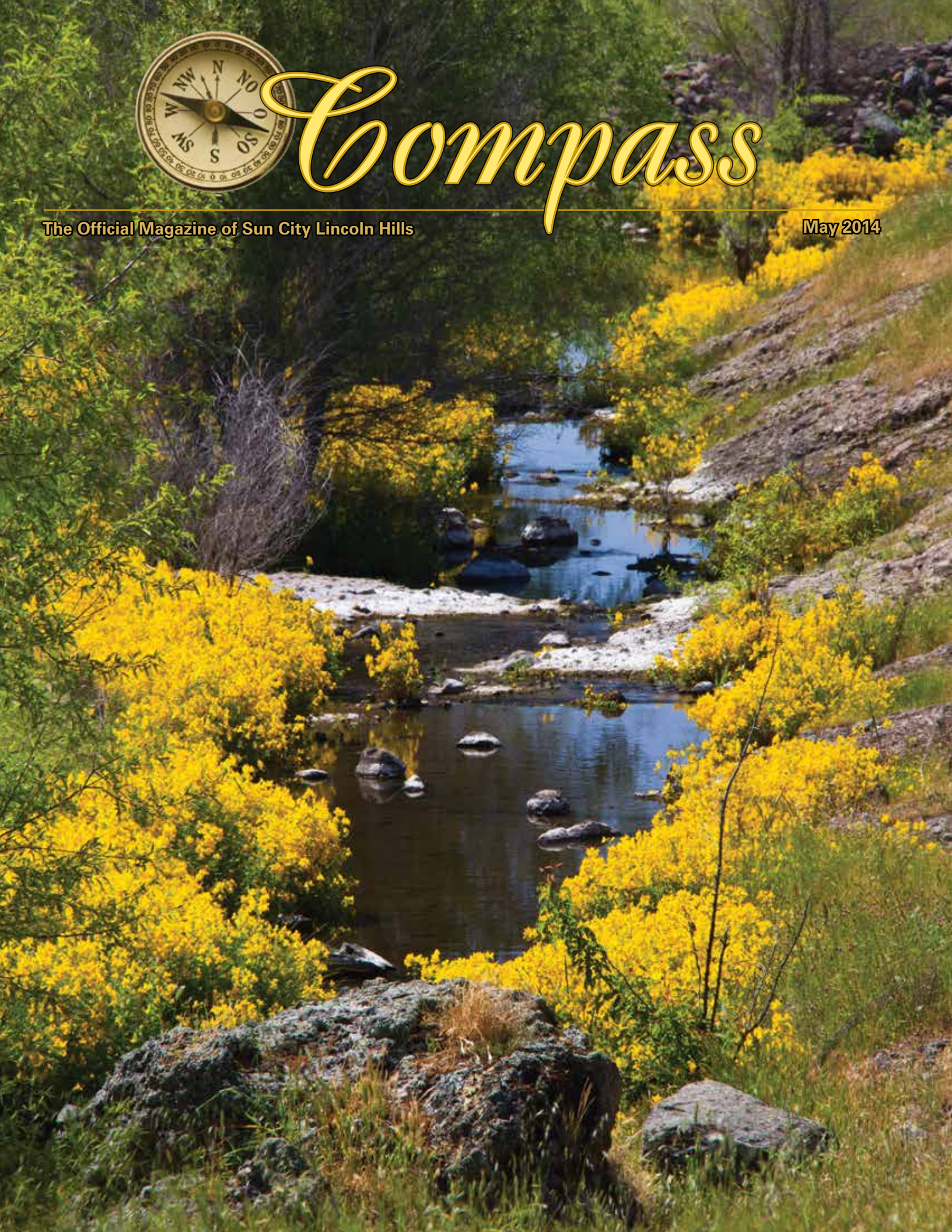




Compass

The Official Magazine of Sun City Lincoln Hills

May 2014



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On the cover

Recent rain showers filled our creeks with water and wildflowers blossomed. Al Roten reviews wildflowers in our surrounding area on page 7. Look quick before the hot days of summer dry them up for the season. Thanks to resident photographer Phil Robertson for sharing his wildflower photos with us.

Some Consequences of the Drought

Board of Directors Report

Denny Valentine, Director, SCLH Board of Directors



Governor Brown signed an Executive Order April 25 which includes provisions declaring void and unenforceable those provisions of a homeowners association's governing documents requiring residents to water lawns if the city has imposed water restrictions. Thus far the city of Lincoln has called for a voluntary 20% reduction in water use. Be that as it may, we are certain to see some browning lawns over the summer and as a result of the Order, I suppose it is something we may have to live with. However, allowing your lawn to die and having to replace it will be at some considerable cost.

“...we are certain to see some browning lawns over the summer and as a result of the Order, I suppose it is something we may have to live with. However, allowing your lawn to die and having to replace it will be at some considerable cost.”

that the best way to keep lawns from dying during a drought is to give them a deep soak once or twice a week. This is achieved by watering in short bursts two or three times during the morning on the same day at two hour intervals. This too helps avoid runoff. He also suggests removing the grass catcher when mowing to allow the mulch to retain moisture.

The Board of Directors and the Architectural Review Committee are scheduling a workshop in May to discuss, among other things, drought resistant plants. All members are welcome to attend.

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

As Senior Director of Lifestyle and Communications, I surround myself with exceptional team members and managers whose talents and skills you benefit from as a member and when you participate in the Lincoln Hills Lifestyle. Since January, staff has been creating fabulous services for you.

Advertising & Promotions Manager, Ben Baker successfully launched four marketing platforms using TV monitors to showcase the professional advertising campaign flyers designed for every department and

updated and providing direct links from eNews to Community Forum videos and online event and class registrations. These efforts have resulted in over 4,661 website users and 4,811 residents who receive weekly eNews.



Our new Phantom II Vision Quad Copter

to display the fantastic photos of our community we have been generating over the years. Ben spearheaded the installation of the large, beautiful SCLH logo at the OC front desk; and guided residents to the website and eNews by keeping the news

Ben recently trained staff on the use of the new Phantom II Vision Quad Copter that offers dynamic high quality video and still photography for promotional efforts for our websites. Some of the benefits this new device offers

include: overhead video of our community Open Space and common areas, capturing Summer Amphitheater Concerts (smile when you see it overhead!) creating paid add-ons for
Continued on the following page



Continued from the preceding page weddings; and a tool to assist with facilities inspection (see page 9). Ben manages a team of two part-time associates. Thank you team!

Bertha Mendez is our membership clerk and the unofficial “traffic controller” for hundreds of people who pass through our OC doors on a daily basis. She answers all types of questions; problem solves and provides

membership assistance to new and continuing residents and their leases. The membership desk is a busy place and Bertha keeps her cool even when things get hot.

Christy Condell, Administrative and Club Support Specialist, supports the CCRC and CCOC, provides backup up at the Membership desk, communicates with Club leaders as needed, assists with communication and provides outstanding customer service to all.

Judy Olson just completed organizing and delivering her 20th successful Home, Health and Business Showcase.

Thanks to all of you who came out to visit with vendors and to provide your support Please see “Connections” on page 17



Two Association trails are visible from the photo taken from the Phantom

Calendar of Events

May 15-June 30

Date	Event	Page #
05/15	Book Discussion: <i>The Aviator's Wife</i> 25	
05/15	New Resident Orientation 41	
05/15	Speaker: Retired Army National Guard Colonel 36	
05/17	Annual Parking Lot Sale 41, 46	
05/18	Dance sponsored by Line Dance Group 31	
05/19	“Cosmology - The History/Nature of Our Universe” 23	
05/19	Genealogy: “Using FindaGrave.com” 29	
05/19	Bus Trip: Reno — Boomtown — Cabela's 51	
05/20	What's the Difference between a Golf Cart & NEV? 31	
05/20	Forum: Traffic Situation in SCLH 100	
05/21	Bus Trip: The Charm of Healdsburg 58*	
05/22	“Keeping Lincoln Hills Green,” Chris O’Keefe 28	
05/23	Concert: “Red White and Blue USO Revue” 46	
05/26	Players Group Audition, “Bold, Young, Murdered” 34	
05/28	Players Group Audition, “Bold, Young, Murdered” 34	
05/28	Bus Trip: Giants vs. Chicago Cubs 58*	
05/28	Forum: Brain Drain, “Where Did I Put My Keys?” 13, 100	
05/29	Concert: Rita Hosking Trio 46	
05/31-06/01	Annual Art Studio Tour 32, 41	
06/02	KS at the Movies: The Proposal 41	
06/03	Bus Trip: Bus #1 & #2 — Wicked 58*	
06/04	Forum: “Life - Here, There, Everywhere” 11, 13, 23, 100	
06/04	Bus Trip: Lincoln Wine Tasting & Lunch 53	
06/05	Night sky viewing 13	
06/08	Bus Trip: Dance Inferno - Eldorado Hotel & Casino 53	
06/10	Roxanne Langan and Crazy Quilting & Ribbonry 32	
06/11	Chromebook: Microsoft's Worst Fear?? 27	
06/11	Allen Adler: Photoshop Techniques in Photography 33	
06/12	Summer Concert Series: 1950's Dance Party 14, 44, 46	
06/13	The Huge Selection of Software for Chromebooks 27	
06/16	Bus Trip: River Cats vs. Iowa Cubs 57	
06/17	Concert: Songs & Strings 48	
06/19	Book Discussion: <i>The Light Between Oceans</i> 25	
06/19	Bus Trip: Legion of Honor 58*	
06/22	Bus Trip: Oakland A's vs. Boston Red Sox 57	
06/23	Bus Trip: Jackson Rancheria 51	
06/24	Comedy Night at KS: Marc Yaffee 46	
06/24	Bus Trip: San Francisco for the Day 57	
06/24	Forum: Adapting to Aging in SCLH 100	
06/25	Bus Trip: Music Circus — A Chorus Line 54*	
06/25	Forum: Movement and Balance Disorders 100	
06/26	Bus Trip: Region of Honor - Intimate Impressionism 53	
06/27	Music Group sponsored “Open Mic Night” 32, 41	
06/27	Summer Concert Series: Darlene Love 14, 44, 48	

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

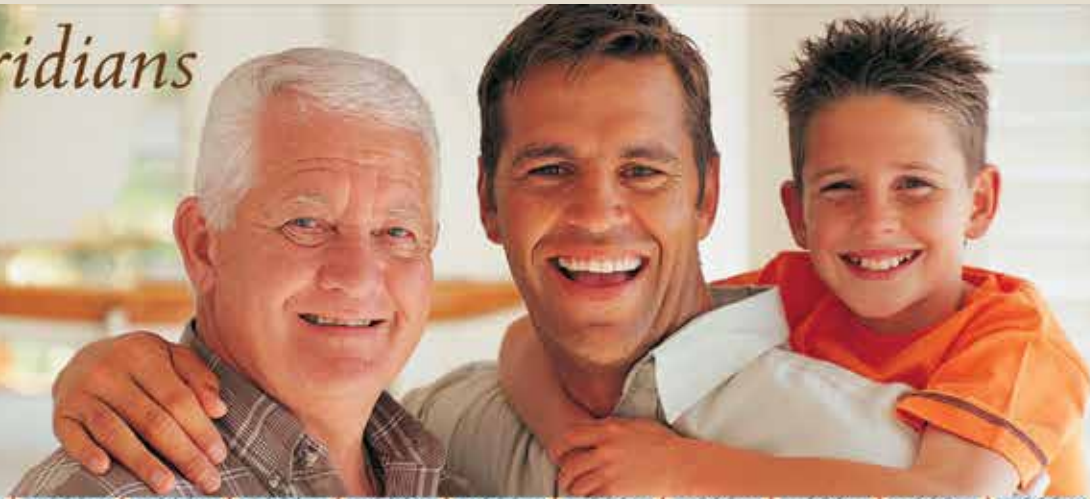
Upcoming Association-Related Meetings: Date, Time, Place

May 15-June 30

Golf Cart Registration	Thursday, May 15, June 5 & 19, 9:00 AM, OC Lodge
Finance Committee Meeting	Thursday, May 15, 9:00 AM
New Resident Orientation	Thursday, May 15, 1:00 PM
Board of Directors Meeting	Thursday, May 22, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, May 22, 10:30 AM
Board of Directors Executive Session	Thursday, May 22, 11:00 AM
ARC/Architectural Review Committee	Tuesday, May 27, 9:00 AM
CCOC/Clubs & Community Organizations	Tuesday, June 3, 9:30 AM
Compliance Committee Meeting	Wednesday, June 4, 10:30 AM
Elections Committee Meeting	Friday, June 6, 10:00 AM
ARC/Architectural Review Committee	Monday, June 9, 9:00 AM
Properties Committee Meeting	Tuesday, June 10, 1:00 PM
Listening Post	Wednesday, June 11, 9:00 AM
CCRC/Communications & Community Rel.	Friday, June 13, 9:30 AM
Finance Committee Meeting	Thursday, June 19, 9:00 AM
ARC/Architectural Review Committee	Monday, June 23, 9:00 AM
Board of Directors Meeting	Thursday, June 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting	Thursday, June 26, 10:30 AM
Board of Directors Executive Session	Thursday, June 26, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

Meridians



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SUNDAY, JUNE 15TH
10AM - 3PM

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Try Something New

Activities Department Coordinators have a bouquet of programs for you

Lily Ross, Lifestyle Assistant Manager

This spring, enjoy the bouquet of programs, trips, classes and entertainment the Activities Department Coordinators have planned for you. Our coordinators work year-round to make sure that their programs are fresh, relevant, and top-notch.

To kick off the sunny season, give the Farmers Market a try. The **Lincoln Hills Farmers Market** hosts vendors of locally raised produce, baked breads and treats, fresh salsa, unique artisan crafts, beauty products, and so much more. The Farmers Market is held from 8:00 AM to noon in the Orchard Creek parking lot and runs every Wednesday starting May 21 through November. For more information or to find out about participating as a vendor, contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com.

Deborah Meyer has a great summer lineup for you, kicking off with two great performances celebrating the heritage of American music. May 23 the Orchard Creek Ballroom will be hoppin' as the talented voices of the **Swingin' Blue Stars**

of the **USS Hornet** present, "Red, White and Blue USO Revue" (page 46), May 29 will bring the cherished sounds of the folk group, **Rita Hosking Trio**, to the intimate setting of the Presentation Hall (KS) (page 46). Whether indoors or in the Amphitheater, our entertainment programming is open to the public.



Katrina Ferland has baseball trips scheduled throughout the summer; skip the traffic and parking fees, take a bus to see the **Oakland A's**, **Sacramento River Cats**, or **San Francisco Giants** (pages 57-58). Residents have priority enrollment and after the RSVP date, guests are welcome to attend trips with you!

If you're looking for a way to stay active as the days grow warmer, Betty Maxie's class programming has you covered. **Line Dance** and **Hula** (pages 67-68) are traditional dances that offer low impact movements, engaging music and the opportunity to meet new friends.

Well what are you waiting for? Carpe diem!

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.

- **Architectural Review Committee (ARC)**
- **Elections Committee**
- **Finance Committee**

- **Elections Committee Seeks Applicants for the 2015 Election.** The Elections Committee is responsible for the nomination and qualification of

candidates for election to the Board of Directors and is responsible for conducting the election. Unlike other Standing Committees of the Board, the Elections Committee and its chair are appointed each year for the next election. The Board is accepting applications for the 2015 Elections Committee. The Term of the appointment is April 1, 2014 through March 30, 2015. The Board will interview applicants and appoint the 2015 Committee and Chair. Applications are available at the Orchard Creek and Kilaga Springs Activities Desks, or download the Committee Application from the Association Resident Form folder in the Document Library on the resident website.

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

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

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

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

Did You Know?

Neighborhood Watch says that *scams* are looking for you — in your emails, on your telephone, and at your front door. Never give money, credit card, bank account or social security information without double and triple checking that the request is legitimate!



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Cover article

Wildflowers of Lincoln

Al Roten, Roving Reporter

The flowers you see on this page are but a sampling of the natural beauty surrounding us. From early spring to beginning of summer, we are surrounded by these wonders of nature. Some are large and obvious, but others are tiny and hidden in the grasses and undergrowth. All are worth our time to search out and admire.

Nature photographer and Lincoln Hills resident Phil Robertson captured the photos you see on this page. Morgan Trieger, Lead Biologist for Wildlife Heritage Foundation identified each of the flowers, giving us their habitat as well as botanical names. I have expanded data for just 20 or so of the approximately 80 varieties we screened for this article. I will be happy to share this information if you just send an email request to al.roten@starstream.net.



Crimson clover, grasslands and open oak woodlands



California goldfields, turns hillsides golden yellow



White brodiaea, grasslands



Wild hyacinth, grasslands and open oak woodlands



Common fiddleneck, open grasslands



California poppy, hillside displays in spring



Fremont's tidytips, sunflower grows on grassy hillside



Eyed grass, dry grasslands & oak woodlands



Rose clover, on dry and disturbed soils



Miner's lettuce, shady settings under oak trees

Some of the flowers presented here are native to the area while others have been imported over the years by grazing and birds; some are benign and others are classed as invasive weeds, but all are beautiful.

The photos presented here were all captured in and around Lincoln Hills. However, there are many good places to see wildflowers in the valley. Consider visiting the many vernal pools with tours offered by the Placer Land Trust, www.placerlandtrust.org, or others.

In Lincoln Hills, stay on the trails and carry cameras and binoculars as you walk. Be sure to look carefully at the bounty that nature provides.



Chicory, common on roadsides and other places with disturbed soils. Roasted roots are used as a coffee flavoring



Wild radish, member of the mustard family



Bull thistle, seeds are beloved by birds like lesser goldfinch and housefinch



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WellFit News

Look What's Happening in the WellFit Department!

Deborah McIlvain, WellFit Manager

New Punch Passes and Pricing Coming In May!



We currently sell three different types of punch passes for “Group Exercise,” “Mind & Body,” and “Disease Prevention and Management.” These electronic punch cards are linked to your household in our software. The Group Exercise pass is \$2.75 (for all classes color-coded in goldenrod); Mind & Body is \$3.50 (green color-coded classes); and Disease Prevention & Management is \$4 (purple color-coded classes).

Effective May 22, all punch passes will be combined to one Punch Pass. This new punch pass will cost \$3.50 and will be used for all goldenrod-colored classes listed on the schedule grid on pages 96-99. This one pass will allow you to visit

any of our group classes like Zumba, Cardio Strength, Piloga, Yoga Basics, water classes, Diabetes, and more! No more worrying about whether you have the right pass or not. This pass will be good for all group classes! If you currently have other passes on your household account, they will be transferred to the new Punch Pass and you will not lose any punch passes you currently have.

Benefits of changing to one pass. The one price of \$3.50 for all Group Exercise classes offers residents more flexibility in participating in a variety of different classes and makes it easier to purchase at the Fitness Centers or online. Mind & Body is the same price, Disease Prevention & Management price is reduced, and Group Exercise has been increased. We realize that a price increase is never a

popular decision but our costs in general have gone up due to changes and additions to our programs and classes. Other “Session Based” and “SGT” (small group training) classes that have a set start and end date (usually four weeks) will continue to have their prices published monthly in the *Compass*.

“Ten for \$10 referral cards” are now available at the front desks! Refer 10 different residents that have never taken a punch pass class and receive \$10 toward your next purchase of punch passes!

Don't forget Wellness Days! May 19 — Brain Day; May 20 — Mind and Body Connection; and May 21 — 5K Run/Walk & Market Day. The 5K Run/Walk requires registration and the cost is \$10. When you register you will receive a WellFit T-shirt, training program, map, and 50% of the proceeds go to Colon Cancer Alliance! Join us for a fun day and have your \$\$ go to a great cause! (See page 50.)

WellFit Classes pages 79-96 • WellFit Class Grids pages 96-98 • Group Exercise Class Descriptions page 99

Common Ownership of an Uncommonly Beautiful Area — Part One

Bill Attwater, Properties Committee Chair

All of us who own homes and therefore are automatically members of the Homeowners Association have an interest in common in our facilities. What are the Association facilities?



The Association owns and maintains all the streetlights and the sidewalks on “major” streets like Del Webb Blvd. and Sun City Blvd. The city of Lincoln maintains the majority of the sidewalks and all the streets. The streets are “public” property, which means that anyone has a right to travel on our streets, whether or not they live in Lincoln Hills, but they must obey state and local traffic laws and signs. For example, grandparents cannot allow underage and unlicensed grandchildren to drive golf carts on our streets, even if the grandparents are with them.

The major areas that the Association owns in common are Orchard Creek Lodge, Kilaga Springs Lodge and all the facilities inside both Lodges. Other common areas include the Sports Complex (which includes the Sports Pavilion, and tennis, pickleball, and bocce courts), Anglers Cove, 200 acres of landscaping, ten parks in various villages, and 11 miles of walking trails. Wow! Stop and think about it. There are a lot of common areas and services that we as homeowners, through the Association, are responsible for operating and maintaining. How does all of this work?



Anglers Cove — photo by Nancie Wiseman Attwater

The Association has full-time and part-time paid staff. Some of the functions are contracted out (major electrical and plumbing, heating and air conditioning, street lights, pumps and landscaping). Landscaping employs about 30 people who maintain the 200 acres of common area, 1.6 million square feet of turf, 5.4 million square feet of bark, 9000 trees, 70

Please see “Properties” on page 21

The Spa at Kilaga Springs

May and June: Celebrating Mothers and Fathers

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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



May and June celebrate men and women everywhere. It is not a requirement to have children to be considered to be a mother or father. Men and women everywhere have contributed to giving unconditional love in many ways to friends, family, pets, causes, mentoring, teaching, and much more. We salute all of you.

Coming Events:

- **Friday, May 23, 2:30-6:00 PM.** We will hold a “High Tea” celebrating women. This event will do mini treatments of massage, hand or foot scrub, brow makeovers, makeup consultations, and we will be serving a variety of healing teas and appetizers. RSVP and please specify which treatment you might be

interested in. Appointments are necessary for the make-up makeover. All products purchased at this event will receive a 10% discount.

- **June’s focus** will be on the guys! Real men do get facials. Our “Manly Man” facial consists of a deep pore cleansing, a soothing neck massage, and a trip to the wax bar for nose, brow, or ear hair grooming. 60 minutes, \$70. Gals, let’s get those husbands in to see what they are missing.
- Our **June movie** in the Presentation Hall (KS) is “The Proposal” so all you ladies out there, why not “propose” to get those guys in for one hour of total relaxation. 30 minutes of an unwind-

ing, unkinking, massage, followed by 20 minutes of rejuvenating foot massage, and to top it all off, 10 minutes of nirvana with a scalp massage. Life does not get any better! 60 minutes, \$70. Come in for both treatments, only \$130.

Our most important product all year long but especially for the next four months: **Solar Defense Broad Spectrum SPF30**, *Prevention Magazine’s* Defy-Your-Age Beauty award for “Best Day Spa Sunscreen.” This cream has self-adjusting spheres to give you just a hint of color along with your UVA/UVB protection. It improves hydration, has powerful anti-oxidants that reduce inflammation, is medicinal with antibacterial properties, and acts as an inhibitor to age spots. \$44.50

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The Three P’s — Privacy, Patience and Prudence

David Stone, Compliance Committee Chair

Consider this scenario: As a good and responsible member of our community, you dutifully file a complaint with Community Standards reporting that a neighbor is holding noisy parties late into the night, is allowing his dogs to bark incessantly all day and night long, parks his huge RV on the street for weeks, has allowed his yard to become infested



with weeds and rodents, and becomes angry when you have tried to explain how his actions impact you. You are frustrated when, after several weeks from filing the complaint, no corrective action appears to be taking place. You are further frustrated when Community Standards gives you no explanation about this apparent inactivity other than “The matter is in process.”

The Association has no choice in refusing to give any further information. The

Association is required both by state law and our governing documents to maintain the **privacy** and confidentiality of proceedings involving member discipline. Members of our Association, including

“So, what are you to do when the violations appear to be continuing?
 I would recommend exercising some **patience**. In order to protect the due process rights of members, we must go through several steps to allow the alleged violator a chance to defend against the charges.”

those who have filed the complaint, have no “right” to know how the matter is being handled.

So, what are you to do when the violations appear to be continuing? I would recommend exercising some **patience**. In order to protect the due process rights

of members, we must go through several steps to allow the alleged violator a chance to defend against the charges. This includes several violation notices giving time to correct the violations, and if necessary, a notice of hearing before the Compliance Committee. If the Committee makes a recommendation for discipline, then another hearing is set before the Board of Directors for a final decision. All of these legally mandated steps take time to complete the process, so patience is a must.

Finally, we ask for **prudence** when you are waiting for your complaint to be resolved. Staff, committee members, and board members cannot bypass these legal requirements and, except in unusual cases, cannot shorten the time it takes to bring about a final result. While we may understand your frustration, we are bound by our legal obligations to follow proper process. You would expect the same treatment if you were the one being charged with a violation.

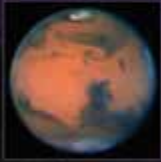


SCLH Community Forum



Wed June 4 *** Orchard Creek Ballroom *** 7:00 PM

"Life - Here, There, and Everywhere?"



"Searching for Life on Mars"

John Neil

"The Search for Exoplanets around Red Dwarf stars"

John Combes



"The Multiverse"

Morey Lewis

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Country Western Dancing

Calling All Couples Who Enjoy Dancing...
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Monday night's beginning and intermediate classes
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Dancing is friendly, social, great exercise and
good for the mind and body. Weekly practices are
available for all club members enrolled in the monthly
instruction classes.

Check the *COMPASS* for details.





LSV/NEV Group

Special News – All new Lincoln Hills Residents!

Be a NEV Owner and attend our monthly meetings, the third Tuesday of every month, 10:00 AM, Presentation Hall (KS).

Learn About

- **Easy care and maintenance of your NEV**
- **NEV car insurance**
- **Charging stations in Lincoln**
- **Attend socials**
- **NEV car rally – and more**

Why Are Our Financial Results So Good?

Hank Lipschitz, Finance Committee Chair

The short answer is you are responsible for our better than budget results. Did we just make the budget easy to attain? (Of course not.) Our staff and your participation have exceeded expectations. The big drivers were higher revenue compared to a year ago; for The Spa at Kilaga Springs, up 34%; Fitness, up 12%; and Activities, up 60%. This means

our Association is delivering what our residents want.

March finished with a favorable to budget result of \$46,705 for the month and \$152,558 year-to-date. All departments are very close or better than budget. While timing of certain expense items in Landscape are weather related, the Finance Committee is pleased with our first quarter results.

the Settlement proceeds Fund. The Reserve Fund balance was \$4,852,727. We will continue to invest in FDIC-insured or US Treasuries until we have selected a Professional Investment Manager, for which the process is underway.



Homes with past due assessments were down to 94 compared to 95 at the end of December. The amount owed at month end was \$87,700 compared to \$65,600 at year end.

At month end, the Operating Fund had \$4,797,114, of which \$30,586 were in the Building/Capital Enhancement Fund and \$1,299,388 were in

We are still looking for volunteers to apply for positions on the Finance Committee later this year. If you have a background related to Finance or Accounting and would like to help your fellow residents please apply.

If you have general questions or need information, please contact finance.committee@schca.com. The next regularly scheduled Finance Committee meeting will be held on Thursday, May 15, at 9:00 AM at the Ballroom (OC).

Statement of Operations YTD — 3/31/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues) Actual	Budget	Favorable (Unfavorable) Variance
Homeowner Assessments & Other	\$1,898,574	\$1,900,781	(\$2,207)
Administration (Expense)	(487,638)	(504,993)	17,355
The Spa at Kilaga Springs	14,449	9,455	4,994
Fitness	(92,177)	(88,902)	(3,275)
Activities	(35,463)	(70,530)	35,067
Rec. Center / Maintenance	(570,029)	(597,276)	27,247
Landscape Maintenance	(545,706)	(617,750)	72,044
Food & Beverage	(71,971)	(73,304)	1,333
Capital Asset	0	0	0
Net Revenues (Expense)	\$110,039	(\$42,519)	\$152,558

From This World to Another Astronomy Forum looks at life “out there”

Nina Mazzo, Roving Reporter

Humans have gazed in wonder at the night sky for millennia. Early mankind used the night sky for navigation as well as timing for planting and harvesting. We are fortunate to live in a time when the pace of scientific discoveries is breathtaking and exciting.



On Wednesday, June 4 at 7:00 PM in the OC Ballroom, the LH Astronomy Group will present “Life — Here, There and Everywhere?!” (See page 100 for details.) Astronomy Group members John Neil, John Combes, and Morey Lewis will take you on a journey to Mars, exoplanets, and maybe another universe.

Steering Committee member Morey Lewis was a chemical engineer with an interest in astronomy from an early age, first learning about galaxies in a book titled *The Lincoln Library*. Morey leads the Cosmology Special Interest Group, which explores the origin, characteristics, and fate of the universe/universes. Although this might sound like an episode from

the Twilight Zone, the concept of a multiverse is suggested by physics.

John Neil’s work was in the field of Geochemistry (application of chemistry to geological and cosmological processes). His interest in astronomy also began at a young age and continues today as he studies the history of constellations, observatories, and their impact on human history. John will discuss the general geology on Mars — could its mineralogy and chemistry support life?

John Combes worked for the U.S. Forest Service in forest management with an emphasis on timber, watershed, and wildlife management. His work often provided him clear and dark skies for telescope viewing, and he enjoyed giving presentations on astronomy to local schools. He is currently the Secretary/Treasurer of the National Association of Forest Service Retirees. John was one of the founding members of the LH Astronomy Group and continues as treasurer. At the Forum he will discuss Exoplanets — planets sur-



A Community Star Party

rounding a star outside our solar system. “Twinkle, twinkle, little star, is there a planet where you are?”

As a member of the Astronomy Group and amateur astronomer, I’m always curious about these topics as I set up my telescope, gaze at the night sky, and wonder... Plato said “Astronomy compels the soul to look upwards and leads us from this world to another.”

Come on out on June 4 and explore some recent “far out” ideas and discoveries. Then, on Thursday, June 5, join us on the Orchard Creek Lodge patio at dusk for some night sky viewing through our telescopes.

Aging Well

Preserving Memory

Shirley Schultz, Health Reporter

If we live long enough, we will inevitably notice some changes in our ability to remember things. Memory is only one of a range of cognitive abilities of the brain. Cognition includes not only remembering and forgetting, but also reasoning, abstract thinking, imagination, attention, insight, and the ability to appreciate beauty. From an efficiency standpoint, forgetting may be as important as remembering every bit of information that we are exposed to throughout life. On the other hand, loss of memory can represent a major loss of who we are.

Many factors influence what goes in to creating memories, including our



emotional state, stress level, the environment around us, and our personal biases and perceptions. Ongoing brain research has shown that it is more difficult and takes longer to embed new memories as we age, but once the information is learned, it is retained equally well by all age groups. The Dana Alliance for Brain Initiatives, a nonprofit organization of over 200 leading neuroscientists, advises practicing the following memory skills to enhance learning and make remembering easier.

- **Relax.** Managing stress reduces memory lapses.
- **Concentrate.** Pay attention if you want to remember something later.
- **Focus.** Try to minimize interferences and reduce distractions.
- **Slow down.** Rushing causes you to not be focused or not be paying full attention.
- **Organize.** Keep important things in

a designated place that is visible and easily accessible. (For example, how to find your car keys and your glasses.)

- **Write it down.** Carry a calendar and a notepad with you, and write down important things.
- **Repeat it.** Repetition improves recall. Use it when learning new things or when meeting new people.
- **Visualize it.** Improve your recall by associating a visual image with something you want to remember.

Remember (no pun intended) to attend the upcoming Community Forum on May 28, “Brain Drain: Where Did I Put My Keys?” (see page 100) to hear about advances in how to protect memory and prevent mental decline. Since all of us will predictably experience changes in our mental function, learn how to distinguish between what is normal and what is abnormal.

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5014-4D – Harmony: A Tribute to Three Dog Night • July 29 • 7:30 PM • \$18
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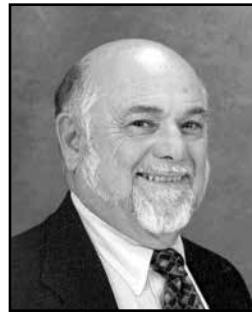
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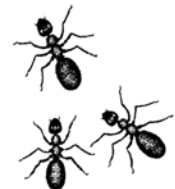
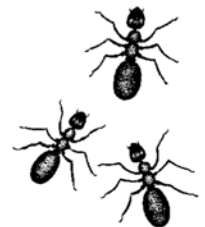
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Orienteering

Wetlands Trail

A Recipe on the Wild Side

Dee Hynes, Roving Reporter

An expansive glance at the Ingram Slough Preserve suggests a master chef has been at work atop this wild environment. The diverse volunteer vegetation appears to have been sprinkled and tossed with gourmet spices.

The preserve's flora boasts wide swaths of sage and ginger tones with parsley, cinnamon and nutmeg shades surrounding the ponds. Within these hues lives the wildlife of this wetland habitat.

Pause and enjoy the wild land view from the bench on the Wetlands Trail. Here, an interpretive sign, "The Ingram Slough, Habitat Sweet Habitat," provides details about the land,

food, and animals that create a wetland environment.

This calm trail invites relaxed strolls. From the trailhead, a gentle grade flows to an even cement path leading to the bench.

For those traveling beyond the bench, the trail makes a gradual rise to Bowman Lane and Sun City Blvd. Here, create a trail loop by turning right on Sun City Blvd., right on Del Webb and right on Strolling Hills. At the end of Strolling Hills, turn right on the trail and stroll down a moderate-to-challenging grade to the trailhead at Summerhill Lane.



Bench on the Wetlands Trail

Directions to the trailhead: From OC, right on Del Webb, left on Sun City then turn left on Summerhill Lane, parking at the end of the lane.

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



Carol Higgins and Maggie leave the Open Space and return to the Summerhill Trailhead which borders the Orchard Golf Course



The Wetlands Trail can be seen to the left of the Open Space

Connections

Continued from page 3

Judy also coordinates 150-plus advertisers and their accounting for the *Compass*. Her work continues to enable us to provide the magazine free of charge, and helps improve the operational bottom line.

Lavina Samoy, Lifestyle Program Manager and her staff of 20 had a terrific first quarter and are readying for more success with their great summer concert series lineup, educational classes and workshops, and outstanding day and extended bus trips. The coordinators are on fire providing value to your lifestyle. **Lily Ross, Assistant Lifestyle Manager**, is instrumental to the successful implementation of online WebTrac registration and the use of the wireless ticket scanners to expedite checking in for events. **Shelvie Smith, Room Booking Coordinator**, continues to find workable meeting dates and alternatives for clubs and others to utilize the facilities while working to accommodate catering and F&B operational needs.

Deborah McIlvain, WellFit Manager and Christine Epperson, Assistant WellFit Manager, and their staff of 19 continue to impress with new programs, updated classes and an ability to manage change for the betterment of residents and the department. We hope you plan to participate in the Wellness Day events planned May 19-21 (see page 50) and appreciate our decision to move from three punch pass prices to a single price while offering you flexibility to participate in a variety of Group Exercise classes (see page 9).

Recognition and thanks also go to the volunteer writers for the *Compass* magazine including **Committee Chairs, Roving Reporters** and our **Resident Editor, Doug Brown**. Their interesting topics, attention to detail and writing skills, continue to make our monthly magazine a sought after place for information.

I appreciate the team effort and support of staff and residents. Together you make Sun City Lincoln Hills an exceptional place. I look forward to seeing you in the Lodge.



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Water-saving Tips from Neighbors InDeed

Doug Brown, Resident Editor



Yes, we had a couple of unexpected rain days in April, but California is still teetering on drought conditions for the rest of 2014.

Placer County Water Agency (visit www.pcwa.net) adopted a resolution on April 10 that advocates an overall 20% reduction in water use as we enter the dry summer months. What can we all do?

Neighbors InDeed has some suggestions for mindfulness in outdoor water use while preserving the beauty (and greenness) of our landscaping.

Outdoors. Did you know that 60-70% of all home water use is for outdoor watering? Try these water-wise tips:

- **Outdoor watering two-to-three days/week only.** PCWA recommends outdoor watering no more than *three days per week* in July and August; two days per week in April-June and September-November.
- **Prevent runoff onto sidewalks/streets.** If you see water overflowing onto sidewalks, dial down those timers until all your water is captured on your lawn and shrubs.
- **Water in the early morning.** To lessen evaporation, morning watering offers the most efficiency. Consider *two* water times for lawn watering. Example: you now water your lawn for 10 minutes starting at 7:00 AM; instead, set your timer for two watering times (6:00 AM and 8:00 AM) at five minutes each.
- **Inspect for defective sprayers and drippers.** Sometimes water is wasted because of inefficient equipment. Handy Helpers often see sprayers that have been damaged by lawn mowers, drippers going nowhere, and dripper lines that have been severed. In all those cases it's "water down the drain."

Call **Neighbors InDeed (223-2763)** for a **Handy Helper** to adjust your irrigation timer for more efficient watering, or to perform *brief* repairs of drippers and sprayers.

Call a landscaping service (see services advertised in this *Compass*)

for more extensive repairs or for a complete *irrigation analysis* that will alert you to equipment inefficiencies.

Neighbors InDeed also reminds you that you can lower your water consumption **indoors** without a lot of sacrifice. Consider simple solutions like:

- **Taking shorter showers**
- **Installing a hot water recirculation**

Library News

The Community Living Room

Sandy Melnick, Library Volunteer

The Community Living Room at Orchard Creek Lodge is a great place to find a favorite paperback book. The books are filed alphabetically by author and include both fiction and other subjects. Like the Kilaga Springs Library, this library is on the honor system and we ask that all books be returned to the wooden cart when you have finished with them. Next time you are in Orchard Creek Lodge stop in at the Community Living Room.

We have a free box of magazines in the Kilaga Springs Library. These are older issues and are yours for the taking. The box is located next to the grey return cart. We ask that you not take the latest issues of magazines from the magazine rack. You are welcome to read these magazines



Sixty to seventy percent of all home water use is for outdoor watering. If you see water overflowing onto sidewalks, dial down those timers until all your water is captured on your lawn and shrubs

pump and timer (about \$200)

- **Purchasing half-flush or dual flush** mechanisms for your toilets (20-25% of indoor water is used in toilets)
- **Using a dishpan** to hand wash pots and pans. Run only *full* dishwasher loads.
- **Running only full loads of laundry** (15-20% of indoor water is used for laundry)

in the Library, but please return them to the shelves after reading. Thank you for helping us.

I read a very good book this past week. It is by Jeanette Walls and is called *The Glass Castle*. This is not a happy story but a true life memoir about a very dysfunctional family and how some people rise beyond their childhood experiences. Look for this book in the biography section.

Contacts: Sandy Melnick (408-1035) for donations, Sandy Maloff (408-2368) for volunteers, Cleon Johnson (408-5648) for investment materials and Nina Mazzo (408-7620) for the Community Living Room (OC).



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Neighborhood Watch

Neighborhood Watch Website — All New Under the Hood!

Patricia Evans

You're gonna love it! When you open the new website at www.SCLHWatch.org it will easily guide you, one click at a time, to the Neighborhood Watch information you need. Let your fingers do the walking and you will also find expanded community information and new innovations.



"Security is priority number one in building a website," explained Webmaster Larry Whitaker. "Number two is maintainability because it is harder to maintain a website than to produce it. We also keep the content current and relevant with easy navigation for the searcher." Our content providers are Pauline Watson, Nancy Whitaker, Mary Cranston, and Elaine Small.

At the new website, one click will open the Alerts feature; a second click will register your email address to receive this information immediately upon publication. Other website features include easy access to our Library of Documents, Coming Events, and News, as well as links to How to Contact Directors and Village Coordinators, Senior Assistance, Transportation, and city and county sites.

Larry has created over 70 websites, including the original www.SCLHWatch.org.

org in 2007, and the present update. He recently completed a website upgrade for the city of Lincoln, and previously produced websites for the Friends of the Library, the Lincoln Community Foundation, and the Rotary District.

Special security message: Watch out for telephone and email scams! You will be asked to send money, provide a credit card, social security number, or bank account information. *Stop!* Double check the source of the request!! See page 32 for some of the more popular scams.



It takes three computers for Webmaster Larry Whitaker to create our website

Neighborhood Watch Contacts

- Larry Wilson, 408-0667
mwv6@sbcglobal.net
 - Pauline Watson, 543-8436
fipawatson@sbcglobal.net
- Neighborhood Watch Website**
www.SCLHWatch.org

Properties

Continued from page 9

acres of firebreaks, and 122 irrigation controllers with 13 miles of water pipe. Some of the custodial work is done in the evening such as floor and carpet cleaning as well as cleaning the 25 restrooms and locker rooms. During the day custodial staff are constantly providing room setup support for classes, meetings, and other events.

Additional functions include maintenance of the Del Webb softball field and

75 "mutt-mitt" stations that dispense plastic bags for dog waste and provide disposal containers. Note that the containers for bag disposal and other small waste items are not designed for nor should they be used for residents' household garbage.

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Club News



Alzheimer's/Dementia

Caregivers Support Group

Perhaps you have recently learned that a loved one has been diagnosed with Alzheimer's Disease. You receive information from your doctor, go to a website for information, and say you're OK and don't need any help. According to the Alzheimer's Association, "Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their situation. Support group members report feeling less alone, more able to confront their daily problems and more hopeful about their future."

On Wednesday, May 28, 1:00 PM in the Multipurpose Room (OC), our support meeting will be in discussion format facilitated by Anne Spaller, from Del Oro Caregiver Resource Center. Supportive commentary is offered by those who are at various stages in caregiving and who understand the stresses of being a caregiver.

If you are caregiving for a loved one with Alzheimer's Disease we hope you will join us.

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



Antiques Appreciation

Our May program was presented by one of our gentleman members. He gave us a brief history and showed a variety of vintage cameras, antique photographs from the 1840s and 50s, and collectable vintage crossovers, which are cameras with comic characters on them, like Dick Tracy and others. He also had vintage magazines with covers showing people of the time, their dress, hair styles,



Easter Window

makeup and such. We all enjoyed another great meeting!

The annual spring potluck on May 16 at the Social Kitchen (KS) will be a Hawaiian theme, so dress approximately. We'll be entertained by the fabulous "Wahines"!

We always 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! The program will be put on by a jewelry appraiser and Master Gemologist!

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



Astronomy

Monday, May 19: Cosmology Interest Group (CIG), Multipurpose Room (OC) at 6:45 PM (note: room change). Morey Lewis will present a review of previous lectures from the DVD series "Cosmology – The History and Nature of our Universe." Contact Morey Lewis, (eunmor@pobox.com or 408-4469) for more information.

Our Wednesday, June 4 meeting will be at the Ballroom (OC) at 7:00 PM (note: meeting location change). Lincoln Hills Astronomy Group members will present a Community Forum entitled "Life – Here, There, and Everywhere?" What happens when you explore life beyond Earth? John Neil will take us to Mars and the missions that are exploring this planet for possible life. John Combes will look at exoplanets that could provide a suitable environment in a habitable zone. Morey Lewis will discuss the concept of a Multiverse and notes that the ancient Greeks also discussed the possibility of multiple worlds and universes. See our ad on page 11 and our article on page 13.

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



Ballroom Dance

Plan to join us in May and learn the versatile Night Club Two Step; then on to the exciting Tango in June.

Every month's instruction features one type of dance. Our group has fun learning new steps, or refreshing our memories. Ballroom dancing is scientifically proven to keep us more fit mentally and physically. Did I mention it's fun? We meet at KS Tuesdays from 2:00 to 5:00 PM. The first hour is devoted to beginners. The second hour from 3:00 to 4:00 PM we enjoy open danc-



Barbara Swerdlow,
Jim LaNier,
and Emma Blanton

ing to lots of great music. In the third hour, from 4:00 to 5:00 PM, more advanced steps in the featured dance are taught. Group lessons are taught by patient, experienced instructors. We enjoy many dance themed events throughout the year, too. Dues are only \$7 per year and lessons are free! Did I mention how much *fun* it is?

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 meetings will be June 11 and July 9. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Monday, June 2 at *The Casino Buffet*. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



Billiards

The Shooters

- Eight-Ball Singles 1:00-4:00 PM First Wednesday
- Nine-Ball Singles 1:00-4:00 PM Second Tuesday

- Eight-Ball Doubles 1:00-4:00 PM
Third Wednesday
All games at KS.
- Tournament Winners 2014 —
- Eight-Ball Singles April 2 — Winner:
Ted Komaki; Runner-up: Jack McAfee.



*April 2
Eight Ball
Singles
Winner Ted
Komaki,
Runner-up
Jack McAfee*

- Nine-Ball Singles April 8 — Winner:
Phil Delaney; Runners-up: Jim Immel,
Bob Doney and Joe Perez.
- Eight-Ball Doubles April 16 —
Winners: Flavio Lombella and Dan
Oden; Runners-up: Phil Delaney and
Joe Ferrando.

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

Challengers Billiards

The Challengers Billiard Group plays seven games of partner eight ball (1/15), designating the one and 15 balls to be pocketed in the designated side pockets. To speed up play and add a little challenge, each game is timed at 17 minutes.

We play every Friday from 10:00 AM-12:00 PM at the Billiard Room (KS). The last Friday of each month is sign-up day for the following month.

Congratulations to our recent winners: First place — Seven games: Ron Weech, Del Torres, Steve Fowler; six of seven



Some of the Challengers Billiards Annual Seven Games winners... our Pool Sharks!

games: Ken Klein; five of seven games: Rita Baikauskas, Peshu Irani, Bill Kim, Doyle Coker, Howard Skulnick, Ziggy Brien,

Sylvia Gutierrez. Second place — Six of seven games: Bob Soriano; five-and-a-half of seven games: Lisa Pabst; five of seven games: Sandy Pavlovich; four of seven games: Joe Perez, Dan Oden.

Special recognition to Bill Kim who ran the table.

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

Couples Billiards

Couples Billiards is a very popular activity every Wednesday afternoon at Kilaga Springs Lodge from 4:00 to 6:30 PM. We have many tie games.

On week one of this playing period Chiquita Fratto/Bob Wehner was the only team to win all six games. Bob Soriano/Doyle Coker won five.

Week two — Six teams tied with four wins: Jean/Dave Ell, Bob Soriano/Doyle Coker, Chiquita Fratto/Bob Wehner, Howard Skulnick/Peshu Irani, Rich Lujan/Carol Schmidt and Sherry/Ron Weech.

Week three — Dan Oden/Gail Harmon was the only team to win all six games. Dave/Jean Ell, Jim/Barb Conger, Doyle Coker/Ahmed Jhanda tied with five wins.

Week four — Howard Skulnick/Doug Porter and Ron/Sherry Weech won five games. Four teams won four games. Those teams were: Joe/Nicki Hobby, Dan Oden/Gail Harmon, Ahmed Jhanda/Chiquita Fratto and Doyle Coker/Bob Soriano.

Joe Perez made the eight ball on the break on week three. Congratulations Joel!

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

Players Billiards

For mid-level players, we play seven games of Eight Ball every Thursday in the Billiards Room (KS), 2:15-4:30 PM.

Annual awards are presented to players who win all their games in a tournament. For part of the year, we played six games each week and part of the year we played seven games each week. Congratulations to our six-game winners: Dan Oden, Joe Perez, Bob Soriano, Jack Fabian, Peshu Irani, Hugh Duberley, Sean Brancato, Phil Berlenghi, Bob Wehner. Congratulations to our seven games winners: Dan Oden, Ed Welch, Dennis Dreiling, Rita Baikaus-

kas, Phil Berlenghi, Doyle Coker, Sandy Pavlovich.



Annual award winners... all six or all seven games!

Congratulations to our recent monthly winners: Seven games — Joe Perez; six games — Doyle Coker, Joe Perez, Phil Berlenghi, Ken Woodard, Tom Thornton, Ahmad Jhanda; five games — Bob Wehner, Chiquita Fratto, Peshu Irani, Hugh Fraser, Larry White, Doyle Coker, Jack Fabian, Dan Oden, Sandy Pavlovich, Howard Skulnick, Sylvia Gutierrez, Jim Boekel, Dennis Dreiling, Ken Woodard.

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

Upstarts Billiards

Rack 'em up!

*Comes the call through all the halls
Calling all – come play Eight-ball.*

Got time for Billiards? Our Upstarts Billiards Group is for beginners-to-average players. We play Standard Eight Ball on Thursdays, between 11:45 AM and 2:00 PM at the Billiards Room (KS). If you've got time for us, we'd love to make room for you!



Some of the annual Upstarts Billiards award winners — six of six games!

Winners six games: Larry Fox, Randy Ransdell; winners five games: Ursula Allison, Margrit Blanc, Gale Comer, Frank DeMasi, Jesse Gargia, Connie Hoetger.

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

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



Bird

We hope everyone is enjoying the wonderful spring weather and taking time to watch all the bird activity here in Lincoln Hills. I have been watching an Anna's Hummingbird family that has nested in our patio. The little ones are about to leave the nest, which at this point, barely holds the two of them!



*Baby Anna's
Hummingbirds
in their nest
on our patio*

Our group has two outings coming up. The one on Saturday, May 24, is yet to be announced, so check the Sun City Lincoln Hills website for details. On June 7 we head over to the Loomis Horse Park. This area has a nice wooded stream and open fields. We always have fun looking for the Bullcock's Oriole and Western Wood Peewee.

Our next meeting will be June 9 at 1:30 PM in P-Hall (KS). Look forward to seeing you there!

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

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

It's been an active month for the Mad Hatters. We switched our Thursday morning playing time to 8:00 AM. We had several members help out with the Special Olympics on May 4, and we just had our annual Mini-Golf Tournament with the Red Hats at the Golfland in Roseville on May 14. Of course we don't know any of the outcomes because we're writing this in April.

Usha & Paul Have booked a trip for the end of September so we're going to need someone to volunteer to pick up the

Bocce locker key for the last two Thursdays in September. Since they'll be traveling in Italy you can expect them to pick up a few Bocce tricks to bring home.

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



Book, OC

Although Anne Morrow Lindbergh is most well-known for her famous husband, you will discover that she is a truly amazing woman in her own right. Please join us on Thursday, May 15 from 1:00 to 2:30 PM in the Multipurpose Room (OC) as we delve into the life of this unique woman via *The Aviator's Wife* by Melanie Benjamin.

Remaining 2014 Schedule:

- June 19 — *The Light Between Oceans* by Margot Stedman
- July 17 — *How to Eat A Cupcake* by Meg Donohue
- August 21 — *The Cuckoo's Calling* by JK Rowling
- September 18 — *Killing Lincoln* by Bill O'Reilly
- October 16 — *Pride and Prejudice* by Jane Austen
- November 20 — *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- December 18 — Holiday Luncheon

Contacts: Penny Pearl 409-0510;

Darlis Beale 408-0269;

Dale Nater 543-8755

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



Bosom Buddies

Breast Cancer Survivors

Our chair, Cindy Redhair, is really keeping us informed with her incredible programs the second Thursday of each month. April 10 we had Dr. Elizabeth Kim,



*Breast Cancer Surgeon Dr.
Elizabeth Kim giving a presentation
at last month's meeting*

breast cancer surgeon (concentration breast reconstruction) from Sutter Health, Roseville. She gave detailed examples of surgery or treatment that would be most optimal depending on the patient's diagnosis. She carefully explained how the surgery is performed and examples of the results. She explained the different types of reconstructive surgery in great detail.

Our May meeting was a Spring Luncheon at Patty McCuen's home. It was various salads, bread, and beverage with homemade pie from "Simple Pleasures" for dessert.

May 17 is the American Cancer Society Run at Lincoln High School. Please show your support and join the walk.

If you are a survivor of cancer, please join us for the up to date information and especially for the fun.

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 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.

April 3 winners include — First: Bruce Fink and Stanley Mutnick; second: Ericka Wolf and Edith Kesting, third: Reta Blanchard and Bev Ansbro who had the high round of 1,470; and fourth: Carol Mayeur and Delores Marchand.

April 17 winners include — First: Nancy Denton and Joan Thompson; second: Linda Theodore & Janet Pinnell; third: Warren & Gerry Sonnenburg; fourth: Rose & Joe Phelan who also had a high round of 1,670.

**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 player 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.

March 27 winners — First: Judy Barkhurst and Ann Ulrich; second: Marlene Harner and Basil Molony; third: Janet Pinnell and Linda Theodore; fourth: Dwight Curry and Bruce Fink who had the high round of 1890. April 10 winners — First: Stan Mutnick and Harry Collings including scoring a grand slam; second: Lorraine & Bob Minke; third: Bruce Fink and Dwight Curry; fourth: Joe & Rose Phelan who had the high round of 2350 including the night's second grand slam. Two grand slams in one night is rare.

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



Bridge, Duplicate

All bridge playing Lincoln Hills residents, particularly those alumni of Association-sponsored bridge lessons, are welcome to participate in our thrice weekly duplicate bridge.

Sessions are scheduled Wednesdays at 12:30 PM in the Multipurpose Room (KS), plus Fridays at 5:00 PM and Saturdays at 12:30 PM in the Sierra/Terra Cotta Rooms (KS). Wednesday sessions include a "199er" section restricted to those with less duplicate bridge experience, fewer than 200 Master Points; and, on Saturdays, a "299er" section is limited to players under 300 MPs.

Our 2014 Club Champions for the winter quarter are: Wednesday, Judy Beck and Doug Murphey; Friday, Trudy Harstad and John Menig; and Saturday, Doug Allan and Zelna Lee Morrow.

Contact: John White 253-9882;
Website: www.bridgewebs.com/lincolnhills



Bridge, Social

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

Winners for March 21 through April 11 — First: Ralph Madsen, Pat Fraas, Judy Ganulin and Flo Hunt. Second: Lee Willson, Frank Lawrence, Phil Sanderson and Peg Collings. Third: Pat Fraas, Chet Winton, Linda Scott and Jack Orlove. Fourth: Bob Belknap, Harry Collings, twice and Joanna Haselwood.

Congratulations to Ralph Madsen and Pat Frass who bid and made seven no trump!

For reservations: May and June — Chet Winton, 408-8708.

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



Bunco

April brought the Bunco members to a new location, the Terra Cotta Room (KS). Thanks to Shelvie Smith for finding us this wonderful room to use when all of OC was rented out for the Home & Business Fair. The group had a great time with several members getting three or more Buncos!

Please consider joining us the third Thursday of the month. Maybe you will be the next Bunco winner! Enjoy in the fun for only a \$5 play fee!

April winners: Most Buncos Paulette Rhoads; Most Wins Claudette Rhoads-Kinman; Most Losses Linda Eves; Traveler Lynda Fagan.

May Bunco — in the Card Room (OC) on Thursday, May 15 at 9:00 AM.

Note: The Bunco Group is preparing for their annual summer potluck scheduled for Thursday, June 19 at 12:00 PM following Bunco play in the morning. Please contact Shirley Mohler at 408-5788 to sign up or for more details.

Contact: Kathy Sasabuchi 209-3089



Ceramic Arts

May is a great month to enroll in that ceramics class you have been wanting to take. Check out page 63 and come join our great group!! An excellent show to see is America's ClayFest (the replacement show for the former "Feats of Clay") held at the beautiful Blue Line Gallery in downtown Roseville. This show is sponsored by our colleagues, the Art League of Lincoln. Please see their web page, www.all4art.net, for days/hours the gallery is

open. It is a great show — one that should not be missed!!

CAG "Workshops" are held at OC on Saturdays, 9:00-3:00 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 Fridays only, 12:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Check the bulletin boards and studio windows for changes or closures.

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



Chorus

"We Love the '50s," this month's concert by the Lincoln Hills Community Chorus, was loved by all present. Hundreds of you came to enjoy and applaud our three Ballroom performances, and we thank you for your enthusiastic support.



How we dressed for the '50s

Having heard how good we are, you won't want to miss our Christmas-plus concert on December 14, 15, and 16. If you'd like to sing with us then, we'll welcome new members when our rehearsals resume on September 2. Contact Sid Frame or Bill Sveglini beforehand to express your interest and get further information.

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



Computer

Main Meeting: June 11,
6:30 PM, P-Hall (KS) —

Chromebook: Microsoft's Worst Fear?? Terry Rooney's presentation will show how this computer will take care of about 95% of your computing needs. The Chrome browser, Gmail, Google Drive (100 GB for two years), Google Docs (letters, presentations and spreadsheets) give you access to virtually everything you need.



*Terry Rooney's
June 11
presentation —
Chromebook:
Microsoft's
Worst Fear??*

Now Google has ventured into hardware by pairing with PC manufacturers (Acer, Asus, Dell, HP, Samsung) to produce small, appealing laptops powered by Chrome OS. *No Windows needed!* Chromebooks cost \$150-\$300 and come with SSD hard drives, WiFi, Ethernet, USB ports, VGA, HDMI, camera, and two-to-four GB RAM.

Clinic: June 13, 3:30 PM, will include more information about the huge selection of software from Google Play for Chromebooks. P-Hall (KS).

Ask the Tech: June 27, 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

All Things Apple: For seniors, health maintenance moves higher on our list of priorities. MUG members may want to watch Apple iDevices closely as Apple brings out many new health tools like the upcoming Healthbook, and possibly a "super watch" that can measure nutrition, heart rate, oxygen levels and more. This is the beginning of a new era in healthcare.

Apple can enhance our lives in other ways too. At the Educational Seminar on May 22, Henry will explore "Maps" with its photo-realistic "Flyover" experience,

traffic conditions, and suggested routes that transfer to your iPhone for voice navigation.

On June 5, join John Fancher to explore the benefits of iCal, and learn how to create, manage and share calendars using the latest Apple tricks.



On June 5, John Fancher will explore benefits of iCal. Photo by Henry Sandigo

At our General Meeting, June 10, Andy will review the latest iPhoto version, from downloads and sharing to more advanced editing and photo-journal creation.

Questions? LHMUG.org.

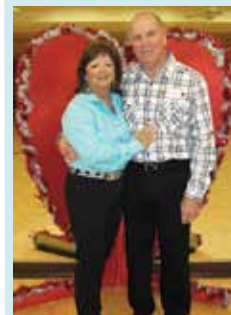
Contact: Henry Sandigo (415) 716-0666, hsandigo@gmail.com;
Website: www.lhmug.org



Country Couples

Ever wonder how it all began? It's hard to believe that the Country Couples Dance Club has been at Lincoln Hills for only four years! Since being approved by the Board of Directors in January, 2010, Country Couples Dance Club has grown in popularity with 118 current members country dancing and enjoying our annual theme dances.

In 2008, several western dance enthusiasts (some couples had danced country for 25 or more years) and recent Lincoln Hills residents, met and formed friendships while attending local country dance venues. This group got together to practice the dances they remembered, but felt they needed more instruction to learn and perfect the many couples dances. Janice Davisson approached Jim & Jeanie Keener, country dance instructors, and Sun City Roseville to teach them. With no available space at Lincoln Hills, the group went to Roseville and took lessons from J and J. *To be continued...*



*From top:
Country
Couples
Steering
Committee;
Janice &
Eldon
Davisson;
Larry Eckert,
our first disk
jockey*

Contact: Kathy or René Lopez
434-5617



Cribbage

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

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



Cyclist

Does the word "souplesse" mean anything to you? In French this word refers to a smooth, efficient pedal stroke which gives the appearance of effortless ease while delivering maximum forward propulsion. We usually cycle down the road with

little thought about our pedal stroke. During the down stroke we use our quadriceps to push the pedals down. At the bottom of each stroke, you should think about this movement as scraping something off the bottom of your shoe. Even though most cyclists don't pull up during the upstroke, I find that pulling up helps me. As soon as your foot passes through the bottom of each stroke, concentrate on driving your knee towards the handlebar. When you pull the opposite foot up at the bottom of your stroke you will provide momentum for starting the push down. On those rainy days, at the gym, practice by pedaling with one leg.

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

Website: www.LHcyclist.com



Dominoes

Mexican Train

Spring is here, a good time to meet new people and put off your spring cleaning. Join us for a spirited game of Dominoes.

We have teachers available every Wednesday from 9:00 AM to 12:30 PM in the Cards Room (OC).

All levels of play are welcome and new comers are always welcome.

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



Fishing

The spring of 2014 has presented Lincoln Hills Fishing Group fishermen with challenging water conditions. A slow bite and few fish have caused many to question the whole season but never fear... May brings warm weather, a slightly improved water situation and plans for the summer fishing club season. Following are dates to plan around:

- May 5 — Shasta houseboat trip — 18 signed up
- May 12 — 15 Fall River — 12 signed up
- May 19 — Spring BBQ
- May — Various Golden Gate salmon trips

- July 7-11 — Alaska salmon trip, four men
- July 7- 12 — Wyoming fly trip — 12 signed up
- July 19-23 — Flaming Gorge, Wyoming — nine signed up

To begin taking part, join us every second Monday at 7:00 PM in P-Hall (KS).

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



Garden

We welcome Marjie Anderson as our new Membership Chair! For more info, contact her at 408-7685. We still have a lot going on the rest of this year with expert monthly speakers, Ice Cream Social/Hat Contest, Tours, and a Holiday Social.



A beautiful yard on the Home Garden Tour! Marjie Anderson, New Membership Chair

We thank the many volunteers who offered their homes for the Home Garden Tour this year! Each one provided a unique experience! If you are interested in sharing your yard next year, contact Fran White, 408-4628.

Chris O'Keefe, Sr. Director of SCLH Facilities and Maintenance will be our guest speaker at the General Meeting on Thursday, May 22, at 2:00 PM (KS). "Keeping Lincoln Hills Green" will be the theme! Chris will also discuss communications and interactions with our community Groundskeepers (Crossroads).

Door prizes will be donated by Home Depot. Brown Bag Sales will continue with garden plants and items brought in by members. Contact: Madelynn Mossar, 434-6153.

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

Bonsai Group

The next Bonsai Group meeting will be held at 10:00 AM on May 15 in the Multi-media Room (OC).

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



Gem and Mineral Society

At our April meeting, Karla LaFave presented a program on Gaumers and Crater Lake Museums, from the viewpoint of a new rockhound.

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

Our May 26 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 ex-

perienced 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 Genealogy Club General Meeting is Monday, May 19, at 6:30 PM at P-Hall (KS). The guest speaker is *Marian Kile* and the topic is "Using *FindaGrave.com* for searching and creating Memorial pages."

Marian got "hooked" on genealogy in 2005 and has been sharing by leading classes at the Sacramento Family History Center. Ms. Kile is an experienced presenter who creates a supportive learning environment.

The door prize is a *Western Digital 1 TB Portable Hard Drive* for members only. Immediately following the general meeting, a social gathering will be presented across the hall in the Social Kitchen (KS) featuring beverages and assorted pastries. This is a great opportunity to meet other members and share their experiences in genealogy research.

Become a member... share the fun of genealogy research!

Contacts: Maureen Sausen 543-8594;
Arlene Rond 408-3641;
Website: www.webflavors.com/lincoln



Golf, Ladies

Lincoln Hills Lincsters

Spring has brought out some great rounds of golf. Kathy Lindner shot a 45 on March 19 on the Hills course. She made four birdies and had 14 putts. Clareen Bolton shot a 53 on March 17 on a GAL playday at Timber Creek Golf Club in Roseville. She had only 17 putts. Way to go, Ladies!

Marcia Bush works on strengthening her core by lifting weights. Here she is lifting

the 'barber pole' from the center of the fairway to continue her weight training. The pole must be twice her height.



Marcia Bush lifting the 'barber pole' from the center of the fairway for weight training

Bring a Friend Tournament, Chicks With Sticks, chaired by Kristi Love and Phyllis Patrick, was held on May 14. It was an 8:00 AM shotgun start, and was followed by a taco bar luncheon. Funds were raised for Patriots Honor.

Sara Cannon and Donna Santoro were welcomed as new members in April.

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

Ladies XVIII

The Bunny Hop, coordinated by Bev Ansbro, was an eggcellent salute to the season. The lowest net two-balls went to the Clever Chicks: Judy Habecker, Nancy Hastings, Renee Honnoll and Donna Sosko, with 114. For the Bouncing Bunnies Flight, Dee Arts, Lissi Bedford, Donna Brinkerhoff and Chris Jacobson topped all with 119. Seven ladies found Easter eggs, secreted along the course, trading them for the flowering centerpieces at the luncheon.

Afterward, Captain Donna McDonald led April's general meeting. Our mem-



All Ears (from left) — Pat Ward, Mary Lynn Dennis, Grace O'Leary, Gisela Zander, Janine Martin and Donna Rasmussen

bership of 145 represents handicaps between nine and 46. Marguerite Hebert is still recruiting for the Placer Par Points League; and Edda Ashe reported that the second annual Sunheim Cup, competition between Sun City Roseville and Lincoln Hills, is scheduled for October. Ansbro confirmed that winter rules are still in effect.

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



Golf Men's

Our mixed format April fool's tournament was held on April 15 instead of April 1 as planned, due to bad weather. The first place winners are as follows:

- Overall with a 107 is Peter Harper, William Langley and Larry Brenden.
- For the scramble with a 20 is Cliff Slotsve, Skip Greulich, Karl Williams and Steve Wilson.
- For the best ball with a 59 is George Wuschnig, Paul Carr, James McCarthy and Ron Weech.
- For the alternate shot with a 28 is Joe Angel, Richard Yamasaki, Ralph Barkey and Robert McGraph.
- For closest to the pin on hole five at 1" 6" is Joe Angel.
- For closest to the pin on hole seven at 6" 3" is Glenn Arney.
- For closest to the pin on hole 12 at 2" 1" is Jerry Woodward

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



Hand & Foot

The Hand & Foot Group plays in the Card Room (OC) at 8:30 AM on the first, second, fourth, and fifth Thursdays until 12:00 PM. Hand & Foot is a fun card game played a little like canasta. Easy to learn, great people to play and meet.

We are happy to teach the game and beginners are welcome. Men and women are playing. Hope to see everyone on Thursday.

Contact: Peter Iannello 543-6682



Healthy Eating

Our food industry has intensified its efforts to persuade us that devoting serious time to food selection and preparation is not a legitimate use of our time, and that they are here to relieve us of this dreadful burden –“We’ll take care of it; we’ve got you covered.”

So they send us scads of new processed foods and fast food, all designed to save us time — but they are laden with sodium, sugars and saturated fat. Along with this reliance on processed foods and fast foods has come sky-high rates of chronic diseases like hypertension, diabetes, heart disease and obesity. Join us to explore new healthy foods and better ways to prepare them. There is no better use of our time!



Club Workshop gathering; Thompson Seedless grapes in Lincoln Hills; Fresh off the boat



General Meetings are usually the fourth Monday but this month it’s Memorial Day, so our May meeting is Tuesday, May 27, 2:00 PM in P-Hall (KS), guests welcome.

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

earlier to beat the heat!

Hikers: It is amazing to realize that it has been about eight years since Hidden Falls County Park (in between Lincoln and Auburn) opened its gates for everyone



Hikers posing for a photo on a bridge at Hidden Falls County Park; Vern Luke pointing to one of the signs he painted at Hidden Falls; Hikers exploring the Newcastle Canal

to enjoy the beautiful trails, creeks, and waterfalls. Last month hikers explored many of the new trails of the expanded section of the Park. How lucky we are to have such a great park so close to Lincoln Hills! Another marvelous hike was walking along the Shirland and Newcastle Canals, where hikers were treated to a delightful mix of grasslands and tress to the quaint homes and gardens of Auburn. Check out all hikes on the website.

Contacts: Hiking: Denny Fisher 434-5526, dfisher049@gmail.com; Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com

Website: <http://lincolnhillshikers.org/>



Investors' Study

Samuel Wardell, CFA, will be the guest presenter on June 5, 2:00 PM in P-Hall (KS). As an Investment Strategist at Pioneer, he is responsible for monitoring economic and market developments and communicating updates on financial market performance, economic trends, and the firm’s outlook and portfolio positioning to clients and advisors. Prior to 2003, he was head of equity product management at State Street Research and Management.

Bring your questions for Sam. Nothing is sold; this club is just about learning various perspectives on what affects the financial markets. At about 3:30 PM, we adjourn to the Social Kitchen (KS) for refreshments and socializing.



The Study Group does more than study!

ISG has sponsored *Navellier* newsletter in the Kilaga Springs Library.

Acknowledgement goes out to the Expo volunteers: Laura Thiele (Treasurer) and Rachel LaForest (Communications), Joan Brenning (photographer), Dick Jones (Webmaster), Pat Boudreaux, Carl Gronau, and John Noon (Group leader).

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



Lavender Friends

Lavender Friends is a social organization serving the Lesbian Gay Bisexual and Transgender community and those in friendship in Sun City Lincoln Hills. The specifics of most activities are announced to members through email. If you are interested in joining, please contact the members listed below for more information.

Upcoming activities of interest include: Sacramento Women’s Chorus concert



Hiking and Walking

The warm days are a reminder that summer is just around the corner!

Walkers: The Walking Group changes their walk start time to 7:30 AM in June, July and August. It helps to walk a half hour

will be held on May 17 at 2:00 and 7:00 PM at St. Mark's United Methodist Church in Sacramento. The concert's title is "Connections: Songs of Love, Peace and Joy."

PFLAG (Parents, Friends and Family of Lesbians and Gays) meeting at Sutter Auburn Faith Hospital on May 13 from 7:00-9:00 PM.

Please keep your calendars free for the Fall Celebration Dinner/Dance on September 12.

Be sure to check your email for updates on these events.

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

Lincoln Hills

Line Dance

Our free ballroom dance is Sunday, May 18 from 1:00-5:00 PM. Dances at all levels are briefly reviewed then danced. The Line Dance Group has two of these each year and they are always a big hit with 50-70 dancers enjoying the afternoon.

The next big event is the July 19 workshop right here at Kilaga Springs Lodge hosted by Yvonne Krause-Schenck and Carol Rotramel. Because of the limited space, only 80 spots will be accepted. Our guest instructors are Michael Barr, Michele Burton and Juliet Hauser. The cost is \$40 per dancer, which includes lunch, water and an afternoon snack. The workshop runs from 11:00 AM to 5:00 PM. This event will sell out. Call Yvonne or Carol to get more details.

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



LSV/NEV

As a new resident of Lincoln Hills, you may be thinking about buying a golf cart or NEV (neighborhood electric vehicle). What's the difference between the two and their usage? You will find your answers, if you attend the LSV/NEV Group's membership meeting on Tuesday, May 20 at 10:00 AM at the P-Hall (KS). One of the top manufacturers of NEV's, known as GEM/Polaris, is sending their representa-

tive, Rob Keenan, to be our speaker. A Q&A period is planned.

All new and current residents are invited to learn more about the advantages and benefits of NEV ownership. Where are the electric charging stations throughout Lincoln? How can I drive to downtown Lincoln and retail stores? We welcome you, your neighbors and friends to our meetings, the third Tuesday of every month at 10:00 AM.

Contact: Dan Gilliam, 209-3946

Mah Jongg, Chinese

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

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us on Mondays at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with an optional extension to 12:30 PM. We hope to see you there.

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

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



Mah Jongg, National

Looking for a cool place to spend a hot afternoon? Meet us at the Card Room (OC) every Tuesday from 12:30 to 4:00 PM for an exciting game of National Mah Jongg. We have a great time and really get those brain waves moving. Fran Rivera is our resident teacher but isn't always available. If you are new to the game, give Fran a call to find out her schedule and make plans to join us for a fun game and to make some new friends.

Contact: Carol Vasconcellos, 209-3457; Fran Rivera 434-7061



Mixed Media Collage Arts

Working in Mixed Media and Collage allows for imaginative and sometimes unusual items for use on a canvas or as the canvas. How about using an old book? Altering an old book repurposes it into a showpiece. Take ordinary objects and images out of context and you explore a new perspective. Perhaps the book has

fallen to pieces — remove the cover and add embellishments; use some of the pages along with blank sheets and turn it into a journal. Mixed Media Collage members take great pleasure reusing, reimagining and repurposing.

Our club meets on the third Wednesday of each month (1:00-5:00 PM) in the Ceramics Room (OC). All experience levels. We share ideas, information and materials while working on individual projects.

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



Motorcycle

RoadRunners

For our first official club outing of the year, Road Captain Peter Boyle led us on a ride dedicated to the memory of David Fernandes. We had a great turnout with 10 bikes participating. The tour took us through beautiful



David Fernandes remembered

back country with California once again green. On the picturesque excursion to Woodland, after a brief stopover at Knights Landing, we continued on for a delicious lunch at Ludy's.

Our second ride took seven riders on a tour to Pardee Dam overlook. The scenic back country ride through Eldorado and Calaveras counties was a perfect short outing for early spring. Lunch was enjoyed at a Mel's diner in Jackson. The ride was led by our Vice President/Head Road Captain Doug Sterne.

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

"Ride safe, ride with friends!"

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



Music

Spring has sprung and musical opportunities are bustin' out all over.

If you'd like to learn to play the ukulele or already play, come join the weekly jam sessions, Wednesdays, 1:00-3:00 PM at Orchard Creek Lodge. You will be warmly welcomed. Contact Ron or Molly (409-0463) for information about the beginner's class.

The SCLH Music Group's regular monthly meeting is Wednesday, May 28. 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).

The April 25 "Open Mic Night" was well attended and featured a variety of performers. This popular event brings musicians and music lovers together for an evening of casual musical entertainment. The next one is Friday, June 27, 6:00- 8:00 PM.

Mark your calendar now so you won't miss it. Sign-ups for those wishing to perform begin at 5:30 PM, P-Hall (KS).

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



Needle Arts

Threads of Friendship

We have a must-see event coming June 10 featuring Roxanne Langan and her displays of antique quilts and embroidery, hand-painting, ribbon and beadwork. She has developed over 38 patterns which illustrate her unique vintage-replicated style of crazy quilting and ribbonry.

Roxanne has a passion for vintage jewelry and other mementos which she uses for embellishment. She has handcrafted neckpieces of chain and beads, no two alike, and markets her patterns at her retreats as well as quilt shows. Her trims, silk velvets and ribbons are hand dyed and aged to look vintage.

Most recent to her collection are amulet pincushions made from the handles of antique silver knives, most over 100 years old. She also sells old buttons and



*Samples of
Roxanne
Langan's work*

jewelry. Roxanne will be a major presenter and teacher at the Reno Sew Original Quilt and Creative Expo.

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



Neighborhood Watch

Scammers are ruthless, unfeeling, and "meaner than a junk yard dog!"

Listen to the conversations among Lincoln Hills residents and you often hear scam experiences. Fraudsters want money, credit card, bank account, or social security information. Stealing your identity can be expensive to repair!

Scams reported to NW include a variety of schemes. You may be told that you have an out-of-state arrest warrant which can be cleared with your social security number; or that your computer has a security problem which their service can repair.

Watch out for the telephone scam in which fraudulent "IRS agents" demand money for unpaid taxes. Your caller ID may display an IRS number. This is the largest nationwide tax scam ever recorded!

False credit card and ATM charges can

happen in many ways, but there is a free website, Mint.com, which allows you to check all your accounts at one time.

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



Painters

Our 2014 Art Studio Tour, featuring paintings, ceramics, wood turning, needle art, jewelry, and more, created by 46 Lincoln Hills artists, will take place in the homes of 20 artists on May 31, 10:00 AM to 4:00 PM and June 1, 12:00 to 4:00 PM. Pick up maps starting May 30 in the lobbies at OC and KS.

Our May meeting featured "water." In June we will enjoy a luncheon at OC.

If you are interested in Plein Air painting, you are encouraged to contact Jim Brunk. He organizes Thursday outings in various venues, with a critique and planning session the last Thursday of each month. Recent sites included the neighboring farm community of East Nicolaus, at which artists painted prominent and historic wooden structures; the Roseville Dry Creek Community Park, where they were able to paint a beautiful flowing stream under a canopy of oaks; and the garden scenes of flowers and roses comprising an "English Cottage Style" landscape.

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 thanks to Mina Bahan for creating and leading our club project this month. Mina's creations are always unique and stylish!

We continue to add new members to our club roster. These new members bring a variety of experiences and new ideas that we all benefit from. Welcome aboard!

Members will be going through supplies, tools and craft materials in anticipation of our June Overstock Inventory Sale. This special event will follow our June meeting and will be held at the

Sports Pavilion. Members will enjoy a potluck lunch before “shopping” from one another.

The public is invited to attend our Overstock Inventory Sale from 1:30-3:00 PM, June 5, at the Sports Pavilion. There will be bargain-priced paper, rubber and acrylic stamps, handcrafted cards, embellishments, ribbons, paper craft tools and supplies. Come join in this fun event and get some new ideas and bargain priced supplies.

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



Pedro

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

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

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



Photography

At our June 11 General Meeting, Allen Adler will present some of the Photoshop techniques he uses to



“Locke Gang” by Carole Haskell;
“Sunset Glow” by Allen Adler

“make” his pictures. Certainly composition, settings and timing are critical elements, but ‘photoshopping’ details can tweak a photo to make it just right. If you’ve seen his photos, you certainly know they are “just right.”

On this meeting’s agenda also will be election of officers for the 2014-2015 fiscal year. Many thanks to Irwin Maloff, Pete Henshaw and Les Thomas (the Nominating Committee) for the velvet strong-arming of the candidate slate.

From the middle of this month to June 10, Lincoln Hills Photography Group (LHPG) photographers will be displaying their work in the Needle Arts display case (OC). Should you dare to venture off-campus, Simple Pleasures Restaurant downtown is featuring other LHPG shooters picturing “Spring has Sprung.” Pictured here: last month’s Locke field trippers, and a sample of Allen Adler’s work.

Wordsmith: jeffa.

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



Pickleball

Results are in from our April Super Seniors Tournament. Fifty-six players competed in two age groups, Youngsters (70-74) and Goldens (75+). Four players were crowned as top finishers. In Goldens, Frank Castellano won A-B Grand Champ, Don Robinson is C-D Grand Champ. In Youngsters, Roger Lopossa won A-B Grand Champ, Tom Bloom won C-D Grand Champ. Susan Whalen, masterful tournament organizer, provided a day of fun, food & camaraderie for players & spectators. Once again, tournament participants prove “you’re never too old to play pickleball!”

Changes ahead... In June, Cal’s beginner clinics will be offered only on Wednesdays at 12:00 PM. New player orientation will follow clinics the first Wednesday each month. For June & September, ladder play will begin weekdays at 9:00 AM. No ladder play in July or August.

General membership meeting on May 19 at 2:00 PM in P-Hall (KS). We encourage all members to attend.



Finalists from top: Goldens A-B Frank Castellano, Elliott Holden, Wayne Schmeck, Bill Bjorge; Goldens C-D John Mastor, Gordon Conley, Ben Rendahl Don Robinson; Youngsters A-B Len Carniato, Jim Pulliam, Jay Messick, Roger Lopossa; Youngsters C-D Bill Lampton, Sue Worrall, Tom Bloom, Bob Church

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



Players

Coming soon! Readers Theater production of the classic hit “Arsenic and Old Lace.” Performance dates are Saturday, June 7 at 7:00 PM and Sunday, June 8 at 3:00 PM in P-Hall (KS). So mark your calendar. Admission is free so bring a friend and enjoy the show.

Notice of Audition Change for the production of “The Bold, The Young and The Murdered.” Auditions are May 26, from 6:00-9:00 PM in the Fine Arts Room (OC) and May 28, 6:00-9:00 PM in the Multipurpose (OC). Please contact Director Ken Reiss for further information at kenreiss@sbcglobal.net. Performance dates are Wednesday, August 6 and Thursday, August 7.

For more information either come to

our next meeting on June 9 or contact the member listed below.

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

Contact: Bob Murdock 408-8511, bamabc@sbcglobal.net

Website: www.lincolnhillsplayers.com



Poker

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

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

day before May 21, to pick up your ballot for voting your choice of day, location, and time. Votes will be tallied from all three clubs and majority wins.

Contact: Joan Cosme 622-5560



RV

Next trip on the group's agenda will be a four-day journey to Pomo RV Park and Campground in Fort Bragg, May 29-June 1. Among the activities planned by wagon masters Jerry & Sharon McMillan are golf at the nearby Little River course, a visit to the Botanical Gardens, biking or hiking at Van Damme State Park, social hours and continental breakfasts. Another possibility will be a chartered salmon fishing trip.

Some of the members have just returned from a rally at the Jackson Rancheria RV Park which was held May 4-7. There was wine tasting at nearby wineries, golf, a Pete Seeger tribute sing-along and a guided tour of Black Chasm Cavern, National Natural Landmark.

The group's monthly meetings are held in the Social Kitchen (KS), second Thursdays, 4:00 PM. All Lincoln Hills residents with RVs are invited to attend.

Contact: Rosie Eads 408-0129

Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

As our volunteers begin to participate in the end of school year activities — track days, picnics, camping on the school grounds, concerts and open houses, we reflect on the progress students have made because of our many dedicated SCHOOLS tutors. The leadership team will be conducting our yearly survey in May and will also plan for the fall. We look forward to processing new volunteers this summer by getting their live-scan fingerprinting and TB test completed so they can begin as early as possible. As our group continues to evolve and respond to the needs of students and teacher requests, we would like to recognize and thank the following agencies for supporting and collaborating with us: Western Placer Unified School District (WPUSD), Lincoln Volunteer Center,

Lincoln Police Department and the Lincoln Lions Club. We appreciate their support.

Join a group that is dedicated to kids in Lincoln.

Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com (Elementary); Cindy Moore 408-1452, cindysmoore@me.com



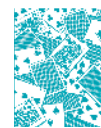
Scrabble

If you score a bingo (using all seven of your scrabble tiles in one turn) at Lincoln Hills Scrabble, you may reward yourself with a piece of candy from our supply. Playable candy names include bonbon, butterfingers, fireball, jawbreaker, jujube, nestle, skittle, starburst, tootsie, and whatchamacallit. As long as we are speaking of things edible, many French words for food are playable as well. Just a few: escargot, frites, gateau, gigot, mignon, and poutine. I will let you look up definitions. I seem to remember words better if I know the meaning.

Now I have made myself hungry and I need some candy for dessert!! Come join your neighbors and friends for Scrabble on Mondays at 1:00 PM in the Cards Room (OC). New players always welcome. Let's Scrabble!!

Submitted by Connie Protto.

Contact: Joan Spurling 505-5000



Shanghai

We would really like you to join us in playing the card game Shanghai. We play in a group of four-to-six players, with three decks of cards. We play every Thursday in the Card Room (OC) at 12:30 PM. We also meet every second and fourth Friday nights at 5:45 PM. For more information, contact one of the names below.

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



Singles

Dynamic Singles

As usual, there is plenty of activity awaiting you in the Lincoln Hills Singles Club.

- Our every Tuesday weekly Drop In/Let's Dance event in Meridians
- May 15 we will be dining out at



Our #1 (Arnold Baker) and #2 (Patti Croft) winners of the April 12 OC Hold'em Tournament.

Congratulations all! See you at our next tournament in July

The Quarterly Hold 'em tournaments are open to all residents, first-come, first-served, as they usually fill up quickly with a 48-player cap. Our 2014 tournaments are July 12 and October 11. Winners from April 12 — eighth place Jerry Pernet; seventh Keith Prouhet; sixth Al Witten; fifth Joe Frenna; fourth Case Lambregtse; third Dave Jansen; second Patti Croft; first Arnold Baker (Congratulations!)

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

Contacts: Mike Goldstein 543-8238;

Ginger Nickerson 253-3322;

Joe Frenna 543-8634



Rummikub

Calling all Rummikubers — past, present and future. We are merging with two other clubs. Come by on Wednes-

Macaroni Grill

- May 17 is the date to start purchasing tickets for our fabulous "Casino Royale" to be held on May 22. This event is open to the public so come one, come all.
- June 5 is the purchase deadline for our Hawaiian Shuffle to be held on June 12th.
- June 6 is our Sunday birthday celebration for members born in June. Come and let us buy you a drink for your June birthday.

Lots to do so come to enjoy.

Contact: Linda Bacon 628-5158

Website: www.singleslincolnhills.org



Sports Car

We had 18 cars headed for two nights in Pacific Grove. We stayed at the Seven Gables, a pristine Inn right on the coast with beautiful views of Monterey Bay from every room. The forecast was for rain, so we cancelled our planned picnic at Point Lobos. Some members visited the Aquarium, some went shopping, and some went to Point Lobos despite the rain. In the end we had had lots of sunshine and beautiful views.



Touring each others' rooms

Our next day trip on April 4 was to Thunderhill Raceway. We had an observation area where most of the track was visible, and a catered lunch. Some of the members participated in guided parade laps around the racetrack in their own cars, and demo rides at near race speeds.

We have a social event planned at the Harness Races, and a rolling day trip to have lunch at Giusti's Place in Walnut Grove.

Contact: DiAnn Rooney 543-9474, dlooney@mac.com

Website: LHsportscars.com

Square & Round Dance

Sun City Squares

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

- Beginner/Mainstream Level Mondays, 1:00-2:15 PM (KS)
- Plus Level Mondays, 2:15-3:30 PM (KS)
- Advanced Class Mondays, 3:30-4:00 PM (KS)
- A-2 DBD Level – Thursdays, 1:00-3:00 PM (KS)

Call Louis or Gail to join today!!



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



Table Tennis

At the time of this writing (mid April), weather temperatures are rising. One advantage for table tennis is that play takes place in a controlled environment. There is no concern if it is cold, hot or windy outdoors.

Table tennis is great for hand-eye coordination as well as improving physical dexterity. Play is competitive but there is a social and often humorous aspect to our play. Speaking of social, it's well known several players often depart early for the Sports Bar to quench their thirst after rigorous play.

Play is Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00-11:00 AM at KS.

Note: Father's Day, Sunday, June 15 and Friday, July 4, KS hours will be 8:30 AM to 2:00 PM. Table Tennis play will be 10:00 AM to 2:00 PM on Father's Day and 8:30 AM to 11:30 AM on July 4. Mark your calendars.

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

Tap Company

The Annual Tap Company Show, "Remembering Rosie," was enthusiastically received by a packed audience for every performance. We want to take this opportunity to thank all those who helped make the show a success: our tappers, members of the Lincoln Hills Chorus and Players Groups, our Directors, Paul & Peggy Schechter, our Producer, Celeste Martella, the sound and light crew, backstage people and construction crew. A special thanks to our coaches, Carol Rose, Joyce Curry and Ladonna Cumiford who worked tirelessly with us for months to "gently encourage" us to learn our tap dances. Carol and Joyce also choreographed most of the other dance numbers. The hearts of all the tappers and coaches go out to our Artistic Director, Alyson Meador, who choreographed all the tap numbers and easily and cheerfully incorporated all the demands placed on



Ski

A few of us were still skiing at the end of April, but it is likely that we are now pretty much done. Even in a drought year, we have had some great skiing adventures both locally and on our getaway trip to Mammoth (see some of our great pictures!). Contact us if you would like to be part of the fun next year.



Mammoth folks in luxury condo; skiers & non skiers atop Mammoth

Members should watch for announcements of social outings this summer.

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



Rosie Cast

her to make our dances fit within the vision of the script.

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



Tennis

Lincoln Hills Intramural Team Tennis is going strong. Bringing all levels of play together! See some of the action from Week 4 in the photos to the right.

The Lincoln Hills Tennis Group (LHTG) is very active in USTA league competition. Check the "Court Schedule" at the Sports Pavilion for Home matches that are going on now and come support our teams:

- 65+ Teams
- Women's 3.5 — Captain Pietrina Magna, currently in first as of late April.
- Men's 3.5 — Captain Larry Magna, currently in first as of late April
- Men's 3.5 — Captain Jack Geisen, plan on making their move.
- Men's 4.0 — Captain Rod Parsons, in a tight race for first.

If you are interested in learning about or playing USTA competitive tennis, contact LHTG USTA coordinator Larry Magna at larrymagna@gmail.com.

Coming Events:

- Men's Doubles Championship — May 16
 - MXD Championship — June 6
- Contacts: Greg Burke 316-3054, burkegbp@aol.com; Linda Burke 209-3463, scteam10s@aol.com**
Website: http://sclhtg.com



Red Team Vicki Parks/ Donna Bunyard against

Yellow Team Barb Davis/Sally DeNardo; Social, Social, Social — that's what LITT is all about!; Thank you Carolan Properties for sponsoring LITT all these years



Vaudeville Troupe

Anything Goes! The performers who were selected by our audition committee are busy at work practicing and perfecting their acts which include skits, comedy, soloists, du-



Audition Committee from left: Jim Henderson, Marilyn Railsback, Pat Howle, Yvonne Krause-Schenck, Carol Rotramel, Celeste Martella

ets, trios, various musical instruments, comedians, a variety of dancers and more... with all of these acts complimenting our theme, "Anything Goes!" The shows always sell out so get your tickets early. Remember, you get to select your own preferred seat in the P-Hall (KS).

Submitted by Susan Joyce.

Contact: Yvonne Krause-Schenck, ykrause@yahoo.com
Website: YouTube.com/user/marinaeugenios



Veterans

Retired Army National Guard Colonel William "Rudy" Arruda, Jr., commander of Joint Task Force Domestic Support-Counter Drug, will be the featured speaker at the May 15 meeting of the Veterans Group at 1:00 PM in the P-Hall (KS).

The mission of the task force is to support over 450 federal, state and local law-enforcement agencies in the fight against transnational criminal organizations illegally trafficking narcotics in the state of California.

Plan now to attend the Veterans Group's annual Flag Day Barbecue on Saturday, June 14, at the Sports Pavilion. The event will begin at 5:15 PM; dinner at 6:00 PM. This popular outing will feature beef tip roast, boneless chicken breast and all the accompaniments. Pick up your reservation form at the May 15 meeting or watch for next month's Veterans Group *Bulletin*.

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



Water Volleyball

As the weather starts to warm up, what better way to cool off and have fun at the same time other than playing water volleyball. There are now up to seven sessions available for play on five different days of the week (all but Friday and Sunday). See the schedule below for details.

Water volleyball is open to all Lincoln Hills residents of any skill level. Come and try it out. It's good exercise and a lot of fun, but it's not too strenuous for aging joints and muscles. You can try it out up to three times without joining. 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



Lincoln Hills Woodcarvers

Woodcarvers

The Lincoln Hills Woodcarvers are dedicated to advancing all forms of woodcarving. Members carve everything from caricatures, to birds, fishes, and tons of holiday ornaments. The membership skills range from novice to Master Carver. This writer, for example, never carved more than a turkey before joining the group six years ago. The guidance and encouragement of the more experienced carvers, along with access to a great library, makes it a wonderful environment to learn this ancient art form.

Woodcarvers meet between 1:00 and 5:00 PM each Wednesday at the Sierra Room (KS). Come in and join this great group of folks and maybe you too will soon be carving more than your Thanksgiving turkey!

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

Website: www.SCLHWoodcarvers.blogspot.com

Writers



Want to write your memoir or chronicle stories to share with family and friends? The SCLH Writers Group can help awaken the writer within and sharpen your skills in a wide range of genres including fiction, non-fiction, prose or poetry.

During our informal, friendly meetings, we read our written work aloud and then are critiqued by our colleagues. It's not all work — we have fun too, sharing thoughts and commenting on each others' stories.

Join us. Come to a meeting just to observe, or bring something you've written. We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Bring 10-12 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.

Contacts: Bev Brannon bevbrn49@aol.com; Jim Fulcomer jifulcomer@mac.com; Linda Lucchetti linnluu@aol.com

Authors' Resource Group

The Authors Resource Group (ARG) met at Linda's house to share progress of our manuscripts and books. In short, the wonderful work being accomplished by our members: Linda Price Williams, Paul Gold-



From left — Quentin Grady, Phyllis Kalbach, Linda Price Williams, Tommie Moller, Arloa Walter, Andy Petro, Linda Bello-Ruiz, Paul Goldstein

stein, Arloa Walter and Tommie Moller are just weeks away from "giving birth" to their masterpieces! Phyllis Kalbach, Irene Douglass, Judie Panneton, Quentin Grady, Andy Petro and Linda Bello-Ruiz are all having incredible breakthroughs with their marketing efforts (see below), while two-time author Leo Craton has become our resident "fixer-upper," helping members format their manuscripts and pictures, as needed.

- Andy – Hosted two highly-successful Community Forum events
 - Phyllis – Leaving soon for London to promote her book
 - Quentin – In "serious discussions" on movie rights for his trilogy
 - Judie – Was the keynote speaker at the Back Mountain Library in Dallas, PA
 - Irene – On the "speaking circuit"
 - Linda – Guest on three TV talk-shows
- Join us! We're here to help and encourage!

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

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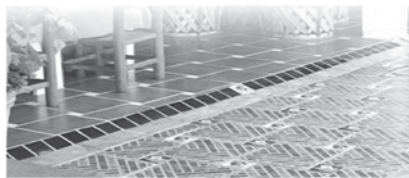
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Bulletin Board

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

We're all thinking about wellness, balance, nutrition — and especially so during May Wellness Days. My recommendation? In addition to participating in SCLH Wellness Days (see page 50), to gain and maintain good health, sign up immediately for *Clogging*. Clogging is a fantastic, fun, fast-paced, energetic and calorie-burning Irish/Appalachian dance, with double taps on toe and heel. We not only have a lot of fun, we make a lot of noise! We have three clogging class levels from beginning to advanced (see page 65). Beginning clogging will help with your rhythm and balance; intermediate clogging is faster and the steps are more complicated (the fun increases!); "intermediate plus" cloggers may choose to perform for various community and local events, as well as (of course) the weekly practice sessions. For the perfect solution to your wellness and balance concerns, become a *SCLH Clogger*! We'll look for you on Tuesdays. Contact Anita Tyson, 543-5330.

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.

Wednesday, May 21	• 6:30 PM	Nutritional Blood Analysis & Cardio Health Presentation, Oaks (OC)
Friday, May 23	• 10:00 AM	Promise Sleep Presentation, Solarium (OC)
Tuesday, June 10	• 10:30 AM	Nautilus Society, Oaks (OC)

Glaucoma Support

The Glaucoma Support will meet on June 11, in the Multimedia Room (OC). Dr. Kaaryn Pederson, O.D. will be our Guest Speaker and will discuss vision correction options for patients with Glaucoma. If you plan to attend, please contact Bonnie Dale at 543-2133 or Bjdale@aol.com.

LH Foundation / CPR Training

The Lincoln Hills Foundation is sponsoring instructional sessions on Cardiopulmonary Resuscitation (CPR), AED and First Aid for SCLH residents. Classes will be held on Thursday, June 12 and Thursday, August 21 from 9:00 AM to 12:30 PM in the Heights Room (OC). Given by a certified instructor, the cost is \$10 per person with an additional \$10 charge for a certificate. Space is limited to 20 students per class so advance registration is necessary. For information and registration contact Vernon Chong at 408-0306 or visit our website, lincolnhillsfoundation.org. The life you

save could be your own. The Lincoln Hills Foundation... Seniors Helping Seniors.

LH Italian Club (LHIC)

The most important part of any club is its members. They are a critical link and the lifeblood of the Italian Club. Therefore, on Wednesday, June 18, the club wants to say "grazie" or thank you to all its members at a special "Member Appreciation" event from 1:00-3:00 PM at the Sports Pavilion. Relax, mingle with friends, and enjoy some gelato, free of charge. See you there! On June 5, club members will board a bus and head for a wine tasting and lunch at the Viña Castellano Winery. This unique and picturesque winery located in nearby Auburn features Spanish and Mediterranean style varietals. Salute! Best wishes to member Violet Petersen who in March celebrated her 100th birthday! 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 Marie Berlinghi, membership chair, at 543-3731.

LH Retired Law Enforcement Officer's Group

Placer County Sheriff Ed Bonner will be the guest speaker at the Lincoln

Continued on page 41

Special Bingo Day with Lunch in the Secret Garden

Lincoln Hills Foundation Bingo

Wednesday, May 21 • Ballroom (OC)

Lunch starting at 11:30 AM • Bingo Games begin at 1:00 PM

Reserve the date of Wednesday, May 21 for food, fun and fellowship in the Ballroom (OC) for a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. A special sandwich and salad lunch will be served in the Secret Garden starting at 11:30 AM, followed by Bingo at

We are Seniors Helping Seniors...
Tell a Friend.

1:00 PM. Cash and door prizes will be given away. Get seven or more of your friends and neighbors together at one table by calling Vern Chong at 408-0306.

Visit our website for a special bingo promotion —
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Continued from page 39

Hills Retired Law Enforcement Officer's Group Breakfast meeting on Friday, May 30 at 9:00 AM at Mimi's Restaurant in Lincoln.

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

The next meeting is Thursday, May 15, 7:00 PM, KS. Guest presenter: Joan Thornton, Grand Circle Tours. You don't have to be a member to attend our meetings. Friends and family may

join our trips. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier, 434-8266 fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@
Continued on page 43

~ Community Perks ~

New Resident Orientation

Thursday, May 15 — Free

1:00-3:00 PM. Solarium (OC). Designed for all new homeowners to meet new residents and the Community Association management staff. Orientation provides valuable information about your Association committees, lifestyle programming, and clubs. Solarium. Light refreshments. No RSVP required.



artists on May 31, 10:00 AM to 4:00 PM, and June 1, 12:00 to 4:00 PM. You will have the opportunity to purchase paintings and craft items. Maps will be available starting May 30 in the lobbies (OC/KS).



Parking Lot Sale

Saturday, May 17

7:30 AM-12:00 PM, Fitness Parking Lot (OC). Enjoy an early morning romp checking our unique items at low prices at our annual Parking Lot Sale. You'll never know what treasures and fun things you can discover at the sale. We also have doughnuts and coffee available! Come early for the best choices from your friends and neighbors.



KS at the Movies: The Proposal

Monday, June 2 — Free

1:30 PM, P-Hall (KS) PG-13, 108 min – Comedy/Romance/Drama. Starring Sandra Bullock, Ryan Reynolds, Mary Steenburgen, Craig T. Nelson, and Betty White. This movie presentation is in cooperation with The Spa at Kilaga Springs.



Music Group Sponsored "Open Mic Night"

Friday, June 27 — Free

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



Lincoln Hills Certified Farmers Market and Vendor Fair

Every Wednesday, starting May 21

Join us at the opening day of the Lincoln Hills Farmers Market in conjunction with the Wellness Days Fair on May 21. Chef Roderick kicks off the event with two cooking demos at 9:15 AM and 10:30 AM using local grown produce in a simple meal. 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@schca.com to reserve your space.



Document Destruction

Monday, July 14 — Free

10:00 AM-12:00 PM, OC Fitness Center Parking Lot. Cintas offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files okay but no plastics or cardboards. \$10 cash or check per average file box contents payable to Cintas. Just look for the big Cintas truck at the parking lot!



e-Waste Recycling

Tuesday, 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 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!



Annual Art Studio Tour

Saturday & Sunday, May 31 & June 1 — Free

We invite residents and guests to enjoy our annual Art Studio Tour which will take place in the homes of several Lincoln Hills

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Continued from page 41

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

Lincoln Democratic Club

The Lincoln Democratic Club will present Bill Allayaund, California Director of Governmental Affairs for the Environmental Working Group, at the club's May 15 meeting. Mr. Allayaund, a former president of the Sierra Club, will speak on Fracking in California: Issues and Concerns. Fracking is already

underway in a number of California counties including Kern, Sacramento and Sutter. The meeting will begin at 6:45 PM, KS. The public is invited to attend. Questions: June Paquette, 408-2263.

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 cutthroat, 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 spring and summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Contact: John Kightlinger at 408-3928, johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at (916) 434-6341 or trifilo@sbcglobal.net.

In Memoriam

James Di Pentino

Jim was born in Philadelphia where he was an officer with the Philadelphia Police Department. He served in the U.S. Coast Guard during the Korean War. After retiring to the Jersey Shore, he and his wife of 50 years, Rosemary, moved to Lincoln Hills. After Rosemary's passing, Jim continued to enjoy social gatherings and tennis. He is survived by his four children, five grandchildren, his dear friend Liz Nitopi, and many friends.

She also enjoyed playing bridge. Her wonderful, bubbly personality will be missed!

Lauren Dean Lane

While riding his bike with friends, Lauren recently died of a heart attack. He was an artist and a teacher of woodworking, carpentry and mathematics. He touched the lives of many friends, family and students. He grew up in Colorado and attended college with a football scholarship. He completed his Master's Degree in Education in California and married his college sweetheart, Patricia. They had two boys and Lauren taught them his love of outdoor adventure. Later he and Patricia traveled the world. Besides his loving wife, he leaves two sons, six grandchildren and many great friends.

Martha Fitzpatrick

Born and raised in South San Francisco, Martina worked for U.S. Bank. She was married to her dear husband, Adrian, for 48 years and they have two children and three grandsons. Martina loved golfing with ladies here and at Turkey Creek.

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.

Did You Know?

If You Have Lost a Pet, Neighborhood Watch will send a message (at the request of SCOOP) to Lincoln Hills residents. To request this service, call one of the people below:

Ann Brown at 337-0778, Pearl Chang at 408-7102, Helen Harvell at 645-1944 or Mary Shelton at 409-9923.



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The 2014 Summer Amphitheater Concert Series!

Get ready to rock, roll, and have fun at this year's Summer Amphitheater Concert Series! We have high-energy performances scheduled for each of the 2014 *eight* concerts. With our new elevated stage, all concerts will have the professional feel and look providing the audience unobstructed view of the stars and bands. To make your experience more rewarding, read and follow the Amphitheater Guidelines on the next page filled with important information.

John Mueller's 1950's Dance Party Thursday, June 12 — 5014-4A

John Mueller's 1950's Dance Party® is the official live and authentic tribute to Buddy Holly, Ritchie Valens and the Big Bopper's final tour, and the only show endorsed by the Holly, Valens and Richardson estates.



This concert includes over two hours of unbridled, high voltage entertainment featuring all the hit songs of the 50's era: "That'll Be The Day," "Peggy Sue," "Oh, Boy," "Rave on," "La Bamba," "Chantilly Lace," and many, many more. This nationally touring show has won critical acclaim and according to Larry Holly (Buddy's brother), "One of the best concerts I've ever seen." Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$24.



Darlene Love, An Unforgettable Evening Friday, June 27 — 5014-4B

Proclaimed by *Rolling Stone* as "one of the greatest singers of all time" and inducted in 2011 into the Rock n' Roll Hall of Fame, Darlene Love will rock the stage with her #1 Billboard Hits:

"He's A Rebel," "The Boy I'm Gonna Marry," "Wait 'Til My Bobby Gets Home," and "He's Sure the Boy I Love" to name a few. Her

acceptance speech that turned into a song received a standing ovation at the recent Oscars for winning Best Documentary movie, "20 Feet From Stardom." Our residents were blown away by her performance as special guest at the Palm Springs Fol-



lies. Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$29.

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's* 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.



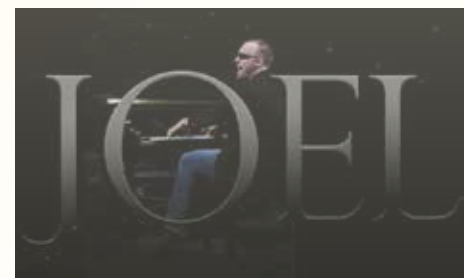
Harmony: A Tribute to Three Dog Night Tuesday, July 29 — 5014-4D

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.



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

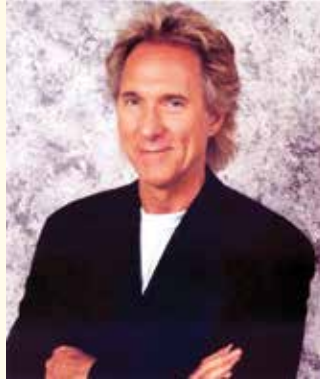
Joel is the premier rock and roll Billy Joel tribute band on the West Coast. Piano Man Kyle Martin leads his band to perform Billy Joel's timeless repertoire including songs like "Big Shot," "Only the



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” and been described as “dynamic” and spectacular in his performances. Kyle will bring this same energy and will have you on your feet. Amphitheater (OC). Doors 6:45 PM, concert starts 7:30 PM. General admission, \$17.

Gary Puckett and the Union Gap Friday, August 22 — 5014-4F

Live in person! The one and only Gary Puckett and the Union Gap will mesmerize you. One of the most successful musical groups of 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.



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



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.

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. Admittance: 45 minutes before show time.
- **Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may set up starting at 5:00 AM the day of the event. **Chairs placed prior to 5:00 AM will be removed** 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: the grassy area at left of 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 Enter

tainment 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 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 outdoor pools will close one hour prior to performance start time.



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

Entertainment

—Club Performance—

The Vaudeville Troupe’s “Anything Goes”

Friday, July 11

2:00 PM Show — 5211-05A

6:00 PM Show — 5211-05B

Saturday, July 12

2:00 PM Show — 5211-05C

6:00 PM Show — 5211-05D

The Lincoln Hills Vaudeville Troupe will once again return to the stage to entertain and delight you. This year’s theme “Anything Goes” with new director Yvonne Krause-Schenck, will include dancers, comedians, singers, and some interesting surprises that will keep you entertained. The show is sure to be a sell-out, so get your tickets early! 2:00 and 6:00 PM performances scheduled on both dates. P-Hall (KS). Reserved Seating, \$12.



—Comedy—

Comedy Night at KS: Marc Yaffee

Tuesday, June 24

6:00 PM Performance — 5224-04A

8:00 PM Performance — 5224-04B

Adopted at birth and confused ever since, Marc takes his audiences on a comedy joyride as he explores his multi-ethnic roots and the culture clashes that fill his world. Marc’s smart but relatable comedy demonstrates a universal appeal that has landed him appearances on “PBS,” “Comics Unleashed,” “The Latino Laugh Festival” and the historic Showtime special, “Goin’ Native: The American Indian Comedy Slam.” Marc has toured five times overseas entertaining U.S. Troops. 6:00 and 8:00 PM performances. P-Hall (KS). Reserved seating \$12.



—Community Event—

Annual Parking Lot Sale
Saturday, May 17 — 5217-03

Join us for a morning sale, 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Eighty+ resident vendors will be selling various household items and knick knacks. Limit of two spaces per household. The event will be advertised in local newspapers and online. Donuts and coffee will be on sale. If you are a



vendor, please make sure you have reviewed the guidelines prior to the sale. Parking lot guidelines are printed with your receipt or copies are available from the Activities Desks. Fitness Center Parking Lot (OC).

—Concerts—

“Red White and Blue USO Revue”

The Swingin’ Blue Stars of the USS Hornet

Friday, May 23 — 5223-03

They are back! The Swingin’ Blue Stars of the USS Hornet take you back to the days of the USO! The Swingin’ Blue Stars is a group of ladies that specializes in performing songs from the 40’s and 50’s with a lot of swing! Fabulous, live music and fun dance routines, these gals know how to entertain. They have performed at Pearl Harbor for the dedication of the new Visitor’s Center and thrilled vets young and old with their repertoire of great music, including their tribute to the Andrew Sisters. This Memorial Day weekend, come let them take you back — to a simpler time — when the music told stories with rhythms that got you up on your feet. Concert 7:00 PM, Ballroom (OC). **Premium Reserved Section Seating — sold out.** General admission, \$16.



Rita Hosking Trio

Thursday, May 29 — 5229-03

“Authentic American folk-music to stir the soul” – *No Depression*. Rita Hosking, a northern California native, writes and sings classic country-folk originals. Her songs sound like they’ve been around for awhile and deserve to stay around for a lot longer! “She’s been called the best kept secret in country-folk,” says the British newspaper *The Daily Mirror*, “and her razor-sharp songs and great live performances bear out the claim.” Rita’s band includes herself on guitar, Sean Feder on dobro (resophonic guitar) and banjo, and Jon O’Brien on upright bass. Concert 7:00 PM. P-Hall (KS). Reserved seating, \$16.



Summer Amphitheater Concert Series

(See pages 44-45 for entire series):

John Mueller’s 1950’s Dance Party

Thursday, June 12 — 5014-4A

John Mueller’s 1950’s Dance Party® is the official live and authentic tribute to Buddy Holly,



Ritchie Valens and the Big Bopper’s final tour and the only show endorsed by the Holly, Valens and Richardson estates. Each live concert performance includes over two hours of unbridled, high voltage entertainment featuring all the



Continued on page 48

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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.
- **Showtime:** For Entertainment, doors open 30 minutes prior to showtime unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **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.

hit songs of the 50's era: "That'll Be The Day," "Peggy Sue," "Oh, Boy," "Rave on," "La Bamba," "Chantilly Lace," and many, many more. This national-touring show has won critical acclaim and according to Larry Holly (Buddy's brother), "One of the best concerts I've ever seen." Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$24.



Songs & Strings

Tuesday, June 17 — 5217-04

Cabaret great Wesla Whitfield is joined by two-time Grammy award-winning violinist Mads Tolling. These two masters of music and song join forces for an extraordinary evening of duets and solos featuring the songs and music of Duke Ellington, Rodgers & Hart, Irving Berlin, George Gershwin... and more, including popular favorites from The Great American Songbook! They are accompanied by Mike Greensill, the two-time winner for Outstanding Jazz Pianist by the San Francisco Council on Entertainment and John Wiitala on bass. Together, this mesmerizing group crosses lines from Cabaret to Jazz, but mostly defines musicianship and entertainment at its highest level. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21.** General admission, \$19.



Summer Amphitheater Concert Series:

(See pages 44-45 for entire series):

Darlene Love, An Unforgettable Evening

Friday, June 27 — 5014-4B

Proclaimed by *Rolling Stone* as "one of the greatest singers of all time" and inducted in 2011 in the Rock n' Roll Hall of Fame,

Darlene Love will rock the stage with her #1 Billboard Hits: "He's A Rebel," "The Boy I'm Gonna Marry," "Wait 'Til My Bobby Gets Home," and "He's Sure the Boy I Love" to name a few. Her acceptance speech that turned into a song received a standing ovation at the recent Oscars for winning the Best Documentary movie "20 feet From Stardom." Our residents were blown away by her performance as special guest at the Palm Springs Follies. Amphitheater (OC). Doors 6:45 PM, concert 7:30 PM. General admission, \$29.



Roseville Community Concert Band — Happy Birthday USA!

Thursday, July 4 — 5204-05

By resident request, we bring back one of the best local volunteer symphonic concert bands in the area; the Roseville Community Concert Band (RCCB). Performing throughout the greater Roseville and South Placer communities, the RCCB was established in 2000 by Bill Hastings, a retired military



Continued on page 51

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- 9:00AM-YOGA
- 10:00AM-VINYASA YOGA
- 11:00AM-PILATES MAT
- 12:00PM-NATURE SCAVENGER HUNT

WEDNESDAY MAY 21 NUTRITION & EXERCISE: 5K RUN/WALK AND MARKET DAY

- 8:00AM 5K RUN/WALK FOR COLON CANCER ALLIANCE
- 9:15AM COOKING DEMO WITH CHEF RODERICK USING
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- 10:30AM COOKING DEMO WITH CHEF RODERICK.

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band director. This group provides just the right combination of enjoyable and patriotic music to celebrate the 4th of July with friends and family. The afternoon concert offers wonderful music selections and will be completed well before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Concert 2:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$10.** General admission discounted rate until June 14, \$6. After June 15, \$8. Tickets required for all guests, including children.

Summer Amphitheater Concert Series

(See pages 44-45 for entire 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

(See pages 44-45 for entire 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.



—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.



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

Day Trips

—Casino/Racing—

Reno — Boomtown — Cabela's

Monday, May 19 — 1770-03

By popular request, enjoy a day trip to Boomtown & Cabela's! This spring, receive \$5 gaming and \$5 food credit at Boomtown Casino and/or check out Cabela's Outfitter's Store next

door. Cabela's is a 125,000 square-foot retail showroom that is also an educational and entertainment attraction, featuring décor of museum-quality animal displays, huge aquariums and trophy animals interacting in realistic recreations of their natural habitats. Leave OC at 8:30 AM, return ~ 6:30 PM. \$32. RSVP Now.



Jackson Rancheria

Monday, June 23 — 1951-04

By popular demand we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in
Continued on page 53



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gaming credits. Spend four hours at the recently remodeled and expanded casino. Enjoy a nice late spring drive in the Amador foothills! Leave OC at 9:30 AM, return ~ 4:30 PM. \$22. RSVP Now.

Red Hawk Casino Monday, July 14 — 1941-05

Travel to Shingle Springs for a five-hour visit to Red Hawk Casino. It has six restaurants including a non-smoking extensive buffet and offers our guests a \$15 gaming credit or \$20 in match play. Be sure to bring your personal identification to receive your Rewards Card. Leave OC at 9:00 AM, return ~ 4:00 PM. \$24. RSVP by 6/15.



—Food/Wine—

Lincoln Wine Tasting & Lunch Wednesday, June 4 — 1811-03

Let us be your designated driver while you enjoy some of Lincoln's up-and-coming wineries! We're including stops featuring wines from Meridian's Wine Dinners, Wise Villa Winery and Davis-Dean Cellars. We'll start the day at Wise Villa with a tour, tasting and an included lunch with choice of *Chicken Pesto Sandwich with small salad or Chicken Caesar Salad, and iced tea or coffee* (choose at registration). We'll then visit a new vineyard and tasting room, River Rock Ranch — Lindemann Winery and finish the day at Davis-Dean Cellars. Tastings included. Trip limited to 30 people. Shuttle bus does not have a restroom. Leave OC at 10:30 AM, return ~ 3:30 PM. \$68. RSVP Now.



Placer Beer Tasting — Knee Deep & Out of Bounds Breweries Wednesday, July 16 — 1813-05

Our first "craft brewery" trip sold out quickly, so here's another local brewery trip to tempt your taste buds and learn about the brewing process. We'll visit award-winning Knee-Deep Brewing in Auburn, and then Out of Bounds Brewing in Rocklin. Included at each stop are four tastings of your choice. (Additional purchases on your own). Chef Roderick will prepare a special box lunch to be enjoyed at our first brewery stop. Choose at registration *Pastrami on Pretzel Roll, or Vietnamese Style Cold Cut Sandwich on a Baguette (Banh-mi), or Grilled Vegetarian Sandwich on Ciabatta*. Complete menu at Activities Desks. Leave OC at 11:45 AM, return ~ 4:45 PM. \$72. RSVP by 6/14.



—Museums—

Additional Date Added! Legion of Honor — Intimate Impressionism from the National Gallery of Art Thursday, June 26 — 1762-05

Intimate Impressionism, showcases approximately 70 Impressionist and Post-Impressionist landscapes, seascapes, still lifes, interiors, and portraits, from the collections of the National Gallery of Art in Washington, DC. Includes artists such as Degas, Gauguin, Renoir, Cezanne and many more. The temporary closure of the National Gallery's East Building for major renovation and expansion has made possible the rare opportunity to see this select group of paintings in San Francisco, the exhibition's first venue. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café or bring your own. Leave OC at 8:15 AM, return ~ 6:00 PM. \$62. RSVP by 5/27.



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 in the museum and 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 by 6/15.



—Performances—

Dance Inferno — Eldorado Hotel & Casino Sunday, June 8 — 1777-04

Dance Inferno is an electrifying dance show that will turn the Eldorado Showroom stage into a glittering disco club.

This elaborate production pays homage to popular disco acts from the 1970s. This non-stop party performed by a dynamic

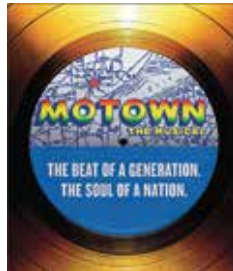


Continued on page 54

cast of 20 talented singers and dancers showcases glittering costumes and dazzling choreography. Perfectly capturing the era, they perform ABBA's biggest hits as well as other disco classics from the Bee Gees, Stevie Wonder, Whitney Houston, Gloria Estefan, Village People and more. Arrive with plenty of time for gaming and an included buffet dinner (*gratuity included*) prior to the 7:00 PM show. Leave OC at 12:00 PM, return ~ 11:00 PM. \$88. RSVP Now.

**Motown the Musical —
Orpheum Theater, San Francisco
Wednesday, September 24 — 4531-05**

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 by 6/14.



**Pippin — Golden Gate Theater, San Francisco
Wednesday, October 15 — 4550-01**

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



2014 Music Circus Series

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." Please note performance time of 7:30 PM for all performances below so you will have time to purchase food and beverages prior to the show. Our group gets complimentary access to the air-conditioned subscribers lounge with cash bar, restrooms and tables and chairs. \$83 each show.

A Chorus Line

Wednesday, June 25 — Sold out!

Mary Poppins

Thursday, July 10 — 4531-04

Using a little bit of discipline, a spoonful of sugar and a whole lot of magic, the quintessential nanny reacquaints the Banks family with the things that really matter in life. This show is more loyal to the book by P.L. Travers and has something for both adults and children alike! Enjoy the songs "Chim Chim Cher-ee" and "Supercalifragilisticexpialidocious." Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP Now.



South Pacific

Wednesday, July 23 — Sold out!

Brigadoon

Wednesday, August 6 — 4531-034

Travel to the mystical Scottish Highlands village of Brigadoon where, with true love, anything is possible, even miracles. The traditions of two worlds collide in this enchanting tale by Lerner and Loewe with a score featuring "Almost Like Being in Love" and "From This Day On." (A love story in a mystical village includes the accidental death of one of the characters and the anguish it causes.) Leave OC at 6:00 PM, return ~ 10:45 PM. RSVP Now.



La Cage Aux Folies

Wednesday, August 20 — Sold out!

2014/2015 Speaker Series

Experience the ultimate in cultural entertainment — six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is sold as a series only, no individual tickets, offered with three price-points. Gold and Silver seating is reserved and the Bronze option is open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival. RSVP Now.

\$535 Gold Seating — Sold out

\$424 Silver Seating — 4641-04

\$314 Bronze Seating — 4642-04

Alice Waters

Tuesday, September 23

Alice Waters is one of the most influential figures in the food world, a culinary pioneer. Her Berkeley restaurant, Chez Panisse, and her Edible Schoolyard program for teachers and kids embody her philosophy that good cooking must be based on locally produced and sustainable ingredients.



Continued on page 57



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Robert Gates**Tuesday, October 28**

Robert Gates, former Secretary of Defense, was a trusted advisor to eight U.S. Presidents over the past four and a half decades. The recent publication of his book *Duty: Memoirs of a Secretary at War* has once again stirred the national debate on the role of government and the need for a cohesive national strategy.



percent off Macy's coupon included.) To make your shopping more comfortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load all the packages from your morning purchases. You are free to do with the time as you wish. Leave OC at 8:00 AM, return ~ 8:00 PM. \$38. RSVP Now.

**Yo-Yo Ma****Tuesday, December 9**

Yo-Yo Ma's multi-faceted career is testament to his continual search for new ways to communicate with audiences, and to his personal desire for artistic growth and renewal. Whether performing new or familiar works from the cello repertoire, coming together with colleagues for chamber music or exploring cultures and musical forms outside the Western classical tradition, Mr. Ma strives to find connections that stimulate the imagination.

**—Sports—****New game added!
Oakland A's**

Just added, the Bay-Bridge Series! Enjoy an evening game at Oakland on Tuesday, July 8 against the San Francisco Giants.



- **Oakland A's vs. Boston Red Sox • \$67**
Sunday, June 22 — 6320-12B

(Seats located Field Level Section 107). (Game time 1:05 PM). Depart OC at 9:30 AM. Return ~ 7:00 PM. RSVP Now. Few tickets left!

- **Oakland A's vs. San Francisco Giants • \$90**
Tuesday, July 8 — 6320-05

(Seats located Field Level Section 106). Game time 7:05 PM. Depart OC at 3:30 PM, Return ~ 12:30 AM. RSVP 6/1.

Anderson Cooper**Tuesday, January 20, 2015**

Anderson Cooper is a television journalist, author and CNN anchor. On his nightly show *Anderson Cooper 360*, he goes beyond the headlines, keeping politicians and policy-makers honest with his in-depth reporting and investigations.

**River Cats**

The River Cats are the Oakland A's AAA farm team with up-and-coming future stars!

We have four River Cats games to enjoy at beautiful Raley Field in West Sacramento.

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



- **River Cats vs. Iowa Cubs (Chicago Cubs)**
Monday, June 16 — 6271-01B

\$42. Depart OC 10:30 AM (12:05 PM game time). Return 4:30 PM.

- **River Cats vs. Fresno Grizzlies (San Francisco Giants)**

Tuesday, July 1 — 6271-01C
\$42. Depart OC 5:30 PM (7:05 PM game time). Return 11:30 PM.

- **River Cats vs. Albuquerque Isotopes (Los Angeles Dodgers)**

Friday, August 1 — 6271-01D
\$42. Depart OC 5:30 PM (7:05 PM game time). Return 11:30 PM.

Diana Nyad**Tuesday, March 3, 2015**

Diana Nyad in the '70s, was the greatest long-distance swimmer in the world, setting world records for circling Manhattan Island and crossing the 102 miles between the Bahamas and Florida. Last year, at the age of 64, she finally fulfilled her life-long dream of swimming from Cuba to Florida.

**David Brooks****Tuesday, April 7, 2015**

David Brooks is a *New York Times* columnist and a regular analyst on PBS' *NewsHour* and NPR's *All Things Considered*. Mr. Brooks has a gift for bringing audiences face-to-face with the spirit of our times with humor, insight and quiet passion.

**—Shopping—****San Francisco for the Day****Tuesday, June 24 — 1841-04**

"The coldest winter I ever spent was a summer in San Francisco." *Mark Twain*. Get out of the valley heat and enjoy a day trip to the heart of San Francisco in Union Square. It's your time to shop, or meet friends and partake of a nice lunch. (Ten

San Francisco Giants

We're moving on up to Club Level seats for the 2014 season! Club level gives you

Continued on page 58



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

- **Giants vs. Chicago Cubs**

Wednesday, May 28 — **Sold Out**

- **Giants vs. St. Louis Cardinals**

Thursday, July 3 — **6280-01C**

Seats located in Club Level 230, \$128. Depart OC 9:00 AM (12:45 PM game time). Return 7:00 PM.

- **Giants vs. Los Angeles Dodgers**

Sunday, September 14 — **Sold Out**

—Tours—

Big Springs Gardens

Wednesday, July 9 — **1754-05**

In cooperation with the Lincoln Hills Garden Group, we're going back to Big Springs Gardens, 118 acres of flowering plants, shrubs and trees surrounded by forest. Imagine the beauty of Claude Monet's Giverny gardens, and a replica of Monet's famous bridge. Find groomed and graveled trails and steps of stone on self-guided tours. A buffet lunch is included and served on an outdoor dining terrace with umbrellas. Buffet includes: salad bar, fresh fruits, pasta, cold entrees, BBQ entrée, desserts and beverages. Wine and beer available for purchase. Be aware there is a slight hill from the parking lot to the main area. Leave OC at 8:15 AM, return ~ 5:45 PM. \$80. RSVP by 6/15.



Overnight & Extended Travel

Overnight Trip: Hot August Nights — Reno
Wednesday, July 30 to Thursday, July 31 — **1972-04**

Hot cars and cool nights! Yes, Hot August Nights starts in July this year! We stay overnight at John Ascuaga's Nugget in the renovated East Tower. Receive a \$5 slot and \$3 food credit with your key packet upon arrival. The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square along with live bands and a car cruise in the evening. There is also a vendor and craft area. Dinner on your own at Victorian Square or the casino. Breakfast on your own the

following morning and then we're off to Club Cal Neva in downtown Reno where you will get a \$5 gaming credit. Explore Virginia Street with more specialty car displays and vendors with lunch on your own. Check out the Big Boy's Toy Store at the Reno Events Center for cool accessories! We're including a trip to the National Automobile Museum with a guided docent tour, and then a relaxing afternoon trip home. *A signed liability waiver is required for each participant.* Leave OC July 30 at 12:30 PM, return July 31 ~ 6:30 PM. \$110 per person double occupancy. \$146 single occupancy. RSVP Now.



Multi-Night! Lake Tahoe Shakespeare & Lake Cruise
Sunday, August 24 to Tuesday, August 26 — **1971-03**

Experience the enchantment of the Lake Tahoe Shakespeare Festival at Sand Harbor State Park with Lake Tahoe as the backdrop! This year's show is "As You Like It," a romantic comedy. Enjoy reserved seats, an included boxed dinner before the show with a choice of *Tri-Tip Sandwich or Roasted Turkey, Brie & Cranberry on Ciabatta*. Vegetarian option available on request. (Complete menu available at the Activities Desks. Food choice is required at registration.) Enjoy coffee & dessert at intermission! We'll be staying at Harvey's Lake Tahoe with an included \$120 value coupon book for specials on meals, drinks and more! Trip includes a free day in South Shore to experience many optional activities, i.e., relaxing by the pool, a walk to the beach, golf, Gondola ride to the top of Heavenly, hike and more! We'll enjoy an included luncheon deli buffet cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe before we head home on Tuesday. *A signed liability waiver is required for each participant.* Leave OC at 1:00 PM August 24, return ~ 5:00 PM August 26. \$352 per person double occupancy. \$453 single. RSVP Now.



Sold Out Trips thru June 20

Trip • Date • Departure Time

- The Charm of Healdsburg
Wednesday, May 21 — 8:00 AM
- Giants vs. Cubs
Wednesday, May 28 — 9:00 AM
- Wicked — Bus #1 & Bus #2
Tuesday, June 3 — 6:45 PM
- Legion of Honor
Thursday, June 19 — 8:15 AM

Continued on page 60

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Art

—Drawing—

Beginner Drawing

Thursdays, June 12-26 — 132214-05

9:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques 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 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 6/5.



—Oils, Pastels & Acrylics—

Painting Pastels and Oils with Barry

Mondays, June 2-30 — 105114-05

9:00-11:30 AM (OC). \$65 (five 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 5/28.



Paint Your Vision in Oils or Acrylics

Wednesdays, June 4-25

9:00-11:30 AM Class — 113114-05

Or 1:30-4:00 PM Class — 113214-05

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, master-work 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 5/30.

New! Capture Radiant Light & Color Oils or Soft Pastels

Friday & Saturday, July 11& 12 — 121314-05

9:00 AM 3:00 PM (OC). \$150. Instructor: Susan Sarback. This workshop focuses on seeing and painting based on the approach to light and color developed by the Impressionists. Learn how to gain a fresh quality of light in your art. We'll be painting landscapes from photographs with an emphasis on color mixing, color relationships and color harmony. You'll learn how to see and paint the Value, Temperature, and Chroma (intensity) which create the "light key" or atmosphere of any subject. There will be short demonstrations and plenty of personal instruction. Prerequisite: Basic drawing skills suggested. Oil painters can use either a palette knife or brushes. *About the instructor:* Susan Sarback has been an artist for over 35 years, is the author of two art books, and founder of the School of Light & Color (www.lightandcolor.com) in Fair Oaks, CA. Students from all parts of the world come to study her unique approach to color. See more at www.susansarback.com. RSVP by 7/4.



—Mix Media—

New! Mixed Media for Painters

Mondays, June 2-30 — 143114-05

1:30-4:30 PM (OC). \$65 (five sessions). \$4. Supply fee paid to instructor. Instructor: Bonnie Armstrong. Mixed Media aims to give new vibrancy and energy to your art. Learn fresh techniques and latest products that help you express your ideas. Learn how to layer wet and dry media over a variety of grounds (surfaces). The instructor will provide handouts, demonstrations, and show samples of media and additives used in water-based mixed media art. Guided by the instructor, create at least one or two finished pieces that will inspire your future efforts. Open to students with all levels of painting experience and style. *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 5/28.



Continued on page 63

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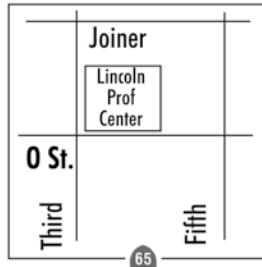
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—Watercolor—

Beginner Watercolor Painting**Thursdays, June 5-26 — 132114-05**

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 5/31.

**Ceramics**

—Lladro—

Spanish Oil Painting**Wednesdays, June 4-25 — 206114-05**

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 5/30.

**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, June 3-24 — 212114-05**

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Mike Daley.

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 5/29.

Advanced Ceramics**Tuesdays, June 3-24 — 212214-05**

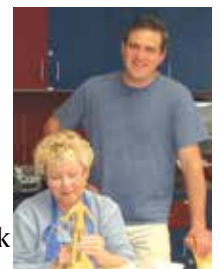
9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Mike Daley. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Mike with the expertise to guide and provide critiques of students’ works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP by 5/29.

**Ceramics — All Levels****Thursdays, June 5-26 — 221114-05**

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 5/31.

**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 prerequi-

*Continued on page 65*

Know how the tax rules change for Senior Taxpayers



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site 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, June 10-24 — 317114-05

1:00-4:00 PM (KS). \$29 (three 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 "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 6/3.



Card Making Level 2 — Intermediate

Tuesdays, June 10-24 — 317414-05

9:00 AM-12:00 PM (KS). \$29 (three 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 6/3.



Card Making Level 3 — Intermediate-Advanced

Mondays, June 2-23 — 317214-05

Or Fridays, June 6-27 — 317224-05

9:00 AM-12:00 PM. Mondays & Fridays (KS). \$38 (four sessions) each class. 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 5/28 or 5/31.

—Cooking—

Cooking with Chef Roderick: Summer Salads

Thursday, June 12 — 322114-05

9:00-11:00 AM (KS). Instructor: Chef Roderick. \$18. Join the chef in learning new ways



to spruce up your summer salad. This class will cover various dressing, grain/pasta salads and different seasonal approaches to our beloved leafy greens. RSVP by 6/5.

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, June 3-24 — 332114-05

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. New beginners — come dance and learn clogging with us. Bring your friends. 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. Come join us and move to the music! No special shoes required; flat-soled shoes recommended. RSVP by 5/29.



Easy-to-Intermediate Clogging

Tuesdays, June 3-24 — 332214-05

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 5/29.

Intermediate Plus Clogging

Tuesdays, June 3-24 — 332314-05

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 5/29.

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, June 2-23 — 344214-05

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 5/28.

Continued on page 67

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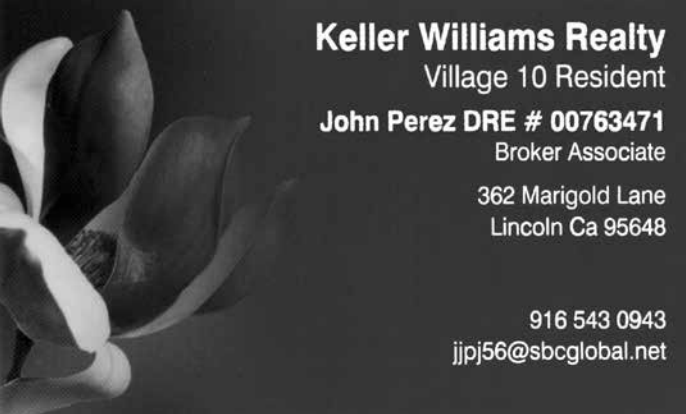


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Country Couples Western Dance Beginner/Intermediate Level Three & Four Mondays, June 2-23 — 344414-05

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country Couples Beginner Class, join us for a fun-filled hour of more challenging beginner dances and some easier intermediate dances. You've learned some of the basics, now it's time to add a few more steps and turns. Dance to be taught Cruzin and Midnight Waltz circle dances. RSVP by 5/28.



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, more info: Pamahoa@hulaponono.com or 521-0474. RSVP by 5/31.



—Jazz—

Country Couples Line Dancing

Fridays, June 6-27 — 346114-05

3:00-4:00 PM (KS). \$20 (four sessions). Instructor: Jim & Jeanine Keener. This class will feature the popular "old" line dances that are done at country dances all around the area. Everyone is welcome. RSVP by 5/25.

—Dancing with Dolly—

Ballet/Lyrical

Thursdays, June 5-26 — 353564-05

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, coordination, 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 5/31.



Jazz Class for the Beginner

Thursdays, June 5-26 — 353014-05

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class June 12). 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 5/30.

Jazz Technique 2

Tuesdays, June 3-24 — 353114-05

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Come join us! We dance to live and live to dance. RSVP by 5/29.



Performance Dance

Fridays, June 6-27 — 353574-05

2:00-3:30 PM, (OC Fitness). \$50 (four 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 5/25.



—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, June 2-30 — 360014-05**

4:00-5:00 PM (KS). \$30 (five sessions). *Continued on page 68*



—Hula—

Hula

Thursdays, June 5-26 — 390214-05

1:15-2:15 PM (KS). \$16 (two sessions; no class June 12 or 19). Instructor: Pam Akina. Begin or continue your study of hula in

Instructor: Audrey Fish. RSVP by 5/28.

- **Thursdays, June 5-26 — 370014-05**
9:00-10:00 AM (KS). \$24 (four sessions).

Instructor: Yvonne Krause-Schenck. RSVP by 5/31.

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, June 2-30 — 370114-05**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 5/28.
- **Mondays, June 2-30 — 370124-05**
6:00-7:00 PM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 5/28.
- **Thursdays, June 5-26 — 360114-05**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 5/31.
- **Fridays, June 6-27 — 380114-05**
12:00-1:00 PM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto. RSVP by 5/25.

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, June 2-30 — 360214-05**
5:00-6:00 PM (KS). \$30 (five sessions). Instructor: Audrey Fish. RSVP by 5/28.
- **Wednesdays, June 4-25 — 380214-05**
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Sandy Gardetto. RSVP by 5/30.

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. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, June 4-25 — 380314-05**
10:00-11:00 AM (KS). \$24 (four sessions).
Instructor: Sandy Gardetto. RSVP by 5/30.
- **Thursdays, June 5-26 — 360314-05**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 5/31.

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

- **Sandy Gardetto**

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

- **Yvonne Krause**

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



—Tap Dance—

Tap Classes with Alyson

Enjoy tap 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, June 3-24 — 410114-05
9:00-10:00 AM (KS). \$32 (four sessions). It's the perfect time to discover the joy of tapping. Class introduces students to 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 four already existing tech classes. Minimum of 10 students required for the class. RSVP by 5/29.
- **Advanced Performance**
Mondays, June 2-30 — 410714-05
12:00-1:00 PM (KS). \$40 (five sessions). RSVP by 5/26.



Technique Classes

- **Advanced Technique Class**
Mondays, June 2-30 — 410514-05
11:00 AM-12:00 PM (KS). \$40 (five sessions). Class is

Continued on page 71

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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 5/26.

- **Technique Classes**

Tuesdays, June 3-24 — 410524-05

10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 5/29.

Thursdays, June 5-26 — 410534-05

11:00 AM-12:00 PM (KS). \$32 (four sessions;). RSVP by 5/31.

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, June 2-30 — 420114-05**

4:45-5:45 PM (KS). \$30 (five 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 5/28.

—West Coast Swing—

Beginning West Coast Swing

Wednesdays, June 4-25 — 318114-05

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 5/30.

Intermediate I and II West Coast Swing

Wednesdays, June 4-25 — 318214-05

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 5/30.



Feng Shui

New! Clear the Way, Plan Your Space

Thursday, July 10 — 581114-05

9:00-11:00 AM (KS). \$40. Instructor: Jan Reed. Using the principles of Feng Shui, understand how energy "chi" flows and the effects that furniture placement, color choice and clutter have on your environment. Learn how to bring about changes in your life based on these principles. All attendees should bring a simple drawing of their floor plan (of main living space). Practical take-home materials are included. RSVP by 7/3.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, June 2 — GLASS

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

ator: Jordan Gorell. Workshop is held once a month; for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Jewelry

Hearts and Flowers Bracelet

Tuesday, May 20 — 513114-04

9:00 AM-12:00 PM (KS). \$20 (one session). Instruc-

tor: Cathie Szabo. Love flowers? A romantic at heart? Here's a chance to wear your heart on your sleeve (pun intended). A base of heart-shaped beads is accented with fringes of flowers, leaves and dainty pearls. This class is easy enough for novice beaders and different enough for more experienced ones. Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Hearts and Flowers Bracelet as well as the photo of the bracelet. RSVP Now.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, June 4-25 — 535114-05

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

Bill Sveglini. 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 5/30.



Continued on page 73

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Guitar 2B — Guitar Intro Continuation**Wednesdays, June 4-25 — 535214-05**

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 5/30.

Guitar III — Intermediate**Thursdays, June 5-26 — 535314-05**

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 5/31.

Guitar IV — Advanced**Thursdays, June 5-26 — 535414-05**

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 5/31.

—Voice—**Beginner Singers Vocal Boot Camp****Fridays, June 6-27 — 536114-05**

8:30-10:30 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. This is a continuing class. This session is open to new students. Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP by 5/25.

**Singer Vocal Boot Camp Continuation****Fridays, June 6-27 — 536214-05**

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and

following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP by 5/25.

Sewing**Bernina Serger Certification****Monday, June 9 — 591114-05**

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

Bernina Sewing Machine Certification**Monday, June 9 — 592114-05**

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

**Janome Sewing Machine Certification****Monday, June 9 — 593114-05**

3:30-4:30 PM (OC). \$13 (class cost includes a sewing starter kit with bobbins and needles). Instructor: Sylvia Feldman. Please bring your own scissors to class. RSVP by 6/2.

Technology**—General—****Android 101 Basics****Monday, May 26 — 255114-04****Or Monday, June 16 — 255124-05**

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. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" account. RSVP by 5/20 or 6/9.

**Android Advanced****Tuesday, May 27 — 255214-04****Or Tuesday, June 17 — 255224-05**

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 Android Phone or Tablet to the next level. Go beyond just making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be

Continued on page 74

taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective, Android Phone or Tablet might meet all your needs. **Prerequisite:** Ready to go beyond the Basics. RSVP by 5/20 or 6/10.

iPad Basics

Saturday, May 31 — 242214-04

9:00 AM-12:00 PM (KS). \$30, class material fee of \$5 payable to instructor at the class. Instructor: Ken Silverman. Get more out of — and into — your iPad or iPad Mini then you ever thought possible. Learn all about iOS7 (the operating system) settings, like Air Play and Internet. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that ‘stuff’ into the unit and discover additional tools and reference areas. Learn how to make folders on your device. Bring your iPad — we have free WiFi which allows you to use the Internet and check out the settings they are discussed and demonstrated. RSVP by 5/24.



Google Drive and Docs

Wednesday, June 25 — 286214-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. You can keep your files safe and secure in the cloud with Google Drive and create impressive documents with Google Docs. Best of all they are both free — no need to buy pricey Microsoft Office or Word. In this class, learn to save your files to the cloud and access them from any place in the world with an Internet connection. Despite the fact it’s online, learn to create documents that look just as good as they would if created with a desktop application like Microsoft Word. Since everyone has his own way of working, you will learn to tweak Google Docs’ settings to make sure it fits in with your personal way of working. Once you have made the perfect document, learn to use Google Templates so that you don’t waste time recreating similar documents. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. This class is PC-oriented. RSVP by 6/18.



Getting Most Out of Gmail

Thursday, June 26 — 285314-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. Many users rely on Gmail as their primary email address. If you don’t have a Gmail account, it is time to get one. Gmail is available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading email from your current email service provider is no problem with Gmail. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. With the power of Google Search in your inbox, learn how easy it is to find what you are looking



for. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. This class is PC-oriented. RSVP by 6/19.

—Social Media—

Facebook 101

Saturdays, June 14 & 21 — 272114-05

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet Dixon-Dickens. Get more out of your social networking. In addition to face-to-face, telephone and email communications, learn all about Facebook. This course will get you up to speed on how to create, use, and maintain a Facebook page of your own, including understanding the complex Facebook privacy policies and settings. The course format will use short videos and hands-on instruction. Videos for setting up a Facebook account, understanding privacy in Facebook, setting your privacy on Facebook, creating a profile and much more hands-on practice. Class size is limited so sign up early. **Prerequisite:** Must have personal working email. RSVP by 6/7.



—Mac—

How to Create a Video with Still Photos and Videos using iMovie on your iPad

Wednesday & Thursday, May 21 & 22 — 232014-03

1:00-3:00 PM (OC). \$40 (two sessions). \$5 materials fee. Instructor: Vicki White. In iMovie on the iPad, you will use your photos and videos and turn them into a great movie. We will choose a theme for our movie and add video and photos. We’ll edit the videos, improving their quality, including shortening them to eliminate unwanted segments. We will add sound, titles, transitions, and special effects. You will finish your movie at home and on day two we will review it and the entire process and publish our video to iTunes, Facebook, or YouTube. We will use iMovie 11 for the class. Bring your iPad and be sure to have four or five photos and two or three video segments on your iPad. Question? Call Vicki White at 408-2148. RSVP Now.



Mac Pages 5.0 Basics and Beyond

Thursday & Friday, May 29 & 30 — 267114-03

9:00-11:00 AM (OC). \$40 (two sessions). Class material fee \$5 payable to instructor. Instructor: Helen Rains. Is the new Pages 5.0 installed on your Mac? This class is where you can learn more about Mac Pages 5.0 — the newly-designed full featured word processing and page layout application compatible with Mac OS X Mavericks. You can edit your Pages document everywhere Pages runs and the iCloud reaches. Learn how to apply the text editing and



Continued on page 77

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formatting tools and to easily add images, tables, and media. This class will take you through the basic steps of new document creation and help you practice adding your own content so it looks the way you pictured it. Choose ways to share and move documents beyond to iCloud and they are automatically available. Whatever you write, you will create gorgeous documents with ease. RSVP by 5/22.

—PC—

Windows 8.1 Training and Tips

Wednesday, Thursday, Friday, June 18-20 — 295114-05

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, less intrusive, touch screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop as Windows 7, it introduces “Start Screen” features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 devices so that they are organized and you can navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and use Windows 8.1 to do the same things you did before. Rita will teach you how to use built-in applications (apps) and download more from the store. *Bring your 8.1 laptop if you have one.* Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP by 6/9.



—Genealogy—

Finding Your Family on the Internet

Friday, May 16 — 286414-04

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. **Prerequisite:** A familiarity with a browser like Internet Explorer. There are many advantages to researching your family history on the Internet. Research on the Internet saves time, money, and energy. You can communicate with others researching the same surname or location. Records are available at all governmental levels — federal, state, and county. Also many search aids are available to facilitate your family search. By using one of the Computer Room’s workstations, you will become familiar with many of the most popular genealogy websites. RSVP by 5/9.



Getting More Out of Ancestry.com

Thursday, June 19 — 287214-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. Millions of genealogists use Ancestry.com each day to search for their ancestors. Most of these millions of genealogists simply type in a name and possibly a location and after clicking through dozens of search results, walk away from their search in frustration! Does this sound like you? While Ancestry.com may

very well not have your ancestors listed in its databases, it does provide some very powerful search options that are often overlooked. Learn how to become an Ancestry.com power searcher by using the easy search tips and techniques you will learn in this class. This class is PC-oriented. RSVP by 6/12.

Google Power Tools for Genealogists

Friday, June 20 — 286224-05

9:30 AM-12:00 PM (OC). \$15. Instructor: Bob Ringo. **Prerequisite:** Basic computer skills and a Google account. In order to trace your family history, you need a powerful set of tools to get the job done. Google is a wonderful resource for a variety of genealogy tools. In this class, instructor Bob Ringo will show you how to fill your genealogy toolbox with free tools from Google. The Google tools that you will learn about include: Google Search, Google Maps, Google Earth, Google Translate, YouTube, Picasa, Google Images, Google Books, Google News, Google Alerts, Google Chrome, Gmail, Google Docs, and Google+. Taken together, these Google tools will let you take full advantage of the Internet and the latest technology in the pursuit of your family history. The best news is that all of these tools are easy to use. This class is PC-oriented. RSVP by 6/13.

—Photo & Movies—

Cell Phone Photography

Tuesdays, June 17 & 24 — 266314-05

10:00 AM-12:30 PM (OC) \$39 (two sessions). Instructor Roy Salisbury. Learn how to take fantastic pictures with your Android-based cell phone (Samsung, HTC, LG, Motorola, etc). The cameras in our phones today are quickly becoming the first choice for taking pictures. Why not learn how to get the best photos possible? Find out what control you have over Scene Mode, Shooting Mode, burst shooting, ISO, flash, and more. Your phone is able to take great photographs, come learn how to do it with your cell phone. No iPhones or iPads please. RSVP by 6/10.



Picasa

Monday, Tuesday & Wednesday, June 23, 24 & 25 — 256114-05

1:00-3:00 PM (OC). \$60 (three sessions). 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 by 6/16.



Continued on page 79

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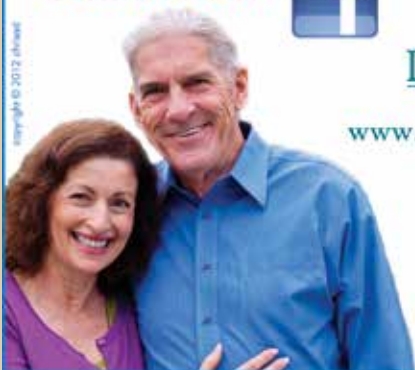
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Training

—Driver Training

AARP Driver Safety Training

Monday & Tuesday, June 16 & 17 — 481014-05

9:00 AM-1:30 PM (OC). Instructor: Jim Thom-
sen: AARP members \$25 Non-members \$30.

Fee includes a \$10 Association administrative fee. AARP Driver Safety Training, is geared to the “over 50” driver, and covers how to adjust our driving to age-related changes in our bodies, as well as common sense



ways to drive more safely. The course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. Present your AARP membership card at registration *and* bring to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited. RSVP by 6/9.

WellFit Classes

WellFit

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

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

Living Through Transitions: Conquering the Challenges of Aging in Place

A very successful launching of the *Living Through Transitions* program testifies to the meaningfulness and importance of continuing and further enriching this program for many more SCLH residents in the future. The first two modules related to the legal and financial frameworks needed for successful aging- in-place have overwhelmingly been given the highest ratings by the residents who are participating in the pilot seven-series presentations. Although tiring, the three-hour presentations pass quickly because of the goldmine of interactive information and materials that are given out. One’s notebook grows 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 knowing about the necessary legal considerations such as Advance Directives so that you can make informed choices to ensure smooth sailing through future transitions. The same is true for the complex financial considerations so that you will outlive your money. Stay tuned for what the next modules have to offer. For more information, call Christine Epperson at 258-8289.

—Environmental—

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but our relationship with our personal surroundings.*

Nordix Pole Walking

Tuesday & Thursday, June 3 & 5 — 750000-05

8:00-9:30 AM. Meet in the OC Fitness Center. \$45 (two outdoor sessions). 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. RSVP by 5/27.

—Disease Prevention & Management—

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

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

Continued on page 81

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Disease Prevention & Management

Purchase a Punch Pass for these classes. \$3.50 per class.

Arthritis Foundation Aqua Class L1

Mondays, Wednesdays, Fridays. 11:30 AM-12:15 PM (OC). Instructors: Cathy Keller and Marie McCluskey. This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter, you can't miss with this class! Purchase a Disease Prevention & Management Punch Pass at the Fitness Desks or renew (add more classes) online.

New! Diabetes Exercise Program (DEP 2) L1

Tuesdays and Thursdays 3:35-4:30 PM. Fitness Room (OC). Instructor: Cathy Keller, a certified diabetes instructor. Diabetes Exercise Program Two is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program One or other education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio including the ever popular drum sticks and Endura sticks as well as various ball games. With such success from the DEP 1 class you will want to make sure to buy your passes early and make sure to come to each class! Purchase a Disease Prevention and Management Punch Pass at the Fitness Desks or renew (add more classes) online.

Arthritis Foundation Land Class L1-L2

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

Disease Prevention & Management Punch Card Classes

—Session Based—

Arthritis Class L2

Tuesdays, June 3-24 — 803000-05

Thursdays, June 5-26 — 803100-05

11:05 AM-12:05 PM, Aerobics Room

(OC). Tuesdays \$30 (four sessions)

Thursdays \$30 (four sessions).

Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength. Register: Fitness Desks or online. RSVP by 5/27.



Arthritis Class L2

Wednesdays, June 4-25 — 805000-05

Fridays, June 6-27 — 801000-05

Wednesdays 12:00-1:00 PM, Fridays 12:00-12:55

PM, Aerobics Room (OC). Wednesdays \$30 (four

sessions), Fridays \$30 (four sessions). Instructor:

Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some standing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength. Register: Fitness Desks or online. RSVP by 5/28.



Qigong ("chee-gong") L1

Thursday, June 3-24 — 820706-05

1:00-2:00 PM, Aerobics Room (KS). \$30 (four sessions) Instruk-

tor: 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

Continued on page 83

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Group Exercise

A detailed explanation of these classes, locations, days and times can be found at the Fitness Centers.

Purchase a Punch Pass for these classes. \$3.50 per class.

—Lessons—

Pro Tennis Lessons

Sundays, June 22-July 27

Beginner 8:00-8:50 AM — 790700-05

Intermediate 9:00-9:50 AM — 790600-05

Advanced 10:00-10:50 AM — 790500-05



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. RSVP by 6/15.

WellFit Orientations

Wednesday, April 23

2:00-3:00 PM, Fitness Floor (KS) — 700100-KG

Thursday, April 24

4:00-5:00 PM, Fitness Floor (KS) — 700100-KH

Wednesday, April 16

2:00-3:00 PM, Fitness Floor (OC) — 700100-WE

Tuesday, April 29

10:00-11:00 AM, Fitness Floor (OC) — 700100-WF

Free Instructor: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Center works, and how to use the equipment safely and properly! Orientations are designed for that new resident or if you have not been in for a while, this is a great place to start your fitness journey. Register: Fitness Desks or online. RSVP by 4/29.

—Mind & Body Connection—

Experiences with mindful movement of the body that help create a link between the mind and body that quiet our thoughts, unwanted feelings, and prepare us for creating positive behaviors.

Punch Pass Classes

Pilates Fit L2

Thursdays, 10:30-11:30 AM, Aerobics Room (KS). Instructor: Domine Trosky. The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced



physique with Pilates Fit. Based on original Pilates exercises. You will feel the benefits after your first workout and keep them for a lifetime.

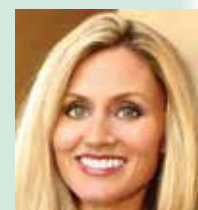
Piloga L2

Mondays, Wednesdays & Fridays. 11:00 AM-12:00 PM, Aerobics Room (OC). Instructor: Lola Lundquist. Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core — back and belly muscles — using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders and weights.



Piloga Flow L2

Tuesdays, 10:30-11:30 AM, Aerobics Room (KS). Instructor: Joanie Martin. Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhhh!



Mind Training for Sleep L1

Wednesdays, 1:30-2:25 PM, Aerobics Room (KS). Instructor: Iram Khan. Deep relaxation training is a practice of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. This program is based on well established scientific principles. It benefits individuals with sleep problems, anxiety, chronic pain and fatigue as well as many other common health problems. The program is offered by trained instructors and backed by a board certified sleep specialist physician.

Beginning Yoga L1

Mondays, 1:30-2:25 PM, Aerobics Room (KS). Instructor: Susan Hayes. Come see what the “buzz” is all about! Yoga starting from scratch for the uninitiated — although all aspiring yogis are invited to attend. This is an easy, safe and fun-filled hour of basic yoga postures and deep breathing exercises.



Yoga Basics L1

Saturdays, 9:00-09:55 AM. Aerobics Room (OC). Instructor: Susan Hayes. 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.

Continued on page 84

Yoga L1/L2

Saturdays, 10:30-11:30 AM, Aerobics Room (KS). Instructor: Susan Hayes. 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.

Yoga Flow L2

Tuesdays & Thursdays, 10:00-11:00 AM, Aerobics Room (OC). Instructor: Ashley Freeman. Designed using the relaxing and powerful techniques of yoga to tone, strengthen, improve balance, and increase flexibility. These exercises can reduce risk of injury and help with chronic pain.

—Session Based—**Aqua Yoga L1**

Monday June 2-30 — 832001-06

12:30-1:30 PM, Indoor Pool (OC). \$40 (five sessions). Instructor: Joanie Martin. Refreshing water supports your body making it an amazing environment to experience yoga benefits.

Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax. Register: Fitness Desks or online. RSVP one week before start of class.

**Aqua Pilates L1**

Wednesdays, June 4-25 — 832011-6A

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin is a certified fitness professional with over 17 years of experience. Her areas of expertise include certified Pilates reformer trainer, yoga, aerial yoga, Pilates and aqua aerobics. 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 June 3-24 — 711000-06

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 class, and challenging class. Register: Fitness Desks or online. RSVP one week before the start of class.

**Healing Yoga and Meditation L1**

Thursdays, June 5-26 — 711100-06

6:00-7:30 PM, Aerobics Room (KS). \$55 (four sessions). Instructor: Susan Hayes. This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience. Each student receives individual attention, so enrollment is limited to 10. Register: Fitness Desks or online. RSVP one week before the start of class.

Extra Gentle Yoga L1

Tuesdays, June 3-24 — 710000-06

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

**Traditional Hatha Yoga L2**

Tuesdays, June 3-24 — 710100-06

Thursdays, June 5-26 — 710120-06

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

Continued on page 89

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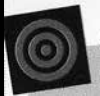
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Tai Chi L1**Tuesdays, June 3-24 — 730100-05****Saturdays, June 7-28 — 730200-05**

Tuesdays 1:30-2:30 PM; Saturdays 11:00 AM-12:00 PM, Aerobics Room (KS). Saturdays 10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions) Tuesdays; \$40 (four sessions) Saturdays. Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, 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 5/27.

Tai Chi Intermediate L2**Saturdays, June 7-28 — 730300-05**

10:00-11:00 AM, Aerobics Room (OC). \$40 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP by 5/27.

**Tai Chi Advanced L3****Tuesdays, June 3-23 — 730400-05**

2:45-3:45 PM Aerobics Room (KS). \$40 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class that have progressed past the Intermediate L2 class. Students will continue working on the tai chi 64 long form and begin moving towards more advanced levels. Register: Fitness Desks or online. RSVP by 5/27.

Wai Dun Kun**Tuesdays & Thursdays, June 3-26 — 731000-05**

9:30-10:30 AM, Orchard Creek grass area by the outdoor pool. \$40. 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.

Yoga for Osteoporosis L1**Mondays, June 2-30 — 711200-06****Fridays, June 6-27 — 710200-06**

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Mondays \$55 (five sessions); Fridays \$44 (four 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.

—Money Matters—

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How to Evaluate Stocks**Tuesday, May 27 — 870000-4A**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott will instruct this popular class. This is a longtime favorite class in Lincoln Hills where we talk about stocks, how to buy them, how to value them, and how to buy and sell them at hopefully a profit. How can any stock be a good buy at \$700 per share, where do I get educated on stocks, and why should I even be in stocks in the first place? These questions and many more will be addressed in this class. Register: Fitness/Activities Desk or online. RSVP by 5/20.

**Getting Your Stuff Together: Organizing Your Estate****Thursday and Friday, June 12&13 — 863000-04**

9:00 AM-12:00 PM, Oaks and Gables. \$30 for both sessions, + \$25 material fee paid to instructor on first day of class. Instructor: Marcia VanWagner.

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*Continued on page 91*

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

Tuesdays, June 3-24 — 815000-05

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 5/27.



The Sudoku Series

Tuesday, May 27 — 870000-4B

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from January to June, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned as the instructor, Russ Abbott, will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass. February built on the basics of January by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves. Come join us. Register: Fitness/Activities Desks or online. RSVP by seven days prior to class start date.



—Training Services—

All trainers are independent contractors.

Please check the Fitness Centers or website under Fitness for a complete listing and contact information.

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.



SGT — TRX Express L1

Mondays & Wednesdays, May 28-June 23 — 835210-A6

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.



SGT TRX Express L2

Tuesday & Thursdays, May 27-June 19 — 835211-A6

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

SGT — Bootcamp L2

Tuesdays & Thursdays, May 27- June 19 — 835300-A6

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging SGT will take a back-to-basics approach with 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 — Softball Spring Training L2

Tuesdays & Thursdays, May 27-June 19 — 835190-A6

4:30-5:30 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Richie Anderson. Want to improve your softball performance? Do you also want to stay healthy and injury free during the season? This class will put emphasis on exercises that will increase your rotational output when hitting or throwing, along with strengthening the muscles that sustain common injuries in softball and other overhead sports. 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, June 4-30 — 835500-A6

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

Continued on page 93



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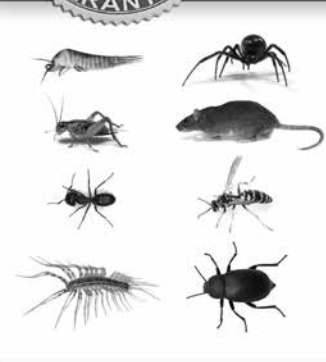


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walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals. Register: Fitness Desks or online. RSVP seven days prior to class start date.

SGT — “Fun”ctional Fitness L3

Tuesdays & Thursdays, May 27-June 19 — 835600-A6

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). 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.

New! SGT — Morning Burst Bootcamp L2

Mondays & Wednesday, June 4-30 — 835300-B6

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, June 18-30 — 835700-A6

11:30-12:30 PM, Aerobics Room (KS). \$70 (four 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, June 18-30 — 835701-A6

4:00-5:00 PM, Aerobics Room (KS). \$70 (four 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.

SGT — TRX Interval Training L3

Mondays & Wednesdays, May 28-June 23 — 835800-A6

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

SGT — Introductory Reformer Session L1

Continuous Dates — 835110-A6

Fitness Floor (KS). \$30 (one session). Instructors: Paula Ainsleigh, Robert Sanchez, Janine Colson, Joanie Martin, Domine Trosky and Eve Webber. This session is a prerequisite for Pilates Reformer L1.



You will work one-on-one with a trainer during this time to teach you proper breathing techniques, go over any limitations / goals you may have, set you up on your proper spring loads, go over basic exercises, and answer any questions. Once you have completed this introductory class, you can sign up for any small group trainings (SGT). When registering, you may request a trainer or one will be appointed to you. The trainers will call you to set up appointment. Register: Fitness Desks or online.

SGT —The Basics L1

Mondays & Fridays, June 9-July 7 — 835120-A6

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions; no class 7/4). Instructor: Paula Ainsleigh.

Monday & Wednesday, June 4-30 — 835120-C6

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

Tuesday & Fridays, May 27-June 20 — 835120-B6

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

Continued on page 95

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alone. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session L1 on page 93. Register: Fitness Desks or online. RSVP by seven days prior to class start date.



SGT — Reformer for Posture, Balance, and Strength L2

Monday & Wednesday, June 2-25 — 835130-A6

12:30-1:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson. Although this is classified as a L2 class, modifications can be made to accommodate any level. The exercises done in this class will target the muscles in charge of supporting the spine, including your abdominals as well as exercises that focus on increased balance and overall strength and flexibility. These combined exercises will improve your posture to help you stand/sit taller throughout the day. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Bootcamp Reformer L2

Tuesday & Thursday, June 3-26 — 835100-A6

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. (All Pilates Reformer classes require a prerequisite of one introductory class, please see SGT — Introductory Reformer Session L1 on page 93.) Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Intermediate L2

Tuesday & Thursday, May 27-June 19 — 835130-C6

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky.

Tuesday & Thursday, May 27-June 19 — 835130-D6

7:30-8:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate. **Prerequisite:** All Pilates Reformer classes require a prerequisite of one introductory class. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Total Body Reformer L3

Tuesday & Thursday, June 3-26 — 835170-A6

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. **Prerequisite:** All Pilates Reformer classes require a prerequisite of one introductory class. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT — Fit for Golf L2

Monday & Wednesday, June 4-30

8:30-9:30 AM — 835180-A6

Monday & Wednesday, June 4-30

2:30-3:30 PM — 835180-B6

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 Annika Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer. **Prerequisite:** All Pilates Reformer classes require a prerequisite of one introductory class. Register: Fitness Desks or online. RSVP by seven days prior to class date.



SGT— Bootcamp Reformer L3

Mondays & Wednesdays, June 2-25 — 835140-A6

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. **Prerequisite:** All Pilates Reformer classes require a prerequisite of one introductory class. Register: Fitness Desks or online. RSVP by seven days prior to class date.

SGT— Special Populations Reformer L1

Mondays & Wednesdays, June 2-25 — 835160-A6

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. **Prerequisite:** All Pilates Reformer classes require a prerequisite of one introductory class. Please see SGT — Introductory Reformer Session L1 on page 93. Register: Fitness Desks or online. RSVP by seven days prior to class date.



Continued on page 96

SGT — Special Populations Reformer L2**Tuesdays & Thursdays, June 3-26 — 835150-A6**




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. **Prerequisite:** All Pilates Reformer classes require a prerequisite of one introductory class. Register: Fitness Desks or online. RSVP by seven days prior to class date.

—Wellness Services—

Services are provided by independent contractors and the fees will vary depending on the service. All services provided take place in the Wellness corner located in the OC Fitness Center. For more detailed information please contact the service provider directly.

- **Emotional Counseling**
Carol Karkazis, MA: 672-8533.
- **Estate/Financial Planning**
Russ Abbott, Wealth Advisor: 797-7760.

OC Aqua WellFit Class Schedule May 15-June15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L3 - Deanne		Water Works L3- Annamarie		Water Works L3- Roman		
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- Annette		AF Aqua L1- Cathy		
12:30	Aqua Yoga 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 May 15-June 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 - Domine	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 - Pelf	Zumba L3 - Carrie
11:00	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola	11:15-12:15 Arthritis L2 - Lin	Piloga L2 - Lola	Tai Chi L1 - Pelf	
12:00	Basic Low Impact L1 Cindy		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	Balance Exp L1 - Cindy	2:00-3:30pm Traditional Hatha Yoga L2 - Julie		2:00-3:30pm Traditional Hatha Yoga L2 - Julie	Activities		
2:30							
3:30	3:00-4:00pm MoveWell Today - Christine/Cathy	**Diabetes (DEP 2) L1 Cathy	3:00-4:00pm MoveWell Today - Christine/Cathy	**Diabetes(DEP 2) L1 Cathy	Activities		
5:00		**4:30 Interval Strength - Lisa					
	Zumba L3 - Andi		Zumba L3 - Andi				
6:00	Yoga for Osteo L1 - Susan	Self Defense - Paul					
7:00							
8:00							

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)

Small Group Training (session based)

* New Instructor

** New Class

KS WellFit Class Schedule May 15-June 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							SGT-Ref. The Basics L1- Paula			
7:30	***7:15-8:15am SGT- Morning Burst Bootcamp L2- Lisa	SGT-Ref. Intermediate L2 Robert	*8:00am MRG MRG Cycle L3 COP L3	***7:15-8:15am SGT- Morning Burst Bootcamp L2- Lisa			Mixed Level Cycle L2- Deanne	SGT-Ref. Intermediate L2 Robert			*8:00am Hi MRG Cycle L3- TBD	
8:30	Everybody Can L2- Jeannette	SGT-Ref. The Basics L1- Robert		SGT-Ref. The Basics L1- Robert			Low Impact L3- Annamarie	**Zumba Gold L2- Joanie	SGT-Ref. The Basics L1- Robert			
9:30	Circuit L3- Roman	SGT-Ref. Special Pop. L1- Eve	*Circuit L3- Jeannette	SGT-Reformer Special Pop L1- Eve			Strictly Strength L2- Lin	Cardio Strength L3- Annamarie			Strictly Strength L2- Jeri	
10:30	Strictly Strength L2- Jeri	SGT-Ref. The Basics L1- Janine	Everybody Can L2- Lin	SGT-Ref. The Basics L1- Janine			Pilates Fit L2- Domine	SGT Ref. Total Body L3- Eve			***Yoga L1/2- Susan	
11:30	SGT-Healthy Back L1- Kathryn	SGT-Ref. Intermediate L2 Robert	SGT-Healthy Back L1- Kathryn	SGT-Ref. BootCamp L3- Eve			12:00pm SGT-Functional Fit L2- Deanne	SGT-Ref. Intermediate L2 Robert				
12:30	SGT-Fit 101 L1- Robert	SGT-Ref. Intermediate L2- Domine	SGT-Fit 101 L1- Robert	SGT-Ref. Posture & Strength L2- Janine			1:00pm Qigong L1- Sherry	SGT-Ref. Intermediate L2- Domine				
1:30	Begin. Yoga L1- Susan		Tai Chi L1- Pell	1:30-2:45pm Mind Training for Sleep L1- Iram								
2:30	SGT-TRX Interval L2- Julia	SGT-Ref. Fit for Golf L2 Robert	SGT-TRX Interval L2- Julia	SGT-Ref. Fit for Golf L2 Robert								
3:30	SGT-TRX Express L1- Julia	3:00PM SGT-Ref. Boot Camp L2- Eve	SGT-TRX Exp. L1- Julia	SGT-TRX Exp. L1- Julia			Basic Conditioning L1- Kathryn	3:00PM SGT-Ref. Boot Camp L2- Eve				
4:00	4:00pm SGT Healthy Back L2- Kathryn	SGT-Ref. Special Pop. L2- Eve	4:00pm SGT Healthy Back L2- Kathryn	SGT-Ref. Special Pop. L2- Eve			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				Yoga for Osteo L1 (5:30-6:45)- Susan	
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

WellFit Group Exercise Class Descriptions

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

Each class is \$3.50, effective May 22.

BALANCE EXPRESS L1: A 30-minute class designed to help improve balance. Class is taught as a group with the use of the chair and guided balance stations.

BALL & MORE L2: This class promises to deliver exercises for balance work, 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 then 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: 10-minute intervals of easy to follow cardio moves to music with five minute intervals of balance, strength and toning exercises.

CARDIO DANCE & SCULPT L3: A fun, high energy dance aerobic workout which blends aerobic activity and sculpting exercises. Enjoy music that you can really move 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!

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!

INTERVAL STRENGTH L2: Take your workout to the next level with this fun and challenging class. Strength training and cardio exercises are combined in an interval style 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!

PLATINUM-WATER IN MOTION L2: Is 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.

Please see "Class Descriptions" on page 101



Traffic Situation in Sun City Lincoln Hills Tuesday, May 20 — Free

2:00-4:00 PM, Ballroom (OC). Lincoln's Mayor Gabriel Hydrick and Police Chief Rex Marks are today's speakers. A top priority is providing for the public's safe travel. Community travel methods have diversified from the usual motor vehicles to include low-speed vehicles and bicycles. In order to keep our community safe, inviting and accessible, this mandates a broader understanding of traffic operations. During today's presentation, SCLH residents will have the opportunity to hear about some of the challenges associated with safeguarding the public's safety, including what steps we can take to ensure that your next trip does not end in personal injury or property damage. Q&A follows.



Brain Drain: "Where Did I Put my Keys?" Wednesday, May 28 — Free

7:00-8:30 PM, Ballroom (OC). Just like the rest of your body, your brain loses agility as you get older. Even by making brain healthy life choices, such as staying physically active, implementing a healthy diet and remaining mentally and socially active, you can still suffer a decline in cognitive function. Internal medicine specialist Dr. Homler will explain normal and abnormal declines in memory and will define the different types of dementia including Alzheimer's, Lewy body disease, fronto-temporal dementia and more. He'll also discuss reversible forms of dementia, how dementia is diagnosed and treatment options for dementia. Last, he'll cover care for the caregivers and how to recognize symptoms of caregiver stress and steps to take care of yourself while you are caring for another.



Life — Here, There, and Everywhere?! Wednesday, June 4 — Free

7:00-8:30 PM, Front Ballroom (OC). Earth is a dynamic place with water, plants and animals that live in areas from the frigid arctic to the driest deserts. What happens when you explore life beyond Earth? John Neil takes us to Mars and discusses the planets potential for life. John Combes will



take a look at exoplanets (planets around other suns) that could provide a hospitable environment for life. Morey Lewis will discuss the concept of a multiverse and notes that the ancient Greeks also discussed the possibility of multiple worlds and universes.

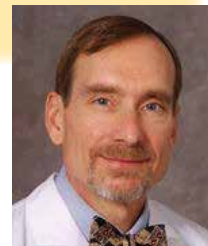
Adapting to Aging in SCLH Tuesday, June 24 — Free

2:00-4:00 PM, Front Ballroom, OC. Do you need information and guidance to meet the predictable challenges to aging in SCLH? What's next? *Adapting to Aging in SCLH* is designed to empower our residents to plan for and navigate through aging in this community. *Living Through Transitions* can help you understand the predictable challenges of aging and *Resource Connectors* can link you to resources and services you need during a transition. Learn about both from the principals. Q&A to follow.



Shakes, Tremors, and Staggers: Movement and Balance Disorders Wednesday, June 25 — Free

7:00 PM, Ballroom (OC). There are many conditions that could be listed under the topic of movement and balance disorders. Dr. Calvin Hirsch, Internal Medicine Physician with a sub-specialty in Geriatrics will address movement and balance disorders which will include (but is not limited to) Parkinson's disease and Multiple Sclerosis and other conditions which can involve tremors, staggering gaits, and muscle weakness. He will address functional status and various treatments for these conditions and suggest methods to prevent functional decline.



Tablet and Smartphone Health History with GenieMD App Wednesday, July 9 — Free

6:30-7:30 PM, Ballroom (OC), Dr. Soheil Saadat, Ph.D., Founder & CEO GenieMD, Inc. will explain how the new health management paradigm and technology innovations are needed to face the significant healthcare challenges like diabetes or hypertension. The award-winning GenieMD mobile app combines many features to



Continued on the following page

Continued from the preceding page

make it easier for patients to share information with their healthcare providers and to manage their health anywhere, anytime and on any device. It gathers Medical Record Data from doctors and hospitals, Integrated Data from Wearable Fitness Devices, Vitals Trending, Medication Tracking and In-app Refill Request and more. GenieMD is available on iOS and Android devices.

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 Entertainment section, page 51.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Traffic Situation in Sun City Lincoln Hills Tuesday, May 20, 2:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Tablet and Smartphone Health History with Genie MD App Wednesday, July 9, 6:30 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Brain Drain: Where Did I Put my Keys? Wednesday, May 28, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Lifestyle Speaker: Laughter — Secret to Long, Happy Life Wednesday, July 16, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Life – Here, There, and Everywhere?! Wednesday, June 4, 7:00 PM, Front Ballroom (OC) 	<ul style="list-style-type: none"> • 100 Years: World War One and Today Tuesday, July 22, 1:30 PM, Front Ballroom (OC)
<ul style="list-style-type: none"> • Adapting to Aging in SCLH Tuesday, June 24, 2:00 PM, Front Ballroom (OC) 	<ul style="list-style-type: none"> • Challenges in Dealing with Chronic Pain Wednesday, July 30, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Shakes, Tremors & Staggers: Movement & Balance Disorders Wednesday, June 25, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Federal Budget Overview Thursday, September 4, 9:30 AM, Presentation Hall (KS)

WellFit Group Exercise Class Descriptions

Continued from page 99

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.

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 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.

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Meghan Louder 625-4043 meghan.louder@slhca.com

•The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti tina.ginnetti@slhca.com

Hours

Orchard Creek & Kilaga Springs Lodges

Monday-Friday 8:00 AM-9:00 PM

Saturday 8:00 AM-9:00 PM

Sunday 8:00 AM-5:00 PM

Activities Registration: OC & KS

Monday-Friday 8:00 AM-8:00 PM

Saturday 8:00 AM-8:00 PM

Sunday 8:00 AM-4:00 PM

Administration Offices & Membership

Monday-Friday 8:00 AM-4:00 PM

Saturday (First only) 8:00 AM-12:00 PM

Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday — OC 7:00 AM-8:00 PM

Saturday/Sunday — KS 6:30 AM-6:00 PM

Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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Website: lincolnhillsgolfclub.com

Regional Manager, LH Golf Club

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bgeppert@billycaspergolf.com

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Resident Writers: Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Al Roten, Shirley Schultz, Gay Sprague

Layout/Design: Aspen TypoGraphix **Printing:** Fruitridge Printing

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