



Compass

The Official Magazine of Sun City Lincoln Hills

September 2014

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On the cover

Volunteers serving on the Board of Directors are key to governing our community assets and lifestyle. Why not you?

Board of Directors Report

Denny Valentine, Director, SCLH Board of Directors

During the August Board of Directors meeting a couple of provocative issues were on the agenda in addition to the regular committee reports, which I must say, reflected just how hard working and thorough the committees are.

First, we thought it appropriate to update the Resolution which guides the Association in allocating meeting and activity space among the many demands placed on it. The Resolution initially adopted in 1999 when Del Webb was in charge made incorrect reference to them specifically. The newly adopted Resolution makes no substantive changes and retains priority for requesting space as it always has been with first call going to the Association along with its Board and Committees. Following are Association groups and clubs, then non-recognized resident groups and individual residents, and lastly public function, which may not include residents.

The other matter dealt with the performing arts groups during an open Special Meeting of the Board. It included a

modification of the monetary relationship between them and the Association. We were advised by our auditors that it was no longer appropriate to commingle their funds with those of the Association, and advised them of such. They then created a new umbrella organization known as the Lincoln Hills Council of Performing Arts (LHCPA) to handle finances and improve coordination among the individual performing groups. During the meeting, there was a great deal of discussion and some debate as to how these relationships between LHCPA, their individual groups and the Association would play out. The matter was reconciled with an understanding that LHCPA would coordinate the annual performance calendar among the groups, present it to the Association, and requested changes, if there are any, would be between the groups and the Association.

I want to thank all those involved, LHCPA, the Board and Staff for all the time and effort necessary to reconcile the issues.



The Drought and Sun City Lincoln Hills

Chris O'Keefe, Senior Director of Facilities & Maintenance

In the last month, the city of Lincoln has enacted mandatory water restrictions in response to the effects seen by three years of drought in California. These restrictions have left some of our residents to wonder what actions our Association has taken, if any, to address the serious conditions brought about by the drought.

Water management is something that the SCLH facilities team has been looking at for several years. This is the second drought we have seen in the last 10 years, and we realized back in 2008 that we would need to put into place practices that would provide us with the greatest level of flexibility possible in order to properly manage our water resources.

The Lincoln Hills Golf Course has been tasked to provide “raw” irrigation water from the very beginning of our community. As the entity acting as the “water

agency,” the golf course has priority in establishing irrigation schedules and, as such, is able to irrigate during the preferred watering times (9:00 PM-5:00 AM). Because there is not enough capacity to irrigate simultaneously, the Association has to schedule its irrigation times during less optimal periods. This is why you will see us irrigating during daylight hours.

Recognizing our limitations regarding irrigation schedules, the facilities team is able to call on several tools to maximize the use of irrigation water throughout the community. We employ a computerized irrigation system to control hundreds of schedules in use on a daily basis. This system is tied into an on-site weather station that provides real-time weather information that is used by our irrigation

Please see “The Drought” on page 9



Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

Autumn is here, one of the best times of the year! Of course you have Saturday, **October 18** marked on your calendar for the 15 year **Anniversary Parade and party**, have you also marked October 17 to attend our twice annual **Business Showcase** in the OC Lodge? I certainly hope so. The Showcase is an excellent time to meet

and greet our *Compass* advertisers whose advertising dollars enable us to provide you the beautiful and professionally prepared monthly *Compass* magazine free of charge. Please stop by to say hello and see what they have to offer you.



Soon we will begin to see the autumn colors of fall
Photo by James Wronkiewicz

This month's *Compass* has several articles to answer many of your current questions. On page 2, Chris O'Keefe, Senior Director of Facilities and Maintenance, addresses what the Association is doing in the area of **Water Leadership**. If you missed the mid-August eNews addressing water runoff concerns, you may not be registered to receive these important Association updates. You can read the *Please see "Connections" on page 105*

Calendar of Events

September 15-October 31

Date	Event	Page #
09/15	Find Your Female Ancestors	35
09/16	Speaker: Jim Bermudez, Lincoln Comm. Dev. Dept.	37
09/16	Dinner Show: An Evening in Polynesia	53*
09/16	Bus Trip: San Francisco 49ers Levi's Stadium Tour	65*
09/17	Forum: The Changing Face of America	104
09/18	Book Discussion: <i>Killing Lincoln</i>	31
09/18	Speaker: Placer County Sheriff Edward Bonner	42
09/18	Bus Trip: San Francisco 49ers Levi's Stadium Tour	65*
09/19	Summer Concert Series: Top Shelf's Disco Fever	50
09/20	Bus Trip: Tour of Floating Homes	65*
09/21	Bus Trip: Acrobats of China	65*
09/22	Deadline for Fashion Show Model Call	55
09/23	Bus Trip: Speaker Series, Alice Waters	65*
09/23-24	Vaudeville Troupe Auditions for Variety Show	42
09/24	Forum: "Run Silent; Run Deep"	24, 104
09/24	Music Group Meeting, Perform or Enjoy the Music	37
09/24	Bus Trip: Motown the Musical	65*
09/25	Speaker, specialist in African Violets	34
09/29	Hypnotist/Comedian: Charlie Norman	48
09/30-10/01	Players Auditions/Halloween Readers Theater	39
10/01	"Exoplanets"	29
10/01	Bus Trip: Jackson Rancheria	56
10/02	Investor Speakers, Oppenheimer and Blackrock	36
10/02	Forum: Meet the Candidates: Lincoln City Council	104
10/03	Overnight: Virginia City	65*
10/06	KS at the Movies: Abbott & Costello Meet Frankenstein	46
10/07	Behavior Issues and Tips/Tricks for Dogs	40
10/07	Bus Trip: Rosie the Riveter/Red Oak Victory Ship	59
10/07	Forum: November 2014 State Ballot Initiatives	104
10/08	"Choosing a Cloud Storage Provider"	32
10/08	Concert: World of Webber	50
10/09	Fire Safety Issues and the Vial of Life	33
10/09	"Twenty-five Ways to See"	33
10/09	Bus Trip: Apple Hill	59*, 65*
10/11	Bus Trip: Fleet Week Luncheon Cruise	56*, 65*
10/12	Bus Trip: Italian Festival, Silver Legacy	56
10/14	Annual Wearable Arts Fashion Show	46
10/15	Bus Trip: Pippin	65*
10/16	Book Discussion: <i>Pride and Prejudice</i>	31
10/16	Dinner Show: Oktoberfest Celebration	53
10/16	Bus Trip: QuiltFest, Santa Clara Convention Center	56
10/17	Home, Health & Business Showcase	46
10/18	15th Anniversary Parade and Celebration	46, 48
10/20	"Primordial Roughness" and "Infant Galaxies"	29
10/20	Document Destruction	46
10/21	Bus Trip: Ferry to San Francisco/Union Square	62
10/22	e-Waste Recycling	46
10/22	Bus Trip: Apple Hill	59
10/23	Orientation, Mobility, and Canes	34
10/24	Music Group sponsored Open Mic Night	38, 46
10/24	Grandkids Event: Monster Mash Party	56
10/25	Autumn Parking Lot Sale	46, 50
10/28	Comedy Night at KS: Brad Bonar Jr.	48
10/28-30	Overnight: Hearst Castle & Cambria	65
10/29	Forum: Living with Arthritis	104
10/30	Silent Movie with Roseville Community Band	53

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

Upcoming Association-Related Meetings: Date, Time, Place

September 15-October 31

Golf Cart Registration.....	Thursday, September 18, October 2 & 16, 9:00 AM, OC Lodge
Second Budget Meeting.....	Tuesday, September 16, 9:00 AM
Joint Properties/Finance Workshop/ Capitals & Reserves.....	Tuesday, September 16, 11:00 AM
New Resident Orientation.....	Wednesday, September 17, 1:00 PM
Finance Committee Meeting.....	Thursday, September 18, 9:00 AM
ARC/Architectural Review Committee.....	Monday, September 22, 9:00 AM
Finance Committee/Budget Roll-Up.....	Tuesday, September 23, 9:00 AM
Board of Directors Meeting.....	Thursday, September 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, September 25, 10:30 AM
Board of Directors Executive Session.....	Thursday, September 25, 11:00 AM
Compliance Committee Meeting.....	Thursday, October 2, 10:30 AM
Elections Committee.....	Friday, October 3, 10:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, October 7, 9:30 AM
Listening Post.....	Wednesday, October 8, 9:00 AM
CCRC/Communications & Community Rel.	Friday, October 10, 9:30 AM
ARC/Architectural Review Committee.....	Monday, October 13, 9:00 AM
Properties Committee Meeting.....	Tuesday, October 14, 1:00 PM
Finance Committee Meeting.....	Thursday, October 16, 9:00 AM
Board of Directors Meeting.....	Thursday, October 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, October 23, 10:30 AM
Board of Directors Executive Session.....	Thursday, October 23, 11:00 AM
ARC/Architectural Review Committee.....	Monday, October 27, 9:00 AM

Meetings in OC Lodge unless noted otherwise.

BREAST CANCER AWARENESS 5K FUN RUN/WALK



WEDNESDAY
OCTOBER 15
2014

The race will start at 8:00 AM at Orchard Creek Lodge in front of the Fitness Center and it will end at the Farmers Market. Come join us for a fun 5k run to benefit Breast Cancer. **Please meet at the Orchard Creek Parking Lot at 7:45 AM**

\$15 FEE - Includes T-shirt and bracelet. 50% of proceeds will go to benefit the Placer County Breast Cancer Endowment.

A 5K is just over three miles - it's not that much further than when you walk your dog, go sightseeing, or go on a shopping trip. **This is not a competitive race** and all levels are welcome. Training is available in September. For details, see 5k training in the Compass.



Elections Committee

Do You Feel the Breeze?

If you do, that is because the window is open—the window of opportunity to come forward to serve Lincoln Hills as a candidate for our Association Board of Directors. It is the hope of your Elections Committee that the breeze being felt is also the rush of people coming to Orchard Creek Lodge to submit their application to serve on our Board of Directors. The application window is open from September 15 until



October 15 at 4:00 PM.

Four Directors will be elected in our February 2015 election. Two incumbents are eligible to run for another two-year term. We do not know whether or not they will apply. The Elections Committee is striving to encourage a spirited competition among applicants to serve as Directors. The Board sets policy, approves contracts, and conducts the business of our Homeowners' Association.

We hope that you will apply to be a candidate, or support someone who you believe will serve all of us well as a Director.



The application window is open from September 15 to October 15 at 4:00 PM



Cover article

Who, me?

Serve on the Board of Directors?

Doug Brown, Resident Editor

The Board of Directors (BOD) elections window is open—see Al Roten's article above. Are you ready to throw your hat into the ring?

If you're not sure how to answer that question, consider these pearls of wisdom and frank responses compiled from *Compass* interviews with eight residents. Several interviewees' responses are represented in each category.

From current or past BOD members:

Why did you run?

- I was eager to help make things happen for the Association.
- I had served on committees and felt qualified.
- I felt I had leadership skills.
- I wanted to participate in the management of a community that I was thoroughly enchanted with.

Any self-doubts before you decided to run?

- Would I be strong enough to stand up to the "good old boys" for what I believed in?
- I didn't have a financial or business background.
- The election campaign and the prospect of governing a multi-million-

dollar mutual benefit corporation seemed daunting.

...And nevertheless you ran! How did you feel as a BOD member?

- I learned that every Board member has a valuable opinion and can contribute.
- I felt completely capable of serving my Association.
- I found fellow Board members to be very supportive.
- It's satisfying to have had some influence in improving the active lifestyle we treasure.

How would you encourage others to consider running?

- It's gratifying to work with dedicated colleagues towards the best possible outcome for our community.
- If you can think and solve problems, then "just do it."
- I'm proud to have helped support projects that have added value to the community.

From those who are considering or will (someday) consider running:

Is there anything making you hesitant to run at this time?

- I'm serving the community up to my capacity.

- I'm still working part-time and need to get a little more involved in some committees. It's on my "to do" list.
- The time requirements are more than I can handle now.
- I know that I would become enmeshed in all the minutiae [of the BOD]... too stressful right now.

Why are you considering running in the future?

- To help BOD decisions to be based on what's fair and equitable for the good of the community lifestyle.
- It's troubling that it's always the same residents who serve...we need new ideas and fresh energy to seep into the BOD.
- I believe I have the attributes of being dependable, positive, and passionate for our community.

Are you dependable, positive, and passionate about our community? If so, will you consider "giving back" by serving on the BOD?

Did You Know?

WellFit Tip: Resistance Training (using weight equipment) helps to combat the effects of dementia and increase brain function.



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Activities News & Happenings

Amazing Autumn Activities!

Lavina Samoy, Lifestyle Manager

As the nights get chillier, we offer you indoor activities to keep you warm and engaged during the autumn season!



October would not be complete without our annual **Oktoberfest celebration on October 16** with traditional polka music, Strauss Festival dancers and Chef Roderick's delectable Oktoberfest buffet which includes those oh so delicious *Brats and Sausages* (page 53). See the latest in fall fashion, perfect for your active lifestyle, on parade at our **Fall Fashion Show on November 6**. Model search is still going on until September 22 (details on page 55). Have a "spooktacular" time with your grandkids at our first ever **Grandkids Monster Mash Party on October 26**. Dress up, play, and create crafts with your grandkids for a memorable afternoon of ghoulish delight (details page 56). The thrills and horror continue on **October 30 with the Roseville Community Concert Band** providing live music for the Ballroom showing of the 1925 silent film, "Phantom of the Opera"

starring Lon Chaney (page 53). This unique event is something to be experienced!

Per your request, another **Parking Lot Sale** is scheduled on **October 25**. This is the best time to get rid of your unwanted stuff and make some money for the holidays (pages 46 & 50).

A new class is coming! Beginning next month, we are offering a monthly **Craft-do-licious** for residents who enjoy crafting and creating unique fun and easy projects! Our first class on **October 23** will make a Fall Tulle Wreath and personalized Craft Bag (page 69). **Jewelry beading classes** continue to offer both easy and challenging projects for bead hobbyists. See the complete list of jewelry classes and descriptions on pages 76 & 79. Movie historian Ray Ashton continues with the "Golden Age" of animated movie musicals covering 21st century Disney classics in **Part 2 of Disney—the Art of the Animated Movie Musical**, beginning **October 1** (page 79).

Limited spaces are still available for the **Cambria and Hearst Castle three-day, two-night trip** starting **October 28**. October is the best time to explore the castle and the quaint town of Cambria (page 65). As a reminder to all, except for the 24-hour guarantee, *no refunds* are

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 the Committee Application form 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 106.

- **Architectural Review Committee**
- **Elections Committee**
- **Clubs & Community Organizations Committee (CCOC)**

available for any Association purchases, including trips, classes, and entertainment. We encourage you to review and consider if travel insurance is advisable for you. For your convenience, a list of *trip insurance providers from the US State Department* is available at Activities Desk.

Ain't autumn awesome?

Online Enrollment, with Ease

Lily Ross, Lifestyle Assistant Manager

If you haven't yet, you should take advantage of **Lifestyle Online's Wishlist feature**. This handy little tool allows you to create a list of classes or trips you want to enroll in, without actually enrolling. *Note: Entertainment and Pass Renewal cannot be added to Wishlist.*

screen) and **add items to your shopping cart**. Proceed to check out to submit payment and complete the process.

Whether viewing your wish list, or watching your desired class, if you are anxiously awaiting the stroke of the hour, you may be frustrated to see that **your class status does not switch to Available** right on time! Rest easy, you need to "refresh" or "reload" your screen so that it knows the time has changed. The simplest way to do this is to press the F5 button located at the top of your computer's keyboard.

Keep things simple. There's **no need to process a new payment** for each enrollment or department—add everything to your cart and pay one time. That said,

we do have two times that enrollment opens up on the 17th; Activities registration begins at 8:00 AM and WellFit begins at 10:00 AM.



When you arrive at the payment screen, it's helpful to know that we **do not keep credit card information on file** for use at the website. If your credit card information is out of date, please update your internet browser or software security records.

Need assistance with Lifestyle Online? Go to the **Contact Us** menu and submit an inquiry form. If you submit a ticket on Friday evening, please be patient until Monday morning when staff is back to work.

Activity	Description	Days
173007-A	Quiltfest	Th

The Wishlist feature on Lifestyle Online

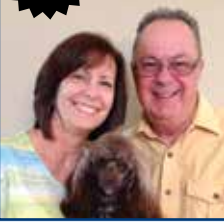
The best use of this tool is *prior* to the 17th when you find all of the great new classes and trips you want to enroll in; add items to your Wishlist and as soon as registration opens up on the 17th, go to your Wishlist (located at the top of the

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WellFit News

Lap Swimming and Water Walking/Running Etiquette

Deborah McIlvain, WellFit Manager



Please stop by the Fitness Centers or visit the WellFit Department's site on the resident website to get the latest in Lap Swimming and water walking/running

etiquette! It covers how to choose a lane, proper way to enter a lane, sharing lanes, turning, stopping, and passing other swimmers.

Orchard Creek Lane Rules

(complete set of rules on website and at Fitness Centers)

- Lane 1 – Slow (for walkers only when class is in session)
- Lane 2 – Medium pace (any type)
- Lane 3 – Fast (swimming only—freestyle, backstroke, side stroke, breast stroke)

When classes are not in session walkers/runners can use open area too.

Kilaga Springs Lane Rules

- Lane 1 – Slow (for walkers only)
- Lane 2 – Slow pace (any type)
- Lane 3 – Medium pace (any type)
- Lane 4 – Fast pace (any type)
- Lane 5 – Fast (swimming only—freestyle, backstroke, side stroke, breast stroke)



The Benefits of Walking Compared to Riding a Recumbent Bike

Richie Anderson, WellFit Specialist

The difference in exercise between riding a recumbent (seated) bike compared to walking boils down to the functionality of the two exercises. The resistance from a recumbent bike is friction, gained by adding resistance. The main movements involved occur around the knee and very slight hip range of motion. For those who are recovering from an injury or surgery or other chronic issue, a recumbent bike is a very viable exercise.

In comparison, walking resistance comes from gravity pushing down on the entire body. During normal gait motion, the ankle, knee, hip and arms are all put through part of their range of motion. Not only are those body parts moving, you must use more of your total body to stabilize yourself against the gravity pushing down on you. That would include, but not

be limited to, your anterior and posterior core muscles (back and abdominals). Also, by using the resistance of gravity, you can strengthen and improve your posture, something that is hard to achieve while seated in a recumbent bike.

My personal and professional opinion is that walking is a better form of exercise compared to a recumbent bike, for those without any risk factors (usually chronic knee issues). As far as forms of walking, a treadmill will have more impact on the knee joint from the force of the belt. Walking on stationary ground will have minimal impact, and should be completely pain free for most people. In conclusion, I believe walking outside, or on the track upstairs at OC, is the best form of aerobic exercise that most people in Lincoln Hills could perform.

Spotlight On...

Adapting to Aging in SCLH

Tuesday, October 28, Free
10:00 AM-12:00 PM in the Ballroom (OC)

Do you worry about what aging will entail? Are you prepared for what is next?



The Living Through Transitions Program offers guidance to the predictable challenges of aging in Lincoln Hills.

This highly rated program includes just some of the following topics:

- The legal framework to have in place
- Financial planning so you do not outlive your money
- Important considerations for becoming suddenly single
- Navigating the complex medical maze
- End-of-life issues

For more information on Living Through Transitions and how Resource Connectors can link you to resources and services, please join us for an informative session to discuss aging in place in SCLH.



The Adapting to Aging series is designed to empower residents to plan for and navigate the challenges of aging in this community. During this presentation, we will release the 2015 session dates and get you on a priority list of those interested in enrolling. The 2014 sessions were a sellout!

WellFit Classes pages 85-100 • WellFit Class Grids pages 101-103

The Drought

Continued from page 2

computer to assist in adjusting scheduling and run-times.

We are constantly monitoring our system and adjusting schedules as needed. We have irrigation maintenance coverage six days a week. Most of our shrub beds are on drip irrigation systems, and we

have switched to high efficiency nozzles for turf areas where appropriate. We also utilize “cycle and soak” scheduling for our turf areas to minimize run-off.

To date, we have used 15% less “raw” water than we did in 2013. We have reduced potable usage by nearly 30%. This clearly demonstrates the importance the facilities team attaches to water

management.

I personally dislike the term “management” when referring to the use of such a vital resource. I prefer the term “Water Leadership.” Our goal is to reduce usage in the most effective way possible, while maintaining the landscaping at the highest level possible. To date we have been able to do just that.

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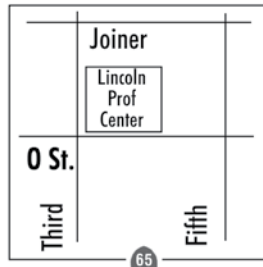
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Arbors, Gazebos, and More What do the terms mean?

Mark Hutchinson, Architectural Review Committee Chair

As autumn arrives and thoughts turn toward the projects that are more appropriate for cooler weather, the question of what are the proper terms for exterior patio and landscape structures is often asked. The purpose of this article is to clarify the differences between the various terms used in the Design Guidelines.

Arbor: Arbors are *free-standing* garden structures, with posts or pillars supporting arched or straight cross members or lattice, and may have planter boxes or a bench attached. Climbing shrubs or vines may be grown on arbors.



Gazebo: Gazebos are permanent *free-standing* structures that are roofed and open on all sides. Gaze-



Patio Cover: Patio covers are structures that *are attached to the building* and are open on all sides and have open beam or solid roofs.

Pergola: A pergola may be a *free-standing structure* or it may be attached to a *free-standing wall*, with posts that support open cross members to form a shaded area or passageway.



Temporary Shade Structure: Temporary shade structures include outdoor patio canopies and canvas gazebos that are *easily removable*. Tem-

porary shade structures may be in place from April through October.



Trellis: Trellises are vertical structures designed to support live climbing plants.

Specific requirements for each type of patio and landscape structure are contained in the Design Guidelines and should be reviewed before planning any work.

Architectural Review Committee (ARC) members are available after the regularly scheduled ARC meetings to meet with you to discuss your upcoming projects or assist you with completing your submission. The ARC is looking forward to assisting you with the approval of your improvement plans.

"Autumn, the year's last, loveliest smile."
William Cullen

Shady Days

Bill Attwater, Properties Committee Chair

In the beginning there was sun and the Lincoln Hills were warm. Then came Del Webb and the over-55 active adults. Many said, "now we want shade" and shade was provided: shade in the form of window covers in Orchard Creek Lodge (OC); window shades in Meridians, the Solarium, and the meeting rooms. And if you have never looked up to the ceiling when coming in the main entrance of OC, then do so the next sunny day you enter. There will be shades over the glass, which on a non-sunny day lets in light to provide a delightfully welcoming entryway. When it's too hot for comfort, the shades are deployed.

But now, whether it's the drought, "keeping up with other shade installations," or just the realization that money appears to be available for shades, the

Properties Committee has had an influx of applications for shade structures, all of which would need to be paid for. The baseball players stepped up to the plate and paid for five new shades and the Board approved the cost of replacing three old shades from existing reserves. Our Homeowners Association will now own all eight of the shades, so these shades will be added to our reserve report and in time when the shades wear out, their replacement will be paid for out of our reserve fund, which is funded by our dues.

The pickleball shade structure has been installed and it looks great. But there are two pending applications left for this budget cycle: a large structure to shade bocce players and a large sail to shade the children's play area (a.k.a., the "tot lot"). So far no one has come forward to assist our Association in paying for these shades. While residents are encouraged to file ap-

plications for projects that are necessary, there is a difference between need and want. Residents thinking of filing applications for a project need to think about costs and whether or not it is appropriate for all of our residents to pay for the cost out of our dues.



Did You Know?

SCLH has 44 Villages, but Neighborhood Watch has 77. They have divided the larger villages with A, B, C, D, and E to make it easier for the Village Coordinators.



DON'T MISS THE ANNUAL WEARABLE ARTS FASHION SHOW



Tuesday, October 14 • 1:00 pm
Orchard Creek Ballroom

There is no charge for this event and all residents of Lincoln Hills and their guests are welcome. Bring your friends and neighbors to come see what the Wearable Arts Group has been creating this year!

ALSO ... BE OUR GUEST!
at the November Needle Arts Meeting
Tuesday, November 11 • 1:00 pm
Presentation Hall (KS)

This meeting will focus on what Needle Arts is all about. Join us!



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Time for 2015 Budget and Time to Move On

Hank Lipschitz, Finance Committee Chair

After having had the privilege of being on the Finance Committee for five and half years I will be moving on after the 2015 budget is completed this month. I can truly say it has been a very rewarding experience helping with the governance

of our outstanding community. I want to thank our Association Staff, Board Members and the talented volunteers of not only the Finance Committee but all the other committees that have made this experience so rewarding.

Our Association continues to show solid financial results both for the month of July and year-to-date. Results for July were \$60,168 better than budget bringing our year-to-date result \$298,493 ahead of plan. While all departments are doing well, The Spa at Kilaga Springs, Activities,



Statement of Operations YTD — 7/31/2014

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$4,448,183	\$4,456,656	(\$8,473)
Administration (Expense)	(1,119,136)	(1,165,641)	46,505
The Spa at Kilaga Springs	43,796	25,353	18,443
Fitness	(212,120)	(210,424)	(1,696)
Activities	(58,223)	(138,116)	79,893
Rec. Center / Maintenance	(1,391,917)	(1,468,841)	76,924
Landscape Maintenance	(1,452,621)	(1,540,032)	87,411
Food & Beverage	(50,344)	(49,830)	(514)
Capital Asset	0	0	0
Net Revenues (Expense)	\$207,618	(\$90,875)	\$298,493

While all departments are doing well, The Spa at Kilaga Springs, Activities, Rec Center/Maintenance and Landscape Maintenance are significantly better than budget. This is a result of increased participation in events, trips, amenities and effective management of facilities.

Rec Center/Maintenance and Landscape Maintenance are significantly better than budget. This is a result of increased participation in events, trips, amenities and

Please see "Finance" on page 105

Internet Insight

Web Browsers & Remembered Passwords: What a Pain!

Ben Baker, Advertising & Promotions Manager



Last month I wrote about what Web Browser cookies are, and adjusting your web browser security settings. This month we dive a little more deeply into a common issue that occurs among many residents today. This issue is the dreaded “Remember your password?” pop-up button setting that many web browsers ask after you type in your password into the login field of various websites.

Why can the “Remember Your Password” feature be an issue?

For most websites, remembering your

password can be a great benefit as it speeds up the login process, but there are some instances you should think twice about before allowing this feature. For example; banking or financial websites, free webmail accounts, the Resident Website & Lifestyle Online, and pretty much any site that would allow computer hackers to gain access to your sensitive information.

Most web browsers are quite secure, especially Firefox (www.mozilla.org/firefox), but in the event that some malicious hacker comes along and tries to target you, don’t make it easy on them by storing your password via your web browser.

Web Browser Remembered Passwords and Cookies.

Using the resident website as an example, another common frustration with residents (User) is using the “remember your password” button on the Resident website. Weeks later the user goes out on vacation or clears their browsing history and they have forgotten their password to login! Instantly, the user contacts Help Desk support and requests a new password.

The issue here is that when resetting the user password, the “remembered” password (which is a web browser cookie) overrides all and auto-fills the *Please see “Internet Insight” on page 105*



Community Forum Videos Gain Popularity

Judie Panneton, CCRC member

If you have viewed a Community Forum video on the Lincoln Hills website (www.suncity-lincolnhills.org/residents) you are among a growing number of users who are taking advantage of this benefit for residents only.

According to a recent analytical review, the number of views has increased significantly in 2014. Among the reasons cited for the increase are improved marketing/notification through eNews; the enlistment of experienced, volunteer videographers; quality improvements in video techniques and equipment, audio, and video delivery time and resident access to the SCLH website.

The most viewed forum video categories for the first six months of 2014 were Community Interest, Health Education, and Technical. The most watched videos for that time were Handy Helpers (4566 minutes), Alive in the Light (4258 minutes), Passwords (3695 minutes) and the Magic of Google (3041 minutes). In May of 2014,

CF Videos were watched 10,517 minutes representing 368 individual views. In addition, 24 of the 34 videos from 2013 have been viewed in 2014 showing that their availability is also popular with residents.

“The Communications and Community Relations Committee (CCRC), which brings you the Community Forums, has worked hard with the Lincoln Hills Association Staff to bring these improvements to you,” said Jeff Hanner, committee member and lead videographer. “The analytical information alone, which staff provides, will be of great benefit in making choices about the forum topics for the future.”

The CCRC would like to acknowledge the following volunteers and staff who have made these improvements possible: volunteer videographers—Jeff Hanner, Jim Collier and Lew Bernard; staff—David Ortiz (videographer), Ben Baker, Jeannine Balcombe, Chris O’Keefe and Cesar Orozco and their maintenance staff.

Committee Chair Wolf Oplesch commented, “We hope you will continue to take advantage of both the Community Forums and the videos that the CCRC makes available as we to make improvements in both for the future. We would also like to hear from you with any questions or recommendations you may have.” The CCRC may be contacted at CCRC@schca.com.

Library News

Sandy Melnick, Library Volunteer

A good book that I just finished is *Mrs. Lincoln’s Dressmaker* by Jennifer Chiaverini. This novel takes place during the Civil War and is told by a former slave who bought her freedom. The book gives a good background of the time period and an insight into the lives of the Lincolns and other famous people. This book can be found in the hardback novels section.



It takes many willing hands to keep our library tidy and up-to-date. *Please see “Library News” on page 105*

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The new fall menu will be coming out at the end of September. The fresh seasonal items are highlighted to represent the best of the local meat, seafood, and produce that can be purchased. There will be items for all tastes and all budgets. Some of your favorites return as the season changes. Look for exciting items such as: *Pan Roasted Trout, Boneless Beef Short Ribs, Roasted Golden Beet Salad, and Butternut Squash Ravioli.* And there is always room for our \$2 desserts!

Monday Night Football in the Sports Bar is going full tilt with drink specials all game long. Come watch the games with your friends. Please go to www.meridiansrestaurant.com

for the event details and menus.

Deli Night is offering a wide variety of NY deli items on Monday, October 20. We are becoming well known for our “floaters” *matzo ball soup, potato knish, latkes,* and much more. Of course no NY deli buffet would be complete without *New York black coat pastrami, corned beef, slow roasted, brisket, assorted salads, chopped liver, specialty breads,* and all the fixings.

Let's get Crackin'! Meridians Fifth Annual Crab Feed night is coming on Friday, November 7. We go on sale for this event on Wednesday October 1 at 8:00 AM. Make your reservations before we sell out. The entire team is looking forward to this community-wide event. We will be preparing *all-you-can-eat salad, pasta, bread, and*

fresh Dungeness crab for \$39 plus service charge and tax. We purchased over one ton of fresh crab for last year's event. We request reservations and prepayment. Meridians will take care of all the necessities, great service, great food, crab crackers, bibs, warm butter, and everything you need for a fun evening. Prizes will be given to the most original and creative crab hat/costume worn at this exciting event. Last year we had wild hats, crazy costumes, and table decorations! Roll up your sleeves and prepare to have fun, and don't miss out.

It is not too early to start thinking about the holidays, call Meghan Louder in the Catering Department, 625-4043, to reserve your room and finalize the details of your festive holiday event. We offer everything from simple luncheons to elaborate dinner parties. Enjoy the holidays with family and friends and let us do all the work.

~ Please see our ad on page 84. ~

The Spa at Kilaga Springs

Part Two—New Additions to our Menu

Tina Ginnetti, Manager, The Spa at Kilaga Springs

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Fran will be here on Tuesdays from 9:30 AM to 3:00 PM. Comfortable clothing suggested. 60 minutes. \$75.

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Since fall is around the corner, this month's specials will focus on end of summer refreshers. Our **Blueberry Lemonade Refresher Facial** delivers a potent dose of anti-oxidants to replenish skin from free radical damage of the harsh summer heat.

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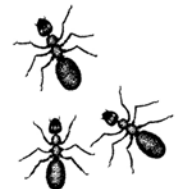
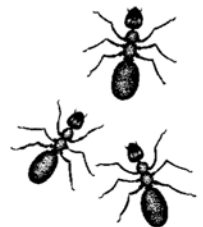
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Insects & Spiders of Lincoln Hills

Al Roten, Roving Reporter



Western Tiger Swallowtail



Carpenter Bee



Praying Mantis



Pipevine Butterfly



Variegated Meadowhawk



Tomato Horn Worm



Orb Weaver Spider

The online encyclopedia, Wikipedia, states that insects are among the most diverse groups of animals on the planet. The number of living species is estimated at between six and ten million, and potentially represents over 90% of the differing animal life forms on Earth. Therefore, it should be no surprise that we find these creatures everywhere—inside and outside our homes and on our skin. Some insects are ugly and others are most beautiful, but all have their place in the essential food chain supporting our lives.

Our resident photographers Phil Robertson and Tom Roach have shared some wonderful shots of local insects with us.

The honey bee is probably the most important insect in our lives. It is estimated that around 30% of the food we consume is produced from bee-pollinated plant life. The value of pollination by bees is estimated at around \$16 billion in the U.S. We would be unable to enjoy most of our favorite fruits, vegetables, or nuts without these pollinators. Bees also pollinate crops such as clover and alfalfa that cattle feed on, making bees important to our production and consumption of meat and dairy products. Also, many other insects contribute to our food supply by pollinating plants.

Spiders are another order of animals (they are Arachnids) that most of us do not care to be around. A special problem here



Mylitta Crescent



Honey Bee



Male Blue Dasher



Black Widow
Photographer: Kathy Garvey, UCD



European Paper Wasp



American Rubyspot



Noctuid Moth



Lady Bug Beetle



Katydid



Painted Lady

in Lincoln Hills is the poisonous black widow. For all of our homes, the developer installed a master shutoff valve for our landscape watering system in an in-ground box beside the automatic valves. This damp and dark hole is a perfect breeding ground for the black widow. So, take care and wear gloves or inspect the valve area before reaching in to turn that handle.

Dragonflies are complex, beautiful, and interesting insects. They can fly forward, backward, up, down, and upside down better than any other in nature or man-made. Dragonflies are the only creatures that can make all four wings go in different directions at the same time. They are being closely studied by aviation engineers.

On our Elderberry Trail, you will see a nature sign telling of the endangered Valley Elderberry Longhorn Beetle and its habitat. It is most unlikely that you will see a beetle, since they spend most of their life under the bark of the Elderberry plant.

Of course we all enjoy the grace and beauty of butterflies. Walk slowly, look closely, and enjoy our insects immensely.



Valley Elderberry Longhorn Beetle



Buckeye Butterfly



Web Weaver Spider



Monarch Butterfly



Widow Skimmer

Fight the Bite

Al Roten, Roving Reporter

There are more than 20 species of mosquitoes in our local area. However, only a few are potential vectors for West Nile Virus (WNV), which is carried by birds on their migration. When an infected bird is bitten by a vector mosquito, the virus may be carried to an animal or human. We can hardly stop a mosquito in flight to inspect its species, so it is wise to avert the risk of infection or even the nuisance of the itch and pain of a mosquito bite.

Statistically, WNV is not likely to present a
Please see "Fight the Bite" on page 43



Mosquito
Photographed by Darlyne Murawski

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Aging Well

Vascular: Is it a noun, an adjective, or an adverb?

Shirley Schultz, Health Reporter



Answer: It can be all three. In Biology, *vascular* means pertaining to or providing vessels or ducts to carry fluids such as blood, lymph, or sap. If you were a tree, you would have sap, but since you are a member of the animal kingdom, you have blood and lymph fluid. Our body cells receive all their nutrients and rid themselves of waste *vascularly* (adverb) through the arteries, veins, and capillaries throughout the body. Your *vascularity* (noun) largely determines how well or poorly this job gets done.

Vascular disease is more likely to occur in older people, but it can occur at any age. Factors that may increase the likelihood of vascular disease include: family history of

vascular or heart disease, obesity, smoking, long periods of sitting or standing still, illness or injury, pregnancy, and any condition that affects the blood vessels such as diabetes or high cholesterol.

Think about the much-feared vascular event called a *stroke*, which, by definition means that some part of the brain is temporarily or permanently damaged by being deprived of oxygen or nutrients. There are three main types of stroke: blockage of an artery carrying blood to the brain (*ischemic stroke*), leaking or bursting of an artery (*hemorrhagic stroke*), or temporary blockage resulting in a *transient ischemic attack* (TIA). Know the warning signs and symptoms of a stroke and call 911.

F = Face drooping. Smile and look for unevenness of the smile.

A = Arm weakness. Raise both arms and

look for one to drift downward.

S = Speech difficulty. Unable to speak or speech is slurred.

T = Time to call 911. Call if any one of these signs or symptoms comes on rather suddenly. Life-saving treatment must be administered quickly to prevent a disability or complete catastrophe.

There are many different types of vascular problems: peripheral artery disease (PAD), aneurysm, Raynaud's Syndrome, Buerger's Disease, varicose veins, venous blood clots, and many others. *Medline Plus* from the NIH National Library of Medicine offers a wealth of information and handouts about vascular diseases.

Important aspects of vascular disease will be discussed September 24 at the upcoming **Community Forum, "Run Silent; Run Deep"**, by vascular surgeon, **Dmitri Gelfand, M.D.** (see page 104). Don't be sappy—come on out for this presentation!

From Then 'til Now

Lincoln Hills Foundation Leaves its Mark on Local Seniors

Dave Hathaway, Lincoln Hills Foundation Marketing Chair

Excitement was in the air the evening of January 23, 2003 at the Orchard Creek Ballroom as residents anticipated the start of the first Bingo session sponsored by the Lincoln Hills Foundation. Fast forward to 2014 with more than 100 games played, money won, memories made, and some of the same folks still enjoying the experience. Marilyn

Oxford and Josephine Fournier are two women who love their Bingo and keep coming back year after year!

Bingo was the first major fund-raising activity for the fledgling Foundation that was founded in 2001 by volunteers in Lincoln Hills whose passion was the care and comfort of older adults in the Lincoln community. Originally, the mission was to provide residents with services not available through the community Association. In its early years, Neighbors InDeed,

which is now self-sustaining, received all of its funding from the Foundation. Over the years, the Foundation's reach has expanded to include the entire Lincoln community, but the purpose remains to promote and fund innovative solutions that enable seniors to remain in their homes and continue to enjoy their independent lifestyles.



Josephine Fournier with a Bingo

To date, the Lincoln Hills Foundation has given out more than \$200,000 in grants to agencies and groups serving seniors, and has added direct services such as CPR training and informative lecture programs for seniors. Over the years, the Foundation grants include: Seniors First, Meals on



Marilyn Oxford

Wheels, and Rides programs; assistance to many of the Lincoln Hills support groups; Del Oro Caregiver Resource Center to supplement a respite care program for 24/7 senior caregivers; large print books and wheelchairs for Friends of the Lincoln Library; a program for St. Vincent DePaul to provide assistance for unmet senior medical needs; and The Salt Mine for senior food and clothing.

Although initially funded by \$5,000 in seed money from Del Webb, the Foundation has been able to grant 40 times that amount due to the generosity of residents and the volunteer hours put in by the officers, directors and advisory board members. As the community ages we know that there is much more to be done and we are ever on the lookout for new ways to assist and serve our seniors. For more information, volunteer opportunities, and information on how you can donate, please visit our website at www.lincolnhillsfoundation.org.



Neighborhood Watch

Read All About It!

National Night Out Is "The Happy Place"

Patricia Evans

How many happy ways are there to celebrate National Night Out? "Let me count the ways."

The Village 31C and 37 barbecues featured food, fun, and frolic. Wearing a T-shirt lettered "The Meat Man," a Village 37 barbecue master cooked while an enthusiastic crowd admired the mouth-watering process.

Beating the heat with a breakfast or brunch was the choice for parties at Villages 13/17, 14, 30B, 35AB, and 41BC. An ice cream social was also enjoyed at Villages 14 and 38D, while a desert party brought many smiles at Villages 19A and 24A. Village 10 celebrated with a pizza party. Most of our 11 parks resounded with the happy laughter of fun-loving celebrants. And there were myriad back yards where "the joint was really jumpin'" with party goers.

Village 26C designated June 5 as their National Night Out celebration, and they were honored by a visit from three Lincoln

firemen and their flashy fire truck. National Night Out Chair Pauline Watson says, "Yes, it is legitimate to designate a date and a time of the day of your choosing to celebrate National Night Out. Just please let me know at 543-8436, or frpawatson@sbcglobal.net."

Eighteen parties received a visit from a Lincoln police officer, fireman, or city official. These hosts were presented with a certificate of appreciation signed by Police Chief Rex Marks.

Please turn to page 38 for news about our fall activities.

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



Village 19 MB 8



Village 22B



Village 10 MS 5



Village 38D MS 7



Village 38D MS 3, 4 & 5

Village 26C MS 7, 8 & 9



Village 44 Villas



“Your neighbors are your most important security.”

It's National Night Out Party Time!

Pauline Watson, National Night Out Chair

One of the greatest assets of Lincoln Hills is Neighborhood Watch. And one of the most important programs within Neighborhood Watch is National Night Out, which is always celebrated on the first Tuesday in August. The introduction of National Night Out by the National Association of Town Watch on Tuesday, August 4, 1984, began an effort to get people involved in crime prevention activities. They “took back the streets” from criminal elements with an evening of outdoor parties.

The question that is often asked is, “Why should people have a National Night Out party?” Well, the answer is very simple. Neighbors who know each other are more likely to care for one another and to look out for one another. This year’s National Night Out experience is no exception. There were

more than 85 gatherings involving close to 137 mail stations and Villages.

August is also the time for Mail Box Captains to update their Resident Emergency Contact Information forms. Providing this information has been a life-saving opportunity on several occasions. In one incident a resident was on the floor for a few days unable to get to a phone when a neighbor realized something was wrong. We live in an aging community when time is critical and being able to reach for help has proven to be crucial.

National Night Out also builds partnerships and relationships, neighbors helping neighbors, and a safer community.

Congratulations to Lincoln Hills for increasing our success in all of these important goals!

Village 20



Village 42B



Village 14 MB 2, 3 & 4



Village 37



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Club News



Alzheimer's/Dementia

Caregivers Support Group

Join us on Wednesday, September 24 at 1:00 PM in the Multipurpose Room (OC) for a discussion meeting of the Alzheimer's/Dementia Caregiver's Support Group. Meetings alternate between presentations by professionals who offer information with a direct bearing on Alzheimer's/Dementia, and discussion sessions led by a facilitator from Del Oro Caregiver Resource Center.

The purpose of our Support Group is to provide mutual assistance, emotional support, and education among individuals facing the same predicament. A Support Group can make a participant realize they are not alone in their caregiving journey. Participants share practical recommendations for dealing with everyday situations. Finding a Support Group can be a significant factor in managing the day-to-day problems and living through this difficult and challenging time in one's life.

If you are a caregiver for loved one with memory loss, we hope to see you September 24.

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



Antiques Appreciation

The September meeting was a Show and Tell. Members shared many items both vintage and antique. The stories behind them were interesting to hear!

Our Monday, October 6 program will be a presentation of turn-of-the-century clothing. A few of our long-standing members have wonderful antique and vintage clothing to share with our club. We also ask that our members who own any antique or vintage clothing to please join the morning presentation by either bringing your clothing to display or wearing it to share. If you have a dress form to display your item, please do bring it as well.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you

collect or just appreciate antiques, we'd love to have you join us!

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

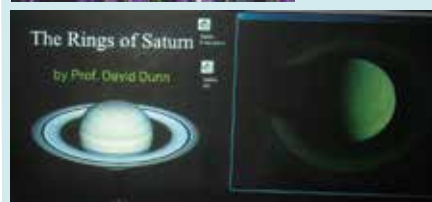


Astronomy

At our August meeting at Sierra College, the Astronomy Group enjoyed an excellent presentation



*Saturn's
Rings
Presentation
by Professor
David Dunn*



about "Saturn's Rings," and a planetarium show by Professor David Dunn.

Wednesday, October 1, 6:45 PM, P-Hall (KS). Dave Wood will present an updated presentation on "Exoplanets." Nearly 2000 planets have been discovered orbiting other stars.

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

Monday, October 20. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." This month's lectures will be #17, "Primordial Roughness—Seeding Structure," and Lecture #18, "Infant Galaxies" will be shown. The lectures are followed with group discussion. Contact Morey Lewis eunmor@pobox.com (408-4469) for more information.

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



Ballroom Dance

Always wanted to dance, but reluctant to try? Or danced "way back when," but somehow lost your "groove"? Join us in September for some Latin spice, and learn the Cha Cha. October will feature East Coast Swing. We are a fun and friendly group who enjoy learning together. Beginning classes are from 2:00 to 3:00 PM on Tuesdays at KS. We follow with one hour of open dancing to a wide range of musical selections. Then, from 4:00 to 5:00 PM a more advanced lesson is presented. The last Tuesday in September, we will have two special instruction hours. The first hour will be the upbeat, easy to learn, Merengue. The last hour will be a review of Turns and Spins. Both hours instruction will be appropriate for all levels. All lessons are included in the \$7 annual dues. So get your "groove" on and we will see you there!



*Chris
& John
Geist*

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



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meeting will be October 8. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunches will be Thursday, September 18 at *Simo's* and Wednesday, October 15 at *Woody's*. 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, August 6
Winner: Phil Delaney; Runners-up: Norm Hagerty and Doyle Coker.
- Nine-Ball Singles, August 12
Winner: Rich Lund; Runner-up: Joe Perez.
- Eight-Ball Doubles, August 20
Winners: A.J. Jhanda and Clyde McFadden; Runners-up: Joe Perez and Bob Soriano



Winners of Eight-Ball Doubles August 20: Clyde McFadden and A.J. Jhanda

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

Challengers Billiards

The Challengers Group is for Mid-Level to Advanced players. We play every Friday from 10:00 AM to 12:00 PM at the Billiards Room (KS). The last Friday of each month is sign-up day for the following month. New players are always welcome, please sign in or just drop by. Chances are, there is room for you to play.

Here are our recent winners.

First place: Seven games: Dan Oden; six of seven games: Bill Kim, George Black, Ted Baker, Margie Kim, Doyle Coker, Bill Huth, Tom Thornton. Second place: Five of seven games: Bob Wehner, Sandy Pavlovich, Peshu Irani.

Congratulations to all.

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

Couples Billiards

Week one started out with a bang when Remi Giannini ran the table to win that game outright.

Two teams tied with five wins: Jim/Barb Conger and Doyle Coker/Bob Soriano. Joe/Nicki Hobby and Rich Lujan/Louise Enderlin teams tied with four wins.

On week two, Doyle Coker/Bob Soriano team won all six games. The Joe Perez/Rita Baikauskas team won five.

Two teams won five games on week three: Joe Perez/Rita Baikauskas and Joe/Nicki Hobby; Phyllis Borrelli/Lydia King and Howard Skulnick/Peshu Irani won four games.

On week four, our champs were the Del/Veronica Torres team winning five games. Four teams won four games that night. Those partners were Jim/Barbara Conger, Dave Manwaring/Chiquita Fratto, Ahmed Jhanda/Peshu Irani and Dan Oden/Tom Thornton.

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

Players Billiards

We are enjoying our newly renovated tables and some new equipment in the Billiards Room (KS). We play seven games of Eight Ball every Thursday from 2:15-4:30 PM. The games are timed at 17 minutes and are for mid-level skilled players. We play with the same partner only once and same opponent maybe twice. We encourage players to arrive at least 15 minutes before start time so they can sign in and receive their player number for the day.

Congratulations to our recent winners: Six and a half of seven games—Remy Giannini; six of seven games—Tom Thornton, Dan Oden, Joe Perez, Phil Berleghi, Ken Hawley; five of seven games—Hugh Duberley, Sandy Pavlovich, Bob Soriano, Veronica Torres, Lisa Pabst, Rita Baikauskas, Dan Oden, Del Torres, Dennis Dreiling, George Black.

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

Upstarts Billiards

"We play at Billiards just for kicks. Some win five games, some win six, And some win none; we're all in the mix! Winners do best with their own cue sticks."

Would you like to play some Billiards? Our Upstarts Billiards Group is for beginners-to-average players. We play

Standard Eight Ball on Thursdays, between 11:45 AM and 2:00 PM, at the Billiards Room (KS). We welcome new people, so come on down; see what the fun is all about.

Winners six games: Remy Giannini, Ed Schneider, Herb Trueblood

Winners five games: Gary Averett, Gale Comer, Frank DeMasi, Richard Gsell, Randy Ransdell, Bianca Reckling

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

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



Bird

You are invited to join us for our next meeting. It will be held on October 13, at 1:30 PM at the P-Hall (KS). Our meetings are held on the second Monday of each month and are a great way to learn about the many birds in this area.

With the cooler weather, we look forward to the fall field trips. I hope that you all have this month's outings on your calendars. If not, on September 16 we'll be going over to Griffith Quarry. Then on September 22 we head to the Lincoln Wastewater Treatment Plant. October 4, a Saturday, we will meet at Angler's Cove here in Lincoln Hills. This bird walk is always popular, so bring your binoculars and enjoy the many birds that come back to our wetlands this time of year.



John Garfein took this beautiful picture of a solitary Green-backed Heron while he was at Ferrari Pond this summer

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



Bocce Ball, Mad Hatters

We've had an interesting August on the Bocce courts. Attendance has been up and down but we made some

new friends with Shelly and Chuck, who just moved into Village 16, and Marlene and Bob, who've been in Lincoln Hills for quite a while and decided to give Bocce another try. If you'd like to join them, we play every Thursday at 8:00 AM.

Don't forget to look for us in the 15th Anniversary Parade on October 18. It's a bit early to mention it, but we will be switching to our winter start time of 10:00 AM beginning Thursday, *November 6*.

We were saddened to hear of the passing of George Anderson Black Jr. in July. George was a welcome character on the Bocce scene and played with us regularly during 2012 and 2013. He will be missed.

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



Book, OC

On September 18 at 1:00 PM in the Multipurpose Room (OC), we will discuss *Killing Lincoln* by Bill O'Reilly. In this story of courage, cowardice, and betrayal; with the help of historian, Martin Dugard, O'Reilly recounts the dramatic events of that fateful night in the spring of 1865 when John Wilkes Booth shot President Abraham Lincoln. Please join us for the lively discussion. Newcomers are always welcome.

Remaining 2014 Schedule:

- October 16—*Pride and Prejudice* by Jane Austen
- November 20—*The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- December 18—Holiday Luncheon

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



Bosom Buddies

Breast Cancer Survivors

Bosom Buddies did not have our general meeting during July. But we did have a wonderful meeting on August 14. Jane Nichols and Cindy Redhair made reservations for us to celebrate induction of new officers for the year of 2014-2015. We gathered for a wonderful luncheon at the Catta Verdera Country Club. We enjoyed

great food and stimulating conversations.

Our new officers: Val Singer will be our outstanding President; Kay Brady continues as our very efficient Treasurer; and Patty McCuen will be stepping in as Secretary. Please call Val if you would like to join our group of supportive cancer survivors.



Officers Luncheon; Barbara giving an inspiration; Patty McCuen, Secretary, and Val Singer, President



We had two guest speakers from Resource Connectors for our September 11 meeting. They provided information to help us Stay Connected, Stay Safe, Stay Healthy and Stay Independent.

Contact: Marianne Smith 408-1818
Website: www.suncity-lincolnhills.org/residents



Bridge, Partners

Thursday Evening First & Third

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

August 7 winners include—First: Dolo-

res Marchand and Carol Mayeur; second: Sasha Rome and Marilyn Todell; third: Lorraine & Bob Minke; fourth: Arleen Parton and Helen Helm. Joe & Rose Phelan had the high round of 1,730.

August 21 winners include—First: Lorraine & Bob Minke; second: Joe & Rose Phelan; third: Olga Hayden and Edith Kesting; fourth: Ben & Kay Newton. Lynda Sader and Jodie Deeley had a high round of 1,950.

Contact: Lorraine or Bob Minke 408-4009

Thursday Evening Second & Fourth

Want to play partners bridge? Give us a call, and we will put you and your partner on the play list, or take your chances and just show up, and you get to play if we have even pairs up to 28. We start promptly at 6:00 PM in the Sierra Room (KS), and we finish at 8:30 PM.

July 24 winners—First: Janet Pinnell and Linda Theodore; second: Chris Jacobson and Bev Ansbro; third: Nancy Rice and Mary Harrington; fourth: Marisa Stone and Barbara Bryan. Joan Schabillion and Lynda Sader had the high round of 1940.

August 14 winners—First: Kay & Ben Newton, with the night's high round of 2330; second: Johann & Paul Kiesel; third: Harry Collings and Stan Mutnick; fourth: B.J. Acosta and Nancy Rice.

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



Bridge, Duplicate

The August 4 exchange at the Sun City Roseville Bridge Club was well attended by members from both clubs and the extensive brunch buffet was relished by all who attended. Upcoming tournaments include the Gold Country Sectional that will be held September 25-28 at the Nevada City Elks Club. The more adventuresome may wish to play in the regional tournament at Seaside, September 22-28. Tournament details can be found on the ACBL website (www.acbl.org/tournaments/).

Our games are played at KS on Wednesday at 12:30 PM (includes a 199er section), Friday at 5:00 PM, and Saturday at 12:30

PM (includes a 299er section). Bridge lessons presented at 11:45 AM on Wednesday are: "What Does That Mean?"—David Russell (September 17), "Inverted Minors"—Gayle Koedel (September 24), and "Panel Discussion"—Doug Murphey and Laurie Vath (October 8). Game fees are \$2 for members and \$5 for non-members and invited guests.

Contact: John White 253-9882

Website: www.bridgewebs.com/lincolnhills



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. Please make your reservation and arrive between 12:30 to 12:45 PM to assure a place to play.

Winners: July and August—First place: Flo Hunt, Dick Lund, Beverly Dwyer, Phil Sanderson and Gerry Sonnenburg; second place: Chet Winton, Ed Page, Judy Ganulin, Harry Collings and Joe Phelan; third place: Millie Forry, Lynda Sader, Joanna Haselwood, Marilyn Cheatham and Warren Sonnenburg; fourth place: Ann Jensvold, Pat Fraas, twice, Lois Burke and Dick Lund.

Congratulations to our Grand Slam players Joyce & Dick Lund who bid & made 7 NT!

For reservations: September & October Chet Winton (408-8708) or Ralph Madsen (408-7670).

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



Bunco

The Bunco Group welcomed a new member, Anne Johnson. As beginner's luck would have it, Anne went home with a prize. It was a lively and fun August Bunco morning!

Please consider joining us for a morning of laughter and friendship! Beware, dice tend to escape and you never know where they will land!

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

August winners: Most Buncos—Corry Osendorf; Most Wins—Phyllis Papagiannis; Most Losses—Anne Johnson; Traveler—Dee Hahn.

Next Bunco is Thursday, September 18.

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



Ceramic Arts

September is here! Vacations have come and gone and it's now time for more fun here in the "compound"! Get registered in that Ceramics class you have always talked about taking. We have great teachers and a good group of friendly people. Make that perfect bowl, cup or sculpture! You won't know how much fun it is until you sign up for a class!!

Don't forget our famous Saturday and Sunday "CAG Workshops." Membership in the CAG is required after your third visit on Saturdays and or Sundays—\$12 annually—what a bargain!!



CAG Member Sherri Melchner glazing one of her sculptured pieces

CAG Workshops: 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 to 4:00 PM for Spanish Oils. *Open Studio* is available to all residents: OC on *Fridays only*, 1:00-5:00 PM and KS *Sundays only*, 1:00-4:00 PM. Check bulletin boards for changes/closures.

Contacts: OC Pottery Ed Hanson 253-3950;

KS Earthenware Marty Berntsen

408-2110; KS Spanish Oils

Margot Bruestle 434-9575

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

Groups, Ceramic Arts



Chorus

On September 2, the Lincoln Hills Community Chorus began rehearsing for its ever-popular, mostly

Christmas concert.

We won't sing for you until December 14-16, but it takes three months of hard work to perfect our repertoire. We're preparing a splendid variety of traditional carols like "Angels We Have Heard on High," spirituals like "Christmas Kum Ba Ya," and popular medleys like "A Bit of Holiday Cheer." You'll especially enjoy "Christmas Time Is Here" from "A Charlie Brown Christmas" and the arrhythmic "Jingle Bells (Sort Of)."



Conductor Bill Sveglini rehearsing the Chorus

While the rest of you are enduring late summer heat, we're already cooling down with music of the solstice season. Plan to join us then for another marvelous choral celebration.

Contacts: Bill Sveglini 434-5655,
sveglini@gmail.com

Sid Frame 408-1453, sfincoln4fun@starstream.net

Website: www.lincolnhillschorus.org



Computer

Main Meeting: October 8, 6:30 PM, (KS)—"Choosing a

Cloud Storage Provider" by Terry Rooney. Using the cloud simply means that your data (documents, pictures, videos) will be stored someplace on the Internet and you can access it when you want it. The biggest names are Microsoft's OneDrive, Google's Drive and the independents, DropBox and Box.



"Choosing a Cloud Storage Provider" by Terry Rooney on October 8

Microsoft's OneDrive is integrated with Windows 8.1, and the various Office products. Google continues to lower the prices of its storage, putting pressure on

competitors, especially DropBox and Box.

The presentation will cover the differences in storage limits, cost per month, and ease of use. We will also cover some extra benefits such as automatic photo storage.

Clinic: October 10, 3:30 PM, (KS)—More questions answered and Terry will move files to the cloud.

Ask the Tech: October 24, 10:00 AM, Multipurpose Room (OC). Informal Q & A session for any and all technical questions.

Contact: Claudia McEnerey,

president@sclhcc.org

Website: www.sclhcc.org



Mac User

All Things Apple: Technology enhances our lives but can confuse us with its complexity, rapid change, and the annual avalanche of new technology. Fortunately, MUG is here to answer many of the tech questions we encounter. In addition to our monthly seminars, here are some ways to get your tech questions answered:

Ask the Tech: Half hour open Q&A before most meetings.

Website and videos: See new Videos tab at LHMUG.org.



Hard-working Volunteers Gerry & Bonnie Esker; packed house for iPhoto Seminar with Andy Petro. Photographer Henry Sandigo

Helpline: 668-0684

Monthly labs for hands-on practice.

Home visits: A small fee may be required.

Online MUG publications.

Be sure to join us for:

- September 25: Mail, Andy Petro.
- October 2: Numbers, Vicki White. Create spreadsheets, dramatic interactive charts, and powerful data images.
- October 14: New iPhone 6, Ken Silverman. Will it do more? Cost more? Be bigger?
- TBD: Garage Band, Sharon Worman. From editing songs to sound effects and ringtones—the “fun stuff.”

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

Website: www.lhmug.org



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



Country Couples

This year's annual midsummer Ice Cream Social, held on July 27, had a Hawaiian theme. Dancers wore leis and Hawaiian-printed garb, while dancing up a storm to DJ Gordon's quick steps and line dances. In lieu of a fee, Gordon suggested that donations be made to his favorite charity, Shriners Hospital for Children. Tom Hargis, adorned in a grass skirt and coconut shells, along with his “partner,” Sweet Lailani, passed the hat and collected \$775 for this worthy cause. Chair Kathy Lopez announced to the crowd that Ern Hargis had been selected as the new club Treasurer. Congratulations, Ern!

Some of our members enjoyed dining and dancing at the new Gilley's nightclub at the Nugget in Sparks, Nevada while at-



Sweet Lailani and Tom Hargis

tending Hot August Nights. Many enjoyed Jim and Jeanie's gig in Loomis August 2 and their Barbecue/Dance in Roseville August 15. Next up: the Hoedown Dance on September 19 at KS.

Contact: Kathy or René Lopez 434-5617



Cyclist

Ever need to plan a bike ride around town or around the world? The place to go is ridewithgps.com. Most of the ride leaders in our LHC group regularly use this website to plan their weekly rides which are then posted on our ride calendar. This is beneficial to the rider who is looking for a ride to go on because it gives them an idea of how challenging the ride will be as well as providing a cue sheet. Once you get into using ridewithgps.com, you will find many useful features such as finding the location of coffee shops, restrooms, bike trails and even being able to see pictures of different locations on Google Earth. The Google Earth feature allows you to see what the roads look like if you are not sure if they are paved. This site also allows you to plan walking and driving trips.

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



Eye Contact

Low Vision Support Group

General Meeting: October 9, 1:00-3:00 PM, P-Hall (KS).

Speaker: Norm Kent, Public Coordinator for the Lincoln Fire Department. Norm will discuss fire safety issues, the Vial of Life, and how to escape from a burning building (just in case...).

Followed by “25 Ways to See”—Dan Roberts, founding director of MD Support,

Inc. will present an overview of current low vision devices and technology.

Notice: Everyone is invited to join a casual coffee group for socializing after the meeting. Personal drivers are welcome!

Living Skills Workshop: Thursday, October 23, 10:30 AM-12:00 PM, Multimedia Room (OC). Guest speaker Lynn Laney from the Center for Visually Impaired Adults in Placer County will discuss Orientation and Mobility—including all types of canes for various reasons: protective, instructive, etc. October is White Cane Month.

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



Fishing

Holy Salmon Batman!!

It's September and everybody has focused their fishing efforts on the tasty pink fleshed salmon. Groups of club members are returning from Alaska salmon fishing. Others are taking day runs out of the Golden Gate. Still others have booked trips with local river guides. The end result, multiple salmon celebrations.

On tap are the following: October 4 the Lincoln salmon festival at McBean Park. October 6 is the LHFG 10th annual salmon BBQ/potluck at the Sports Pavilion.

To learn more, join us the second Monday of each month at 7:00 PM in the P-Hall (KS).



Clockwise from upper left: Ron Berg; Bob Sarver; Gardner Curtright and Bob Alaimo

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



Garden

Lynn Lombard, will be the guest presenter for the September 25 General Meeting, 2:00-4:00 PM, (KS). She is a graduate of UCLA and taught junior and senior high school for almost 30 years before she started her business *The Velvet Leaf*. She specializes in African Violet plants, but provides expert advice on many types of plants from her gesneriad collection. Lynn currently lives in the Sierra foothills of northern California. She has been an AVSA (African Violet Society of America) member since 1977 and is a Life Member and Judge, currently serving on the Commercial, Convention, and Plant Registration Committees. Plants and ceramic self-watering pots will be available for purchase after the meeting.



Lynn Lombard is our September 25 speaker; she specializes in African Violet plants but provides expert advice on many types of gesneriads

The Garden Group will be having a Brown Bag Sale before and after the general meeting and there will be a drawing for door prizes—donated by Home Depot—for all the members who are seated by 2:00 PM.

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

Bonsai Group

The Bonsai Group's September 18 meeting will be a field trip to the Lotus Nursery in Shingle Springs. We will meet at the OC Fitness Center at 9:30 AM and car pool from there. Save your money and enjoy both the nursery and a side trip to Apple Hill.

Sierra Bonsai Club Show and 50th Buddhist Church Food Bazaar, September 27 & 28, Saturday (11:00 AM-5:00 PM) & Sunday (11:00 AM-4:00 PM), 3192 Boyington Road, Penryn. Open to all—free admission. Over 12,000 people come to this festival over

the weekend to enjoy food, entertainment, prizes, Bonsai display by Sierra Bonsai Club and demonstration by Scott Chadd both days at 2:00 PM.

Save the November 20 meeting for a field trip to Matsuda's Nursery in New-castle.

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



Gem and Mineral Society

A belt buckle extravaganza is on display on the display case (OC).

In September, our meeting will be at 10:00 AM on the 29th during the lab session.

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

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

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

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

Contact Dave Fisk 434-0747 for information.

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

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

Gem and Jewelry Open Workshop

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

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

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

This equipment is open to use by ex-

perienced persons (after orientation) or those who have completed the Intro to Gem Cutting, Lost Wax Casting or Jewelry Fabrication class.

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

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

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



Genealogy

Remember the Ladies! The SCLH Genealogy Club general meeting, September 15, 6:30 PM, P-Hall (KS). *Find Your Female Ancestors* by guest speaker, Pamela Dallas. Pamela is a local resident (Granite Bay) and is a member of the Association of Professional Genealogists, Genealogical Speakers Guild, National Genealogical Society and several local societies. Ms. Dallas has appeared on local television and radio talk shows to discuss genealogy and has written and appeared in several genealogy instructional videos. Pamela believes the best part of genealogy research is meeting wonderful fellow researchers.

The prize drawing for members only is an *Eastman's Online Newsletter... you must be present to win!* A social gathering follows the general meeting in the Social Kitchen across the hall. Come in and join your genealogy friends in a casual atmosphere and interesting conversations.

Check the Genealogy Club website for details regarding Monday night sessions for Genealogy Club members.

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



Golf, Ladies

Lincoln Hills Lincsters

The Lincoln Hills Lincsters held their annual club championship on September 9 and 10. Nine holes of golf were played each day. A luncheon and awards followed play, and was held in the Secret Garden. The theme was Fore! The Love

of the Game. Winners will be announced next month.

All professional athletes, including golfers, have a pre-game warm up. This is to warm up your muscles and fully prepare you to make your best swings from the beginning. The Lincsters are no different; all of them have some style of warm up. Sara Cannon and Linda Coolidge in the photo show how they get themselves mentally and physically ready for their round.



Sara Cannon and Linda Coolidge warming up

The Lincsters are looking forward to the annual Breast Cancer Tournament on September 25. It is hosted this year by the Women's XVIII Golf Group.

July Golfer of the Month was Kate Gold.
Contact: Carol Golbranson 543-8647
Website: www.lincsters.com

Ladies XVIII

August play days were lower in attendance, but our ladies are tuning up for the Breast Cancer Lincsters exchange in late September and the Club Championship in October.

Our four tournament chairs, Ansbro, Drinkard, McNiff, and Raquiza have been busy planning our Thursday games. And, the membership appreciates the time and effort expended producing each play day for our benefit. As a side note, our gals have been asked for input to the course management about marking unplayable areas of the courses... better for everyone's enjoyment.

Interested in joining our club? Contact Donna Sosko, Membership Chair, for an application.

Written by Candice Koropp, Publicity.
Contact: Candice Koropp, 409-0607
Website: ihlgxviii.com



Golf Men's

July 29, our Chair's Choice tournament, two-man teams, a scramble, one-ball two-balls, alternate shots.

Winners as follows:

- Scramble—Flight one Richard Albright/Paul Yeager 23; two Jim Page/Herb Ingram 23; three Les Hanson/John Dugan 23; four Karl Williams/Russ Galvan 29.
- Two balls even holes, one ball odd holes—Flight one Frank Burkhead/Rick Lamb 34; two Dennis Wong/Howard Hamilton 36; three Dick DiBioso/John Preuss 41; four John Griggs/Dick Jurgens 41.
- Alternate shots—Flight one Tony Dipaola/Bob Williams 26; two Chuck Edmonds/Tom Hanlon 27; three Ron Weech/Joe Varner 27; four Bob Emge/Robert McGraph 31.
- Low net team—Flight one Dennis Snyder/Bill Bowen 70; two Tom Malone/Emil Camozzi 69.5; three Robert Kucas/Mike Munro 69.5; four Al Martig/Simon Palaroan 74.
- Total all Formats—Flight one John Vass/Joe Angel 81; two Bob Arts/Paul Carr 89; three Bill Kroger/Charles Frevele 95; four Richard Jones/Bruce Lyau 96.

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



Healthy Eating

At our August general meeting we enjoyed an informative presentation by Sheridan-based Coffee Pot Ranch on how grass-fed beef and lamb, free-range chicken and "compassionately raised" pork is raised. There is good evidence for the case that farm animals raised in this manner are a healthier food source than those raised and brought to our markets by big agriculture.

Our August meeting also featured a discussion on the quality of our tap water here in Lincoln and concluded that our water meets the standards mandated by State and local authorities, but that individuals still should utilize their own judgment and standards on this issue.



Farmers Market scenes

Monthly General Meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS), September's meeting is the 22nd. Guests are always welcome.

Join us in our discussions on ways to explore new healthy foods and better ways to prepare them.

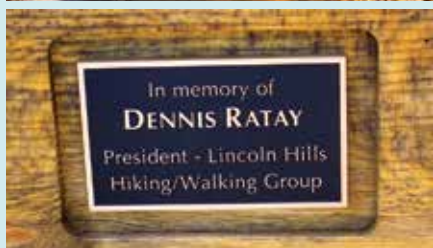
Contact: Don Rickgauer 253-3984, Sclh13HealthyEating@gmail.com



Hiking and Walking

"The lifestyle within LH can be a retiree's dream. But I feel most blessed to have joined the Hiking Group and been introduced to the worldly wonders just outside Lincoln." Dennis Ratay wrote these words at the beginning of a *Compass* article on February 2013. As most readers of this magazine know, Dennis was a former President of the Hiking & Walking Group whose life ended on February 14, 2014 after a valiant fight with pancreatic cancer. His memory lives on, not only in the hearts of all who knew him, but in a stunning bench with a plaque in his name. (See photos, next column.) Hidden Falls County Park is the location of the bench—and anyone who wishes to take the six mile round trip hike can visit it—and reflect on Dennis' life and legacy, take in the beautiful setting, and listen to the music of the waters of Coon Creek.

Contacts: Hiking: Denny Fisher 434-5526, dfisher049@gmail.com;



Stunning Bench in Memory of Dennis Ratay at Hidden Falls County Park; Plaque in center of Dennis Ratay's™ bench; Coon Creek below Dennis' bench where rippling water makes musical sounds!

Walking: Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com Website: <http://lincolnhillshikers.org/>



Investors' Study

On Thursday, October 2, the Investor Study Group has a special treat: two speakers, one via satellite connection, the other in person. Our satellite guest, Dr. Jerry Webman of Oppenheimer, will share his views on the overall financial and economic markets. Jerry speaks with 30 years of experience and provides his insights with humor and grace. This is his second visit to ISG.



Our consultant, Russ Abbott

Our in-person speaker is Heidi Richardson of Blackrock, the Managing Director for the Multi-Asset Strategic Group. This is

her first visit with us and we look forward to welcoming her and benefiting from her over 20 years experience.

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



Lavender Friends

Lavender Friends is a social organization serving the LGBT community and those in friendship in SCLH.

Nancy Steiner grew up in San Mateo working both as a manager and website designer in the family jewelry business. She met Jacquie Hilton ten years ago and married in 2013. Their family includes four children, nine grandchildren and one great grandchild.

Nancy struggled with a hearing impairment and was frustrated by this limitation when meeting people. Eighteen years ago she decided to have the surgery for a Cochlear implant. This change plus the help of her certified hearing dog, Gromit, has enriched her life.



Nancy and Jacquie

Nancy's motto is, "Learn something new." The most important thing she has learned from life is, "You fall in love with the person, not gender."

Upcoming events include Potluck October 11, Coffee October 20 and a Breakfast November 12. Check our website below for social opportunities.

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



Line Dance

Our semi-annual line dance in the OC Ballroom was once again a huge success. From all levels of dance, we had 70-80 dancers enjoying an afternoon of line dancing.

Our holiday potluck is scheduled for Monday, December 1, from 5:00-9:00 PM, (KS).



Many dancers enjoying the afternoon in our Ballroom

Our Steering Committee will end their term in December. If anyone wants to volunteer to be a committee member, please contact our Steering Committee Chair Sharon Worman at 408-1555.

Before we know it, the holiday season will be upon us and we will be starting a new year. Numerous workshops are scheduled throughout the year including workshops hosted by Michael Barr and Michele Burton and a workshop hosted by Scooter Lee.

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



LSV/NEV

Why do we have so many letters in our group name, you ask? LSV translates into Low Speed Vehicle (the state's traffic code). NEV translates into Neighborhood Electric Vehicle (the fed's traffic code). It was suggested to add all of them together for our group name! Our group follows the rules...

The LSV/NEV Group meets the third Tuesday of each month at 10:00 AM at the P-Hall (KS). As there was no membership meeting in August, considered a quiet month for the group, we will be back on track in September.

Join us for the Tuesday, September 16 meeting when Jim Bermudez, Lincoln Development Services Division Manager explains the latest 'happenings' within the business community of Lincoln. A Q&A period always is provided at the end of our speaker's program. Please invite your neighbors and friends to join us September 16.

Contact: Dan Gilliam, 209-3946



Mah Jongg, Chinese

Greetings! Now is a good time to learn how to play Chinese Mah

Jongg. We will welcome the opportunity to teach you. If you already know how to play this game, please join us.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. Played with tiles, it 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 408-7476



Mah Jongg, National

National Mah Jongg has welcomed many new residents in the last few months and we are looking forward to having new and established residents join us every Tuesday at the Card Room (OC) from 12:30 to 4:00 PM.

Fran Rivera, our resident teacher, should be back from her summer sabbatical and ready to teach this fun and challenging game. She has an instruction table on Tuesdays and also instructs in her home, free of charge. Contact Fran at the number listed below to verify her schedule.

Hope to see you.

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



Mixed Media Collage Arts

Check out the artwork members have created in the display case (OC).

Notice the variety of surfaces—canvas, paper, repurposed book, etc. Some members emphasize textures and shapes through the use of fibers, sands, beads and modeling pastes. You might notice a color scheme composed of several shades of one color while another only uses color to accent the design. Recently a member used the flipside of a canvas with collage items. We share ideas while we create on individual projects the third Wednesday of each month from 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

In a nice picnic setting by the Bocce Ball courts, RoadRunners gathered together for our big competitive activity, our combined BBQ and Bocce Ball tournament. The chance to win big prizes spurred everyone on with the hope of taking the coveted first place! The high scoring champions of the tournament were Richard & Millie Eslinger. Following the tough competition, everyone enjoyed gourmet hot dogs and delicious side dishes provided by John & Ulla Marin. Dale & Loretta Brinsley did a great job organizing the tournament.



Richard & Millie Eslinger, Bocce Ball champions

Our next tour will take us along the Feather River for a cooling ride up Hwy 70. Late fall outings will include the cemetery tours for Halloween, and the Icicle ride to Chico.

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

"Ride safe, ride with friends!"

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



Music

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 or Molly (409-0463) for information about the beginner's class.

The next SCLH Music Group's regular monthly meeting is Wednesday, September 24. This is a great time for people who love music to gather together. Bring your instruments and/or voices, sign up

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

“Open Mic Night” will resume on October 24, 6:00-8:00, P-Hall (KS). This popular event brings musicians and music lovers together for an evening of casual musical entertainment. Sign-ups to perform begin at 5:30 PM. You won’t want to miss the rockin’ finale which features “Mustang Sally.”

Contacts: *Judy Skillings 253-7237, kenskillings@gmail.com; Julie Rigali 408-4579, jjrigali@yahoo.com*

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



Needle Arts

Threads of Friendship

It’s always a pleasure to report on good deeds, and this month I must remark on the many who have dedicated several leisure hours to knitting hats and scarves for our homeless veterans. We have over 40 hats and 15 scarves ready when the temperature changes and more coming. In addition, we have many knitting chemo hats and scarves as well as hats for newborns and preemies on regular basis that go to local hospitals, plus blankets for our wounded warriors.

Recently a neighbor asked for help with chemo hats. They will go into beautiful Vera Bradley bags she is assembling along with a plush blanket, journal, pen, pill box, eye mask, gift certificate, and iPod Shuffle. She intends to do 27 each year in memory of her daughter who passed away at the age of 27 from cancer. What a blessing to live here.

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



Neighborhood Watch

For those of you who like to plan ahead, here are the highlights for 2014 at Neighborhood Watch.

Saturday, October 18, is the SCLH 15th Anniversary celebration. Neighborhood Watch officers, directors, and news writers will be waving to you from the parade on Sun City Blvd. starting at 10:00 AM.

The last Training Session for 2014 for

Captains and Village Coordinators will be held on October 24 from 2:00-4:00 PM in the Fine Arts Room (OC). Contact Pauline at 543-8436, frpawatson@sbcglobal.net.

Our Dessert Potluck/Annual Meeting with elections of officers will be on November 7 from 7:00-8:30 PM at KS. Your dream of endless desserts comes true!

We are looking for residents who would like to enrich their lives with friendship and community service by serving on the board or as a Village Coordinator for 8A, 8B, 14, 16B, 19B, 22A, 24C, 24D, 26C, 30A, 30C, 32A, 34A, and 39.

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



Painters

The highlight of our August meeting was an exceptionally well orchestrated plein air painting demonstration by four of our members: Diane Paregant, Ron Bauer, Margo Comer, and Jim Brunk. Jim searches out near and not-so-near venues and organizes a monthly paint out for those who wish to participate.

Our September meeting will feature Steve Buckley who will discuss photography and giclee, a process for producing reproductions of paintings and photographs, using an inkjet printer.

During the months of September and November, Buonaratti Restaurant in Lincoln will hang 20 “Farm Life Paintings” created by Painters Club members. We encourage you to visit the restaurant to enjoy, and perhaps purchase, one of our pieces.

If you are interested in learning more about us, we hope this article might inspire you to visit one of our membership meetings. We meet the first Tuesday of each month at 2:00 PM at OC.

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



Paper Arts

We’re fortunate to have several talented members who regularly give

classes here in our community. One of those, Mina Bahan, has been asked to start card making classes in Sun City Roseville. Those residents will be in for a treat.

As a result of classes given here, we continue to welcome new members. Our meetings are well attended and it is fun to meet new crafters. We also share new ideas and products and enjoyed seeing Char Sly’s beautiful recipe book she made as a gift.

Gail Blask, a local Close to My Heart distributor, was our guest project leader in September. And speaking of September, it is Back to School time and our window display (OC) reflects the season.

A reminder to members to bring cards to donate to the Placer County SPCA thrift shop. Your contributions help raise funds to support this worthy cause.

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



Pedro

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

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

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



Photography

Our group is in the beginning stages of a transformation. Using a survey of members as the opening vehicle, the committee formed by Jeff Hanner, Les Thomas, Jack Wartlieb and Carole Haskell (the Marketing Development and Membership Retention Committee) has now expanded to include Vickie White, Brad Senn, Bob Baikauskas and Peter Beckett. Overall, the concept behind the work these folks are doing is how to better serve the interests of the current and prospective membership.

An analysis of the responses has not yet been completed, but one outcome will

Photography

is not about cameras, gadgets and gizmos.
Photography is about photographers.
A camera didn't make a great picture any more
than a typewriter wrote a great novel.

- Peter Adams

"Photography" by
Peter Adams

surely be a revision of our website to make it more dynamic and reflective of member interests and activities. Another aspect of this effort is in developing a symbiotic relationship with the clubs, organizations and the SCLHCA. Jeannine Balcombe's message in August's *Compass* included our initial outreach effort to this community. Stay tuned for further developments and achievements.

Wordsmith: jeffa.

Contact: Jeff Andersen 434-6009,

2jeffa@gmail.com

Website: SCLHphoto.com



Pickleball

What a jam-packed, fun-filled summer on our courts with tournaments, ladder competition, Pickleball 101 sessions and Wednesday evening mixers! Club membership, now over 400, is increasing. Cal's Wednesday beginner clinics encourage new players. With drop-in morning play still going strong, evening play remains popular and the *fun* continues.

Partygoers numbering 170+ celebrated our club's seventh Anniversary at the annual summer party, all orchestrated by Lynn Fraser. President Scott Sutherland presented awards to top finishers from 34 mixed doubles teams in our first annual President's Cup Tournament.

Up next will be the Wells Fargo Advisors Tournament September 23-25. Grab your chair to come see the action! Huntsman Games practice continues on Monday evenings.

Please note, on October 1, ladder play will change from mornings to afternoons with impending fall weather.

Our Board of Directors meets next on Wednesday, October 8, 2:00 PM in the Ceramics Room (OC). All club members may attend.



President
Scott
presents
Division
D team
awards—
Katie
Bloom/
Harry
Ramsden
(fourth),
Robin



Yount/Glenda Hartman (third),
Charlene Kleppe/Ann Dobin (second),
JoAnn Beard/Robert Kelly (first);
President Scott & Jackie Sutherland
enjoy summer party; Yummy!

Contact: Scott Sutherland 253-3997,

swsuther@sbcglobal.net

Website: www.lhpickleball.com



Players

Auditions were recently held for the next Players production, "Cinderella." The cast is in rehearsal and it's going to be a fantastic show. The performances are on November 20, 21 and 22. See next month's *Compass* for more information.

On Tuesday, September 30 and Wednesday, October 1, auditions will be held for the Halloween Readers Theater in the Fine Arts Room (OC). Director Bill McCarrel is preparing another installment of the wildly popular "Black Chapel." There will be three short plays: "The Three Skeleton Keys," "The Lodger," and "Tell Tale Heart."

Performances are on Saturday, October 25 at 7:00 PM and Sunday, October 26 at 3:00 PM. Both are in the P-Hall (KS) and admission is *free!!!*

Please join us for our next meeting on Monday, October 13 at 4:00 PM in the P-Hall (KS).

Contact: Bob Murdock 408-8511,
bamabc@sbcglobal.net
Website: www.lincolnhillsplayers.com



Poker

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

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

The Quarterly Hold 'em tournaments are open to all residents, first-come, first-served, as they usually fill up quickly with a 48-player cap. Our last 2014 tournament is October 11.

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

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



RV

The group's next outing is scheduled for September 18-22 when some of the members head for Bodega Bay RV Park. Wagon masters Judy & Dick Naragon and Sandy 7 Les Levi are leading the pack.

Final rally of the year will be October 2-6 at the 49er RV Park in Plymouth.

Last trip was to Quincy and all reports were that those who attended had a great time. There was fishing, boating, stock car races, tours in area museums and a visit to pioneer homes. Keeping things moving along were wagon masters Sharon & Jerry McMillan and assistants Rosie & Bill Eads and Cheryl & Bill Bisson. They did a great job.

Monthly meetings are held on the second Thursday, 4:00 PM, usually in the Social Kitchen (KS). The October meeting will instead be held in the P-Hall (KS).

Contact: Rosie Eads 408-0129
Website: www.lhrvg.com



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

It's Never Too Late! It's never too late to become a S.C.H.O.O.L.S. volunteer! Because our group of hard-working volunteers has become so important to the Western Placer Unified School District, they honor us by their requests for more and more folks just like you to become tutors, readers and helpers for school activities. There is a real need at all times for your knowledge and care. Plus—you'll feel younger and so good about yourself! A new volunteer orientation will be held Tuesday, September 16 from 9:00 AM to 12:30 PM in OC Ballroom and will include lunch. Mark your calendars and join us in this important and rewarding endeavor, but if you miss this training, remember, it's never too late!

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



SCOOP

Sun City Organization of Pooches

Upcoming SCOOP Event:

October 7—11:00 AM—OC: Our next and final Speaker Meeting for 2014 will be held. Our guest speaker will be Dr. Amanda Lee from Loomis Basin. She will address our group on behavior issues and tips/tricks for dogs. Dr. Lee is a 2013 graduate of the School of Veterinary Medicine at the University of California. She has a special interest in oncology.

SCOOP Members, with our dogs, will participate in the parade on October 18, in honor of the 15th Anniversary of Sun City Lincoln Hills! More details will follow to our membership.

Questions/Suggestions/Input? Please contact SCOOP and check out our website!

Submitted by Gay Sprague.

**Contact: scoop@scih-scoop.com
Website: www.scih-scoop.com**



Scrabble

Exciting news in the world of Scrabble!! The fifth edition of the Official Scrabble Players Dictionary has been

published. This is the first update since 2005. Many of the late night comedians have been having a field day with some of the new additions which include words such as; chillax, vodcast, frenemy and bro-mance. There are 5000 new words in the fifth edition, as if 100,000 words weren't enough!

Some of the more interesting new words: qajag (a kayak), quinzhee (a shelter made by hollowing out a pile of snow), funplex and soduku. Geocache was voted in by the public during a Facebook contest.

Come join your friends and neighbors at 1:00 PM on Mondays in the Cards Room (OC) for some stimulating word play! Thanks to a generous contribution by Shari McGrail we will have the fifth edition dictionary available for our Monday games. Let's Scrabble!

Submitted by Connie Protto.

Contact: Joan Spurling 505-5000



Shanghai

Summer is over, fall is in the air, and it's time to learn a new game. Join us in learning how to play the card game of Shanghai. We play every Thursday at 12:30 PM in the Card Room (OC). We also meet together on the second and fourth Friday nights at 5:45 PM. To learn, or receive more information, contact one of the names below.

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



Singles

Dynamic Singles

People have the impression that the Dynamic Singles Club only has Meetings, Socials, Trips, Parties, Dining-Out, and Cocktail Time events for its nearly 300 members. Whew, all that activity could tire out *some* seniors!

But there's more! We also have a recreation program designed to get you and keep you in shape!

- Mondays – Billiards, 6:00 PM, KS
- Tuesdays – Dancing, 5:00 PM, Meridians
- Wednesdays – Bocce Ball 6:00 PM + hiking
- Thursdays – Meetings at 6 w/games following
- Fridays – Golf (18 holes)



Monthly we have a local bistro Happy Hour— from left, Chuck Koehler, Sarah Lambrose, Erika O'Hare, Darline

Rheinart, Sharon Herlihy; President Judie Leimer/VP Jim Raber planning next meeting; Anita Lucero and Eileen Wright have presided over monthly birthday parties for ten years

There are also plans for Swinging (softball) and Cruising (bicycles).

Check us out on the Resident website—or pick up a schedule at OC, next to Activities Desk.

September 25 is our Social/Silent Auction (KS) and October 9 is our General Meeting (OC), both at 6:00 PM. You may see your best friend *or* make a “new best friend” or two!

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



Ski

Our first event for the new season was at Rainbow Lodge near Sugar Bowl, and it was a beautiful day as a lucky 13 of us enjoyed lunch on the deck. Snow is what we have all our fingers crossed for, but sunshine in August is not a bad second choice.

By now you should have responded to the club's party central for the annual pre-season potluck party, to be held on September 23 at 5:00 PM, at the home of Ric Havens and Vicki Bohan. If not, contact us before the deadline of September 19.



Mountain Sun at Rainbow Lodge

Our membership roster is being updated as annual dues are being collected, so please respond to the club's emailed request or plan to do so at the potluck party. This roster is the basis for our day ski trip ride sharing communications.

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



Sports Car

Our trip in August was to Calistoga. So many people wanted to go that we went on two different days. The Kremesecs and Golenos led on August 12 and the Breckons and Beasleys led on August 13. DiAnn & Terry Rooney planned the trip initially, but couldn't go because DiAnn's mother passed away. Our best wishes go to the Rooneys.

We stopped at the Sharpsteen Museum in Calistoga. This museum is a real gem—worth a stop when you are in the area. Ben Sharpsteen was one of the original illustrators with Walt Disney.

After lunch at All Seasons Bistro, we



Wine tasting at the Castle;
All Seasons Bistro

went to Castello de Amerosa. Dario Sattui has built an authentic European Castle on 170 acres of beautiful forest and hills. The Castle is large, with 107 rooms and four separate levels underground! It is truly amazing! The cost for the tour and wine tasting is really worth it.

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



Square & Round Dance

Sun City Squares

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

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

Call Louis or Gail to join today!!

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



Table Tennis

Our play during July and August was well attended. An advantage is the controlled environment we have at KS. Despite a brief rain "shower" or "sprinkles" during the first week of August, this summer has sizzled.

Table tennis continues with a hard core of players who compete on our scheduled play days. Thanks to Bob Grittner who manages every Friday morning to "set up" the robot table that can automatically project balls at varying speeds and trajectory. Players generally sign up for 15 minute periods of practice. Bob, as one of the experienced players, assists all during this time. Tim Frank is another experienced player who manages to work with all players at all levels. All residents are welcome. Equipment is provided.

Play is on Sundays, 12:30-5:00 PM; Tuesdays, 6:00-9:00 PM; and Fridays, 8:00-

11:00 AM, (KS).

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



Tap Company

The Tap Company is back at work taking their technique classes and practicing on Saturday mornings. Next month we will start our performance classes to prepare us for our annual show. As I am writing this, we do not yet have a definite date for the show, but watch your *Compass* for upcoming announcements. We are excited about this year's production, and it is sure to be another blockbuster event. Also, watch your *Compass* for the dates of the upcoming auditions. We are looking for singers, actors, cloggers, line dancers, jazz dancers, etc. Please come and share your talents with us and the Community.



Beginners' class

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



Tennis

Get on your dancing shoes! Mark the date—Thursday, November 13—for our Fall Dinner Dance. We will be rockin' at the Rock Hill Winery again this year. Our



Mark the date—
Thursday,
November
13—for our
Fall Dinner
Dance

social committee promises to supply us with great food and offer tasty wine to purchase from the Winery. Back by popular demand will be the band Two-Tone Steiny.

The very popular night-time play Intramural Team Tennis is underway. Result will be in next month's *Compass*. Thank you once again to the people who volunteered to be captains.

Still to come later in the year:

- Men's & Women's Singles Tournament—*October 3&4*
- Oktoberfest MXD Fun Tournament—*October 25*
- Social Events:
- Fall Dinner/Dance—November 13
- Women's Holiday Luncheon—December 4
- Men's Holiday Luncheon—December 4

Check out what's going on at our informative website (below) by webmaster Jack Ryder.

Written by Linda Burke.

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



Vaudeville Troupe

Did you know that "Vaudeville" was a light entertainment popular in the U.S. in the late 19th and early 20th centuries? Shows consisted of 10-15 unrelated acts featuring magicians, acrobats, comedians, trained animals, singers



From left, Roxie Goddard, Logan Wilson, Jackie Wilson perform "Never Ending Love" in July's Vaudeville show

and dancers. Among the many entertainers who began in vaudeville were the Marx Brothers, Bud Abbott and Lou Costello, Milton Berle and Bob Hope.

Vaudeville Troupe members are busy working on their acts for our next show "The Golden Review Variety Show" on Friday, January 9, and Saturday, January 10, 2:00 PM and 6:00 PM.

Auditions will be held Tuesday, September 23, and Wednesday, September 24, 6:00-8:00 PM at the P-Hall (KS). Acts should not exceed three minutes in length. Please advise Yvonne Krause via phone or email prior to the auditions which day you will audition, what your act will include, and title of music, if any.

New troupe members are always welcome!

Contact: Yvonne Krause-Schenck 408-2040, ykrause@yahoo.com



Veterans

All residents are invited to the Veterans Group's September 18 general membership meeting, at which Placer County Sheriff Edward N. Bonner will be the featured speaker. The meeting begins at 1:00 PM in the P-Hall (KS).

The Sheriff's Office serves the people of Placer County by providing law enforcement to unincorporated areas from the Sacramento County line to the Nevada state line at Lake Tahoe, plus providing contract law enforcement services to the city of Colfax and the township of Loomis.

Bonner was originally elected as Placer



Nearly 100 members and guests enjoyed the Veterans Group's annual ice cream social at the Kilaga Springs Lodge on Saturday afternoon, August 16

County's Sheriff in June of 1994 and took office on December 30, 1994. He ran unopposed during the 2010 election and started his fifth term in January 2011.

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



Water Volleyball

If you'd like to beat the heat, but still get your exercise, come try water volleyball. It's open to all Lincoln Hills residents of any skill level. It's easy on aging joints and muscles, but it's still a good workout, and always lots of fun!

There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week.

Did you see us in the outdoor lap pool (OC) on September 7? 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.
- Competitive Play (rated players only): Mondays, Wednesdays 6:45 PM, Thursdays 6:20 PM.

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



West Coast Swing

Tea Dance & Ice Cream Social Sunday, September 28, OC Ballroom, 2:00-5:00 PM. Music Mix: Dottie's Just Dancin' (Swing, Ballroom, Latin & Country). Members: No charge, Guests: \$10. If you would like tickets, contact Dottie (justdottie@sbcglobal.net).

West Coast Swing Dance Instruction: Wednesday evenings—see page 76 for more details.

West Coast Swing Dance Practice: Second Friday of each month for those students taking the West Coast Swing Dances Lessons—October 10, 5:30-7:30 PM, Fine Arts Room (OC).

Dance Nights: Tuesday Evenings at Me-

ridians; Third Sunday of each month in the OC Ballroom.

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

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

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



Woodcarvers

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



Lincoln Hills Woodcarvers

Woodcarvers meet between 1:00 and 5:00 PM each Wednesday at the Sierra Room (KS).

Come in and join this great group of folks and maybe you too will soon be carving more than your Thanksgiving turkey!

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

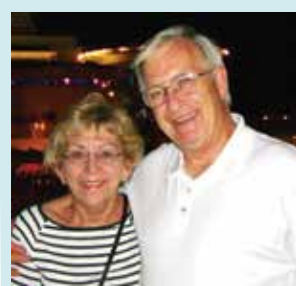


Writers

During a recent meeting, Writers Group member and past president Bruce Robinson shared the latest chapter in a crime novel he's writing for young adult readers.

Robinson has been a Writers Group member since 2010. He feels that sharing with other Lincoln Hills residents interested in writing has been a good way to make new friends in the community.

"This experience has been a true source of fun and inspiration. It's also a great way to make new and fascinating friends," he adds.



Writers Group member Bruce Robinson with his wife Barbara

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Come by to observe

Fight the Bite

Continued from page 21

major health threat since only a small percentage of mosquitoes are carriers and most people who get West Nile have few or no symptoms. However, West Nile can progress to encephalitis, which is very dangerous. Also, older people are those most likely to experience severe symptoms.

So, what can we do to protect ourselves?

- Stay inside at dawn and dusk
- Wear light colored clothing with long sleeves and pant legs

or bring 12-14 copies of your work to share (maximum 1,500 words). You don't have to be an expert to join. All SCLH authors, writers or those striving to be writers are welcome.

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

Authors' Resource Group

A story untold is forgotten, so our goal at the Authors Resource Group (ARG) is to help each other proceed on the road to editing, polishing, publishing and marketing our stories. We offer applause and encouragement to residents who have a story in their hearts that they want to share with family, friends, or the world.

Our September 16 meeting, 9:00 AM, Multipurpose Room (OC), will focus on creating a Facebook Author Page. Facebook is a great way to share the news, progress and availability of your book with friends and their friends. And... mark your calendars! Nine SCLH authors will participate in the Meet The Authors (*free* Event) on November 8, starting at 10:00 AM, (KS).

If you're well on your way to seeing your story on the printed page and want help, resources and/or encouragement... join us.

Contact us for date, time and place of our next meetings:

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

- Apply insect repellent containing 30% DEET (10% for children)
- Eliminate standing water such as bird baths and planter water saucers

Also, yard drains (near your front sidewalk) do a fine job of draining our yards, but they are perfect sites for mosquito breeding. It is recommended that we cut screen material into eight-inch squares, pull off the caps of drain pots and place the screens under the caps when replaced. If larvae are already laid in these pots, the adult mosquitoes cannot get out and new ones cannot get in.

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Bulletin Board

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

AARP

Feel Good – Volunteer! Do you like talking to people, meeting new people, or working on the computer? Are you looking for a rewarding opportunity to make a difference in your community? AARP Foundation Tax-Aide is looking for volunteers as counselors to help taxpayers complete their 2014 income tax returns in Lincoln during the 2015 tax-filing season. The training/certification class will be the second week of January, 2015, in Roseville. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers are asked to commit four hours in one day per week during the tax-filing season, February 2-April 15. Volunteers are also needed as schedulers to make appointments and/or as site greeters. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2015 tax season, please email lincmb1@aol.com with your name, address, and phone number. Contact: Mark Burke, 878-6249.

Glaucoma Support Group

The Glaucoma Support Group will meet on Wednesday, October 8, at 4:00 PM in the Multimedia Room (OC). All residents living with Glaucoma and their friends and families are welcome. More info: Bonnie Dale at 543-2133 or Bjdale@aol.com.

Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life. A new group starts

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.

Thursday, October 2 • 10:00 AM Nautilus Society, Oaks (OC)

Tuesday, September 16, from 9:30-11:30 AM at Granite Springs Church in Lincoln. We meet weekly for 13 weeks, ending on December 9. More info: Cheryl Edwards at 505-5777 or LincCa.GS@gmail.com.

LH Italian Club (LHIC)

The club's annual General Membership Meeting is set for Friday, October 17, at 6:00 PM in the Multipurpose Room (KS). Members, who will have an opportunity to hear the status of the Club's membership, finances and activities, are encouraged to attend and ask questions, express concerns or voice opinions on any facet of the club's organization. Do you have your official LHIC name badge yet? It identifies you as a member with easy-to-read lettering. The badge includes member's name, club name and the U.S. and Italian flags. Badges will be ordered the first of each month. The cost is \$6.50 each. Go to the club's website www.lhitalianclub.org for more information. Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: www.lhitalianclub.org or Virginia Halstenrud, membership chair, at 543-3293.

LH Parkinson's Support Group

LH Parkinson's Support Group meets every third Tuesday at 10:00 AM in the Lincoln Raley's Conference Center. Newcomers are welcome. More info: Sharon, 408-4869. *Who would have thunk it?* Music as Therapy for Parkinson's? Well let me tell ya, youse (you plural) missed a good one! Tara McConnell and Marika Smolensky from "Crescendo," a music therapy group, had us up moving, singing, and making music with simple instruments like drums, tambourines and maracas. Tara and Marika used music as a tool to elicit behavioral, physical, cognitive, psychological and emotional outcomes, very important for those of us with Parkinson's. Thank you Sharon

for arranging this presentation. *We still need a facilitator, call Sharon if interested.*

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

The next meeting is Thursday, September 18, 7:00 PM, KS. Presentation by Joan Thornton of Grand Circle Tours. Friends and family may join our trips. Committee Member contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, Judyp@starstream.net.

Lincoln Democratic Club

The Lincoln Democratic Club will host a number of candidates who are running in the November election at the club's September 18 BBQ. The candidates will be giving brief speeches and meet and greet attendees. The BBQ will be held at the Lincoln Hills Sports Pavilion from 5:00 to 8:00 PM. Also, The Lincoln Democratic Club invites all interested residents to attend a presentation and book signing on Tuesday, October 7 at 6:45 PM in the P-Hall (KS). Carol Ruth Silver will present details of her harrowing days in jail and prison in Mississippi in 1961 as a Freedom Rider. Ms. Silver is author of the book *Freedom Rider Diary: Smuggled Notes from Parchman Prison*. She is a retired lawyer,
Continued on page 46

It's the
Law

Douglas Thom



Pedestrians have the right of way at Intersections. Vehicles must safeguard the safety of the pedestrian.

**Fine — \$237
minimum**



Continued from page 45

activist, and former San Francisco supervisor, serving in the 1970's with Harvey Milk, Diane Feinstein and Mayor Mosconi.

More info: June Paquette, 408-2263.

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

~ **Community Perks** ~

Lincoln Hills Certified Farmers Market and Vendor Fair

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



KS at the Movies:

Bud Abbott and Lou Costello Meet Frankenstein

Monday, October 6 — Free

1:30 PM, P-Hall (KS) PG, 83 minutes—Comedy/Horror. Starring Elvis Bud Abbott, Lou Costello, Lon Chaney Jr., and Bela Lugosi. Two hapless freight handlers find themselves encountering Dracula, the Frankenstein Monster and the Wolf Man.



Annual Wearable Arts Fashion Show

Tuesday, October 14 — Free

1:00 PM, OC Ballroom. All residents of Lincoln Hills and their guests are welcome. Bring your friends and neighbors to come see what the Wearable Arts Group has been creating this year!



Home Health & Business Showcase

Friday, October 17 — Free

Learn about the latest products and services for your home, health, garden, auto and personal/financial matters. Meet your *Compass* advertisers and other local businesses that will showcase their products. Please come by the Ballroom between 10:00 AM and 2:00 PM to thank them for supporting the *Compass* and many of our Association and Group activities. For additional information please contact Judy Olson, 625-4014.



15th Anniversary Parade and Celebration!

Saturday, October 18 — Free

10:00 AM. Join your friends and neighbors with a parade made up of your favorite clubs, groups and neighbors followed by food, beverages, music and dancing! The parade will begin at OC Lodge, proceed down Sun City Blvd., and end at KS Lodge. A specially priced buffet lunch will be of-

fered in the Ballroom with dancing with DJ Ron West on the patio terrace overlooking the Amphitheater. Parade questions: Chair, Barbara Greenfield, 202-6963 or barbieg1@sbcglobal.net; Co-chairs — Carol McGara 543-7039 or mcgara@sbcglobal.net; or Marlene Wenzler 543-4626 or kwenzler@sbcglobal.net.



Document Destruction

Monday, October 20

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Cintas/Shred-it-Sacramento 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/Shred-It-Sacramento. *Cintas has recently merged with Shred-it-Sacramento so look for the Cintas/Shred-it-Sacramento truck in the parking lot!*



e-Waste Recycling

Tuesday, October 21 — Free

9:00 AM-12:00 PM. Fitness Parking Lot (OC). Free! Be good to our environment. To make it easier for you, Sims Recycling will be at OC Parking Lot (Fitness side) to accept unwanted electronic gadgets (working or broken) including: computers, laptops, TV, radios, etc. We will offer this service twice a year. The list of acceptable electronics for recycling will be available at the Activities Desks. Just look for the big Sims Recycling truck in the Parking Lot!



Music Group Sponsored "Open Mic Night"

Friday, October 24 — Free

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



Autumn Parking Lot Sale

Saturday, October 25

Join us for a fun morning shopping at our Parking Lot Sale from 8:00 AM-12:00 PM at the Fitness Center Parking Lot (OC). If you are looking for unique items, holiday decor, home accessories, small appliances, etc., this is the perfect place to go. Bring your family and grandchildren for more fun! No early birds please! Interested in selling, read the article on page 50 for details.



gets together to enjoy college football and the camaraderie that goes with it, be you a Sooner fan like myself or a Texas Longhorn fan like my friend Jerry or whomever you root for. 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. We will meet for the first time at the Meridians Sports Bar at 1:00 PM on Saturday, September 27 to meet, watch football, and to set up future dates/locations to watch games. If you or anyone you know loves college football, contact me at 209-3683 or mikedawson1959@yahoo.com for more info.

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.

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (781-2323) in Roseville. 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.

Shalom Group

The Shalom Group membership keeps increasing with an additional nine new members last month. Welcome! We had a great turnout for our annual picnic, 87 people attended. Wow! The bowling league is doing well. We are at Strikes in Rocklin on Wednesday afternoons. The men's club had a breakfast and guest speaker. Al Klein and Hagai Narkis made custom omelets.

Also a donation was made to the Salt Mine from the group. The next men's breakfast will be in September. To check out our social club, call either Sandy Klein, 408-2020, or Judi Schane, 253-9129.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All 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 summer we meet at 8:00 AM; during fall, we meet at 9:00 AM. For shooting hours, please contact John Kightlinger, phone number below. Membership is free. Residents interested in trap or skeet shooting, contact John 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.

In Memoriam

Edward Rapatz, M.D.

Born in Minnesota, Edward graduated from McGill University in Canada and completed his residency at Sacramento County Hospital and later was Director of Emergency Services and practiced medicine in Sacramento. He also spent time in the U.S. Coast Guard as a Flight Surgeon and received commendations of valor and heroism for his work. Edward was a humble man with a genuine heart and a passion to care for others. He is buried at Arlington National Cemetery. Edward leaves his wife Vera, of 55 years, his daughter and son-in-law, and three grandchildren.

Merle Eugene Ladd

Originally from Illinois, Gene retired from Lockheed Martin Corp. after 32 years, mostly in the famous "Skunk Works" in southern California. Here he became a golfer and "Elvis" singer in the Lincoln Hills Chorus, as well as a crack pool player and Bridge fanatic. He and his wife of 33 years,

Rhoda, loved to travel. Gene was also a proud member of the Masonic Brotherhood receiving his 50-year pin this year.

Neil L. Wilson M.D.

Neil was born in Washington State and received his Doctor of Medicine degree from Indiana University. He then entered the Army as a Captain and served his residency in Hawaii. He moved to California and started his family practice in Pleasant Hill. Dr. Wilson was Chief of Staff in 1976 at Mr. Diablo Hospital in Concord. He has been married to Carol for 29 years and is survived by four children, two stepchildren, nine grandchildren, and his first wife Kate. Neil was involved in SIRS and enjoyed his Bridge groups.

Mitsi Jones

Mitsi married Walter 56 years ago in Tokyo, Japan where she was born and raised. They met in her family's store where she worked. They were married in the United States Embassy in Tokyo. Walter returned

and settled in southern California sending for Mitsi. She had to learn new customs and a new language. Walter became a lawyer and Mitsi became a cosmetologist and had her own salon. She also became an American Citizen. They retired and moved here in 2000.

Jim Karas

Jim was born and raised in Chicago and was drafted and served in the Korean War. He had a career in International Marketing in Silicon Valley, where he and Joanne raised their three children. Sadly, their son, Dan died one day before his Dad. Jim and Joanne were married for 59 years and enjoyed friends and social events. They were active in the Lincoln Hills Community Church. Jim also loved golf! Besides Joanne and his two children, he is survived by four grandchildren.

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

SAVE THE DATE 007 NEW YEAR'S EVE BALL

WEDNESDAY, DECEMBER 31
TICKETS ON SALE STARTING OCTOBER 17

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

Entertainment

—Club Performance—

LH Players Present Cinderella

Thursday, November 20; 7 PM – 5220-09A

Friday, November 21; 7 PM – 5220-09B

Saturday, November 22; 2 PM Matinee – 5220-09C

Saturday, November 22; 7 PM – 5220-09D

Do you believe in magic? Director Dolly Schumacher James does and her new production of “Cinderella” is sure to enchant everyone. It’s a classic tale with a twist. There are the usual characters plus some surprises. The music will leave you humming, dancing and tapping your feet. Do not miss this extraordinary production and bring the whole family. **Premium Reserved Section Seating, \$19.** General Admission tickets, \$14. Ballroom (OC).



—Comedy—

Charlie Norman — Hypnotist/Comedian Extraordinaire

Monday, September 29

4:00 Performance — 5229-07A

7:00 Performance — 5229-07B

Charlie Norman has a charismatic personality that incorporates audience participation and gives them a sense of being

part of the show. Heck... they are the show! Charlie is an in demand hypnotist who has toured both nationally and internationally. He has appeared on the TV show “Mysteries Revealed” and “Night Shift.” Charlie’s energetic style will keep you on your toes and will deliver a fun night of laughter. Audience members from around the world have left being mystified and with sore abs from laughing so hard. Come and be part of the fun! Save \$1 off \$4 or more at KS Café on show night. 4:00 and 7:00 PM performances. P-Hall (KS). Reserved seating, \$12.



Comedy Night at KS: Brad Bonar Jr.

Tuesday, October 28

6:00 PM performance — 5228-08A

8:00 PM performance — 5228-08B

Brad unfortunately had to cancel his appearance last time he was scheduled for comedy night due to a family emergency. He is back with new material and is a double threat. One of the most talented magicians in the country, he is also a very gifted and funny stand-up comedian. His wealth of material springs from his observations of family life. Brad’s comedy is universal in its appeal, and along with the magic displayed in his shows, the audience is treated to one memorable evening. 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, \$12.



—Community Events—

15th Anniversary Lunch

Saturday, October 18 — 5218-08

Celebrate after the 15th Anniversary Parade with a buffet lunch in the OC Ballroom or Pre-function Area. Full party

Continued on page 50

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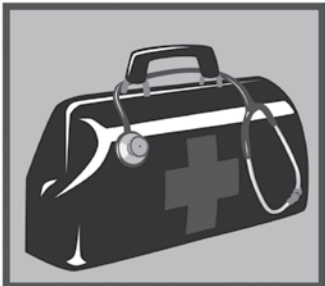
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details and information on how to participate in the Parade under Community Perks, page 46. Lunch is \$5 per plate. One ticket per plate, two tickets per household. Limited tickets available. Purchase lunch tickets at the Activities Desks or online.



Autumn Parking Lot Sale Saturday, October 25 — 5225-09

Do you have unwanted items you want to get rid off? Need room for new stuff? Take advantage of our Autumn Parking Lot Sale and make some holiday money! The event brings in lots of buyers from the community and neighboring cities. Sale is from 8:00 AM-12:00 PM at the Fitness Center Parking Lot (OC). Limit two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Home or local businesses may purchase a booth for an additional fee. \$28 per space. Limited spaces available for home or local business \$50.



—Concerts—

Summer Amphitheater Concert Series Top Shelf's Disco Fever Friday, September 19 — 5014-4H

Join us for the Summer Amphitheater Concert Series last concert! Top Shelf is back with their engaging performance, this time paying homage to songs and stars that turned the 70's into the "Disco Era." Listen to songs from the Bee Gees, Earth, Wind and Fire, Donna Summer, Gloria Gaynor, Michael Jackson and more! Top Shelf has been performing since 1991, dazzling audiences from San Francisco to Europe with wonderful harmonies and unique live performances. It's going to be one hopping and dancing concert you don't want to miss! Amphitheater (OC). Doors 6:15 PM, concert starts 7:00 PM. General admission, \$19.



World of Webber

Wednesday, October 8 — 5208-08

The hit Musical Revue returns to Sun City Lincoln Hills, celebrating the songs and musicals of Broadway composer, Sir

Continued on page 53

Summer Amphitheater Concert Series Guidelines

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

Grandkids **MONSTER MASH** party



Create Wonderful Memories
with Your Grandkids!

Friday, October 24

Ballroom (OC) | 4-6 PM

Code: 5224-08

Come and Enjoy:

- Costume contest (for grandkids and grandparents) • Learn and meet real live bats • Fun games • Face painting • Craft Making • Treats for the kids
- Games and treats geared for ages 4-11.

Grandchildren must be accompanied by grandparents. | \$12 per child.



REGISTER AT THE ACTIVITIES DESK (OC/KS) OR ONLINE

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Thursday, September 18
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Golf cart inspections are required every two years.
 Please obtain an application and requirements from
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 Police at OC Lodge the first & third Thursday at 9:00 AM.

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Andrew Lloyd Webber. Performed in intimate Cabaret style, the show includes classics like "Music of the Night" ("The Phantom of the Opera"), "Memory" ("Cats"), "Don't Cry for Me Argentina" ("Evita"), as well as many other selections from hit shows including "Joseph and the Amazing Technicolor Dreamcoat," "Aspects of Love," "Starlight Express," and "Sunset Boulevard." The stellar cast features Musical Theatre veterans Tielle Baker, Kelly Brandeburg, and Kyle Martin, with Evan Alparone at piano. The show sold out in its debut here last year, so be sure to get your tickets early... A musical celebration not to be missed! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$21.** General admission, \$18.



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 discounted rate, \$14. After October 14, \$16.



Just Added!

Silent Movie with the Roseville Community Band **Thursday, October 30 – 5230-09**

Welcome to our first Silent Movie Night featuring the 1925 horror film version of "Phantom of the Opera" (just in time for Halloween) starring Lon Chaney! Silent movies, whose era lasted from film's beginning to the late 1920's, were shown in theaters with live musical accompaniment. We are recreating this experience with the Roseville Community Concert Band performing the musical score live. A fun night for the classic film fan as well as families (not recommended for kids under age seven). Cookies and drinks will be available for purchase in the pre-function area at the start and at intermission. Enjoy a "Movie Dinner Special" at Meridians prior to the show. Movie patrons will receive a 20% discount off any dinner entrée only, day of the show (ticket required to receive discount). Movie with live music 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$10.** General admission, \$8.



—Dinner Show—

An Evening in Polynesia **Tuesday, September 16 — Sales Closed**

Check with Activities Desk for any last minute cancellations. Spend the evening poolside enjoying all things Polynesian. Wear your favorite Hawaiian outfits as we transform the OC outdoor pool into a Polynesian paradise. Enjoy the flavors of the Island buffet specially prepared by our Catering Department including *Tropical Garden Salad, Macaroni Salad, Roasted Mahi Mahi, Slow Roasted Teriyaki Glazed Boneless Pork Loin, Coconut Rice, Seasonal Vegetables, and Pineapple Upside Down Cake for dessert.* Sway to rhythm of the Lure of the South Pacific Band and Polynesian Dance Troupe! Cash bar available and live music when doors open at 5:00 PM, dinner 5:30 PM, live entertainment 6:30 to 7:30 PM. Reserved table seating, \$46.



Bandstand Boogie! **A Salute to American Bandstand** **Starring The Diamonds**

Relive America's all-time favorite music-performance TV show, American Bandstand, with the Diamonds! The show aired from 1952 to 1989 showcasing the greatest music, dance, and fashion of four decades of American pop culture. Bandstand Boogie! captures the magic, and the enduring memories, of that golden age! "The Diamonds are one of the best vocal groups in show business today...period!" (*Press of Atlantic City, NJ*). Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$23.** General Admission discounted rate, \$18. After October 14, \$20



Oktoberfest Celebration **Thursday, October 16 — 5216-08**

Come polka with us! Our Oktoberfest tradition continues with Oktoberfest music from the Karl Leberz Band, Viennese dancers from the famous Elk Grove Strauss Festival, wonderful food, fun, and dancing. Enjoy traditional German tunes during dinner and audience dancing later in the evening. After dinner, the Just Imagine Dancers will mesmerize you with their elegant costumes and traditional waltz numbers. Feast on a sumptuous buffet of traditional German foods. A com-



Continued on page 55

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plete menu is available at the Activities Desks. Enjoy a no host bar when Ballroom doors open at 5:30 PM; Dinner 6:00 PM; Entertainment 7:00 PM. Please inform the Activities Monitor upon registration if you have any dietary restrictions. **Reserved table seating, \$40.**



—Fashion Event—

Fashion Show — Model Call September 22 Submission Deadline

Calling all ladies interested in modeling and having fun! We need 20 models of all ages and sizes to walk the runway for our Fall/Holiday Fashion Show on November 6. Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activities Desks or online. Information sheets require a recent photo, dress size and contact information. Submission deadline is September 22 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).



Fall Fashion Show Luncheon Elegant Casual Fashions for You Thursday, November 6 — 5206-09

Falling leaves, cool autumn days, and the holiday season inspire women to do activities that provide them comfort and pleasure; like playing cards, going to lunch, backyard parties, and attending concerts. The show will feature fashion from Christopher & Banks highlighting clothes that are comfortable and elegant. Looks that are great for any activity you choose to do. Casual wear, social, sporty, and semi-formal outfits will be modeled by your friends and neighbors on the runway. The show will demonstrate how to mix and match and dress up or down your clothes with the right accessories. Chef Roderick has prepared a delightful menu of *Pan Seared Salmon Filet or Spinach & Ricotta Cheese Ravioli with a White Chocolate Raspberry Cake* for dessert. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33 without a mimosa, \$37 with a mimosa. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-Function Area from 10:30 AM-2:30 PM.



Continued on page 56

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.

—Grandkids Event—

Monster Mash Party**Friday, October 24 — 5224-08**

It's that time of year when things go bump in the night, creatures come out of their hiding, and treats and tricks abound. Bring your grandkids for a fun and spooky time at our Monster Mash Party. Take part in the costume contest (both grandparents and kids), meet and hear about some real life bats (and find out that they



aren't so scary), games, face painting, crafts, and treats to take home. Each child must be accompanied by a grandparent for all activities (multiple siblings would require two adults present). All children need to be pre-registered, wristbands will be provided for each registration and are required for participation. Ballroom (OC). Games and activities are geared for ages 4-11. All children must wear wristband. Doors open at 4:00 PM. Bat presentation starts at 4:30 PM. Activities 4:00 to 6:00 PM. Event program will be provided at the event. General admission per child, \$12. Register early, space is limited.

Day Trips & Extended Travel



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

Day Trips

—Casino/Racing—

Jackson Rancheria**Wednesday, October 1 — 1951-08**

By popular request we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Spend four hours at the recently remodeled and expanded casino. Enjoy a nice fall drive in the Amador foothills! *Casino promotions subject to change.* Leave OC 9:00 AM, return ~ 5:00 PM. \$22. RSVP Now.

**Off to the Races****Thursday, November 6 — 1845-09**

Take a break before the holidays and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$78. RSVP by 10/7.



early enough to enjoy the Parade of Ships from the Hornblower dock (*subject to change by the US Navy*). The Navy will be commissioning their newest warship, the USS America that



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

**Italian Festival — Silver Legacy****Sunday, October 12 — 1822-08**

Celebrate the food, culture, music and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, a wine walk, an Italian Farmers Market, Bocce Ball and more! You'll have five hours to enjoy the festival, lunch on your own, and a little gaming with \$6 in casino credits from Silver Legacy along with a \$2 food coupon. Leave OC at 9:00 AM; return ~7:00 PM. \$32. RSVP Now.

**QuiltFest****Thursday, October 16 — 1730-07**

In cooperation with the Needle Arts Group, we're going back to enjoy The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display

Continued on page 59

—Festivals—

Fleet Week Hornblower Luncheon Cruise**Saturday, October 11 — Sold Out**

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

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of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. Enjoy a full day from opening to closing! For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:30 AM, return ~ 9:00 PM. Rest stop scheduled both directions of trip. \$62 (includes admission). RSVP Now.



—Food/Wine—

Apple Hill

Thursday, October 9 — **Sold Out**

Or Wednesday, October 22 — **1812-08**

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, specialty shops, a produce and goodies store, and Halloween surprises! The Pie House Restaurant will reserve an area for our group at 11:30 AM to enjoy lunch consisting of a *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history and development of Apple Hill. We will wind down with a stop at Larsen's Apple Barn and Boa Vista Orchards. The fall colors and countryside scenery will make this a day to remember. We even get a snack of an apple fritter and apple juice for the ride home. \$61. RSVP Now. October 9 trip departs 9:00 AM, return ~ 6:00 PM. and October 22 trip departs 8:30 AM, return ~ 5:30 PM.



Winter Crush: Lucero Olive Oil and Wine Tasting Tours

Saturday, December 6 — **1810-09**

Join us for an Old World experience of olive oil and wine tasting at the Fourth Annual Winter Crush Festival in Corning. Enjoy the unique experience of witnessing the annual citrus olive oil crush by touring the mill and tasting the fresh olive oil being made right before your eyes! The event will also feature live music performances and a vendor market place highlighting local artisan producers, eateries, food trucks and more than 10 local microbreweries. From the Festival, we go to New Clairvaux Vineyards at



the Abbey of New Clairvaux — a community of “Trappist” monks. The winery is a fascinating venue for both the history-lover and wine connoisseur. We'll be taken on a docent-led tour of the winery and grounds previously known as Leland Stanford's Great Vina Ranch and view reconstruction of an 800 year old Chapter House from a Cistercian Monastery in Ovila, Spain. Wine tasting included. Leave OC at 8:00 AM, return ~ 6:45 PM. \$50. RSVP by 10/14



—Museums—

Rosie the Riveter/Red Oak Victory Ship — Richmond, CA

Tuesday, October 7 — **1754-07**

Explore and honor the efforts and sacrifices of American civilians on the World War II home front. Find out how they lived, worked and got along. Many faces, many stories, many truths weave a complex tapestry of myths and realities from this time of opportunity and loss at the Rosie the Riveter WWII



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

deYoung Museum:

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

Wednesday, October 8 — **Cancelled**

Knowlton Gallery /Downtown Lodi

Tuesday, November 11— **1751-09**

In cooperation with the Painter's Group, we're going back to visit the Knowlton Gallery and downtown Lodi. The Knowlton Gallery showcases the works of many of the finest contemporary representational artists who live and work in Northern California with a special exhibition of “Farmland”, featuring paintings, by Kathleen Dunphy and Randall Sexton. There are several other art galleries in the downtown area to visit, including the Lodi Community Art Center. Lunch on your own in downtown Lodi. Leave OC at 9:30 AM; return ~4:30 PM. \$27. RSVP by 10/15.



Continued on page 60

—Performances—

Spectra—Eldorado Hotel & Casino
Tuesday, September 30 — Cancelled

Kinky Boots—
Orpheum Theater, San Francisco
Wednesday, December 17 — Sold Out

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, 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. *Minimum of 35 required by October 3 per vendor deadline.* Leave OC at 10:45 AM, return 9:45 PM. \$125. RSVP by 9/26.



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.

Jersey Boys
Tuesday, November 11 — Sold out!
Tuesday, November 18 — Sold out!

Dirty Dancing
Tuesday, December 30 — Sold out!

Joseph and the Amazing Technicolor Dreamcoat
Tuesday, January 27, 2015 — 4562-06C

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



“Those Canaan Days,” “Any Dream Will Do” and “Close Every Door.” 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, 2015 — 4562-06E

The Tony Award®-winning Broadway musical from the creators of “The Sound of Music” and “South Pacific” that's delighting audiences with its contemporary take on the classic tale. Be transported back as you rediscover some of Rodgers + Hammerstein's most beloved songs, including “In My Own Little Corner,” “Impossible/It's Possible” and “Ten Minutes Ago,” in this hilarious and romantic Broadway experience for anyone who's ever had a wish, a dream... or a really great pair of shoes. Theatergoers of all ages will thoroughly enjoy Cinderella with its beloved songs and surprisingly contemporary take on the classic 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.



Rain: A Tribute to the Beatles
Wednesday, March 18, 2015 — 4530-08

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



Continued on page 62



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Two Dates! Beach Blanket Babylon Holiday Edition

Wednesday, November 19 — 1793-08A

Or Wednesday December 3— 1794-08B

It's not too early to plan your holiday theater trips! Come see the Holiday Edition of the famous Beach Blanket Babylon in San Francisco at Club Fugazi.



This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and adding new characters and songs throughout the year. We have the whole center balcony section reserved for our group with open seating, including limited front cabaret floor seating. *Please advise if you require accessible seating upon purchase. There are stairs to where our seating is located and no elevators.* Both trips depart 2:00 PM, show exclusive to adult audience, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. \$102. *Reservations highly recommended for dinner, restaurant list is available at time of registration. RSVP Now. **Vendor deadlines require purchase by 12:00 PM, September 30.**

Cirque Du Soleil — “Kurios”

Sunday, January 11, 2015 — 4620-08

“Kurios — Cabinet of Curiosities” is an ingenious blend of unusual curiosity acts and stunning acrobatic prowess from Cirque du Soleil. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: “Is it real, or just a figment of my imagination?” We have reserved tickets in section 204 of Cirque’s trademark Grand Chapiteau, one of the biggest tour tents in the world. It is a climate controlled tent in the parking lot of AT&T Park. Enjoy the option and convenience of a special box lunch from Meridians on the way to the matinee show. *Choice of turkey or ham sandwiches or a veggie wrap with fruit, chips and a bottle of water.* You may also bring your own lunch or purchase food at the show. *(Circus type food includes; hot dogs, pretzels, popcorn, etc.).* Leave OC at 9:30 AM, return ~ 6:30 PM. \$135 without lunch or \$147 with Meridians boxed lunch. RSVP Now. **Vendor deadline September 30.**



—Tours/Leisure—

Another Date Added!

San Francisco 49ers Levi’s Stadium Tour

Thursday November 20 — 1849-07D

First three 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 and be split into groups for the personal-



ized experience! Stadium tour feature visits to premium club spaces, a private suite, press level, the solar terrace and green roof. There will be a stop on the Plaza level with a photo opportunity in front of the playing field and a field level visit to check out the locker rooms including the Gold Rush locker room. You’ll also receive a complimentary souvenir photo! The 49ers Museum is included with the tour and there is plus time to visit the 13,000 square foot flagship team store that includes a Levis Shop and several other specialty shops. 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 Now.

Ferry to San Francisco — Union Square

Tuesday, October 21 — 1842-08

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building with Katrina, your Trip Coordinator. Enjoy Farmer’s Market Day at the Ferry Building and two hours of shopping and/or lunch on your own. Our motor coach will pick you up at the Ferry Building and take you to Union Square for approximately four more hours of shopping/time on your own. Get your Macy’s Union Square 10% discount card as you board the bus. For more information on Ferry Building see www.ferrybuildingmarketplace.com/. Leave OC at 7:45 AM, return ~ 8:00 PM. \$49. RSVP Now.



Filoli Gardens—Holiday Traditions

Tuesday, December 2 — 1761-09

Come experience the excitement of Filoli’s spectacular Holiday Traditions event. Shop the Holiday Boutique, with its wide range of unique holiday gifts, while performers sing and play seasonal melodies. Holiday Traditions at Filoli is a very special fund-raising event that kicks off the holiday season for many delighted guests every year. Relax



Continued on page 65

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Overnight & Extended Travel

Two night stay! Hearst Castle & Cambria
Tuesday, October 28-Thursday, October 30 — 1972-07



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

Trip Inclusions:

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

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

Three Night Stay! History Excursion:
Getty & Ronald Reagan Presidential Library Museums
Wednesday, November 12-Saturday, November 15— Sold out!
Please get on waitlist for possibility of adding another trip next spring.

“Sun City Sierra Winter Train to Reno”

Two Trip Options:

Thursday, December 11 to Friday, December 12 — 1971-09

Thursday, January 22 to Friday, January 23 — 1982-09

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. Trip package includes:



- Motor coach transportation to and from train stations
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- Non-smoking room at Eldorado Hotel & Casino
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- Reserved seat ticket to Eldorado's Showroom “Christmas Wonderland”/December trip and magic show “Enchantress of the Elements” starring Lady Hellevi/January trip.
- 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 10/14.

Sold Out Trips thru October 20

Trip • Date • Departure Time

- **San Francisco 49ers Levi's Stadium Tour**
Tuesday, September 16—7:30 AM
- **San Francisco 49ers Levi's Stadium Tour**
Thursday, September 18—7:30 AM
- **Tour of Floating Homes**
Saturday, September 20—8:30 AM
- **Acrobats of China**
Sunday, September 21—12:30 PM
- **Speaker Series—Alice Waters**
Tuesday, September 23—6:45 PM
- **Motown the Musical**
Wednesday, September 24—10:45 AM
- **Virginia City Overnight**
Friday, October 3—8:00 AM
- **Apple Hill**
Thursday, October 9—9:00 AM
- **Fleetweek**
Saturday, October 11—9:00 AM
- **Pippin**
Wednesday, October 15—10:45 AM

Continued on page 67

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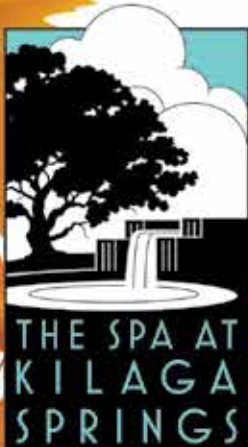
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Lifestyle Class Coordinator
betty.maxie@sclhca.com

Art

—Drawing—

Beginner Drawing

Thursdays, October 9-30 — 132214-09

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

Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. In this beginner class, we will focus on materials and techniques and developing your sense of design. Drawing is about observing. Learn how to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use the materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Request supply list at registration. RSVP by 10/2.



—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, October 1-29

9:00-11:30 AM Class — 113114-09

Or 1:30-4:00 PM Class — 113214-09

AM and PM sessions are not interchangeable. (OC). \$65 (five sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of her works in private collections across the U.S. More info: www.artistmarilynrose.com. Call Marilyn at 409-0397 with any question, and ask at Activities Desks for suggested supplies list upon registration. RSVP by 9/24.



Painting Pastels and Oils with Barry

Mondays, October 6-27 — 105114-09

9:00-11:30 AM (OC). \$52 (four sessions).

Instructor: Barry Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. New students: Ask for supply list at registration. *About the Instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to a wide range of ages, and owns a studio in Folsom. RSVP by 9/29.



—Mix Media—

Mixed Media for Painters

Mondays, October 6-27 — 143114-09

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

supply fee. Instructor: Bonnie Armstrong. We use acrylic water-based paints, mediums, and additives. Theme for the month is Abstraction from Nature. Samples will feature paintings with free-form designs based on plants or animals. Weeks 1 & 2: Mixed media abstract painting. Weeks 3 & 4: New technique of adding stitching, piercing to mixed media artwork. Artists of all levels of experience are welcome. Bonnie Armstrong is a lifetime-credentialed community college instructor of art and design. RSVP by 9/29.



—Watercolor—

Beginner Watercolor Painting

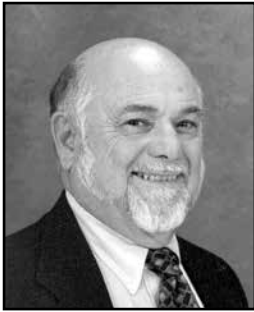
Thursdays, October 2-30 — 132114-09

1:00-4:00 PM (OC). \$65 (five 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 9/25.



Continued on page 69



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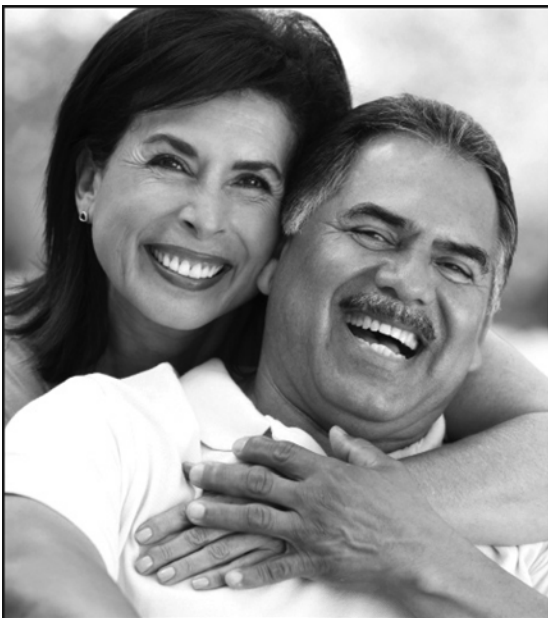
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Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, October 1-29 — 206114-09

1:00-4:00 PM (KS). \$48 (five 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 9/24.



Lladro Workshop

Wednesdays — Ladd3

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

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, October 7-28 — 212114-09

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor’s tools to create their first art piece. Supply list provided at first meeting for future classes. RSVP by 9/30.



Advanced Ceramics

Tuesdays, October 7-28 — 212214-09

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

Ceramics — All Levels

Thursdays, October 2-30 — 221114-09

1:00-4:00 PM (OC). \$67 (five 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 9/25.

Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM; Thursdays 1:00-4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis; Thursday Moderator: Terry Accomando. For pottery students who can work on their own but are unable to attend class full-time. **Prerequisite:** Previous enrollment in Advanced Ceramics class with Mike or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes. No lockers provided for workshop attendees but there will be a locker for all “work in progress.” Moderator is responsible for ensuring everyone follows guidelines and safety procedures. Class space is first-come, first-served. Students must check with instructor to make sure space is available and that they have met class prerequisite prior to registration at the Activities Desks. Registration for drop-in sessions is only available within the hour prior to class start.



Crafts

New class will offer a different craft to do each month. Come and enjoy learning something new. A small fee will be charge for supply, All or most supplies will be provided for you.

New! Craft-do-licious

October projects: Fall Tulle Wreath & Craft Bag

Thursday, October 23 — 302014-09

9:00-11:30 AM (KS). Instructor: Cami Cordell. \$25 plus a small supply fee payable to instructor. A craft class like no other! We will be offering a new craft monthly that is easy and fun! For our initial project, get ready to create a quality tulle wreath perfect for the season. You will be using browns, orange and yellow tulle to create your masterpiece. This will measure approximately 2’x2’, perfect for your front door. We are also decorating a craft bag with your monogram. or



Continued on page 70

decorate anyway you'd like, ready for gift giving. Written tutorial on all crafts made in class will be provided so you can duplicate the projects at home. Check out project sample at the OC window display. If you have any questions, please email Cami at camicordell@gmail.com. RSVP by 10/16.



—Card Making—

Intro to Card Making 101

Tuesdays, October 7-28 — 317114-09

1:00-4:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you! This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign up early to reserve your space. All supplies will be provided. RSVP by 9/30.



Card Making Level 2 — Intermediate

Tuesdays, October 7-28 — 317414-09

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval. This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. RSVP by 9/30.



Card Making Level 3 — Intermediate-Advanced

Mondays, October 6-27 — 317214-09

Or Fridays, October 9-30 — 317224-09

9:00 AM-12:00 PM. (KS) \$38 (four sessions) Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or have instructor's approval. This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided. RSVP by 9/29 or 10/3.

Dance

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

—Clogging—

Beginning Clogging

Tuesdays, October 7-28 — 332114-09

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Low Impact, not as hard as you think. No new students unless you already know how to clog and need a refresher. *Brand New Beginners* starts January 2015. Come dance and learn Beginning clogging. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended. RSVP by 9/30.



Easy-to-Intermediate Clogging

Tuesdays, October 7-28 — 332214-09

11:00 AM-12:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We'll also learn new dances from all levels to Intermediate from recent workshops and conventions. Come join the fun. All levels encouraged to participate. RSVP by 9/30.

Intermediate Plus Clogging

Tuesdays, October 7-28 — 332314-09

12:00-1:00 PM (KS). \$28 (four sessions). Instructor: Janice Hanzel. **Prerequisite:** Instructor approval. Students are strongly encouraged to take 11:00 AM class. Challenge yourself with some higher level clogging. Review steps from some of the Intermediate level dances we have learned in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. RSVP by 9/30.

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, October 6-27 — 344214-09

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles with some being mixers. Instruction will be at a slower pace for beginners. RSVP by 9/29.

Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, October 6-27 — 344414-09

8:00-9:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. **Prerequisite:** Beginner level Country Couples for at least six months. After you have completed your Country

Continued on page 73




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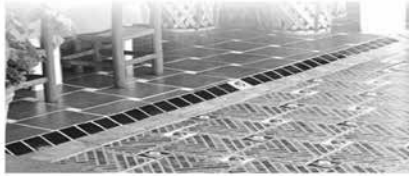
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—Dancing with Dolly—

Ballet/Lyrical

Thursdays, October 2-30 — 353564-09

5:00-6:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body — feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop core strength, flexibility, co-ordination, and grace. Classes are designed for beginning as well as intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars! RSVP by 9/25.



Performance Dance

Fridays, October 3-31 — 353574-09

2:00-3:30 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. Class is designed for the dancer who loves to perform. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater. **Prerequisite:** By audition or teacher's approval only. RSVP by 9/26.



—Hula—

Hula

Thursdays, October 2-30 — 390214-09

1:15-2:15 PM (KS). \$40 (five sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels.



Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474. RSVP by 9/25.

—Jazz—

Jazz Class for the Beginner

Thursdays, October 2-30 — 353014-09

11:00 AM-12:00 PM (KS). \$40 (five sessions). Instructor: Melanie Greenwood. Beginner class, no experience necessary. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. She started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. RSVP by 9/25.

Jazz Technique 2

Tuesdays, October 7-28 — 353114-09

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals. She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance. RSVP by 9/30.



—Line Dance—

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

Intro to Line Dance

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



- **Mondays, October 6-27 — 360014-09**

4:00-5:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish. RSVP by 9/29.

- **Thursdays, October 2-30 — 370014-09**

9:00-10:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. RSVP by 9/29.

Line Dance I Beginner

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

Continued on page 75

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familiar with line dance terminology.

- **Mondays, October 6-27 — 370114-09**
9:00-10:00 AM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 9/29.
- **Mondays, October 6-27 — 370124-09**
6:00-7:00 PM (KS). \$24 (four sessions).
Instructor: Yvonne Krause-Schenck. RSVP by 9/29.
- **Thursdays, October 2-30 — 360114-09**
2:30-3:30 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish. RSVP by 9/25.
- **Fridays, October 3-31 — 380114-09**
12:00-1:00 PM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto. RSVP by 9/26.

Line Dance II — Beginner / Intermediate

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

- **Mondays, October 6-27 — 360214-09**
5:00-6:00 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish. RSVP by 9/29.
- **Wednesdays, October 1-29 — 380214-09**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto. RSVP by 9/24.

Line Dance III — Intermediate

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

- **Wednesdays, October 1-29 — 380314-09**
10:00-11:00 AM (KS). \$30 (five sessions).
Instructor: Sandy Gardetto. RSVP by 9/25.
- **Thursdays, October 2-30 — 360314-09**
3:30-4:30 PM (KS). \$30 five sessions).
Instructor: Audrey Fish. RSVP by 9/25.

Line Dance Instructors

- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento, her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults over the age of 55," showed a significant improvement in balance after completing an eight-week line dancing intervention.



- **Sandy Gardetto**

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

- **Yvonne Krause**

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



—Tap Dance—

Tap Classes with Alyson

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



Beginning Tap

Tuesdays, October 7-28 — 410114-09

9:00-10:00 AM (KS). \$32 (four sessions).

This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. Minimum of 10 students required for the class. RSVP by 9/30.



Advanced Performance

Mondays, October 6-27 — 410714-09

12:00-1:00 PM (KS). \$32 (four sessions). RSVP by 9/29.

- **Performance Classes**

Mondays, October 6-27 — 410614-09

10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 9/29.

- **Thursdays, October 2-30 — 410624-09**

10:00-11:00 AM (KS). \$40 (five sessions). RSVP by 9/25.

- **Thursdays, October 2-30 — 410634-09**

12:00-1:00 PM (KS) \$40 (five sessions). RSVP by 9/25.

Continued on page 76

Technique Classes

- **Advanced Technique Class**
Mondays, October 6-27 — 410514-09
 11:00 AM-12:00 PM (KS) \$32 (four sessions). Class is geared more for tappers with advanced skill level but class is open to all who want a more challenging routine and dance steps. RSVP by 9/29.
- **Technique Classes**
Tuesdays, October 7-28 — 410524-09
 10:00-11:00 AM (KS). \$32 (four sessions). RSVP by 9/30.
Thursdays, October 2-30 — 410534-09
 11:00 AM-12:00 PM (KS). \$40 (five sessions). RSVP by 9/25.

Tap for Fun with Judy

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



- **Mondays, October 6-27 — 420114-09**
 4:45-5:45 PM (KS). \$24 (four sessions). Instructor: Judy Young. From warm-up to wrap-up, this class is a high energy, fast tapping experience with challenging tap dynamics. RSVP by 9/29.

—West Coast Swing—

Free demo October 1 for new students.

Beginning West Coast Swing

Wednesdays, October 8-29 — 318114-09
 7:00-8:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. Learn the basics of this great dance from veteran WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. RSVP by 10/1.

Intermediate I and II West Coast Swing

Wednesdays, October 8-29 — 318214-09
 6:00-7:00 PM (KS). \$32 (four weeks). Instructor: Dottie Macken. **Prerequisite:** Must know and be able to dance the basics and basic variation of West Coast Swing and have attended the "beginning West Coast Swing class and or have the instructor's approval. RSVP by 10/1.



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, October 6 — GLASS
 4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. Workshop is held once a month; for experienced students only. A mod-



erator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.

Stained Glass

Monday, October 6-27 — 494114-09
 1:00-4:00 PM, Sierra Room (KS). \$58 (four weeks). \$10 supply fee payable to instructor. Instructor: Jim Fernandez. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher and other projects. No open toe shoes. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working & teaching at Citrus Heights Stained in Roseville. RSVP by 9/29.



Jewelry

It's not too early to think about the holidays! And that means gifts! The Jewelry classes for September and early October are geared toward relatively fast and easy projects, perfect for gifts. Why not give unique gifts that you've made this year? For ladies of all ages, unique jewelry can fit the bill. If you are tired of shopping and fighting crowds, consider taking a beading class or two that will give you the skills to make your own gifts! Samples for each project below are available at both Lodges to help spark your creativity. All classes will provide a supply list.

Swag Necklace

Tuesdays, September 16 & 23 — 513414-08
 9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Another gift idea! Gently cascading swags flow from a chevron band. It looks luscious and regal, but is easy to do — just one easily learned beading technique. Looking for a special gift idea for someone? Or think this is the look for you? The swag necklace is a great answer. Project is perfect for experienced bead makers as well as those new to beading who can handle smaller beads or who are sewers. Be sure you get the proper materials list when you register — look for the name and code # for Swag Necklace as well as the photo of the necklace. RSVP by 9/9.



Pyramid Bracelet

Tuesday, September 30 — 513514-08
 9:00 AM-12:00 PM (KS). \$20 (one session). Instructor: Cathie Szabo. Pyramid power on your wrist. Super cute pyramid

Continued on page 79



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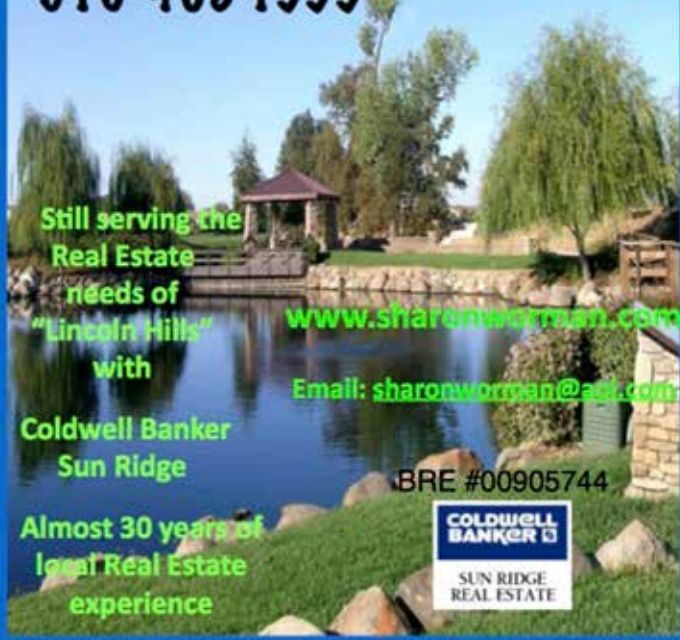
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shaped beads are the focus of this bracelet. Simple enough for beginners, and gives the “old pros” a chance to work with this new bead shape! Choose “regular size” pyramids or little “mini pyramids” perfect for grandkids, maybe? Go for a single line of pyramids or double or triple the bands for a real statement piece. Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register — look for the name and code # for Pyramid Bracelet as well as the photo of the bracelet. RSVP by 9/22.



Tila Waves Necklace

Tuesday, October 7 — 513614-08

9:00 AM-12:00 PM (KS). \$20 (one session). Instructor: Cathie Szabo. For that person who likes a different look. Intriguing, yet easy to do. Two-hole Tila beads zig and zag their way the length of the necklace. Two needles at either end of the thread keep all the beads in line and shape the necklace. Both beginners and advanced beaders can do this project. Check the samples in the Lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register—look for the name and code # for Tila Waves Necklace. RSVP by 9/30.



X Marks the Spot Bracelet

Tuesdays, October 14 & 21 — 513624-09

9:00 AM-12:00 PM (KS). \$25 (two sessions). Instructor: Cathie Szabo. Calling all bracelet lovers! Flat two-hole beads form the frame along a parade of bugle bead X's. The possibilities to make this your own are endless – choose your color combo, vary the length of the bugle beads. You do it your way! Beginners who are comfortable handling smaller beads can make this bracelet. For the more experienced, here's a chance to use up some of that stash! Check the samples in the lodges for ideas to spark your creativity. Be sure you get the proper materials list when you register - look for the name and code # for X Marks the Spot Bracelet as well as the photo of the bracelet. RSVP by 10/7.



Cat's Meow Necklace

Tuesdays, October 28 & November 11 & 18 — 513634-09

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Cathie Szabo. Or should we call this the Dog's Bark Necklace for canine lovers? Either way, you'll love this long simple but sophisticated necklace. Three long beaded ropes are accented by crystals. Go subtle or go bold with your color choices. This is an ideal class for intermediate or experienced beader who are looking for a slightly challenging



project. Check the sample in the OC display window for ideas to spark your creativity. Please note: “homework” will be needed between classes; and there will no class on Election Day, November 4. Be sure you get the proper materials list when you register - look for the name and code # for Cat's Meow Necklace as well as the photo of the necklace. RSVP by 10/21.

Movies

Disney—The Art of the Animated Movie Musical—Part Two

Wednesdays, October 1-29 — 521314-09

9:30-11:30 AM (KS). \$25 (four sessions; no class October 15). Instructor: Ray Ashton. Student can sign up for Part Two without having taken Part One. Part Two picks up right after the passing of Mr. Disney and introduces us to a newer breed of animator. This new generation will go on to create a new “Golden Age” of the animated movie musical. New composers like Menken and Ashman will bring us a more Broadway type of musical. Then we will discover a man who starts out sweeping the streets of Disneyland but will go on to become the pioneer for a whole new technology in animation that changes the look of the animated musical but still centers around the great “heart” of the films that we all love. RSVP by 10/1.

Free Extra Class November 5, Disney's New Movies

For students that attended Disney Part One or Part Two (same class time and location). Ray will cover two of the more recent Disney movie musical: Little Mermaid and Frozen.



Music

—Guitar—

Guitar 2A — Beginner Level

Wednesdays, October 1-29 — 535114-09

8:00-10:00 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. No new students. Although students register on a month-to-month basis, Guitar I will be offered as an eight-week session with a new session starting every other month. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383. RSVP by 9/24.



Continued on page 81

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Guitar 2B — Guitar Intro Continuation**Wednesdays, October 1-29 — 535214-09**

10:15 AM-12:15 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. Class continues to cover note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Questions? Please call Bill at 899-8383. RSVP by 9/24.

Guitar III — Intermediate**Thursdays, October 2-30 — 535314-09**

8:00-10:00 AM (OC). \$44 (five 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 9/25.

Guitar IV — Advanced**Thursdays, October 2-30 — 535414-09**

10:00 AM-12:00 PM (OC). \$44 (five 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 9/25.

**—Voice—****Beginner Singers Vocal Boot Camp****Fridays, October 3-31 — 536114-09**

8:30-10:30 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. This is a continuing class. This session is open to new students. Although students register on a month-to-month basis, class will be offered as an eight-week session with a new session starting every other month. Have you wanted to sing and never tried? Have you sung in a church choir or a community choir? Would you like to sing better and be able to understand and follow the sheet music when you look at it? This session of Singers Boot Camp is designed for people who want to be vocalists. This is a beginner's class for people who do not know how to sing. We will focus on learning how to read and follow sheet music. If you are a new student, please contact Bill at 899-8383 before enrolling. RSVP by 9/26.

**Singer Vocal Boot Camp Continuation****Fridays, October 3-31 — 536214-09**

10:30 AM-12:30 PM (KS). \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot

Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs. RSVP by 9/26.

Sewing**Bernina Serger Certification****Monday, October 13 — 591114-09**

1:00-2:00 PM (OC). \$15 Instructor: Sylvia Feldman. All supplies provided. Class limit three. RSVP by 10/6

Bernina Sewing Machine Certification**Monday, October 13 — 592114-09**

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 10/6.

**Janome Sewing Machine Certification****Monday, October 13 — 593114-09**

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 10/6.

Technology**—General—****Android 101 Basics****Wednesday, October 8 — 255124-09**

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 10/1.

**Android Advanced****Friday, October 10 — 255224-09**

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

*Continued on page 83*

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Google Play

Monday, October 6 — 286614-09A
& Thursday October 23 — 286614-09B

1:00-3:30 PM (OC). \$15. Instructor: Bob Ringo. Google Play is the official app store for the Android operating system. Google Play also serves as a digital media store, offering music, magazines, books, movies, and television programs. Google Play Music is Google's music streaming service and online music storage. Users can upload and listen to up to 20,000 songs at no cost. A subscription service (\$9.99/month), entitles users to on-demand streaming of any song in the Google Play Music catalog. In this class you will learn how to find your favorite apps and to have your music, movies, and books available anytime on your Android devices. RSVP by 9/29 and 10/16.



Google Drive and Docs

Tuesday, October 7 — 286214-09

1:00-3:30 PM (OC) \$15. Instructor: Bob Ringo. You can keep your files safe and secure in the cloud with Google Drive and create impressive documents with Google Docs. Best of all they are both free — no need to buy pricey Microsoft Office. In this class, learn to save your files to the cloud and access them from any place in the world with an Internet connection. Learn how to create documents that look just as good as they would if created with Microsoft Word. You will learn how to tweak Google Docs' to make sure it fits your personal way of working. RSVP by 9/30.



YouTube

Friday, October 10 — 286314-09

9:30 AM-12:00 PM (OC) \$15 Instructor: Bob Ringo. Google-owned YouTube has become the worldwide video sensation enabling you to watch everything from home videos, comedy clips, TV episodes, and full length movies. YouTube is no longer about kids saying and doing crazy things — you can also view quality TV programs. YouTube is simple to access and can be used to share videos with friends online. In this class, you will learn to exploit YouTube's full potential. Learn to upload images from your phone, subscribe to complete TV series, set up your own channels, and generally get more from this voluminous video site. RSVP by 10/7.



—Social Media—

Facebook 101

Saturdays, September 13 & 20 — 272114-08

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



—PC—

Windows 8.1 Training and Tips

Wednesday, Thursday & Friday
September 17, 18 & 19 — 295114-08

1:00-3:00 PM (OC). \$60 (three sessions). \$5 class material fee payable to instructor. Instructor: Rita Wronkiewicz. Windows 8.1 is a faster, touch-screen-friendly operating system with access to thousands of useful and fun applications. With the same desktop features as Windows 7, it introduces "Start Screen" features with the look and feel of a phone or tablet. Class shows how to personalize Windows 8.1 and navigate between tablet-like processes and desktop functionality. You will be able to sync Windows 8.1 PCs with other devices and to transition from your old system to Win 8.1. Rita will teach you how to use built-in applications (apps) and download more from the store. *Bring your 8.1 (with latest upgrade) laptop if you have one.* Handout will reinforce class work. Questions? Call Rita Wronkiewicz at 543-6962. RSVP Now or by 9/10.



Word Phase Two

Mondays & Wednesdays, October 6, 8, 13 & 15 — 292214-08

9:00-11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). This class will provide the student with additional practice with Word 2007. We will explore the advanced feature of Word, such as integrating text and graphics, using smart art, styles, section break, creating flyers, brochures, special labels, and tables. These are some of the topics we will cover, and as always instructor will provide tips and shortcuts to do some tasks that previously seemed daunting. **Prerequisite:** Lots of practice with Microsoft Word, or Word Phase one or Word Basics. RSVP by 9/29.



Continued on page 85

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Newsletter**Mondays & Wednesdays, November 10,12,17&19 — 292414-09**

9:00 -11:00 AM (OC). Instructor: Angela Blas. \$50 (four sessions). Want to create an interesting holiday letter? This is for you. We will use columns, add pictures and other fun stuff. As a matter of fact, if you have specific pictures you want to use, bring them on a flash drive. RSVP by 11/3.

**—Photo & Movies—****How to Use your Digital Camera****Tuesdays, September 30, October 7 & 14 — 266214 -08**

12:00-2:30 PM; October 14 class, 11:30 to 2:00 (OC). Instructor: Roy Salisbury \$45 (three sessions). Are you tired of not knowing how to use your digital camera? Take this class! Class covers the basics of digital photography: camera menus, shooting modes, flash, stopping action, avoiding blurry photos, using the LCD screen, as well as what all those icons do on your camera. We'll discuss useful hints for taking "gorgeous photos." Bring your camera and manual to learn even more. You may take this class even if you do not own a digital camera. RSVP by 9/23.

**Picasa****Tuesday & Thursday, October 7&9 — 256114-09**

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 9/30.

**Training****—Dog Training—****Dog Training – Introductory Lecture****Wednesday, September 24 — 483014-08**

12:00-2:00 PM (KS). \$31. Instructor Cindy Smith, CNWI.

The lecture will introduce you to Lead Trainer, Owner, and Certified Nose Work Instructor of The Right Steps Dog Training. This lecture is a prerequisite to taking the five-week Group Training Class. This is your opportunity to meet your Trainer and learn her style before taking the group class. Sample topics covered: Positive Dog Training & Reward Based Training Methods; problem areas like: House Training, Management, Play Biting, Jumping, Physical & Mental Exercise and Stimulation, and how Nutrition can affect dog behavior. Lecture is followed by a brief Q & A. Lecture will **not cover:** Aggression and/or Reactivity Issues. To learn more about your Trainer: http://www.therightsteps.com/about_us.html. RSVP by 9/17.

**Dog Group Training Class****Wednesdays, October 1-29 — 484014-08**

9:30-10:30 AM (Sports Pavilion). \$155 per dog (five sessions). Instructor Cindy Smith, CNWI will introduce you to the fun exciting world of Positive Reward Based Dog Training. **Prerequisite:** Dog must be five months old or older and owner has completed the Dog Training Introductory Lecture. The Basics: Begin learning how to best use rewards, program a Reward Marker, learn to capture good behavior and reward, Begin Eye Contact, Name Recognition, Sit, Downs, Stays, Recalls (Come), Loose Leash Walking, and Attention Walking Heel. Hand signals first, then learning verbal cues last. Space is limited to seven dogs. Excluded: These classes are not appropriate for dogs with dog and/or human aggression/leash reactivity issues. Dogs attending must be dog and people friendly/safe working on leash around other dogs and people. To learn more about your Trainer: http://www.therightsteps.com/about_us.html. RSVP by 9/24.

**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 September 17 at 10:00 AM.

New Equipment Orientations**Free Orientation: WellFit Staff**

With the addition of new strength equipment at OC, the WellFit Department is offering a free new equipment orientation so that you can get accustomed to the new equipment. Come try new pieces like the new cable crossover or seated leg press! Register: Fitness Desks or online.

Continued on page 86

- **Tuesday, September 16 — 700200-1**
2:00-3:00 PM, Weight Room (OC)
- **Tuesday, September 16 — 700200-2**
2:00-3:00 PM, Weight Room (OC)
- **Thursday, September 18 — 700200-3**
2:00-3:00 PM, Weight Room (OC)
- **Thursday, September 18 — 700200-4**
2:00-3:00 PM, Weight Room (OC)
- **Monday, September 22 — 700200-5**
2:00-3:00 PM, Weight Room (OC)
- **Monday, September 22 — 700200-6**
2:00-3:00 PM, Weight Room (OC)
- **Wednesday, September 24 — 700200-7**
2:00-3:00 PM, Weight Room (OC)
- **Wednesday, September 24 — 700200-8**
2:00-3:00 PM, Weight Room (OC)

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.

- **Thursday, September 25 — 700100-KW**
3:00-4:00 PM, Fitness Floor (KS)
- **Tuesday, October 7 — 700100-KX**
10:00-11:00 AM, Fitness Floor (KS)
- **Thursday, October 23 — 700100-KY**
4:00-5:00 PM, Fitness Floor (KS)
- **Thursday, September 18 — 700100-WV**
2:00 -3:00 PM, Fitness Floor (OC)
- **Tuesday, September 23 — 700100-WW**
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, October 9 — 700100-WX**
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, October 14 — 700100-WY**
3:00-4:00 PM, Fitness Floor (OC)
- **Tuesday, October 28 — 700100-WZ**
12:00-1:00 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.

Nordix Pole Walking

Monday & Wednesday, October 20 & 22 — 750000-10

8:30-10:00 AM. Meet in the OC Fitness Center. \$45 (two outdoor sessions). Instructor: Dr. Richard Del Balso.

Benefits of learning optimal use of poles for walking, hiking, exercise & mobility:

Power & endurance on uphill;

save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function — walk with *attitude*; improve balance, confidence, coordination, bone density and posture — feel taller! Poles are sporty (and *fun*), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies and get great exercise! Register: Fitness Desks or online.



Disease Prevention & Management Session-Based Classes

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

Diabetes Exercise Program (DEP 1)

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, October 7-28 — 803000-10
Wednesdays, October 1-29 — 805000-10
Thursdays, October 2-30 — 803100-10
Fridays, October 3-31 — 801000-10

Tuesdays & Thursdays 11:05 AM-12:05 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesdays, \$30 (four sessions) Wednesdays, Thursdays \$37.50 (five sessions) & Fridays \$30 (four sessions; no class October 10). 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, October 2-30 — 820706-10

1:00-2:00 PM, Aerobics Room (KS). \$30 (four sessions; no class October 16). 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.

Lessons**Pro Tennis Lessons**

Sundays, September 14-October 19
Beginner 8:00-8:50 AM — 790700-09
Intermediate 9:00-9:50 AM — 790600-09
Advanced 10:00-10:50 AM — 790500-09

Courts #10/11. \$75 (six sessions). Instructor: Mike Gardetto. Mike is USPTA-certified and has been giving SCLH tennis lessons for the past eight years. Group lessons with four to 12 participants per group. Focus: Basics of forehand, backhand, and serves. Proper doubles strategies are also covered.

**Aqua Yoga L1**

Monday October 6-27 — 832001-10

12:30-1:30 PM, Indoor Pool (OC). \$32 (four sessions). Instructor: Joanie Martin. Refreshing water supports your body mak-

ing it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax.

**Aqua Pilates L1**

Wednesdays, October 1-29 — 832011-OA

Fridays, October 3-31 — 832011-OB

12:30-1:30 PM, Indoor Pool (OC). Wednesdays \$40 (five sessions); Fridays \$32 (four sessions; no class October 10). 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 October 7-21 — 711000-10

6:00-7:15 PM, Aerobics Room (KS). \$33 (three sessions; no class October 28). 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, October 2-23 — 711100-10

6:00-7:30 PM, Aerobics Room (KS). \$44 (four sessions; no class October 30). 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.

Continued on page 88

Extra Gentle Yoga L1**Tuesdays, October 7-28 — 710000-10**

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

Traditional Hatha Yoga L2**Tuesdays, October 7-28 — 710100-10****Thursdays, October 9-30 — 710120-10**

2:00-3:30 PM, Aerobics Room (OC). \$44 (four sessions, no class October 2). Instructor:

Julie Boone. This longer yoga class is intended for those with some prior yoga experience. Students can expect to practice warm-ups, standing and floor poses which challenge balance and strength, and inversions, followed by guided deep relaxation. These classes end with pranayama (breathing exercises) and meditation. Students describe feeling challenged as well as nurtured; they also report improvements in vitality and overall wellbeing after this class.

**Yoga for Osteoporosis L1****Mondays, October 6-20 — 711200-10****Fridays, October 3-17 — 710200-10**

Mondays 6:00-7:15 PM, Aerobics Room (OC). Fridays 5:30-6:45 PM, Aerobics Room (KS). Mondays \$33 (three sessions; no class October 27); Fridays \$33 (three sessions; no class October 24 or 31). Instructor: Susan Hayes. This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms and keep the wrists supple. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We also do deep breathing exercises, and finish with a restorative deep relaxation. Enrollment limited to 10 per class.

Tai Chi L1**Tuesdays, October 7-28 — 730100-10****Saturdays, October 4-25 — 730200-10**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS). \$40 (four sessions); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC) \$40 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind,

known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over 15 years and teaches how to combine the mental and physical practices of both arts together.

Tai Chi Intermediate L2**Saturdays, October 4-25 — 730300-10**

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

**Tai Chi Advanced L3****Tuesdays, October 7-28 — 730400-10**

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

Personal Growth

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

Breast Cancer Awareness 5k Fun Run**Wednesday, October 15 — 820919-BR**

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

**5k Training****Thursday, September 4-October 9**

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

Continued on page 90

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running farther than you ever thought possible. Training will culminate in the running of the Breast Cancer Awareness Fun Run on October 15.

Self-Defense and Martial Arts

Tuesdays, October 7-28 — 815000-10

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



Wai Dun Kun

Fridays, October 3-31 — 731000-10

11:30 AM-12:30 PM, Aerobics Room (KS). \$30 (five sessions). Instructor: Joan J. Chien. Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kun for 30 to 45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the difference after you practice a few times.

The Sudoku Series

Tuesday, September 23 — 870000-09

Tuesday, October 28 — 870000-11

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series will run from August to December, starting with the basics and progressing to advanced, even a bit of extreme towards the end. Each class will be valuable to both the beginner as well as the seasoned. 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.



—Nutrition—

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

New! What are Natural Probiotics?

Tuesday, November 4 — 860000-NE

1:00-3:00 PM, Multipurpose Room (OC) \$25 Instructor: Renee Charleston, Registered Dietitian. Probiotics are the “good” bacteria just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. Some strains of these live cultures may help prevent some allergy symptoms, reduce symptoms of lactose intolerance and more. Healthy bacteria are key! That’s where fermented foods come in. They contain probiotics – that can boost immunity and overall health, especially GI health. Come learn about probiotics and how you can incorporate them into your diet.

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). 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) 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

Pros and Cons of Annuities

Tuesday, September 23 — 870000-9A

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Arguably one of the most controversial products, we will explore the positive and negative aspects of annuities. Are they

Continued on page 93

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Financial Reading

Tuesday, October 28 – 870000-10

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. A great deal of wellness in the financial arena is being informed on what is going on and what the various investment and economic readings mean. Come learn what periodicals are available, how to read and understand them, and what books will steer you in the right direction.

Training Services

All trainers are independent contractors.

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

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

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

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

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

SGT — TRX Express L1

Mondays & Wednesdays, October 1-27 — 835210-10

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, October 2-28 — 835211-10

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

SGT — TRX Interval Training L3

Mondays & Wednesdays, October 1-27 — 835800-10

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!

SGT — Fit 101 L1

**Mondays & Wednesdays,
October 6-29 — 835500-10**

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to work on the TRX, weights, exercise bands, walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals.



SGT — “Fun”ctional Fitness L3

**Tuesdays & Thursdays,
September 23-October 16 — 835600-10**

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

SGT — Bootcamp L2

**Tuesdays & Thursdays,
October 7-30 — 835300-10**

6:15-7:15 AM; Aerobics Room (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This challenging small group training will take a back-to-basics approach with a full body workout. A variety of equipment will be introduced and used for a workout you've never seen before.

SGT — Morning Burst Bootcamp L2

**Mondays & Wednesdays,
October 1-27 — 835300-BO**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Rise and shine to enjoy a challenging, but fun SGT. A total body approach will be used to develop and strengthen your body from head to toe. Various pieces of equipment will be used including TRX, Bosu and more!



Continued on page 94

SGT — Bootcamp L3**Mondays & Wednesdays,
October 1-27 — 835400-AO**

5:00-6:00 PM. Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.

**SGT — Healthy Back L1****Monday & Wednesdays,
October 1-27 — 835700-AO**

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

**SGT — Healthy Back L2****Mondays & Wednesdays,
October 1-27 — 835701-AO**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1.

New! SGT — Balance & Fall Prevention L1/L2**Mondays & Wednesdays,
October 1-27 — 835710-AO**

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

—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-AO**

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, October 27-November 21 — 835120-AO**

7:00-8:00 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Paula Ainsleigh.

Mondays & Wednesdays, October 1-27 — 835120-CO

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

Mondays & Wednesdays, October 1-27 — 835120-DO

2:30-3:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba.

Tuesdays & Fridays, October 7-31 — 835120-BO

8:30-9:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. This is your Level 1 reformer class; this class allows one to work very precisely to develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

**SGT — Reformer Intermediate L2****Tuesdays & Thursdays, October 7-30 — 835130-DO**

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

**Tuesdays & Thursdays,
September 23-October 16 — 835130-CO**

12:30-1:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Domine Trosky. This class builds on The Basics L1 Reformer, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basic L1 if appropriate.



Continued on page 97

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SGT — Total Body Reformer L2

Mondays & Wednesdays,

October 1-27 — 835181-10

12:30-1:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson. This class builds on the foundations 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 — Total Body Reformer L3

Tuesdays & Thursdays,

September 23-October 16 — 835170-AO

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

SGT — Fit for Golf L2

Mondays & Wednesdays,

October 6-29 — 835180-AO

8:30-9:30 AM Fitness Floor (KS). \$135 (eight sessions). Instructor: Robert Sanchez. Do you want to be able to hit the ball farther, straighter and with less chance of injury such as the back, elbow and knee? Turn to the conditioning program golf pros use such as Tiger Woods and Anika Sorensen. They choose to stay fit, finesse their technique and stay off the injured list by training with the Pilates Reformer.

**New! SGT — Cardio Jump and Core Reformer L2**

Tuesdays & Thursdays,

September 30-October 23 — 835131-10

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba. Looking for a great cardio workout? This might be the only one you can do in the same position you sleep in! The Cardio Jump class creatively integrates Reformer and cardio exercises keeping your joints healthy while getting the benefits of a high impact workout in a low to no impact position. 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, and increase your coordination via the reformer jump board.

SGT— Bootcamp Reformer L3

Mondays & Wednesdays,

September 29-October 22 — 835140-AO

11:30-12:30 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: TBA. This class builds on the L2 Reformer adding more intense exercises, the use of intervals, TRX, Medicine Ball and more. This class will accommodate up to six participants. Instructor approval needed to register for class.

SGT— Special Populations Reformer L1

Mondays & Wednesdays,

September 29-October 22 — 835160-AO

9:30-10:30 AM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Janine Colson and Terri Alba. The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, Stroke and/or Cardiovascular Rehabilitation, and more. Spinal elongation, breathing exercises, with strength and endurance work, to reduce pain, improve lung and heart health for these special populations.

SGT — Special Populations Reformer L2

Tuesdays & Thursdays,

September 23-October 16 — 835150-AO

4:00-5:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Terri Alba. This class is the next step up from Special Populations Level 1. This class is for more experienced people who have had a good amount of training in Level 1. This class will move at a slightly faster pace than level 1 and will introduce a few new exercises. For full description refer back to Level 1.

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.

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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!

Continued on page 99

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

BARRE L2: Barre is a higher energy workout, set to up-tempo music that fuses the best of Pilates and Ballet, providing a unique and fun experience. The moves include low impact but high intensity intervals of strength training followed by deep stretching. This routine will sculpt and begin to transform the entire body, resulting in a stronger core and better muscle tone.

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.

BASIC LOW IMPACT L1: Join us for ten-minute intervals of easy to follow cardio moves to music with five-minute intervals of balance, strength and toning exercises.

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.

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!

DIABETES EXERCISE PROGRAM (DEP2) L1: Diabetes Exercise Program 2 is a class especially designed for those with diabetes who have completed either the Diabetes Exercise Program 1 or 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!

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.

Continued on page 100

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 between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

SPLASH DANCE L2: A dance party in the pool! An aquatic exercise class with “dance flair.” Designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

STEP & SCULPT L2: Cardio step routines combined with toning intervals to give you a total body workout. Burn calories with low impact easy to follow step patterns.

STEP IT UP L3: Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Faster transitions, more movements, and a higher intensity. 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 (OUTSIDE CLASS) 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.

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 September 15 - October 15, 2014

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

For class details please refer to the Wellness & Fitness section

Wellness Classes (session based)

Group Exercise (punch card) \$3.50

* New instructor

** New Class

OC WellFit Class Schedule September 15 - October 15, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Stretch Exp. L1 - Jeri		Stretch Exp. L1- TBA		Stretch Exp. L1- Jeri		
8:00	Low Impact L3- Jeri	Step It Up L3- Kim	Low Impact L3- Jeri	Step It Up L3- Kim	Low Impact L3- Jeri	Low Impact L3- Jeri	
9:00	Zumba L3 - Jeri <i>Low Impact</i>	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	Step & Sculpt L2- Jeri	Yoga Basics L1- Susan	Cardio Strength L3- Kim
10:00	Cardio Strength L3 - Annamarie	Yoga Flow L2 - Ashley	**Sticks & More L2- Lin	Yoga Flow L2- Ashley	**20/20/20 L3- Dornine	Tai Chi L2- Peli	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- Peli	
12:00	Basic Low Impact L1 Terri	12:45-1:45 Extra Gentle Yoga L1- Julie	Arthritis L1/2 - Lin	Arthritis L2- Lin	Arthritis L1/2 - 12:00-12:55 Lin		
12:45	Chair with Flair L1 - Terri		Chair with Flair L1- Kathryn	AF Land L1-L2 12:45-1:30 Marie	Basic Chair L1- Lola		
2:00	***SGT - Balance & Fall Prevention L1- Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie	***SGT - Balance & Fall Prevention L1- Kathryn	2:00-3:30pm Traditional Hatha Yoga L2 - Julie	Activities	SCLH Booking	
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			
4:00			**Barre L2 Terri				
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 instructor & time

KS WellFit Class Schedule September 15 - October 15, 2014

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR	KS	KS FLOOR
6:15			6:15am SGT-Bootcamp L2- Robert		6:15am SGT-Bootcamp L2- Robert							
7:00		SGT - Ref. The Basics L1- Paula							SGT - Ref. The Basics L1- Paula			
7:30	7:15-8:15am SGT - Morning Bootcamp L2- Lisa				7:15-8:15am SGT - Morning Bootcamp L2- Lisa							
8:30	Everybody Can L2 - Jeannette	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3 - Annamarie	SGT - Ref. The Basics L1- Robert	Power Vinyasa L3- Deanne	SGT - Ref. Fit for Golf L2 Robert	Low Impact L3- Annamarie		SGT - Ref. The Basics L1- Robert			
9:30	Strictly Strength L3 - Roman	SGT - Ref Special Pop. L1- Terri	Strictly Strength L2 - Lin	***SGT- Ref. Jump Board- Terri	***Cardio Strength L3- Annamarie	SGT - Ref Special Pop. L1- Janine	Strictly Strength L2- Lin	***SGT- Ref. Jump Board- Terri	Cardio Strength L3- Annamarie			
10:30	Strictly Strength L3 - Jeri	SGT-Ref. The Basics L1- Janine	Piloga Flow L2 - Joanie	SGT Ref. Total Body L3- Terri	***Cycle & Strength L2- staff	SGT-Ref. The Basics L1- Janine	Pilates Fit L2 - Donnie	SGT Ref. Total Body L3- Terri	Everybody Can L2- Lin			
11:30	SGT - Healthy Back L1- Kathryn	SGT - Ref.BootCamp L3 Janine			SGT - Healthy Back L1- Kathryn	SGT - Ref.BootCamp L3 Janine			Wal Kun Dun -Joan			
12:30	SGT - Fit 101 L1- Robert	**SGT- Total Body Reformer L2- Janine	12:00pm SGT- Functional Fit L2- Deanne	SGT - Ref. Intermediate L2- Domine	SGT - Fit 101 L1- Robert	**SGT- Total Body Reformer L2- Janine	12:00pm SGT- Functional Fit L2- Deanne	SGT - Ref. Intermediate L2- Domine				
1:30	Begin. Yoga L1- Susan		Tai Chi L1 L1- Peil		1:30-2:45pm Mind Training for Sleep L1- Iram		1:00pm Qigong L1 - Sherry					
2:30	SGT - TRX Interval L2- Julia	*SGT - The Basics L1 Terri			SGT - TRX Interval L2- Julia	*SGT - The Basics L1 Terri	Basic Conditioning L1 Kathryn					
3:30	SGT-TRX Express L1- Julia		Tai Chi L3 (2:45-3:45)- Peil		SGT - TRX Exp. L1- Julia							
4:00	SGT Healthy Back L2- Kathryn			SGT - Ref. Special Pop. L2- Terri	SGT Healthy Back L2- Kathryn			SGT - Ref. Special Pop. L2- Terri				
5:00	SGT- Bootcamp L3- Lisa				SGT - Bootcamp L3- Lisa							
6:00			SGT - TRX Exp. L2- Julia						Yoga for Osteo L1 (5:30-6:45)- Susan			
7:00			Evening Yoga Flow L2- Susan									

Group Exercise Classes (lunch pass) \$3.50

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



The Changing Face of America: Children of Immigrants Wednesday, September 17 — Free

2:00-3:30 PM, Ballroom (OC). Join Lincoln Hills resident Judie Fertig Panneton for a presentation about immigrants and the children of immigrants in America. Panneton grew up in Pennsylvania as a child of immigrants, became a journalist and interviewed approximately 50 people who came-of-age in America with immigrant parents. She'll share some of their insights and will also give a brief historical perspective on where and when the waves of immigrants arrived and how that is currently affecting the country's educational system, political outcomes, the business world, and more. Panneton is also the author of two books including *Proud Americans Growing Up As Children of Immigrants*. Time for Q&A will be provided.



selected committee questions, and closing with individual statements. Following the panel discussion, voters will be able to meet with each candidate "one-on-one" and the candidates will be able to answer questions and distribute their handouts.

Just The Facts, Please! November 2014 State Ballot Initiatives Tuesday, October 7 — Free

2:00-3:30 PM, Ballroom (OC). Randi Swisley and Kathy Souza from the *Placer County League of Women Voters* will present their nonpartisan reviews to the current General State Election Propositions. Some of the key issues addressed are a new water bond; an increase in the rainy day fund; monitoring insurance rate increases; and expanding compacts. At the entrance to the OC Ballroom, volunteers will provide a LMV Voter Guide that includes the Ballot Initiatives. During a slide-show presentation, each initiative will be explained, including information about key supporters. Each initiative will be presented in a controlled time followed by a similar time controlled Q&A. The session will be video-recorded. Come early, this session is popular!



Run Silent; Run Deep Wednesday, September 24 — Free

7:00 - 8:30 PM, Ballroom (OC). Vascular disease causes more disability and death than cancer, but can be difficult to diagnosis since many people do not experience any symptoms. Identifying vascular disease in the early stages can reduce the risk of death, heart attack, stroke, limb loss and disability. Sutter Medical Group's Vascular Surgeon, Dmitri Gelfand, M.D., will give a general overview of the many different vascular diseases affecting patients today. Dr. Gelfand will also discuss newly Medicare approved screenings that can detect stroke and aneurysms in the early stages before they are life threatening.



Living with Arthritis Wednesday, October 29 — Free

7:00 PM, Ballroom (OC). Paul Lambie, MD, practices at Kaiser Permanente and is board certified in Internal Medicine and Rheumatology. He will discuss common types of arthritis such as osteoarthritis, rheumatoid arthritis, and gout. Arthritis can impair the quality of life as we age. While there is no cure for arthritis, you can manage its impact on your life by learning how diet, exercise, physical therapy, medications and other treatments can affect arthritis and ease your symptoms.



Meet The Candidates: Lincoln City Council Thursday, October 2 — Free

4:00-6:30 PM, Ballroom (OC). Every two years, registered voters in the city of Lincoln elect qualified Council candidates for a four-year term. City Clerk Pat Avila has worked with the CCRC/Community Forum to schedule a public meeting for residents interested in learning about this year's candidates. Each candidate will have several minutes to describe his/her qualifications and present a position statement. This will be followed by answering



How Sweet It Is: Diabetes Management Wednesday, November 12 — Free

7:00-8:30 PM. Ballroom (OC). Join Kristen Robinson, MD, Chief, Chronic Conditions Management, Kaiser Permanente for a current review of diabetes prevention, diagnosis, and treatment. Learn how lifestyle changes can play an important role in diabetes control and prevention of long-term complications. Dr. Robinson will focus on treatment goals, healthy eating choices and how to incorporate more exercise into your daily life.



Continued on the following page

Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • Changing Face of America: Children of Immigrants Wednesday, September 17, 2:00 PM, Ballroom (OC) • Run Silent; Run Deep: Vascular Disease Wednesday, September 24, 7:00 PM, Ballroom (OC) • Lincoln City Council Candidates Thursday, October 2, 4:00 PM, Ballroom (OC) • Placer County League of Women Voters: State Initiatives Tuesday, October 7, 2:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Living with Arthritis Wednesday, October 29, 7:00 PM, Ballroom (OC) • How Sweet It Is: Diabetes Management Wednesday, November 12, 7:00 PM, Ballroom (OC) • What's Happening in Climate Science Monday, November 17, 10:00 AM, P-Hall (KS) • Watch for more Community Forums in upcoming issues of <i>Compass</i>
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Connections

Continued from page 3

article on the home page of the resident website, under *Latest Association News*, and while there, join over 4,500 residents and register for eNews by clicking on “Living Here” located on the right side of the home page.

Lily Ross, Assistant Lifestyle Manager, advises you about a **useful resident website feature**, the *Wish List* under Online Registration (on page 7). This feature enables to you to develop and save a list of events, trips and classes prior to registration so that when registration sales open, you are ready to register. She also advises about the need to **refresh your page prior to making purchases** to ensure your computer has updated the date/time for open registration. If you want to see what purchases you have made from both Activities and WellFit, remember, you can find your purchase history under Lifestyle Online, *View Shopping History* on the right side of the home page.

On page 14, Ben Baker, Advertising and Promotions Manager, provides some helpful insights about **using Web Browsers and not using “Remember Password” options**.

We have a robust resident website that provides you easy access to Association information including the ability to register online. Staff is available to assist you with access and to help you maneuver safely and securely. If you need assistance, simply click on the Help Desk link on the home page.

I look forward to seeing you along the 15th Anniversary parade route, at the party following the parade and at many of our autumn events. Enjoy.

Library News

Continued from page 14

Do you have at least one hour each week to spare? If so, we at the Kilaga Springs Library need help. You pick the day and hour that fits in with your schedule to volunteer. A brief training session will be scheduled by Sandy Maloff (408-2368) and then you can work at your leisure. If you use our marvelous library—please consider joining us in maintaining it.

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).

Finance

Continued from page 13

effective management of facilities.

Our Operating Fund at month end was \$4,874,452, made up of \$44,899 in the Building/Capital Enhancement, \$960,197 in Settlement Proceeds Fund and \$3,869,356 in the Unrestricted Fund. The Reserve Fund stood at \$5,546,386 and we are beginning to invest these funds in accordance with our new investment policy. While at month end there was a slight increase in past due assessments to 253 homes, the dollar amount is only \$3,000 higher than the comparable month of April.

As this will be my last column for the Finance Committee I am pleased with the numerous improvements in Financial Controls and Operating Improvements developed, and that our Association remains in good hands.

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

The next regularly scheduled Finance Committee meeting is scheduled for September 23 at 9:00 AM. This will be the final roll up of the budget.

Internet Insight

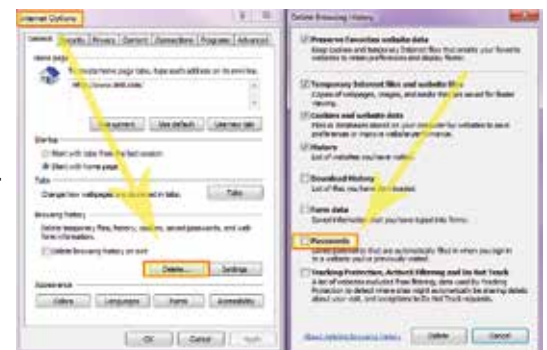
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login box (see web page on page 14). Even though the user deleted the password and retyped in the new password, the browser will assume you want the “remembered” password, and will use the saved password, which results in the user believing the new password is wrong and not working. When this happens, the user needs to clear your web browser’s history and be sure to check any checkboxes where it says “Delete

Browsing History > Passwords.” (See screen shots above.)

As always, if you experience any resident website issues, feel free to contact the Help Desk and we will be happy to assist you.

Website Issues? Email us at: help.desk@scfhca.com



Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

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www.suncity-lincolnhills.org/residents

Public Website:

www.suncity-lincolnhills.org

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•The Spa at Kilaga Springs•

408-4290

Spa Manager

Tina Ginnetti tina.ginnetti@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

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September 2014



Celebrate Sun City Lincoln Hills

**15 Year
Anniversary!**

Come Party With Us!

Saturday, October 18, 2014

**Lunch After
Parade \$5
Code: 5218-08**



**Dancing with
DJ Ron West
on the OC Terrace**

Parade Begins at 10 AM

**Orchard Creek to
Kilaga Springs Lodge**

See you along the Parade route!

