



# Compass

The Official Magazine of Sun City Lincoln Hills

November 2014

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Season Joy... page 19**

**Fifteenth Anniversary Parade &  
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### On the cover

The annual Crab Feed was enjoyed by 750 residents and guests. This is just one of the many events put on by your Food & Beverage Department. Read page 9 to learn more about catering options

## Board of Directors Report

Ken Silverman, President, SCLH Board of Directors

*“You can design and create, and build the most wonderful place in the world. But it takes people to make the dream a reality.” Walt Disney*

We have been fortunate that our Executive Director, Bob Cook, has lead his team with the attitude of empowering them to reach beyond the norm and work to enhance the lifestyle we all enjoy. Earlier this year, Bob announced he would be retiring at the end of 2014. Since his announcement, the Board of Directors has worked to find a new Executive Director.

The process began with the Board development of a new job description. Then the Board held an open workshop for residents to provide what they felt the Executive Director’s characteristics should include. The job was then posted to The Association of Community Managers (CMCA) website. The response was impressive with 38 resumes received from as far away as the Philippines, Florida, New York and the Sacramento area. The Board reviewed and evaluated those that fit the required qualifications and then the top four were chosen for inter-

views. We were impressed with the candidates and pleased that several noted that our community is highly regarded with a reputation for being well managed as well as physically beautiful.

After we finished the interviews, we agreed that one candidate rose to the top. In business it is good to promote from within if a candidate meets the requirements and has the necessary

qualifications. We have such a candidate—Chris O’Keefe—the current Senior Director of Facilities and Maintenance. Chris has been an integral member of Bob’s team and has been an employee for over 12 years. He has worked with the Board and our committees on several major projects and we have seen the breadth of his experience

and knowledge on many occasions.

Please join me in congratulating Chris O’Keefe who will take over as our new Executive Director in December of this year.

Finally, on behalf of the Board of Directors, we want to wish Bob Cook continued health and happiness as he heads off to improve his golf game!



Chris O’Keefe and Bob Cook

### Elections Committee

## The Race is On! Get Involved, Make a Difference

Elections Committee



Six candidates have come forward to run for the four seats to be filled in our 2015 Board Of Directors election. The following candidates (in order of when they filed for candidacy) are:

- Molly Seamons
- David Conner
- Denny Valentine
- Jim Leonhard
- John Kightlinger
- Donald De Santis

Two are incumbents, two are resi-  
Please see “The Race is On!” on page 5

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

What a great 15 year celebration! We hope you enjoyed the festivities. Special thanks to the 15 year committee, Carol McGara and Marlene Wenzler for their coordination of decorations, music and volunteers and to Barbara Greenfield for

her coordination of the parade including 48 parade entrants and over 31 volunteers. Our thanks also go out to Lincoln Volunteer Police volunteers, especially Rich Ragan and Roy Osborne, for working with staff, Barbara, and volunteers to ensure a safe parade route; and to the city of Lincoln for their cooperation and assistance with road blocks. We thank the members of the Photography Group, led by Jeff Andersen, president, for taking outstanding photos during the event and making



Above, Marlene Wenzler and Carol McGara; right, Barbara Greenfield



Please see "Connections" on page 44

## Calendar of Events

November 15-January 31

Date	Event	Page #
11/17	Astronomy Group: "Infant Galaxies"	25
11/17	Astronomy Group: "Galaxy Evolution"	25
11/17	Genealogy: "Using HeritageQuest.com"	31
11/17	Forum: Climate Change Update 2014	96
11/18	Lincoln Mayor discussing Lincoln Transportation Plan	33
11/18	Bus Trip: Jersey Boys at Community Center Theater	60*
11/19	Ways to Reduce Caregiver Stress During Holidays	25
11/19	Bus Trip: Beach Blanket Babylon	60*
11/20	Book Discussion: The Unlikely Pilgrimage/Harold Fry	27
11/20	President of McClellan Chiefs Group will discuss Group	39
11/20	Bus Trip: San Francisco 49ers Levi's Stadium Tour	60*
11/20-22	Players Group presents "Cinderella"	35, 47
11/24	Concert: The Magic of Music with Richard Glazier	47
11/24	Reducing Food Clutter/Waste; Healthy Thanksgiving	31
12/02	Bus Trip: Filoli Gardens—Holiday Traditions	60*
12/03	Bus Trip: Beach Blanket Babylon	60*
12/04	Show: A Christmas Carol with Duffey Hudson	51
12/06	Bus Trip: Lucero Olive Oil—Winter Crush	60*
12/07	Bus Trip: Victorian Christmas	51*, 60*
12/08	Concert: A California Cowboys' Christmas	48
12/09	Bus Trip: Speaker Series Yo-Yo Ma	60*
12/10	Bus Trip: San Francisco Holiday Shopping	60*
12/11	Overnight: Sierra Winter Train	60*
12/13	Bus Trip: San Francisco Holiday Shopping	54
12/14-16	Community Chorus presents Winter Fantasy	47
12/17	Bus Trip: Kinky Boots	60*
12/19	Bus Trip: Cornish Christmas	51
12/20	Grandkids Event: Grandkids Santa Adventure	51
12/30	Bus Trip: Broadway Series, Dirty Dancing	54*
01/05	KS at the Movies—"Frozen"	53
01/06	Bus Trip: San Francisco 49ers Levi's Stadium Tour	54
01/08	Bus Trip: Colusa Casino	51
01/09-10	Vaudeville Troupe presents "Golden Revue"	47
01/11	Bus Trip: Cirque Du Soleil	54*
01/12	Document Destruction	43
01/13	Forum: Senior Financial Abuse, How to Protect Yourself	96
01/14	Resident speaker: Stem-cell surgery/trial research	30
01/14	Bus Trip: The Legion of Honor	53
01/15	Concert: British Invasion	48
01/19	Bus Trip: Chabot Space and Science Center	53
01/20	Comedy Night at KS: Stephen B	47
01/20	Forum: "You Make the Call—2014 College Update"	96
01/27	Bus Trip: Joseph and the Amazing Tech. Dreamcoat	54*
01/28	Music Group meeting: Perform or enjoy the music	33
01/28	Forum: Translation Please: Advances in Stroke Care	96
01/30	Concert: The April Verch Band	48

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

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

November 15-December 31

New Resident Orientation.....	Tuesday, November 18, 1:00 PM
Finance Committee Meeting.....	Wednesday, November 19, 9:00 AM
Golf Cart Registration.....	Thursday, November 20, December 4 & 18, 9:00 AM, OC Lodge
Board of Directors Meeting.....	Thursday, November 20, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, November 20, 10:30 AM
Board of Directors Executive Session.....	Thursday, November 20, 11:00 AM
ARC/Architectural Review Committee.....	Monday, November 24, 9:00 AM
CCOC/Clubs & Community Orgs. ....	Tuesday, December 2, 9:30 AM
Compliance Committee Meeting.....	Wednesday, December 3, 10:30 AM
Elections Committee.....	Friday, December 5, 10:00 AM
ARC/Architectural Review Committee.....	Monday, December 8, 9:00 AM
Properties Committee Meeting.....	Tuesday, December 9, 1:00 PM
Listening Post.....	Wednesday, December 10, 9:00 AM
CCRC/Communications & Commun. Rel. ...	Friday, December 12, 9:30 AM
Finance Committee Meeting.....	Wednesday, December 17, 9:00 AM
Board of Directors Meeting.....	Thursday, December 18, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, December 18, 10:30 AM
Board of Directors Executive Session.....	Thursday, December 18, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

### Holiday Hours of Operation by Department

	Administration	Activities Desk	Fitness	KS Cafe	Meridians	The Spa at KS
Thurs., November 27	Closed	Closed	6:00-11:30 AM	Closed	Thanksgiving Feast	Closed
Fri., November 28	Closed	10:00 AM-3:00 PM	6:00 AM-5:30 PM	6:00 AM-3:00 PM	Normal hours	Normal hours
Weds., December 24	8:00 AM-2:00 PM	8:30 AM-1:30 PM	6:00 AM-2:30 PM	6:00 AM-1:30 PM	7:00 AM-2:30 PM	9:00 AM-2:00 PM
Thurs., December 25	Closed	Closed	Closed	Closed	Closed	Closed
Fri., December 26	Normal hours	8:30 AM-4:00 PM	Normal hours	Normal hours	Normal hours	Normal hours
Weds., December 31	8:00 AM-2:00 PM	8:30 AM-1:30 PM	6:00 AM-2:30 PM	6:00 AM-1:30 PM	New Year's Eve Event	9:00 AM-2:00 PM
Thurs., January 1, 2015	Closed	Closed	6:00 AM-5:30 PM	Closed	Brunch Event	Closed



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## Nine Great Years

Bob Cook, Executive Director, SCLH Community Association

As most of you know by now, I have decided to retire at the end of this year.

It was a difficult decision made harder by the great people at Sun City Lincoln Hills that I have had the pleasure to be around. There are so many people to thank.

Thank you, to all the residents who get along so well with each other. Quietly coming and going in the various facilities of the Association. You all create a culture of courtesy, respect and passion for interests and recreation unmatched in my experience. I have visited many large Associations, most populated by youngsters, and they do not demonstrate half the energy and positive outlook that you do. Because of you and your day in and day out support, you have wonderful and well maintained facilities, are financially sound, have plenty to do, and a staff of employees who love to be here. You create the value inherent in Lincoln Hills. It has been an honor to be around you.

Thank you, to all the volunteers who show up whenever needed to just get things done. Whether it is stuffing the *Compass*, setting up for the parking lot sale, hosting a bus trip, or welcoming new neighbors to your Village; there are too many to list, but you know who you are. You are, and will continue to be, the quiet engine that is the Community. There are also those that volunteer in the greater Lincoln community. You are out there supporting seniors, libraries, law enforcement, schools, kids, emergency preparedness and more. It has been a tough few years for Lincoln; your efforts have sustained the qualities that made Lincoln an All American City. It has been an honor to watch all of you do your work.

Thank you, to that special category of volunteers in Lincoln Hills that handle the governing of this community. The Board of Directors and Committees, past and present, support paths to success that benefit everyone who lives here. I have had the pleasure of serving about 20 different

Board members and maybe 60 people serving on committees. These people put in countless hours working and making the tough decisions providing direction and support for their fellow residents and staff that insures the continuation of the value and lifestyle that Lincoln Hills delivers. It has been an honor to be able to work with you.

Lastly, thank you to the 180 committed team members who come to work every day. They are a strong, consistent and creative bunch. So much of what they do sometimes goes unnoticed. They are always looking for better ways to keep the lifestyle fresh, fix it when it breaks, get more for less and smile wider. The team does not need to be told to do this; it is just what they do. As Executive Director, I just appreciate being able to stay out of their way and watch them go. I struggle to keep up. It is an honor to have been able to grow and learn with you.

It has been the highlight of my career to be a part of the best community in America and I am proud of what you all have created here. I will miss it.

## The Race is On!

Continued from page 2

dents who have previously served on the Board, and two are new to Board candidacy. This is a fine panel of people who want to help keep Lincoln Hills the well run and wonderful community that we so much enjoy.



It is now time to get to know these candidates and decide who should serve on our Board for the next two years. **The race is on!** Pick the four candidates you want to back and support their campaigns. You may support your candidates by donations, sponsoring coffee

gatherings, posting campaign signs, or contacting friends to get out the vote in January.

**We encourage all of you to come to the candidate forum sessions to learn more about each candidate. The Association will hold three sessions:**

- **Forum Session 1**  
— January 14 • 10:00 AM  
Presentation Hall (KS)
- **Forum Session 2**  
— January 16 • 2:00 PM  
Presentation Hall (KS)
- **Forum Session 3**  
— January 17 • 6:00 PM  
Presentation Hall (KS)

Ballots for this election will be mailed the week of January 12. Election materials will be made available in Lodges concurrent with the release of the December *Compass* on December 15.

**Make a difference! Help your candidates run the race! Be an informed voter!**

## Your December Association Dues Statement

Your December Association Dues statement will include the new amount due for the first quarter of 2015. If you pay your quarterly dues with your bank's bill payment service, please change the amount to the new quarterly dues payment of \$324. If you pay by check please enclose the new amount. We will automatically change the quarterly dues payment for homeowners who use our Preauthorized Electronic Payment Service.

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**Activities News & Happenings**  
**Yes! Yes! Yes!**

*Lavina Samoy*  
*Lifestyle Manager*

Still reeling from the Giants' World Series win, I am inspired by how they beat all the odds and brought home their third World Series trophy in five years. They did it by believing in one another. Their strong faith in teamwork—everyone contributing and helping each other to be better—separates them from the rest.

The Activities Department follows the same maxims. We work as a team, each one an integral part of the success of the department. I would like to recognize and thank them:



**Katrina Ferland, Trip Coordinator**, who has elevated the expectations of residents for what a hassle-free and exciting trip means.



**Betty Maxie, Class Coordinator**, who constantly searches for new classes and excellent instructors in addition to maintaining regular programs within her 20-hour work week.



**Deborah Meyer, Entertainment Coordinator**, introducing fresh concepts and delivering our traditional events with great professionalism, and she's barely nine months on the job!



**Shelvie Smith, Room Booking Coordinator**, who handles the challenging job of facilities reservations for both Lodges, always with a smile.



**Lily Ross, Assistant Lifestyle Manager**, the backbone of our online and in-person sales programming as well as the captain of our 13 awesome monitors.

Finally, our Activities Monitors whose attention to detail is the key to keeping our Lodges and daily business in order.

A big thank you also goes to our extended team members: volunteers, instructors, vendors, the entire Association, and residents, for your wonderful recommendations and support of our offerings.

Speaking of offerings, support the **Players Group's Cinderella on November 20-22 (page 47)** and **The LH Community Chorus's holiday concert "Winter Fantasy" on December 14-16 (page 47)**. Celebrate the holiday with a trip to **Cornish Christmas on December 19 (page 51)**. Get the story behind three beloved holiday movies, "A Christmas Carol," "A Christmas Story," and

"It's a Wonderful Life," presented by **Ray Ashton, December 3-17 (page 69)**. Tickets are still available for **A Christmas Carol with Duffy Hudson, December 4 (page 51)** and **A California Cowboy's Christmas, December 8 (page 48)**. Bring your grandchildren to our annual **Santa Adventure on December 20 (page 51)**.

And if you're looking to welcome 2015 with lots of verve and fun, sign up for the best New Year's Eve party this side of town, our "007 New Year's Eve Ball" complete with fireworks, dancing, and gaming, **Bond style, December 31 (page 46)**.

Just like my favorite Giants, I am thankful for belonging to a winning community! Happy Thanksgiving everyone!

**The Dog Ate My Homework!**

*David Stone*  
*Compliance Committee Chair*

The above is the classic excuse that school kids have used for generations to try to get out of trouble. No real statistics, but I bet the chance of success of that excuse is close to zero.

Your Compliance Committee hears another version of a weak excuse when a homeowner, faced with a violation notice or hearing, states:

*"My contractor [painter, handyman, landscaper, vendor, etc.] said I could do this project without any approval or application to the homeowners' association. He told me he has done this project many times in Lincoln Hills and everyone else does it without worrying about the rules of the community."*

I'm sorry to say that the chance of success of the above excuse if presented to the Compliance Committee is absolutely zero!

If you hear a comment like this from a contractor or landscaper, **run the other way and do not sign a contract or give him any money!** Any responsible contrac-

tor should know that there are mandatory rules that must be followed to determine if a project is permitted in a community like ours, that is subject to CC&Rs.



The consequences of proceeding with a project that needed prior approval are dire. The homeowner (not the contractor) will face continuing fines until the violation is remedied and could be required to undo the project at obviously great expense. Be aware that the Association has no authority to require the contractor to remedy the violation and the homeowner would probably face an uphill battle seeking recompense from the contractor.

Simply stated, before starting a project please contact Cecilia Dirstine, Community Standards Manager, at 625-4006 or [Cecilia.Dirstine@sclhca.com](mailto:Cecilia.Dirstine@sclhca.com). She will give you a quick heads-up on whether you need approval and how to go about it.

[Note: This article was first published several years ago, but it bears a revisit.]

**Did You Know?**

We have 18 Fitness Trails, none of which are located on the Lincoln Hills golf courses. Walking on the golf cart paths in the golf courses opens

walkers to the risk of head and eye injuries as golf drives can travel over 125 mph. Please utilize our varied trails for your enjoyment.





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**WellFit News**

**Holidays are Right Around the Corner**

*Deborah McIlvain, WellFit Manager*

With Thanksgiving coming soon and Hanukkah & Christmas just around the corner, please don't get lost in the "holiday hustle." The holiday season is supposed to be about friends, family, and celebration—not rushing, eating, and being forced to "socialize." Take time for yourself, enjoy those around you, and be grateful for all that you have.

If you're looking to find that perfect gift, stop by the retail corners at the OC and KS Fitness Centers. We have new fall merchandise and fitness packages that are dressed up into a pretty holiday box all ready to give the gift of fitness.

**Holidays Do's & Don'ts**

**Do: Workout in the AM.** Just because it's the holiday season doesn't mean you should skip the gym. In fact, knowing you're likely to be enjoying a little extra food is all the more reason to stay active and burn calories. And if you get it done right away in the morning, you have it out

of the way and you don't have to worry about trying to find time to fit it in later.

**Do: Eat Breakfast.** Make sure you eat breakfast before you head out for the morning. Starting your day off with a healthy breakfast will jump start your metabolism, prevent the lunch "I'm starving" binge, and make sure you are full of energy for your day.

**Don't: Drink your calories**—Hot Toddlies, Eggnog and Wine Oh my! Instead of drinking cocktails all night, eat a healthy dinner and sip on cocktails. The fact is alcohol is doubling disastrous for your waistline. Think each drink is about 300 calories if you have three drinks that's 800 calories and alcohol increases the likelihood that you'll end up overindulging in those yummy desserts.

**Do: Drink lots of water.** You don't want to limit your intake of this liquid. By keeping yourself hydrated throughout the day, you'll be more inclined to only "pick" at treats, because you'll feel more full and less likely to mistake thirst for hunger.

**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 HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address located on page 98.

- ARC/Architectural Review Committee
- CCRC/Communications & Community Relations Committee
- Finance Committee

**Mark your Calendars**

**Thanksgiving Hours** for Fitness Centers (OC/KS)

- Thursday, November 27, 6:00-11:30 AM
  - Friday, November 28, 6:00 AM-5:30 PM
- Registration** starts at 8:00 AM December 17 at Fitness Centers and online.

**WellFit Classes pages 73-92 • WellFit Class Grids pages 93-95**

**Catering Venues and Menus Lincoln Hills Has It All!**

*Nina Mazzo, Roving Reporter*



Milestone birthday? Memorable event? Magical occasion? We have the venue and menu! Our Catering Department will work with you from beginning to end. Let's meet the people behind the scenes

and consider how you can take advantage of their catering services.

Jerry McCarthy, Director of Food & Beverage, leads the entire team: Meghan Louder, Catering Sales Manager; Don Giles, Banquet Manager; Chef Roderick and catering Sous Chef Ian Elieff oversee food preparation; and finally the catering wait staff is trained for special events.

Our community has a wonderful selection and variety of venues to accommodate large and small events. They include: the full OC Ballroom, the front part of the Ballroom, breakout rooms, the Solarium, and Secret Garden; the Amphitheater, and patio; in Kilaga Springs Lodge, the Multipurpose Room and patio near The Spa; the Sports Pavilion (when hot, there are



*Secret Garden*



*Anglers Cove*

misters and shades); Anglers Cove (lovely setting for a small event).

You even have the option of catering in your own home. They can either do a drop off service at your house (food is brought to you and you serve) or they can setup a bar, provide the staff, and serve the catered

*Please see "Catering" on page 45*

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by **KEVIN PAGAN**

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## Preparing for Dry Times

Bill Attwater, Properties Committee Chair

The common property here in Lincoln Hills continues to look good. Flowers have been planted on time and the grounds look well tended. But this did not happen by luck. It took planning and attention to the vagaries of our weather. If you drive around our properties, you may notice that what used to be green grass has been replaced by drought tolerant plants that receive water at a reduced rate. This replacement is ongoing

and will continue indefinitely.

Another way to save water is to reduce the size of the opening of the device that delivers the water. So there is a systematic reduction of the “aperture” size on all the nozzles delivering water to curb strips (narrow strips of grass between sidewalks and curbs) throughout the property. To make the foregoing work effectively, there is a constant probing of turf areas to monitor soil moisture. The end result of these changes will be a constant review of the computerized irrigation schedules. Water

will be applied only when it is needed, not on some inflexible watering schedule.

There are many things we can do as homeowners to save water and at the same time reduce our monthly water bill. The easiest is to do only full loads in the dishwasher and the washing machine. Plant drought tolerant plants—see the list of such plants in the carousel next to the main desk at Orchard Creek Lodge.



## Keeping an Eye on the Ball

Mike Creasy, Finance Committee Chair

As we celebrate the 15th year of SCLH, I think you’ll agree things are going pretty well. Many initiatives have been put in place since we became independent from

transferred from the ADA/Construction settlement fund. This total will be lower at year-end as we pay out funds already allocated to scheduled maintenance, repairs, and replacements.

At our most recent meeting, the Finance Committee heard a presentation by our investment advisor, UBS, who reported a substantial improvement in returns compared to the last few years. Some fine tuning to the Association’s reserves investment policy was recommended by the Committee and approved by the Board. We are confident the changes will maximize available earnings while maintaining the policy’s principal focus, which is preservation of capital.

There will be an opening on the Finance Committee in February, and we encourage all interested residents with appropriate experience to apply. Forms are available online or at the OC desk.

Questions or Comments? Please email [finance.committee@sclhca.com](mailto:finance.committee@sclhca.com). The next regularly scheduled Finance Committee meeting is November 19 at 9:00 AM in OC Lodge.

Pulte and we are pleased to report that our financial condition is excellent. As we approach 2015 though, we continue to look for more ways to improve our product, which, in this case, is the value we are getting from our monthly dues.

We had another good month in September, but perhaps more importantly, we are looking good on a year-to-date basis. In total for the month we were \$8,115 better than budget, with Activities, Maintenance, and Landscape showing big positive variances to budget. YTD revenues exceed expenses by \$235,216, or \$365,401 better than budget. Cash in our Operating Fund was \$3,775,073 and the Reserves Fund totaled \$6,388,003 including \$922,000



## Aging Well

### The Predictable Challenges

Shirley Schultz, Health Reporter

When you moved to Lincoln Hills, did you think this was the last move you will ever make? When you moved here, did you consider that a time might come when you can no longer safely drive? Have you found yourself wondering if you are going to outlive your money? Did you anticipate that at some point your health would decline so that you cannot do the things that you used to do or want to do? Did you consider that your spouse, other family member, or a good friend on whom you were counting for support might become incapacitated or die before you do? And the list goes on.

There is no way to make light of these predictable challenges that come with aging. The challenges do not go away even if we do not ask the questions or pretend that life changes are not occurring. Statistically, only about ten percent of us will die suddenly, possibly without ever having to face most of these challenges. That leaves about 90 percent of us who will, at some point, have to deal with some very complex and difficult life transitions. We do not have to be unhappy or miserable during these transitions, and we do not have to be isolated. There is help, and it is right here in Lincoln Hills.

Help is in the form of *knowledge*. Sir Frances Bacon is attributed with coining the phrase, “Knowledge is power.” This means we are empowered by gaining *knowledge*. Please see “Challenges” on page 44



### Statement of Operations YTD — 9/30/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$5,727,868	\$5,721,345	\$6,523
Administration (Expense)	(1,455,843)	(1,488,621)	32,778
The Spa at Kilaga Springs	49,062	42,233	6,829
Fitness	(272,869)	(270,883)	(1,986)
Activities	(71,124)	(178,786)	107,662
Rec. Center / Maintenance	(1,804,849)	(1,930,115)	125,266
Landscape Maintenance	(1,877,478)	(1,974,435)	96,957
Food & Beverage	(59,551)	(50,923)	(8,628)
Capital Asset	0	0	0
<b>Net Revenues (Expense)</b>	<b>\$235,216</b>	<b>(\$130,185)</b>	<b>\$365,401</b>

## Make Your Meridians Holiday Reservations Now!

Jerry McCarthy, Director of Food & Beverage

[www.facebook.com/MeridiansRestaurant](http://www.facebook.com/MeridiansRestaurant) [www.twitter.com/Meridians\\_SCLH](http://www.twitter.com/Meridians_SCLH)



Don't be late making your reservations at Meridians for a wonderful feast for family and friends on **Thanksgiving Day**, November 27 from 12:00 to 4:00 PM. Reservations are limited and we don't want you to miss out.

Adults are \$29.95 and kids 7-12 are \$12.50

(plus tax & service charge). Everyone under six years of age or over 90 years old is *free!* Come and enjoy the slow roasted free range turkey & carved filet mignon, stuffing, seasonal vegetables, soup station, and so much more. Always leave room for one of Chef Roderick's wonderful desserts. All non-alcoholic beverages are included at no additional charge. The entire Thanksgiving Feast menu is available at the hostess stand or at [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com).

It's not too late to finalize your plans for the **holiday season**. Call Sales Manager Meghan Louder at 625-4043 to reserve your room and arrange all the details of your successful holiday event. Keep in mind that Orchard Creek Lodge and Meridians can handle all of your holiday wishes. We

offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work! Also, please contact Kristy Woodin at 625-4040 for your group holiday parties (for under 20 guests) being held in Meridians.

*The culinary team is baking pies every day November 20 to December 30*



Meridians "Ye Old Pie Shoppe" will be open before you know it. To order warm, out-of-the-oven pies please call 625-4040. We will be offering pumpkin, apple, and pecan pies. All pies are only \$7.75. They make a perfect gift when visiting with family or friends. The culinary team is baking pies everyday starting November 20 until December 30. Order yours today!

*Please see "Meridians" on page 23*



*We purchased over a ton of fresh crab for this year's annual Crab Feed*

### The Spa at Kilaga Springs

## Pumpkin, Cinnamon, Apples and More!

Experience our fall massage specials

Jori Richards, Manager, The Spa at Kilaga Springs

[www.facebook.com/SpaAtKilagaSprings](http://www.facebook.com/SpaAtKilagaSprings) [www.twitter.com/KilagaSpa](http://www.twitter.com/KilagaSpa)

It's a pleasure to introduce myself to the Lincoln Hills community and *Compass* readers. I am the new manager at The Spa at Kilaga Springs. I have been in the spa industry for 10 years as a licensed cosmetologist. I've owned my own business and also managed medical spas and day spas. Being able to enjoy this beautiful facility and wonderful staff has given me great hope and confidence that we will continue to provide the luxurious treatments that The Spa at Kilaga Springs is known for in the Lincoln community.

We are now settling into autumn's cooler days and chilly nights. During this time of the year our bodies are thirsting for warm hands to heal our achy muscles, aromas of cinnamon and apple, and nourishing vitamins to give a glow to our dry summer skin. For the month of November, The Spa at Kilaga Springs is offering two

amazing services to prepare you for your fall/winter holidays!

Our **Sweet Pumpkin Bliss** massage will gather your holiday senses to not only relax you, revitalize, and restore your tired, stiff, achy muscles, but it will also bring you into the holiday spirit of giving thanks! This massage is accompanied by a fresh-farmed pumpkin and apple spice scrub leaving your skin exfoliated, moisturized, and rejuvenated. Chinese medicine has long revered cinnamon as a super spice used to treat colds and indigestion and to improve energy, vitality, and circulation. Research has suggested that combining traditional Swedish massage with cinnamon and apple infused aromas may actually help ease a migraine and reduce a majority of headache symptoms. The apple's scent has also been found to ease the feeling of anxiety. Combining massage

with the smell of fall will have you leaving here blissfully relaxed.

Autumn is the best time of year to refresh sun-damaged skin! The Spa is now offering our traditional **Pumpkin Peel Facial** for the month of November! Pumpkin is known to produce healing and nourishing properties that will benefit all types of skin.



Pumpkin, a member of the squash family, contains antioxidants to help soften and soothe the skin, boost collagen, and prevent the signs of aging. What better way to start the holiday season! This facial will exfoliate, brighten, and restore your skin.

We look forward to seeing you at The Spa. Call today for appointments!

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**2015**

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Thank you to  
Photography Club Members:  
Jeff Andersen  
Jim Klein  
Klara Kleman  
Brad Senn  
Gary Stevens





## Ben Baker

**“Techie” extraordinaire**

*Doug Brown, Resident Editor*

Have you noticed an amazing improvement in our resident websites over the last few months? In the delivery of online videos of lectures and forums? In *Compass* photography? In Meridians, Spa, and Association marketing?

Credit these innovations to Ben Baker, Advertising and Promotions Manager, who has been lighting up our lives in Lincoln Hills since his arrival late last year. With a

T-shirt sporting signatures of NFL and Hollywood celebs. Speaking of Hollywood, he was a videographer for the “Bachelor” TV series. Just before coming to SCLH, Ben was Executive Director of Advertising and Marketing for Sacramento’s Casino Royale, and among his innovations was the establishment of social networking sites for the Sacramento casino industry.

Ben’s role on our staff has been, among other things, to improve the functioning of our resident websites—there are five now: public, resident, OC Lodge, Meridians, and the Spa at Kilaga Springs. With his two part-time supervisees, he has made a remarkable impact on our technological functionality. With improved web design, search capability, Google analytics, videos, and animated visual effects, Lincoln Hills is clearly “up to speed” now in our cyber capacities! Even those of us who may be a tad technologically challenged have noticed marked enhancements of the “face”

of Lincoln Hills, thanks to Ben’s multiple talents and skills.

Remember, Ben was an aerial photographer in the Navy? Well, he still is (just not in the Navy), in the form of our latest gadget, the Phantom II camera-wielding quadcopter that has already been a boon to marketing, aerial landscape analysis, and special event photography, not to mention a couple of fabulous *Compass* covers! Ben noted that the Phantom “captures the beauty” of Lincoln Hills, something his artistic eye immediately caught when he first visited our site.

Thank you, Ben!



*Ben’s creative and technical talent come alive on the computer screen where promotional ideas take shape*



*Ben flies the Phantom to capture overhead views for the Association’s facilities and events*

plethora of experience in all things technological—years of working with multimedia, web design, cinematography, 3D modeling, digital animation, search engine optimization... and more—Ben brings zest and verve to Lincoln Hills!

But this techie whiz is no desk-bound geek who’s been hunched in front of a computer screen all his life. After receiving his college degree in Media Arts, Ben served in the Navy piloting a guided missile destroyer that performed anti-drug operations. One of his Navy roles was as a combat photojournalist and aerial photographer. He was an NFL field photographer and videographer—with a



### Internet Insight

## Mobile Website Menus and You

*Ben Baker, Advertising & Promotions Manager*

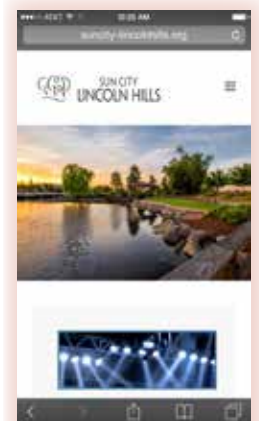
Last month I wrote an article on how to make the Resident website your homepage. This month I will show you what mobile responsive website menus look like and how they affect your web browsing experience. The screenshots taken for this article were displayed using the new Apple iPhone 6.

### What are Mobile Website Menus?

Mobile menus are represented by three horizontal lines ≡, traditionally in the top right or left corner of most modern mobile responsive websites. They help to free up screen real estate and allow for the most important content or imagery

to be displayed. With internet technology increasing each day, it can sometimes be difficult to digest the latest web trends. For some people they may visit a website and completely miss viewing the little three line icon, and scream “Where’s the navigation menu?” So hopefully this article will clear up any confusion in regards

Please see “Mobile Website Menus” on page 96



*Notice the mobile menu in the top right corner of the SCLH public website*






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## Delivering Holiday Season Joy

Service Clubs, Salt Mine, and Semper Fi

Al Roten, Roving Reporter

Again the collection boxes are in our Lodges and around town inviting us to deposit staple food items or unwrapped toys. It takes endless volunteer hours to bring these wonderful community efforts to us and the needy families of Lincoln. We have several hard working senior groups who work to carry



out very successful campaigns to feed families in need and make this a time of joy for others.

The Lincoln Kiwanis Club will be selling See's Candy in Orchard Creek Lodge and a store in the Safeway Center until a day or so before Christmas. This is a great time to conveniently buy your holiday candies for consumption or gifts and also buy an extra box for the "See's For Soldiers Program."

Lincoln Lions Host Club, Lincoln Rotary, and the Semper Fi Association will again work with the Salt Mine and local schools to identify and fill family and senior needs of the season. You can help in these efforts by either joining these organizations or contributing food, toys, or money to them.

Christmas food boxes and toys will be distributed to more than 500 local families. For many years, local service clubs have been working with the Salt Mine on the Christmas Food Program. Collection boxes will be available between now and a week before Christmas. Club members collect deposits as boxes are filled with non-perishable food items. Bring items to the Lodges for these collection boxes.

Also, both Raley's and Safeway will have bags of non-perishable food which may be paid for then made available for



Bob Collins and Kris Knutson of Host Lions Club will manage food collection; Kris is President of Lincoln Host Lions

pick up by the Salt Mine. All through the season, food items including hams or turkeys may be dropped off at the Salt Mine, 690 Lincoln Blvd. every Tuesday through Saturday, 10:00 AM-12:30 PM

The Toys for Tots program has been ongoing for more than 60 years. This is the tenth year for our local Semper Fi Association to lead Toys for Tots in Southwest Placer County. Over 10,000 toys are expected to be collected locally.

Semper Fi and Lions manage storage of collected groceries and toys. Then, a week before Christmas is distribution day, a busy time of hard work, when food and toys to match family needs are handed out with enjoyment, thanks, and many smiles.

Each of us can take part in this wonderful effort by helping to fill the food and toy collection boxes around our Lodges.



Semper Fi's Richard Martinez will be picking up toys

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Dee Hynes, Roving Reporter



Fall breezes have blown our way.

Milk shake thick, leaf laden tree branches undulate as the breeze huffs and puffs, mimicking a child's nursery rhyme. The rustle of leaves is a soft seasonal symphony, a long awaited rhapsody.

Our fall color fashion show has begun. Leaves of brilliant bursts of orange are ringed with ragged rust lines. Bold, bright reds create trees of giant strawberries. As the breeze surfs the tree lines,

hundreds of leaves flee their once secure homes.

Polished avocado Magnolia leaves sit securely on their wooden posts. They smugly view their brethren who have dropped beneath them. As the Magnolia leaves will not offer their leaves to the season, little do they know of the of the magic carpet ride of the leaves who skim the air while zipping, swirling and looping to the ground below.

Their breezy ride is a sidewalk sail.

Enjoy fall walks on the Del Webb sidewalk trail loop. Select this trail for the beauty of the details. Moderate and long grade changes and friendly trail users will enhance your journey of almost four miles.

Directions: From OC, right on Del Webb, right on East Joiner Pkwy, right on Del Webb.



Our fall color fashion show has begun

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### Coming to Our Neighborhood

Patricia Evans

Get ready for visits from bobcats, mountain lions, skunks, an occasional coyote, and, yes, an influx of mice and rats. It's the drought, you know. This self-perpetuating cycle of diminishing natural food and water is motivating more animals to visit us. How are

we going to manage this challenge with the greatest benefit to all? The Wildlife Heritage Foundation's recent seminar at KS provided some helpful information.

Once upon a time these animals owned this land. Each, in its own way, is crucial to the balance of our ecosystem. But we need to discourage them from becoming a nuisance or safety hazard in residential areas by placing food and water for our pets in-

side (or not leaving their dishes outside), cleaning birdseed and fallen fruit off the ground, and keeping shrubs trimmed to minimize shelter. Human foods, although attractive to wildlife, are not nutritious enough for their needs and may cause serious health problem.

A word about poison—it travels up the food chain from the smallest to the largest animals, and, along the way, it can contaminate the fisherman's catch and the hunter's prey. Please don't use poisons—from slug bait to rat poison—as they ultimately do more harm than good. A healthy predator population will keep



*Bobcat visitor to the center of Lincoln Hills (inside lot on Fallen Leaf Lane)*

small animals under control.

When you enjoy the Lincoln Hills trails, wildlife will usually scamper away. If not, make loud noises and spread your arms and legs to appear as large as possible. An open umbrella helps. Or hold your dog above your head (a small dog, that is!). Walking with companions discourages animal aggression.

Please turn to page 34 for our Thanksgiving tribute to our Neighborhood Watch volunteers.



*Get ready for visits from bobcats, skunks, an occasional coyote, and, yes, an influx of mice and rats; it's the drought, you know. Photos by Phil Robertson*

#### Neighborhood Watch Contacts

- Larry Wilson, 408-0667  
lgwlincoln@gmail.com
  - Pauline Watson, 543-8436  
frpawatson@sbcglobal.net
- Neighborhood Watch Website**  
[www.SCLHWatch.org](http://www.SCLHWatch.org)

## Library News

Sandy Melnick, Library Volunteer

Hopefully the rainy season will be here soon, and when it's raining please bring your returned books back in a plastic bag. If a book is very worn or in bad condition, we would appreciate it if you put it in your trash can for paper recycling. Also, we have many DVDs that have gone missing. Would you please look on your shelves and see if you have some Kilaga Springs Library DVDs that can be returned?



A very short and easy-reading book this month is the autobiography of Michael Gates titled *How Starbucks Saved My Life*. You might ask, "Who is he?" He is a man who tells a charming story of how he was born to privilege and then found himself without a job or family. When he went to work at Starbucks he had never worked behind a counter or waited on people. It really is a success story.

Contact: 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).

## Meridians

*Continued from page 12*

The comment cards that are offered with each meal have been a tremendous help to the entire staff and management. Be sure to use the comment cards to recognize one of our all-star staff and/or one of your favorite dishes. Help us celebrate the success and work on opportunities for improvement. Based on your feedback on the comment cards, we have been continuing to focus on being more consistent. We have been working tirelessly to improve each dish that we serve and improve the quality of the service for each dining experience. We realize that consistency is the key to our ongoing success.

~Please see our ad on page 49.~

# MNM PAINTING

**916.765.7132**

See our new website—[www.mnmpainting.com](http://www.mnmpainting.com)  
for new Lincoln Hills color palettes  
or email [Mark@mnmpainting.com](mailto:Mark@mnmpainting.com)

See our newest Lincoln Hills jobs with  
the new color schemes:

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- 1840 Audubon Place Palette 40
- 600 Stockman Lane Palette 23
- 1041 Truchard Lane Palette 1
- 1865 Prarie View Lane Palette 34



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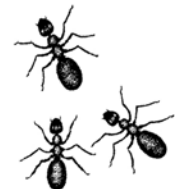
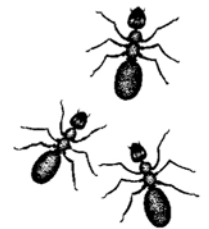
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## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

Our November support meeting will take place on the 19th of the month (third Wednesday not the fourth Wednesday) in order to avoid the Thanksgiving holiday. As usual, we will meet in the Multipurpose Room (OC) at 1:00 PM.

The November 19 meeting, lead by Stefani Wilson of del Oro Caregiver Resource Center, will focus on ways to reduce caregiver stress while visiting with family and friends during the holiday season. You may be seeing people who have not recently seen your loved one who is experiencing memory loss. As a caregiver, you may feel overwhelmed with care-giving and entertaining. These concerns and others will be discussed and advice will be offered by Stefani and the others in attendance.

For more information call:

**Contacts: Judy Payne 434-7864;**

**Cathy VanVelzen 409-9332;**

**Maria Stahl 409-0349**



### Antiques Appreciation

The November 3 program took us down memory lane with a presentation by one of our long-standing members who has a great collection of Shirley Temple memorabilia.

Our December meeting will be a *Holiday Lunch on Monday, December 8* in the OC Ballroom. Tickets will be available at the November meeting for \$25. The theme is "brighten your day and light up your life." There will be a free drawing ticket for the table decorations, a gift for everyone, and entertainment by the Hills Brothers singing group. Please bring an unwrapped toy for "Toys for Tots."

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

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



### Astronomy

The LHAG entry in the 15 Year Anniversary parade included a Lunar Rover driven by Astronaut Nina Mazzo, with photos of planets and deep sky objects with stars flying above, followed Don Wilson's Mobile Observatory, with astronomer Bob Collins observing the stars through his telescope on the roof.



*LHAG 15 Year Parade entry;  
Blue Canyon Astronomers;  
Blue Canyon Star Party*

Our October Star Party at Blue Canyon was successful with dark skies allowing viewing of star clusters, nebulae, galaxies and planets.

Monday, November 17: Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." November's lectures will be #19, "Infant Galaxies," and #20, "From Child to Maturity—Galaxy Evolution."

Contact Morey Lewis (below) for more information.

Sunday, December 7: LHAG Holiday Party

Meetings: Astronomy Group meetings are held at the P-Hall (KS). What's New in Astronomy/Activities/Q&A: 6:45 PM, program at 7:15 PM.

**Contacts: Morey Lewis 408-4469,**

**eunmor@pobox.com;**

**Cindy Van Buren 253-7865,**

**rvbvb@att.net**

**Website: www.lhag.org**



### Ballroom Dance

Believe it or not, it's Holiday time! Our annual Christmas Potluck event will be held Tuesday, December 9, from 5:00-9:00 PM, KS. The theme will be "Hollywood Extravaganza." Speaking of Hollywood, it is interesting how many times Ballroom Dancing has been featured in movies. In November, we will be learning the smooth, gliding Foxtrot, which has played a part in many movies over the years.



*Mianne  
& Fred  
Pohl*

Want to learn some dance steps? Come join us on Tuesdays at KS. Instruction focuses on a different dance every month. Beginning group lessons are 2:00-3:00 PM. Following at 3:00 PM is one hour of open dancing. More advanced lessons are 4:00-5:00 PM. There will be no lessons in December, so everyone can enjoy the Holidays. Dues are only \$7 per year (includes lessons). We hope you will join us. Dancing can make every day feel like a holiday!

**Contacts: Ruth Algeri 408-4752;**

**Brigid Donaghy 543-6003**



### Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second or third Wednesday of

each month at 3:00 PM at Joan Logue's home. The next support meetings will be December 10 and January 14. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, November 20 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—

- Eight-Ball Singles October 1—Winner: Joe Perez; Runner-up: Ted Komaki.
- Nine-Ball Singles October 14—Winner: Ken Klein; Runners-up: Peshu Irani and Norm Hagerty.
- Eight-Ball Doubles October 15—cancelled due to qualifying games for the travel team.



*Eight-Ball Singles October 1 Winner Joe Perez, Runner-up Ted Komaki; October 14 Nine-Ball Singles*



*Runners-up: Peshu Irani and Norm Hagerty (Winner Ken Klein not shown)*

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

### Challengers Billiards

The Challengers Group is for mid-level

to advanced players. You can find us at the Billiard Room (KS) every Friday from 10:00 AM-12:00 PM. The last Friday of the month is sign-up day for the following month.

The Holiday season is right around the corner. We have a Christmas party planned for December 4, 5:30-8:30 PM at Kilaga Springs Lodge. Hope to see you there.

Congratulations to our winners:

- First place—six of seven games: Bill Kim, Doyle Coker, Dan Oden, Joe Perez.
- Second place—five and half of seven games: Bob Wehner; five of seven games: Margie Kim, Rita Baikauskas, Peshu Irani, Remi Giannini.

Happy Thanksgiving to all.

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

### Couples Billiards

Jim/Barb Conger were the big winners on this first Wednesday of the reporting period. They were the only players to win all six games. Three teams won four games; Dan Oden/Tom Thornton, Joe Perez/Rita Baikauskas and AJ Jhanda/Linda Scott.

On week two, Ron/Sherry Weech was the only team to win all seven games. Once again, three teams tied with five wins: Joe/Nicki Hobby, Bob Wehner/Chiquita Fratto and AJ Jhanda/Tom Thornton.

We played seven games this third week. Jim/Barb Conger and Rich Lujan/Louise Enderlin teams tied with five wins. There were five teams tied with four wins.

Week four: Jim/Barb Conger, Dan Oden/Tom Thornton and Bob Soriano/Doyle Coker teams won five games out of seven. Three teams won four games: Bob Hodge/Sylvia Gutierrez, Joe/Shirley Varner and Joe/Nicki Hobby.

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

### Players Billiards

It's fun to play, fun to win, and great if you can pocket the Eight Ball on the break like Dan Oden did recently! Every Thursday in the Billiards Room (KS) from 2:15-4:30 PM, our group of mid-level skilled players meet to play seven games of Eight ball timed at 17 minutes each game. We play with different partners every game and

the same opponents no more than twice. Please arrive at least 10 minutes early and advanced sign-up is encouraged. Sign up binders are on the fireplace. Standby players can frequently play. Come join in the fun!

Congratulations to our recent winners:

- Six of seven games: Tom Thornton, Phil Berlenghi, Dan Oden, Joe Perez, Peshu Irani, Doyle Coker, Del Torres, Bob Bienkowski;
- Five and a half of seven Games: Doyle Coker, Chiquita Fratto;
- Five of seven games: Ken Hawley, Dan Oden.

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

### Upstarts Billiards

*"Stripes and solids, on a sea of green Where they will fall remains to be seen."*

Ever try your hand at Billiards? Our Upstarts Billiards Group is for beginners-to-average players. We play Standard Eight Ball on Thursdays, 11:45 AM to 2:00 PM, at the Billiards Room (KS). We usually have room for more. Come on down and see if Upstarts Billiards is for you!

Winners six games: Gary Averett, Stephen Baron, Phyllis Papagiannis; five games: Gale Comer, Bill Evans, Richard Gsell, Mary Keanen, Lydia King, Randy Ransdell, Audrey Thrall, Herb Trueblood.

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

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



## Bird

In early October, some of our members traveled to Mono Lake and June Lake for the beautiful fall colors and some fun birding. At Mono Lake our guide helped us spot 24 species of birds. While walking through a wooded area we were surprised to see a Great Horned Owl. At the lake shore we observed over 3,000 Eared Grebes who had stopped to fuel up for their flight to the west coast of Mexico.

November 22 is our field trip to Gray Lodge Wildlife Area. This 9,200 acre wetlands is on the Pacific Flyway and the winter home for many migratory waterfowl.



Our group and guide at Mono Lake; bright yellow Aspen along the June Lake Loop; the Great Horned Owl

Monday, December 8 is our last meeting of the year and a good chance to learn more about the Christmas Bird Count. We will meet at 1:30 PM in the P-Hall (KS).

**Contact: Kathi Ridley 253-7086,**

**kathiridley@yahoo.com**

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

**Website: www.suncity-lincolnhills.org/residents**



### Bocce Ball, Mad Hatters

We all had a great time at the Anniversary Parade on October 18. Wish more of you had been there. Thanks to Bob and Diane, and Sharon and Ralph, and Joe and Roberta, and Mike and Steve and Kay and Gala and, of course, Usha. We're not entirely sure, but we think there were more people in the parade than were watching the parade. Everyone we've talked to thought it was a really fun experience. Make sure you get involved in the 20th Anniversary Parade if you have the chance.

In case you missed it, the Mad Hatters have switched to their winter starting time of 10:00 AM every Thursday morning.



Mad Hatters Bocce Ball members in the Anniversary Parade

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



### Book, OC

Harold Fry leads a monotonous life as a retiree in a small English village with his wife Maureen. The two do not seem to like each other and there is an undercurrent of something which goes unsaid. This all changes, however, when Harold receives a farewell letter from an old friend, Queenie Hennessy, saying she is terminally ill. Harold decides to set out on foot on a lengthy pilgrimage to her hospice, believing she will not die until he has seen her. What he encounters along the way changes his life forever. Please join us at 1:00 PM Thursday, November 20 as we feature *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. This is an important meeting as we will also be voting for next year's reading selections. Newcomers are always welcome.

Remaining 2014 Schedule:

- 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**

First, Bosom Buddies wishes to

give a very special "Thank You" to the people who made the "15<sup>th</sup> Anniversary Parade" on October 18 a wonderful success. We are very pleased that we were able to participate and express to the people the warmth that we have for each other. Our group of ladies is made up of special friends and do outside activities together along with our meetings.



Bosom Buddies

Our November 13 meeting was a very well attended general meeting. Our guest speaker was Chris Bran who is Operations Manager at Sutter Roseville Imaging. The 3-D Mammography is designed to detect cancer in dense breast tissue. It has a 41% detection rate, if early enough, and there is a 98% survival rate. This is just a sampling of our guest speakers.

Our December 11, 11:30 AM meeting is at Patty McCuen's home. It is our annual Christmas Party.

**Contact: Marianne Smith 408-1818**

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



### Bridge, Duplicate

Your votes elected B. J. Acosta, Dian Hall Haskens, Jim McElfresh, Sharon Neff, and Sheila Ross to the Board of Direc-

tors for 2015. Help them by volunteering to be on a committee or help with set-up/clean-up on game days. Twenty teams competed in the Swiss Teams game on October 18. The team of Betty & Bob Remensperger, Corinne Giantonio and Dianne Schulte held on to capture first place. Congratulations!

Save the following dates: December 17—the annual club dinner-dance in Orchard Creek Lodge begins at 5:30 PM with a no-host bar; and Friday, December 5-Sunday, December 7—Sectional Tournament in Orangevale. Club games are at KS on Wednesdays and Saturdays at 12:30 PM (includes a 199er section and a 299er section, respectively), and Fridays at 5:00 PM. Game fees are \$2 per person for members and non-member SCLH residents (first three games), and \$5 for invited visitors.

**Contact: John White 253-9882**

**Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**

### Bridge, Partners

#### Thursday Evening First & Third

Let's play Partners Bridge, just bring your partner. Reservations are recommended but not required. Call and we will enter you and your partner on the players' list, or take your chances and just show up and you get to play if we have an even number of pairs up to 28. We get *seated* at 5:50 PM and start by 6:00 PM in the Sierra Room (KS), and we *must* finish by 8:30 PM.

October 2 winners—First: Edith Kesting and Erica Wolf; second: Helen Helm and Arlean Parton; third: Gerry & Warren Sonnenburg, who also had the night's high round of 1440; fourth: Mary Harrington and Lydia King. October 16 winners—First: Olga Hayden and Ed Page; second: Kay & Ben Newton; third: Carol Mayeur and Dolores Marchand; fourth: Gerry & Warren Sonnenburg. Nancy Turrini and Lydia King had the night's high round of 1590.

**Contact: Kay or Ben Newton 408-1819**

#### Thursday Evening Second & Fourth

Want to play Partners Bridge? Give us a call and we will put you and your partner on the play list, or take your chances and

just show up, and you get to play if we have an even number of pairs up to 28. We get *seated* at 5:50 PM and start by 6:00 PM in the Sierra Room (KS), and we *must* finish by 8:30 PM.

September 25 winners—First: Edith Kesting and Erica Wolf; second: Hilla & Bob Fawcett, who also had the night's high round of 1990; third: Bev Ansbro and Chris Jacobson; fourth: Dwight Curry and Bruce Fink. October 9 winners—First: Bob & Hilla Fawcett; second: Darlene & Leif Andreason; third: Donna & Dennis Benedict; fourth: Kay & Ben Newton, with the night's high round of 1600.

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



### Bridge, Social

Join us for Social Bridge.

We play every Friday from 1:00 to 4:00 PM in the Sierra Room (KS). You do not need a partner but please make a reservation!

Remember: Everyone must arrive between 12:30 and 12:50 PM to assure a place to play.

September and October Winners—First place: Richard Lund, Bob Fawcett, Chet Winton, twice, and Harry Collings; second place: Phil Sanderson, Ralph Madsen, Alan Haselwood, Peggy Schmidt and Kurt Wolff; third place: Sasha Rome, Harry Collings, twice, Arlean Parton and Pat Fraas; fourth place: Lee Willson, Chet Winton, Ann Jenvold, Frank Lawrence, Dee Williams and Lois Burke, tied.

Our Halloween Dinner Party on October 31 was a huge success. There was plenty of food and delicious pies for dessert. We had a slide show for entertainment.

Reservations for November & December: Helen Helm (408-0428), h89elen@att.net or Joanna Haselwood (209-3392).

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



### Bunco

The Bunco Group welcomed three new members: Bonnie Meyers, Colleen Muta and Marlene Woodbury. As beginner's luck would have it, Bonnie went home with a prize. The dice were flying all over and a bit of sibling rivalry made for a fun time!

The Bunco Club is preparing for their holiday gift exchange & luncheon in December. Please contact Kathy for details.

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! Play starts promptly at 9:00 AM. Drop in when your schedule permits and after four quarters of play, four lucky individuals win SCLH gift cards.

*October winners:* Most Buncos Sudie Moreland; Most Wins Claudette Rhoads-Kinman; Most Losses Bonnie Meyers; Traveler Sandy Pavlovich.

*Next Bunco is Thursday, November 20.*

**Contact: Kathy Sasabuchi 209-3089,  
[ksasabu@wavecable.com](mailto:ksasabu@wavecable.com)**



### Ceramic Arts

Family, turkey, and pumpkin pie... aromas are in the air. With holidays fast approaching, now is the time to enroll in that Ceramics class. We have great teachers, classes, and friendly people. With short months for classes in November and December, it is a perfect time to sign-up and get the feel of the clay! Join us!



*Linda Lougy carving her sculpture*

The Ceramic Arts Group activities include our famous Saturday and Sunday "CAG Workshops." Membership in the CAG is required after your third visit on Saturdays and or Sundays—\$12 after your third visit. What a bargain!!

CAG "Workshops" are held at OC on Saturdays, 9:00 AM-3:00 PM and Sundays 12:00-4:00 PM. KS "Workshops" are Mondays, 1:00-4:00 PM for Earthenware and Sundays, 1:00-4:00 PM for Spanish Oils. "Open Studio" is available to all residents: OC on Fridays only 1:00-5:00 PM and KS Sundays only, 1:00-4:00 PM. Check bulletin boards/studio windows for changes 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](http://www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts)**



**Chorus**

We took our show on the road last month! Those of us who joined our community's 15th Anniversary Parade on October 18 serenaded onlookers with an impromptu rendition of "Jingle Bells." The full Lincoln Hills Community Chorus will bring you a far more refined and entertaining version of this old favorite in our December concert, when it will be more seasonally appropriate.



*Members of the Lincoln Hills Community Chorus in the 15<sup>th</sup> Anniversary Parade*

Presented in the Ballroom, "Winter Fantasy" will include a splendid array of other popular Christmas songs, spirituals, and traditional carols like "Angels We Have Heard on High" and "On The First Noel," plus "Candles in the Window" for Hanukkah.

Our three December concert dates always sell out, so turn to page 47 for specifics and get tickets for your preferred performance before they're gone. We guarantee you another marvelous experience.

**Contacts: Bill Sveglini 899-8383, [sveglini@gmail.com](mailto:sveglini@gmail.com)**  
**Sid Frame 408-1453, [sflincoln4fun@starstream.net](mailto:sflincoln4fun@starstream.net)**  
**Website: [www.lincolnhillschorus.org](http://www.lincolnhillschorus.org)**

**Computer**

There are will be no formal meetings or clinics by the Lincoln Hills Computer Club for the month of December. However, our Walk-In-Workshop will be open and staffed by a few volunteers to aid with limited last minute issues.

Merry Christmas and Happy New Year from us to you. See you in January!

Walk-In-Workshop: December 16, 1:00-3:00 PM in the *Computer Lab* (OC). Our more experienced computer members will provide assistance to any of our club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

**Contact: Claudia McEnery, [president@sclhcc.org](mailto:president@sclhcc.org)**  
**Website: [www.sclhcc.org](http://www.sclhcc.org)**



**Mac User**

All things Apple: When you have a computer or iDevice problem, call the MUG hotline, 668-0684. The first person to answer the phone will probably be Douglas Thom, one of Apple's first employees/engineers. Douglas and his team will try to solve problems over the phone, or may suggest a home visit. Their skills and experience are extraordinary.

If you need active, hands-on practice learning a new app or skill, and want an experienced tutor standing by, then try one of the free labs MUG offers each month (second and fourth Wednesdays). In one, you practice things you learned at the previous Newbie Seminar, the other is an Open Lab. Here you can ask any Apple-related question, then grab a keyboard on a MUG-supplied computer and practice your new skills. Check the MUG calendar ([lhmug.org](http://lhmug.org)) for details.



*Hotline Hero Douglas Thom; Open Lab leader John Fancher, photo credit Irwin Maloff*



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



**Country Couples**

What a perfect day for a parade! The sun shone brightly October 18 on Lincoln Hills 15th Anniversary Parade. The Country Couples Dance Club was well represented with flag and banner bearers, four patriotically decorated golf carts sporting huge cowboy hats



*Country Couples Margo Zamba and Marsha Brigleb; getting ready for the parade*



on the top, and 20 energetic folks circle-dancing to Traveling Four Corners along the route. Participating members wore blue and red bandannas and cowboy hats to complete the Country-Western theme. They were cheered on by the crowds of residents who lined the streets waving at the parade participants. The friendship and exuberance felt at this event made all of us so grateful to be part of this wonderful community.

At our last meeting, two new steering committee members were elected to serve in 2015-2016. Congratulations to Marsha Brigleb and Margo Zamba. Our gratitude goes to Georgi Dawson and Rene Lopez for their contributions over the last two years.  
**Contact: Kathy or René Lopez 434-5617**



**Cribbage**

Cribbage Club plays 8:00 AM through 12:00 PM Tuesdays at the Card Room (OC). A six-game mini-tournament

starts at 9:00 AM. We play four-handed partner games, adding a two-handed or three-handed game when necessary, or a sit-out, when required by the number of players. We use a rotation system to mix players. We generally have 16 or more players and we always welcome more to come and join the fun.

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



### Cyclist

In January 2015, the Cycling Group will be having elections to fill the positions of President, Vice President and Treasurer. Hopefully members will step forward and run for each of these positions. Geoff Cappell has agreed to accept the position of Nominating Committee Chair. Thanks to Pat Howle—President, Dave Saussen—Vice President and Ken Corcoran—Treasurer for their service to our Cycling Group.

Keep Wednesday December 10 open for our annual Christmas Dinner. This year the dinner will be held at the Catta Verdera Country Club off 12 Bridges. No host cocktails at 6:00 PM and dinner at 7:00 PM. The dinner choices are Pasta at \$24, Pork Tenderloin at \$28 and Halibut at \$39. Price is all inclusive (tax & tip). There will be entertainment and a drawing for prizes.

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



### Eye Contact

#### Low Vision Support Group

In lieu of regular monthly meetings in December we will celebrate the season with a holiday luncheon in the Solarium on December 5. We will resume our regular meeting schedule in January.

At our January 14 general meeting we will have a resident speaker with first-hand experience with stem-cell surgery/trial research.

General meetings are held on the second Thursday of the month in the P-Hall (KS) and feature a guest speaker or an audio-visual presentation. Our Living Skills Workshops are held on the fourth Thursday of the month in the Multimedia Room (OC). Meetings are open to all Lincoln Hills

residents and can be especially helpful to those with low vision or those supporting a loved one with low vision.

For more information, please contact Cathy or Margie.

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



### Garden

Happy Thanksgiving! We take this opportunity to thank the Steering Committee Members and other volunteers who help make the Garden Group function throughout the year! We are always looking for volunteers to assist with activities and if you want to be a member of the Steering Committee, or volunteer to help on other committees, you are certainly welcome to join us! Contact President Virgil Dahl (408-3748) for more information.



*Our Holiday  
Brunch will  
be December  
12; harvest  
from the  
Lincoln  
Community Gardens*

There are no General Meetings in November or December.

Holiday Brunch tickets (Friday, December 12) are \$20 per person and there will be good food, entertainment, and door prizes along with a no-host bar! Contact Judie Leimer (408-4308).

Our Brown Bag Sales each month are possible through the donations from our groups of garden plants and items. All proceeds are used for Lincoln Civic projects. Thank You!

Garden Group Membership—2015 will commence in January and more information will be out soon.

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

### Bonsai Group

The Bonsai Group will be meeting November 20 for a field trip to Matsuda's Nursery in Newcastle. We always welcome new members or interested people who want to visit our meetings. For more information contact Larry.

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



### Gem and Mineral Society

Our November 2014 meeting will be at 10:00 AM on the 24<sup>th</sup> in the Sierra Room (KS).

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 for information.

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

**Website: [http://sites.google.com/  
site/lincolnhillssuncitygems/home](http://sites.google.com/site/lincolnhillssuncitygems/home)**

### Gem and Jewelry Open Workshop

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

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

Chuck DiFrenzo is available, on request, to assist in silversmithing during the labs starting at 9:00 AM.

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

Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax, jewelry enameling and jewelry fabrication equipment. Some projects may require purchase of expendable supplies.

Maintenance Fee \$5 per two-hour session. Shop Master: Dave Fisk.

**Contact: Dave Fisk 434-0747, [dave.fisk@yahoo.com](mailto:dave.fisk@yahoo.com)**



*Elfie Jenkins, Hole in One; Darlynnne Gorge, 2015 Lincster Captain*



## Genealogy

November 17 is the final general membership meeting for 2014 so you will want to attend the presentation of Tamara Noe whose topic is "Using HeritageQuest.com." Tamara's presentations are always informative and a valuable asset in genealogy research.

The door prize for the November 17 meeting is an AIO Wireless Printer... all that and a social gathering immediately following the general meeting!

A reminder... door prizes are for members only and you must be present to win!

The year 2014 has been the most successful in terms of total memberships...171, and we look forward to more member participation in 2015. The Genealogy Boot Camp was a huge success.

The program began in January and was presented each Monday evening through March 10. This year was also enjoyed by a social gathering for members after each monthly general meeting.

*Thanks to all members for your generous support in 2014.*

**Contacts: Maureen Sausen 543-8594;**

**Arlene Rond 408-3641;**

**Website: [www.webflavors.com/lincoln](http://www.webflavors.com/lincoln)**

## Golf, Ladies

### Lincoln Hills Lincsters

Hole In One! Elfie Jenkins made a Hole in One on October 11 on hole #11 of the Orchard Course. Congratulations, Elfie!

The 2015 Lincster Executive Board was voted into office at the general meeting held on October 8. The Executive Board members are: Darlynnne Giorgi, Captain; Nancy McDonald, Co-Captain; Marie Bossert, Tournament Chair; Sara Cannon, Secretary; Barbara Conger, Treasurer.

Other board members are Pat Shafer, Patty Alderete, Sharon Grimes, Ive Laske, Linda Salmon, Ruth Pennington, Carole Cain, Sue Pharis, May Layu, Joyce Kozuki, Margie Jewett, Barbara Gorden, Carol Golbranson, Alyce Stanwood, Judy Boltz and Mary D'Agostini.

"It's a Holiday Delight," the Lincster Holiday Luncheon and Installation of Officers, will be held on December 10 in the Orchard Creek Ballroom.

Golfer of the Month for September was Gunilla Christol of Flight D.

Remember: "Of all the hazards, fear is the worst." (Sam Snead)

**Contact: Carol Golbranson 543-8647**

**Website: [www.lincsters.com](http://www.lincsters.com)**

## Ladies XVIII

Rose Marie Warren retained the Club Championship for the third straight year, with a two-day total of 163. She bested runner up, Kathi McCoy by six strokes. Judy Habecker captured the Low Net with 141.

The October Net Chix winner was McCoy, with a net 69. Other notables by flight included: Robinson, Flight Three with 69; Blanchard and Unger, Flight Two with 70 as well as Koropp's 70 Flight One; Sally Ennis netted 80 Flight Four. CTP's went to McNiff on Hole Seven and Robinson on Hole 16.

The second annual Sunheim Cup, a contest between Sun City Roseville and Lincoln, was held October 22-23. Lincoln Hills

trailed Roseville by three after day one. The next day the tables were turned and our local knowledge propelled our team into the winners circle by four strokes. The cup is proudly displayed in the LH Golf Shop.

*Submitted by Candice Koropp, Publicity.*

**Contact: Candice Koropp, 409-0607**

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



## Golf, Men's

October 21 we held our 2014 Tournament of Champions, and Just for Fun, a medal play format.

We started with our yearly shoot-out for closest to the hole on the first hole on the Hills course, by all who qualified from the previous tournaments throughout the year, sponsored by Carolan Properties Group. The winner of the shoot-out was Keith Kott from 150 yards out who landed his shot at 5'4" from the hole for a \$100 win.

We would like to thank Penny Carolan for her generous sponsorship for this event.

The winners for the TOC as follows: Flight one, Ed Lazarek net 66, flight two, Rick Lamb net 67, flight three, William Rapp net 66, flight four, Sandy Morola net 63, flight five, Roy Craig net 61.

Just for Fun winners: Flight one, Brian Stowe net 65, flight two, Frank Merlo net 69, flight three, John Holt net 65, flight four, Ron Waisner net 62.

**Contacts: Rodger Oswald, [rodgeroswald@gmail.com](mailto:rodgeroswald@gmail.com); Gene Andrews, [eandgolf@sbcglobal.net](mailto:eandgolf@sbcglobal.net); Karl Williams, [kwill78479@aol.com](mailto:kwill78479@aol.com)**

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



## Healthy Eating

Has your pantry or fridge become more like a landfill for old unused food stuff rather than a brief holding area for foods on their way to your table? Ideas for reducing food clutter, food waste and their resultant costs will be discussed at our November 24 meeting, along with tips for a healthy Thanksgiving and other food-related topics of interest to our members.

At our October general meeting we enjoyed an interesting presentation by Mandarin Festival spokesperson, Gary



Members made it safely thru cowpie obstacle course; best farmers market display; second best

Gilligan, on why and how this wonderfully nutritious fruit has become such an important Placer County crop. The 2014 harvest is underway.

Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS), so November's meeting is the 24th. *Guests are always welcome.* Join us in our discussions on ways to explore new healthy foods and better ways to prepare them.

**Contact: Don Rickgauer 253-3984, [Sclh13HealthyEating@gmail.com](mailto:Sclh13HealthyEating@gmail.com)**



### Hiking and Walking

Genuine camaraderie and a love of nature is what makes the Hiking Group and the Walking Group such great ones!! Did you hear the hikers and walkers singing? "I love to go a-wandering, Along the mountain track, And as I go, I love to sing, My knapsack on my back!" Many members of both groups walked in the 15th Anniversary Parade on October 18—and had a joyful time singing that song and waving to the parade spectators. Another fun-filled event took place on October 20—a BBQ dinner followed by a sing-along led by Dan Cortinovis and David Wood. Preceding the dinner the group's annual meeting was held with Gay & Barry Mackintosh presenting a fascinating talk and slide show about their recent canal boating adventure in England. Warmest thanks go to Gay and Barry for such an



Hikers/Walkers with their proud banner, ready to start in the Anniversary Parade; an Autumn hike on the Foresthill Divide; Dan Cortinovis and David Wood leading a sing-along at the BBQ

outstanding presentation!

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



### Lavender Friends

Lavender Friends is a social organization serving the Lesbian, Gay, Bisexual, and Transsexual community and those in friendship in Sun City Lincoln Hills. The Lavender Hearts Committee was created to reach out to the community at large, and support for organizations that support the LGBT community. Money has been raised through SCLH parking lot sales, holiday cookie exchange fees, Progressive



Robin Richie with one of the donated baskets

Dinner reservations, and Silent Auction Fundraisers.

Last month we created eight themed-baskets for drawings by the Sacramento Women's Chorus. The baskets raised funds for the organization's operational expenses. The cost of the chorus performances often exceed the revenues as the chorus makes ticket prices affordable to the general public, and sometimes donates the entire ticket sale proceeds to local charities.

Our upcoming Holiday Brunch, TBA. Check our website (below) for additional social opportunities.

**Contacts: Jacquie Hilton 543-9349, [jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net); John 408-2576, [Then1947@yahoo.com](mailto:Then1947@yahoo.com) Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**

### Lincoln Hills

### Line Dance

Line dance classes will take a break for the month of December and resume again in January. Our holiday potluck is only a few weeks away on Monday, December 1. The cost of a ticket is \$7 and the dinner/dance will be from 5:00-9:00 PM at Kilaga Springs Lodge. Audrey, Sandy and Yvonne are our instructors and will be present to lead dances of all levels.

Just a reminder that our Steering Committee will end their term in December. If



Nakako Crump & Carol Rotramel

anyone wants to volunteer to be a committee member, please contact our Steering Committee Chair, Sharon Worman, at 408-1555.

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





## LSV/NEV

Tuesday, November 18 is an *important day* for the LSV/NEV Group when it meets at the P-Hall (KS) at 10:00 AM. We will be honored to have the Lincoln City Mayor, Gabriel Hydrick as our speaker. He will review and inform us about the progress of the Lincoln Transportation Plan, which includes additional ways to have access to downtown Lincoln through the Lincoln Blvd. lanes that are part of the Plan's Master Program. Be there and invite your neighbors and friends to join us.

We welcome and invite golf cart owners to attend our meetings. We can provide tips on maintenance, insurance, etc., that you may have concerns about.

Our Christmas party is being held Monday, December 1 at the Ballroom (OC). Invitations are on their way and are available at the November meeting. Please join us for this annual celebration.

**Contact: Dan Gilliam, 209-3946**



## Mah Jongg, Chinese

Greetings! Now that we are early into the winter season, it may be a good time for you to learn how to play Chinese Mah Jongg. We welcome the opportunity to teach you. Even if you already know how to play this game, please join us.

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

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

**Contacts: Dianne Vincent 543-0543;  
Bruce Castle 846-1500**



## Mah Jongg, National

As we gear up for the holidays, it is always nice to take some time for yourself and enjoy National Mah Jongg at the Card Room (OC) on Tuesdays from 12:30 to 4:00 PM. If you are new to the game, please call Fran Rivera at 434-7061

to check her agenda. She teaches at no cost in her home and at the OC on her schedule. Currently, we have volunteers helping put the Mah Jongg sets out and write the article for the *Compass*. If you would be interested in taking over any of these duties for 2015, please call Carol Vasconcellos at 209-3457. It is a great way to get involved in the activities at our beautiful club.

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



## Mixed Media Collage Arts

Additives can be addictive! Like candy, they come in a variety of textures. Those who enjoy experimenting with their media will truly enjoy these products. While painting a landscape, you might decide to give some dimension to the surface. There are granular substances with coarse sand, glass beads, fibers and molding pastes. You apply with a palette knife and, yes, you can add color. They are easy to work with and even allow you to add collage items—for example, a seashell embedded into the sand or bark, etc.

Remember there are no accidents or mistakes in this art form—we simply use them to our artistic advantage. Additives are found at the usual art supply stores so take your coupons and experiment. We meet the third Wednesday of each month, 1:00-5:00 PM in the Ceramics Room (OC). **Contact: Frima Stewart 253-7659, frimastewart@gmail.com; Nina Mazzo 408-7620, ninamazzo@me.com**



## Motorcycle

### RoadRunners

Participation in the Lincoln Hills 15 Year Anniversary Parade was great! With all the clubs and organizations turning out, it was a great show of camaraderie. The RoadRunners had an exceptional turnout with even one of our new member trikes riding along.

The candidates for Office have been selected and elections were held in the October meeting. New Officers, to be sworn in at the Christmas Dinner, are Doug Sterne—President, John Marin—VP/Head Road Captain, Patrick Chaves—VP Membership, Larry Ridley—Treasurer



*RoadRunners participating in the Anniversary Parade*

and the combined team of Richard/Millie Eslinger—Secretary. Congratulations to all of them!

The RoadRunners will not have meetings in the months of November and December due to Holidays and social events.

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

*"Ride safe, ride with friends!"*

**Written by John Milbauer.**

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



## Music

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

The last "Open Mic Night" for 2014 took place October 24, P-Hall (KS), and a grand time it was. Some in the audience were dressed in Halloween costumes, adding to the festive atmosphere. This popular event brings musicians and music lovers together for an evening of casual musical entertainment. The first 2015 "Open Mic" will be the fourth Friday in February. More information will follow in the *Compass*.

The SCLH Music Group's next monthly meeting is on Wednesday, January 28, another great time for music lovers to gather together. More information will be available in the December *Compass*.

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



## Needle Arts

### Threads of Friendship

Wearable Arts Fashion Show and Needle Arts Parade are hits!! Not every day do you get to be entertained like this. Those old enough to remember Fibber McGee and Molly's closet that was always spilling out can appreciate the 45 garments modeled by 18 different models who wowed the crowd after the grand entrance of Tuxedo Man, Neil Barsky. Piano music set the tone. Be sure to check out our website for pictures from both events and see the list of names of those who gave so much of their time and talent. Not enough room in our *Compass* allotment to give credit to them all.



A few of the garments from the Wearable Arts Fashion Show; display of the subgroups in Needle Arts Club, photo by Phil Robertson; Rebecca's cart tells the story

November meeting was the icing on the cake when all the subgroups displayed and explained what they do, when they meet, and invited all to come and join.

December 9, Holiday Tea. \$10 for members and \$12 for non-members. Reservations started November 1.

**Contact:** Carol Matthews 543-7863,

**carolm1929@gmail.com**

**Website:** [www.sclhna.com](http://www.sclhna.com)



## Neighborhood Watch

Open Thanksgiving letter to Neighborhood Watch Volunteers (and wannabes): *You are the most!* We thank you for helping make Lincoln Hills one of the safest residential areas in California. The first requirements most seniors consider when choosing a retirement community are safety and security. They also give your home a premium value!

We thank you for keeping our resident's emergency information up-to-date which makes it possible for neighbors to give appropriate help when home or medical emergencies arise. We are sometimes able to contact relatives before the ambulance arrives at the hospital.

We especially thank you for the spirit of camaraderie found in our active villages. When neighbors know each other they are more likely to look after one another.

If you would like to contribute to the high quality of life in Lincoln Hills as a Mailbox Captain or a Village Coordinator, please call one of the contacts below.

**Contacts:** Larry Wilson

408-0667, [mvw6@sbcglobal.net](mailto:mvw6@sbcglobal.net);

Pauline Watson 543-8436,

[frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net)

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



## Painters

At our November membership meeting, members will share their "Farm Life" paintings and the 20 paintings receiving the most votes from the members present will hang in Lincoln's Buonaratti Restaurant from November 5 thru the month of December. Diners will be able to select and purchase an original painting. We hope you find something just right for you or as a gift for a favorite person.

In December, we will have a Christmas luncheon in the Meridians Solarium (OC). Members are reminded that reservations

were only taken at our November 4 membership meeting.

We remind Lincoln Hills residents that the Painters Club meets the first Tuesday of each month, at 2:00 PM, OC. If you are not yet a member, but interested in what we do, we invite you to attend a meeting. Maybe you will find that we offer an art experience you would enjoy.

**Contacts:** Joyce Bisbee,

[joybis@aol.com](mailto:joybis@aol.com); Jack Cook

434-6317, [lj4cook@aol.com](mailto:lj4cook@aol.com);

Jim Brunk (plein air paint-outs),

434-6317, [brunk@starstream.net](mailto:brunk@starstream.net)

**Website:** <http://lhpainters.org>



## Paper Arts

The Christmas spirit was with us at this month's meeting. Our project, the creative idea of Shirley Rainman, was origami Christmas ornaments that will adorn our Christmas tree centerpieces at next month's luncheon. It is amazing what you can do when folding decorative paper in just the right way!

It was also apparent from all the new, donated toys and games, that our members want to share the joy of the holidays. All of the donated toys and games will be distributed through the Sleep Train Foster Children's Secret Santa program. This month our focus was on toys and games and next month we will focus on donations of food for the Salt Mine.

We are looking forward to our annual Christmas luncheon on December 4 at 12:00 PM at the Social Kitchen (KS). Remember, there will be no meeting that day.

Check our Thanksgiving-themed window at Orchard Creek.

**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 if it has been a long time since you played, we are always happy to teach you the basics or refresh your memory.

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

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



### Photography

Our last presentation of the year was given by Steve Solinsky on November 12. His photography is driven by meditative insights that provide a more non-conventional, perhaps enlightened perspective; hence, the title of his presentation and the working title of a book he's writing, *Awakening to the Light*. I hope you attended his presentation in order to get his true perspective.

Many of our members were on hand to picture the fun and well-attended 15th Anniversary event. There will be oodles of photos posted by the Association you can view and download shortly. Pictured here is Gloria Gibbons waiting for her turn in the parade...



*"Best Hat" by jeffa*

Elsewhere on our activity horizon is our annual Christmas Breakfast on December 10, which this time will be at Meridians. Hwy. 49 pictures are now on display at Simple Pleasures Restaurant.

*Inkslinger: jeffa.*

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



### Pickleball

With 45 Pickleball Club members participating, ours was undoubtedly the loudest and perhaps the largest entry in the SCLH 15<sup>th</sup> Anniversary Parade. Wayne Schmeck designed a larger-than-life pickleball paddle, then mounted it and a giant pickleball onto a golf cart to give spectators, who haven't yet been to the courts, a glimpse of the necessities to play the game. A big thanks to Sandy MacCullough, Sherry Mosby, Wendy Soares, Susan Whalen, Loretta Halpin and Wayne for organizing our entry. Way to go, Parade Committee and all red shirt participants!



*What a gang!; all you need to play pickleball; Huntsman Games participants*

LH was well represented in St George, UT by 24 club members at the annual Huntsman World Senior Games last month. 14 LH players proudly brought home a whopping 27 medals. Rumor has it we were the largest club there competing in pickleball. We had five full days of playing or watching pickleball from morning til night. Definitely a fun-filled week!

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



### Players

The October 13 Players meeting provided President Barbara Greenfield, Vice President Kathy Shaddox, Secretary Karen Ulijohn and Treasurer Bob Zimmerman with their first opportunity to demonstrate their leadership skills.

As promised, Barbara Greenfield provided the Players with entertainment and an opportunity to learn about the art of improv. November's special guest was Paul Burke, the founder and Artistic Director of Blacktop Comedy. He studied at the renowned Second City and iO theaters before he returned home to bring a taste of that windy city improv to northern California.

November 20, 21 and 22 the Players will present "Cinderella," a grown-up musical comedy based on the classic tale and directed by Dolly Schumacher James. Come see our talented actors, singers and dancers perform in gorgeous costumes that are truly a feast for the eyes. Tickets are available *now* and will soon be sold out.



*November 20, 21 and 22 the Players will present "Cinderella," a grown-up musical comedy*



**Contact: Barbara Greenfield 408-5017, 1babzg@gmail.com**  
**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 Tues-

day and Fridays—same times.

The Quarterly Hold 'em tournaments are open to all residents, first come-served, as they usually fill up quickly with a 48 player cap. Our 2015 tournaments will be announced next month.

Winners from October: Eighth place Al Witten; seventh Joe McShosh; sixth Sherm Waldman; fifth Dell Parker; fourth Case Lambregtse; third Ron Bond; second Joe Frenna; and first Neil Barsky (two-time winner, Congratulations!).



From left—Ron Bond, Joe Frenna, and winner Neil Barsky

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

**Contacts: Mike Goldstein 543-8238; Ginger Nickerson 253-3322; Joe Frenna 543-8634.**



## RV

Some of the members of the RV Group members helped celebrate the 15<sup>th</sup> Anniversary of Sun City Lincoln Hills by participating in the parade down Sun City Blvd. from Orchard Creek Lodge to Kilaga Springs Lodge on October 18.

Parade onlookers obviously got a kick out of seeing the RVers strolling along with filled wine glasses (it was really a red fruit drink, not wine), waving signs and having a good old time. Trailing the walkers was a motor coach driven by Bill Eads. All the groups who participated agreed the parade was a huge success, and people enjoyed a tasty luncheon in the OC Ballroom following the parade. And there was music and dancing as well.

Final event of the year for the RVers will be the Christmas Party December 2 at OC Lodge, cocktails at 5:30 PM and dinner at 6:00 PM.

**Contact: Rosie Eads 408-0129**

**Website: [www.lhrvg.com](http://www.lhrvg.com)**



## SCHOOLS

### Sun City Helping Our Outstanding Lincoln Schools

As our group participated in the SCLH Parade last month, it was good to see folks from other SCLH groups coming together. These are the folks who make our community such a special place in which to live.

Our S.C.H.O.O.L.S. volunteers are a group of enthusiastic and committed residents and we are so honored to have received appreciative and positive comments from staff members at the many schools we visit: From First Street School—"The Sun City Volunteers who come into my room brighten our days every time. They are phenomenal people. Thank you for your service." As the school year moves into the holiday season there are many opportunities to help with activities as well as classroom tutoring, and helping with the "Third Friday Sheridan School Reading Program." We need and welcome new volunteers. You can put a smile on a young person's face!

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



## SCOOP

### Sun City Organization of Pooches

SCOOP's last meeting of this year was in October with Dr. Lee from Loomis Basin addressing our members and guests on changing dog behavior in positive ways. It was a very popular subject. Our next meeting will convene February 3, 2015 at Orchard Creek Lodge. Details will follow.



Pooches on Parade—Celebrating SCLH's 15th Anniversary!

SCOOP is hosting a Holiday Luncheon on Wednesday, December 3 at Meridians—Solarium Room—at 12:00 PM. The

menu will include your choice of Turkey Pot Pie, \$19.19; Half Turkey Sandwich & Cup of Butternut Squash Soup, \$16.63; Chicken Fuji Apple Salad, \$19.19, House Roasted Turkey Breast, \$21.75. All include rolls, butter, coffee or tea, dessert, and gratuities. RSVP with meal choice to: Deirdre Ryan, 408-0580, and mail your check to her. Space is limited; please reserve as soon as possible.

SCOOP dues (\$12)—through December 2015!

*Submitted by Gay Sprague.*

**Contact: [scoop@sclh-scoop.com](mailto:scoop@sclh-scoop.com)**

**Website: [www.sclh-scoop.com](http://www.sclh-scoop.com)**



## Scrabble

Since we are in the midst of the holiday season I thought it would be fun to list some playable Scrabble words referring to toasts, drinks, what to drink and when you have drunk too much!!

What to drink: zin, brut, vino, glogg, rioja, soave and tokay.

Cocktails: kir, grog, nogg, ouzo, sloe, hooch (hootch), kvas (Russian beer) and kvass.

Toasts: lehayim (also lechayim), prosit, slainte (to health) and skoal.

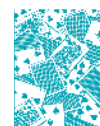
When you have had too much to drink: fou, blotto, beery, boozy, tiddly, swacked, ginny and stewbum.

Come join your friends and neighbors in the Cards Room (OC) at 1:00 PM on Mondays for Scrabble play.

Slainte and don't get stinko!! Let's Scrabble!!

*Submitted by Connie Protto.*

**Contact: Anne McMaster 409-5408**



## Shanghai

What is Shanghai? It's a city, it's a form of capture, and it's a card game played at the OC Lodge. We play every Thursday at 12:30 PM in the Card Room (OC). We also play on the second & 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

Perfect Holiday Present for Single Friend in Lincoln Hills?

For a \$15 check dated after January 1, you give your friend 12 months of *fun*—membership in the Dynamic Singles Club! Until then, you can even invite them as *guests*!



Monster Mash party and members of the Dynamic Singles who participated in the Anniversary Parade

She could have walked with 32 of us in the Lincoln Hills Anniversary Parade October 18.

He could have joined 119 of us dining and dancing at the “Monster Mash” October 23.

November 13, at the General Meeting/Turkey Bingo, *both* could have won *real* turkey!

But there’s still Christmas Luncheon December 13 and Pre-New Year’s Party December 29!

Plans will be finalized soon for *more* things in 2015!

There are even sports events weekly!

**Contact: Judie Leimer 408-4308, [j.leimer@icloud.com](mailto:j.leimer@icloud.com); Maralyn Fisher-Zack 408-4747, [mdfzack99@aol.com](mailto:mdfzack99@aol.com)**

tive as to their plans for the ski resorts at Squaw and Alpine Meadows.

Our next general membership meeting will be Tuesday, November 18, at 4:00 PM in the Fine Arts Room (OC). Meeting details will be provided soon.

We have two people on our Whistler getaway trip waiting list, which takes place February 22-28, 2015. Please contact us if you would like to join the 37 other members who will be there.

Make sure you have paid your annual membership dues, so that you may be part of all this season’s events. Contact Club officers listed below with any questions.

**Contacts: Mike Hilton or Bill Smith 258-2150, [lhsclub@gmail.com](mailto:lhsclub@gmail.com)**



## Softball, Senior League

The Fall Softball Season began in early October. There are seven teams playing games every Monday, Wednesday, Friday—9:00 AM, 10:30 AM, 12:00 PM until November 21.

Our League is open to men and women of all ages/abilities. For most of us, it was around 30 years since we played when we moved to Lincoln Hills. But time melts away when you get on the field with your new friends and relive your youth.



Wendy Green (50ish); Darrell Rinde (55); Ray Patterson (80)

If you are thinking about joining LHSSL or would just like to see if you still “have it,” go to our website and download an application. Then come on out and join us for our “Open Practice” every Sunday at 9:00 AM. It’s a good way to start get-

ting in shape for the upcoming season or just to have some fun while you get in some exercise and fresh air. See you on the diamond!

**Contact: Joann Hilton 408-0346, [jhilton777@gmail.com](mailto:jhilton777@gmail.com)**

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

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

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



## Sports Car

In October we had one of our big trips, two nights in Yosemite. On the second day we drove to Badger Pass, Glacier Point and the Mariposa Grove, with tours of the valley with wonderful mountain views, and dinner at the Ahwahnee Hotel in their fantastic dining room. We stayed at the Yosemite Lodge at the Falls. This trip involves long distance driving, perfect for our sports car enthusiasts.



Ferndale trip

In November we found ourselves ziplining in Occidental. You don’t need to vacation to Mexico or the Caribbean to do crazy things like ziplining. Sonoma Canopy Tours is practically in our backyard. They have one zipline that is over 800 feet long, and you get beautiful panoramic forest views, deep ravines, and sights of beautiful coastal redwoods.

We still look forward to our Christmas Party at Catta Verdera. This is always a fantastic party, wonderful dinners and the Freestyle Band.

**Contact: DiAnn Rooney 543-9474, [dlrooney@mac.com](mailto:dvrooney@mac.com)**

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



## Square & Round Dance Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We



## Ski

Our first general membership meeting was on Thursday, October 23, and we heard from a Squaw Valley representa-

are always ready to welcome experienced Square Dancers. Feel free to come in and watch or join, times listed below:

- 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](mailto:louisbobrowsky@yahoo.com);**  
**Gail Holmes 253-9048**  
**[gailholmes@sbcglobal.net](mailto:gailholmes@sbcglobal.net)**



### Table Tennis

Thanks to all who participated in obtaining a new robotic ball server. Bob Gritner, our local resident professional, sets up the server every Friday at 8:00 AM. The server is programmable for ball speed as well as time interval and location. Bob also assists all players during these Friday sessions. Play takes place at KS every Sunday afternoon starting at 12:30 PM, Tuesday at 6:00 PM and Friday at 8:00 AM. All residents are welcome. Play continues for approximately three hours and you may start play at any time within that three-hour block. Play is generally mixed doubles as well as single play depending on the number of participants. There are seven tables for play. **Contact: Ed Rocknich 434-1958, [rocknich@yahoo.com](mailto:rocknich@yahoo.com)**



### Tap Company

About 17 of our tappers had a great time “Easing Down the Road,” (Sun City Blvd.) at the parade celebrating the 15<sup>th</sup> year of Lincoln Hills. A special thanks goes to Becky Nicholson, who choreographed and organized our participation.

The Steering Committee voted to fund a \$500 dance scholarship for one of Alyson Meador’s students at the Leighton Dance Project. The student who will be chosen by Alyson will have a financial need in order to continue tap lessons at the Studio.

The dates for our annual show, Rockin’ The Hills, are March 26, 27, and 28. Please mark your calendars for what will be an-

other entertaining Tap Company production. This year’s show was written by Steve Garavito and will be directed by Steve Garavito and Janet Becker. The storyline focuses on the lifestyle and activities of our community.



*Tap Company members in the Anniversary Parade; our annual show is March 26, 27, 28*

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



### Tennis

As the season draws to a close, we would like to recognize LHTG members who have contributed to another successful year: Jack Ryder, Webmaster, has maintained and expanded our informative website. Larry Magna continued his role as USTA liaison and court coordinator. Linda Burke has done a marvelous job as communications director. Updating our roster, designing fliers, she maintained bulletins boards and kept everyone in the loop with timely emails. Linda McDermott and Linda Mateer, Social Chairs, did a great job providing food and drink for tournaments and planning for the Holiday luncheons and Fall Dinner-Dance. Carol Vasconcellos, Treasurer, touches on every activity we have and worked seamlessly with all Board members. Bob Sanguinet, Tournament Director, coordinated our expanded tournament schedule and was able to maintain the delicate balance between competitive and fun. Greg Burke’s job as President was made easy by the tremendous cooperation of all the Board members.



*October Singles Tournament Director Bob Sanguinet congratulating 3.0 Draw winner Marty Westby; (Dale.jpg) Bob Sanguinet with Dale Shane, winner of 3.5 Draw; (LITT.jpg) LITT Night Finals—Purple Team, captained by Miguel Cuevas, took home the Gold, Red Team took Silver!*

**Contacts: Greg Burke 316-3054,**  
**[burkegbp@aol.com](mailto:burkegbp@aol.com);**  
**Linda Burke**  
**209-3463, [scteam10s@aol.com](mailto:scteam10s@aol.com)**  
**Website: <http://sclhtg.com>**



### Vaudeville Troupe

The Golden Revue Vaudeville Variety Show is scheduled to entertain you in January. Directed by Yvonne Krause-Schenck, she assures you that there will be lots of variety. We have singers, dancers, comedians and a few surprises that will peak your interest. Pictured here are Hugo Solano and Carol Murdock who sang a wonderful duet in our July show and will be back to entertain



*Hugo Solano and Carol Murdock; Susan Joyce*

you. Also pictured is a Vaudeville favorite, Susan Joyce. The show is sure to sell out so check your *Compass*, page 47, for details.  
**Contact: Yvonne Krause-Schenck 408-2040, ykrause@yahoo.com**



Lincoln Hills  
Veterans Group

### Veterans

Retired Chief Master Sergeant George Moses, a 34-year Air Force veteran and president of the McClellan Chiefs Group, will be the featured speaker at the November 20 general membership meeting at 1:00 PM in the P-Hall (KS). The charter of the McClellan Chiefs Group is to enhance the morale, image and position of the enlisted force and to provide camaraderie for fellow chiefs of all branches of the service. The group promotes enlisted programs and stays actively involved in community affairs. It establishes and maintains channels of communication to promote the welfare of all enlisted personnel. Chief Moses has been a longtime leader of the group. He will provide a first-hand account of its formation, mission and accomplishments.  
**Contact: Malcolm Singer 645-8553, singerfamily1@me.com**  
**Website: lhvets.org.**



### Water Volleyball

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

There are now up to seven sessions available for play five days a week (full schedule below). Everyone can play at least four times a week. Try it out three times for free.

Did you see us in the 15<sup>th</sup> Anniversary Parade? A fun day for all. Next is our annual Christmas party, Saturday, December 6 at 6:00 PM. Sign up at KS. Come join us anytime during open play. 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.

See our calendar link at [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)

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

[lincolnsuncity.org](http://lincolnsuncity.org).

**Contacts: Steve Parke 716-5379, stevenparke@att.net; Jerry DiGiacomo 521-1904, itsmrd@sbcglobal.net**  
**Website: www.lhwatervolleyball.com**



### West Coast Swing

On behalf of our club, we wish all of you and your families a wonderful holiday season, and a healthy and peaceful New Year in 2015, with lots of Dancin' in the mix!

We will be on holiday break from December until January 2015, and we look forward to seeing all of on the dance floor during the holidays.

Dance Nights: Tuesday Evenings at Meridians.

Capital Swing Dancers: Third Saturday of each month—[www.capitalswingdancers.org](http://www.capitalswingdancers.org).

Happy Holidays!

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



### Woodcarvers

Woodcarver "Tool Loaner Kit"—Ever thought about taking up a new hobby but you weren't quite sure about spending your scarce dollars to buy the tools and equipment necessary to begin? If that sounds like you then the SCLH Woodcarvers Group has just the solution.

Through the generosity of our members, we have put together a loaner kit consisting of essential tools and supplies for your use during our weekly meetings while you decide if woodcarving appeals to you.

Woodcarving is a fun, stress free relaxing way to utilize your free time. Most members have years of experience to help you with your projects. The SCLH Woodcarvers meet weekly every Wednesday, 1:00-4:00 PM at the Sierra Room (KS).

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



### Writers

While most members of the Writers Group create in solo, there are a few notable exceptions. The Perkins, David and Isabel, are a writing duo and both offer their own style and content for our enjoyment. Isabel presents recollections from her past, husband David is into fiction of all types—science, pulp and historical. Writing is hardly a new experience for them, yet they both still have enthusiasm for writing and it shows. The Perkins are a part of the solid core of writers that keep us entertained and challenged with their written creations.

New voices of contributors are always welcome to our meetings to share their creativity with the group. Our door is open to budding writers who may have an unfilled wish to become an author. We meet the second, fourth and occasionally fifth Monday monthly, 6:30 PM, Ceramics Room (OC). For more information, contact Bev or Linda.

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

### Authors' Resource Group

The Authors Resource Group continues to meet monthly to share member progress in writing, editing, publishing and promotion of manuscripts/books. The October meeting focused on publishing options from printing out your manuscript at Staples, to producing a book at the Sacramento Library, traditional publishing or self-publishing. On November 8, nine SCLH authors participated in the Meet The Authors event at Kilaga Springs Lodge. If you missed that event please contact Linda for information on the authors who presented and how to obtain their books. The ARG will take the month of December off, but will resume in January. Contact us for date, time and place. Happy Holidays! Write On!

Join us! We're here to help and encourage!

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

# Know how the tax rules change for Senior Taxpayers



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

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

For details and other tax-cutting assistance, contact:

**Carolyn J. Riolo**  
 Certified Public Accountant  
**(916) 771-4134**



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**EXPIRES DEC. 31, 2014**

See participating store for complete service description and details. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value Offer void where prohibited.

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## Bulletin Board

Please email your bulletin board articles to [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com) by the 20th of each month. Bulletin Board topics include interest in forming new groups and information about resident-related (not Association-sponsored) Groups.

### Cloggers

It's almost here! Thanksgiving, that is. And on the three-day Thanksgiving weekend, a national clogging event will take place in Reno. Cloggers receive a special discount rate at the Peppermill Resort, Reno, and will have three marvelous days of clogging, learning new steps, dancing familiar steps, and just having a great time in general. What is "clogging," you ask? Well, clogging is dancing. It's basically a combination of Irish and Appalachian steps, danced to the liveliest music we can find! Contact: Anita Tyson, 543-5330

### Love College Football? Look Here!

Hello, my name is Mike Dawson and with football season upon us I looked around for a group that loves college football and didn't find one so I am looking to start one. I envision an informal group that gets together to enjoy college football and the camaraderie that goes with it. My thoughts were we could meet at different sports bars like Thunder Valley's, TGIF's, BJ's and even members homes should they want to host. If you or anyone you know loves college football, contact me at 209-3683 or [mikedawson1959@yahoo.com](mailto:mikedawson1959@yahoo.com) for more info.

### Glaucoma Support Group

The Glaucoma Support Group will be celebrating the season with a luncheon on December 10. More info: Bonnie Dale [Bjdale@aol.com](mailto:Bjdale@aol.com) or 543-2133.

### Italian Club (LHIC)

Celebrate the holiday season this year at the Italian Club's Christmas Lunch set for Thursday, December 4 at 12:00 PM at Catta Verdera Country Club in Lincoln. (More info to come.) Many club members have welcomed exchange

## You are invited to attend...

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

**Monday, December 8 • 10:00 AM** Nautilus Society, Oaks (OC)

student, Beatrice Galletto of Torino, Italy into their homes for dinner. Beatrice is attending Lincoln High School this academic year and is sponsored by the Rotary Club of Lincoln. Benvenuta, Beatrice! (More exchange student program info: Rotary Club's Kris Wyatt at [Kriswyatt49@gmail.com](mailto:Kriswyatt49@gmail.com).) Have you purchased your official LHIC name badge yet? Orders are placed the first of each month. Cost is \$6.50 each. More info: [www.lhitalianclub.org](http://www.lhitalianclub.org). 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](http://www.lhitalianclub.org) or Virginia Halstenrud, membership chair, 543-3293.

### Lincoln Democratic Club

The Lincoln Democratic Club invites all interested residents to attend a presentation by Amanda Wilcox, Legislative and Policy Chair of the California Brady Campaign to Prevent Gun Violence, at the Thursday, November 20 meeting. The Brady Campaign seeks to alter the trajectory of gun violence in our country through changes to culture, laws and the gun industry. This presentation is particularly timely as December 14 is the second anniversary of the violence at Sandy Hook. The meeting will begin at 6:45 PM at Kilaga Springs Lodge. Questions: June Paquette, 408-2263.

### LH Retired Law Enforcement Group

Join the Lincoln Hills Retired Law Enforcement Officer's Group for another LEO Breakfast on November 21 in the Meridians Sports Bar. Coffee on the table at 8:45 AM Breakfast buffet includes eggs, bacon, sausage, potatoes, pancakes, coffee & orange juice. As always, spouses and LEO friends welcome. Cost is \$8 and includes tax and tip. Reserve your place at the table by emailing Jim Pola at [polabears@wavecable.com](mailto:polabears@wavecable.com) and

please mark your calendar! Our guest speaker is CHP Assistant Chief Jonni Fenner. Assistant Chief Fenner has been with the California Highway Patrol over 25 years. She has held the position as Assistant Chief in the Golden Gate Division which covers all nine Bay Area counties, and is currently assigned to Valley Division within the Sacramento region.

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

Where do you want to go? We may have just the trip you want. Meetings are on the third Thursday of each month, 7:00 PM, in the P-Hall (KS). Presentations on selected travel destinations are shown by Professional Travel Managers. Everyone is welcome. We have been offering trips that go all over the world since 2000. Committee members are all residents of Lincoln Hills. We are *not* travel agents. Committee Member contacts: Teena Fowler 543-3349, [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier 434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins 434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret 408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck 543-0990, [judyvolk@outlook.com](mailto:judyvolk@outlook.com).

*Continued on page 43*

## Did You Know?

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Continued from page 41

### Multiple Sclerosis Group

Tuesday, December 2: Dr. John Schafer of the Mercy MS Clinic, will be the guest speaker at our Holiday Luncheon at Sun City Roseville's Solarium. Cost is \$16. Call Marilyn Sharp, 434-6898, before November 25 to reserve your place and get details.

### Open Play Games

Interested in playing card, tile and board games? New opportunities are now available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All SCLH residents are welcome. Tables are first-come, first-served.

### Prostate Cancer Guys!!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how

we can support each other!! Paul Gardner, 434-8400 or paulbear7@gmail.com.

### 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 or amoon38@sbcglobal.net.

### Scandinavian Lunch Bunch

We're hosting a traditional Scandinavian Christmas Lunch. Anyone with a trace of Scandinavian blood is invited to join the festivities at Sun City Roseville's Timbers Lodge, 7050 Del Webb Blvd., 11:00 AM on Saturday December 13 (St Lucia's day). The menu will include traditional Herring/Sild with snaps (beer) followed by Flaeskesteg—Roast Pork. Dessert will be Risen Groed (rice pudding with berry sauce). As is the tradition, there will be an Almond for you to locate for a special

gift. Please bring some of your favorite Christmas cookies to share. Honored guest will be the Consulate General of Denmark, Dorthy Mikkelsen who will give an update on the "old country." Cost is \$35 per person—make out your check to Jonas Porup and send it to him (address in the directory). Seating is limited to 49 and the deadline is November 25. Questions: Jonas, 543-3302.

### Shalom Group

The Shalom Group has been very busy between the Jewish New Year, game night, bocce ball, and lots of potluck dinners! There are a lot of things going on and we invite you to come and check us out. We offer something for everyone with such a variety of activities. We are all Lincoln Hills residents getting together and enjoying each other's company. Sound good to you?!? More info: Sandy Klein, 408-2020, or Judi Schane, 253-9129.

### Shooting Group

Our purpose is to make friends among the  
*Continued on page 44*

## ~ Community Perks ~

### Lincoln Hills Certified Farmers Market and Vendor Fair

Depending on weather and crop availability, the final farmers market will be offered on November 19, 8:00 AM to 12:00 PM.



### A Movie Date with James Bond Spend your November/December Fridays with 007 starting November 7 — Free

Experience the action, excitement and panache of the Bond films! And you can expect the same thrill at our New Year's Eve Party. Movies start at 1:30 PM, P-Hall (KS). Note: *No movie will be shown on November 14 and movie will start earlier (12:30 PM) on November 28.* Please check event poster or the Activities Desk for the movie schedule.



### KS at the Movies: "Frozen" Monday, January 5 — Free

1:30 PM, P-Hall (KS). PG, 102 minutes. Comedy/Animation/Adventure. "Frozen" starring Kristen Bell, Idina Menzel, and Jonathan Groff. When a princess with the power to turn things into ice curses her home in infinite winter, her sister, Anna teams up with a mountain man, his playful reindeer, and a snowman to change the weather condition.



### Document Destruction Monday, January 12

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



*Continued from page 43*  
 residents who are interested in shooting. If you used to shoot, but have not done

so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome.

We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the winter

## Connections

*Continued from page 3*

them available to you. We have uploaded the photos using a Flickr account linked to our resident website. To view and print photos from the Flickr site, go to the resident website home page and click on the 15 year Anniversary Parade photos. Also on the homepage of the website, watch the video staff produced for your enjoyment and to share with your friends and family.

It was a pleasure to greet 600 of you for lunch after the parade. It was amazing to see how quickly you were all able to get through the buffet lines, and we appreciated your thanks to staff for the excellent meal they prepared for you. Residents are already talking about our 20 year celebration!

Our apologies if you did not receive a *Compass* this last month. We have sufficient copies printed for residents, but apparently people visiting our community, and prospective buyers, are helping themselves to the magazine. In an effort to curb this activity, we are asking for your help. If you have a gently read magazine, please bring it with you in exchange for the new magazine each month. We will make those magazines available for guests and prospective buyers. Also, if you tend to pick up more than three copies of the magazine to take to your neighbors, please go to the front desk and ask for them. We are pleased that our magazine

is so popular and well received. Thank you for your help.

Recently I took a drive just north of Marysville to view the migrating Tundra Swans and other beautiful waterfowl. What magnificent sites! If you are looking to take a drive for yourself or with visiting friends and family, check out an area called District 10, a 23,000 acre expanse of privately owned rice fields and restored habitat. This area boasts one of the largest seasonal concentrations of Tundra Swans in the Central Valley, as well as a wide variety of other species, including

ducks, geese, shorebirds, herons, egrets and raptors. Explore on your own or register for one of the Saturday tours

offered by the CA Department of Fish and Wildlife through January. Go to <https://www.wildlife.ca.gov/Regions/2/Swan-Tours> for more information.

I wish you a bountiful autumn filled with health, happiness and lives filled with Thanksgiving. See you in the Lodge.



*Tundra Swans*



*A wild Tom Turkey in our Open Space fanning his feathers  
 Photo by Lyn B. Kalinowski*

## Challenges

*Continued from page 11*

knowledge, and when we are empowered, we can cope better. The Association has completed its pilot series of *Living Through Transitions*, an educational program that has received rave reviews by those who participated. One participant said that she had been feeling overwhelmed by complicated health issues

and not knowing where to turn until she gleaned important knowledge from this program, which has helped her to more easily transition.

*Living Through Transitions* is an educational program designed to enlighten residents and those in their support system about the predictable challenges of aging. Topics include invaluable information about the financial and legal

frameworks that each of us needs to have in place, navigating the complicated health care system, transportation issues for when we cannot drive, dealing with loss, and end of life Issues. **Sign up now for the new series of *Living Through Transitions* that begins in January** (see page 79).

months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below.

Membership is free. Residents interested in trap or skeet shooting can contact: John Kightlinger at 408-3928 or johnnpat@

sbcglobal.net Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

## Catering

*Continued from page 9*

food with a menu you have created with Meghan and the Chef. Jerry told me this is a service that has been used for surprise birthday parties and also celebrations of life.

Wow, this makes me want to look for an excuse to party! Now let's look at the process.

Call Meghan Louder (625-4042) with the date, time, and place you have in mind. Once that is set, she will meet with you to discuss the choice of standard catering menus or you can have a customized menu (Meghan consults with the Chef). She remains your intermediary for other details—from napkin colors to references for DJ's or entertainment. She will also work with you on meeting your budgetary needs. For more information, visit [www.orchardcreeklodge.com](http://www.orchardcreeklodge.com).

Residents and community-recognized clubs/groups receive a space rental discount. On the day of the event, Don Giles (Banquet Manager) is present to assist and ensure that the details of the event are carried out.

Chef Rod and sous Chef Ian have the knowhow to provide mouthwatering food and specially trained wait staff, then present it with a smile!

Now, why don't you envision that dream event or occasion and make it come true?



*Anglers Cove, top, and Sports Pavilion*

## In Memoriam

### Nancy (Nazir) Jhandra Schneider

Nancy grew up in Shanghai, China but as a young woman her family emigrated to Pakistan. She worked for the US Embassy until she attended Pacific University in Forest Grove, Oregon. Later she lived in Montreal, Canada utilizing her French, English and Chinese language skills. She joined her family in San Francisco and worked in the insurance industry there and in Stockton. She married Philip R. Schneider in San Francisco in 1978. After retirement they moved here. Sadly, she was diagnosed with Alzheimer's Disease in 2002. Besides her husband Phil, she is survived by her five brothers and three sisters who all live here except for one brother.

### John G. Thiel

Born and raised in Oakland, California, John attended UC Berkeley but joined the Air Force in WWII. He survived 30 missions into Germany and earned the Distinguished Flying Cross and Purple Heart. After the war he finished his degree and spent his career in real estate. As Vice President at Dart Industries he built the development at Tahoe Donner, including the golf course. John was a talented golfer and is remembered as a fine gentleman who played golf according to the rules and played until age 92! John was predeceased by his wife Phyllis. He leaves his two children and six grandchildren.

### John Teunissen

John grew up in Haps, Holland where he was born. When he came to the United States he went into the US Army. Following his service, he and his wife of almost 49 years settled in the East Bay Area where he was in the Restaurant and Commercial Food Services. He loved spending time on the walking trails here and at the Fishing Pond with his dog, Tommy. John is survived by his wife, Montserrat, and one son, George. Sadly, they lost their younger son, Richard, at age 20 from a heart defect.

*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.*

# 007 NEW YEAR'S EVE BALL



WEDNESDAY, DECEMBER 31  
Orchard Creek Lodge

**Ballroom – 5231-15B • Meridians – 5231-15M • Pre-Function-5231-15P  
Solarium-5231-15S • Entertainment Only-5231-15E**

**G**et ready for a glamorous evening that is *Licensed to Thrill* and ring in 2015 in style, James Bond style! Select your favorite party room and entrée from our delectable four-course menu specially prepared by Chef Roderick. Enjoy free-flowing champagne to toast the New Year and witness the *Skyfall* of dazzling fireworks to cap the evening.

*Goldfinger* is the inspiration for the Ballroom and Solarium, and DJ Tom is back in the Ballroom to play your favorite dance music. *Diamonds are Forever* sets a relaxed lounge mood at Meridians with a sparkling performance by San Francisco cabaret singer, Deborah Del Mastro and her trio. The trio will entertain you with songs made famous by the Bond movies, and you can sit back and listen, or move to the dance floor. Pre-function guests will be transported to Asia with décor befitting a Bond movie, and premier seating for the fireworks display. Try your luck at the tables and win fun prizes at our own *Casino Royale* in the Community Living Room. Suit up and feel glamorous like a Bond girl then flash your smiles for our photo booth in the foyer to capture the excitement of the night!

Tailored dinner and entertainment package option starts at \$84 per person. For those who wish to have dinner elsewhere, join the celebration from 9:00 PM-12:30 AM with our Entertainment Only ticket for \$45. Reserved seating not available with Entertainment Only tickets, however seating will be available throughout the Lodge.

- Doors open at 7:00 PM
- Ballroom and Solarium Guests, dinner 7:30 PM
- Meridians and Pre-Function Guests, dinner 8:00 PM
- Dancing and Entertainment 9:00 PM-12:30 AM
- Champagne Toast and Fireworks Display at Midnight

Guests may select their tables during registration on a first-come, first-served basis. If you are purchasing a table for your group, provide seating location with their entrée selections at time of registration.

No refunds or exchanges. Tickets required for entry. Wristbands issued at entry. Table locations and complete menus with pricing and dinner selections available at the Activities Desk and online.

2015<sup>th</sup>



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

## Entertainment

### —Club Performance—

#### LH Players Present Cinderella

Thursday, November 20; 7:00 PM — 5220-09A

Friday, November 21; 7:00 PM — 5220-09B

Saturday, November 22; 2:00 PM Matinee — 5220-09C

Saturday, November 22; 7:00 PM — 5220-09D

This year you, your family, and your friends can kick off the holiday season with the Players November musical production of “Cinderella.” A grown up musical comedy based on the classic tale and directed by Dolly Schumacher James. Come see our talented actors, singers and dancers who have been busy practicing and rehearsing to bring you the best musical production ever. The costumes alone are a feast for the eyes and include lovely ladies wearing a variety of colorful dresses from the period. These extraordinary gowns will have you “oohing and ahing,” and let’s not forget the gentlemen who will be decked out in period costumes as well. Ballroom (OC). General Admission tickets, \$14.



#### SCLH Community Chorus Presents Winter Fantasy

Sunday, December 14; 2:00 PM Matinee — 5214-10A

Monday, December 15; 7:00 PM — 5214-10B

Tuesday, December 16; 7:00 PM — 5214-10C

It is time to get your tickets for the annual holiday concert by the Lincoln Hills Community Chorus. This year our music theme is centered around a “Winter Fantasy.” Hear old favorites such as “It’s the Most Wonderful Time of the Year” and “The Little Drummer Boy.” You will be surprised by new songs such as “Bethlehem Spiritual,” “Candles in the Window,” and “Christmas Kum Ba Ya.” A great way to start off your holiday fun! We look forward to performing for you once again! Ballroom (OC). **Premium Reserved Section Seating, \$18.** General Admission rate, \$13.



#### The Vaudeville Troupe’s “Golden Revue”

Friday, January 9, 2015

2:00 PM Show — 5309-11A

6:00 PM Show — 5309-11B

Saturday, January 10

2:00 PM Show — 5309-11C

6:00 PM Show — 5309-11D

The Lincoln Hills Vaudeville Troupe will return to the stage to entertain and delight you. The Golden Revue Variety Show with 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! Save \$1 off \$4 or more at KS Café on show night! 2:00 and 6:00 PM performances scheduled on both dates. P-Hall (KS). Reserved Seating, \$12.



### —Comedy—

#### Comedy Night at KS: Stephen B

Tuesday, January 20, 2015

6:00 PM performance — 5320-11A

8:00 PM performance — 5320-11B

Stephen B is a stand-up comedian with more than 32 years of experience performing in comedy clubs, for corporate clients, and churches nationwide. He’s opened for Julio Iglesias, Manhattan Transfer, Weird Al and a host of other headlining musical acts over the years. Stephen has had supporting roles in three movies and has been seen on Comedy Central. He has performed at Spirit West Coast and on the KLOVE Cruise and is hoping to release his first book later this year. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall (KS). **Reserved seating discount rate until December 14, \$10.** After December 14, \$12.

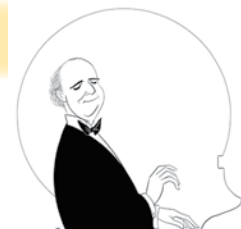


### —Concerts—

#### Richard Glazier: The Magic of Music

Monday, November 24 — 5224-09

Award-winning pianist and master storyteller, Richard Glazier, is back by popular demand. He recently finished his latest TV show, “Broadway to Hollywood,” and will be sharing musical selections as well as interviews and stories from the show. Included will be the late Efrem Zimbalist Jr.’s last interview. To prep us for the season, Mr. Glazier will play several holiday songs that have become part of the American popular song literature including “White Christmas,” “Silver Bells,” and “Have Yourself a Merry Little Christmas” written by his late, dear friend Hugh Martin. You won’t want to miss an intimate evening listening to fascinating stories, interview footage, and beautiful music. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$18.** General Admission, \$16.



*Continued on page 48*

### A California Cowboys' Christmas

Monday, December 8 — 5208-10

The popular Country Western performing group presents a 'Holiday-themed' program consisting of classic and contemporary country songs and holiday favorites. The California Cowboys deliver a powerful sound, with the clear punch of tight three-part harmonies and such rowdy, foot stompin' original songs as "The Party's Over" and "Timberline." Lead singer and songwriter, R.W., together with drummer Hal Atkinson, guitar player Gary Potterton (producer of "Grandma Got Run Over by a Reindeer"), and bass player Cary Atkinson form one of California's most successful country-western bands. Join the Cowboys for your holiday favorites such as: "Grandma Got Run Over by a Reindeer," "Jingle Bell Rock," "White Christmas," "Santa Claus is Coming to Town" and more! They will also perform some of "Sons of the Pioneers" songs like "Water" and "Tumbling Tumbleweeds." The band has appeared with such country favorites as Alabama, Dwight Yoakam, Clint Black, Willie Nelson, and Toby Keith, to name a few. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$21.** General admission, \$18.



### British Invasion

Thursday, January 15, 2015 — 5315-11

*Invasion* is a tribute to the music of the British Invasion Groups of the 1960s. They will be performing songs that have become classics including: The Kinks' "You Really Got Me;" Donovan's "Mellow Yellow" and "Catch The Wind;" The Hollies' "He Ain't Heavy, He's My Brother;" Dave Clark Five's "Glad All Over" and "Do You Love Me;" plus favorites from The Stones, The Who, and The Beatles with songs like "Nowhere Man," "I Wanna Hold Your Hand," and "I Feel Fine." A perfect show for remembering the music that changed an era. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$21.** General admission discounted rate, \$16. After December 14, \$18.



### The April Verch Band

Friday, January 30, 2015 — 5330-11

Canada's Ottawa Valley meets old-time Appalachia with crack fiddling, electric step dancing, and sweet singing! The April Verch Band—rounded out with bassist and clawhammer banjo player Cody Walters and guitarist Hayes Griffin—is an energetic,

*Continued on page 51*



### 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.*
- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.
- **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:** Register by RSVP date. RSVP date is used to determine registration status. If minimum registration is met, students may register until first day of class. If you want to take more than one class scheduled in the same month from the same instructor (except Computer classes), you must wait until after RSVP date to ensure all residents have the opportunity to enroll.
- **Weather:** Association trips & events are held regardless of inclement weather.
- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.
- **Show Time:** For Entertainment, doors open 30 minutes prior to showtime unless noted.
- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.
- **Events that include a Meal:** Ticket sales for Entertainment that includes a meal will close three business days prior to event date or upon sellout. All other Entertainment events are open for sale until show date unless sold out.
- **Special Accommodations:** Please inform the Monitor during registration as follows. 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 in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.
- **Event Ticket for Trips:** Are handed to guests when boarding.



*Meridians*  
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NOON - 4PM**



**Adults \$29.95++**

**Children 12 and under \$12.50++**

**Under 6 or over 90 are FREE!**

{ All non-alcoholic beverages are included }

*Reservations and prepayment requested*

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virtuosic, tradition-celebrating outfit, not to mention one that's not soon forgotten when they depart the stage. The thrilling grand finale involves Verch fiddling and step dancing—and often executing two entirely different intricate rhythmic patterns at once. “Verch is a dynamic performer who incorporates step dancing into her show, and it always brings down the house.”—CMT Edge. Concert 7:00 PM. Ballroom (OC). **Premium reserved section seating, \$20.** General admission discounted rate, \$15. After December 14, \$17.

### —Grandkids Event—

#### Grandkids Santa Adventure Saturday, December 20 — 5220-10

Santa, Mrs. Claus and the Elves will be coming to Lincoln Hills for a special visit! Share holiday memories and magical activities with your grandchildren at “Santa Adventure.” Your grandchildren will be greeted by Santa’s Elves and enjoy interactive activity stations offering treats, face painting, storytelling, and lots of fun! Start the morning off by taking photos of the grandkids with Santa. We will be showing the cartoon “How the Grinch Stole Christmas” at 12:30 PM; “Elf” at 1:30 PM. Limited



space available so buy early. *Important: Each child must be accompanied by a grandparent for all activities (multiple siblings would require two grandparents or parent present), all children need to be pre-registered and wristbands will be provided during registration and are required for participation.* Lunch will not be provided as part of this ticketed event. Kilaga Springs Lodge. 10:00 AM. Doors open at 9:45 AM; activities and games 10:00 AM to 12:00 PM. Toddler to 12-years-old. **General admission, \$12.**

### —Show—

#### A Christmas Carol with Duffy Hudson Thursday, December 4 — 5204-10

Charles Dickens' Christmas Classic is coming to Kilaga Springs Lodge and bringing all our favorite characters: Ebenezer Scrooge, Jacob Marley, Bob Cratchit, Tiny Tim... Join us as Broadway and film actor Duffy Hudson, without the aid of props or costumes, brings all 46 characters from this magical tale to life. Duffy brought the house down with his George Burns impersonation earlier this year in the Ballroom. Save \$1 off \$4 or more at KS Café on show night. 7:00 PM performance. P-Hall-(KS). **Reserved seating, \$12.**



### Day Trips & Extended Travel



**Katrina Ferland**  
Lifestyle Trips Coordinator  
[katrina.ferland@sclhca.com](mailto:katrina.ferland@sclhca.com)

### Day Trips

#### —Casino/Racing—

#### Colusa Casino Thursday, January 8, 2015 — 1950-10

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



### —Festivals—

#### Victorian Christmas Sunday, December 7 — Sold Out

#### Cornish Christmas Friday, December 19 — 1861-10

Recapture the spirit of Christmas past amid the charming surroundings of historic downtown Grass Valley during the annual Cornish Christmas Celebration. Started in 1967 as a way to preserve Grass Valley's Cornish heritage and holiday traditions, Cornish Christmas remains a very popular event with our residents. Imagine life in another era where men and women worked hard, had little, but cherished the simple pleasures of hearty food and drink, a good song, and a warm fire with family and friends. The streets are filled with the sights and sounds of an old-fashioned Christmas. Handmade arts & crafts from artists throughout California are on display. Delicious food and drinks available from restaurants and specialty food vendors. This evening trip will tickle all



*Continued on page 53*

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97845

your senses. Depart OC 4:30 PM, return ~ 10:30 PM. \$25. RSVP Now.

### —Food/Wine—

#### Wente, Concannon and Michael David Wine Tasting Thursday, February 5, 2015 — 1822-11

The Livermore Valley is one of California's oldest wine regions, with a history dating back to the 1760s. Robert Livermore planted the first commercial vines here in 1840. The valleys' wineries were the first to bottle the varietal labeled Chardonnay, Sauvignon Blanc, and Petite Sirah. Roughly 80% of California's Chardonnay vines can trace their genealogy back to the Livermore Valley Wine Country. We'll visit two vineyards both established in 1883, Concannon for a winery tour, tasting and lunch and then off to Wente just down the street for a tasting in their barrel room. We'll beat the traffic out of the bay and make a final tasting stop in the Lodi wine region at a resident favorite, Michael David Winery that offers great wine, a fruit stand and bakery. Box lunch includes a choice of sandwich: *Olive Oil Poached Tuna Salad, Smoked Pork Shoulder or Pesto Chicken with a mixed greens side salad and bottled water. Choose at registration.* All tastings and lunch included, trip size limited to 33. Leave OC 8:30 AM, return ~ 6:30 PM \$129 RSVP by 12/14.



### —Museums—

#### Legion of Honor — Houghton Hall: Portrait of an English Country House Wednesday, January 14, 2015 — 1841-11

Step into the history and grandeur of Houghton Hall, reminiscent of the popular PBS television drama *Downton Abbey*. A stunning display reflecting aristocratic life in an English country house from the 18th through the 20th centuries, Houghton Hall hosts spectacular interiors, rarely exhibited treasures, tapestries, Roman antiquities and exquisite furniture paired with old-master and 18th century paintings by such masters as Thomas Gainsborough, Sir Joshua Reynolds, and John Singer Sargent. 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 ~ 6:15 PM. \$62. RSVP by 12/14.



#### Chabot Space and Science Center Oakland Hills

Monday, January 19, 2015 — 1764-11

In cooperation with the Astronomy Club, experience the wonders of the Universe at the Chabot Space & Science Center in the Oakland Hills. Enjoy five hours of fun and interactive hand-on exhibitions, digital full-dome planetarium and telescope viewing through our spectacular telescopes.



The Observatory is open for telescope viewing (weather permitting, of course). Admission includes two planetarium shows. Lunch on your own at Bean Sprouts Café or bring your own. For more information: <http://www.chabotspace.org>. Leave OC at 8:00 AM, return ~ 6:00 PM. \$59. RSVP by 12/14.

### —Performances—

#### Russian National Ballet Theater: Chopiniana and Romeo & Juliet — Wednesday, February 4, 2015 — 4580-11

In the great tradition of Russian ballet, this accomplished company performs two of the most romantic classical ballets. With music by Chopin and beautiful choreography, *Chopini-*



*ana*, or *Les Sylphides* as it is often known, is a "romantic reverie" and depicts ballerinas bathed in moonlight dancing around a young poet. In the same evening, enjoy a dramatic and visually stunning *Romeo and Juliet* performed to Tchaikovsky's magnificent score which elevates Shakespeare's heartbreaking tale of young star-crossed lovers. Founded in Moscow in the late 1980s, the Russian National Ballet Theatre is committed to both preserving the timeless tradition of classical Russian ballet. Orchestra seating, Harris Center for the Arts in Folsom. Leave OC at 6:15 PM, return ~ 11:00 PM. \$81. RSVP by 12/14.

#### Newsies—Orpheum Theater, San Francisco Wednesday, February 25, 2015 — 4550-09

They delivered the papers until they made the headlines. Direct from Broadway comes *Newsies*, the smash-hit, crowd-pleasing new musical from Disney. Winner of 2012 Tony Awards® for Best Score and Best Choreography and filled with one heart-pounding number after another, it's an explosion of song and dance you don't want to miss. Based on true events,



*Continued on page 54*

Newsies tells the story of a band of underdogs who become unlikely heroes when they stand up to the most powerful men in New York. It's a rousing tale about fighting for what's right and staying true to who you are. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square (Post & Powell) after the show. Leave OC at 10:45 AM, return 9:45 PM. \$125. RSVP Now.

### Broadway Sacramento 2014-2015

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

### Dirty Dancing

Tuesday, December 30 — Sold Out

### Joseph and the Amazing Technicolor Dreamcoat

Tuesday, January 27, 2015 — Sold Out

### Rain: A Tribute to the Beatles

Wednesday, March 18, 2015 — 4530-08

A live multimedia spectacular that takes you on a musical journey through the life and times of the world's most celebrated band. Going further than before, this expanded "Rain" adds even more hits that you know and love from the vast anthology of Beatles classics hits from the vast Beatles anthology. This stunning concert event takes you back in time with the legendary foursome delivering a note-for-note theatrical event that is the next best thing to the Beatles. Performances held at the Sacramento Community Theatre, reserved Front/Middle Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.



### Once

Tuesday, April 14, 2015 — 4562-06D

Winner of eight 2012 Tony Awards® including *Best Musical*, *Once* is a truly original Broadway experience. Music lovers will rejoice at this truly original musical where an impressive ensemble of actor/musicians play their own instruments on stage. Based on the 2007 film, *Once* tells an enchanting story about music, love, relationships and music's power to connect us all.



It's an unforgettable story about going for your dreams. *The show contains profane language and adult situations.* Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.

### Rodgers & Hammerstein's Cinderella

Tuesday, May 12 — 4562-06E

The Tony Award®-winning Broadway musical from the creators of "The Sound of Music" and "South Pacific" that's delighting audiences with its contemporary take on the classic tale. Be transported back as you rediscover some of Rodgers + Hammerstein's most beloved songs, including "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago," in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream... or a really great pair of shoes. Theatergoers of all ages will thoroughly enjoy *Cinderella* with its beloved songs and surprisingly contemporary take on the classic fairy tale, with several new plot twists, plenty of laughs, and jaw-dropping magical transformations on stage. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84. RSVP Now.



### Cirque Du Soleil — "Kurios"

Sunday, January 11, 2015 — Sold Out

—Tours/Leisure—

### Additional Date!

### San Francisco 49ers Levi's Stadium Tour

Tuesday, January 6, 2015 — 1849-11A

First four trips sold out, don't miss this one! Tour the new home of the San Francisco 49ers at Levi's Stadium in Santa Clara! We'll enjoy a VIP Private Group Tour that



features visits to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be a stop on the Plaza level with a photo opportunity in front of the playing field and a field level visit to check out the visitor's and cheerleader's locker room. We also receive a complimentary group souvenir photo! The 49ers Museum is included with the tour and there is time to visit the 13,000 square foot flagship team store. First, we'll stop for lunch at a nearby El Torito for an included Taco Bar Buffet (full menu at Activities Desks). There will be a dinner/stretch stop during the return trip (on your own). Leave OC at 7:30 AM, return ~ 8:30 PM. \$108. RSVP by 12/5.

—Shopping—

### San Francisco Holiday Shopping

Saturday, December 13 — 1844-10

Enjoy a lovely holiday trip to the city by the bay and don't

*Continued on page 58*

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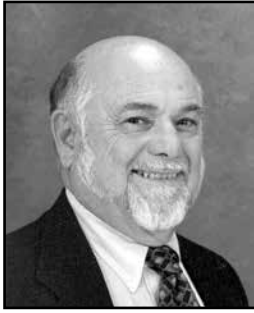
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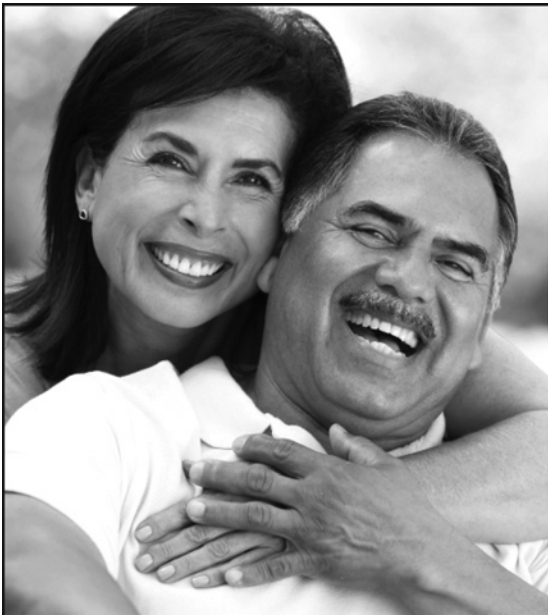
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—Sports—

**Sacramento Kings vs. Golden State Warriors**

**Tuesday, February 3, 2015 — 6310-10**

Head to Sleep Train Arena for a Sacramento Kings game lead by Rudy Gay and DeMarcus Cousins as they go up against the Golden State Warriors and Stephen Curry who all played together on Team USA at the FIBA World Cup. Arrive in time to enjoy pregame activities and purchase from the various food vendors, if desired. Seats located in Lower Level Corner Sections 111 and 118. Leave OC at 5:30 PM, return ~ 11:00 PM. \$130. RSVP Now.



**Overnight & Extended Travel**

**Additional date! Sun City Sierra Winter Train to Reno**

**Thursday, March 5 to Friday, March 6, 2015 — 1982-11**

Enjoy the breathtaking scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno escorted by Katrina, your Lifestyle Trip Coordinator. Package includes:



- Motor coach transportation to and from train stations
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- Reserved rail car for our group to Reno
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- Dinner buffet & gratuity at Eldorado Hotel & Casino
- Reserved seat ticket to Eldorado's Showroom "Enchantress of the Elements" starring Lady Hellevi.
- Breakfast/brunch buffet (gratuity not included)
- Return trip by motor coach
- Gratuities for bell service and bus driver

Leave OC at 10:30 AM, Thursday, return to LH Friday, ~

1:30 PM. On Thursday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. *A signed liability waiver is required for each participant.* \$206 per person double occupancy. \$228 single. RSVP by 12/5.

**Five days, four nights! Palm Springs**

**Tuesday, March 24 to Saturday, March 28, 2015 — 1972-11**

We are heading back to Palm Springs, this time to see the Palm Springs USO Show featuring a Bob Hope impersonator and an Andrews



Sisters tribute at the Palm Springs Air Museum. Surprise celebrity guests who performed with Bob Hope on his Vietnam USO tours will also be appearing. Our five-day, four-night adventure starts with lunch at Harris Ranch before spending the night in Santa Clarita. Then off for a visit to Palm Springs staying in the heart of downtown at Palm Mountain Resort. In addition to the USO Show, enjoy a panoramic view of the valley via the Palm Springs Tramway, boxed lunch on top of Mount Jacinto, visit to "Camp David of the West" or the Sunnylands Center & Gardens at Annenberg Estate and free admission to Palms Springs Art Museum plus free time for exploration. On our way home, we will spend the night in Fresno and watch "South Pacific" at the very popular dinner theater "Roger Rocka's." Our tour's last leg will bring you to the famous Forestiere Underground Gardens before heading to the Hilmar Cheese Factory for a tour and lunch. Katrina will bring you home safely in time for dinner! Trip Package includes:

- Lunch at Harris Ranch
- One-night stay at La Quinta Inn, Santa Clarita with an included continental plus breakfast
- Palm Springs Aerial Tramway and boxed lunch from Peaks Restaurant on top of Mount San Jacinto
- Two-night stay at Palm Mountain Resort in downtown Palm Springs
- Welcome dinner at LuLu Bistro in downtown Palm Springs
- Daily breakfast at Ruby's Diner across from hotel
- Visit to Sunnylands Center & Gardens at the Annenberg Estate in Rancho Mirage with lunch
- Preferred seating for the Palm Springs USO Show at The Palm Springs Airport Museum
- Palm Springs VillageFest street faire and free admission to Palm Springs Art museum across from the hotel
- Stop at Murray Family Farm Stand for lunch on own at Cal-Okie Kitchen on way to Fresno
- One-night stay at Comfort Inn, Fresno with included hot breakfast
- "South Pacific" presented at Roger Rocka's Dinner Theater in Fresno with dinner
- Exciting tour of Forestiere Underground Gardens-a hand

*Continued on page 60*

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Leave OC at 8:00 AM, Tuesday, March 24, return Saturday, March 28 ~ 6:00 PM. \$894 per person double occupancy. \$1,161 single. Detailed trip itinerary, menus and trip insurance providers list from the US State Department available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* RSVP by 12/15.

## Sold Out Trips thru December 20

### Trip • Date • Departure Time

- **Jersey Boys**  
Tuesday, November 18—6:45 PM

- **Beach Blanket Babylon**  
Wednesday, November 19—2:00 PM
- **San Francisco 49ers Levi's Stadium Tour**  
Thursday, November 20—7:30 AM
- **Filoli Gardens—Holiday Traditions**  
Tuesday, December 2—7:15 AM
- **Beach Blanket Babylon**  
Wednesday, December 3—2:00 PM
- **Lucero Olive Oil—Winter Crush**  
Saturday, December 6—8:00 AM
- **Victorian Christmas**  
Sunday, December 7—12:30 PM
- **Speaker Series: Yo-Yo Ma**  
Tuesday, December 9—6:45 PM
- **San Francisco Holiday Shopping**  
Wednesday, December 10—8:30 AM
- **Sierra Winter Train**  
Thursday, December 11—10:30 AM
- **Kinky Boots**  
Wednesday, December 17—10:45 AM

## Activities Department Classes



**Betty Maxie**  
Lifestyle Class Coordinator  
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### Art

#### —Drawing—

#### Beginner Drawing

**Thursdays, December 4-18 — 132214-1A**

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 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 is a full-time artist with a focus on landscape and figures. Request supply list at registration. RSVP by 11/27.



### —Oils, Pastels & Acrylics—

#### Paint Your Vision in Oils or Acrylics

**Wednesdays, December 3-17**

**9:00-11:30 AM Class — 113114-11**

**Or 1:30-4:00 PM Class — 113214-11**

AM and PM sessions are not interchangeable. (OC). \$39 (three sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Call Marilyn at 409-0397 with any question, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 11/26.



#### Painting Pastels and Oils with Barry

**Mondays, December 1-29 — 105114-11**

9:00-11:30 AM (OC). \$65 (five sessions). Instructor: Barry

*Continued on page 65*

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## —Bridge—

### Beginning Bridge Overview

Thursday, January 8 — 164125-11

10:00 AM-12:00 PM, KS. Instructor: Laurie Vath \$10 (one session) This one-day session is for people who have never played bridge but would like to see if it suits them. We'll go over at a very high level the fundamentals of the game. This session should prepare keen students to enter the Bridge Plus class which begins the next week. RSVP by 1/1.



## —Mix Media—

### Mixed Media—"Calligraphy in Mixed Media Painting"

Mondays, December 1-29 — 143114-11

1:30-4:30 PM (OC). \$65 (five sessions). Instructor: Bonnie Armstrong. Learn to incorporate beautiful hand-lettered quotes and sayings into mixed media pieces on wood. Personal expression of worded thoughts help the viewer understand the mood and meaning of your art. We will be working on a variety of Calligraphy letter styles—script, italic, and uncial—on wood surfaces. This class is open to any skill level and no prior experience necessary. Bonnie Armstrong is a CA lifetime-credentialed instructor of Art and Design. RSVP by 11/24.



## Ceramics

### —Lladro—

### Spanish Oil Painting

Wednesdays, December 3-17 — 206114-11

1:00-4:00 PM (KS). \$30 (three 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 11/26.



## —Watercolor—

### Beginner Watercolor Painting

Thursdays, December 4-18 — 132114-1A

1:00-4:00 PM (OC). \$39 (three 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 11/27.



### 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.

Continued on page 67



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—Pottery—

**Beginning/Intermediate Ceramics**

**Tuesdays, December 2-16 — 212114-11**

1:00-4:00 PM (OC). \$41 (three sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 11/25.

**Advanced Ceramics**

**Tuesdays, December 2-16 — 212214-11**

9:00 AM-12:30 PM (OC). \$41 (three sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with the expertise to guide and provide critiques of students' works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects. RSVP by 11/25.



**Ceramics — All Levels**

**Thursdays, December 4-18 — 221114-11**

1:00-4:00 PM (OC). \$41 (three 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 11/27.



**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 Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction

with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all "work in progress." Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.

**Crafts**

**Craft-do-licious December Projects**

**Thursday, December 11 — 302014-11**

9:00 AM-12:30 PM (KS). \$25 fee with \$15 supply fee payable to Instructor: Cami Cordell. New class will offer a different craft to do each month. Come and enjoy learning something new. A small fee will be charged for supplies. All or most supplies will be provided for you. A craft class like no other! First craft, you will be creating a No-Melt Snowman made from a fence post. Second craft, Design Christmas Trees with folded paper and wood finials. (Great addition to your decorations at home.) Third craft, Nativity Ornament made from clothespins. You will leave with one no-melt snowman, five paper tree designs, and a few nativity ornaments. Questions? Please contact Cami at camicordell@gmail.com or 759-0403. Written tutorial will be provided for each craft. RSVP by 12/4.



—Card Making—

*Card making will be taking a hiatus the months of December and January.*

**Dance**

*Dance classes will be taking a hiatus the month of December.*

**Glass Art**

**Fusing Glass and Stained Glass Workshop**

**Monday, December 1 — GLASS**

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



*Continued on page 69*



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## Stained Glass

**Monday, December 1-29 — 494114-11**

1:00-4:00 PM, Sierra Room (KS). \$58 (four weeks); no class December 22.) \$10 supply fee payable to instructor. Instructor: Jim Fernandez. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher and other projects. No open toe shoes or short pants. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working and teaching at Citrus Heights Stained in Roseville. RSVP by 11/24.



## —Jewelry—

### Chained Up Beads Necklace

**Tuesdays, January 13 & 20 — 513115-11**

9:00 AM-12:00 PM (KS). Reduced Fee \$20 (two sessions). Instructor: Cathie Szabo. Love the look of chain in jewelry, but not sure how to use it? Here's an easy way to get started using chain. Interlocking rings of colorful seed beads form half the necklace, while chain and a striking focal piece or large closure finish the necklace. Perfect for beginning as well as experienced bead makers. Go for bold contrasts or mellow out in shades of one color family. Make it dressy, make it casual, make it your own! For bead novices—bead stringing is the major component here—you can do this! Check the sample in the OC display window for inspiration. Be sure you get the proper materials list when you register—look for the name and code # for Chained Up Beads Necklace as well as the photo of the necklace. RSVP by 1/6.



## Movies

### Holiday Movie Series

**Wednesdays, December 3-17 — 521314-10**

9:30 AM-11:30 PM (KS). \$20 (three sessions). Instructor: Ray Ashton. Let's get into the holiday spirit with three of our most beloved classic Christmas stories. Together we will journey to discover: "A Christmas Carol" (December 3)—take a look at Dickens' own book and watch scenes from five different movies to tell this great story. "A Christmas Story" (December 10)—based on students' request, look at the back story of Ralphie and his desire for the Red Ryder



BB rifle. Discover the warmth, the heart, and a time before television in Jean Shepherd's favorite Christmas tale. And last, "It's a Wonderful Life" (December 17)—learn the story behind the making of Frank Capra's Classic starring Jimmy Stewart and Donna Reed ... "what could have been" had our hero not been born. Find out how this wonderful movie came to be. RSVP by 11/26.

## Music

### —Guitar—

### New! Guitar 1A —Beginner Level

**Mondays, December 1-29 — 535714-11**

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. Although students register on a month-to-month basis, Guitar 1A 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 11/24.



### Guitar 2A—Continuing Beginner Level

**Wednesdays, December 3-17 — 535114-11**

8:00-10:00 AM (KS). \$27 (three sessions). Instructor: Bill Sveglini. 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. Designed for the person who is continuing from Guitar 1A, 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 11/26.

### Guitar 2B—Guitar Intro Continuation

**Wednesdays, December 3-17 — 535214-11**

10:15 AM-12:15 PM (KS). \$27 (three 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

*Continued on page 70*

classes. Questions? Please call Bill at 899-8383. RSVP by 11/26.

### Guitar III—Intermediate

**Thursdays, December 4-18 — 535314-11**

8:00-10:00 AM (OC). \$27 (three 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 11/27.



### Guitar IV—Advanced

**Thursdays, December 4-18 — 535414-11**

10:00 AM-12:00 PM (OC). \$27 (three 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 11/27.

### —Voice—

### Beginner Singers Vocal Boot Camp

**Fridays, December 5-26 — 536114-11**

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 11/28.



### Singer Vocal Boot Camp Continuation

**Fridays, December 5-26 — 536214-11**

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 11/28.

### Sewing

#### Bernina Serger Certification

**Monday, December 8 — 591114-11**

1:00-2:00 PM (OC). \$15 Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP by 12/1.

#### Bernina Sewing Machine Certification

**Monday, December 8 — 592114-11**

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 12/1.



#### Janome Sewing Machine Certification

**Monday, December 8 — 593114-11**

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 12/1.

### Technology

#### —General—

#### Android 101 Basics

**Wednesday December 10 — 255124-11**

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 12/3.



#### Android Advanced

**Friday, December 12 — 255224-11**

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



*Continued on page 73*

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be 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 12/5.

### Getting the Most Out of Gmail Friday December 5 — 285314-11

1:00-3:30 PM (OC). \$15. Instructor: Bob Ringo. Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail is available everywhere, from any device—desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. 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 RSVP by 11/28.



—PC—

### Mail Merge

Monday & Wednesday, December 1 & 3 — 292424-10

9:00-11:00 AM (OC). Instructor: Angela Blas. \$30 (two sessions). This class is designed to provide the student with the ability to execute Microsoft Words' mail merge. We will use it to create labels, form letters, club documents etc. Great

tool for combining your address book (maybe the one created in practical Excel) with labels in order to print mailing labels for your holiday letters and cards. RSVP by 11/24.



—Photo & Movies—

### Picasa

Tuesday & Thursday, December 9 & 11 — 256114-11

9:00 AM-12:00 PM; (OC). \$60 (two 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 12/2.



## WellFit Classes

### WellFit

*Classes fill up quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.*

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

### WellFit Orientations

#### Free Orientation: 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 a select number of pieces of the equipment safely and properly! Orientations are designed to educate you on all of the offerings the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Tuesday, December 2 — 700100-KA**  
10:00-11:00 AM, Fitness Floor (KS)
- **Thursday, December 18 — 700100-KB**  
4:00-5:00 PM, Fitness Floor (KS)

- **Tuesday, November 25 — 700100-K2**  
10:00-11:00 AM, Fitness Floor (KS)
- **Thursday, December 4 — 700100-OA**  
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, December 9 — 700100-OB**  
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, December 11 — 700100-OC**  
11:00-12:00 PM, Fitness Floor (OC)

### Class Levels

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

### Environmental

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

*Continued on page 75*



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## Nordix Pole Walking

Tuesday & Thursday, December 9 & 11 — 750000-12

10:00-11:30 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! Bring poles if you already have a set. Walking poles also available for each class at no charge, with option to purchase at final session. Register: Fitness Desks or online.



## Disease Prevention & Management Session-Based Classes

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

### New Session coming in January!

#### Diabetes Exercise Program (DEP 1)

Monday & Wednesday, October 20-November 24 — 878000-08

3:00-4:15 PM, Aerobics Room (OC). Six-week program, \$99. This class is 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 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. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class.

## Arthritis Class L2

Tuesdays, December 2-16 — 803000-12

Wednesdays, December 3-17 — 805000-12

Thursdays, December 4-18 — 803100-12

Fridays, December 5-19 — 801000-12

Tuesdays & Thursdays 11:05 AM-12:05 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesday \$22.50 (three sessions no class December 23 & 30), Wednesdays, \$22.50 (three sessions; no class December 24 & 31), Thursdays \$22.50 (three sessions; no class December 25 & January 1) & Fridays \$22.50 (three sessions; no class December 26 & January 2). 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.



## Qigong ("chee-gong") L1

Thursday, December 4 & 11 — 820706-12

1:00-2:00 PM, Aerobics Room (KS). \$15 (two sessions; no class December 18, 25 & January 1). Instructor: Sherry Remez. *Activate your inner resources for profound wellness, emotional balance and energized longevity.* Learn 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, easy methods proven to increase life energy (chi/"chee"). Become proficient in employing energetic wellness tools, including: Compassion, Guided Meditation, Gentle movement, Gratitude, Letting-Go, Word Power, and Humor. Methodology is approved by Kaiser Permanente, the Mayo Clinic, Harvard Medical School, Stanford Center for Integrative Medicine and Disease Prevention, and the Veterans Administration. Join Sherry, a 29-year holistic healing practitioner, wellness coach, inspirational speaker and certified Qigong instructor. Appropriate for any age or fitness level.

## Mind and Body

*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.*

## Aqua Yoga L1

Monday, December 1-15 — 832001-12

12:30-1:30 PM, Indoor Pool (OC). \$24 (three sessions; no class December 22 & 29). 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 bal-



*Continued on page 76*

ance 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.

### Aqua Pilates L1

**Wednesdays, December 3-17 — 832011-DA**

**Fridays, December 5-19 — 832011-DB**

12:30-1:30 PM, Indoor Pool (OC). Wednesdays \$24 (three sessions; no class December 24 & 31); Fridays \$24 (three sessions; no class December 26 & January 2). Instructor: Joanie Martin.

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.



### Evening Hatha Yoga L2

**Tuesdays December 2-16 — 711000-12**

6:00-7:15 PM, Aerobics Room (KS). \$33(three sessions; no class December 23 & 30). Instructor: Susan Hayes. Keep moving with an early evening yoga flow class that will increase your energy and reduce stress. Plus, it's good for your health! Everybody is welcome to this fun-filled, informative and challenging class.



### Healing Yoga and Meditation L1

**Thursdays, December 4, 11 — 711100-12**

6:00-7:30 PM, Aerobics Room (KS). \$22 (two sessions; no class December 18, 25 & January 1). 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.

### Gentle Yoga L1

**Tuesdays, December 2-16 — 710000-12**

12:30-1:50 PM, Aerobics Room (OC). \$33 (three sessions; no class December 23 & 30). Instructor: Julie Boone. This class was formerly called "Extra Gentle Yoga" and was only one hour long. It is still an ideal setting for those new to yoga and anyone needing special modifications.

Experienced yoga students seeking a softer approach will also find the class useful. Students can expect to begin with standing energization exercises, intention setting, chanting OM, standing balance postures, seated poses like forward folds and twists, gentle backward bends, inversions, and a guided deep relaxation practice. With a longer class time, Julie will now be able to offer a seated breathing exercises and meditation instruction at the end of class.



### Gentle Yoga L2

**Tuesdays, December 2-16 — 710100-12**

2:00-3:25 PM, Aerobics Room (OC). \$33 (three sessions; no class December 23 & 30). Instructor: Julie Boone. This traditional Hatha Yoga class will leave you feeling flexible, balanced, and serene. Julie's motto is, "Yoga is not supposed to hurt." Students can expect to begin with standing energization exercises, intention setting, chanting OM, standing balance postures, seated poses like forward folds and twists, backward bends, inversions, and a guided deep relaxation practice followed by pranayama (breathing exercises) and deep meditation. This class will be slightly more challenging than the L1 class but is open to all levels.

### Yoga for Osteoporosis L1

**Mondays December 1-15 — 711200-12**

**Fridays, December 5, 12 — 710200-12**

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Mondays \$33 (three sessions; no class December 22 & 29); Fridays \$22 (two sessions; no class December 18, 26 & January 2). 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. 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.

### Tai Chi L1

**Tuesdays, December 2-16 — 730100-12**

**Saturdays, December 6-20 — 730200-12**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$30 (three sessions; no class December 23 & 30); Saturdays 11:00 AM-

*Continued on page 79*

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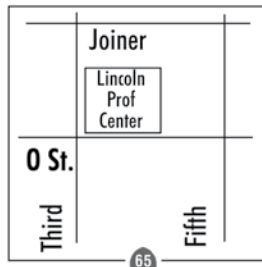
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12:00 PM, Aerobics Room (OC). \$30 (three sessions; no class December 27 and January 3). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches 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.

### Tai Chi Intermediate L2

**Saturdays, December 6-20 — 730300-12**

10:00-11:00 AM, Aerobics Room (OC). \$30 (three sessions, no class December 27 and January 3). 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.



### Tai Chi Advanced L3

**Tuesdays, December 2-16 — 730400-12**

2:45-3:45 PM, Aerobics Room (KS). \$30 (three sessions; no class December 23 & 30). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

## Personal Growth

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

### Self-Defense and Martial Arts

**Tuesdays, December 2-16 — 815000-12**

6:00-7:30 PM, Aerobics Room (OC). \$60 (three sessions; no class December 23 & 30). 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.

### Wai Dun Kun

**Fridays, December 5 & 12 — 731000-12**

11:30 AM-12:30 PM, Aerobics Room (KS). \$12 (two sessions; no class December 19, 26 & January 2). 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 Kun 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

### The Sudoku Series—Extreme

**Tuesday December 2 — 870000-N**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned. The instructor will teach his own personal “Box Rule of Two” system that will help you do any puzzle much faster than you thought. Each class starts with a basic review and subject matter advances as the months pass. September will build on the basics of August by mastering the “Medium” in the local newspapers. Students will become very familiar with Sudoku shortcuts and moves.



### Living Through Transitions

**January 17-June 6 — 823500-A1 (resident)**

**January 17-June 6 — 823500-GU (support person)**

**January 17 — 823500-JA (separate session—support person only)**

9:00 AM-12:00 PM. P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session

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registration opens five days prior to session date—support person only \$35 per session. Do you plan to age in place here in SCLH? Do you need help in planning how to do that successfully? This program will take you through seven topics that will facilitate your planning. Topics include: personal finances, legal matters, dealing with loss, navigating the healthcare system, transportation issues, housing options

*Continued on page 81*

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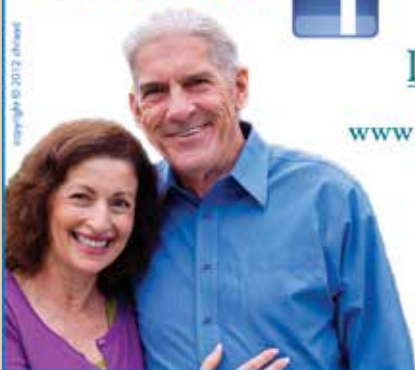
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#### **New! Dining with Diabetes—Menu Planning**

**Tuesday, November 18 — 860000-NF**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Menu planning can be challenging, even more so if you are diabetic. We will incorporate elements of carbohydrate counting and healthy eating into a practical format for creating flexible and delicious meal plans. This class is designed for people with Type II diabetes.

#### **New! On the Lighter Side— A Thanksgiving Cooking Demo!**

**Monday, November 17 — 860000-11**

12:00-2:00 PM, Social Kitchen (KS). \$25 Instructor: Renee Charleston, Registered Dietitian. Try something new this Thanksgiving! Come for a cooking demonstration and sampling of side dishes made with local vegetables and whole grains. Learn about the nutritious benefits of fresh cooked fruits and vegetables as well as whole grains. Register: Fitness or Activities Desks or online.

#### **New! Comfort Food—Christmas Cooking Demo**

**Monday, December 15 — 860000-12**

12:00-2:00 PM, Social Kitchen (KS). \$25. Instructor: Renee Charleston, Registered Dietitian. Christmas is such a hectic time. Why not think about a soothing winter soup? Easy, quick, and healthy. We will be demonstrating the preparation, and sampling, of a variety of soup options. Learn about the benefits of nutritious and delicious comfort food. Register: Fitness or Activities Desks or online.

### Money Matters

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

#### **Reverse Mortgages**

**Tuesday, December 2 — 870000-NA**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Talk about a controversial and much discussed topic, Reverse Mortgages if used properly can be very helpful; on the other hand, they can be very destructive.



Come learn the positives and negatives to RM's and if they make sense for your long term plan.

### Training Services

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*Classes fill quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.*

*\*Please note that some classes are four sessions instead of eight to allow more flexibility and traveling.\**

#### **SGT—TRX Express L1**

**Mondays & Wednesdays,**

**November 26-December 22 — 835210-12**

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.



#### **SGT—TRX Express L2**

**Tuesday & Thursdays,**

**December 2-30 — 835211-12**

5:30-6:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class December 25). Instructor: Julia Roper. This is the 30-minute intermediate progression from TRX Express L1 workout. You will develop strength and stability needed in the core, hips and throughout the body.

#### **SGT—TRX Interval Training L3**

**Mondays & Wednesdays,**

**November 26-December 22 — 835800-12**

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!

*Continued on page 83*

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**Limited time! SGT—Ski Conditioning L3****Tuesday & Thursdays,****November 20-December 18 — 835220-12**

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class November 27).

Instructor: Julia Roper. This is the only session being offered this year, don't wait to sign up! This class has been designed specifically for skiers looking to get in shape for a more enjoyable and injury free season. Training will consist of strength exercises specific to the muscle groups that are used on the mountain, as well as cardio specific exercises that mimic the movement patterns of skiing. This training is open to all levels of skiers.

**SGT—Fit 101 L1****Mondays & Wednesdays,****December 1-10 — 835500-12**

12:30-1:30 PM, Aerobics Room (KS). \$70 (four sessions).

Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to work on the TRX, weights, exercise bands, walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals.

**SGT—"Fun"ctional Fitness L3****Tuesdays & Thursdays,****November 18 – December 16 — 835600-12**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class 11/27). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. 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 the 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.

**SGT—Bootcamp L2****Tuesdays & Thursdays,****December 4-16 — 835300-12**

6:15-7:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Robert Sanchez. This challenging small group training will take a back-to-basics approach with a full body workout. A variety of equipment will be introduced and used for a workout you've never seen before.

**SGT—Morning Burst Bootcamp L2****Mondays & Wednesdays,****December 1-10 — 835300-BD**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four 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!

**SGT—Bootcamp L3****Mondays & Wednesdays,****December 1-10 — 835400-12**

5:00-6:00 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Lisa Smith.

Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.

**New! SGT—Circuit Training L2****Mondays & Wednesdays,****December 1-10 — 835200-12**

1:00-2:00 PM Weight Room (OC). \$70 (four sessions). Instructor: Milly Nuñez.

**Tuesdays & Thursdays,****December 9-18 — 835200-AD**

1:00-2:00 PM, Weight Room (OC). \$70 (four sessions).

Instructor: Milly Nuñez. Sign up for our new Circuit Training Class which will help you get acquainted with the new equipment at Orchard Creek Fitness Center as well as work in a fun group setting led by a certified personal trainer. You'll work with each piece of equipment in a timed format so that you can work at your desired level of intensity. You'll also be led through a group warm-up and cool-down by the instructor. This fun class will deliver a full body workout in just one hour.

**SGT—Healthy Back L1****Mondays, Wednesdays, and Fridays****December 8-15 — 835700-12**

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.

*Continued on page 87*

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**SGT—Healthy Back L2**  
**Mondays, Wednesdays, and Fridays**  
**December 8-15 — 835701-12**

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.



**New! SGT—Balance & Fall Prevention L1/L2**  
**Mondays & Wednesdays,**  
**December 8-17 — 835710-12**

2:00-3:00 PM, Aerobics Room (OC). \$70 (four sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

**—Pilates Reformer Section—**

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

*Classes fill up quickly, please register at least seven days prior to class start date. Register online or at either Fitness Center.*

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

Fitness Floor (KS). \$30 (one session). Instructors: Robert Sanchez, Janine Colson, Joanie Martin, Domine Trosky, and Terri Alba. 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.

**SGT—Reformer Basics L1**

**Mondays & Fridays, November 24-December 22 — 835120-AD**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions; no class November 28). Instructors: Deborah McIlvain and Carol Zortman.

**Mondays & Wednesdays,**  
**December 1-10 — 835120-CD**

10:30-11:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Janine Colson.

**Mondays & Wednesdays,**  
**December 1-10 — 835120-DD**

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

**Tuesdays & Fridays, December 2-12 — 835120-BD**

8:30-9:30 AM, Fitness floor (KS). \$70 (four sessions). Instructor: Robert Sanchez. This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

**SGT—Reformer Intermediate L2**

**Tuesdays & Thursdays,**  
**December 4-16 — 835130-DD**

7:30-8:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Robert Sanchez.

**Tuesdays & Thursdays,**  
**November 18-December 18 — 835130-CD**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions; no class 11/25 & 27). Instructor: Domine Trosky. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate.



**SGT—Total Body Reformer L2**

**Mondays & Wednesdays,**  
**December 1-10 — 835181-12**

11:30 AM-12:30 PM, Fitness Floor (KS). \$70 (four sessions). Instructor: Janine Colson.

**Tuesdays & Thursdays,**  
**November 18-December 18 — 835181-AD**

10:30-11:30 AM, Fitness Floor (KS). \$135 (eight sessions; no class November 25 & 27). Instructor: Terri Alba. This class builds on the foundations of Reformer Basics L1. The emphasis will be on the total body workout including core strength flexibility, improved posture, balance and overall strength. A new and more challenging format as well as Pilates props will be used.

**SGT—Fit for Golf L2**

**Mondays & Wednesdays,**  
**December 1-10 — 835180-12**

8:30-9:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury such as the back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Anneka Sorensen. They choose to



*Continued on page 89*

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### SGT—Cardio Jump and Core Reformer L2

Tuesdays & Thursdays,

December 2-11 — 835131-12

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

### SGT—Special Populations Reformer L1

Mondays & Wednesdays,

December 1-10 — 835160-12

9:30-10:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Janine Colson and Terri Alba. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations.

### SGT—Special Populations Reformer L2

Tuesdays & Thursdays,

November 18-December 18 — 835150-12

3:00-4:00 PM, Fitness Floor (KS). \$135 (eight sessions; no class November 25 & 27). Instructor: Terri Alba. This class is the next step up from Special Populations L1. This class is for more experienced people who have had a good amount of training in L1. 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 L1.

## Wellness Services

*Services are provided by independent contractors and the fees will vary depending on the service. For more detailed information please contact the service provider directly.*

## Punch Pass Class Descriptions

*Please see the color grids on the following pages for days and times. Purchase a Punch Pass for these classes. Each class is \$3.50.*

**20/20/20 L3:** Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and stretches. A variety of cardio drills will be followed by strength exercises that cover all of the muscle

groups followed by a series of stretches to lengthen all of those muscles groups worked.

**Arthritis Foundation Aqua Class L1:** This class is specially designed for people with arthritis; we will put your joints through their range of motion as well as some gentle cardio. Between the good music, friendly people and laughter, you can't miss with this class!

**Arthritis Foundation Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and 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. Come prepared to improve your body, balance and to have fun!

**Basic Body Conditioning L1:** If chair class is too easy for you, but you aren't ready for regular aerobics, this class is for you! Warm up with fun and simple no-to-low impact moves that improve coordination and balance. Class focuses on proper body mechanics to safely improve strength and stability while delivering an excellent workout.

**Basic Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.

**Beginning Pilates L1:** If you are new to Pilates, or have never tried it, this is your class! Learn basic Pilates and movement principles as well as classic Pilates exercises. Discover for yourself why this form of movement continues to grow.

**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!

**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.

*Continued on page 91*



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**Golf Cart Inspections at Orchard Creek Lodge**



**Golf Cart Registration**  
(City of Lincoln)  
at OC Lodge  
**Thursday, November 20**  
**and December 4 & 18**  
**at 9:00 AM**

Golf cart inspections are required every two years.  
Please obtain an application and requirements from  
the OC Business Office. Inspections are done by Lincoln  
Police at OC Lodge the first & third Thursday at 9:00 AM.

**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!

**Cycle-N-Strength L2:** Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for intervals of cycling mixed with strength intervals using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

**Cycle & Strength Circuit L2:** Join this fun and innovative class. We will reap the cardiovascular benefits of indoor cycling and mix it with health enhancing strength exercises. We will rotate through these excellent exercises in a circuit fashion. Fun props such as the TRX, Bosu and more may be used!

**Diabetes Exercise Program (DEP2) L1:** Diabetes Exercise Program 2 is a class designed especially for those with diabetes who have completed either the Diabetes Exercise Program 1 or another 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.

**Everybody Can Aerobics L2:** This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no "fancy dance" moves. Light hand weights, and other strength training "toys" will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

**Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!

**Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

**Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will take utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

**Mind Training for Sleep:** This class is a guided meditation. It's a process that is designed to help people relax and

resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.

**Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on the joints while improving cardiovascular endurance. A great group cycle workout for both the beginner and experienced class member. A fun and effective way to get fit!

**Pilates Fit L2:** The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates Fit. You will feel the benefits after your first workout and keep them for a lifetime.

**Piloga L2:** Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

**Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhh!

**Platinum-Water in Motion L2:** A shallow water, low impact aqua exercise experience. Participants enjoy a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly released music with easy to learn choreography.

**Power Vinyasa L3:** Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating

*Continued on page 92*

between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

**Splash Dance L2:** A dance party in the pool! An aquatic exercise class with a “dance flair” that is 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. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

**Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend thirty minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

**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 Bootcamp L3:** This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. Enjoy the sunshine while getting a great workout!

**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.

**Yin Yoga L1-L3:** When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

**Yoga, Beginning L1:** Come see what the “buzz” is all about! Yoga starting from scratch for the uninitiated — although all aspiring yogis are invited to attend. This is an easy, safe, fun-filled hour of basic yoga postures and deep breathing exercises.

**Yoga Basics L1:** Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.


**Yoga L1/L2:** This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

**Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

**Zumba Gold L1/L2:** The easy-to-follow program that lets you move to the beat at your own speed. It’s an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.



**OC Aqua WellFit Class Schedule November 15 - December 15, 2014**

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

*For class details please refer to the Wellness & Fitness section*

**Wellness Classes (session based)**

**Group Exercise (punch card) \$3.50**

**\* New instructor**

**\*\* New Class**

**\*\*\* New class & instructor**

OC WellFit Class Schedule November 15- December 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	**Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Cardio Strength L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	**Low Impact/Sculpt Interval L2 - Jeannette	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	*Zumba L3- Brandi	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	20/20/20 L3-Domine	Tai Chi L2-Pell	Zumba L3- Carrie
11:00	Piloga L2 - Lola	11:05-12:05 Arthritis L2- Lin	Piloga L2 -Lola	11:05-12:05 Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Pell	
12:00	**Beginning Pilates L1 Terri		Arthritis L1/2 -Lin		Arthritis L1/2 -12:00-12:55 Lin		
12:45		12:45-1:45 Extra Gentle Yoga L1-Julie	Chair with Flair L1- Kathryn		Basic Chair L1-Lola		
1:00	Chair with Flair L1 - Terri						
2:00	SGT - Balance & Fall Prevention L1-Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 -Julie	SGT - Balance & Fall Prevention L1-Kathryn				
3:30	3:00-4:15pm Diabetes 1 - Annamarie	Diabetes (DEP 2) L1 Annamarie	3:00-4:15pm Diabetes 1- Annamarie	Diabetes(DEP 2 ) L1 Annamarie	Activities	SCLH Booking	
4:00							
5:00	Zumba L3 - Andi		**Zumba Gold L2 - Joanie	Activities			
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

\*\*\* New class & instructor

KS WellFit Class Schedule November 15 - December 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												
7:30	7:15-8:15am SGT-Morning Bootcamp L2- Lisa	SGT-Ref. The Basics L1- staff	Mixed Level Cycle L2 - Deanne	SGT -Ref. Intermediate L2 Robert	7:15-8:15am SGT-Morning Bootcamp L2- Lisa	Mixed Level Cycle L2- Deanne	SGT -Ref. Intermediate L2 Robert		SGT- Ref. The Basics L1- staff			
8:30	Low Impact/Sculpt Interval L2 - Jeannette	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3 - Annamarie	SGT - Ref. The Basics L1- Robert	Power Vinyasa L3- Deanne	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3- Annamarie	Zumba Gold L2 - Joanne	SGT - Ref. The Basics L1- Robert		SGT - Ref. The Basics L1- Robert	
9:30	Strictly Strength L3 - Romon	SGT - Ref Special Pop. L1- Terri	Strictly Strength L2 - Lin	SGT - Ref. Jump Board- Terri	Cardio Strength L3-Annamarie	SGT - Ref Special Pop. L1-Joanne	Strictly Strength L2- Lin	Cardio Strength L3- Annamarie				
10:30	**Cycle & Strength Circuit L3 - staff	SGT-Ref. The Basics L1- Janine	Piloga Flow L2 - Joanne	SGT - Total Body Reformer L2- Terri	Cycle & Strength L2-staff	SGT-Ref. The Basics L1 - Janine	Pilates Fit L2 - Dominie	SGT - Total Body Reformer L2- Terri	Everybody Can L2-Lin		Yoga L1/2- Susan	
11:30	SGT - Healthy Back L1-Kathryn	SGT - Total Body Reformer L2- Janine			SGT - Healthy Back L1-Kathryn	SGT - Total Body Reformer L2 Janine						
12:30	SGT - Fit 101 L1- Robert		12:00pm SGT-Functional Fit L2- Deanne	SGT - Ref. Intermediate L2- Dominie	SGT - Fit 101 L1- Robert	12:00pm SGT-Functional Fit L2- Deanne	SGT - Ref. Intermediate L2- Dominie	Wai Kun Dun -Joan				
1:30	Begin. Yoga L1- Susan		Tai Chi L1- Peff		1:30-2:45pm Mind Training for Sleep L1-Fram	1:00pm QiGong L1 - Sherry						
2:30	SGT - TRX Interval L2- Julio	SGT - The Basics L1 Terri	Tai Chi L3 (2:45-3:45)- Peff	3:00-4:00pm SGT - Ref. Special Pop. L2-Terri	SGT - TRX Interval L2 -Julio	Basic Conditioning L1 Kathryn	SGT - TRX Interval L2- Terri	SGT - Ref. Special Pop. L2- Terri				
3:30	SGT-TRX Express L1- Julia				SGT - TRX Exp. L1- Julia							
4:00	SGT Healthy Back L2-Kathryn				SGT Healthy Back L2-Kathryn							
5:00	SGT - Bootcamp L3- Lisa	**SGT - The Basics L1 Terri			SGT - Bootcamp L3- Lisa	**SGT - The Basics L1 Terri						
5:30												
6:00			SGT - TRX Exp. L2-Julia			SGT-TRX Exp. L2-Julia						
7:00			Evening Yoga Flow L2- Susan			Healing Yoga & Meditation L1 - Susan						

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)  
 Small Group Training (session based)  
 \* New instructor  
 \*\* New class  
 \*\*\* New class & instructor



**Climate Change Update 2014:  
The Latest Science & Events**  
Monday, November 17 — Free

10:00-11:30 AM, P-Hall (KS). Author, teacher, and resident, Robert Christopherson, highlights the latest global climate science changes. Wife Bobbe's nature photos from their September 2013 trip (and 13th expedition) to the Arctic demonstrate dramatic changes underway in the polar regions. Robert continues to direct his research for his leading college physical geography texts. Today's presentation addresses the scientific consensus on human-caused climate change addressed by the latest 2014 (IPCC) report and other recent scientific studies. Examples are: ocean acidification; relation of climate change to western wildfires and drought; a developing Colo-



rado River shortfall; the Greenland and Antarctic meltdowns; and relationships to more intense weather events using the latest climate data. Handouts are available and Q&A follows.

**Seniors Are Prime Targets of Financial Abuse...  
Learn How to Protect Yourself**  
Tuesday, January 13 — Free

2:00-3:30 PM, Ballroom (OC). Financial abuse and scams deprive us of our hard-earned assets and retirement savings. Senior citizens—with limited incomes and earning potential—are rarely able to recover financially. Older people especially are easy marks, so they are frequently targeted by the dishonest. Find out: Who is at risk? What you can do? Who you can turn to for help? Placer County representatives, Karen Bone with Adult Protective Services and Laura Conrad with District Attorney's Office will reveal the latest scams targeting our community and describe the resources available to victims of financial fraud or abuse.



Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> <li>• <b>Climate Change Update 2014: The Latest Science &amp; Events</b> Monday, November 17, 10:00 AM, P-Hall (KS)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>What is, Where to Get It, How to Get It - Media Streaming</b> Tuesday, February 3, 2015, 9:00 AM, P-Hall (KS)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>NW/APS... Senior Financial Abuse...How to Protect Yourself</b> Tuesday, January 13, 2015, 2:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>KVIE PBS Programming... with Rob on the Road</b> Tuesday, February 17, 2015, 2:00 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>"You Make The Call—2014 College Update"</b> Tuesday, January 20, 2015, 10:00 AM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Don't Skip a Beat</b> Wednesday, February 18, 2015, 7:00 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Translation Please: What Advances in Stroke Care Mean/You</b> Wednesday, January 28, 2015, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NID/HandiHelpers... "Maintenance Update"</b> Tuesday, March 10, 2015, 3:00 PM, Ballroom (OC)</li> </ul>

**Mobile Website Menus**

*Continued from page 16*  
to mobile responsive websites.

**Tip:** If you are browsing a mobile responsive website and see the three line icon, click or tap it and a full navigation menu will be displayed, some websites even offer a "View Desktop Version" link or button; as an option to provide an alternative for the users experience.

**What are Mobile Responsive Websites?**

Before smart phones came about, there was no such thing as a mobile website. As technology progressed, there became a time where web developers had to provide a user friendly way of delivering content to viewers via mobile devices and smart phones. The desktop & mobile websites used to be separate, but they later merged into what we now call "Mobile Responsive Websites."

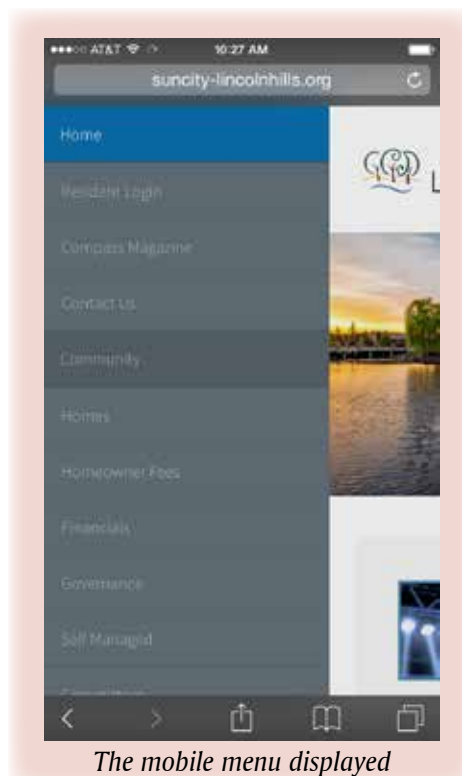
**Tip:** To find out if the website you are viewing is a mobile responsive website, get on a desktop computer, then you can click and drag one of the sides of your browser screen and watch the website collapse to a mobile friendly version, if it changes its display and you see a mobile menu appear, then it's a mobile responsive website.

**What SCLH websites are Mobile Responsive?**

Currently, all Sun City Lincoln Hills Community Association websites are Mobile Responsive, with the exception of the Residents' website.

As always, if you experience any Resident website related issues, feel free to contact the Help Desk and we will be happy to assist you.

*Website Issues?*  
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KS Main Phone: (916) 408-4013

Website for residents:

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

Public Website:

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

### •Administration•

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Jeannine Balcombe 625-4020

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**Sr. Director, Facilities & Maintenance**

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**Director of Finance**

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**Community Standards Manager**

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**Membership**

**Membership Clerk**

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**Room Booking**

**Room Booking Coordinator**

Shelvie Smith 625-4021 [shelvie.smith@schca.com](mailto:shelvie.smith@schca.com)

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**Lifestyle Entertainment Coordinator**

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**Lifestyle Trip Coordinator** Katrina Ferland

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**KS Fitness Center 408-4683**

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**Meridians Reservations 625-4040**

**Kilaga Springs Café 408-1682**

**Director of Food & Beverage**

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•The Spa at Kilaga Springs•

**408-4290**

**Spa Manager**

Jori Richards [jori.richards@schca.com](mailto:jori.richards@schca.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

## General Numbers

**Curator Security, Inc.**

(916) 771-7185

**Golf Shop**

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

**Regional Manager, LH Golf Club**

Bob Geppert 543-9200, ext. 4

[bgeppert@billycaspergolf.com](mailto:bgeppert@billycaspergolf.com)

**Lincoln Police & Fire 645-4040**

**Neighbors InDeed 223-2763**

**Pulte Homes Customer Care**

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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