circle the calendar for the 2014 Summer Amphitheater Concert Series as well.

~ Please see our ad on page 76. ~

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Finance

Continued from page 9

As of month end we had \$4,220,901 in the Operating Fund, of which \$73,012 was in Building/Capital Enhancement and \$1,022,259 in Settlement Proceeds Fund. The Reserve Fund had \$5,262,954. Virtually all of our Funds were in FDIC-insured accounts or Treasuries and I might add earning us less than 0.35% per year. We had 162 homes with a past due total of \$67,600. This compares favorably to the 161 homes and \$83,500 in February thanks to collections on some very past due homes. The positive trend has allowed

us to avoid booking any bad debt expense this year.

As I write this, we have six applications to join the Finance Committee and we hope to be able to make a recommendation to the Board at the regular Finance Meeting.

If you have general questions or need information, please contact finance.com@schca.com.

The next regularly scheduled Finance Committee meeting is July 17 at 9.00 AM.

Statement of Operations YTD — 5/31/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$3,174,801	\$3,178,718	(\$3,917)
Administration (Expense)	(806,499)	(842,542)	36,043
The Spa at Kilaga Springs	28,923	17,640	11,283
Fitness	(157,172)	(148,230)	(8,942)
Activities	(38,413)	(99,170)	60,757
Rec. Center / Maintenance	(962,394)	(1,011,917)	49,523
Landscape Maintenance	(1,000,352)	(1,077,428)	77,076
Food & Beverage	(47,512)	(68,222)	20,710
Capital Asset	0	0	0
Net Revenues (Expense)	\$191,382	(\$51,151)	\$242,533

Know how the tax rules change for Senior Taxpayers



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

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

For details and other tax-cutting assistance, contact:

Carolyn J. Riolo

Certified Public Accountant

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Mammals of SCLH

Al Rothen, Roving Reporter

The population of Lincoln Hills is about 11,000 humans. Then there are the 7,000-8,000 pet dogs and cats living with us.

However, there are myriad other mammals who share the 3,000 acres comprising Lincoln Hills. Some of these we may see with regularity and others rarely. Our neighbor photographer, Phil Robertson, with patience and a telephoto lens, captured the photos accompanying this article.

With enduring credit to Del Webb and Lincoln city planners, 40% of the Lincoln Hills property is dedicated to open space: about 700 acres of golf course and 500 acres of preserve set aside from further development. Additionally, there are about 200 acres of landscaped parks and main road surroundings. Add the yards in which our homes stand, and we have large habitat areas for those creatures that inhabited the area long before we came to live among them.

Some folks thoroughly enjoy watching the jackrabbits and cottontails as they nibble at our grasses and flowers; others diligently work at finding methods, hopefully non-lethal, to shoo these furry creatures away. Most of us have seen the effect of the vole, also called meadow mouse, when they gnaw a bare path in our lawns or devour the roots of our plantings, but many of us have not seen them. They look quite different from the rat, which sometimes gets into our attics and scratches around to our dismay and irritation. Tree squirrels will be mostly found in dense tree areas, but will happily come to your yard to scavenge or rob your bird feeders.

The aquatic mammals, beaver, mink, muskrat, and river otter, are usually well hidden

Please see "Mammals" on page 43

Photographer
Phil Robertson



Beaver



Bobcat



Back Yard Coyote



Mule Deer



California Ground Squirrel



Vole



Mink



Gray Squirrel



Striped Skunk



Cottontail Rabbit



Rat



River Otter



Black Tailed Jackrabbit



Muskrat



Opossum

CONCERTS CONTINUE TO SIZZLE!



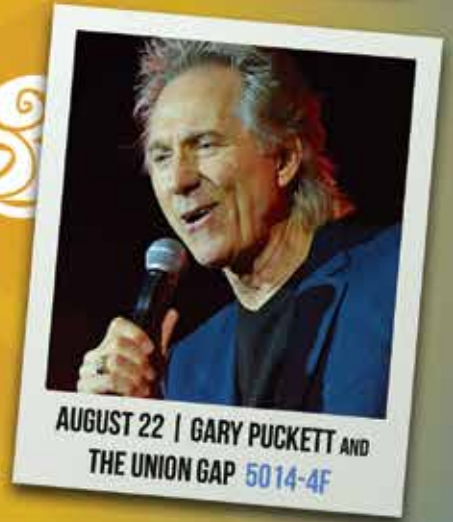
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Wi-Fi, Wi-Fi, wherefore art thou, Wi-Fi?

Nina Mazzo, Roving Reporter

What does Wi-Fi access mean?

Wi-Fi is local area wireless technology and it allows electronic devices to exchange data or connect to the Internet. So this allows your smart phone, tablet, or notebook computer to communicate with email, search the web, and do other things that require you to be connected.



Wi-Fi is found in our Association buildings, specifically, the Lodges, exercise areas, Kilaga Springs Café, Sports Bar and Meridians (not in outside areas such as the Sports Pavilion). This Association network is open and is free to use.

How do you sign on to access?

This depends on your device (computer, tablet, or phone) so check your manual. For example, I am writing this article on my iPad and under settings, I pressed Wi-Fi and it then showed me SCLH-Public as one of my Wi-Fi options. I chose that and it connected. In my case, now that I have told my iPad to use this Wi-Fi, it will automatically return to that setting when I am once again in one of the Association's Wi-Fi areas.

What are some examples of using Wi-Fi?

Returning to my example of writing this article, I wanted to go to the Internet to check some definitions and/or some research. In addition, I wanted to check my email and get caught up on my "Words with Friends" game. You also might want simply to search for a business address and map, get the weather report, or find out if the Giants lost another game.

Is it safe?

Remember, using Wi-Fi is less secure than wired connections and because ours is a free open network, an "intruder" could see what you are doing. I will only

do my banking at home on my home network because it is secure and requires a password to get on. When we travel, I will also not conduct banking on Wi-Fi in the airport or Starbucks, etc., but will take advantage of those areas for my mail, games, and other "safe" searches.



The iPad settings Nina used to sign on to the Internet using Wi-Fi in Orchard Creek Lodge; others able to use Wi-Fi on their devices, from upper left — Donna on the go; Roman catches up in the Community Living Room; Shirley working out in the Fitness Center

Library News

Sandy Melnick, Library Volunteer

In case you are not aware of it, we have a large selection of Large Print books. Anyone who has trouble seeing fine print or regular print will appreciate this section of the Kilaga Springs Library. It is located near the computers by the windows and

the section has many novels by popular authors.

Once again, we remind everyone to please look at the copyright dates for donating books. We certainly appreciate all the books that are given to the Library, but please remember that the books should have copyright dates of 2006 or later. We

know that everyone hates to throw away a perfectly good book, but we have shelf constraints and cannot use the older books. Also, please return borrowed movie DVD's. We



Please see "Library News" on page 23

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Orienteering

Ferrari Pond Trail

Our very own Yellow Brick Road?

Dee Hynes, Roving Reporter

Dorothy, do not fear! It looks like yellow brick, but it's decomposed granite! Welcome to the Ferrari Pond Trail in Lincoln Hills, the Land of 18 Fitness Trails. There are no lions, scarecrows, or tin woodmen, but a plethora of wonderful wildlife to view within our open space.

As the Wizard will tell you, "Stop, look, and listen," along the way and let nature unfold around you.

Gaze the windswept bush tops and catch a pair of rabbit ear tips in the grasses. In your stillness, you may spot the sprint of a young coyote in the distant open space or the startled movement of a gorgeous pheasant. Bird notes will become louder.

This is one of our most popular trails, Dorothy. Here's why:

- Start at Angler's Cove and peek over the fishing bridge: You may see a Western Pond Turtle sunning on a rock, a fish being caught, or a river otter swimming.
- Enter the trail via concrete stairs or concrete path with a low rise. Each leads to a decomposed granite path along Ferrari Pond and out into open space – lots of nature activity to view when you "stop, look, and listen."
- The trail transitions in the open space to a cement path. A fork in the path leads to our historic salt spring.
- Three narrative signs share information about wildlife at the pond and its history. Got Milk? (Well, this was a ranch before we got here.) Who were the Ba-Mu-Ma? Curious?
- The Ferrari Pond Trail also includes a long sidewalk segment on Violet Lane.

Directions: From OC, turn left on Del Web, right on Ingram Pkwy, right at Angler's Cove. Binoculars, cell phone, and water recommended.

See your Community Directory and Resource Guide Street and Trail Foldout maps for details.

Photo, right — Pets Winnie and Harley are the stars of the show at home. Sometimes when walking with them, it's hard to tell who's leading! Carolyn & Jim Dean moved to Lincoln Hills from Grass Valley in April. They enjoy the Ferrari Pond trail. It's one of their favorites within our trail system.



Joanie West is joined by her daughter, Meghan, and grandchildren, Conor and Caraline, at the Ferrari Pond covered picnic tables. Conor is wearing binoculars which he actively used to spot wildlife. Caraline has just discovered a rosy red ladybug-like bug and a lizard

Cheryl Karlskint reads the narrative sign, "Wildlife at Ferrari Pond..." to her granddaughter, Quincy. At two years of age, Quincy already understands the topic and is pointing to the ducks in the pond



Commercial Presentation (Paid Advertisements)

This vendor presentation is open to SCLH residents & people outside the community.

Products/services presented are not sponsored or supported by SCLHCA.

CAbi Fall Fashion Trunk Show

Thursday, July 24 9:30-11:30 AM Heights (OC) Free

Presenter: Miki DeZorzi

The most sought after shopping experience is coming to the Sun City Lincoln Hills Orchard Creek Lodge. Come see, try on and order the CAbi Fall Line! The CAbi clothes will be available in the Heights Room from 9:30 to 11:30 AM on Thursday, July 24 or by appointment at your home.

RSVP to Miki DeZorzi at 806-6916 or mikidezorzi@yahoo.com

SCENTS

Please refrain from wearing perfumes, colognes, and scented bath & body products when attending shows, concerts, bus trips and Association amenities & activities. Many people have allergies exacerbated by scents. Thank you for your cooperation.

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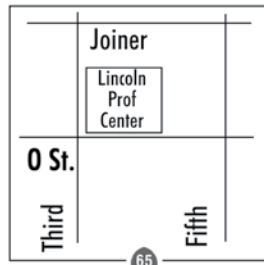
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Neighborhood Watch

Friendship — The Perfect Blend-ship Enjoy a National Night Out Party Tuesday, August 5

Patricia Evans

It's true! Friendship and neighborhood security complement each other. The yearly National Night Out parties are the perfect venue to achieve these two goals. This is the time of the year when having fun partying with neighbors is our priority.



Plan your party now! Some Villages traditionally have a huge "blowout." Mail

Station Units often band together for a yearly party eagerly anticipated by the residents. Others have just a few special friends in to enjoy the occasion.

All these National Night Out parties are festive ways to increase the safety and security in the neighborhood through knowing each other better. They increase the warm ambiance of friendship we value in our neighborhoods. Neighbors who play together know when to offer to help. "We take care of each other," is the familiar phrase.

Neighborhood Watch wants your neighborhood to be your "happy place."

The area where we live is an extension of our personal space. When we step outside our door, we want to feel equally comfortable, safe, and familiar. Ask anyone looking for a new home, and these goals will usually be on their "short list." When we know our neighbors, and they know us, we can also more easily recognize any suspicious activity "abroad in the land."

Yes, we have a yearly contest to increase our party count so please **register your party**, no matter how small or large, with Pauline Watson at 543-8436 or frpawatson@sbcglobal.net.

For easy National Night Out party ideas, please turn to page 33.

Neighborhood Watch Contacts

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



Pauline Watson, chair of National Night Out for the eighth year, displays a map locating parties in Lincoln Hills; below, a few NNO parties from years past



Library News

Continued from page 19

seem to have fewer and fewer movies, so please look on your shelves.

Did you know that between 1854 and 1929 orphans were sent on trains from East Coast cities to the Midwest? I just finished reading a novel based on this period

of history called *Orphan Train*, by Christina Baker Kline and it is about a 90-year-old woman that was on one of these trains. These children never knew if they would find a loving home or be unpaid servants. Find out what happened to her and some of the others on her train!

If you know of a good book that you

have read lately, let me know. I can be reached at 408-1035.

Contacts: Sandy Melnick (408-1035) for donations; Cleon Johnson (408-5648) for investment materials; and Nina Mazzo (408-7620) for the Community Living Room (OC).

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Club News



Alzheimer's/Dementia

Caregivers Support Group

On Wednesday, July 23, 1:00 PM in the Multipurpose Room (OC), our support meeting will be held in discussion format, facilitated by Stefani Wilson, from Del Oro Caregiver Resource Center. Our discussion sessions afford caregivers an opportunity to express their concerns and to talk about immediate problems. Because we have many participants, including at least one professional present, there usually are several people who are able to offer suggestions and solutions to those matters that are troubling a caregiver at any given meeting. Our caregiver participants report receiving great benefit from participating in the discussion sessions.

If you are caregiving for a loved one with Alzheimer's Disease we hope you will join us. In addition to our meetings, thanks to the Lincoln Hills Foundation, we have an excellent selection of books of interest to our members that may be borrowed for reviewing at home.

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



Antiques Appreciation

The July 7 program, for club members only, was presented by one of our founding members who is highly regarded in this field. Members were encouraged to bring one item of china, silver, glass, wood, metals, copper, pewter, or brass. We were very appreciative of having our items appraised at no charge.

On August 4 we will be fortunate to have Steve Abbott, as seen on KVIE View Finders. Steve is a collector of bottles from before prohibition, but also including whiskey items, signs and Sacramento saloon memorabilia.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd love to have you join us!

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



Astronomy

Our next Astronomy Group meeting will be a presentation and planetarium show at Sierra College on Wednesday, August 20 by Professor David Dunn. Contact Ron Olson, rolson@starstream.net or 408-1435 if you would like to attend this event. Carpooling is available. Please reserve early as seating is limited.

The Cosmology Interest Group (CIG) will meet on Monday, July 21 in the Fine Arts Room (OC), at 6:45 PM. Morey Lewis will continue his review of previous lectures from the DVD series "Cosmology – The History and Nature of our Universe."

The August 18 CIG meeting will view DVD lectures #13 and #14 which began coverage of the first million years of the Universe's history. The lectures are followed-up with group discussion. Contact Morey Lewis for more information.

**Contacts: Morey Lewis 408-4469,
eunmor@pobox.com;
Cindy Van Buren 253-7865,
rvbvb@att.net
Website: www.lhag.org**



Ballroom Dance

Want to be "cool"? Join us in July, on Tuesdays at Kilaga Springs Lodge, 2:00 to 5:00 PM, and learn to Waltz. Think you can't dance? You can! It's fun and friendly. Beginning classes are 2:00 to 3:00 PM. From 3:00 to 4:00 PM, enjoy open dancing to a variety of music and styles. Intermediate instruction follows from 4:00 to 5:00 PM. The last Tuesday in July, we will devote the first hour to a review of the Cross Body Lead, and the last hour to brushing up on Turns and Spins. In August, we will learn the passionate Rumba. Won-



Gail & Milton Greene

dering where to use those new moves? Come to the second Sunday dinner/dance at OC Ballroom. You don't have to be a dance club member to come. You'll have a great time, enjoy good music and buffet dinner for only \$14. Club dues, which include lessons, are still only \$7 per year.

~See our ad on page 13.~

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



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be August 13 and September 10.

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 lunches will be Tuesday, July 15 at *Mary's Pizza*, and Monday, August 18 at *Awful Annie's*. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant.

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

**Contact: Joan Logue 434-0749,
joanlogue@sbcglobal.net**



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 —



Left, Eight Ball Singles June 4 Winner Phil Delaney, Runner-up Wayne Bullen; Nine Ball Singles June 10 Winner Phil Delaney, Runner-up Joe Perez

- Eight-Ball Singles June 4 — Winner: Phil Delaney; Runner-up: Wayne Bullen
- Nine-Ball Singles June 10 — Winner: Phil Delaney; Runner-up: Joe Perez
- Eight-Ball Doubles June 18 Cancelled due to Travel Team Qualifying Tournament

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

Challengers Billiards

It's summer and the heat is on, outside and inside the Billiards Room. We play every Friday from 10:00 AM to 12:00 PM at the Billiards Room (KS). The last Friday of the month is sign-up day for the following month. New players are always welcome, just sign up or drop in as a stand-by player.

Here are our recent winners:

First place — seven games: Bill Kim; six of seven: Joe Perez, Bob Wehner; five and a half of seven: Sylvia Gutierrez. Second place — five and a half games of seven: Joan Wendell; five of seven: Bob Soriano, Doug Porter, Ziggy Brien.

Have fun and stay out of the sun.

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

Couples Billiards

Advance sign-up is encouraged as we generally have a full house. You can find the sign-up book on the fireplace at KS.

On week one, Joe/Nicky Hobby was the only team to win all six games for the entire reporting period. Bob Wehner/Chiquita Fratto and Del/Veronica Torres teams won five games.

Week two — Howard Skulnick/Peshu Irani and Bob Wehner/Chiquita Fratto won five games. Joe Perez/Rita Baikauskas, Ron/Sherry Weech, and Bob Hodge/Sylvia Gutierrez won four games.

Week three — Jim/Barbara Conger won five games. Joe Perez/Rita Baikauskas, Bob Soriano/Doyle Coker and Ron/Sherry Weech won four games.

Week four — Joe Perez/Rita Baikauskas and Ron/Sherry Weech won four games. Three games were won by the following teams: Margrit Blanc/Bianca Reckling, Gary Smith/Linda Scott, Doyle Coker/Bob Soriano and Joe/Shirley Varner.

Week five — Bob Soriano/Doyle Coker

won five games. Bob Wehner/Chiquita Fratto and Ron/Sherry Weech won four games.

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

Players Billiards

Be cool, stay cool, play pool! Join us to have fun and play seven games of Eight ball with other mid-level skilled players each Thursday from 2:15-4:30 PM in the Billiards Room (KS). The games are timed at 17 minutes. Advance sign-up takes place on the last Thursday for the following month and the sign-up binder is always on the fireplace if you miss that date. Stand-by players can frequently play. Please show up at least 15 minutes early to get your player number and get ready to play. It is free summer fun!

Congratulations to our recent winners — Seven games: Chiquita Fratto; six of seven games: Dennis Dreiling, Joe Perez, Dan Oden, Tom Thornton; five and a half of seven games: Howard Skulnick, Peshu Irani, Hugh Duberley; five of seven games: Dan Oden, Ahmed Jhanda,

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

Upstarts Billiards

"Billiards is something like Chess

Plan your moves ahead, yes.

But rather than check and mate

We sink the ball called Eight."

Would you like to play some Billiards? Our Upstarts Billiards is a group for beginners-to-average players. We play Standard Eight Ball on Thursdays, 11:45 AM to 2:00 PM, Billiards Room (KS). Why don't you join us sometime; we'd love to have you!

Winners — six games: Phyllis Borrelli, Hart Sissingh; five games: Margrit Blanc, Gale Comer, Remy Giannini, Lydia King, Bianca Reckling, Linda Scott, Gary Smith.

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

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



Bird

The Bird Group is holding its summer potluck this coming Friday, July

18, at the Social Kitchen (KS) at 5:00 PM. Admission is \$6 a person. You can still sign up by contacting Ruth Baylis, 408-7545 or rbaylis2@yahoo.com. You don't want to miss this fun evening with friends and good food.

We take a break in August, but don't forget to check the Lincoln Hills website for more club information. Don Baylis continues to post interesting articles on the Wall. The Events section has our scheduled field trips and is kept up-to-date by Paul MacGarvey. In Photos you'll find many beautiful pictures by our club photographers. And in the File, Ruth Baylis lists the bird sightings from each of the field trips. Thank you all.

Contact: Kathi Ridley 253-7086, kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

Well, the World Cup is over but we can pick up the slack. The Mad Hatters have been approached by the Monday morning Bocce group about the possibility of some kind of Bocce competition to be held sometime in the near future. We've had a brief conversation with Pat Maloney and Louis Bobrowsky and it sounds like a good idea to everyone. Our early thinking is to have some kind of tournament, format and rules to be determined later, on a Saturday morning followed by a picnic/brunch under the Gazebo or at the Sports Plaza. The Monday group plays with the same basic four on a court format we use with only a minor difference in rules. By the time you read this we may have already decided on a date so please pay attention to your email.

Contacts: Paul Mac Garvey, 543-2067, PMac1411@aol.com; Bob Vincent, 543-0543



Book, OC

With the recurring theme of second chances, Meg Donohue's novel, *How to Eat a Cupcake*, invites us into the lives of two girls who, although coming from very different backgrounds, grow up together; one being the daughter of a wealthy family

and the other the daughter of the family cook. After a major falling out as teens, they reunite as adults and go into the cupcake business. Join us on Thursday, July 17 at 1:00 PM in the Multipurpose Room (OC) for the discussion of this delightful novel.

Newcomers are always welcome.

Remaining 2014 Schedule:

- 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/>



Bosom Buddies

Breast Cancer Survivors

Bosom Buddies was treated to a great presentation by our own member, Kathy Hirth. Kathy told of many ways that laughter can help with our health: laughter increases our immune system, it is a powerful antidote to stress, pain and conflict. But the best thing laughter does for us is to help connect us with others.

We will have no meeting the month of July. Our new officers luncheon meeting will be August 14 at 11:30 AM at the Catta Verdera Country Club. Catta Verdera is at the top of the hill off Twelve Bridges. Call Jane Nichols to make your reservation. Our new officers are Val Singer President, Kay Brady Treasurer and Patty McCuen Secretary. Hope to see you there.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Partners

Thursday Evening First & Third

Let's play social bridge, just bring your partner. Reservations are recommended, but not required. Please call and we will enter you and your partner on the players list or just show up and take your chance

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

June 5 winners include — First: Klotz and Martin; second: Jim & Shari Kiley; third: Warren Sonnenburg and Larry Mowrer; fourth: Joanna & Alan Haselwood who also had a high round of 1,620.

June 19 winners include — First: Joanna & Alan Haselwood; Second: Jim & Shirsey Kiley; third: John & Carolyn Garfain; fourth: Linda Theodore and Janet Pinnell. Linda Sader and partner had a high round of 1,480.

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

Thursday Evening Second & Fourth

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 even pairs and a maximum of 28 couples. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM. *Please keep the conversations on low volume when your table is finished.*

May 22 winners — First: Hilla & Bob Fawcett, who also had the high round of 1330; second: Gerry & Warren Sonnenburg; third: Marisa Stone and Barbara Bryan; fourth: Bruce Fink and Dwight Curry. June 12 winners — First: Dwight Curry and Bruce Fink, who also had the high round of 1560; second: Reta Blanchard and Nadine Buchmiller; third: Harry Collings and Stan Mutnick; fourth: Dolores Marchand and Carol Mayeur.

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



Bridge, Duplicate

Forty-two club members won gold and red points at the recent California Capital Tournament. The next NABC Tournament will be in Las Vegas from July 17-27. For details visit www.acbl.org.

Club members contributed \$1,000 which was presented to Friends of the Library to help keep the Library open more hours each week.

On Monday, August 4, the Sun City Roseville Club will host its half of the 2014

exchange. The cost is \$15 per person in advance. Sign in at 10:00 AM for brunch at 10:30 AM and bridge to follow.

Save Saturday, August 9 for a club dinner social. Information will be posted on our club website.

Our games are played at Kilaga Springs Lodge on Wednesdays at 12:30 PM, Fridays at 5:00 PM, and Saturdays at 12:30 PM. Bridge lessons are presented at 11:45 AM each Wednesday before the game. Fees are \$2 for members, and \$5 for non-members.

See the club website (below), or call club president, John White.

Contact: John White 253-9882

Website: www.bridgewebs.com/lincolnhills



Bridge, Social

Join us for Social Bridge every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). Please make a reservation to play. You do not need a partner. Please arrive between 12:30 and 12:45 PM to assure a place to play.

Winners April and May — First place: Allan Blaine, Phil Sanderson, Dee Williams, Eleanor Amar, Alan Haselwood, Joe Phelan and Dick Lund; second place: Joanna Haselwood, Gloria Stroemer, Bob Moore, Dee Williams, Beverly Dwyer, Carol Mayeur and Harry Collings; third place: Dick Lund, Harry Collings, Peg Schmidt, twice, Pat Fraas, Joe Phelan and Rosanna Jensen; fourth place: Dolores Marchand, Jim Busey, Joe Phelan, Phil Sanderson, Ralph Madsen, Peg Schmidt and Al Youngwerth.



Social Bridge players

Congratulations to our three grand slam winners: Jodi Deeley with Joe Phelan, Dee Williams with Bob Moore, and Bob Belknap with Sally Cowan.

For reservations — July and August: Eleanor Amar, 209-3505, and/or Joan Schabilion, (408) 314-1701.

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



Bunco

In June, the Bunco Group welcomed a new resident and member Carol Dickey. We always look forward to meeting new residents and friendly faces.

Following Bunco play the group moved to the Sports Pavilion for its annual summer potluck. The weather was perfect with a little breeze which made for a wonderful time! This is always an enjoyable event — fun, food and friends — no one loses.

Bunco is a non-membership club with a \$5 ‘pay to play’ cost held in the Card Room (OC) at 9:00 AM each third Thursday of the month. Drop in when your schedule permits and after four quarters of play, four lucky individuals win SCLH gift cards.

June winners: Most Buncos Ann Stults; Most Wins Janet DeWitt; Most Losses Sudie Moreland; Traveler Dee Hahn.

Please consider joining us for a morning of laughter and friendship!

**Contact: Kathy Sasabuchi 209-3089,
ksasabu@wavecable.com**



Ceramic Arts

A lot is happening this month!! It is going to be a hot one and it’s the perfect time to take that Ceramics class you have talked about taking. Stay out of the heat and enjoy learning all the aspects of clay and “playing in the mud.” We have great classes, great teachers and a good group of friendly people.



Some of the members of the Ceramic Arts Group

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

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

Contacts: OC Pottery Ed Hanson 253-3950; Mike Daley 474-0910; KS Earthenware Marty Berntsen 408-2110; KS Spanish Oils Margot Bruestle 434-9575
Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts



Computer

Main Meeting: August 13, 6:30 PM, “Surface Pro 2.”

Claudia McEnerney takes a closer look at one and shares her experience with using it. “Heart of a laptop, body of a tablet. Designed for the power user who doesn’t stand still! Pro 2 has a USB port to connect accessories! Free 200 GB of OneDrive storage! \$450-\$1,100.



Claudia McEnerney presents “Surface Pro 2” and Len Carniato presents “Why an Android?” on August 13

“Why an Android?” Len Carniato will give an overview of Android tablets and what makes them great. Price: they cost way less than iPad or Surface. Variety: lots to pick from, Nexus, Samsung, Fire. Freedom: where to get apps and media. Storage: add a SD card, they’re cheap! Google: Android goes “hand in hand” with Google.

Clinic: August 15, 3:30 PM “More Table Stuff” by Terry Rooney, P-Hall (KS).

Ask the Tech: August 22, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

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



Mac User

Apple is now the second largest online retailer in the world, after Amazon. Like technology, Apple is always changing. There are now 800 million iTunes accounts worldwide. Experts believe that soon, things like keys, cash and plug-in chargers will be obsolete. Technology won’t slow down, but your MUG team will always do their best to keep you up-to-date with seminars, labs, the helpline, website, videos and online monthly publications.



Vice President Vicki White explains Spotlight

Our own MUG group is changing too, to make your experience as easy and valuable as possible. The old computer check-in system, where you showed your LH/card/MUG sticker has been eliminated. Now, the only time you need to show your card is before our monthly General Meeting, when valuable raffle prizes are given to current members.

And for fun, tickets are now on sale for the Banquet/Luau in the Ballroom. Hurry, they sell out fast.

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



Cribbage

Cribbage Club plays 8:00 AM to 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 and we always welcome more to come and join the fun.

Contacts: Larry O'Donnell 253-9222; Ken Von Deylen 599-6530



Country Couples

One of our most popular theme dances was held on May 30 at Kilaga Springs Lodge. The annual "Saloon Dance" was well attended by members dressed as bar maids, gamblers, cow pokes, and gun slingers who all posed for pictures in front of the swinging doors of the Dark Horse Saloon. Our special guest, a raunchy cowgirl called Lolita, wooed many of the cowpunchers into tripping the light fantastic. All found her to be very light on her feet.

We dined on some fabulous dishes provided by the members, assuring that no



Photos from the Country Couples' annual Saloon Dance

one would leave hungry. It was so gratifying to see several of the new members stepping to the tunes they have learned so far this year. It seems our "newbies" have established quite a bond with each other and some have even started a quartet singing into beer bottles to the oldies! Another successful event for Country Couples!

Contact: Kathy or René Lopez 434-5617



Cyclist

As I walk and cycle around our area, I am surprised by the number of cyclists who are not wearing a helmet. These cyclists are probably not aware that 90% of cyclists killed were not wearing helmets and 75% of those had head injuries.

Helmets are not designed for multiple impacts so inspect your helmet regularly for cracks or damage and if impacted, replace. Average life of a helmet is three years.

For the riding we do, a road bike helmet is the best buy. All helmets, no matter the cost, must meet standards set out by the Consumer Products Safety Commission (CPSA). The main things that increase the cost of a helmet are weight and number of vents.

Helmet should sit level on your head. Helmets have adjustments to fine tune the fit. Measure around your head about one inch above your eyebrows and choose the appropriate size to fit.

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



Eye Contact

Low Vision Support Group

Next General Meeting: Thursday, August 14, 1:00-3:00 PM, P-Hall (KS): "CA State Department of Rehabilitation Blind Field Services Program" Kathleen Shevlin, Manager, Senior Impact Project, Society for the Blind. Who is eligible and what types of services and resources are provided.

Followed by: "Products for Independent Living," Teri Williams, Low Vision Specialist. Teri will demonstrate products for independent living and asks members to bring a photo (that special grandchild, pet,

etc.) so that she can demonstrate how it can be made available to low vision eyes.

Living Skills Workshop: Multimedia Room (OC). Thursday, August 28, 10:30 AM-12:00 PM. "Labels, Labels, Labels." Patricia Locke, Facilitator. Organizing your home and belongings to make life easier.

Contacts: Cathy McGriff 408-0169; Margie Campbell (a ride) 408-0713



Fishing

Fishing at Angler's Cove has been great this spring says six-year-old Kenny with his father and grandmother (Janet Reynolds). He is shown at Angler's Cove, holding his very first largemouth bass (the first fish he has ever caught). Maybe Kenny will be a future Lincoln Hills Fishing Group member. Note: Fishing in the Cove is catch and release only and is restricted to Lincoln Hills residents and their guests.



A visit to Angler's Cove resulted in Kenny's first catch as shown here with his dad. Grandmother Janet Reynolds was proud!

Don't forget to sign up as volunteers for the Lincoln Kids Fishin' Derby to be held September 1. The Fishing Group has supported this activity with cash donations and numerous volunteers for the last seven years. The Derby is open to kids ages 5-12 who live in the 95648 zip code

To Learn more about the happenings of the Lincoln Hills Fishing Group, join us on the second Monday of each month in the P-Hall (KS) at 7:00 PM.

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



Garden

"Native Bees & Honeybee Syndrome" will be the topic for the next General Meeting, Thursday, July 24, KS, 2:00-4:00 PM. Christine Casey, PhD., UC Davis will be the speaker. She has extensive professional experience with entomology and is currently the manager of Häagen-Dazs Honey Bee Haven, University of California, Davis, Department of Entomology.

She manages the operation, outreach, and education program of a pollinator education and research garden. This bee haven is a half-acre "bee friendly garden." For more info, check out this site: <http://beebiology.ucdavis.edu/HAVEN/index.html>

A tour to the Bee Haven is in the planning.



UC Davis Campus
— Honey Bee Haven Sculpture;
Honey bee in action

Brown Bag sales are available before the meeting and Home Depot door prizes will be drawn for any members checked-in by 2:00 PM.

Save the date for the Ice Cream Social on Thursday, August 28. There will be a lot of activities and a "Hat Contest" with a focus on drought tolerant plants! Members only!

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

Bonsai Group

The Bonsai Group will have a "Bonsai Pop Quiz" at our July 17 meeting at 10:00 AM in the Multimedia Room (OC). There will be a surprise award for the most correct answers!

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



Gem and Mineral Society

A belt buckle extravaganza is on display at Orchard Creek Lodge display case.

Our July 28 meeting will be at 4:00 PM.

Our club sponsors the Lapidary and Jewelry Lab. Mondays 8:00 AM to 12:00 PM. The charge is \$5 per each two hours spent in the lab. Funds go to refresh equipment and supplies. Shop Master is Dave Fisk.

Chuck DiFrenzo is available on request in the Monday Labs, to provide assistance in jewelry fabrication and repair.

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

Lapidary and Lost Wax classes are no longer taught. If you're interested in these subjects, talk to Dave Fisk.

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. Chuck DiFrenzo is available, on request, to assist in silversmithing during the labs starting at 9:00 AM. 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 SCLH Genealogy Club general meeting is scheduled for July 21, 6:30 PM, in the P-Hall (KS). The featured speaker is *Kim von Aspern-Parker* of Sacramento. The presentation topic is *Newspapers Online and Off*. Kim has been actively involved in genealogy since 1990 and has obsessively pursued an education in genealogy. In addition to her own genealogical research, she has helped other people find their "roots" since 2000.

The prize drawing for the evening is an Asus 7" Tablet Computer. This drawing is for members only. Immediately following the meeting, a social event is offered directly across the hall.

The second Monday of each month your club offers a personal coaching session. The sign-up sheet for this meeting is on the table up front at the general meeting. Half hour sessions are available to those who sign up... space is limited, no walk ins!
Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641;
Website: www.webflavors.com/lincoln



Golf, Ladies

Lincoln Hills Lincsters

The Lincoln Hills Lincsters Club Championship, Fore! The Love of the Game, is scheduled for September 9 and 10. The entry deadline is August 27; club members who want to participate need to have completed at least 13 regular Wednesday play dates since January 1. A luncheon in The Secret Garden at the Orchard Creek Lodge will follow play on Wednesday. The event will conclude with prizes for the winners in each flight and the announcement of the 2014 club champion.

On May 28, Bev Johnson won the putt pool with an amazing ten putts. Sharon Herlihy dropped the ball three feet/eight inches from the pin to win closest to the pin. On May 4, Marie Bossert won the putt pool with 14 putts, and Phyllis Patrick was closest to the pin with a distance of 15 feet.

Golfer for the month of May was Pat Dangerfield.

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

Ladies XVIII

Diamonds in the Rough was the Invitational theme for 116 ladies, played out on the Hills course. Two teams scored in the 80's, but the team of Holshevnikoff and her guests — Loveless, Mendez and Meske from Flight Two — out-sparked the field by two strokes over Ashe, Blanchard, Garmsen and Shively from Flight One. Several teams had totals in the 90's. The Flight Three winners were Clinton, Danzi, Dube and Morgan with 97. Then, in Flight Four, the team of Clark, Honoll, McShan, and Tilley took top honors with 95.



First to Finish & Flight One Winners, from left, Ashe, Blanchard, Garmsen, and Shively

The CTP's belonged to Blanchard on Hole Five, just over six feet from the flag; to Mahoney at just under six feet on Hole Seven, D'Andre on Hole 12, and on Hole 16, rolling the ball within two feet of the cup, it was Danzi who dazzled.

The winners had the three C's: consistency, clarity and cut that parlayed into cash rewards.

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



Golf Men's

Our NCGA Senior Four Ball Net tournament was held on June 10 on the Orchard course. This was a two-man best ball net format.

The results are as follows:

- First place with a score of 61 was team 16, Ed Lazarek and Tom Horan.
- Second place with a score of 61 was team 9, Bill Brown and Walter Burke.
- Third Place with a score of 63 was team 7, Joe Angel and John Vass.
- Fourth place with a score of 63 was

team 15, Rodger Oswald and Mike Munro.

- Fifth place with a score of 64 was team 17, Rom Hartman and Richard Yamasaki.

Congratulations to all the winners, this was great tournament.

Our next tournament is our Member, Member/Member, a fun tournament which includes a banquet dinner for all players and their guests and significant others. It started July 14 and continues through the 15th.

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



Healthy Eating

Be sure to attend July's meeting Monday the 28th at 2:00 PM (guests welcome) for presentations by two local small providers of whole and healthy foods most of us are extremely fond of: wild-caught seafood from the clean waters off Alaska flown down to us within hours of the catch, and a new Lincoln-based organic farm that encourages us to "get back into our kitchens and our backyard gardens" by providing us examples of safe, pesticide-free organic foods



Lincoln Hills Farmers Market; red chard art; this month's mystery vegetable



grown in a bio-intensive earth-friendly manner that actually restores the ground rather than contributing to its depletion. Both of these family enterprises are prime examples of American ingenuity at work in providing important solutions.

Join us to explore new healthy foods and better ways to prepare them.

Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS) and *guests are always welcome.*

Contact: Don Rickgauer 253-3984, Sc1h13HealthyEating@gmail.com



Hiking and Walking

Summer is upon us — and we are eager for cool places to enjoy the gifts nature offers!

Many of the upcoming hikes will be in the Sierras where the temperatures are much less than the Sacramento Valley numbers. The heat was not an issue on some recent June hikes, especially hikes



Hikers pose with the Golden Gate Bridge as a backdrop; hikers enjoying the trails at Empire Mine State Park; magnificent old tree seen at Traylor Ranch Nature Reserve

at Empire Mine, Traylor Ranch Nature Reserve, and on the Lake Spaulding trail. One splendidly brisk cool hike was the walk over the Golden Gate Bridge and visiting nearby sites. That was a great treat!

The Walking Group is enjoying the cool morning temperatures by starting their walks at 7:30 AM. If you are interested in joining the Walking Group on their weekly Wednesday walks, check out their different meeting places by going to the hiking website and clicking on Walking Group.

Contacts: Hiking: Denny Fisher 434-5526, dfisher049@gmail.com;
Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com
Website: <http://lincolnhillshikers.org/>



Investors' Study

Our August 7 speaker will be Russ Abbott. Russ has been a consultant to the Investors' Study Group for over three years. He brings us the advantage of his more than 25 years experience in the world of finance and investments. Each month Russ has brought outstanding speakers to the Study Group, many of



Russ Abbott, a consultant to the Investors' Study Group for over three years and our August speaker

whom appear on major television discussion panels, such as, CNBC, Bloomberg, Fox Business, etc. Russ, a Senior Vice-President at Morgan Stanley, will take the speaker's role in August. We look forward to his insights and observations. Meeting: Thursday, August 7 at 2:00 PM at the P-Hall (KS).

September's speaker represents the Franklin Municipal Bond market.

Active Investors subgroup meets on the second Monday each month at 3:00 PM in the Multimedia Room (OC).

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



Lavender Friends

Lavender Friends serves the LGBT community in SCLH.

The June PFLAG meeting presented a panel including a rabbi, minister, and priest discussing the interpretations of religious documents ranging from the "dictated by God" view to seeing the documents reflective of the limited historical and scientific perspectives prevalent when they were created. The panel highlighted how religious attitudes regarding slavery, women, minorities, and sexual identity change in light of greater awareness of diversity, and expanded scientific understanding of what is truly normal. Separation of church and state in the Constitution allows the evolution of law supporting civil rights of the LGBTI community while religions move at their own pace.

The Reconciliation Movement within local churches underscores a more welcoming attitude towards the LGBTI population bringing families closer together. Information is available their website at www.pflagplacercounty.org/links-resources/religious-resources.

Upcoming events including PFLAG July 14, Breakfast July 21, and a Dinner/Dance of September 12.

Contacts: Jacquie Hilton 543-9349, jacquiehilton@starstream.net;
John 408-5576, Then1947@yahoo.com;
Terry 209-3925, terryb56@wavecable.com
Website: www.lavenderfriends.com



Line Dance

Half the year is already behind us. Where did the time go? There have been a lot of new dancers this year and we are thrilled that they have found line dancing to be a lot of fun and a great way to get your exercise.

Sunday, August 17 – free line dance in the Ballroom from 1:00-5:00 PM. We had a great crowd of 80 dancers at the last one back in May. There was dancing at all levels and everyone enjoyed the afternoon. Another day to keep in mind is Saturday, October 11. Hosted by Yvonne Johnson, this is her annual line dance workshop. More details will be available as time gets closer.

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



LSV/NEV

How would you like to have a 10% discount on your NEV for maintenance service and repair work on your vehicle? All members of the LSV/NEV Group have that advantage, for we have access and experience with a reliable and professional local company that offers this discount to our group members. They offer 'pick up and delivery' direct to your home. It's just one of the benefits of being a LSV/NEV group member.

Join us and learn about our club when you attend the membership meetings held the third Tuesday of every month, (except August), at 10:00 AM at the P-Hall (KS). Our July 15 speaker features 'What Is The Senior Driving Program Known As The Ombudsman Program'? Find out how you qualify, and when are the special driving tests held, plus other interesting facts about the program. All Lincoln Hills residents are welcome to attend our monthly meetings.

Contact: Dan Gilliam, 209-3946



Mah Jongg, Chinese

Now is a good time to learn how to play Chinese Mah Jongg. We will welcome the opportunity to teach you. If you already know how to play this game, please join us.

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 on Monday mornings at 9:00 AM in the Card Room (OC). Play continues until noon, with optional extension to 12:30 PM. We hope to see you there.

If you have any questions, just call one of the contacts below.

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



Mah Jongg, National

Welcome, to all the new National Mah Jongg players. Every week we are seeing fresh faces and meeting new friends. We play every Tuesday from

12:30 to 4:00 PM in the Card Room (OC) and hope you will join us.

Our teacher, Fran Rivera, is usually gone for the summer so we do not have anyone to teach the game to novices. She will be returning in the fall and enjoys teaching the game. Give her a call if you are interested in learning the game.

Contacts: Carol Vasconcellos, 209-3457; Fran Rivera 408-7476



Mixed Media Collage Arts

Mixed media collage projects have minimal limitations, however a painting instructor recently reminded us that decisions and choices should be made before you start your work. She was spot on when she said that it is a mistake to start with a pre-conceived idea of how the piece will look when completed. That was an "Aha" moment for several of her students. It was also a good excuse to head to the store and purchase some new products for experimentation. Check out the following for your surface – modeling pastes, blended fibers, glass bead gels and even coarse sands.

Our club meets on the third Wednesday of each month (1:00-5:00 PM) in the Ceramics Room (OC). All experience levels work on individual projects. Dues \$10 per year. We share ideas, products, and hints with enthusiasm and laughter.

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



Motorcycle

RoadRunners

Nine riders participated in our overnight tour to Yosemite. With a follow vehicle for some of the none-riding spouses, it made for an enjoyable trip. We toured the valley floor. With the inspiring Falls and magnificent Half Dome, there was a lot to take in! Dinner and lodging by the Merced River added to a pleasant evening. The trip to Glacier Pt. in the morning added to an excellent outing. Thanks to VP Membership/Road Captain Patrick Chaves for a great trip.

Our scheduled ride for June took us to Marin County north of Golden Gate Bridge. We toured the Mill Valley and took in the



View of Half Dome with Nevada Falls pointed out

North Overlook of the Golden Gate Bridge for a spectacular San Francisco view. Lunch in Sausalito capped off an enjoyable tour, thanks to Road Captain John Marin.

RoadRunners meet the fourth Thursday of the month at 6:00 PM, Multimedia Room (OC). Guests always welcome.

Contact: Patrick Chaves 408-1223, patmcspeed@gmail.com



Music

Always wanted to play the ukulele? Come join the enthusiastic, friendly Ukulele Club jam sessions held each week, Wednesdays, 1:00-3:00 PM at Orchard Creek Lodge. You'll be warmly welcomed and a good time is guaranteed. Ukuleles only please. Contact Ron or Molly (409-0463) for information about the beginner's class.

The latest "Open Mic Night", Friday, June 27, was well attended and featured a variety of musical talent. The next one: August 22, 6:00-8:00 PM, P-Hall (KS). This popular event brings musicians and music lovers together for an evening of casual musical entertainment. Sign-ups to perform begin at 5:30. You won't want to miss the rockin' finale which features "Mustang Sally."

The SCLH Music Group's regular monthly meeting is Wednesday, July 23. Bring your instruments and/or voices, sign up to perform, or enjoy the music and socialize. All are welcome: 6:30-8:00 PM, Fine Arts Room (OC).

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



Needle Arts

Threads of Friendship

Another busy month for all. Our July speaker was fabulous as always and now we look forward to a quiet month with many attending the retreat at Zephyr Cove in Tahoe. If you have never been you should ask someone who has because there is a lot more than just quilting and knitting.



Erika Carvalho and Sandy Klein; Marsha Watkins and Joyce Lund.



Erika and Marsha are the ladies that assist knitters on Thursdays

The excitement this month is twofold: the addition of a new breakout group, and our very own website. We now have a Decorative Doll Group that met for the first time on June 23. You could may make an "Art" doll or a holiday doll for any occasion. Secondly, the webmistress, Sylvia Feldman, is anxious for you to check out our new site, www.sclhna.com, so easy to use.

Contact: Carol Matthews 543-7863, carol.matthews1929@sbcglobal.net
Website: www.sclhna.com



Neighborhood Watch

If you are enjoying the lazy days of summer, and want to have a fun August 5 National Night Out party that looks and feels special, this article is for you. (If you are a "party animal" who loves big celebrations, you are probably already knee-deep in exciting plans.)

Here is a formula that has worked for many parties. Distribute a flyer requesting each resident to bring an appetizer to share, the beverage of their choice, and a folding chair. Notify Pauline (below) of your party.

Scoop up any red, white, and blue plates

and napkins leftover from the July 4 holiday, and you will have the National Night Out color scheme. Add a few balloons for the tables and your front sidewalk.

Enjoy a "getting to know you" topic during the party, such as, "Tell us something no one else knows about you." Sit back and enjoy your party!

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



Painters

Our Studio Tour was very successful and we thank our planners, participating artists, and guests. We also thank those who planned our very enjoyable June luncheon.

Our July 1 membership meeting featured Artist Reif Erikson, who provided us with a pastel demonstration. In August, Jim Brunk and several others will provide a Plein Air Demo for us.

We congratulate Painters Club member Bob Porter, who is showing his work at two California Art Club juried shows: "Summer Dreams" at the Altadena Town and Country Club, June thru October; and "Quintessential California" at the Santa Paula Art Museum, July thru November. We encourage club members and other art lovers to plan to visit.

We also congratulate members Wanda Avery, Joyce Bisbee, Jim Brunk, Margot Comer, Diane Pargament, Paulette Pesavento, and Nancy Sloan on their being accepted for the *PBS Station KVIE Auction* scheduled for December 19, 20, and 21.

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



Paper Arts

Our Overstock Inventory Sale in June was a great success. We enjoyed having lots of good food, buying paper craft bargains, and welcoming community residents to share in the event. This event continues to get bigger and better each year!



Paper Arts members enjoying the Overstock Inventory Sale

This month we turned on the holiday spirit and had Christmas in July. Lori Luchetti and Jackie Fong led our projects. We can always count on these two ladies to create something special and the Christmas card and mini album were no exception.

For the past several years, our primary sharing project has been with Operation Write Home — sharing cards with our military men and women across the globe. While that will continue, our new project will be donating cards to sell at the Placer County SPCA thrift shop. The proceeds will help with the operation and services provided by the SPCA.

Our window this month: Red- White and Blue.

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



Pedro

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

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

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



Photography

July 9's stellar presentation from Sam Clemens on how he viewed and judged photographs will be followed on August 13 by Steve Solinsky on how he cultivated his ability to recognize what should be photographed. Steve's presentation will be an introduction to the Art of Seeing, or an "Awakening to the Light," or when the light goes on in the nebulous noggin...

Speaking of seeing, Crowdaddy International's Lincoln Claw chapter saw red



"Angry Crawdaddy" by jeffa

and was up in arms (see photo) about the proposed First Annual Ferrari Pond Camera Body Regatta, so plans have been scuttled. We'll have to find another use for 35mm film camera bodies...

A mixed show of LHPG work is on display from July 17 to August 12 at Umpqua Bank, 571 5th St., and a different open theme show begins at Simple Pleasures Restaurant, 648 5th St beginning July 22 — 5th Street in Lincoln is what's happening.

Wordsmith: jeffa.

Contact: Jeff Andersen 434-6009,
2jeffa@gmail.com
Website: SCLHphoto.com



Pickleball

We're hearing rave reviews from both players and spectators regarding the new expanded shade cover at the courts! Completion of the remaining improvements will provide added comfort, especially during our hot summers.

Mark your calendar for our club's first annual Presidents' Cup Tournament July 31-August 1. Detailed tournament information has been posted at the courts and emailed to all club members. Spectators,

grab your chairs and join us!

Tournament awards will be given at the Pickleball Club's Seventh Anniversary Summer Party on August 1 from 5:00-9:00 PM at the Sports Pavilion. It's sure to be an evening of fun with a catered buffet dinner, dance music by DJ West, a hula hoop contest & no-host bar. Get your reservation form at the courts or from Lynn Fraser. Reservation deadline is July 25.

Our next general membership meeting is Tuesday, August 12 at 2:00 PM in the P-Hall (KS).

Contact: Scott Sutherland 253-3997,

swsuther@sbcglobal.net

Website: www.lhpickleball.com



Players

The cast for "The Bold, The Young, and The Murdered" has been selected. If you ever watched Carol Burnett in her "As the Stomach Turns" skits you'll love this play. Featured actors are shown in the photo below.



Back row — Mary Beth Qualick, Karen Ulijohn/Pat Shafer; middle — Frances Swanson, Bob Parker, Mike Deal, Sean Brancato, Bob Murdock, Carol Murdock; front row — Paul Krow, Barbara Swerdlow, Kevin Smith; not shown — Ellie Hoekenza

Performances are on August 6 and 7 at 7:00 PM in the Orchard Creek Ballroom. Preferred Seating is \$16 and General Admission is \$12. *On sale now!*

Please join us for our next meeting, on Monday, August 11, 4:00 PM in the P-Hall (KS).

Contact: Bob Murdock 408-8511,

bamabc@sbcglobal.net

Website: www.lincolnhillsplayers.com



Poker

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

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

The Quarterly Hold 'em tournaments are open to all residents, first come, first served, as they usually fill up quickly with a 48-player cap. Our remaining 2014 tournament is 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



RV

The fourth annual RV Group Summerfest potluck on June 19 was a rousing success, drawing more than 40 past members who joined present members for an afternoon of fun and food at the Sports Pavilion. There were plenty of hugs and handshakes in an afternoon of reminiscing and friendship.

Next trip for the group will be August 1-4 at Pioneer RV Park in Quincy, with treasurer Sharon McMillan doing a great job of planning activities as wagon master.

The group holds its meetings on the second Thursday of each month, 4:00 PM in the Social Kitchen Room (KS). The meetings are open to all Lincoln Hills residents who have RVs and they are welcome to check out the group's activities.

Contact: Rosie Eads 408-0129

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

In spite of the heat, we had a great turnout and lots of fun at our picnic June 10. There are many requests for additional help for the 2014-2015 school year. If you would like information about this reward-

ing work, please contact us. Information flyers are available at both Lodges.

Returning volunteers should check online for your school's start date and make sure your TB tests are up-to-date. We've had many requests for additional help. Call Cindy Moore if you want to increase your hours.

We are looking forward to *our one and only meeting of the year* on Monday, September 8, 9:00 to 11:00 AM at Kilaga Springs Lodge. Scott Leahman, Superintendent of Schools, will be the featured speaker. Our orientation workshop for new volunteers will be Tuesday, September 16, 9:00 AM-12:30 PM in the OC Ballroom and will include lunch. See you all soon!

Contacts: Sandy Frame 408-

1453, ssframe1963@gmail.com

(Elementary); Cindy Moore 408-1452,

cindysmoore@me.com



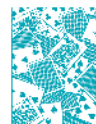
Scrabble

A new Superman movie premiered in May to rave reviews. These comic book adaptations are great opportunities to enjoy a movie with our grandchildren and be a kid again! While proper nouns are a no-no in Scrabble, some superhero names are welcome as they also have common noun definitions. Some playable superhero-related names include: batgirl, batman, corsair, hulk, ironman, joker, mystique, riddler, robin, superman, superwoman and wolverine. It's a good way to get the grandkids to play Scrabble when they can use some of their favorite superhero names!

Come join your neighbors and friends for a friendly game of Scrabble at 1:00 PM on Mondays in the Card Room (OC). New players are always welcome. Let's Scrabble!!

Submitted by Connie Protto.

Contact: Joan Spurling 505-5000



Shanghai

We invite you to try a new activity for the summer. Join us and play the card game of Shanghai. It is a game played in a group of four-to-six players, and the groups are quite congenial. We play every Thursday at Orchard Creek

Lodge at 12:30 PM. We also play on the second & fourth Friday nights at 5:45 PM. To learn how to play, or for more information, contact one of the names below.

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



Singles

Dynamic Singles

What a fun time we had at our "Hawaiian Shuffle" dinner/dance last month. We ate, danced and welcomed our newly-elected board. The new officers are: President Judie Leimer; Vice President Jim Raber; Secretary Deb Garcia-Balch; Treasurer Linda Serdahl; Membership Maralyn Fisher-Zach.

It's time to make friends with your fellow singles! Each month, we have business and social meetings. But wait! There's more! Birthdays are celebrated the first Sunday of the month at the Sports Bar. And second Saturday breakfasts. Wednesday is Bocce Ball. Golf is on Friday. Let's Dance is at Meridians on Tuesday evenings. Cocktail Time and Dining Out are in between Thursdays. Wow! A lot of activities just for Singles!

All of this takes planning. We could use some fresh ideas. There is room for you on the Activities and Ambassador Committees. Our next meeting is a social on July 24 at KS. See you there!

Contact: Judie Leimer 408-4308, j.leimer@icloud.com

and is busy planning some fun times for the coming season. Watch your emails for information about one or more summer club get-togethers where you can share your ideas with the leadership team.

Membership renewal forms will be sent out in the next month or so. If you may be interested in becoming a new member, please contact us (see contact info below).

Contacts: Mike Hilton or Bill Smith 258-2150, lhskiclub@gmail.com



Softball, Senior League

Coyotes

The 65 Coyotes didn't fare well in Tuolumne, losing tough games, 17-16 and 27-26, but managing impressive wins, 25-20 and 17-13. Offense leaders were Nick Fox (.895), Terry Truesdale (.857), Gage Johnson (.770), Bruce Chappell (.764), John Dambrosio (.737), with homers by John Moran, Dambrosio, and DJ Cox (3 apiece), and Mike Caporale. Thanks to Susan Dambrosio and Judy Eterovich for hosting the team dinner. Next is Turlock, 7/12-13.



Mike Bunyard led the Coyote 70s with 6 home runs and 22 runs batted in; the Coyotes after winning the Tuolumne Tournament



The 70 Coyotes won a challenging bracket in Sonora/Tuolumne, scoring 115 runs (23. 3/game). The team batting average was an amazing .739 and on-base percentage was .750. Everyone batted over .650, and team slugging percentage was 1.013! Four players hit .800 or better (George Bungarz .864, Pete Savoia .833, Gym Mikaelson .800,

Bill Stroh .800). The team hit 11 homers, led by Mike Bunyard's 6, producing 22 RBIs. Mikaelson hit 3, scoring 17. Everyone made valuable contributions in this amazing championship.

Contact: Dave Rich, richerino@aol.com Website: LHSSL.org/Travel Teams



Sports Car

On June 20 we had a wonderful trip to Jackson for lunch at Teresa's Restaurant, an Italian restaurant with the same owners for five generations. We had 42 people for the ride. The food is always great at Teresa's, and it is so much fun to get the sports cars out on the road. This trip was led by the Berrys, Hoffmans and Schmidts.



Lunch at Teresa's; Stephen Child's Collection

On June 12 Nadine Miller and Linda Snyder took us for a River Cats game including "Thirsty Thursday" \$2 Beer Night. We had great seats behind first base.

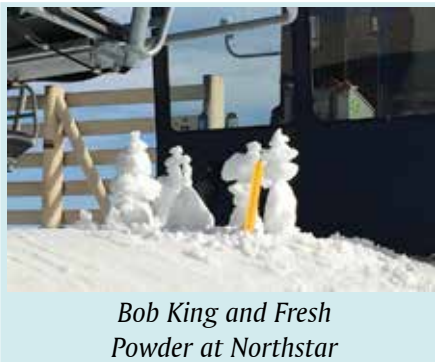
On June 4 the Carniatos and Kaufmans led us for a visit to the private collection of Stephen Childs where we were treated to view his 20+ Classic Porsches & Motorcycles. Stephen took us on a tour of his garages full of vehicles. He still drives all of them. We went on to Toscano Winery for lunch.

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



Ski

The next time (probably now or soon) that you are cranking up the air conditioner, just take a look at this picture



Bob King and Fresh Powder at Northstar

of snowboarder Bob King from this past March. And yes we are not just skiers!

The Steering Committee met in June



Square & Round Dance

Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- 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 Gail to join today!!

Contacts: Louis Bobrowsky 434-5932
louisbobrowsky@yahoo.com;
Gail Holmes 253-9048
gailholmes@sbcglobal.net



Table Tennis

Due to a personal matter our president, Peter Schaafsma requested the table tennis board consider a replacement. Board members held a meeting on Tuesday, June 10 to discuss a replacement. In attendance were board members Gary Haight, Valerie Green, George Porzio, Yoshi Gassner and Ed. Rocknich. Also attending as an advisor was former president Marc Fong and club member Marsha Rocknich. George Porzio agreed to act as president for the remainder of 2014. We are all looking forward to Peter and Sandy's return.

On June 24 the club hosted an ice cream social for all players. It is always enjoyable to meet and greet.

We welcome any beginners. Equipment is supplied and the best part — no dues — ever.

Play is on Sundays 12:30-5:00 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00-11:00 AM at Kilaga Springs Lodge.

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

Tap Company

The Tappers had their annual Spring Luncheon and meeting today. We all came away very excited as we heard about the plans for our 2015 show. It was written and will be directed by Steve Garavito who has performed in many of our

shows in the past. The title of the show is "Rocking The Hills," and it takes place right here in Lincoln Hills. Where else, but at singles night at Meridians. The lead character will be Jack, a down and out guy, whose wife has left him quite a while ago. The story goes on to tell of his trials and tribulations and he reluctantly joins the dating scene in order to find happiness again.

We also elected our officers for the upcoming year, see photo below.



Tap Company officers, from left — President Janet Becker, Treasurer Celeste Martella, Secretary Jennifer Lauchner, Vice President Natalie Grossner

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



Tennis

Live, Love, Laugh and Tennis...

The MXD tournament held June 6 as usual was perfect in every way. Great tennis, great weather, great food! Thanks to all involved. The lucky and talented winners, with Tournament Director Bob Sanguinet handing over the prizes of movie tickets are shown in the photos.

LHTG Mid-Year General Meeting was well attended by tennis players wanting to view their opinions. Some the topics discussed were USTA starting earlier due to heat, court repairs and resurfacing, upcoming tournaments, and parking problems when too many events are held on one day. Attendees thanked the board for all their efforts. Board meetings are held the first Monday of the month — all are welcome to attend.

Written by Linda Burke.



6.0 Draw — Les Van Pelt and Espie Cruz; 6.5 Draw — Oscar Alvarez and Jan Nobert; 8.0 Draw — Jerry Dong and Linda Burke; (not pictured) 7.0 Draw — Fran & Jim Farrell

Contacts: Greg Burke 316-3054,
burkegbp@aol.com; Linda Burke 209-3463,
scsteam10s@aol.com
Website: <http://sclhtg.com>



Vaudeville Troupe

Well...Anything Goes was the theme for our Vaudeville Troupe Show in June and we proved that indeed Anything Goes! There were very diverse acts in this show... something for everyone to enjoy. Many thanks to everyone who came out to the shows and thank you so much for your complimentary responses. We had a great time performing for you and we also extend appreciation to



Carol Rotramel and Sandy Klein brandish their shepherd's hook as official "hookers" during the shows

our great audiences... as usual! If you have talent to share... and we know you are out there... please watch for upcoming audition dates for our next show in 2015. We are waiting for our fearless leader Yvonne Krause-Schenck to announce the theme for that show and you can be sure we will immediately get busy preparing our acts as soon as the theme is announced. Many thanks to our support team stage and crew and to Association staff for their efforts.

Written by Susan Joyce.

Contact: Yvonne Krause-Schenck, ykrause@yahoo.com



Veterans

Jon Melrose, Placer County's veterans' services officer, will be the featured speaker at the July 17 general membership meeting at 1:00 PM in the P-Hall (KS).

The mission of the County's Veterans' Services Office is to promote the interests and welfare of veterans, their dependents and survivors, and to enhance their quality of life through counseling, education, claims assistance and advocacy.

Everyone is welcome to this informative presentation.

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



Water Volleyball

If you're looking for a way to beat the heat, but still get your exercise, come and try water volleyball. It's open to

all Lincoln Hills residents of any skill level. It's easy on aging joints and muscles, but is still a good workout. Plus, it's always a lot of fun!

There are now up to seven sessions available for play on five different days of the week (see the full schedule below). Everyone can play at least four times a week. Come join us anytime during open sessions.

Also look for us in the outdoor pool (OC) coming up in August and September. See you in the pool where it's fun and cool!

Play available (KS):

- Open Play (all levels): Saturdays 8:50 AM; Mondays & Wednesdays 5:20 PM; Tuesdays 6:20 PM.
- Advanced Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:20 PM.

Contacts: Steve Parke 716-5379, stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net
Website: www.lincolnsuncity.org/residents



West Coast Swing

Highlights for July: West Coast Swing Dance Instruction is being offered on Wednesday evenings — see page 72 for more details.

WCS Dance Practice: Second Friday of each month for those students taking the West Coast Swing Dances Lessons, 5:30-7:30 PM, Fine Arts Room (OC).

Dance Nights: Tuesday Evenings at Meridians; Third Sunday of each month in the Ballroom (OC).

Capital Swing Dancers: Third Saturday of each month, www.capitalswingdancers.org.

Mark your calendars: More information to follow: Tea Dance & Ice Cream Social, Sunday, September 28, Ballroom (OC), 2:00-5:00 PM.

Don't forget to check out Dottie's Just Dancin' Web Site: dottiesjustdancin.com for additional dance information.

Contacts: Dottie Macken 543-6005, justdottie@sbcglobal.net; Bob Roman 543-6618, BobRoman@starstream.net; Paula Stollmeyer 434-7352, pstollmeyer@sbcglobal.net



Woodcarvers

Woodcarvers do more than make wood chips...

Ben & Barbara Horner hosted a May gathering of woodcarvers and spouses to enjoy Ben's carvings and their continuously upgraded, backyard garden railroad. Barbara believes the layout's success is in "keeping the landscape interesting and green."

Ben, who worked in the insurance industry for 42 years says, "there was always a building project in those days so I just transformed that work to a smaller scale hobby." "Smaller" is relative. The most interesting and, he adds "challenging" part of their layout was the construction of a 360 degree plus trestle loop with a two-foot drop.



Woodcarvers; Ben & Barbara Horner's backyard garden railroad; the Woodcarvers plaque carved by Ben Horner

Ben's Wednesday afternoons are spent with the Woodcarvers in the Sierra Room (KS). The beautiful plaque pictured above, and seen in the window of the meeting room, is an example of his carving skill.
Website: www.SCLHWoodcarvers.blogspot.com



Writers

How many times have you heard, "That's a good story. You should write it down."? Join the SCLH Writers Group and become inspired to write.

Members of the Writers Group meet several times a month to share their prose and poetry, stories and memoirs. Some are writing chapters for potential books, while others are penning shorter pieces and poems. During our meetings, we read our written work aloud and then are critiqued by our colleagues. It's not all work – we have fun too!

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Come by to observe or bring 12-14 copies of your work to share

(maximum 1,500 words). You don't have to be an expert to join. All SCLH authors, writers or those striving to be writers are welcome.

Authors' Resource Group

Our goal during June was to help each other figure out the best ways to market our books. Those "ways" include social media, book signings, television and radio interviews, blog posts and good old-fashioned phone calls and emails. Statistics show that the average self-published book sells between 100–150 copies (family/friends). That's it. If you want to sell outside your sphere of influence, you have to work hard and enlarge your audience. That starts with a quality book, well-edited, with a strong story line. Then you have

to find your "genre" and concentrate on promoting your book to the potential readers in that genre. During July we're learning about preparing manuscripts for



Contact us for date, time and place of our next meeting

the printing/publishing process. It is more complicated than one may think. If you're on your way to seeing your story on the printed page, come join us.

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

What's It Worth

Continued from page 9

- Neaten the yard. Even if the lawn has brown spots, you can make sure the grass is cut, edged and trimmed on a regular basis
- Pull weeds and put down a fresh layer of bark in planter beds
- Prune and trim overgrown trees and shrubs and remove dead plants

- Freshen up your exterior paint – the most common advice from real estate pros and appraisers!

To read more go to:

- A Proclamation of a Continued State of Emergency: www.gov.ca.gov.
- Association of California Water Agencies: www.acwa.com
- Appraisal Institute: www.appraisalinstitute.org.

Did You Know?

We have Wi-Fi capabilities at Orchard Creek and Kilaga Springs Lodges and Fitness areas. See the article on page 19 for more information.



In Memoriam

Jack Flynn

John "Jack" Flynn moved to Lincoln Hills with his wife Natalie in 2004. He made many friends and enjoyed golfing and playing poker "with the guys." Originally from the Bronx, Jack worked for the Giants both in New York and San Francisco selling peanuts and in retirement as an usher. He even managed to work at two home stands in April before he got sick. He loved his Giants!! Besides his wife of 44 years, Jack leaves a son and a daughter and three grandsons.

Les Parfitt

Les was born in Illinois and raised in South Bend, Indiana. He served with the U.S. Army in the Pacific from 1943-1945. He graduated from Tri-State College in Angola, Indiana in Mechanical Engineering. Les worked for Studebaker, Chrysler, and Curtiss-Wright Corporations and then was recruited by Aerojet, where he was project engineer on the Titan and Space Shuttle programs. He married Esther in 1990 and they enjoyed 23 years together. He enjoyed cruising, travel, golf, skiing and sailing. Les leaves his wife, two daughters, four grandchildren, two great-

grandchildren and many friends.

Gene Parkinson

Born in Idaho 95 years ago, Gene proudly served his country with the U.S. Army and was a Pearl Harbor Survivor. He worked as a roofing contractor and in later years in Land Development. He belonged to the Elks, Midway Veterans and the American Legion. Gene is survived by his cherished wife of 63 years, Betty, a brother and sister, five loving children, and many grandchildren, including five generations.

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

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5. Shrubs pruned as needed!



6. Shrubs fertilized twice a year!
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10. Patios and walkways blown off weekly!

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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.

Cloggers

With the heat out in full force, I know you are looking for a cool activity. You can't get any "cooler" than clogging! High energy? Check. Lots of movement? Check. Rhythm and beat? Check and check. But how does that beat the heat, you may ask? Well, I wasn't actually referring to cool temperature, but to the "cool" factor of the clogging routines and style. (Don't worry – the dance room is air-conditioned, of course.) So, come join the Clogging Dance Group on Tuesday mornings. There are classes for every level from beginners to advanced and performing. Looking ahead, the National Three-Day Workshop will be in Reno, NV, on Thanksgiving weekend. This national clogging event is in Nevada for the first time, and the Peppermill Resort is giving a special rate to all cloggers. It will be a great time to be in Reno, so don't miss it! Contact Anita Tyson, 543-5300.

Glaucoma Support Group

The Glaucoma Support Group will meet on Wednesday, August 13, at 4:00 PM in the Multi-media Room (OC). All residents living with Glaucoma and their friends and families are welcome. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

LH Italian Club (LHIC)

Mark your calendars. On September 14, the LHIC will present a Great Gatsby event at the Catta Verdera Country Club. Go back in time to the Roaring Twenties. Gals, put on your flapper dresses and guys, grab your fedora hats. (More information to come.) Official LHIC name badges will be available for purchase soon. The badge identifies you as a club member with easy-to-read lettering. Look for an order form notice on the website, in upcoming emails and at LHIC events. Check out the LHIC website (www.lhitalianclub.org) where you'll find a wealth of information,

You are invited to attend...

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

Tuesday, July 22 • 10:30 AM Nautilus Society, Oaks (OC)
Thursday, July 24 • 9:30 AM CAbi Trunk Show, Heights (OC)

such as a list of upcoming activities, introductions to some new members, photos from past events and even recipes with an Italian flair. Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: www.lhitalianclub.org or Virginia Halstenrud, membership chair, 543-3293.

LH Parkinson's Support Group

The LH Parkinson's Support Group meets every third Tuesday at 10:00 AM in the Lincoln Raley's Conference Center. Newcomers are welcome. More info: Sharon, 408-4869. Our facilitators Betty & George Chaing have moved to the Bay Area so we are in need of a facilitator, any takers? Our speaker for today was Brenda Cathey from "Resource Connectors." She presented us with information on community resources and vetted service providers to include care advisor and service coordination support, hospital discharge, transport, in-home care, and financial/legal resources. Valuable and timely information, Thank you Brenda, and Sharon.

LH Republican Group

The Annual SCLH Republican Club BBQ Picnic will be on Saturday, July 19, from 3:30-6:30 PM at the Sports Pavilion. Food to be served includes *Grilled Tri-Tip, Bratwurst, Chicken Burgers and all the Trimmings, Salads, Desserts, soft drinks and water*. Brief talks will be presented by candidates for various local, statewide and national positions including, our Congressman, Tom McClintock, and possibly surprise last minute guests. Come meet and greet the candidates. Cost is \$10 per person and all you need to bring is your appetite, we supply all utensils. Reservations: mail a check made out to SCLH Republican Club to: Roberta Argendeli. Annual club membership dues July 2014-June 2015 of \$15 per person can be included with

your picnic reservation. All are invited, get your friends and family and come join for a fun day. Contact: Bob Alaimo 645-9488.

LH Travel Group (www.lh-travelgroup.com)

The next meeting is August 21, 7:00 PM, KS. Travel Group Member's Annual BBQ replaces the regular meeting this month. Trip brochures will be available. Friends and family may join our trips. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judy@starstream.net.

Lincoln Multiple Sclerosis Group

Mackenzie Culler looks on as "Lincoln Trail Mixers" captain, Jeri Di Fiore, kisses the trophy won by the amazing SCLH team. Over \$5,700 was collected at the Multiple Sclerosis walk held recently along the American River in Folsom. Donations are used towards research, grants, local assistance and much more! All interested are invited to the next MS meeting to be held, Tuesday, September 2, 1:00 PM, Sierra Room (KS). Further meeting details: Marilyn Sharp 434-6898.

Open Play Games

Interested in playing card, tile and board games? New opportunities are now available for Open Play at both Lodges. Come

Continued on page 43

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Douglas Thom



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Continued from page 41

to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Dominoes and a teacher are available every Friday. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

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, 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 summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Residents interested in trap or skeet shooting can contact John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo, 434-6341 or trifilo@sbcglobal.net.

Mammals

Continued from page 17

from view, but early morning or evening walks on the trails near our waterways and ponds may reward you with their appearance.

We often smell the presence of the skunks as they root around

for worms and grubs. In fact the mysteriously torn up lawn may tell us that it is time to spray for lawn insects because the skunks know of the infestation before we do.

Skunks and bobcats are crepuscular creatures (active primarily at twilight and dawn) whereas the opossum,

coyote, and deer are mostly nocturnal creatures. So, one usually must get up early to see these marvelous animals.

Just remember to stay on trails and take along your camera and binoculars when searching to share the beauty of nature around us.

~ Community Perks ~

Lincoln Hills Certified Farmers Market and Vendor Fair

Support your local farmers and join us every Wednesday at the Orchard Creek Lodge Parking Lot from 8:00 AM to noon. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on the weather and availability of crops, the Farmers Market will be offered until November. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.



will offer this service twice a year. The list of acceptable electronics for recycling will be available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!

KS at the Movies: Gravity

Monday, August 4 — Free

1:30 PM, P-Hall (KS) PG-13, 91 minutes — Sci-Fi/Thriller. Star-

ring Sandra Bullock, George Clooney, and Ed Harris. A medical engineer and an astronaut work together to survive after a catastrophe destroys their shuttle and leaves them adrift in orbit.



e-Waste Recycling

Tuesday, July 15 — Free

9:00 AM-12:00 PM. OC Fitness Parking Lot. Free! Be good to our environment. To make it easier for you, Sims Recycling will be at OC Parking Lot (Fitness side) to accept unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We



Music Group Sponsored "Open Mic Night"

Friday, August 22 — Free

6:00-8:00 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. P-Hall (KS).



In Memoriam is on page 39.



Deborah Meyer
Lifestyle Entertainment Coordinator
deborah.meyer@sclhca.com

Entertainment

—Club Performance—

The Players Group Presents: A Murder Mystery Comedy Wednesday, August 6

7:00 PM Show — 5206-06A

Thursday, August 7

7:00 PM Show — 5206-06B

Who is the murderer? Who cares? You'll be laughing too hard! The cast of the long-running soap opera *The Bold and the Young* are being methodically and regularly murdered! Can the show go on? Who is the murderer? Who is next to be killed off and why? In this hilarious spoof of soap operas and Agatha Christie-like mysteries, the Lincoln Hills Players brings "The Bold, The Young and the Murdered" on stage in a hilarious play you won't want to miss! 7:00 PM performances on both dates. Ballroom (OC). Premium Reserved Section Seating, \$16. General Admission, \$12.



—Comedy—

Charlie Norman — Hypnotist/Comedian Extraordinaire

Monday, September 29

4:00 Performance — 5229-07A

7:00 Performance — 5229-07B

Charlie Norman has a charismatic personality that incorporates audience participation and gives them a sense of being part of the show. Heck... they are the show! Charlie is an in demand hypnotist who has toured both nationally and internationally. He has appeared on the TV show "Mysteries Revealed" and "Night Shift." Charlie's energetic style will keep you on your toes and will deliver a fun night of laughter. Audience members from around the world have left being mystified and with sore abs from laughing so hard. Come and be part of the fun! Save \$1 off \$4 or more at KS Café on show night. 4:00 and 7:00 PM performances. P-Hall (KS). Reserved seating discounted rate until August 14, \$10. Starting August 15, \$12.



—Concerts—

An Evening of Classical Music Featuring Daniel Roest, Classical Guitarist with Guest Flutist, Francesca Anderson

Tuesday, August 26 — 5226-06

Classical musicians Daniel Roest ("roost") and Francesca

Anderson will enchant you with their program filled with tremendous variety and intimacy. You won't need airline tickets to take a trip around the world, their music will transport you. Listen to compositions from Faure, Bizet, Pessard, Desportes, Hanson, Roest, Ibert, and Monti just to name a few. Francesca captivates listeners with her skill and expression while Daniel's concerts have been called "fun and entertaining" (Portland Classic Guitar Concert Series). You will be captivated and enthralled! Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall (KS). Reserved seating discounted rate until July 14, \$10. After July 14, \$12.



Summer Amphitheater Concert Series The Springsteen Experience: A Tribute to the Boss

Friday, July 18 — 5014-4C

Featuring Josh Tanner, a New Jersey native, The Springsteen Experience is a high-octane, chronological journey, recreating the most memorable moments and stage interactions throughout *E Street* concert history. From 1973 through the height of Bruce's fame in the 80's and beyond, this production replicates an authentic Springsteen concert; vintage equipment and stage sets, costume changes, and perfect renditions of Bruce's most popular hits and lyrical gems. Songs like "Born to Run," "Glory Days," "Born in the USA" and many more will pay tribute to one of music's greatest icons. Amphitheater (OC). Doors 6:45 PM. Concert starts 7:30 PM. General admission, \$20.



Summer Amphitheater Concert Series Harmony: A Tribute to Three Dog Night

Tuesday, July 29 — 5014-4D

Harmony will be performing all of Three Dog Night's greatest hits from the late 60's to the 70's. With 11 Top Ten Hits, and three Number One Hits from 1967-1974, Three Dog Night owned every radio station's airtime with songs like "Joy to the World," "Mama Told Me Not to Come," "Old Fashioned Love Song" and more. Go down memory lane with Harmony as they recreate the seven-member group with their looks and music. Amphitheater (OC). Doors 6:45 PM. Concert starts 7:30 PM. General admission, \$18.



Continued on page 46

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Summer Amphitheater Concert Series JOEL: A Tribute to the Songs of Billy Joel Friday, August 15 — 5014-4E

“Dynamic,” “Spectacular,” “A piano player with a touch like Billy Joel,” “An excellent tenor voice,” are just some of the ways people have described Piano Man, Kyle Martin. Martin leads his band to perform Billy Joel’s timeless repertoire including songs like “Big Shot,” “Only the Good Die Young,” “New York State of Mind” and more. Kyle nabbed the coveted role of the Piano Man in the Tony-Award winning Broadway musical smash “Movin’ Out.” His high energy performance will have you up on your feet. Amphitheater (OC). Doors 6:45 PM. Concert starts 7:30 PM. General admission, \$17.



Summer Amphitheater Concert Series Gary Puckett and the Union Gap Friday, August 22 — 5014-4F

The one and only Gary Puckett and the Union Gap will mesmerize you. They were one of a very select group of touring acts to achieve prominence worldwide in the 60’s. Gary’s

powerful and unmistakable signature voice garnered six consecutive Gold Records and Top 10 Billboard hits! Signature hits include “Young Girl,” “Woman, Woman,” “Home,” “Over You” and more. Amphitheater (OC). Doors 6:15 PM. Concert starts 7:00 PM. General admission, \$32.



Summer Amphitheater Concert Series An Elvis Tribute with Mark Anthony Friday, September 5 — 5014-4G

From their successful and much-talked-about Ballroom concert last year, Mark Anthony & The Memphis Flashbacks return to join us at our Summer Series. Mark Anthony is internationally known and is recognized by Elvis Presley Enterprises as one of the top five Elvis Tribute Artists in the country, winning numerous awards and contests. Though he calls Adelaide, Australia his home, Mark is often performing at concert halls and festivals in the US. He presents an exceptionally dynamic and captivating tribute show that exudes the raw energy and true essence of the King of Rock ‘n’ Roll.



Continued on page 49

Summer Amphitheater Concert Series Guidelines

- **Admission: Wristbands** must be worn during concert. Online buyers can exchange e-tickets for wristbands at Activities Desks the day of the performance. Show package buyers can pick up their complete set of wristbands on the day of the first concert of their package. Lost tickets/wristbands will not be replaced. Doors open 45 minutes before show time.
- **Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Guests may preset their chairs **between 5:00 AM and 5:00 PM** on the day of the event. **Amphitheater will close at 5:00 PM on the day of the event and re-open 45 minutes before show time. Chairs placed prior to 5:00 AM will be removed from the area and placed on the upper patio terrace.** SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your property. Do not move chairs already in place. **Lawn seating** for blankets will be in the grassy area at the left of the stage.
- **ADA:** Designated paved area is located in the Amphitheater’s center top tier. Patrons with wheelchairs have priority access there. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.
- **Ticket Pricing:** Located in individual articles in the Entertainment section. All sales are final. No refunds or exchanges. No child pricing.
- **Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.
- **Permitted:** Blankets/cushions, lawn chairs, small backpacks/bags.
- **Not Allowed:** Chairs that exceed shoulder height (seated), cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, pets.
- **Food & Beverage:** No outside food or drink allowed except water in factory-sealed plastic bottles. No-host bar and concessions will be available 45 minutes before concert begins.
- **Dancing:** Dancing in front of raised stage *permitted*. This may slightly obstruct patrons’ seated on Amphitheater’s bottom tier view.
- **Entertainers:** Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances.
- **Cancellations:** Notifications will be sent out via eNews.
- **Pool:** OC Fitness Center/pools close 30 minutes prior to performance start time.

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Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$20.

Summer Amphitheater Concert Series

Top Shelf's Disco Fever

Friday, September 19 — 5014-4H

Top Shelf is back with their engaging performance, this time paying homage to songs and stars who turned the 70's into the "Disco Era." Listen to songs from the Bee Gees, Earth, Wind and Fire, Donna Summer, Gloria



Gaynor, Michael Jackson and more! Top Shelf has been performing since 1991, dazzling audiences from San Francisco to Europe with wonderful harmonies and unique live performances. You will be up groovin' to the tunes before the evening wraps up the 2014 Summer Amphitheater Concert Series. Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$19.

—Dinner Show—

An Evening in Polynesia

Tuesday, September 16 — 5216-07

Spend the evening poolside enjoying all things Polynesian. Wear your favorite Hawaiian outfits as we transform OC outdoor pool into a Polynesian paradise. Enjoy the flavors of the Island buffet specially prepared by our Catering Department that includes *Tropical Garden Salad, Macaroni Salad, Roasted Mahi Mahi, Slow Roasted Teriyaki Glazed Boneless*

Pork Loin, Coconut Rice, Seasonal Vegetables, and Pineapple Upside Down Cake for dessert. Sway to rhythm of the Lure of the South Pacific Band and Polynesian Dance Troupe! Cash bar available and live music when doors open at 5:00 PM, dinner 5:30 PM, live entertainment 6:30 to 7:30 PM. **Reserved table seating discounted rate until August 14, \$42. Starting August 15, \$46.**



—Lifestyle Speaker—

Patty Wooten

"Laughter — The Secret to a Long and Happy Life"

Wednesday, July 16 — 5216-05

George Burns and Bob Hope lived to be 100 years old. They knew the secret to a long and happy life — laughter. Scientific research shows that laughter improves our health, enhances relationships and eliminates depression. Are you ready to laugh more and feel happier? Learn the secret to finding the fun and funny side of any situation. Discover what makes *you* laugh. Patty Wooten — nurse, humorist and professional clown — is guaranteed to make you laugh! She understands the therapeutic power of humor and laughter. Her wit and wisdom has healed the hearts of audiences around the world. Patty Wooten will appear in cooperation with the Communications and Community Relations Committee/Community Forum. Speaker 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$12.



Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Cache Creek Casino

Thursday, August 21 — 1772-06

Our recent overnight casino adventure trip participants really enjoyed our visit to Cache Creek and we've set up a return visit! There are lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four



hours at the casino. Leave OC at 9:30 AM, return ~ 4:30 PM. \$24. RSVP Now.

Colusa Casino

Tuesday, September 9 — 1950-07

Enjoy a nice drive in the country and view of the world's smallest mountain range, the Sutter Buttes, on our way to Colusa Casino, a resident favorite. Receive casino credits: New members \$15; current members \$10 plus any additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet depending on the casino promotion for September. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$22. RSVP by 8/14.



Continued on page 51



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Off to the Races

Thursday, September 11 — 1845-07

Time for summer 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. \$78. RSVP by 8/8.



—Festivals—

Gold Rush Days

Friday, August 29 — 1822-06

Find yourself transported back to the days of Gold and Glory, when California was a brand-new state with brand-new ideas. Join in the truly old-time fun in the world of yesterday! More than 200 tons of dirt will pave the streets of Old Sacramento as this annual festival “turns back the clock,” transforming Sacramento’s historic district into a scene straight out of the 1850s. Hundreds of costumed performers take on the roles of celebrities, personalities and just plain folks, bringing history to life while bluegrass pickers and old-time musicians perform on several stages. Featuring dancers, street dramas, wagon rides, period artifacts, and musicians. For more information <http://sacramentogoldrushdays.com/about/>. We’ll be spending four hours at this festival with lunch on your own. Leave OC at 9:00 AM, return ~ 3:00 PM. \$25. RSVP Now.



California Capital Airshow

Saturday, September 6 — 1730-06

Last year’s trip was a big hit with residents! The California Capital Airshow is Sacramento’s premier airshow held at Mather Field. The Patriots Jet Demonstration Team returns with their signature high-flying action. See a salute to the Armed Forces where attendees will step back in time with an authentic theatrical production including military re-enactors, parade of vintage warbirds, music, costumes and pyrotechnics. Special appearance by the USAF’S F-22 Raptor, the world’s only operational, stealth fifth-generation fighter. We have special group seating that includes a large tent for shade near the airshow center for



Continued on page 52

Important Information: Events, Trips, Classes

- **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 used to determine registration status. If minimum registration is met, students may register until first day of class. If not met, class will be cancelled.
- **Classes (except Fitness):** Register by RSVP 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 wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Show Time:** 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.
- **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.
- **Event Ticket for Trips:** Are handed to guests when boarding.

best viewing, open air seating, private restrooms, commemorative poster and hosted water. Lunch voucher for an entrée, side & a soft beverage redeemable from airshow food concessions. Docents and airshow staff will be available for assistance and questions. Skip the traffic and parking hassles and join us for this spectacular airshow. Leave OC at 8:30 AM, return ~ 5:30 PM. \$92. RSVP Now.

Fleet Week Hornblower Luncheon Cruise
Saturday, October 11 — 1831-07

Fleet Week is back! We've reserved space with Hornblower Cruises for your enjoyment of the festivities. Streets are crowded so we've opted for the cruise only and we will ar-



rive early enough to enjoy the Parade of Ships from the Hornblower dock (subject to change by the US Navy). The Navy will



be commissioning their newest warship, the USS America, that day and the Blue Angels will soar along with several other air teams! Enjoy once-in-a-lifetime views, free-flowing champagne and an all-you-can-eat Gourmet Buffet lunch (included) aboard the sternwheeler San Francisco Belle. After lunch, step onto the deck, relax in the sun and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it gets cold on the Bay. Lunch is served after 1:30 PM (sample menu available at the Activities Desks). One city block walk to the boat. You are welcome to bring your own food on the bus. Leave OC at 9:00 AM, return ~ 7:30 PM. \$151. RSVP by 8/8.

QuiltFest
Thursday, October 16 — 1730-07

In cooperation with the Needle Arts Group, we're going back to enjoy The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. Enjoy a full day from opening to closing! For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:30 AM, return ~ 9:00 PM. Rest



stop scheduled both directions of trip. \$62 (includes admission). RSVP by 8/14.

—Food/Wine—

Best in the West — Rib Cook-off
Thursday, August 28 — 1821-06

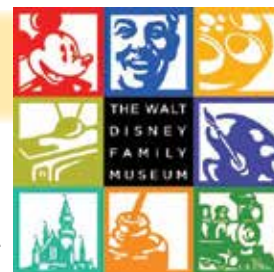
Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking com-



petition at Victorian Square in Sparks is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$37. RSVP Now.

—Museums—

The Walt Disney Family Museum
Presidio of San Francisco
Thursday, August 14 — 1763-05



For the young at heart, discover the beginnings of Mickey Mouse as we visit The Walt Disney Family Museum located in the San Francisco Presidio. Included in your admission are two special exhibits, "Magic, Color, Flair: The World of Mary Blair," and "Leading Ladies and Femmes Fatales: The Art of Marc Davis." There are also 10 permanent galleries recounting the history of Walt Disney's life and career. The Presidio Visitor's Center next door provides maps and other information to explore the Presidio further. There is a free "Presidi-Go" shuttle available to explore the park. Lunch on your own, no outside food allowed in museum. Wolfgang Puck Café is in the museum and there are several restaurants within walking distance. See www.waltdisney.org/dining for more information. Enjoy five-and-a-half hours at Museum/Presidio. Leave OC at 8:00 AM, return ~ 7:00 PM. \$59. RSVP Now.

Rosie the Riveter/Red Oak Victory Ship —
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Tuesday, October 7 — 1754-07

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Continued on page 55

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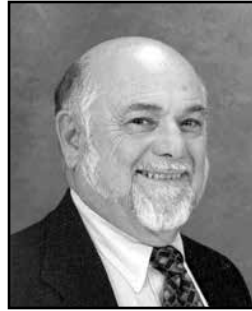
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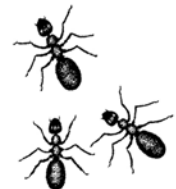
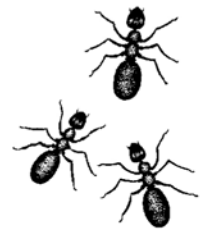
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this time of opportunity and loss at the Rosie the Riveter WWII Home Front National Historic Park Visitor Education Center in the wartime boomtown of Richmond.



After our visit, enjoy lunch on your own in Point Richmond. Our afternoon excursion takes us to another WWII memorial, the SS Red Oak Victory Ship, where we will break into small groups for a docent led tour. **Please note: Access to the ship requires walking up a steep ramp (gangway) and the ability to climb stairs and ship ladders.** Leave OC at 7:45 AM, return ~ 6:45 PM. \$49. RSVP by 8/14.

deYoung Museum:

“Modernism from the National Gallery of Art — The Robert & Jane Meyerhoff Collection”

Wednesday, October 8 — 1760-07

The deYoung is the exclusive venue for this exhibition, the first of the Meyerhoff Collection outside the Washington DC areas. See paintings by the great masters of the post-war world featuring nearly 50 works by Ellsworth Kelly, Roy Lichtenstein, Robert Rauschenberg, Jasper Johns, and Frank Stella, among others. Also enjoy *Lines on the Horizon* highlighting Native American art from the collection of the Thomas W. Weisel family. Spanning more than 1,000 years of artistic creativity, the exhibition focuses on the indigenous arts of the American Southwest. 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 ~ 6:15 PM. \$63. RSVP by 8/14.



—Performances—

Broadway at Sierra

Sunday, July 20 — 4531-06

Broadway at Sierra is far more than your typical Broadway musical review. Yes, there are many of your favorite Broadway show tunes, but Broadway at Sierra is also a Broadway style show unto itself. Characters from Broadway shows tell a brand new story using various show tunes to help tell that story. So if you like Broadway show tunes and a good story, join us for an afternoon of great fun. The show is produced and directed by Ray Ashton, our movies and music history instructor and held at Dietrich Theater, Sierra College, Rocklin. Leave OC at 1:15 PM, return ~ 5:15 PM. \$31. RSVP Now.



National Acrobats of the People's Republic of China at Harris Center

Sunday, September 21 — 4580-07

Established in 1951, National Acrobats of The People's Republic of China has dedicated itself to the acrobatic art's reform and continued innovation



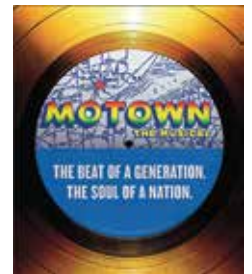
it is one of the most acclaimed acrobatic troupes in China. See spectacular stunts with contortionists who seem to defy the human anatomy and acrobats whose leaps and tumbles make one question the laws of physics. Their new production, *Cirque Peking*, showcases acrobatics, juggling, aerial work, dance, and traditional Chinese music that will amaze and astound. Show at Harris Center-Three Stages in Folsom. Mid-Orchestra seating. Leave OC at 12:30 PM, return ~ 5:30 PM. \$67. RSVP by 8/7.

Motown the Musical

Orpheum Theater, San Francisco

Wednesday, September 24 — 4551-05

“Motown the Musical” is the true American dream story of Motown founder Berry Gordy’s journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. Now, experience it live on stage in the smash hit “Motown the Musical”! Mid-orchestra seating matinee performance. Bring your own lunch to eat en route to theater. Following the performance, the coach will drop you in Union Square (Post & Powell) for shopping/dining on your own. Leave OC at 10:45 AM, return ~ 9:45 PM. \$129. RSVP Now.



Spectra — Eldorado Hotel & Casino

Tuesday, September 30 — 1777-07

Spectra is the second mischievous excursion into the spectrum of light and fire from the producers of *Illuminaire* with a more edgy, raw, European feel. Bringing in elements of live percussion, the New Berlin style Circus as well as powerful lasers and effects, this combination of fabulous costumes, aerial acrobatics, exotic contortion and unique blazing fire performance will appeal to anyone who enjoys a fun show with a high visual impact. This trip includes \$10 free play & \$5 food/beverage credit at the Silver Legacy



Continued on page 56

Casino next door, along with the show and included buffet dinner at the Eldorado. You'll have plenty of time for gaming and your dinner before the show. Leave OC at 12:00 PM, return ~ 11:30 PM. \$91. RSVP by 8/14.

Broadway Sacramento 2014-2015

The new Broadway Sacramento season beginning this fall offers five shows representing the variety of Broadway theatre. It is the largest performing arts event in the Capital Region with glitz, glamour, excitement, anticipation, polish and professionalism of Broadway. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$84 each. RSVP Now.

Jersey Boys

Tuesday, November 11 — **Sold out!**

Dirty Dancing

Tuesday, December 30 — **Sold out!**

The classic story on stage is an unprecedented live experience, exploding with heart-pounding music, passionate romance, and sensational dancing. Seen by millions across the globe, this worldwide smash hit tells the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. Featuring the hit songs, "Hungry Eyes," "Hey Baby," "Do you Love Me?" and the heart stopping "(I've Had) The Time of My Life." London's *Sunday Express* says "This crowd-pleasing stage adaptation hits the jackpot!" Don't miss your chance to see this record-breaking live theatre sensation. *Based on the 1987 beloved classic film, the plot contains suggestive choreography, mild profanity, sexual references and a serious adult situation.*



Joseph and the Amazing Technicolor Dreamcoat

Tuesday, January 27, 2015 — **4562-06C**

One of the most enduring shows of all time, Tim Rice & Andrew Lloyd Webber's is the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. Retelling the Biblical story of Joseph, his eleven brothers and the coat of many colors, this magical musical is full of unforgettable songs including "Those Canaan Days," "Any Dream Will Do" and "Close Every Door."



Once

Tuesday, April 14, 2015 — **4562-06D**

Winner of eight 2012 Tony Awards® including *Best Musi-*

cal, *Once* is a truly original Broadway experience. Music lovers will rejoice at this truly original musical where an impressive ensemble of actor/musicians play their own instruments on stage. Based

on the 2007 film, *Once* tells an enchanting story about music, love, relationships and music's power to connect us all. It's an unforgettable story about going for your dreams. *The show contains profane language and adult situations.*



Rodgers & Hammerstein's Cinderella

Tuesday, May 12, 2015 — **4562-06E**

The Tony Award®-winning Broadway musical from the creators of *The Sound of Music* and *South Pacific* that's delighting audiences with its

contemporary take on the classic tale. Be transported back as you rediscover some of Rodgers + Hammerstein's most beloved songs, including "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago," in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream... or a really great pair of shoes. Theatergoers of all ages will thoroughly enjoy *Cinderella* with its beloved songs and surprisingly contemporary take on the classic fairytale, with several new plot twists, plenty of laughs, and jaw-dropping magical transformations on stage.



Rain: A Tribute to the Beatles

Date TBA

A live multi-media spectacular that takes you on a musical journey through the life and times of the world's most celebrated band. Going further than before, this expanded "Rain" adds even more hits that you know and love from the vast anthology of Beatles classics hits from the vast Beatles anthology. This stunning concert event takes you back in time with the legendary foursome delivering a note-for-note theatrical event that is the next best thing to the Beatles.



—Tours—

USS Hornet — Aircraft Carrier Museum

Tuesday, August 19 — **1834-06**

Embark on an interesting and informative day aboard the USS Hornet, a Registered National Historic Landmark an-

Continued on page 58

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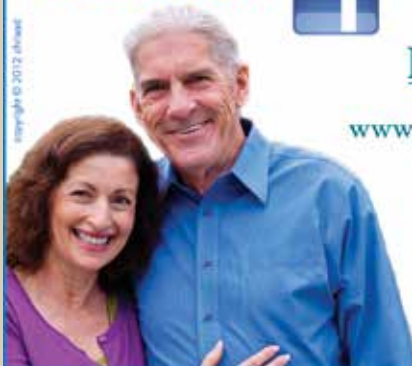
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chored at the former Naval Air Station in Alameda. Imagine life on a floating city as you walk through Officers' Quarters, Crew's Deck, Medical Spaces, etc. USS Hornet participated in two significant events: World War II and the recovery of the Apollo II manned lunar mission. **Be aware, due to the historic nature of the ship, handicap access is extremely limited, and to see other decks other than the Main Deck with the Museum will require climbing some steep ladders.** A scissor lift is available from the pier to the main (hangar) deck if you are unable to climb the stairs to the ship. Tour will be led by retired military docents providing a personal touch to your experience. Includes a box lunch from Meridians, choose at registration *Turkey, Ham or Vegetarian Sandwich, with fruit, cookie and bottle of water.* Leave OC at 8:00 AM, return ~ 6:00 PM. \$63. RSVP Now.



Muir Woods

Wednesday, September 3 — **Sold out!**

San Francisco 49ers Levi's Stadium Tour

Tuesday, September 16 — **1849-07**

Tour the new home of the San Francisco 49ers at Levi's Stadium in Santa Clara! We'll enjoy a VIP Private Group Tour and be split into smaller groups for the personalized experience! Stadium tour feature visits to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be a stop on the Plaza level with a photo opportunity in front of the playing field and a field level visit to check out the locker rooms including the Gold Rush locker room. You'll also receive a complimentary souvenir photo! 49ers Museum included with tour and plus time to visit the 13,000 square foot flagship team store that includes a Levis Shop and several other specialty shops. We'll stop for lunch at a nearby El Torito for an included Taco Bar Buffet (full menu at Activities Desks). There will be a dinner/stretch stop during return trip (on your own). Leave OC at 7:30 AM, return ~ 8:30 PM. \$108. RSVP by 8/14.



are as different and eclectic as you can possibly imagine – from large floating mansions to small and creatively designed places. This year there will also be an emphasis on the art and working artists within the community with artworks for sale. Free entertainment. Lunch on your own at event vendors or café at docks. Leave OC at 8:00 AM, return ~ 6:00 PM. \$93 (includes admission). RSVP by 8/14.



Overnight & Extended Travel

Virginia City/Western Heritage Festival

Friday, October 3 to Saturday, October 4 — **1970-06**

Step back in time! Once a vital settlement between Denver and San Francisco, Virginia City influenced the entire country. During its boomtime, Virginia City's mining proceeds amounted to millions of dollars, equaling billions today. Every inch of this picturesque, Victorian-era town, celebrates this colorful history. Stroll authentic board sidewalks to Old West saloons, shops, museums, churches and restaurants. Free museum admission on the day of our visit! Enjoy an included roundtrip excursion to Gold Hill on the V&T railroad. We'll head to the JA Nugget Hotel & Casino in Sparks for our overnight stay in the remodeled East Tower, where



you'll receive a \$5 gaming and \$3 food credit. Enjoy the newly opened Gilley's Saloon, Dance Hall & Bar-B-Que in the casino. The next morning, step out the back doors of the Nugget onto Victorian Square for the Western Heritage Festival that features performances by authentic cowboy poets, fiddlers, Pow Wow drummers and various types of dancers, and arts and crafts booths. All meals are on your own. Please be aware the walk to the train station involves going down stairs or a steep hill. Leave OC 8:00 AM, Friday, October 3, return Saturday, October 4 ~ 6:00 PM. *A signed liability waiver is required for each participant.* \$116 per person double occupancy. \$148 single. RSVP Now.

Two night stay! Hearst Castle & Cambria

Tuesday, October 28-Thursday, October 30 — **1972-07**

Highly requested trip to Hearst Castle! Visit Cambria and Hearst Castle with Katrina, your Trip Coordinator. October is one of the best months to visit Hearst Castle as there is usually not any marine layer or fog. Full menu descriptions for included meals available at Activities Desks.

Continued on page 61

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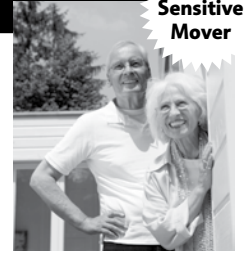
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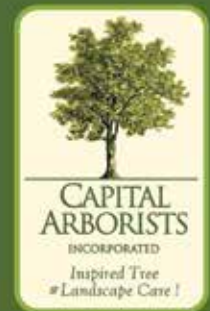
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- Two night stay at Cambria Pines Lodge with hot buffet breakfast each morning
- Hosted Welcome Dinner at hotel with an entrée choice of *Grilled Salmon or Chicken and Apple Pie ala mode for dessert!*
- Lunch at Harris Ranch
- Hearst Castle Tours “Grand Rooms” and “Cottages & Kitchen” or “Upstairs”
- Hearst Castle – “Building the Dream” Film on a five-story screen
- Time to explore village of Cambria & their famous Scarecrow Festival Displays
- Paso Robles Winery Visit “Tobin James Winery” with included box lunch



Leave OC 8:00 AM, Tuesday, October 28, return Thursday, October 30 ~ 6:00 PM. *A signed liability waiver is required for each participant.* **Be aware:** Lots of walking and stairs without handrails at Hearst Castle, accessible tours available. \$404 per person double occupancy. \$542 single. RSVP by 8/14.

**Three Night Stay! History Excursion:
Getty & Ronald Reagan Presidential Library Museums
Wednesday, November 12-Saturday, November 15 — 1970-07**

Getaway before the holidays! Join Katrina your Trip Coordinator on a tour of the Getty Villa and the J. Paul Getty Museum along with a visit to the Reagan Presidential Library. Discover the Ronald Reagan Presidential Library and Museum that sits on 100 acres overlooking the Pacific Ocean, includes a docent led tour and a BBQ Buffet lunch under the actual Air Force One that flew seven US Presidents! Enjoy free time to tour the plane and other exhibits, including President Johnson’s Marine One Helicopter. See a piece of the Berlin Wall, and an exact replica of Reagan’s Oval Office. Regardless of your political affiliation, you’ll enjoy the

historical and educational aspects of this museum. The Getty Villa in Malibu has over 1200 works in 23 galleries with antiquities dating from 6,500 B.C. to 400 A.D. along with beautiful roman style gardens. The Getty Center in Los Angeles has breathtaking views along with exhibits of masterpiece paintings and drawings from the Middle Ages to the Impressionist period, sculptures, antiques, rare books, manuscripts and a 134,000 square foot central garden. Stay at the Best Western Plus Carriage Inn in Sherman Oaks. Included meals: three breakfasts, three lunches and two dinners. Pick-up copy of menus and itinerary outline at Activities Desks. Leave OC at 8:00 AM, November 12, return November 15 ~ 5:30 PM. *A signed liability waiver is required for each participant.* \$570 per person double occupancy. \$743 Single. RSVP by 8/14.



Sold Out Trips thru August 20

Trip • Date • Departure Time

- South Pacific — Music Circus
Wednesday, July 23 — 6:00 PM
- Hot August Nights
Wednesday, July 30 — 12:30 PM
- Sacramento River Cats vs. Albuquerque Isotopes
Friday, August 1 — 5:30 PM
- Brigadoon — Music Circus
Wednesday, August 6 — 6:00 PM
- La Cage Aux Folles — Music Circus
Wednesday, August 20 — 6:00 PM

Activities Department Classes



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

Art

—Drawing—

Beginner Drawing

Thursdays, August 7-28 — 132214-07

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

chael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques and 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



Continued on page 63



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the materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He lives in California as a full-time artist with a focus on landscape and figures. Request supply list at registration. RSVP by 7/31.

—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry Mondays, August 4-25 — 105114-07

9:00-11:30 AM (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 7/28.

Paint Your Vision in Oils or Acrylics

Wednesdays, August 6-27

9:00-11:30 AM Class — 113114-07
Or 1:30-4:00 PM Class — 113214-07

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 a 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 students' understanding and implementation of 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 U.S. More info: www.artistmarilynrose.com. Call Marilyn at 409-0397 with any question, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 7/30.



—Mix Media—

Mixed Media for Painters

Mondays, August 4-25 — 143114-07

1:30-4:30 PM (OC). \$52 (four sessions). \$4 supply fee. In-

structor: Bonnie Armstrong. We use acrylic water-based paints, mediums, and additives. The first two weeks will be a textural painting on stretched canvas, and last two weeks will be on paper/cardboard surface, journaling/scrap booking applications. We will apply learned techniques and skills, from previous class and introduce a specific theme--birds. You do not have to have taken June course to enroll in this class, and artists of all levels of experience are welcome. *About the instructor:* Bonnie Armstrong is a lifetime-credentialed community college instructor of art and design and has taught adult classes for more than 20 years. RSVP by 7/28.



—Watercolor—

Beginner Watercolor Painting

Thursdays, August 7-28 — 132114-07

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 and developing your sense of color: looking into 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 master colorists: the Dutch, English, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in downtown Sacramento. Request supply list at registration. RSVP by 7/31.



Bridge

Competitive Bridge (Intermediate Level)

Thursdays, September 11-October 30 — 164114-07

10:00 AM-12:00 PM (KS). Instructor: Laurie Vath. \$75 (eight sessions). Prerequisite: Proficiency in the principles taught in the Bridge Plus Class. This class will focus on the competitive aspects of the game. It will include competitive bidding and strategy such as balancing, sacrificing, and leads.

The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited. RSVP by 9/4.



Continued on page 65

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Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, August 6-27 — 206114-07

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Barbara Bartling. A beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order. RSVP by 7/30.



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. Held in conjunction with the ongoing Lladro class, workshop is not for beginners and does not provide moderator instruction. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Fee includes firing and use of moderator’s supplies including brushes and tools. Oils, paints, glazes, silk flowers, etc., available for purchase from instructor during workshop.

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, August 5-26 — 212114-07

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 7/29.



Advanced Ceramics

Tuesdays, August 5-26 — 212214-07

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 7/29.

Ceramics — All Levels

Thursdays, August 7-28 — 221114-07

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 goals on any project they choose. Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. New students: Ask for supply list when you register. RSVP by 7/31.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Mike or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. 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, August 5-26 — 317114-07

1:00-4:00 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?

Then this class is for you! This class will teach you all of the



Continued on page 66

“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 7/29.

Card Making Level 2 — Intermediate

Tuesdays, August 5-26 — 317414-07

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 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. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. RSVP by 7/29.



Card Making Level 3 — Intermediate-Advanced

Mondays, August 4-25 — 317214-07

Or Fridays, August 8-29 — 317224-07

9:00 AM-12:00 PM. (KS \$38 (four sessions) Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class 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 much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided. RSVP by 7/28 or 8/1.

—Cooking—

Cooking Class — The Perfect Breakfast!

Thursday, August 14 — 322114-07

9:00-11:00 AM (KS). Instructors: Meridian’s Sous Chefs Ian and Trang. \$18. Learn to prepare the perfect breakfast using wonderful and nutritious eggs. If eaten in moderation, eggs provide the best start to an energetic day. Get tips in preparing the perfect omelet, poached eggs, hollandaise sauces and frittata. Sous Chefs Ian and Tran will provide a demonstration and students get to sample their yummy creations. Recipes provided at the class. RSVP by 8/7.



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, August 5-26 — 332114-07

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Last month for brand new beginners. No *new* students admitted after this class until 2015 — come dance and learn clogging with us. Bring your friends. New Beginners starts January 2015. Low impact, not as hard as you think. Class will 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. Join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP by 7/29.



Easy-to-Intermediate Clogging

Tuesdays, August 5-26 — 332214-07

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 7/29.

Intermediate Plus Clogging

Tuesdays, August 5-26 — 332314-07

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 7/29.

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, August 4-25 — 344214-07

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. Instruction will be at a slower pace for beginners. RSVP by 7/28.

Country Couples Western Dance

Beginner/Intermediate Level Three & Four

Mondays, August 4-25 — 344414-07

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

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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. Dance to be taught Two-step Cluster. RSVP by 7/28.



—Dancing with Dolly—

Ballet/Lyrical

Thursdays, August 7-28 — 353564-07

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 7/31.



Performance Dance

Fridays, August 1-29 — 353574-07

2:00-3:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. Class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP by 7/25.



—Hula—

Hula

Thursdays, August 7-28 — 390214-07

1:15-2:15 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also



shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474. RSVP by 7/31.

—Jazz—

Jazz Class for the Beginner

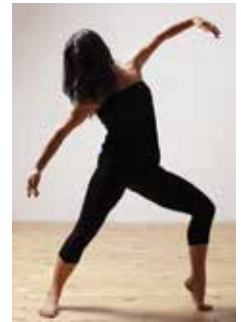
Thursdays, August 7-28 — 353014-07

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18. 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 her! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP by 7/31.

Jazz Technique 2

Tuesdays, August 5-26 — 353114-07

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. Join us! We dance to live and live to dance. RSVP by 7/29.



—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, August 4-25 — 360014-07**
4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 7/28.
- **Thursdays, August 7-28 — 370014-07**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. RSVP by 7/31.



Continued on page 71

Golf Cart Inspections at Orchard Creek Lodge



Golf Cart Registration (City of Lincoln) at OC Lodge Thursday, July 17 and August 7 & 21 at 9:00 AM

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

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Line Dance I Beginner

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

- **Mondays, August 4-25 — 370114-07**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 6/30.
- **Mondays, August 4-25 — 370124-07**
6:00-7:00 PM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 7/28.
- **Thursdays, August 7-28 — 360114-07**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 7/28.
- **Fridays, August 1-29 — 380114-07**
12:00-1:00 PM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto. RSVP by 7/25.

Line Dance II — Beginner / Intermediate

Prerequisite: Completion of Line Dance I/Beginning Line Dance for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, August 4-25 — 360214-07**
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 7/28.
- **Wednesdays, August 6-27 — 380214-07**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP by 7/30.

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. Teachers mostly intermediate and some advanced line dances.

- **Wednesdays, August 6-27 — 380314-07**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto. RSVP by 7/30.
- **Thursdays, August 7-28 — 360314-07**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 7/31.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from Califor-



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

- **Sandy Gardetto**

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

- **Yvonne Krause**

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



—Tap Dance—

Most of Alyson's Tap Classes will be on hiatus for the month of July.

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, August 12-26 — 410114-07

9:00-10:00 AM (KS). \$24 (three sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP by 7/29.



- **Advanced Performance**

Mondays, August 11-25 — 410714-07

12:00-1:00 PM (KS). \$24 (three sessions). RSVP by 7/28.

Continued on page 72

Technique Classes

- **Advanced Technique Class**
Mondays, August 11-25 — 410514-07
 11:00 AM-12:00 PM (KS) \$24 (three sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP by 7/28.
- **Technique Classes**
Tuesdays, August 12-26 — 410524-07
 10:00-11:00 AM (KS). \$24 (three sessions). RSVP by 7/29.
Thursdays, August 14-28 — 410534-07
 11:00 AM-12:00 PM (KS). \$24 (three sessions). RSVP by 7/31.

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, August 4-25 — 420114-07**
 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 7/28.

—West Coast Swing—

Beginning West Coast Swing

Wednesdays, August 6-27 — 318114-07
 7:00-8:00 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 7/30.

Intermediate I and II West Coast Swing

Wednesdays, August 6-27 — 318214-07
 6:00-7:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variation of West Coast Swing and have attended the "beginning West Coast Swing class and or have the instructor's approval. RSVP by 7/30.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, August 4 — 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.



Stained Glass

Monday, September 8-22 — 494114-07
 1:00-4:00 PM, Sierra Room (KS). \$43 (three weeks). \$10 supply fee payable to instructor. Instructor: Jim Fernandez. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher and other projects. No open toe shoes. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working & teaching at Citrus Heights Stained in Roseville. RSVP by 9/1.



Movies

Disney — The Art of the Animated Movie Musical

Wednesday, August 27- September 24 — 521314-07

9:30-11:30 AM (KS). \$25 (four sessions; no class September 10.) Instructor: Ray Ashton. Have you ever wondered how Walt did it? How did he create all that "magic"? Join us this fall for an incredible journey back to the creation of the first animated movie musicals. We will discover the man, the music, and the people who helped him to inspire generations. In Part 1 we will travel from 1901 in the "Heartland of America" all the way to 1964 and Walt's ultimate live action/animated masterpiece, Mary Poppins. Along the way we will revisit and understand that these classics are not just "kid's movies" but are beautifully crafted to help all of us rediscover "the child within." Join us as we present Disney — The Art of the Animated Movie Musical. RSVP by 8/20.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, August 6-27 — 535114-07

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveg-

Continued on page 75



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lini. No new students. Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383. RSVP by 7/30.



Guitar 2B — Guitar Intro Continuation

Wednesdays August 6-27 — 535214-07

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 7/30.

Guitar III — Intermediate

Thursdays, August 7-28 — 535314-07

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 7/31.



Guitar IV — Advanced

Thursdays, August 7-28 — 535414-07

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 7/31.

—Voice—

Beginner Singers Vocal Boot Camp

Fridays, August 1-29 — 536114-07

8:30-10:30 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini.

This is a continuing class. This session is open to new students. Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP by 7/25.



Singer Vocal Boot Camp Continuation

Fridays, August 1-29 — 536214-07

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP by 7/25.

Technology

—General—

Android 101 Basics

Tuesday, August 12 — 255124-07

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Google's "Android" is outstanding on phones and tablet computers. Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data, and much more. On the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" account. RSVP by 8/5.



Android Advanced

Wednesday, July 16 — 255224-06

Or Thursday August 21 — 255224-07

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your



Continued on page 77

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New Class! Google Chrome

Friday, July 18 — 288214 -06

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions. RSVP Now.



—Mac—

Beginning Macintosh — Level 1

Monday & Tuesday, July 21 & 22 — 263114-06

9:00-11:00 AM (OC). \$40 (two sessions). Class material: \$5. Instructors: Andy Petro & Vickie White. 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. **Prerequisite:** 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 ten 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 Vickie White at 408-2148. RSVP Now.



iPhoto Workshop on the iPad

Monday & Tuesday, September 29 & 30 — 265114 -07

9:00 AM-12:00 PM Monday; 9:00-11:00 AM Tuesday, (OC). \$50 (two sessions). Class material: \$5. Instructor: Andy Petro. If you know the basics of iPhoto on your iPad and want to learn how to create iPhoto web journaling, Slideshows, and Photo Books, this class is for you. "Hands On" experience in making your own creations. Day One (three hours): Edit photos (provided by instructor) for Web Journals and

Slideshows. Then you'll be shown how to create, edit, enhance, save the journal and the slideshow on iCloud, and send an email with the journal links. Day Two (two hours): We will review all of the techniques used in the journals and slideshows that were sent to me. Then learn how to create photo books and order them from Apple. **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 the prerequisites or class, call Andy Petro at 474-1544. RSVP by 9/22.

Mac Pages 5.0 Basics and Beyond

Monday & Tuesday, August 25 & 26 — 267114-07

9:00-11:00 AM (OC). \$40 (two sessions). Class material fee \$5 payable to instructor. Instructor: Helen Rains. This class is where you can find out more about Pages 5.0, the full featured word processing and page layout application compatible with Mac OS X Mavericks. It is easy it is to use and great for many writing tasks — notes, letters, newsletters, flyers, keeping records or crafting your story and more. You will learn how to apply the text editing, formatting tools and to easily add photos, tables, and media clips. This class will take you through the basic steps of new document creation and help you practice adding your own ideas so it looks the way you pictured it. You will be ready to share and move documents beyond your Mac everywhere Pages runs and the iCloud reaches. Whatever you write, you will create gorgeous documents with ease. RSVP by 8/18.



—PC—

Windows 8.1 Training and Tips

Monday, Tuesday & Wednesday,
July 21, 22 & 23 — 295114-06

1:00-3:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, touch-screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop features 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 and navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and to more easily transition from your old system to Win 8.1. Rita will teach you how to use built-in applications (apps) and download more from the store. *Bring your 8.1 (with latest upgrade) laptop if you have one.* Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP Now.



Continued on page 79

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Word Phase One**Monday & Wednesday, September 15 & 24 — 292114-07**

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class provides you with some of the basic features of Microsoft Word 2007 plus the “good stuff.” It will introduce new shortcuts and tips. We will cover auto correct, format paintbrush; show hide mark; smart tag; copying and moving text; switching between more than one document; formatting techniques and especially paragraph formatting: line spacing, bullets, alignments and indents, borders and shading. We will begin to explore inserting symbols, special characters, and text boxes. No special prerequisites for this class. RSVP by 9/8.

**—Photo & Movies—****Picasa****Tuesday & Wednesday, July 15 & 16 — 256114-06****Or Wednesday & Thursday, August 13 & 14 — 256114-07**

9:00 AM-12:00 PM; (OC). \$60 (six hours). Instructor: Len Carniato. Digital cameras make it easy to take great shots and Picasa photo software on your computer makes it simple to store, organize, edit and share them. Picasa is a free and intuitive program designed for the “amateur” digital photographer that can be installed in any computer. Combining lecture with hands-on class time, you will take home the skills to do almost everything with your amateur photos. Learn to crop, fix red-eye, lighten/darken, touch-up defects, repair colors, email, print, and much more. Sign up now and get started.



Prerequisite: Be comfortable using your home PC and know basic skills. RSVP Now or by 8/6.

Training**—Driver Training—****AARP Driver Safety Training****Saturday, July 19 — 481114-06****Monday & Tuesday, August 18 & 19 — 481014-07**

9:00 AM-1:30 PM (OC). One-day refresher class. Fee: \$20/\$25 (AARP member/non-member). Instructor: Paul Jessen. Two-day training class. Fee \$25/\$30 (AARP member/non-member). Instructor: Tom McKann. Fee includes a Association administrative fee. AARP Driver Safety Training is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must have attended the full eight-hour class in the past in order to qualify to attend “refresher” training. You must present your AARP membership card at registration and bring it 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 Now or by 8/11.

**WellFit Classes****WellFit**

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

**Living Through Transitions:
Conquering the Challenges of Aging in Place**

The *Living Through Transitions* program testifies to the meaningfulness and importance of educating ourselves about the *predictable challenges of aging*. These educational modules are:

- The legal framework to have in place
- The financial framework so that you do not outlive your money
- Important considerations for becoming suddenly single
- Options for getting around and finding transportation when one can no longer safely drive
- Navigating the complex medical maze

- Emergency preparedness for surviving an unexpected disaster situation
- End-of-life issues

The Living Through Transitions program has overwhelmingly been given the highest ratings by the residents who are participating in the pilot seven-session series of presentations. The three-hour presentations pass quickly because of the gold mine of interactive information and materials that are given out. Participants’ notebooks grow thicker with each presentation so that the participant ends up with a blueprint, guidelines, and ways to start planning for hurdling those life transitions that lie ahead. If you are not one of the pilot program participants, you will certainly want to get on the waiting list for future sessions, the details of which are evolving. Peace of mind comes from having the necessary knowledge to make *informed* decisions at all stages of life.

Continued on page 81

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- **Monday, July 21 — 700100-KP**
10:00-11:00 AM, Fitness Floor (KS)
- **Wednesday, July 23 — 700100-WR**
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, July 24 — 700100-KQ**
3:00-4:00 PM, Fitness Floor (KS)
- **Tuesday, August 5 — 700100-KR**
10:00-11:00 AM, Fitness Floor (KS)
- **Thursday, August 7 — 700100-WS**
11:00 AM-12:00 PM, Fitness Floor (OC)
- **Wednesday, August 13 — 700100-WT**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, August 20 — 700100-KS**
3:00-4:00 PM, Fitness Floor (KS)
- **Thursday, August 28 — 700100-KT**
4:00-5:00 PM, Fitness Floor (KS)

Class Levels

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.

Nordixx Pole Walking

Returning in September when the weather cools. Instructor: Dr. Richard Del Balso. Benefits of learning optimal use of poles for walking, hiking, exercise & mobility: Power & endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function — walk with *attitude*;



improve balance, confidence, coordination, bone density and posture — feel taller! Poles are sporty (and *fun*), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies and get great exercise! Register: Fitness Desks or online.

Disease Prevention & Management Session- Based Classes

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

Diabetes Exercise Program (DEP 1)

Mondays & Wednesdays, July 14-August 20 — 878000-05
August 25 – October 1 – 878000-06

3:00-4:15 PM, Aerobics Room (OC). Six-week program, \$99. Diabetes Exercise Program is a class especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or type 2 diabetes — and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels — even hours after you've stopped exercising. Another significant benefit is that it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. Please be advised we ask that if you have been diagnosed with type 2 diabetes it's important to check your blood sugar levels before and after class. Please bring your blood glucose monitor to every class. Register: Fitness Desks or online. RSVP by 8/17.

Arthritis Class L2

Tuesdays, August 5-26 — 803000-08
Wednesdays, August 6-27 — 805000-08
Thursdays, August 7-28 — 803100-08
Fridays, August 1-29 — 801000-08

Tuesdays & Thursdays 11:05 AM-12:05 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesdays, Wednesdays & Thursdays \$30 (four sessions), Fridays \$37.50 (five 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



Continued on page 82

will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength. Register: Fitness Desks or online. RSVP by 7/24.

Qigong (“chee-gong”) L1

Thursday, Aug 7-28 — 820706-08

1:00-2:00 PM, Aerobics Room (KS). \$30 (four sessions) Instructor: Sherry Remez. *Self-sustainability* — *activating your inner resources for profound wellness and energized longevity.* Learn to effectively use your inner resources to manage and release pain, stress and suffering as you increase energy, prevent and cure disease, strengthen immune response — **and have fun doing it!** Ongoing classes provide gentle physical methods proven to increase life energy, QiGong provides self-care skills for living life more fully, a re-awakening of your innate healing wisdom for emotional independence. You will develop enhanced optimism as you become proficient in employing energetic wellness tools of Meditation, Gratitude, Letting-Go, Compassion, Word Power, and Forgiveness. Methodology is approved by Kaiser Permanente, The Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medicine and Disease Prevention, and the Veterans Administration. Class is guided by Sherry Remez, a 28-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level. Register: Fitness Desks or online. RSVP by 8/3.

Lessons

Pro Tennis Lessons

Sundays, August 3- September 7

Beginner 8:00-8:50 AM — 790700-08

Intermediate 9:00-9:50 AM — 790600-08

Advanced 10:00-10:50 AM — 790500-08

Courts #10/11. \$75 (six sessions).

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



Aqua Yoga L1

Monday August 4-25 — 832001-08

12:30-1:30 PM, Indoor Pool (OC). \$16 (two sessions; no class on August 11 or 18). 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 one week before start of class.



Aqua Pilates L1

Wednesdays, August 6-27 — 832011-8A

Fridays, August 8-29 — 832011-8B

12:30-1:30 PM, Indoor Pool (OC). Wednesdays \$24 (three sessions; no class August 13); Fridays \$24 (three sessions; no class August 15). 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. 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 to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions — 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 one week before start of class.

Evening Hatha Yoga L2

Tuesdays August 5-26 — 711000-08

6:00-7:15 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: Susan Hayes. Keep moving with an early evening yoga flow class that will increase your energy and reduce stress.

Plus, it's good for your health! Everybody is welcome to this fun-filled, informative and challenging class. Register: Fitness Desks or online. RSVP one week before the start of class.



Healing Yoga and Meditation L1

Thursdays, August 7-28 — 711100-08

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 re-

ceives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP one week before the start of class.

Extra Gentle Yoga L1

Tuesdays, August 5-19 — 710000-08

12:45-1:45 PM, Aerobics Room (OC). \$33 (three 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 one week before class date.



Traditional Hatha Yoga L2

Tuesdays, August 5-19 — 710100-08

Thursdays, August 7-21 — 710120-08

2:00-3:30 PM, Aerobics Room (OC). \$33 (three 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 one week before class date.

Yoga for Osteoporosis L1

Mondays, August 4-25 — 711200-8A

Fridays, August 1-29 — 710200-08

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Mondays \$44 (four sessions); Fridays \$55 (five sessions). 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. Enrollment limited to 10 per class. Register: Fitness Desks or online. RSVP by one week prior to class start date.

Tai Chi L1

Tuesdays, August 5-26 — 730100-08

Saturdays, August 2-30 — 730200-08

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$50 (five sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together. Register: Fitness Desks or online. RSVP by 7/27.

Tai Chi Intermediate L2

Saturdays, Aug 2-30 — 730300-08

10:00-11:00 AM, Aerobics Room (OC). \$50 (five sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP by 7/27.



Tai Chi Advanced L3

Tuesdays, Aug 5-26 — 730400-08

2:45-3:45 PM Aerobics Room (KS). \$40 (four sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening exercise) will be taught as well. Register: Fitness Desks or online. RSVP by 7/27.



Personal Growth

Programs that provide learning and development in areas of life that are unique to each individual.

Breast Cancer 5k Fun Run

October 15 — 820919-BR

8:00 AM, OC Fitness Center entrance, ending at the Farmers Market. (\$15) includes t-shirt and bracelet. Come join us for a fun 5k run to benefit Breast Cancer. A 5k is just over three miles. This is not a competitive race and all levels are welcome. Training is available with registration, see 5k training below.



5k Training

Thursday September 4-October 9

8:30-9:30 AM, OC Fitness Center entrance. Six sessions. Have you ever wanted to become a runner? Now's your chance to go from the couch to running a 5k in a matter of weeks! Participants will embark on a guided training schedule based on the Jeff Galloway training with the coaching of experienced runner Carol Zortman. We will start off slow with a combination of walking and running and before long you will be running farther than you ever thought possible. Training will culminate in the running of the Breast Cancer Fun Run on October 15.

Self-Defense and Martial Arts

Tuesdays, August 5-26 — 815000-08

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 7/27.



Wai Dun Kun

Thursdays, August 7-28 — 731000-08

9:30-10:30 AM, Orchard Creek Lodge grass area above the Amphitheater. \$24 (four sessions). Instructor: Joan J. Chien. Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy.

Practicing Wai Dun Kum for 30 to 45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times. Register: Fitness Desks or online. RSVP one week prior to class date.

The Sudoku Series

August 19 — 870000-08

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from August to December, 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 subject matter advances as the months pass. September will build on the basics of August by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves. Register: Fitness Desks or online. RSVP by 8/10.



—Nutrition—

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

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**

Nutrition and Prevention of Chronic Diseases

Tuesday August 12 — 860000-8A

1:00-3:00 PM, Multipurpose Room (OC). \$25 Instructor: Renee Charleston, Registered Dietitian. *Let's look at the three main chronic diseases that respond to changes in your diet; Diabetes, Heart Disease and Cancer.* Renee Charleston, Registered Dietitian will lead a class on Nutrition and Preventing Chronic Diseases. Join this participatory two-hour session on how your diet can be modified to help prevent chronic

Continued on page 87



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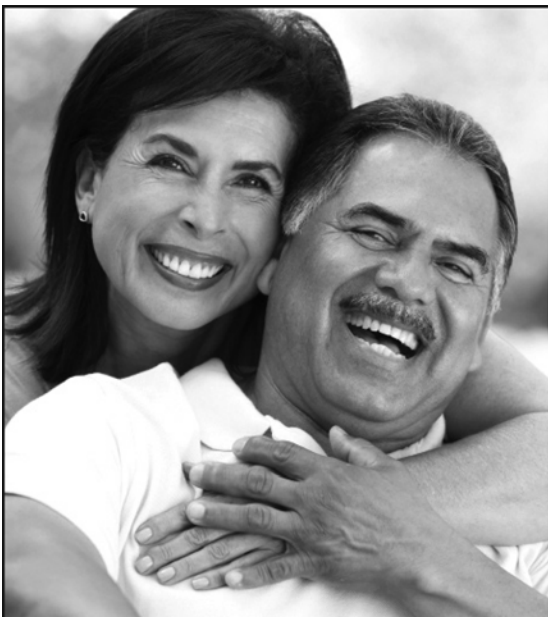
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diseases based on dietary recommendations from the American Diabetes Association, American Heart Association and American Cancer Society.

Whole Grains

Tuesday, August 19 — 860000-8B

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.



Proteins

Tuesday, August 26 — 860000-8C

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.



Fruits and Vegetables

Tuesday, September 2 — 860000-8D

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.



Money Matters

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

The Wonderful World of Income Portfolio Investing

August 19 — 870000-8A

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott will instruct this popular class. Tired of CD's paying such low rates, money market accounts, you got to be kidding? Where do you go for dividends and interest that can at least keep pace with inflation? Come learn where many options exist as long as you don't mind a little bit of volatility. These questions and many more will be addressed in this class. Register: Fitness/Activities desk or online. RSVP by 8/10.



Let's Talk About Advance Health Care Directives

Coming September 30. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may

leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



Getting Your Stuff Together: Organizing Your Estate

Coming September 4 & 5. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your “stuff.” Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your “stuff.” Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



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

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

Small Group Training: Classes designed for specific goals in mind, working directly with a personal trainer in a small group setting with no more than six people.



Sessions shown with an asterisk () indicate four sessions instead of eight to allow more flexibility and summer traveling.*

SGT — TRX Express L1

Mondays & Wednesdays, July 23-August 18 — 835210-A8

3:30-4:00 PM. Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment. Register: Fitness Desk or online. RSVP seven days prior to class start date. *Continued on page 89*





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SGT TRX Express L2**Tuesday & Thursdays, July 24-August 19 — 835211-A8**

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions).

Instructor: Julia Roper. This is the 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 seven days prior to class start date.

SGT — Bootcamp L2**Tuesdays & Thursdays, August 5-28 — 835300-A8**

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

(eight sessions). Instructor: Robert Sanchez. This challenging small group training will take a back-to-basics approach with a 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 seven days prior to class start date.

**SGT — Sports Performance L2****Tuesdays & Thursdays, July 22-August 14 — 835191-A8**

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions).

Instructor: Richie Anderson. Want to improve your performance in any of the sporting activities at Lincoln Hills? Do you also want to stay healthy and injury-free during your season of competition? This class will put emphasis on exercises that will help increase your performance in your given activity, along with strengthening the muscles that are common in sustaining injuries. Class will also include cardiovascular conditioning to encompass everything needed to step up your game. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

SGT — Fit 101 L1**Mondays & Wednesdays, August 4-27 — 835500-A8**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions).

Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a 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 seven days prior to class start date.

SGT — “Fun”ctional Fitness L3**Tuesdays & Thursdays, July 22-August 19 — 835600-A8**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class on 7/24).

Instructor: Deanne Griffin. Join us for 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 seven days prior to class start date.

SGT — Morning Burst Bootcamp L2**Mondays & Wednesday, August 4-27 — 835300-B8**

7:15-8:15 AM, Aerobics Room (KS). \$135

(eight sessions). Instructor: Lisa Smith. Rise and shine to enjoy a challenging, but fun SGT. A total body approach will be used to develop and strengthen your body from head to toe. Various pieces of equipment will be used including TRX, Bosu and more! Register: Fitness Desks or online. RSVP by seven days prior to class start date.

**SGT — Healthy Back L1****Monday & Wednesday, August 4-27 — 835700-A8**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions).

Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

SGT — Healthy Back L2**Mondays & Wednesdays, August 4-27 — 835701-A8**

4:00-5:00 PM, Aerobics Room (KS). \$135

(eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1. Register: Fitness Desk or online. RSVP by seven days prior to class start date.

**New! SGT — Balance & Fall Prevention L1/L2****Mondays & Wednesdays, August 4-27 — 835710-A8**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions).

Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support. Register: Fitness Desk or online. RSVP by seven days prior to class start date. *Continued on page 91*



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SGT — Bootcamp L3**Mondays & Wednesdays, August 4-27 — 835400-A8**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith.

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. RSVP by seven days prior to class start date.

**SGT — TRX Interval Training L3****Mondays & Wednesdays, July 23-August 18 — 835800-A8**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that 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 seven days prior to the class start date.

—Pilates Reformer Section—

Prerequisite: All Pilates Reformer classes require a prerequisite of one introductory class. You can register for SGT — Introductory Reformer Session L1 online or at the fitness centers.

SGT — Introductory Reformer Session L1**Continuous Dates — 835110-A8**

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Janine Colson, Joanie Martin, Domine Trosky, Terri Alba 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, August 11-September 12 — 835120-A8**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions; no class 8/29 or 9/1). Instructor: Paula Ainsleigh.

Monday & Wednesday, August 4-27 — 835120-C8

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson.

Monday & Wednesday, August 18-27 — 835120-D8

2:30-3:30 PM, Fitness Floor (KS). \$70 (four sessions)*. Instructor: Terri Alba.

Tuesday & Fridays, August 5-29 — 835120-B8

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. Register: Fitness Desks or online. RSVP by seven days prior to class start date.

**New! SGT — Reformer for Pickleball L2****Monday & Wednesday, August 4-27 — 835181-08**

12:30-1:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson. The exercises used in this class will be sport specific using the Pilates reformers and props. You can improve your pickleball game by executing these exercises that include rotation, forward and lateral movement, as well as overhead and underhand movements. As a result of this class you will notice a stronger core, increased flexibility and coordination as well as a reduction in muscle imbalance. Join this fun class and improve your game! Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Bootcamp Reformer L2**Tuesday & Thursday, August 5-28 — 835100-A8**

3:00-4:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Eve Webber. This class builds on the Basics using more intense exercises, the TRX, medicine balls and more!

Have fun while taking your workout to the next level. Register: Fitness Desks or online. RSVP by seven days prior to class date.

**SGT — Intermediate L2****Tuesday & Thursday, August 5-28 — 835130-D8**

7:30-8:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez.

Continued on page 93



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Tuesday & Thursday, July 29-August 21— 835130-C8

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky. 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. Register: Fitness Desks or online. RSVP by seven days prior to class date.

**SGT — Total Body Reformer L3****Tuesday & Thursday, August 5-28 — 835170-A8**

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. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Fit for Golf L2**Monday & Wednesday, August 4-27****8:30-9:30 AM — 835180-A8**

Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury like back, elbow and knee?



Turn to the conditioning program golf pros use such as Tiger Woods and Anneka Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. Register: Fitness Desks or online. RSVP by seven days prior to class date.

New! SGT — Cardio Jump Reformer L2**Tuesdays & Thursdays, August 5-28 — 835131-08**

9:30-10:00 AM, Fitness Floor (KS). \$70 (eight sessions). Instructor: Terri Alba. Looking for a great cardio workout? This might be the only one you can do in the same position you sleep in! The Cardio Jump class creatively integrates Reformer and cardio exercises keeping your joints healthy while getting the benefits of a high impact workout in a low to no impact position. Jump raises your heart rate while strengthening glutes, abdominals, legs and arms but doesn't put the stress on your body that other forms of cardio can. Activate and strengthen your core, and increase your coordination via the reformer jump board.

SGT— Bootcamp Reformer L3**Mondays & Wednesdays, August 4-27— 835140-A8**

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, the use of intervals, TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT— Special Populations Reformer L1**Mondays & Wednesdays, August 4-27 — 835160-A8**

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. Register: Fitness Desks or online. RSVP by seven days prior to class date.

**SGT — Special Populations Reformer L2****Tuesdays & Thursdays, August 5-28 — 835150-A8**

4:00-5:00 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. 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.

Punch Pass Class Descriptions

Please see the color grids on the following pages for days and times. Purchase a Punch Pass for these classes.

Each class is \$3.50.

ARTHRITIS FOUNDATION AQUA CLASS L1

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!

ARTHRITIS FOUNDATION LAND CLASS L1-L2

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

Continued on page 94

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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. Come prepared to improve your body, balance and to have fun!

BALANCE EXPRESS L1

A 30-minute class designed to help improve balance. Class is taught as a group with the use of a chair and guided balance stations.

BALL & MORE L2

This class promises to deliver exercises for balance work, strength building, and light cardio. By using the stability ball, weights, bands and bars we will develop core strength and control.

BASIC BODY CONDITIONING

If chair class is too easy for you, but you aren't ready for regular aerobics, this class is for you! Warm up with fun and simple no-to-low impact moves that improve coordination and balance. Class focuses on proper body mechanics to safely improve strength and stability while delivering an excellent workout.

BASIC CHAIR L1

Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

BASIC LOW IMPACT L1

Ten-minute intervals of easy to follow cardio moves to music with five-minute intervals of balance, strength and toning exercises.

CARDIO DANCE & SCULPT L3

A fun, high energy dance aerobic workout which blends aerobic activity and sculpting exercises. Enjoy music that you can really move to and just have fun!

CARDIO STRENGTH L3

This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

CHAIR WITH FLAIR L1

Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

CIRCUIT L3

A class combining strength training and a cardiovascular

workout! Strength training will be done with a combination of hand weights, resistance tubing, bands, and stability balls. Cardio portion will include low impact aerobics. A great workout.

CORE N MORE L3

Maximize the benefits of water with the assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

CORE-N-STRENGTH L2

A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

DIABETES EXERCISE PROGRAM (DEP2) L1

Diabetes Exercise Program 2 is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program 1 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!

EVERYBODY CAN AEROBICS L2

An easy-to-follow class for those wishing to start a cardiovascular program. The moves will be low impact and simple, no "fancy dance" moves. Light hand weights will be used to increase upper body strength. Come enjoy the benefits of a workout designed just for you!

HI-NRG CYCLE L3

This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

LOW IMPACT AEROBICS L3

Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

MIXED LEVEL INDOOR CYCLING L2

A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

PILATES FIT L2

The ultimate mind-body workout. Build a strong core center,

Continued on page 96

longer and leaner muscles, and a balanced physique with Pilates Fit. You will feel the benefits after your first workout and keep them for a lifetime.

PILOGA L2

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.

PILOGA FLOW L2

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. Ahhh!

PLATINUM-WATER IN MOTION L2

A shallow water, low impact aqua exercise experience. Participants enjoy a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly released music to easy to learn choreography.

POWER VINYASA L3

Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

SPLASH DANCE L2

A dance party in the pool! An aquatic exercise class with “dance flair.” Designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

STEP & SCULPT L2

Cardio step routines combined with toning intervals to give you a total body workout. Burn calories with low impact easy to follow step patterns.

STEP IT UP L3

Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. The class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

STRETCH PLUS EXPRESS L1

Stretch your mind and body during this 30-minute stretch class. All major muscle groups will be targeted to help increase flexibility.

STRICTLY STRENGTH L2

A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

WATER WORKS L3

Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

YOGA, BEGINNING L1

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.

YOGA BASICS L1

Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

YOGA L1/L2

This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

ZUMBA L3

This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

ZUMBA GOLD L1/L2

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

OC Aqua WellFit Class Schedule July 15 - Aug 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L3 - Deanne	OC	Water Works L3- Annamarie	OC	Water Works L3- Roman	OC	OC
8:30	 L2 Annamarie		 L2 - Annamarie		Water Works L3- Roman		
9:30		Water Works L3 - Deanne	Core n More L3- Annette	Water Works L3 - Deanne			
10:30	Splash Dance L3- Roman	Water Works L3 - Deanne	Splash Dance L2- Annette	Water Works L3 - Deanne	 L2 Lisa		
11:30	AF Aqua L1- Cathy		AF Aqua L1- Marie		AF Aqua L1- Cathy		
12:30	Aqua Yoga L1- Joanie		Aqua Pilates L1- Joanie		Aqua Pilates L1- Joanie		
2:00							
3:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00		Water Works L3- Roman		Water Works L3- Roman			
6:00							

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)
 Group Exercise (punch card) \$3.50
 * New instructor
 ** New Class

OC WellFit Class Schedule July 15 - Aug 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	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	
9:00	*Zumba L3 - TBA	Core & Strength L2 - Julia	Zumba L3 - Andi	Core & Strength L2 - Julia	Step & Sculpt L2 - Jeri	Yoga Basics L1 - Susan	Cardio Strength L3 - Kim
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 L2 - Peli	Zumba L3 - Carrie
11:00	Piloga L2 - Lola		Piloga L2 - Lola		Piloga L2 - Lola	Tai Chi L1 - Peli	
12:00	Basic Low Impact L1 - Cindy	11:15-12:15 Arthritis L2 - Lin	Arthritis L1/2 - Lin	11:15-12:15 Arthritis L2 - Lin	Arthritis L1/2 - 12:00-12:55 Lin		
12:45		12:45-1:45 Extra Gentle Yoga L1 - Julie		AF Land L1-L2 12:45-1:30 Cathy			
1:00	Chair with Flair L1 - Cindy		Chair with Flair L1 - Kathryn		Basic Chair L1 - Lola		
2:00	***SGT - Balance & Fall Prevention L1 - Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie	***SGT - Balance & Fall Prevention L1 - Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie	Activities		
3:30	3:00-4:00pm Diabetes 1 - Annamarie/Cathy	Diabetes (DEP 2) L1 Cathy	3:00-4:00pm Diabetes 1 - Annamarie/Cathy	Diabetes(DEP 2) L1 Cathy			
5:00	Zumba L3 - Andi			Activities			
6:00	Yoga for Osteo L1 - Susan	Self Defense - Paul	5:30pm Zumba L3 - Joanie				
7:00							
8:00							

Wellness Classes (session based)
 * Small Group Training (session based)
 ** New instructor
 *** New Class

Group Exercise Classes (punch pass) \$3.50

KS WellFit Class Schedule July 15 - August 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			6:15am SGT-Bootcamp L2- Robert				6:15am SGT-Bootcamp L2- Robert					
7:00		SGT - Ref. The Basics L1- Paula										
7:30	7:15-8:15am SGT - Morning Burst Bootcamp L2 - Lisa		Mixed Level Cycle L2 - Deanne	SGT - Ref. Intermediate L2 Robert	7:15-8:15am SGT - Morning Burst Bootcamp L2 - Lisa		Mixed Level Cycle L2 - Deanne	SGT - Ref. Intermediate L2 Robert				
8:30	Everybody Can L2 - Jeannette	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3 - Annamarie	SGT - Ref. The Basics L1 - Robert	***Power Vinyasa L3- Deanne	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3- Annamarie	SGT - Ref. The Basics L1 - Robert	Zumba Gold L2 - Joanne	SGT - Ref. The Basics L1 - Robert		
9:30	Circuit L3 - Roman	SGT - Ref Special Pop. L1- Eve	Strictly Strength L2 - Lin	***SGT - Ref. Jump Board- Terri	Circuit L3- Jeannette	SGT - Ref. The Basics L1 - Jeannette	Strictly Strength L2- Lin	***SGT - Ref. Jump Board- Terri	Cardio Strength L3- Annamarie			
10:30	Strictly Strength L2 - Jeri	SGT - Ref. The Basics L1- Joanne	Piloga Flow L2 - Joanne	SGT Ref. Total Body L3- Eve	Everybody Can L2- Lin	SGT - Ref. The Basics L1- Joanne	Pilates Fit L2 - Domine	SGT Ref. Total Body L3- Eve	Everybody Can L2- Lin			
11:30	SGT - Healthy Back L1- Kathryn	SGT - Ref. Bootcamp L3 Eve		SGT - Ref. Intermediate L2 Robert	SGT - Healthy Back L1- Kathryn	SGT - Ref. Bootcamp L3 Eve		SGT - Ref. Intermediate L2 Robert				
12:30	SGT - Fit 101 L1- Robert	**SGT - Ref. for Pickleball L2- Janine	Functional Fit L2 - Deanne	SGT - Ref. Intermediate L2- Domine	SGT - Fit 101 L1- Robert	**SGT - Ref. for Pickleball L2- Janine	Functional Fit L2 - Deanne	SGT - Ref. Intermediate L2- Domine				
1:30	Begin. Yoga L1- Susan		Tai Chi L1 - Peil		1:30-2:45pm Mind Training for Sleep L1- Iram		1:00pm Qi Gong L1 - Sherry					
2:30	SGT - TRX Interval L2- Julia	*SGT - The Basics L1 Terri			SGT - TRX Interval L2- Julia	*SGT - The Basics L1 Terri	Basic Conditioning L1 Kathryn					
3:30	SGT - TRX Express L1- Julia		Tai Chi L3 (2:45-3:45)- Peil	3:00PM SGT - Ref. Boot Camp L2 Eve	SGT - TRX Exp. L1- Julia			3:00PM SGT - Ref. Boot Camp L2 Eve				
4:00	4:00pm SGT Healthy Back L2- Kathryn		SGT - Softball Spring Training L2- Richie	SGT - Ref. Special Pop. L2- Eve	4:00pm SGT Healthy Back L2- Kathryn		SGT - Softball Spring Training L2- Richie	SGT - Ref. Special Pop. L2- Eve				
5:00	SGT - Bootcamp L3- Lisa	SGT - Coming soon			SGT - Bootcamp L3- Lisa	SGT - Coming soon						
5:30			SGT - TRX Exp. L2- Julia				SGT - TRX Exp. L2- Julia					
6:00			Evening Yoga Flow L2- Susan				Healing Yoga & Meditation L1 - Susan					
7:00												

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)
 Small Group Training (session based)
 * New Instructor
 ** New class



Lifestyle Speaker:
“Laughter — the Secret to a Long and Happy Life
Wednesday, July 16 — 5216-05

7:00 PM, Ballroom (OC). Discover the secret to a long and happy life! Patty Wooten — nurse, humorist and professional clown — provides a presentation guaranteed to entertain and show you how to discover what makes *you* laugh. Scientific research shows that laughter improves our health, enhances relationships and eliminates depression. Are you ready to laugh more and feel happier? Learn the secret to finding the fun and funny side of any situation. Patty’s wit and wisdom has healed the hearts of audiences around the world. This presentation is in cooperation with the Activities Department. Purchase tickets at the Activities Desk or online. For details, see the Entertainment section, page 44.



100 Years: World War One & Today
Tuesday, July 22 — Free

1:30-3:30 PM, Ballroom (OC). With the advent of the centennial year involved with World War One, there are many questions as to how that catastrophic event still influences the lives of those in the present day world. Mr. Denison, a noted WWI historian will discuss the legacies of the war that affect our world today and he will explore them in a holistic manner by concentrating in the areas of Politics, Diplomacy, Military, Technology, Economic, Social, Cultural, and Intellectual. Included will be several examples of how events in the War influenced people’s thoughts and actions through the years.



Challenges in Coping with Chronic Pain
Wednesday, July 30 — Free

7:00-8:30 PM, Ballroom (OC). Pain is a condition that is common in older adults, particularly in chronic diseases such as arthritis, ulcers, diverticulitis and problems related to circulation. It is a myth that pain is part of growing old and that older adults should expect to have pain. Pain is almost always a signal that there is a problem that needs to be investigated. Debra Bakerjian, a nurse practitioner specializing in the care of older adults,



will describe the types of pain, causes of pain, and common treatments of pain. This session will be held in an open format with time for questions and answers.

Internet Security Basics: Tips to Stay Safe Online
Thursday, August 21 — Free

3:00-4:30 PM. Ballroom (OC). Presenter: Len Carniato, resident. Using the Internet has become a way of life for most of us, and without it, some would feel isolated and cut off from their friends, family, email, banking, texting, medical and more. With recent security breaches at major retailers like Target, Nieman Marcus and others, internet users must be pro-active when it comes to securing their online accounts and passwords. Being careless online is like walking through a bad neighborhood with loose dollar bills! Len will discuss the most recommended and effective ways to lower your risk, protect yourself and avoid having your online identity hacked or stolen.



Got Hormones?
Wednesday, August 27 — Free

7:00-8:30 PM. Ballroom (OC). Come learn about two commonly discussed hormone problems — thyroid and testosterone. Dr. Emily Chan is board certified in Internal Medicine and Endocrinology at Kaiser Permanente. She will discuss hypothyroidism (or underactive thyroid gland) including the symptoms, tests and treatment. Also learn about thyroid nodules, which are common but rarely harmful. In addition, Dr. Chan will discuss low testosterone levels in men, explaining the symptoms, diagnosis, and the medical need vs. the pharmaceutical push for treatment.



The Federal Budget: Why is Agreement So Elusive?
Thursday, September 4 — Free

9:30-11:00 AM, P-Hall (KS). With tax-and-spend Democrats on one side and slash-everything Republicans on the other, is it any surprise that agreement on the federal budget is so elusive? Or is there more to the deadlock than ideological differences? Richard Fernandez, a Lincoln Hills resident and former policy analyst with the nonpartisan Congressional Budget Office, will discuss the budget realities that make agreement so difficult. Using historical data and future projections, he will show how rising health costs and an aging populace stymie efforts to balance the budget and challenge views both of what government can do and of how much it must cost.



Continued on the following page

Community Forums, Date, Time, Location

- **Lifestyle Speaker: Laughter — the Secret to Long, Happy Life**
Wednesday, July 16, 7:00 PM, Ballroom (OC)
- **100 Years: World War One and Today**
Tuesday, July 22, 1:30 PM, Ballroom (OC)
- **Challenges in Coping with Chronic Pain**
Wednesday, July 30, 7:00 PM, Ballroom (OC)
- **Internet Security Basics — Tips to Stay Safe Online**
Thursday, August 21, 3:00 PM, Ballroom (OC)
- **Got Hormones?**
Wednesday, August 27, 7:00 PM, Ballroom (OC)
- **Federal Budget: Why is Agreement so Elusive?**
Thursday, September 4, 9:30 AM, Presentation Hall (KS)
- **Changing Face of America: Children of Immigrants**
Wednesday, September 17, 2:00 PM, Ballroom (OC)
- **Run Silent — Run Deep: Vascular Disease**
Wednesday, September 24, 7:00 PM, Ballroom (OC)
- **Lincoln City Council Candidates**
Thursday, October 2, 4:00 PM, Ballroom (OC)
- **Placer County League of Women Voters: State Initiatives**
Tuesday, October 7, 2:00 PM, Ballroom (OC)
- **Living with Arthritis**
Wednesday, October 29, 7:00 PM, Ballroom (OC)
- **What's Happening in Climate Science**
Monday, November 17, 10:00 AM, P-Hall (KS)

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