



Compass

The Official Magazine of Sun City Lincoln Hills

July 2015



Room Usage Report... page 2

**Party with your Neighbors
on August 4... pages 2 & 19**

**The Benefits of a
Personal Trainer... page 9**

**Business Competition:
Threat or Opportunity... page 3**

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On the cover

Enjoy Happy Hour at the Orchard Creek outdoor pool every Thursday through September, 4:30 to 7:00 PM, with live music and food & drink specials

Room Usage Report

Board of Directors Report

Ken Silverman, President, SCLH Board of Directors

In August 2014, the Board of Directors formed a Task Force to study the availability of shared space. Their report and recommendations were presented during the Board of Directors meeting in June. They were asked to:

1. Determine if there is a need for additional space; and if so:
2. Determine alternatives for satisfying the need;
3. Determine improvements or efficiencies in usage.

The Task Force consisted of Pete Savoia, Klara Kleman and Wally Etterbeek. The report consisted of actual room reservation data for January-November of 2014; assessment of the impact of setup time on availability; study trends that could impact future room availability; comparative usage for the busiest month of the year from 2012-2015; and yearly trends in club membership and class participation. The Task Force also conducted interviews with Clubs and Groups to identify concerns and specific needs. It was also important to look at the Kilaga Springs Lodge “parking problem” by taking quad copter pictures

at the busiest times.

Major Highlights:

1. The 2014 room availability study, plus feedback from Clubs and Staff, indicate that we currently have sufficient space in existing facilities.

2. Room usage, club membership, and class sessions all show a slight trend downward since 2013.

3. Parking lot at Kilaga Springs Lodge: The quad copter was used to photograph the lot and surrounding streets at selected times during February. The worst times were on Wednesday and Thursday afternoons when the lot was essentially full. There was parking within the first two blocks of Stags Leap.

Please note this is a short summary of the Task Force’s complete report which will be available both on the resident website and in the Community Living Room at Orchard Creek Lodge.

Thanks to the Task Force for the detailed analysis and the many hours of analyzing the data.



Lincoln's Biggest Block Party

Jerry McCarthy, Director of Food & Beverage
www.facebook.com/MeridiansRestaurant
www.twitter.com/Meridians_SCLH

We all live in one of Lincoln’s great neighborhoods: Lincoln Hills. So it’s only fitting that Meridians joins Neighborhood Watch in also providing a huge block party on National Night Out on Tuesday, August 4 to thank you for supporting the Food & Beverage Department.

“Lincoln’s biggest block party” will be in the Amphitheater on Tuesday, August 4. Doors will open at 5:00 PM and festivities will last until 8:00 PM. Meridians will be providing an assortment of food booths, bars, and wine booths so you can purchase a wide variety of food and drink. In addition, Meridians will be providing free live music with a band that features soul, funk, and jazz! I can’t think of a better way to meet (and party) with hundreds of your

neighbors from Lincoln Hills.

The night is meant to be a casual gathering of friends and neighbors. You can bring a folding chair if you like. If your Village wants to have its own pop-up tent (fully decorated of course) we only ask that it’s set up in the very back of the Amphitheater. We will be providing maps of the set up for your convenience. As an extra special thank you, for only \$5 you can purchase a commemorative glass, which will include three free wine tastings. Supplies of these glasses are limited so pick yours up today at the host stand at Meridians.

To join us for our National Night Out Amphitheater event, no reservations are needed. Just come on over and join the festivities. Meet your neighbors and friends for a fun night of lively music, terrific food, and even better company!

~Please see our ad on page 63.~



Connections

Business Competition: Threat or Opportunity?

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Occasionally, Association employees who have been with us for some time decide to pursue their vocational goals elsewhere by establishing a potentially competing business nearby. Employees that choose to move on to further their own dreams and aspirations may be expected and a risk any employer takes when hiring excellent staff.

But perhaps these moves provide an *opportunity*. Our opportunity is to continue to earn your business by offering exceptional services, products, and programs at competitive prices. Managers hire and train the best staff to be responsive to your needs. They regularly compare their pricing to ensure we offer you the very best value for your money. We have skilled professional staff able to step into various positions to maintain our services. For example, WellFit recently hired two new trainers, Mike and Jacque, and group exercise instructor, Summer. They are ready and eager to meet and work with you individually or in a small group setting.

Annually each department prepares and delivers a budget and business plan that forecasts their revenues and expenses. We are currently in the budget planning process, and will present our budget at the September 8 and 15 Finance Committee budget meetings. The results of these

Please see "Connections" on page 35

So is there a potential negative effect when a former employee makes these kinds of decisions? Perhaps yes, if we lose your business dollars, which could ultimately impact the operational bottom line of the Association.



Spectacular summer flowers at our entryway

Calendar of Events

July 15-August 31

Date	Event	Page #
07/16	Book Discussion: <i>The Maze Runner</i>	24
07/16	Speaker: Navy Veteran with ALS—VA Healthcare System	34
07/17	Summer Concert: Sun Kings—A Beatles Tribute	42
07/21	Learn more about Lincoln Transit	29
07/21	Comedy: Hilarious Observational Comedy of Cary Long	42
07/22	Music Group Meeting: Play music and socialize	30
07/22	The 2015-2016 Directory/Resource Guide now available	38
07/23	Speaker: Owner/Founder of High Hand Nursery	27
07/23	Bus Trip: Eldorado "Tap Factory"	62*
07/24	Coffee with the Mayor	38
07/27	"GMO's in Our Food Supply"	28
07/27	Concert: Mads Tolling—Instrumental 60's Hits	42
07/28	Bus Trip: River Cats vs. Las Vegas 51's	62*
07/28	Forum: Password—Back by popular demand	96
07/29	Forum: Aging in Place	11, 96
07/29	Bus Trip: San Francisco for the Day	57
08/03	KS at the Movies: Seabiscuit	38
08/04	Speaker: Doggie Chiropractor	32
08/04	National/Neighborhood Night Out Block Parties	2, 38
08/05	Yard Educational Expo	5, 38
08/05	Bus Trip: Music Circus—West Side Story	62*
08/06	Speaker: Russ Abbott from Morgan Stanley	29
08/06	Day Trip: Hot August Nights, Reno Silver Legacy	47
08/07	Summer Concert: Tom Drinnon	44
08/12	"Windows 10 is Here!"	25
08/12	Listening Post	39
08/12	Bus Trip: Stanford Univ. & Canton Arts Center Museum	57
08/13	Wildlife Heritage Nature Walk	39
08/13	Comedy Night at KS: Randy Riggle	42
08/14	"More review of Windows 10"	26
08/15	KS at the Movies on Saturday: The Way We Were	39
08/16	Bus Trip: Giants vs. Washington Nationals	57*, 62*
08/17	Cosmology: "Atom Factories—Stellar Interiors"	23
08/17	Cosmology: "Understanding Element Abundances"	23
08/17	Document Destruction	39
08/18-19	Overnight: Lake Tahoe Shakespeare & Lake Cruise	59
08/20	Book Discussion: <i>The Innocents Abroad</i>	24
08/20	Bus Trip: Music Circus—Hair	52
08/20	Bus Trip: Phantom of the Opera	62*
08/20	Forum: An American Woman in Pakistan	96
08/21	Summer Concert: Gary Lewis and the Playboys	44
08/25	Concert: World Famous Glenn Miller Orchestra®	44
08/26	Forum: Cancer Prevention through Improved Nutrition	96
08/28	Music Group sponsored Open Mic Night	30, 39
08/30	Bus Trip: Giants vs. St. Louis Cardinals	57*

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

Upcoming Association-Related Meetings: Date, Time, Place	
July 15-August 31	
Golf Cart Registration.....	Thursday, July 16, August 6 & 20, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, July 16, 9:00 AM
New Resident Orientation.....	Friday, July 17, 1:00 PM
Board of Directors Meeting.....	Thursday, July 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, July 23, 10:30 AM
Board of Directors Executive Session.....	Thursday, July 23, 11:00 AM
ARC/Architectural Review Committee.....	Monday, July 27, 9:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, August 4, 9:30 AM
Compliance Committee Meeting.....	Wednesday, August 5, 10:30 AM
Elections Committee Meeting.....	Friday, August 7, 10:00 AM
ARC/Architectural Review Committee.....	Monday, August 10, 9:00 AM
CCRC/Communications & Community Rel.....	Monday, August 10, 11:30 AM
Properties Committee Meeting.....	Tuesday, August 11, 1:00 PM
Listening Post.....	Wednesday, August 12, 9:00 AM
Finance Committee Meeting.....	Thursday, August 20, 9:00 AM
ARC/Architectural Review Committee.....	Monday, August 24, 9:00 AM
Board of Directors Meeting.....	Thursday, August 27, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, August 27, 10:30 AM
Board of Directors Executive Session.....	Thursday, August 27, 11:00 AM

Meetings in OC Lodge unless noted otherwise.



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From the Executive Director

Chris O'Keefe, Executive Director, SCLH Community Association

We are going to try to cover a lot of ground in a small space, so please bear with me.

The HP event went well, and our staff received great comments from their leadership. I want to thank the groups that worked with us to accommodate the event. The staff received positive feedback from the residents involved in those events as well.

Water. Our raw water usage for the landscaping in May was 7.8 million gallons. As a point of comparison, our usage for the same month in 2014 was 14.2 million gallons. Great work by the landscape team! Just so you know, we get our raw water from the golf course. Because we cannot irrigate at the same time that golf does

due to capacity issues, and because golf has the priority in prime irrigation times, you will see us irrigating during the day. This has been the practice for 15 years and will continue. We do have the luxury of having tools to assist us: an on-site weather station, a computer controlled irrigation system, and on-site irrigation support six days a week. And we have been proactive in our approach to water usage since 2008-2009, the last time we had a "mini-drought."

Solar project. Along with the heat, August will bring the closing off of about two-thirds of the Orchard Creek Ballroom-side parking lot due to the solar project. Please be aware of this, and plan accordingly. The staff is working on ways to minimize the impact during the three weeks that this

work will be done. The transition to the Fitness side should be easier for most users. Remember to be aware of your surroundings during construction.

A caution about **smoking**, and it's not about health. Cigarette butts tossed from cars often end up in the medians, and during normal years we end up with three-to-four bark fires a year on our streets. As you know, this is not a normal year, so please do not toss your cigarettes out the window.

Finally, I usually comment that the biggest kick I get around here is seeing the expressions on people's faces the first time they come into one of our Lodges. However, the other day I watched one of our couples holding hands as they walked down the hallway. That's better...

Living with Brown Lawns

Landscape Options in Drought Conditions

Cecelia Dirstine,

Community Standards Manager

Turn down any street in our community and you'll see brown lawns or yards where turf has been replaced with bark and rock. Clearly these present significant challenges to enforcing our landscaping standards in drought conditions.



Confronting the reality of water restrictions has many of us debating our options. Should we save our lawn or give it up and landscape with plants? How will the rules be enforced? When the drought is over, will we be required to meet established standards?

As we wrestle with protecting our home values in face of the drought, we need to review our options.

First, if your lawn gets spotty or brown during mandated water restrictions you will not be in violation of landscape standards. At this time we recommend waiting before you give up on your lawn. That will allow you to try to find a balance between conservation and maintenance.

Grass experts say you can keep your lawn roots alive with watering once a week or less. And some owners have decided to have their brown lawns sprayed with professional coloring products designed to match the color of real turf. Once the drought is declared over, the brown lawn can be restored with regular watering.

If you decide you want to replace your lawn with plants, just pulling out the lawn and putting in bark or rock without an approved plan is a violation of the rules. So, before you remove the lawn, you'll want to have a comprehensive garden plan, which includes existing plants in the design. Once you have the plan approved by the Architectural Review Committee (ARC), you can hold off planting and wait for the best time to install new landscaping.

Second, a very important consideration is to make sure you protect your investment in your trees and shrubs. Reduced watering can put your trees at risk of stress and disease. Tree experts recommend deep watering about twice a month, making sure water gets down two to three feet.

And before we close, we need to address rumors and questions about artificial turf in front yards. After considerable research and meetings with residents and

artificial turf manufacturers, the ARC did *not* change the rules and **artificial grass is still allowed in rear yards only.**

Best wishes to us all as we creatively deal with our drought conditions and water conservation!

Yard Educational Expo

Wednesday, August 5, 9:00 AM-2:00 PM, OC Ballroom. A task force, chaired by Board member Molly Seamons, has developed an informational exposition with six expert speakers and numerous specialists on hand to discuss topics of concern related to yard and home care. Beginning at 9:00 AM and every half hour thereafter, topics like the following will be discussed:

- ARC requirements for fixing up your yard;
- Compliance issues with your yard;
- Drought tolerant landscape design;
- Tree specialists providing insights about your trees;
- Water usage and conservation, and
- Painting your home.

Suppliers from Lowes and Home Depot among others will be available to discuss issues and products. Attend the Yard Expo to learn how to keep your yard looking better in the drought. Contact Molly at molly.seamons@schca.com with questions.



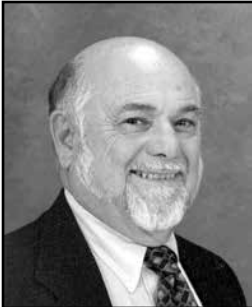
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Activities News & Happenings

America the Beautiful

Lavina Samoy, Lifestyle Manager

This year's annual 4th of July Concert with the Roseville Community Concert Band in the Ballroom was another success! With their music, the band celebrated our independence and recognized the men and women who served in the military. We salute all of you for all your sacrifices so that our freedom is preserved and enjoyed by generations to come.



Summer continues to sizzle with the remaining Summer Amphitheater Series line up. Coming up next is **The Sun Kings: A Beatles Tribute as Nature Intended on July 17**. America's best country songs will shine with **Tom Drinnon on August 7**. With hits like "This Diamond Ring," the one and only **Gary Lewis and the**

Playboys on August 21 will bring back fun memories guaranteed. Two more shows are slated in September (page 47). See *photos from Catch A Wave, The Beach Boys Tribute Show on page 39*.

Not a fan of outdoors? Check out our next Ballroom concert on **July 27** with Mads Tolling, **MadsMen, A Celebration of Instrumental Hits from the 60's Mad Men Era**. Let this 10-time Grammy winner and his band entertain you with his violin virtuosity and excellent musical selections. Appearing new this month: **Fall Classical Series at Kilaga Springs Lodge** starting with the **Azure Artists String Quartet on September 15** followed by **Baroque Masters on November 12** and closing with **Sacramento Opera Chorus on December 8**. Buy the series package and save (page 47)! Also new is **The Magic and Comedy of Ryan Kane on September 10 (page 42)**. His act will astound you!

Trips have something new: **Carolands**

Mansion on October 21 (page 59). The trip is limited to 33 people so hurry in and register for this exclusive group tour. Two resident favorites return in October: **California Capital Airshow** at Mather Airfield in Rancho Cordova **on October 8 (page 59)** and the **Fleetweek Hornblower Cruise on October 11** in San Francisco (page 59). Both trips will give you an up-close view of two of the country's best airshows.

Pick up some new skills or hobby this summer. We have a variety of classes that you can enroll in to creatively fill the long days of summer. From beading a **Multi-Strand Necklace (September 8 & 15; page 75)** to a number of art classes using different media (page 62 & 64) to dance classes (starts on page 69,) we have your summer covered.

We are grateful for the freedom we continue to enjoy. Let us never take it for granted. It is what makes America beautiful.



Orchard Creek Lodge Solar Timeline

Bill Attwater, Properties Committee Chair

By the time you read this, the preliminary work has been completed in preparation for the installation of the solar facilities and covered parking in the OC parking lot. The building permits have been issued by the City of Lincoln, the existing underground facilities have been located and marked, the existing landscaping has been removed where necessary and temporary lighting has been installed in all of the seven rows that will soon contain the covered parking. There has also been underground boring, although you probably did not see it, so the contractor can install the necessary conduit that will eventually contain the electrical wiring leading to our main electrical box.

What is in store for the future will be

"What is in store for the future will be the fencing off of aisles, and the installation of the solar support structures. This will begin around the third of August. The fencing is only temporary and will be moved as the work progresses."

the fencing off of aisles, and the installation of the solar support structures. This will begin around the third of August. The fencing is only temporary and will be moved as the work progresses. The first structures will be installed in four aisles on the Social Hall side of the Lodge, and the work on this side should be substantially complete by the 21st of August. At that point work will transition to the three aisles on the Fitness side of the lot. The electric car charger should be installed by the second week in September. The parking will be open row by row as soon as the work is completed with a brief interval of closure for system testing but only in the stalls where the inverters are located. By mid October we should be on line with PG&E.

During the coming year the Properties Committee will track the electrical

savings and post periodic reports to our residents.

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address on page 98.

— **Finance Committee**
— **CCRC/Communications & Community Relations Committee**

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WellFit News

The Benefits of a Personal Trainer

Deborah McIlvain, WellFit Manager

Having a hard time getting motivated? Or you don't feel like you're getting enough out of your exercise routine? Consider working with a personal trainer, one of the fastest, easiest, and most successful ways to improve your health and fitness.

Learn proper technique and form. Doing exercises incorrectly can lead to injury that can sideline you. By doing them correctly, you're staying safe and also getting the maximum benefit from your workout.

Improve your overall fitness and achieve your goals. Personal trainers offer professional assistance to improve cardiovascular health, strength, flexibility, endurance, posture, balance, and coordination, and will monitor your progress, helping you work through plateaus and stay on track toward your goals.

Focus on your unique health concerns. A personal trainer can help you with special medical needs such as arthritis, diabetes, or heart conditions as well as low-back pain, rehabilitation from injury, and cardiac rehab.

Benefit from the two-on-one training (buddy system). What could be better than working out with a friend? Make a commitment to regularly meet with someone who will provide you with individualized monitoring and support both of your needs.

How to find the best trainer for you. Stop by one of the Fitness Centers (Orchard Creek or Kilaga Springs) and take a look at our trainers' bios for qualifications and experiences, located on the wall under "meet the trainers." You can also talk with one of our WellFit supervisors and they can direct you. Your first meeting with a trainer should be a short meeting. This

will give you a good idea of the trainer's personality and skills. You want to make sure that the trainer is a good fit for you and your workout style. The next step is to purchase a Personal Training Assessment, a one-hour consultation that will allow the trainer to design a program for your needs and goals.

Personal Trainer Mike Yamamoto is one of our newest trainers at SCLH. Mike has been training for six years at local health facilities and we are so excited to have him be a part of our team! *Take advantage of his special introductory pricing: purchase three one-hour sessions at \$90 (40% discount) and for every three sessions you will also get a free Infrared Sauna experience at The Spa at Kilaga Springs. This offer is good through July 31.*



For more information check out our website: www.suncity-lincolnhills.org/residents/index.php/training-services.

WellFit Classes pages 81-92 • WellFit Class Grids pages 93-95



Finance Committee Reports May Results

Mike Creasy, Finance Committee Chair

At the last monthly meeting on June 18, the Finance Committee reviewed the results for May. We were slightly behind for the month, with expense greater than revenue

by \$12,346 or \$23,472 unfavorable to budget. Small ups and downs are to be expected, however, and the good news is that we are well ahead of budget for the five months year-to-date, with revenue in excess of expense by \$48,592 or

\$143,290 better than budget.

Spa personnel turnover dampened their results for the past few months; however, a new Spa manager started July 1 and Staff is confident that the numbers will be in the black for the year.

"Expense Only" departments, that is to say Administration, Rec Center Maintenance, and Landscape, are all operating well within their budget forecasts and your staff is to be congratulated on a job well done under the trying circumstances of drought and rising costs.

Food & Beverage had good revenue in the restaurant operations, but Catering had a difficult month with some expected conferences and weddings not materializing.

Operating cash and investments totaled \$2,883,142, including \$26,952 in the Building and Capital Enhancement Fund and \$13,792 remaining in the ADA
Please see "Finance" on page 35

Statement of Operations YTD—May 2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable)	Annual Budget
	Actual	Budget	Variance	
Homeowner Assessments & Other	\$3,179,080	\$3,177,692	\$1,388	7,640,861
Administration (Expense)	(876,032)	(893,649)	17,617	(2,047,930)
The Spa at Kilaga Springs	(999)	28,014	(29,013)	67,070
Fitness	(156,170)	(171,100)	14,930	(410,250)
Activities	(43,014)	(73,425)	30,411	(173,450)
Rec. Center / Maintenance	(965,291)	(1,018,125)	52,834	(2,569,070)
Landscape Maintenance	(1,002,794)	(1,079,200)	76,406	(2,566,920)
Food & Beverage	(86,188)	(64,905)	(21,283)	(13,110)
Capital Asset	0	0	0	
Net Revenues (Expense)	\$48,592	(\$94,698)	\$143,290	(\$72,799)



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Welcome, Kris Holland, Manager for The Spa at Kilaga Springs

Jeannine Balcombe, Senior Director of Lifestyle and Communications

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Our community welcomes Kris Holland to the position of Manager for The Spa at Kilaga Springs. Kris comes to us with an impressive and extensive background in the field of Esthetics and Beauty Therapy management, and is a Certified Educator for Comité International d'Esthétique et de Cosmétologie (CIDESCO), an international trade organization based in Switzerland, with affiliates in 33 countries, that sets the world-wide standard for the training of beauty and spa therapists.

As a practitioner, educator, and manager in the Wellness and Spa field, Kris is well positioned to lead the massage, esthetician, and nail technicians at The Spa at Kilaga Springs and she will provide



continued education classes on corrective and healing skin care therapies.

Kris described her first impression of our Lincoln Hills community and The Spa at Kilaga Springs as feeling much like

“Kris looks forward to developing services and offering products related to skin rejuvenation, muscle re-education, and redevelopment of collagen with the use of non-invasive facelift techniques to repair sun-damaged skin and the effects of aging.”

Dorothy may have on entering the Emerald City in the Wizard of Oz: “Everything is pristine, the people are joyful and there is a sense of magic and wonder to be

experienced.”

Kris looks forward to developing services and offering products related to skin rejuvenation, muscle re-education, and redevelopment of collagen with the use of non-invasive facelift techniques to repair sun-damaged skin and the effects of aging.

Please stop by The Spa at Kilaga Springs and welcome Kris to Lincoln Hills, and while you are there, make an appointment for a facial, body, or nail treatment.

~Please see our ad on page 100.~



Kris Holland

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Aging Well

Be Well To Age Well

Shirley Schultz, Health Reporter

Grab a chair and sit down for this one! There is no way to sugar coat the truth about what is happening in our aging stages. We are all aging, and there are about 10,000 Americans turning age 65 every day. A June 5, 2015 article by Meghan Hoyer in *USA Today* secured attention with the caption: “Nations sick-



est seniors reshape health care: 10,000 seniors cost Medicare \$1 Billion...” The article pointed out that two-thirds of those over 65 have multiple chronic health conditions, that Baby Boomers as a whole are sicker than their predecessors, and that “neither the medical system nor most seniors are prepared for the financial and emotional crisis ahead.” The article reported that it takes three times as many health care dollars to care for a person with one chronic condition as compared to someone with no long-term ailment, and an individual with five

or more chronic conditions requires 15 times as much.

So here you are and you want to “age in place.” Based on the last SCLH-commissioned survey, a huge majority of residents envision staying in their homes until the end of their lives. The statistics reflect that the majority of

“It will come as no surprise that many of us might find ourselves as a sick person caring for an even sicker person or as a single person having no one to care for us. The picture would be as dismal as it sounds if we were not able to improve our knowledge and ability to help ourselves.”

those over age 65 are living with five or six or more chronic health problems such as diabetes, high blood pressure, arthritis, heart failure, depression, and Alzheimer’s. It will come as no surprise that many of us might find ourselves as

a sick person caring for an even sicker person or as a single person having no one to care for us. The picture would be as dismal as it sounds if we were not able to improve our knowledge and ability to help ourselves. New programs are being spawned, and new approaches are being devised to help people to help themselves.

Lincoln Hills provides a wealth of information and opportunities for us to gain knowledge and participate in support activities and programs that lead to our being better able to “age in place” and help ourselves. Plan to attend the **Community Forum on July 29, “Aging in Place”** (see page 96), and/or consider signing up for the highly-valued **Living Through Transitions** program or other WellFit programs described on pages 81 through 93. Learn about the benefits of using a personal trainer on page 9 and how staff can assist you in taking control of your health on page 13. Be well to age well.

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Know how the tax rules change for Senior Taxpayers



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

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Meet Carol Zortman

Wellness Supervisor talks about new WellFit programs

Doug Brown, Resident Editor



By now you've no doubt figured out that "WellFit" is a combination of *wellness* and *fitness*, and for the past several years the moniker has been emblematic of a *holistic* approach to fitness. Our Fitness Centers are not merely an array of machines, cycles, and treadmills!

In a recent interview, Carol Zortman explained that the *wellness* part is "a dynamic process of change and growth." Carol sees her role as helping residents to make mindful *choices*—in programs, nutrition, exercise, and lifestyle—that will lead to greater health and fitness.

"Often people come into one of the Fitness Centers and feel intimidated, or

at a loss to know how to use equipment," Carol added. "We're here to help people to take action without feeling overwhelmed and to find a personalized set of treatments."

Lecture-based programs range from the series of *Living Through Transitions* seminars on aging in place to monthly workshops on nutrition and diet. The latter includes *Pure*

"Carol has noticed that seniors of all ages benefit greatly from both programs [Bowenworks and Pilates]. In fact, after engaging in Pilates Reformer exercises for a few weeks, there can be a marked improvement in posture and an increase in joint stability."

Bowenwork and *Pilates Reformer*, each with its own special focus. Carol described *Bowenwork* as "a gentle and effective manual technique that stimulates your body's natural healing response, allows the body to reset its various systems, bringing the person into balance and promoting healing and well-being." *Pilates Reformer* classes focus on core muscle strengthening, improving muscle alignment and promoting mobility within the spine.

Carol has noticed that "seniors of all ages benefit greatly



Carol Zortman training with the Pilates Reformers

12, a new twelve-week program offering guidance on how specific foods can impact both our waistlines and our mental health.

Among the more popular WellFit programs are

from both programs. In fact, after engaging in Pilates Reformer exercises for a few weeks, there can be a marked improvement in posture and an increase in joint stability."

Carol also enthusiastically described several programs for special populations: (1) an *arthritis* program of *chair exercise* and *aqua arthritis* classes in the pool. (2) Two levels of *diabetes* classes (DEP1 and DEP2) to help manage glucose levels and build muscle. And (3) a new *Cardiac Rehabilitation Program* to help reduce body weight, blood pressure, and LDL (bad) cholesterol. The Cardiac Rehabilitation session will begin **August 3 at 3:00-4:15 PM at the OC Fitness Center**, with a "spotlight on" presentation **July 22 from 9:00-11:00 AM in the Presentation Hall (KS)** that will describe the benefits of the program.

Questions? Carol would welcome them. Stop by her office in the OC Fitness Center or email her at carol.zortman@sclhca.com.

Thanks, Carol!



Carol says, "We're here to help people to take action without feeling overwhelmed and to find a personalized set of treatments."

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A Walk in Downtown Lincoln Can Be a Simple Pleasure

Al Roten, Roving Reporter

In 1859, the railroad terminated in what is now Lincoln and a town was born. By 1862, Fifth Street, between F and G Streets (now Lincoln Boulevard), became the center of the town's commercial activity. From the alley between F & G Streets to F Street were five commercial establishments: an attorney, Justice of the Peace, Postmaster, Tax Collector, and a saloon. In 1870, Christopher Hoppert, a baker and brewer, bought the parcel near



Hoppert Building about 1900

the alley and opened a bakery, saloon, and eating house. Yes, all three functions! We seldom relate the aromas of bakery and saloon together.

In 1892, he replaced the wooden structure with one of brick, which became known as the New Hoppert Building. (Note the turn of the 20th century photo accompanying this article.) This parcel is still owned by descendants of Chris Hoppert. The Greek Revival architecture of the building is accentuated by the cast iron pilasters on either side of the front door and the cast iron threshold at the door. The iron pilasters with Corinthian ornamentation have a foundry name and date of 1888 at their base. There is a commemorative plaque on the front of the building that will whet your imagination



Simple Pleasures on the alley

Please see "Downtown Lincoln" on page 17



Your New Year's Resolutions

A mid-year progress report

Nina Mazzo, Roving Reporter

It is never too late to be who you want to be and decide how you want to live life to the fullest. And it is certainly not too late to either fulfill those New Year's resolutions or choose a new resolution.

I checked in with a couple of folks who had provided their resolutions earlier this year. Very interesting to see how they adapted their routine to accommodate their resolutions and all agreed it is worthwhile to have a goal or mindset as they start each day.



Andy Petro at OC Fitness Center

Andy Petro had wanted to see some physical changes in weight and energy. He enrolled in classes at the OC Fitness Center and has lost almost 20 pounds and an inch off his waist! He said he probably would have *gained* 20 pounds without the resolution!

FYI: The Fitness Centers have equipment, classes, and training for all levels of fitness.

Maureen Deal wanted to explore a new activity so she signed up for a quilting class, enjoyed the process, finished the quilt, and is on to the next quilt. She said she has six more months to find another interesting activity or class! Time spent as a volunteer

tutor at Phoenix High School continues and she also gathers necessary supplies for teachers and students throughout the school year.

FYI: Volunteer opportunities are plentiful here and in the greater area of Lincoln.

Agnes Valdez and Richard Malling approached the New Year with the goal of working on patience, making someone smile each day and practicing a random good deed daily. As the year has moved on, they noticed something in themselves and others. They shared some thought-provoking ideas for all: Some residents have lived here for many years and now they notice their activity level is slowing down and with that comes a tendency to become impatient to get where we want, what we want, and get it when we want it. Therefore *patience* must become a bigger factor in daily life—whether it is waiting to use a piece of equipment in the Fitness Centers, waiting in line at the Activities Desks, or other daily activity.

FYI: This resolution is one for all ages and next time I inwardly sigh as I wait in line, I will really try to control my impatience—except when I am waiting for coffee then all bets are off!

How about your New Year's resolutions? What's your progress report?



Maureen Deal shows her first quilt



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97845

This Just In...

DMV designs creative test item choices

Doug Brown, Resident Editor

Every now and then you may chuckle when you look at sample DMV written tests and see an occasional test item choice that's downright hilarious—or ludicrous:



“When approaching a flashing red light at a railroad crossing, you should... (d) speed up, honk your horn loudly, and cross the tracks quickly.”

Or try this: “When driving on wet roads, you should... (d) stay as close as possible to the vehicle ahead.”

Seriously? Where do they get this stuff? Maybe from Lincoln Hills? Oh, no! Imagine what DMV test designers, searching for real-life weird driving behavior, might find here in Lincoln Hills? Here are some possibilities.

The “Two for one” stop sign rule:

When a vehicle directly in front of you stops at a stop sign, you may... (x) quickly follow that vehicle through the intersec-

tion without stopping (*after all, the vehicle in front of you is running interference for you, right?*).

The “Oh, just roll through the stop sign” rule:

At a red octagonal stop sign, you may... (x) simply slow down if no other vehicles are present (*there are too darn many stop signs around here anyway*).

The “You can never be too sure” rule:

After stopping at a stop sign, you must... (x) wait at least 15 seconds and look several times in all directions before proceeding... (*only after other frustrated drivers shake their fists at you—or offer other hand gestures*).

The “What crosswalk?” rule: At a stop sign with an empty crosswalk, you must... (x) drive all the way through the crosswalk before stopping, (*so you can get a good head start through the intersection*).

The “Supermarket parking lot pedestrian” rule: In a supermarket parking lot, if a pedestrian is crossing in front of your vehicle, you... (x) need not stop be-



cause vehicles have the right of way (*and the pedestrian better run really fast*).

The “Golf carts exemption” rule: At a stop sign, golf carts... (x) need not stop if no other vehicles are present (*hey, it's a tiny golf cart, for crying out loud*).

The “Backing out of a parking space” rule: When backing out of a diagonal parking space... (x) you have the right of way, so expect others to keep their distance (*well, if you rear-end someone's front-end, it's their fault, right?*).

Good luck on your next DMV test, and, oh, remember we have traffic rules for a purpose. Drive carefully.

Do You Have a Few Hours a Month to Help in Our Library?

Sandy Melnick, Library Volunteer

We really need help in shelving and sorting books. You will be trained by one



of our Library volunteers on the day and time of your choosing. Help keep our Library up-to-date by calling Glynn Widdows at 408-4819 for training.

I just finished reading *The Boys In the Boat* by Daniel James Brown. This is a true story of the crew team of 1936 who went to the Olympics. The author gives a vivid picture of the Great Depression and the sons of loggers, shipyard workers, and farmers in the Seattle area. It also is the story of Joe Rantz, one of the crew, who grew up in desperate poverty. It's a great book, one everyone can relate to, and can be found in the history/politics section with the yellow stickers.

Just a reminder that the box next to the cart (at Kilaga Springs Library) is for

older magazines. You are welcome to take home any magazine from this box. Please read the current magazines—found on the shelves—in the library and do not remove them from the premises.

Downtown Lincoln

Continued from page 15

about the many uses that the building has seen over the years. Just imagine the feet that have walked over that threshold over the past 123 years!

In 1979, the building became the home of a restaurant, Sandwich Alley, and has remained a restaurant ever since. In 1994 Diana Burke changed the name to Simple Pleasures Restaurant & Catering. Breakfast and lunch are served with smiles, enticing aromas, and attractive presentation. I have enjoyed many meals there, and urge you to join me in this “simple pleasure.”

Lincoln of course has other “pleasurable” eating establishments. The Lincoln Economic Development and Parks & Rec-

Contacts: Sandy Melnick (408-1035) for donations, Cleon Johnson (408-5648) for investment materials, Glynn Widdows (408-4819) for volunteers, and Nina Mazzo (408-7620) for the Community Living Room (OC).

reation Committees have prepared a map showing the many places to eat, from fast food to fine dining in Lincoln. The map may be found by accessing either of the following URLs:

- <https://suncity-lincolnhills.org/residents/images/SunCityLincolnHills-DiningMap.pdf>
- www.ci.lincoln.ca.us/home/showdocument?id=1539

You may also find the map by logging onto the Sun City Lincoln Hills website and at the bottom of the home page find *Resources* and click on *City of Lincoln Dining Map*.

Enjoy yourself and find new places in our city to eat an amazing variety of foods.



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Neighborhood Watch**Neighbors Party at National Night Out, Tuesday August 4****New! A Meridians Party Open to All!**

Patricia Evans



Something new has been added! In addition to the usual neighborhood National Night Out (NNO) parties, the Meridians is throwing a party in the spirit of increasing safety and security through knowing your neighbors. This new opportunity makes a National Night Out gathering available for every resident!

If your neighborhood is not planning a party, bring your neighbors to the Meridians Orchard Creek Amphitheater gathering on August 4 from 5:00 to 8:00 PM. Sign up at the Meridians host desk for \$5 each and receive three wine-tasting tickets and a complimentary wine glass. For complete information, see "Lincoln's Biggest Block Party" on page 2.

Neighborhood Watch is proud of the many private party hosts who faithfully throw a NNO party year after year. Some of them are choosing a morning hour to "beat the heat" with a brunch potluck, or simply coffee and donuts. Others are reserving space in a local restaurant. A party can materialize like magic when each participant brings an appetizer and their beverage of choice.

The best answer is "Yes!" when you are invited to a National Night Out party! If you need a reason, consider the comfort factors in knowing your neighbors, including offering mutual support and assistance as appropriate. People are social animals and they glow in the warmth of friendship.



Al & Carol Witten, Village 41A, dressed to celebrate the Southwestern theme at the recent National Night Out kickoff potluck. Below, several NNO parties from last year

So we can know how many parties occur, please notify Pauline Watson, frpawatson@sbcglobal.net or 543-8436 if you are having a party (morning, noon or night) or attending the Meridians gathering.

Please turn to page 30 to learn how National Night Out has evolved.

Contacts: Ron Wood, 434-0378 or ron2029wood@att.net; Pauline Watson, 543-8436 or frpawatson@sbcglobal.net; Neighborhood Watch Website: www.SCLHWatch.org.

**The Lincoln Hills Foundation... wants to hear from you**

David Hathaway

The Lincoln Hills Foundation, a non-profit California corporation founded in 2001, is governed entirely by volunteers from the community of Lincoln Hills. The mission of contributing to the comfort and wellbeing of Lincoln seniors has not changed over time. What has changed, however, is the ever-growing number and scope of senior support services needing assistance. From the Foundation's beginnings of helping Neighbors InDeed get established to our most recent milestone of \$250,000 in grants disbursed, the goal has always been to maximize the use of time and resources to serve the greater good.

Towards that end, the Foundation has been a major contributor to: Seniors First Meals on Wheels program; Del Oro Caregiv-

ers' Resource Center Respite Program; the Salt Mine; the City of Lincoln Police Department for in-car AEDs; the Lincoln Twelve Bridges Library low vision collection; and many support groups within SCLH.

In recent years the Foundation has taken an active role in presenting two community service projects: CPR training and a professionally moderated seminar series on financial and legal issues of importance to seniors.

Now, beyond your generous contributions to the Foundation, what can you do? We would like you to tell us directly what we can do for a group or organization in our community. We would like to hear from you about: Other agencies in the area (that serve seniors) whom we might support; services to seniors that are not currently being offered; topics for seminars or forums that you would like to see

addressed; other programs that could be helped by the Foundation.

All comments, suggestions, concerns and inquiries will be much appreciated!

Your comments may remain anonymous if you wish. Contact David Hathaway at 781-6711 or moogiehathaway@cs.com. For further information on the Lincoln Hills Foundation visit our website at lincolnhillsfoundation.org.



Kathryn Hunt showing large print books in the Lincoln Twelve Bridges Library

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Club News



Alzheimer's/Dementia

Caregivers Support Group

The next scheduled meeting of the Caregivers Support Group is July 22 at 1:00 PM in the Multipurpose Room (OC). These meetings, led by Stefani Wilson of del Oro Caregiver Resource Center, give caregivers an opportunity to meet with other caregivers and to share experiences and brainstorm some helpful answers to questions and concerns they may have. You will gain support from others who understand the stresses of caregiving.

In addition to discussion meetings described above, in alternate months we have presentations by experts on topics of special interest to our caregivers. You may also make use of the resources of our Lending Library. We have many books and DVDs you can borrow and share with family and friends as you try to understand the parameters of your loved one's health condition.

We thank the Lincoln Hills Foundation for their support.

Written by Jean Ebenholtz.

Contacts: Judy Payne 434-7864;

Cathy VanVelzen 409-9332;

Maria Stahl 409-0349 or AI 408-3155



Antiques Appreciation

Once again it was great fun to see what fellow members brought to our July 6 program of Show & Tell!

In July, as you walk down the hall at Orchard Creek Lodge, look for the Antiques Appreciation Club window display with a "Red, White and Blue" theme.

Our August 3 program will be a trip to the Maidu Museum in Roseville. We will have a docent led tour for one-and-a-half hours. More information will be available regarding time, cost, and lunch after, if you wish to join us for this very informative and fun morning.

Except for August 3, 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

Professor Barry Rice, the Astronomy Group speaker for the June Community forum, gave a very



Professor Barry Rice

interesting presentation titled "The Search for Extraterrestrial Civilizations." The Astronomy Group will not have a regular meeting during July. Wednesday, August 5, our August meeting will be at Sierra College. Professor David Dunn from Sierra College will give a presentation and planetarium show.

Monday, August 17. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe. The August lectures will be #23, "Atom Factories-Stellar Interiors," and #24, "Understanding Element Abundances." Contact Morey Lewis, eunmor@pobox.com (408-4469) for more information.

All residents are invited to watch a total eclipse of the moon at our Lunar Eclipse Party on Sunday, September 27 behind OC Lodge starting at sunset.

Contacts: Morey Lewis 408-4469,

eunmor@pobox.com;

Cindy Van Buren 253-7865, rvcbvb@att.net

Website: www.lhag.org



Ballroom Dance

Want to be "cool" in July? Join us on Tuesdays at cool Kilaga Springs Lodge from 2:00-5:00 PM and learn to Waltz. Think you can't dance? You can! It's fun and friendly. Just learning a couple steps can give you confidence to be on the dance floor. All classes are held in a low stress, group format. Beginning classes are from 2:00-3:00 PM. From 3:00-4:00 PM enjoy open dancing to a variety of music and styles. Need extra help? Our patient, experienced, and personable instructors



Gillian & John Bessant

will be glad to give you some "one on one" time during the open dance hour. Intermediate instruction fol-

lows from 4:00-5:00 PM. Membership, which includes all lessons, is only \$7 annually. During the hot days of August, we will focus on the "hot" and passionate Rumba. Be sure to check the Ballroom Dance page on the SCLH website for local dance events.

Contacts: Sal Algeri 408-4752;

Chris Geist 543-0176



Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be August 12 and September 9. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch has changed to *Jumbo Chinese* on Tuesday, July 21. 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

June 4 Upstarts Tournament; congratulations to our winners—Six games: Phyllis Borrelli. Five of six games—Kevin Maclatchie, Gary Averett. Upstarts is for beginners-to-average players. For more information, contact Phyllis 543-3528.

June 18 Players Eight-Ball Tournament; Winning all seven games—Doyle Coker (not pictured). Winning five of seven games—Phil Berlenghi, Sandy Pavlovich and Peshu Irani. Join mid-level players every Thursday from 2:15-4:30 PM for seven games, random partners. Call Rita 408-4687.



Players winners:
Phil, Sandy, Peshu;
Challengers:
Remy, Joe,

Peshu, Margie, Lisa, Ziggy, Steve;
Upstarts: Group Leader Phyllis Borrelli

June 19 Challengers Billiards; five games—Ted Baker, Ziggy Brien, Steve Fowler, Peshu Irani, Lisa Pabst, Joe Perez. Four games—George Black, Doyle Coker, Remy Giannini, Margie Kim. No photo of Ted Baker. Every Friday from 10:00 AM-12:00 PM the Challengers play seven games of Eight-Ball with random partners. Call Dan 408-2687 or Rita 408-4687.

Contact: Tom Thornton (530) 622-9656, tomhthornton@gmail.com



Bird

During June our group enjoyed two outings. The first was to the Loomis



Birds of the Sierra Valley: the Yellow-headed Black-bird, a Swainson's Hawk, and the Sage Thrasher



Basin Community Park and was led by Paul MacGarvey. We spotted 29 different species, two of which were new to our annual list, the Yellow-breasted Chad and Black-headed Grosbeak.

June 9-12 we traveled to Sierra Valley and Graeagle. At almost 5,000 feet, the Sierra Valley Wetlands is home to many birds. We took the opportunity to photograph Yellow-headed Blackbirds, a Swainson's Hawk, a Sage Thrasher and many others. While staying in Graeagle we enjoyed two days of birding. Our members spotted Osprey, Bald Eagles, Western Tana-gers, Grebes, White-breasted Nuthatches, a Brown Creeper and the uncommon Green-tailed Towhee. Many thanks to Dede Barnhart for organizing our vacation home rentals and hosting the Tuesday evening potluck. What a fun time!

Contact: Kathi Ridley 253-7086,

kathiridley@yahoo.com

Lh_bird_group@yahoo.com

Website: www.suncity-lincolnhills.org/residents



Bocce Ball, Mad Hatters

You might not notice it but there is a little less shade on the Bocce Courts this month. One of our original trees, probably 15 years old now, had to



Bocce tree

be cut down due to disease. If you look at old pictures of the courts you get an idea how much the trees have grown since the beginning.

It was actually a little sad, but made for an interesting morning of Bocce, what with chain saws sawing, bucket lifts lifting, chip-pers chipping and stump grinders grinding. We watched the tree disappear in the course of our two-hour session, *poof* in a cloud of rather noxious saw dust. They did some trimming on one of the other trees so you might be able to see a little better at night. We were told they would replace

the tree that was removed. Hopefully it will be fast growing.

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



Book, OC

Please join us on Thursday, July 16, 1:00-2:30 PM in the Multipurpose Room (OC) to discuss *The Maze Runner* by James Dashner, the first in a series of young-adult novels. This is the story of Thomas, a teenager, who finds himself in an elevator unable to remember anything except his name. As the elevator opens Thomas is met by other young men in the same situation. His new home, "The Glade," is surrounded by stone walls with doors that open every morning to "The Maze" and lock each night. Fraught with danger, "The Maze" holds the answer to the lost memories as well as the way home.

Remainder of 2015:

- August 20—*The Innocents Abroad* by Mark Twain
- September 17—*The Boys in the Boat* by Daniel James Brown
- October 15—*Sycamore Row* by John Grisham
- November 19—*Maisie Dobbs* (any book in the series) by Jacqueline Winspear
- December 17—Holiday Luncheon

Contacts: Darlis Beale 408-0269; Penny Pearl 409-0510; Dale Nater 543-8755

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

Wiki: <http://ocbookgroup.pbwiki.com/>



Bosom Buddies

Breast Cancer Survivors

Our General Meeting June 11 at Val Singer's home for a luncheon was just great. We had 18 ladies in attendance. Our meeting was quick and our lunch was yummy. Thank you so much Val for opening your home to all of us.

It was a time for us ladies to get to know each other better. We shared many interesting stories of our lives. We learned about college degrees, meeting our husbands, our children, moving to many houses, our whole family and best of all, our grandchildren. There was a strong feeling of warmth among all of us.

Cindy, as usual, you gave us a very special program.



Hal & Sylvia Kinney

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

The Sutter Buttes Sectional will be held in Yuba City from July 31-August 2. Open and 299er games are scheduled at 10:30 AM and 3:30 PM on Friday and Saturday, and the Swiss Teams game will be on Sunday. Complete tournament details are available at www.acbl.org/tournaments/.

Sun City Roseville will host their half of the annual exchange on Monday, August 3 starting at 10:00 AM. The cost is \$15 per person for the brunch and bridge outing. Contact Sheila Ross (434-6165) for further information and to make your reservations.

Our club games are played in the Kilaga Springs Lodge on Wednesdays at 12:30 PM, on Fridays at 5:00 PM, and on Saturdays at 12:30 PM. Free lessons are scheduled at 11:45 AM before the regular Wednesday game. Game fees are \$2 per person for club members and non-member Lincoln Hills residents (first three games), or \$5 for invited visitors.

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28 (14 tables). We must be seated by 5:50 PM, and we must finish by 8:30 PM. May 28 winners—First: Bob/Hilla Fawcett with the high round of 2220; second: Ralph Madsen/Chet Winton; third: Stan Mutnick/Harry Collings; fourth: Rose/Joe Phelan.

We will have no meeting the month of July. We will be meeting at Pottery Barn on August 13 for our Officer's Luncheon.

June 4 winners—First: Lydia King/Nancy Turrini; second: Kay/Ben Newton; third: Ed Page/John Woodbury. Edith Kesting/Erica Wolf had the high round of 1960.

June 11 winners—First: Carol Mayeur/Dolores Marchand; second: Sue Petersen/Gay Gladden; third: Nancy Turrini/Lydia King. Chet Winton/Ralph Madsen had the high round of 1440.

June 18 winners—First: Dolores Marchand/Carol Mayeur; second: Janet Pinnell/Linda Theodore with the high round of 1150; third: Kay/Ben Newton.

Contacts: First/Third Thursday: Kay/Ben Newton 408-1819

Second/Fourth Thursday: Dolores Marchand 408-0147; Carol Mayeur 408-4022



Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM in the Sierra Room (KS). No partner needed but reservations required! We have a single's rotation. You can choose a partner for the first round then we rotate. Please arrive between 12:30-12:45 PM to assure a place to play. You are welcome to drop in, but we can't assure you a place to play.

Winners May and June—First place: Lynda Sader, John Woodbury, Lois Burke, Alan Haselwood and Jyoti Sitwala. Second: Nancy Griffin, Chet Winton, Alan Haselwood, Pat Fraas and Sasha Rome. Third: Lois Burke, Lynda Sader, and tied for third, Jean Richards and Byron Hansen, Sasha Rome and Joe Phelan. Fourth: Byron Hansen, Joanna Haselwood, Chet Winton and Bob Fawcett.

Reservations for July & August: Linda Scott at 253-9893 or Lcscottaz@gmail.com or Flo Hunt at 212-1362 or Halflo@wavecable.com.

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



Bunco

In June, the Bunco Group welcomed Linda, a visiting friend of Phyllis Papagiannis. Linda knows how to play Bunco and fit right in with the group. If you happened by the Card Room (OC) you would have heard the cheering and laughter going on which made for a fun time!

Bunco is a non-membership club with a

\$5 'pay to play' cost and held in the Card Room (OC) at 9:00 AM the third Thursday of the month. Please consider joining us and maybe you will be the next Bunco winner! Play starts promptly at 9:00 AM. Drop in when your schedule permits.

June winners: Most Buncos Andie Aguirre; Most Wins Phyllis Papagiannis; Most Losses Paulette Rhoads; Traveler Chris Gomes.

Next Bunco is Thursday, July 16.

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



Ceramic Arts

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

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

Contacts: OC Pottery: Janet Roberts 543-6015; Membership: Mike Daley 474-0910; KS Earthenware: Marty Berntsen 408-2110; KS Spanish Oils: Margot Bruestle 434-9575
Website: www.suncity-lincolnhills.org/residents, Clubs, Ceramic Arts



Computer

Main Meeting: August 12, 6:30 PM, "Windows 10 is Here!" by Rita Wronkiewicz. Rita will provide an overview of Microsoft's finished product. We think it will be an improvement for those who have Windows 8.1.



Rita Wronkiewicz presents "Windows 10 is Here!" on August 12

For those with older computers that are ready to be replaced, you'll be glad to see that the learning curve is much easier because it is more similar to Windows 7 than Windows 8.1 was. Windows 7 users can see if it's worth making a transition. In Windows 10, all work is focused on the Desktop, with the Start Screen eliminated. See if it's time to jump into the new Windows 10 world!

Clinic: August 14, 3:30 PM, "More review of Windows 10," with Q & A, both meetings at the P-Hall (KS).

Ask the Tech: August 28, 10:00 AM, Informal Q & A session for any and all technical questions, Multipurpose Room (OC).
Contact: Karl Schoenstein, president@sclhcc.org
Website: www.sclhcc.org



Mac User

In addition to our MUG Help Line, one of the most compelling reasons to own an Apple product is the support available at the Genius Bar. This is a section of every Apple Retail Store that is manned by extremely knowledgeable Apple employees who are whizzes at repairing and adjusting Apple products. Even if you are out of warranty, they will still dispense free advice and suggest



Genius Bar at Apple Store

what can be done for you. We are most fortunate that there is a wonderful Apple store in the Roseville Galleria. But it is most important that you always make an appointment to see a "Genius." As you can imagine, their advice is very popular. And their track record is the best in the industry, way ahead of the support offered by any other computer company. Our MUG Help Line and the Genius Bar are the main reasons I switched from a PC.

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



Country Couples

Who said women can't tame a bull? Several of our Country Couples ladies (and Trip Coordinator Katrina Ferland) participated in the SCLH bus trip to Reno where they encountered a bucking mechanical bull at Gilley's in the Nugget Casino. As these pictures show, they had no trouble riding the Brama just



Glenda Hartman at Gilley's Reno; Katrina Ferland, Deb Christie, Nancy Millican; Ride 'em Cowgirls!

as well as some professional bull riders. The event was enjoyed by all, from the delicious barbecue meal to the line and couples dancing on our private dance floor. Several SCLH line dancers joined us for boot-scootin' line dances.

We are halfway through the year and halfway through CC's scheduled dances. On July 12 the CC club just enjoyed an Ice Cream Social at the Sierra Pines Lodge in Roseville, and will return there again on August 23 for an afternoon of dancing and appetizers hosted by Jim & Jeannie Keener. We keep on Dancin' and having fun!

Contact: Kathy Lopez 434-5617;
Margo Zamba 662-1628



Cribbage

Come join the fun at Orchard Creek Lodge on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up/practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM.

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

New players are always welcome!
Contacts: Larry O'Donnell 406-672-6493;
 Ken VonDeylen 599-6530



Cyclist

We have had several events for members of Lincoln Hills Cyclists during the past month. In May, many of our members volunteered for and participated in the 14th Annual Tour de Lincoln. Thanks to those of you who gave your time and volunteered for this event. Also, in May, 48 of our members participated as a group to celebrate; May is Bike Month. We pedaled 16,809 miles and ranked ninth out of 1,200 teams. Very impressive!

In June, we had our Annual Potluck. About 40 members attended and enjoyed the various Italian dishes. After dinner, some of us played bocce ball. June 14 a group of us enjoyed the musical, My Fair Lady, in Sacramento. Afterwards we all went to Lucca's restaurant for dinner. So, we do not have to be riding our bikes to enjoy many activities of The Lincoln Hills Cyclists and our non-riding spouses can participate.

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



Eye Contact

Low Vision Support Group

Living Skills Workshop: Thursday, July 23 at 10:30 AM, Multimedia Room (OC). "Going Green—Getting those good-for-your-eyes veggies and fruits into your diet." Time is also allotted to discuss personal experiences with vision loss.

General Meeting: Thursday, August 13,

2:00 PM, P-Hall (KS). "Talk to Me." An opportunity to learn more about products that give audible information, including clocks, books, tablets, smartphones and enhanced computers. We will have several items displayed and someone will be available to help answer questions on each item.

General meetings are held at 2:00 PM the second Thursday of the month in the P-Hall (KS). Living Skills Workshops are held on the fourth Thursday of the month at 10:30 AM in the Multimedia Room (OC).

Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

Contacts: Cathy McGriff 408-0169



Fishing

Who's been fishing? I know you must have a great story regarding the "lunker" you pulled out of the Pacific Ocean or how it rained all day at Fall River. My point, we all have something to say about our last fishing outing. Come to our evening meeting and tells us all about it, such as Fall River or the Outer Limits.

We have experienced members willing to teach you about rods, reels, spinners and all sorts of neat fishing stuff. We can even help you with casting. I'm sure if you are new to fishing we can find someone to help you with what you need to know.

Our club meets the second Monday of the month, 7:00 PM, Kilaga Springs Lodge. Contact Jerry at 434-6917 for any info, or to join,

email Henry at hsandigo@icloud.com. Dues are \$20 a year. What a deal!

Contact: Henry Sandigo 415-716-0666



The secret to catching at Pyramid Lake; even girls catch big fish



Garden

The guest speaker at the July 23 General Meeting (KS, 2:00-4:00 PM) is Scott Paris, owner and founder of High Hand Nursery in Loomis. He is donating



Scott Paris, Guest Speaker; High Hand Nursery

his speaking honorarium to the Lincoln Arts League. He spent more than 20 years as a landscape contractor in the

area before beginning development of High Hand in 2003. He and his staff have renovated the 100-plus year-old historic fruit sheds of the High Hand Fruit Company.

High Hand nursery also has a restaurant, a custom iron décor workshop and many other unique stores. The nursery has growing sites of their own with a large kitchen garden of fruits, vegetables and herbs for use in the restaurant.

August 27—Ice Cream Social and Hat Decorating Contest. For details go to: lhgardengroup.org

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

Bonsai Group

The Bonsai Group will meet the third Thursday (July 16), Terra Cotta Room (KS), 2:00-4:00 PM for a pruning workshop. Bring your tools and trees!

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



Genealogy

Genealogy Club members are in luck this July 20... it is the club's annual Ice Cream Social! Summer is here and it is time once again to mingle with your Genealogy Club members and enjoy an evening of camaraderie and cool off with

a substantial serving of your favorite ice cream! The place? The Social Kitchen (KS), and the time is always 6:30 PM. There will be no official club meeting and no guest speaker! However, there will be the regular prize drawing for a seven inch Tablet... and, as usual, the drawing is for members only!

Enjoy the summer months ahead... stay safe and participate in the many opportunities and events available to our members... guest speakers, professional genealogy researchers, the social gatherings after the monthly general meetings, perhaps "win" a great prize.

Contacts: Maureen Sausen 543-8594;

Arlene Rond 408-3641;

Website: lincolnhillsgenealogy.com



Golf, Ladies

Ladies XVIII

What is it? The 18-hole golf group throws one big annual party called an Invitational. Members invite guests and the fun begins with an evening cocktail

party. The theme this year was "Aloha Swinging Wahines" as can be seen in the photos. Some very creative outfits are on display! There are usually some creative games on display too, as some struck balls miss the fairway. A fancy shirt will not get one out of a sand trap or the rough. Then a creative shot is needed!

Pat Morgan was the chair this year. She coordinated the golf tournament facilities, catering, invitations, snacks and decorations. Dozens of others helped. Patt Page hosted the pre golf cocktail party at her home.

All participants go home a winner in some way! Some have more money. All have full bellies. Others have more pride and some just have more fun!



Patt Page Party Hostess; Pat Morgan, Chair, Sylvia Feldman, Captain

Contact: Donna Sosko for membership information, 434 5247

Contact: **Susan Petersen**
suncitysusanpetersen@gmail.com
 Website: lhlxviii.com

Lincoln Hills Lincsters

Many would disagree with the well known phrase, "Drive for show, putt for dough." However, on May 27, Claren Bolton proved that this saying is really true. She not only won the putt pool with an amazing 11 putts, but also came in first in her flight. In addition, she was honored as "Golfer of the Month" for May. Nice going, Claren! Other great rolling on the green was done by Mary D'Agostini, Sherry Weech, Mary Bailey, Suzanne Lundberg and Jane Steffes. Maybe they will share some putting 'tips' to those of us that have the putting 'yips.'



Mary D'Agostini, Suzanne Lundberg and Sherry Weech

Sometimes strange things happen on the golf course. On June 17, Bev Johnson, in the process of chipping her ball on the green, hit Alyce Stanwood's ball, which then rolled into the hole. What are the odds?

Welcome to new members Cheryl Brindley, Georgia Shipley, Marisa Stone, and Jennifer Thuesen.

Contact: **Susan Pharis**; firefly7554@aol.com



Golf, Men's

Now is a good time to join the Lincoln Hills Men's Golf Club.

2015 Dues Reduction: Starting June 1, new and renewing members in the Lincoln Hills Men's Club as well as the NCGA will be reduced to \$73.

Applications are in the Golf Shop or download from our Men's Club website (www.lhmgc.org)

Contacts: **Rodger Oswald**,
rodgeroswald@gmail.com



Healthy Eating

There is much talk lately about how growing a single almond requires one whole gallon of water. But look at what *National Geographic* and The Pacific Institute research tells us about the water used to produce other common foods: one single walnut—two gallons, one lettuce head—12 gallons, one mandarin orange—14 gallons, one bunch of grapes—24 gallons, one pound of peaches—142 gallons, one pound of rice—403 gallons. Meat and dairy numbers (including water for feed) go up dramatically: 1 pound of chicken—815 gallons, one pound of cheese—896 gallons, one pound of pork—1630 gallons, one pound of butter—2044 gallons, one pound of beef—2500 gals.



Farmers Market Scenes

Join us and learn about the importance and joy of healthy eating. Monthly club meetings are on the fourth Monday at 2:00 PM in

the P-Hall (KS). July's meeting and presentation is on the 27th and is entitled "GMO's in Our Food Supply." Guests welcome.

Contact: **Don R. Rickgauer 253-3984**,
Sch13HealthyEating@gmail.com



Hiking and Walking

Hikers have enjoyed some wonderful favorite hikes recently. There are always new things to see—the blue color of a lake, a picturesque tree, lovely wildflowers, and more!

The Independence Trail hike was a delight with its nice leaf littered trail, historical background, and scenic overlooks. Gary Adams, our newest hike leader, did a super job leading this hike. Jim Fisher



Hikers on Independence Trail, going through a huge boulder tunnel; Rockville Hills Regional Park, hikers on the trail in an oak forest; Hikers enjoying lunch at beautiful Lake Spaulding

was the leader for the trek at Rockville Hills Regional Park. Hikers enjoyed the oak-studded hills and the expansive views of the Delta, surrounding valleys, and Mt. Diablo. A section of the famous Pacific Crest Trail (from Hwy. 80 to Lake Angela) was led by Sue Geisler.

The Pioneer Trail to Lake Spaulding was special for its wonderful lunch break at beautiful Lake Spaulding as well as leader Dan Cortinovic's explanation of water and power generation.

Walkers are now starting their weekly Wednesday walks at 7:30 AM.

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



Investors' Study

Our next meeting is Thursday, August 6 at 2:30 PM in the P-Hall (KS). Our speaker is a special one, a man we have come to rely on for his selection of speakers and his monthly insights: Russ Abbott of Morgan-Stanley. Russ has over 25 years experience in financial investments and has been consultant to the Investor Study Group for over four years. Russ has been our August speaker for the last four years and we look forward to his insights and commentary. We welcome all residents who, if not members, can come as guests and see and hear what goes on. Join us for coffee and refreshments after the meeting and visit with Russ and other



John Quinlan, Sheena Paine both of IVY Fund and Matt Bopp of Morgan-Stanley. John was our featured speaker in June

members.

Our sub-group of Active Investors meets August 10 at 3:00 PM in the Multimedia Room (OC). For info, call Bill Ness, 434-6564.

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



Lavender Friends

The Lavender Friends Club is a social organization serving the Lesbian, Gay, Bisexual, Transgender Community and those in friendship in Sun City Lincoln Hills.

The biannual business meeting was held on June 13 attended by 26 members. The membership was updated on club issues by the President, Treasurer, and various committee chairs. Members voted to accept the updated bylaws. Members were reminded that new additions to the activities calendar need to go through the Activities Coordinator first so she can schedule club events. There was an announcement of preparations for the Fall Dance on Oc-

tober 2. Tickets cost \$45 and reservations are due by September 15.

Upcoming club events include Movie/Dinner on the fourth Tuesday of each month. Other summer events that may be added include Glow Bowling and breakfasts. Check our website (below) for updates.

Contacts: Jacquie Hilton 543-9349,
jacquiehilton@starstream.net;
John 408-2576, Sheila 408-2802
Website: www.lavenderfriends.com



Line Dance

The Lincoln Hills Line Dance T-Shirts are finally here! You can purchase them at suncitylincolnhills.shopgraphx.com and pick them up at the store or have them delivered. They come in three colors—pink, grey and blue, and three styles—men's crew, ladies crew and ladies v-neck. Sizes range from XS to 4XL, and sizes do run small.

Wear them to our workshops, annual



Helen Rains, Barry Mackintosh, Janet Hamil; Our new shirts!

parties, and even classes and practices. Choose one in each color! Add glitter or other embellishments.

Upcoming events are Yvonne and Carol's workshop on July 18 and our next party on August 16 from 1:00-4:00 PM. The theme of our August get-together is "You're a Star"! Show off your shirts and join the fun!

Contacts: Sheridan Brown 408-5674,
shrdnbrwn@yahoo.com; **Carol Rotramel 408-1733,**
caroled1974@gmail.com



LSV/NEV

Learn more about the Lincoln Transit and its service at the Tuesday, July 21 membership meeting of the Lincoln Hills LSV/NEV Group. P-Hall (KS) at 10:00 AM. There will also be information from a representative of the Placer Transit.

Be sure to make your reservation for our annual BBQ, at the Sports Pavilion being held on Saturday, August 29 at 12:00 PM. The catered BBQ menu is top drawer. We will have Bingo with prizes following our BBQ. Call Lillian at 408-2184 if you missed the party's invitation distribution at the June membership meeting.

As August is a 'quiet' month for a membership meeting, we will only have our BBQ social event on August 29. You are welcome to bring a friend along.

Contact: Dan Gilliam, President 209-3946



Mah Jongg, Chinese

Greetings! Welcome to the first part of summer. Please plan to join us on Monday mornings 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.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. It is played with tiles and is similar to playing rummy. If you are curious about learning this game, please plan to join us. We will welcome the opportunity to teach you. Even if you already know how to play this game, we will welcome your attendance.

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

Contacts: Bruce Castle 846-1500;
Marsha Ross 253-9551



Mah Jongg, National

Hot enough for you? Come on over to Orchard Creek Lodge every Tuesday afternoon from 12:30 to 4:00 PM and play National Mah Jongg in air conditioned comfort. You will find some great competition in the Card Room (OC) every week. If you are interested in learning the game, Fran Rivera teaches in her home at no charge. Please call her at 434-7061. Many of our current players took lessons and joined the rest of the group in a very short

time. It is a great way to meet new people and stimulate your mind.

Contacts: Carol Vasconcellos, 209-3457;
Judy Rosenthal 408-857-1353;
Fran Rivera, 434-7061



Mixed Media Collage Arts

In our art projects, the area of media can be a difficult concept to grasp until you use them. Prep, paint and finish. Surface preparation—be sure the surface you are using is ready for color adhesion. Paint—add a fluid medium to modify the acrylic paints to increase flow. Use a gel medium to thin the paint and add transparency. There are specialty products

that have been designed to achieve various techniques and special effects—from glass beads to blended fibers



Marilyn Sharp leading a mixed media demonstration

and even sand. Our group enjoys the process and the products, experimentation abounds and laughter often fills the room as we work on a variety of projects. We meet the third Wednesday of each month and you are welcome to check us out as we also have all levels of experience.

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



Motorcycle

RoadRunners

Having accomplished two rides in June, our riding season is getting into full swing. The ride for July, Chester/Lake Almanor, took us to the high country away from the Valley heat. A large group of riders enjoyed the scenic canyons and mountain roads for a fun lunch in Chester. The ride was led by our President/Road Captain Doug Sterne.

Our social activities are also getting



Bikes on tour taking break

together. We are looking forward to a Bocce Ball Tournament, BBQ and a dinner ride to Winters.

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

The Sun City Lincoln Hills Music Group will hold its monthly meeting to play music and socialize on Wednesday, July 22, from 6:30-8:00 PM, Fine Arts Room (OC). SCLH residents and guests are welcome. Bring an instrument if you wish to join the evening’s jam session.

The ongoing Ukulele Jam Group, held Wednesdays from 1:00-3:00 PM (OC), is open to anyone with an interest in learning how to play ukulele. Contact group leader Ron Peck (409-0463) for information.

The next Friday Night Open Mic is



Friday Night Open Mic founders Mike Percy, left, and Gary Sloan try out a new tune for their band, Big Bad Mama

scheduled for August 28 from 6:00-8:00 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. The event is open to SCLH musicians and their guests. Singers must be accompanied by a musician. No karaoke or back-tracking is permitted. Non-performing audience members also are welcome.

Written by Carol R. Percy.

Contacts: Carol Percy 543-1365,
crpercy444@gmail.com; Julie Rigali,
408-4579, jjrigali@yahoo.com
Website: www.suncity-lincolnhills.org/
residents, Association Clubs, Music



Needle Arts

Threads of Friendship

August will be dark. Everyone needs a month off now and then, but with the hot weather upon us, indoors seems like a nice place to stay, and if you have something fun to do like making rugs or embroidery work, the day will be even nicer.

While there are a large number of our 288 members dedicated to quilting, there are many others doing all sorts of wonderfully creative projects. The Doll making group is gaining in members, beading can be used for a wide variety of items and if you have ever looked in the display case you will have seen many outstanding articles of all sorts.

Looking for something to do in the cool of your own home? Needlepoint, cross stitch, machine embroidery, knitting and crocheting come to mind. Members like to share patterns and ideas. Just drop by the sewing room and make new friends.

Contact: Carol Matthews 543-7863,
carolm1929@gmail.com

Website: www.sclhna.com



Neighborhood Watch

National Night Out began in an area deluged by crime in the 1980’s. The residents decided to “take back the neighborhood” by having a huge street party where everyone could safely enjoy the evening. There is safety in numbers! And so National Night Out was born. While there are still residential areas in the country where crime abounds, we are one of the safest communities in the nation. Our Neighborhood Watch never sleeps!

National Night Out, sponsored for the tenth year by the Lincoln Hills Neighborhood Watch, has grown into a preventive measure where the stimulus is knowing our neighbors. Neighborhood Watch volunteers agree that a friendly neighborhood is a safer neighborhood. It’s a celebration

of increased safety and security by “looking after each other.” It’s a “happy place” to enjoy your neighbors!

To purchase fun items for National Night Out, go to the NNO Super Store at <https://natw.org>.

Contacts: Ron Wood 434-0378, ron2029wood@att.net; Pauline Watson 543-8436, frpawatson@sbcglobal.net
Website: www.SCLHWatch.org

Painters

At our July 20 club meeting, members will view a DVD by a well-known American artist. New this month, you will receive a ticket when you arrive for a drawing—prizes will be various art supplies. Since moving our meetings to Kilaga Springs Lodge we always have enough room for everyone—join us!

If you haven’t had an opportunity to visit the show at Buonarrotti’s, it will be up until August 3 and includes the pictures entered in the May Art Challenge (subject was Lincoln). Take a break and see a sampling of the talent in our community.

The club is beginning to plan the “Artisans in the Lodge” event held in Orchard Creek Lodge in September. All types of media and talent will be represented. Watch for more information next month.
Contacts: Joyce Bisbee, 672-7252, joybis@aol.com; Jack Cook, 408-7305, lj4cook@aol.com; Jim Brunk (plein air), 434-6317, brunk@starstream.net
Website: www.lhpainters.org

Paper Arts

Deck the Halls and sing a chorus of Jingle Bells—would you believe it was Christmas in July? Debbie Chorister led our monthly project with creative Christmas designs to get us in the holiday mood. Judging how quickly the first half of the year has gone, Christmas is just around the corner.

This month also started a new tradition—we have moved to Kilaga Springs Lodge for our monthly meetings. Change is always a bit of a challenge but it also offers new opportunities and benefits. If you were gone for this month’s meeting, remember to change your calendar to our new meeting place—Kilaga Springs Lodge!



Paper Arts Overstock Sale was a bargain bonanza; Paper Arts members held a food drive for the Salt Mine

Our Overstock Sale was a great success last month. There were plenty of bargains, a delicious potluck and our members’ generosity resulted in bags of food donated to our local food closet operated by the Salt Mine. Thanks to all who donated and participated.

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



Pickleball

Headlines... With a membership of 439, our club’s continuing growth verifies pickleball as the fastest growing sport in America! Club activities, from tournaments to summer mixers to ladder play provide exercise, easy socializing, competition and tons of fun for all players. We always welcome new members.



Nancy McDonald, Carol Koleen, CiCi O'Donnell, Marie Brown, Allay Lyubovny; Jerry Zimowske, Kelly Gibson, Natalia Astelian, Tom Naylor, Judy Musgrave, Armando Mayorga; Sue Favela, Helen Evans, Doug Evans, Susie Uebelhack

Mark your calendar...

August 1—Rookie Invitational for D-level/novice players in women’s division, August 15 for same in men’s division. A blind draw determines teams, no partner needed to sign-up.

August 4, 5, 6—Presidents Cup Tournament for mixed doubles competition with three different skill-level divisions for 2.0-5.0 players. Blind draw determines teams.

September 9, 10, 11—Wells Fargo Advisors Tournament for mixed doubles competition.

The club website has detailed information on all upcoming happenings. Early registration always recommended.

Our next Board of Directors meeting is August 12, 2:00 PM in the Ceramics Room (OC). Club members may attend.

Contact: Marty Rubin 408-3494, marty629@gmail.com
Website: www.lhpickleball.com



Players

Players at the June monthly meeting were challenged with tongue twisters to develop enunciation and phrasing as an actor or speaker. Members were divided into “teams” and given tongue twisters. Some were easy, others, almost impossible, giving the audience and actors a good laugh.

Director Dolly Schumacher James announced November’s 2015 main stage production “The Christmas Gift.” Members were given a synopsis of the play; a touching story of Christmas, family, faith, and enduring love, with a blend of contemporary and classic rock ‘n roll Christmas music. Auditions will be held at the end of August.

There is an open call for *all dancers*, beginners and intermediate to participate in the show. Contact Dolly at 408-0136 for details and information.

The Players group encourages everyone to join! Whether you’re a person with lots of theater background or a beginner who wants to get involved, we have projects just for you.

Contact: *Barbara Greenfield*
408-5017, barbieg1@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.

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

Contacts: *Paul Marcorelle 925-658-2404;*
Lynne Barsky 253-3730

RV

RV Group members are having fun in Oregon at a two-part rally this month. It started July 8 for a five-day stay at Seven Feathers RV Resort in Canyonville, and moved to Bend and Crown Villa RV Resort



Jackson Rancheria wagon masters Steve and Renee Honnoll; RVers relaxing at the Jackson Rancheria rally

for another five days starting July 13. A day of golf followed by a chili and hot dog feed was a highlight of the Seven Feathers rally. A visit to the High Desert Museum, champagne potluck brunch and lasagna dinner are among activities at Crown Villa. Sharing the wagon master duties for the Oregon trip are Bob & Sharlene Zielinski and Ralph & Martha Chatoian, with an assist from Bill & Lynda Fagan.

Last month the group held its fourth annual Summerfest Potluck at the Sports Pavilion when current members were joined by former members for an afternoon of fun. Dennis & Donna Malone did a great job of organizing the event.

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



SCHOOLS

Sun City Helping Our Outstanding Lincoln Schools

We are never too old to achieve success. Ralph Waldo Emerson’s definition of success includes these words: “To laugh often and much, to win the affection of children, to earn the appreciation of honest critics, to find the best in others, to leave the world a bit better, whether by being a loving parent to a child, tending a small garden or helping to make better a social

condition; to know that even one life has breathed easier because you have lived...” You can experience that feeling of success again by helping our teachers to tend the gardens of the minds of our children and young people. Become a volunteer with S.C.H.O.O.L.S. For information, come to our annual meeting on September 10 from 9:00-10:00 AM, P-Hall (KS), and plan to attend the “New Volunteer Orientation Workshop” on September 14 from 9:00 AM-12:30 PM at Orchard Creek Lodge (includes lunch). R.S.V.P. required.

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



SCOOP

Sun City Organization of Pooches

Our June Meeting was a huge success with two very talented women, Judy Munshower and Pat Bohnak, showing their beautiful portraits of dogs. Judy paints these portraits from pictures, and Pat has been a professional framer for many years. It was quite a treat seeing both these women’s works. Email—framerscottage@yahoo.com

Ice Cream Social—Wednesday, July 22 at 7:00 PM, Sports Pavilion. SCOOP will provide the ice cream and we are asking attendees to bring their favorite topping! All pooches must be on a leash and are welcome to join in the fun.

Our next meeting will be August 4 at Orchard Creek Lodge, 11:00 AM. Our guest speaker will be a doggie chiropractor. Please plan on joining us, and feel free to bring a friend!

Questions—Suggestions—Comments? Please feel free to bring these forth at our meetings and be sure you check out our website.

Submitted by Gay Sprague.

Contact: scoop@sclh-scoop.com
Website: www.sclh-scoop.com



Scrabble

Hi Scrabblers! I have attached a photo of some of us from our May luncheon. We had a great turnout plus four full tables of players afterward. Several attendees requested that we do lunch more





May Luncheon

often. Let's try to get together every three or four months for lunch!

Since summer is a time for travel, I thought I would include some place names that have alternate, non capitalized, meanings that are therefore playable in Scrabble: afghan, alaska (a heavy fabric), berlin (a type of fancy, fast and light horse drawn carriage), bolivia, boston, cayman, cyprus, egyptian, kashmir, paris, sherpa, warsaw and zaire. Makes me want to go to an exotic location!

Come join your friends and neighbors for Scrabble play. We meet Mondays at 1:00 PM in the Card Room (OC). Let's Scrabble!

Submitted by Connie Protto.

Contact: Anne McMaster 409-5408



Singles

Dynamic Singles

We've had a busy summer and it ain't over yet! Everyone had a hoot at our Boot Scootin' Boogie Party! More fun coming! Dining Out is on July 16 with Darlene at Kobe's. At our Social on July 23 at KS, play Bingo and celebrate summer with that old American tradition—apple pie and ice cream. Yum! Then amble over to the Sports Bar on August 2 to celebrate the August birthdays. Later that week on August 6, join us for Cocktail Time. August 8 is Second Saturday breakfast in the Sports Bar. August 13 we

meet at OC for our General Meeting with a Car Trivia Game afterwards. Of course, Bocce



The Singles learning line dances at the June meeting

Ball is every Wednesday. Practice for the tournament on August 27. Details for everything are on the Dynamic Singles Flyer or on the resident website. You can visit just to try us out. Then decide to join. Or not!

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



Softball, Senior League

As softball heads into the "Dog Days" of summer, Rebarb Time narrowly leads Atherton Wealth Advisors in the race for the top spot. The physical toll of softball on older bodies has raised its ugly head with several teams fielding thin rosters as players slowly heal. Due to the onset of summer heat, there will be two games on Friday, July 17, August 7 and 14. The last scheduled Monday/Wednesday games will be 1:20 PM for the remainder of the season. The installation of the new cooling fans is complete and new sun shades have been added to the field. Come out and enjoy a game or two.

Checkout LHSSL.org for all your softball questions, and come join us for the camaraderie that comes from team sports.

Contact: George Sylvia 295-1957, geocath7@yahoo.com
Website: LHSSL.org

Coyotes

The 24th annual Rock'n Reno Challenge Cup saw four teams of Coyotes competing against teams from across the country. The 75's made it to the championship game only to lose to the Scrap Iron 75's from Colorado. The offense was led by Bob Napoli, Frank



Coyote 75s Rock in Reno 2015!

Pulino, John Parks, and Gary Jones. Great defense was turned in by Charlie Bryant and strong pitching by Ron Waisner, George Bungarz and Larry Manley. After suffering an early loss, the 70's fought back through the consolation bracket and managed a third place finish. The 65's and 60's competed in exceptionally strong brackets and despite their best efforts were unable to crack the top three positions.

Contact: Bec Cannistraci 408-4679
beccannistraci@sbcglobal.net
Website: LHSSL.org



Sports Car

The Sports Car Club has a lot of driving tours and four or five social events.

Our big summer social event is the Luau held at Ginger's Restaurant. The Luau is limited to 52 people and it sells out each year. A subtle part of our pleasure is



Hard workers; Hawaiian designs rule

people dressing up in Hawaiian fashion and looking like they are in the Islands. Most of this colorful clothing was probably bought in Hawaii, but it was perfect for our Luau. As you can see by the pictures, even people you wouldn't expect to see in party clothes are Hawaiian dressed and looking good. The fixed menu gave choices of fish, chicken

and beef, as normal, but these were all prepared in Hawaiian flavors and décor. Most of the drinks came with a flower garnishment and taste which punctuated the Hawaiian theme. We may be seniors, but we still know how to party.

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 with Round Dancing
between tips
Mondays, 2:15-3:30 PM (KS)
Scott & Erin Byars, caller and cuer
- 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

Many of the members of the Table Tennis Group not only found a cool retreat but also had a chance to mix with our neighbors from Sun City Roseville when they joined us for social games Sunday, June 14. What made it fun was that we didn't get into any heavy competition but just played our usual (and very social) format. When possible, we made sure that it wasn't "us against them" but combined players from each Sun City on each team. Then for the icing on the cake, everyone was invited to the Kilaga Springs Lodge patio for a little ice cream break.

If you enjoy table tennis and need to cool off, remember we play three times a week—Sunday afternoons (12:30-5:00 PM), Tuesday evenings (6:00-9:00 PM) and Fridays (8:00-11:00 AM) at KS.



Mark Fong and Julie Knapp with Sun City

Roseville guests; George and Steve welcoming Roseville players

Contact: Ginger Nickerson 253-3322,
gingerlee22@gmail.com



Tap Company

The Tap Company installed their officers for next year at our annual luncheon earlier this month. They are: President—Celeste Martella, Vice President—Jennifer Lauchner, Secretary—Natalie Grossner, and Treasurer—Jan Roeser.



From left, Jan Roeser, Jennifer Lauchner, Celeste Martella, and Natalie Grossner

For the month of July we are on a modified vacation schedule. Instead of four different technique classes, Alyson is conducting a large one-hour class. All levels are included, but for many of us it will be a much needed break. We will be back in full swing again in August so don't forget to check this issue of the *Compass* for classes and sign up early.

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



Tennis

The LHTG Board would like to remind members and future members of the ways we are representing the tennis community at SCLH. Most importantly is to be a conduit between the tennis community and the Association, that way the Facilities Department, run by Cesar Orozco and his staff, can do their best to keep our courts in great shape: weekly washes, blow the courts, nets and scorekeepers are kept in working order, windscreens are replaced when necessary and lights are checked. Tennis players that detect an issue—please be reminded—contacting a Board member works best.

We know that members of the tennis community are proud of our 11 courts—the Board appreciates the support and believes that membership is a great way to insure the continued quality use of our communities tennis courts. Membership is a bargain at \$12 per year! Check out our website (below).

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



Veterans

Shelly Hoover, a U.S. Navy veteran and prominent Lincoln-area educator, will be the featured speaker at the July 16 general membership meeting at 1:00 PM in the P-Hall (KS).

Born in Nebraska and raised in DeKalb, Illinois, she joined the Navy at age 17 and proudly served for five years at the Navy Regional Data Automation Center in Norfolk, Va. Shelly married her Navy sweetheart, Steve Hoover, in 1986 and they ultimately located in Lincoln.

After many years at home raising their children, she began a teaching career in 2000. She completed her Doctorate of Educational Policy and Leadership at California State University, Sacramento in 2012.

Shelly was diagnosed with ALS and

medically retired from public education in 2013. Her presentation will focus on her journey with ALS and highlight the outstanding care she receives from the Northern California VA Healthcare System.
Contact: Jack Everett 409-0650, jack.everett@att.net



Water Volleyball

Summer is definitely upon us! Are you looking for a new workout routine? Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. 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. Try it out three times for free. Annual membership is a nominal fee. Come join us and we hope to see you in the pool.

Play available (KS):

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

Interested? Contact Jim Puthuff
Contact: Jim Puthuff 768-3936, sclhwatervolleyball@aol.com, jputhuff@softcom.net
Website: www.lhwatervolleyball.com, www.suncity-lincolnhills.org



West Coast Swing

West Coast Swing Dance Instruction: Second Friday of each month. Next scheduled lesson: August 14, Fine Arts Room (OC), 5:15-6:15 PM Intermediate/Advanced West Coast Swing, Beginners 6:30-7:30 PM. Club Members free, and Guests \$4.

Sunday Tea Dance: Mark your calendars! Sunday, September 27, Tea Dance and Ice Cream Social, Ballroom (OC), 2:00-5:00 PM. More information will follow.

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



Writers

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights that among these are life, liberty and the pursuit of happiness." —Declaration of Independence, July 1776.

Written by Thomas Jefferson, these are perhaps some of the most powerful words in American history.

Members of the Writers Group display their prose and poetry to salute patriotism and remember Independence Day. Stop by our window in the hallway at Orchard Creek Lodge during the month of July.

We meet on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room at Orchard Creek Lodge. Bring 14-16 copies of your work to share (maximum 1,500 words). We read aloud our writing and then are critiqued by our peers. All LH writers or those striving to be writers are welcome.

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

Finance

Continued from page 9
Settlement Fund.

Reserve fund cash and investments balance was \$6,853,124 at the end of May. It is estimated that we will be 78% funded at year-end. All funds are invested in compliance with the SCLHCA Investment Policy.

As of May, there were 158 homes

with past due assessments amounting to \$59,300. While the number of homes overdue has not changed much, the total outstanding amount has been declining steadily. This reduction is directly linked to the increase in the number of homes that have their dues paid from the bank automatically each quarter. It is so convenient—we encourage all our members to set it up.

A vacancy will occur on the Finance Committee in December. If you have an interest in understanding and being involved in the financial aspects of our Association's operations we would love to hear from you. Please submit a form, available at the Front Desk or online under >Library>Forms>Association Resident Forms>Committee Application, or contact finance.committee@schca.com.

Connections

Continued from page 3

projections, along with other considerations, are what ultimately set the annual homeowner dues for the following year. Department financial reports are reported at the monthly Finance and Board of Directors meetings and are available on the resident website for every homeowner to view. This process should be an important piece to your decision-making when offered the choice between keeping your

business within the Association or taking it outside.

Staff understands we need to earn your business, your trust, and your loyalty. We do not take you or your decision-making for granted. We ask for your continued support as we face competitive challenges, and we thank you for the opportunity to meet your needs. Please feel free to continue to communicate with staff and provide your input. I look forward to seeing you in the Lodge.

Did You Know?

Want to eliminate more snail mail? Avoid having to remember to write that check each quarter and sign up for Automatic payment withdrawal through the ACH program. Just contact Marcy Fajardo, 625-4024, for the form!





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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.

Book Publishing Resource Group (BPRG)

There are lots of ways to publish your manuscript in today's electronic world. The days of submitting query letters to literary agents and waiting months and years for your manuscript to be accepted (maybe) by one of the few remaining traditional publishers is still a possibility but not a probability. *But*, there are other ways to see your hard work and talent come to life. The BPRG helps you navigate the world of book publishing. This includes resources for concept and line editing, formatting and design, publishing and marketing your book if you choose that route. Join the dozens of other SCLH residents who now hold the fruits of their labor in their hands. Contact: Linda Bello-Ruiz, Imbelloruiz@gmail.com, 543-7952 or Leo Craton, cratonl@att.net, 543-9012.

Cloggers

Happy summer! Did you read the note in the June 22 *TIME* Magazine on "how to improve your memory"? The very first suggestion is to *Dance!* *TIME* says dance is "a brain-building triple threat: physical activity protects the brain, learning lets it grow, and socialization helps it thrive." So there you have it, and we look forward to seeing you in Clogging asap. We definitely cover all those bases. You could even say our memories make a home run with that triple play involved

You are invited to attend...

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

Monday, August 17 • 10:00 AM Nautilus Society Oaks (OC)

in dancing. We hope you've signed up for the July 18 Northern California Cloggers Association workshop in Belmont. If you missed that one, be sure to attend the Tommyknockers' Clogging Jamboree in Grass Valley on September 26. You'll probably improve your memory and burn calories just watching! We look forward to seeing you in class. Contact: Anita Tyson, 543-5330.

College Football

Love College Football? Join us for fun for our second year cheering together! The college football season is a mere 45 days away! We are an informal group that gets together in homes, Meridians Sports Bar or other fun venues as suggested. If you enjoy watching college football and the camaraderie that goes with it, please join us. We have Bears, Cardinals, Sooners, Longhorns, Irish, Trojans and even a Boilermaker just to name a few, so regardless of whom you root for we have fun. More info: Mike Dawson, 209-3683 or mikedawson1959@yahoo.com.

Glaucoma Support Group

The Glaucoma Support Group will meet on August 12 at 4:00 PM in the Multimedia Room (OC). If you or a family member has glaucoma, please join us to learn more about this disease. More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

LH Italian Club (LHIC)

A "Membership Matters" mixer on June 9 brought in 15 new members. Those interested in learning more about the Italian Club were invited to the event to hear about the monthly socials, community outreach activities and of course, enjoy Italian camaraderie. If you are of Italian heritage, live in SCLH, and haven't yet joined the Lincoln Hills Italian Club, now is the time to join. Contact Christine Cirrone, christinecirrone@gmail.com. New board members were introduced on July 12 at the LHIC's 12th Anniversary Inaugural Dinner & Dance in the Timbers Ballroom at Sun City Roseville. (To view the list of 2015-2016 Board of Directors and Officers, go to the club's website.) Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Check the website at www.lhitalianclub.org or Virginia Halstenrud, membership chair, 543-3293.

LH Parkinson's Disease Support Group

The LH Parkinson's Disease Support Group is pleased to host Chrystalynn Lewis from Abbvie. Chrystalynn works in the Parkinson's Disease Patient Advocate Program. She is the western region patient advocate that covers California. She speaks with several patients/caregivers daily providing them with PD education, support and linkages to resources. We are pleased to welcome her to our support group that meets at the Raley's Conference Room off of Hwy. 65. We meet at 10:00 AM on the third Tuesday of each month. Join us for an informative meeting. More info: Brenda Cathey, 253-7537.

LH Travel Group www.lh-travelgroup.com

We meet the third Thursday of the month, 7:00 PM, in the P-Hall (KS). Everyone is welcome. Presentations on selected travel destinations are shown by Professional Travel Managers. We

Continued on page 38

Did You Know? Dog owners must keep their pets on a leash at all times. Not all people are comfortable around animals and they should not need to ask you to leash your dog, nor be harassed for asking that this be done. Residents have the right to enjoy neighborhood walks free from fear they will



encounter dogs off leash and pet owners who think the law does not

apply to them. Even if your dog is friendly and can be controlled by voice commands, the dog must have a leash attached to them with a person holding onto the leash.



Continued from page 37
 are having a Travel Group Members' Ice Cream Social on Saturday July 25 in the Social Kitchen (KS). This replaces the regular July meeting. Our speaker on August 20, Jay Fehan, will present information about the following Collette Vacations trips: Heritage of America; Southern Charm, Amsterdam Tulip Cruise and Northern New England. Committee members will discuss other trips being offered. See our website for details. We have been offering trips since 2000 that cover the globe. Committee members are all Lincoln Hills residents. We are not travel agents. 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; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

LH Videography Group

The second meeting required to form the LH Videography Group will be held on July 21 at 9:00 AM in the Multipurpose Room (OC). This is a new group dedicated to videography. The process of forming such a group starts with a meeting of interested members in which they determine how the group will move forward. Today's video cameras are everywhere and can be

found in devices such as DSLR Cameras, Smartphones, Tablets, and GoPros, as well as Camcorders. Potential workshops could cover a variety of subjects from capturing original footage (recording) to creating final edited videos. Its activities would most likely include presentations, demonstrations, discussions, field trips and cover the operation of a wide range of video-capable equipment and editing software. If you are interested in becoming a member, please attend this second meeting, or contact Jeff Hanner at jeffhanner8@gmail.com or 769-2871.

Lincoln Caregivers Support Group

The Lincoln Caregivers Support Group meets on the Third Thursday of each

~ Community Perks ~

Lincoln Hills Certified Farmers Market and Vendor Fair
Every Wednesday

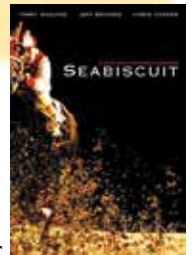


Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. There will also be local vendors selling unique non-perishable items. Depending on the weather and availability of crops, the Farmers Market will be offered until November. If you are interested to be a vendor for handmade and hobby-related items, please contact Shelvie Smith at 625-4021 or shelvie.smith@sclhca.com to reserve your space.

and hear about what is going on within the City of Lincoln. Hope to see you there!

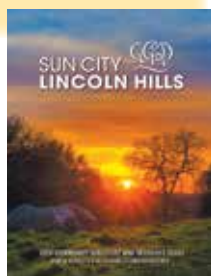
KS at the Movies: Seabiscuit
Monday, August 3 — Free

1:30 PM, P-Hall (KS). Rated PG-13, 140 minutes—History/Drama/Sport. Starring Tobey Maguire, Jeff Bridges, Elizabeth Banks, and Chris Cooper. True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation.



2015-2016 Community Directory and Resource Guide
Available Wednesday, July 22

Beginning July 22, the Sun City Lincoln Hills Community Directory and Resource Guide will be available for pick up at the Membership/Activities Desk. Residents will need to provide proof of membership (finger vein scan, member ID or drivers license with current address) in order to pick up one Directory per household. Please recycle your old Directory in one of the shredding bins located at the main entry of OC Lodge. Remember, the Association does not give your personal information to anyone. Please do not share your Directory with vendors and non residents.



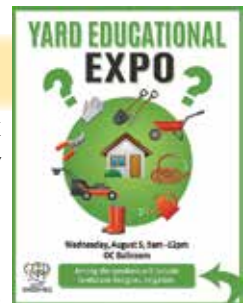
National Night Out Block Parties
Neighborhood Night Out Block Parties
Tuesday, August 4 — Free

Plan to attend your Neighborhood Block Party or the huge block party at the Amphitheater on National Night Out, Tuesday, August 4. See pages 2 and 21 for complete details.



Yard Educational Expo
Wednesday, August 5 — Free

9:00 AM -12:00 PM, OC Ballroom. A task force, chaired by Board member Molly Seamons, has developed an informational exposition with six expert speakers and numerous specialists on hand to discuss topics of concern related to yard and home care. Beginning at 9:00 AM and every half hour thereafter, topics like the following will be discussed: ARC requirements for fixing up your yard; Compliance issues with your yard; Drought tolerant



Coffee with the Mayor
Friday, July 24 — Free

10:00 AM Cards Room (OC). Join Mayor Paul Joiner for an informal chat with the Mayor. Ask questions



month at the Twelve Bridges Lincoln Library from 9:00-11:00 AM. It doesn't matter what the illness, if you are caring for someone, you are welcome to attend. More info: Brenda Cathey, 253-7537.

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 residents of SCLH are welcome. Tables are first-come, first-served.

Prostate Cancer Guys!

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other. Paul Gardner, 434-8400 or paulbear7@gmail.com.

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club (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

We are Lincoln Hills residents who get together and enjoy each other's company in an atmosphere of friendship and appreciation of the Jewish traditions and celebrations. The picnic was a big hit this year as always. Another big happening is Table Tennis! One of our members, Tim Frank has been playing and instructing Table Tennis for about 15 years. By contacting him, our members can learn to play. He is schooled in the modern way to play and was taught by an Olympian, Wow! Check us out! Vida
Continued on page 41

~ Community Perks ~

landscape design; Tree specialists providing insights about your trees, Water usage and conservation, and Painting your home. Suppliers from Lowes and Home Depot among others will be available to discuss issues and products. Attend the Yard Expo to learn how to keep your yard looking better in the drought. Contact Molly at: molly.seamons@schca.com with questions.

Listening Post

Wednesday, August 12 — Free

9:00 AM, Solarium (OC). The Listening Post provides an avenue for residents to ask the Executive Director questions, express comments or concerns and confirm fact or fiction about rumors heard. This is a great opportunity to learn more about your community and the efforts involved behind the scenes and to provide you with the best services and lifestyle options possible. Jeannine Balcombe, Senior Director of Lifestyle and Communication will be our featured guest speaker at the Wednesday, August 12 meeting. Please mark your calendars and plan to attend this informal meeting.



Wildlife Heritage Nature Walk

August 13 — Free

9:00-10:00 AM. Enjoy an educational tour of the local wetlands in our community. Wildlife Heritage Foundation (WHF) Biologists will be offering free tours for beginning ecology enthusiasts. The tour will take about an hour covering the area's natural habitats and wildlife. There will be a spotting scope set up to view local wildlife. We will meet at 9:00 AM at Angler's Cove parking lot and hit the trail from there. Please bring water and dress accordingly. Participation is limited to 24 for each excursion. Reserve your spot by registering via email to lhoover@



wildlifeheritage.org. Registration will close the day prior to the walk. Questions?: Lia Hoover, WHF Education Coordinator, 434-2759.

New! KS at the Movies on Saturday:

The Way We Were

Saturday, August 15 — Free

1:30 PM, P-Hall (KS). Rated PG, 124 minutes—Drama/Romance. Starring Barbra Streisand, Robert Redford, Bradford Dillman and Lois Chiles. Two desperate people have a wonderful romance, but their political views and convictions drive them apart.



Document Destruction

Monday, August 17 — Free

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It 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. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



Music Group Sponsored "Open Mic Night"

Friday, August 28 — Free

6:00-8:00 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM. Open to SCLH musicians and their guests. Singers must be accompanied by a musician. No karaoke or back-tracking. Non-performing audience members are welcome.



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Continued from page 39

Morrison 984-1043; Sandy Klein 408-2020.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are

welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the summer months we meet at 8:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Residents interested in trap or skeet shooting can contact John Kightlinger 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.

Spiritual Group

Are you "spiritual but not religious"? Do you seek wisdom from many spiritual paths, and ponder life's big questions? Join us for open, honest sharing of ideas. More info: Marilyn Sharp, 434-6898 or markaysha1942@att.net.

In Memoriam

Paul Dahar

Known as the founder of "The SCLH Music Group," Paul used his passion for music in many ways to contribute to our community. It started as the "Music Just for Fun" group, meeting in his home. Anyone could join and perform. Paul also used his piano skills as background music for art shows and other events in the community. He started the yearly "Showcase" performances so that anyone could perform, no matter their level of musicianship. Paul lost his wife, Gloria several years ago. In March the Music Group held a tribute for him and his family had a Celebration of Life. He will be missed.

Elise Funk

Married to her dear husband, Forrest, for 61 years, Elise suffered from dementia the last few years. She leaves her son, three daughters and their families. An active woman, Elise spent 40 years as a leader of the American Association of University Women (AAUW). She was also active in her sorority where she volunteered and raised funds for worthy causes. After moving here she worked to make the Twelve Bridges Library a reality. She also enjoyed her FEATS group (Friends Eating and Talking Simultaneously). Traveling and gardening were special interests. Elise will be remembered for her kind and thoughtful nature.

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.

Pay Your Quarterly Dues Electronically

When you sign up for preauthorized electronic payments, your Association will process your payments in the first few days of each calendar quarter through the Federal Reserve System's ACH program. Your payments are sent automatically from your bank directly to Community Association Banc.

A simple one-page form is all it takes. Please go to the resident website, the Membership Desk (OC), or call Marcy at 625-4024 and sign up today to receive the peace of mind knowing your assessments are paid on-time every quarter.



Photos from Catch A Wave, The Beach Boys Tribute Show, clockwise from top left: Catch A Wave Band Members, Backstage Amphitheater Volunteer Mike Sinseri, Band Members up close, Chillin' out at the concert; audience of all ages having fun





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

Entertainment

—Comedy/Magic—

The Hilarious, Observational Comedy of Cary Long Tuesday, July 21 — 5321-05

Cary Long is a fresh face on the comedy scene. He got his start on the hit television show “Star Search.” He has since performed in Las Vegas, “Evening at the Improv,” “VH-1 Stand-up” spotlight with Rosie O’Donnell, “Showtime Comedy Club Network,” and two appearances on the “Tonight Show” with Jay Leno. Cary’s comedy is observational, getting his inspiration from people he sees that day. “Cary’s act is full of everyday situations that everyone can relate to and most of all... he is clean! A must see!”—Fran Poole, *Atlanta Journal & Constitution*. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$14.** General admission, \$12.



Comedy Night at KS: Randy Riggle Thursday, August 13

6:00 PM performance — 5313-06A

8:00 PM performance — 5313-06B

Randy Riggle is a nationally touring stand-up comedian and has opened for acts such as Bob Dylan, Jerry Seinfeld, Ellen DeGeneres, Red Skelton, and Jerry Lewis. His combination of innovative style, quick wit, and brilliant impressions has made Randy popular with all types of audiences for many years. This talented comedian has appeared nationally on all three major networks including NBC, ABC, and CBS. He has been a contributing writer for the “Tonight Show” host Jay Leno and is currently touring the country with his one-man show “Nostalgia.” 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, \$14.**



Magician and Comedian Ryan Kane Thursday, September 10

6:00 PM performance — 5310-07A

8:00 PM performance — 5310-07B

Join us for an evening of magic and comedy with the award winning magician from San Francisco, Ryan Kane! Ryan is known for his charm and commanding energy onstage. He began learning magic in 1995 when he was six years old and would spend his childhood grasping the fundamentals of this sophisticated and complex craft. In his early teens, Ryan



began using his magic and bright personality to gather audiences on the streets of Old Sacramento. The results of these challenging early performances are evident today in his quick wit and charm. In 2012, Ryan took first place in the San Francisco Stage Magic Competition. 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.** After August 14, \$14.

—Concerts—

Summer Amphitheater Concert Series: The Sun Kings: A Beatles Tribute as Nature Intended Friday, July 17 — 5015-4D

Audiences and critics alike love Northern California’s favorite *Beatles* tribute, *The Sun Kings!* *The Sun Kings* are not a traditional *Beatles* tribute band—they don’t wear fake mustaches or costumes onstage. Their tribute is within the uncanny sound and their energetic spot-on recreation and spirit of the music covering the *Beatles* early career to their breakup in 1970! Close your eyes and imagine the *Beatles* at the beginning of their career, during their Hamburg days, before the suits, haircuts, and fame. Couple the energy and drive of those early performances with the diversity of all the *Beatles* records you know so well. Put it onstage and you have a *Sun Kings* show that will leave you screaming for more! General admission, \$19.



Two-Time Grammy Winner Mads Tolling A Celebration of Instrumental Hits from the 60’s Mad Men Era Monday, July 27 — 5327-05

Internationally renowned violinist Mads Tolling returns to Sun City Lincoln Hills with his newest program entitled “Mads Men: A Celebration of Instrumental Hits from the 1960’s Mad Men Era.” A cool jazz sound from this world-class quartet, consisting of Mads, Colin Hogan on piano, Sam Bevan on bass, and Eric Garland on drums, this fun and exciting show includes popular TV & Movie Themes and Top 10 hit recordings from the 1960’s including “Mission Impossible,” “The Pink Panther,” and “Meet the Flintstones,” to “Georgia On My Mind” and the theme from “A Summer Place.” A must see for music lovers! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$21.** General admission, \$19.



Continued on page 44

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Summer Amphitheater Concert Series: Tom Drinnon: The Best of Country

Friday, August 7 — 5015-4E

Nashville Recording Artist Tom Drinnon will wow you with his renditions of songs from the best country singers with special guest Shelly Jachetta. Sing and line dance



to songs from George Strait, Garth Brooks, Johnny Cash, Tim McGraw, and more. Catch Tom's concert before he makes it big in the recording industry! Doors 6:30 PM; show 7:30 PM. General admission, \$17.

Summer Amphitheater Concert Series: Gary Lewis and the Playboys, Live!

Friday, August 21 — 5015-4F

Live in person! The one and only Gary Lewis and The Playboys will mesmerize you and take you down memory lane. With eight Gold Singles, 17 Top 40 hits, four Gold Albums, 45 million records sold worldwide, and beating Elvis Presley and Frank Sinatra in 1965 as "Cash-box Magazine's Male Vocalist of the Year," Gary Lewis will have everyone in



the audience singing along to his hits. Where were you when "This Diamond Ring," "Count Me In," or "Save Your Heart for Me" hit the charts? Relive those wonderful memories and get ready to have fun! Doors 6:30 PM; show 7:30 PM. General admission, \$30.

A Legend Lives On! The World Famous Glenn Miller Orchestra®

Tuesday, August 25 — 5325-06

The World Famous Glenn Miller Orchestra® is the most popular and sought after Big Band in the world today, both for concerts and swing dance engagements.



With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. The present Glenn Miller Orchestra was formed in 1956 and has been touring consistently ever since. The 18-member ensemble continues to play many of the original arrangements from the civilian band and the Army Air Force Band libraries, as well as more modern selections arranged in the Glenn Miller style and sound. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$23.** General admission, \$21.

Continued on page 47

Summer Amphitheater Concert Series Guidelines

ADA: Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access. All other ADA patrons are encouraged to use the roped off section to the right of the paved area, in front of the walkway.

Admission: Wristbands must be worn during concert. **Online buyers can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands and Series T-Shirt in advance from the Orchard Creek Activities Desk—receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

Admittance: Doors open at 6:30 PM.

Chairs/Seating: Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **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 at 6:30 PM. **Chairs placed prior to 5:00 AM, or exceeding height maximum will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Please put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at left of stage.

Concert Changes: If there are any changes, notifications will be sent out via eNews.

Dancing: Dancing in front of raised stage permitted. This may slightly obstruct view of patrons seated on Amphitheater's bottom tier.

Entertainers: Please be respectful of performers/singers/entertainers by avoiding physical contact of any nature with them during performances.

Food & Beverage: No-host bar and concessions available starting one hour before concert begins.

Not Allowed: High-back chairs that exceed 36 inches, outside food or beverage, cans, glass bottles, ice chests/coolers/picnic baskets, umbrellas, smoking, E-cigarettes, pets.

OC Fitness Center/Pool: Closes at 6:30 PM.

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, water in factory-sealed bottles.

Show Cancellation: **All sales are final.** In the case of unexpected "Acts of God," "Force Majeure," local authority-related, or any other unforeseen situations that prevent the event from safely being held, **no refunds or exchanges will be issued.**

Ticket Pricing: Located in individual articles in Entertainment section. No child pricing.



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**Summer Amphitheater Concert Series:
Hot August Night: A Neil Diamond
Celebration**

Featuring Dean Colley

Friday, September 4 — 5015-4G

If you like Neil Diamond, you cannot afford to miss Dean Colley's entertaining show, *Hot August Night!* Dean Colley's incredible resemblance in sight and unique voice capture Diamond's fierce passion and energy. The concert will feature your favorite Diamond classics such as "Sweet Caroline," "Song Sung Blue," "Shilo," "Kentucky Woman," "I Am I Said" and songs from Neil Diamond's August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe and Asia to enthusiastic audiences. Doors 6:30 PM; show 7:30 PM. General admission, \$20.



They have performed at various venues including the Berkeley and Boston Early Music Festivals. They will present a program of works by Baroque masters such as Telemann and Bach. Closing the series on December 8, will be **The Sacramento Opera Christmas Carolers**, the official Chorus of the Sacramento Philharmonic. They recently had the honor of being the chorus for Andrea Bocelli during his June concert at Sleep Train Arena. This talented group of opera singers will present a program that ranges from sacred to funny and everything in between, including holiday favorites like "White Christmas" and "Silent Night." **Limited Series Package tickets only will be available for sale at the Activities Desks until August 14 at \$39 for all three shows.** Series patrons will enjoy the same reserved seats for all shows. Individual shows at \$15 each will be on sale online and at the Lodges starting August 15. Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS).

KS Music Night Presents

Fall Classical Series

Azure Artists String Quartet

Tuesday, September 15 — 5315-07

Baroque Masters

Thursday, November 12 — 5315-07

Sacramento Opera Chorus

Tuesday, December 8 — 5315-07

We are pleased once again to present some of the finest classical musicians in the Sacramento area in a three concert series performed at the P-Hall, (KS). First in the series is **The Azure Artist String Quartet** directed by Coco Cocozzella, a group of acoustic musicians who play both classical and contemporary music. This accomplished group consists of two violins, one viola, and one cello. Their program will consist of a variety of music from Mozart to Hedwig's Theme from Harry Potter. November 12 offers a performance by the **Baroque Masters**, a group consisting of harpsichordist Faythe Vollrath, cellist Tim Stanley, violinist Naomi Rogers-Hefley, and flutist Cathie Apple.



**Summer Amphitheater Concert Series:
Fleetwood Mask:**

The Ultimate Tribute to Fleetwood Mac

Friday, September 18 — 5015-4H

Fleetwood Mask band, formed out of a mutual love and respect for *Fleetwood Mac's* music and story, comes from the Bay Area with decades of professional music and theatrical experience combined. Mick Fleetwood, founder of *Fleetwood Mac* gives the band his personal endorsement because of the passion and style found in their live performances. The group authentically recreates the *Fleetwood Mac* concert experience, covering music that spans from the mid 60's to the band's latest releases, as well as Stevie Nicks' solo smash hits. Fans go wild when they hear "Landslide," "Say You Love Me," "Songbird," "Gypsy" and more. Get ready to be blown away, asking for more, as we wrap up our summer series. Doors 6:30 PM; show 7:30 PM. General admission, \$18.



Day Trips & Extended Travel



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

Day Trips

—**Casino/Races**—

Reno Silver Legacy — Hot August Nights

Thursday, August 6 — 1941-05

Enjoy a day trip to Hot August Nights in downtown Reno! Visit the Silver Legacy Hotel & Casino for the day and you'll get



\$10 gaming credit & \$5 food credit. Try your luck at the slots or check out classic cars and vendors outside in the blocked off streets. It's a day to do as you wish with plenty of indoor options including the National Automobile Museum and Big Boy's Toy Store at the Reno Events Center. Leave OC 8:00 AM, return ~ 6:30 PM. \$37.



Colusa Casino

Thursday, September 10 — 1950-06

Enjoy a drive in the country and view one of the world's smallest mountain ranges, the Sutter Buttes, on our way to resident favorite Colusa Casino. Receive casino credits: New members \$15; current members \$10 plus any



Continued on page 48

additional based on prior play. All residents and their guests over 50 years of age will receive \$5 additional slot and \$5 food credit towards the buffet. There may be additional promotions in September. *Casino promotions subject to change.* Five-hour stay at casino. Leave OC 9:00 AM, return ~ 5:00 PM. \$23.

Off to the Races

Thursday, September 24 — 1846-06

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 sumptuous 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. Sample buffet menu available at Activities Desks. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.



—Festivals—

QuiltFest

Thursday, October 15 — 1730-07

Open to all residents! Join the Needle Arts Group for a trip down to The Pacific International Quilt Festival held at the Santa Clara Convention Center. It offers a spectacular display of over 800 quilts and works of wearable and textile art on display. This well recognized and largest quilt show on the west coast has more than just amazing works of art. A 300-booth Merchants Mall can be found with the best in fabrics, notions, machines, wearable art and everything for the quilter, artist and home sewer. The festival also features workshops and lectures presented by an international teaching staff. Meals on your own. Enjoy a full day from opening to closing! For additional information regarding workshops, etc., check the website www.quiltfest.com. Leave OC at 7:15 AM, return ~ 9:00 PM. Rest stop scheduled both directions of trip. \$63 (includes admission).



—Food/Wine—

Best in the West—Rib Cook-off

Thursday, September 3 — 1821-06

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

This cooking competition at Victorian Square in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also



Continued on page 52

Important Information: Entertainment, Trips, Classes

- **Registration:** Required for all activities unless otherwise noted. Resident finger vein or I.D. is required for registration at the Desks. **All sales are final.** SCLHCA Rules and Regulations states "Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded." Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

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

- **Weather:** Association trips and 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.

- **Activities that include a Meal:** Please advise the coordinator/monitor if you have any dietary restrictions upon registration. We will work with vendors for your dietary accommodations.

- **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.

- **Show Time:** For Entertainment, doors open 30 minutes prior to show time unless noted.

- **Premium Reserved Section Seating:** No need to wait in line before a show. Limited premium seats available for all Ballroom shows.

- **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.

- **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.

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—Performances—

Just Added! Hair
A Music Circus Production
Thursday, August 20 — 4562-07



Trip is open to residents and guests immediately! The last show of the Music Circus summer season, watch the musical that helped define a generation and introduced rock 'n' roll to Broadway. Set against a backdrop of the Vietnam era, a group of late 1960s youth join a social revolution and "Let the Sun Shine In." It takes place in a turbulent era in America's history. It includes draft-age youth rebelling against society and, specifically, the Vietnam War; simulated drug use; brief nudity; profanity; questioning of religion; blatant sexual positioning; refusal of authority; racial stereotypes and slurs of the era; exploration of sexual orientation and identity. Show is held at the air-conditioned Wells Fargo Pavilion in Sacramento performed in a "Theatre in the Round." Leave OC at 6:15 PM, show 7:30 PM, return ~ 11:00 PM. \$93.

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\$564 Gold Seating — 4624-04
\$441 Silver Seating — 4625-04
\$330 Bronze Seating — 4626-04

Michael Pollan
Tuesday, September 29

Michael Pollan is a journalist and one of the most influential figures in the food world. For over 25 years he has been informing us about the places where nature and culture intersect: on our plates, in our farms and gardens, and the evolution of food in our diets. He has been called one of the top 10 "new thought leaders."



Dr. Michio Kaku
Tuesday, October 20

Dr. Michio Kaku is a theoretical physicist, renowned futurist and popularizer of science. During high school, he famously built an atom



smasher in his parent's garage. Dr. Kaku can be seen regularly on television, explaining natural phenomena to non-scientists. He has the ability to make complex scientific ideas not only understandable but fascinating.

Jane Pauley
Tuesday, November 17

Jane Pauley is a television anchor and journalist. In 2004, Pauley wrote movingly and publicly acknowledged her struggle with bipolar disorder. Last year she published *Your Life Calling: Reimagining the Rest of Your Life*, stories of people reinventing their lives and careers in middle age to do work they love. While better known for her tenure on NBC's Today Show and Dateline NBC, Pauley is now a contributor on CBS News Sunday Morning.



General Wesley Clark (Retired)
Tuesday, January 19, 2016

Wesley Clark is a retired four star General and one-time candidate for the Democratic presidential nomination. With a keen insight into modern warfare and issues presented around the globe, General Clark's knowledge on foreign affairs and military engagements will give us a glimpse into the challenges facing our world today.



Malcolm Gladwell
Tuesday, February 16, 2016

Malcolm Gladwell is a master storyteller in a genre he created: illuminating the secret patterns behind every day phenomena, such as how ideas spread (*The Tipping Point*), the roots of success (*Outliers*), and his latest, *David and Goliath*, on the advantages of disadvantages. He is the author of five *New York Times* bestsellers, a staff writer for *The New Yorker*, and was named one of *TIME* magazine's 100 most influential people.



Mark Kelly and Gabby Giffords
Tuesday, April 5, 2016

Gabby Giffords is a former Congresswoman and her husband, Mark Kelly, is a Navy captain and NASA astronaut. Mark and his identical twin brother Scott will have just completed NASA's study of the effects of a year in space, with Scott on the international space shuttle while Mark remained on Earth. Mark and Gabby's individual stories are captivating: Mark facing danger as a Navy pilot and in space, Gabby on presumably safer ground, in Congress. As individuals, they show how optimism, an adventurous spirit, and a call to service can help change the world; as a couple, they are a national example of the healing power of shared love and courage.



Continued on page 55

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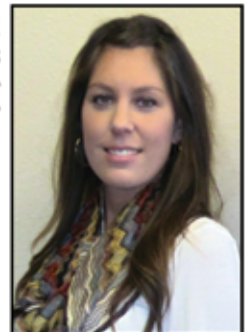


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"Elf" The Musical

Tuesday, November 10 — 4561-06A

Elf is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic is sure to make everyone embrace their inner Elf. \$93.



Pippin

Tuesday, December 29 — 4531-06B

Pippin is Broadway's high-flying, death-defying hit musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of Wicked, Pippin will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards® including Best Musical Revival. Hailed as "an eye-popping, jaw-dropping extravaganza," it's unlike anything Broadway has ever seen! Come experience Pippin, one young man's journey to be extraordinary. This captivating new production features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics. Pippin is noted for many Broadway standards including "Corner of the Sky," "Magic To Do," "Glory," "No Time at All," "Morning Glow," and "Love Song." Join us for a magical, unforgettable new Pippin. \$93.



The Little Mermaid

Tuesday, February 2, 2016 — 4561-06C

Disney storytelling at its best! Music by the team from Disney's Beauty and the Beast, including "Part of Your World" and "Under the Sea." Unsatisfied with her life at sea, young mermaid Ariel longs to experience the human world above. The classic love story captivates audiences of all ages. \$93.



Book of Mormon

Tuesday, March 15, 2016 — Sold Out

Check the future issues of the *Compass* for additional date. No charge to add your name to the wait list.



Newsies

Tuesday, April 12, 2016 — 4561-06E

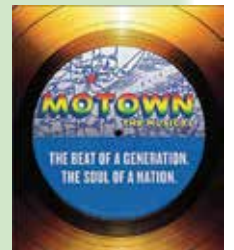
They delivered the papers, until they made the headlines... Direct from Broadway comes Newsies, the smash-hit, crowd-pleasing new musical from Disney. Winner of the 2012 Tony Awards® for Best Score and Best Choreography, Newsies has audiences and critics alike calling it "A musical worth singing about!" (*New York Times*). Filled with one heart-pounding number after another, it's a high-energy explosion of song and dance you just don't want to miss. Based on true events, Newsies tells the captivating 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. \$93.



Motown the Musical

Tuesday, May 24, 2016 — 4561-06F

It began as one man's story... became everyone's music... and is now Broadway's musical. Motown The Musical is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough," experience the story behind the music in the record-breaking smash hit Motown The Musical! \$93.



—Sports—

San Francisco Giants — Sold out

See your World Series Champions San Francisco Giants in the comfort of club level seats! Club level seats are wider with more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on the side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. *No cans, glass bottles, alcohol, or hard-sided*



Continued on page 57



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coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection. See individual games for departure times and seating location. \$141.

- **Giants vs. Washington Nationals**
Sunday, August 16 — **Sold Out**

Seats located in Club Level 230 & 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.

- **Giants vs. St. Louis Cardinals**
Sunday, August 30 — **Sold Out**

Seats located in Club Level 230. Depart OC 9:15 AM (1:05 PM game time). Return 7:30 PM.

- **Giants vs. L. A. Dodgers**
Thursday, October 1 — **Sold Out**

Seats located in Club Level 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.

Oakland A's

Time for A's baseball! We've obtained field level seats on the first base side to see cross town rivals San Francisco Giants! Ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Game time 1:05 PM. Depart OC at 9:45 AM, Return ~ 6:45 PM.



- **Oakland A's vs. San Francisco Giants • \$92**

Sunday, September 27 — **6320-01D**

Seats located Field Level Section 106.

River Cats

The River Cats are now affiliated with San Francisco Giants as their AAA farm team with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? We have four River Cats games to enjoy at the beautiful Raley Field in West Sacramento. Senate Box seating, section 111 or 110. All games depart at 5:45 PM ~ return 11:30 PM. \$50 per game.



- **River Cats vs. Las Vegas 51's (New York Mets)**

Tuesday, July 28 — **Sold out!**

- **River Cats vs. Reno Aces (Arizona Diamondbacks)**

Tuesday, September 1 — **6271-03D**

—Tours/Leisure—

San Francisco for the Day

Wednesday, July 29 — **1840-05**

"The coldest winter I ever spent was a summer in San Francisco." Mark Twain. Get out of the valley heat and enjoy a day trip to the heart of San Francisco in Union Square. Time to shop, or meet friends and partake of a nice lunch. (Macy's coupon (10% off) included.) To make your shopping more comfortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load packages from your morning purchases. You are free



to do with the time as you wish. Leave OC at 9:00 AM, return ~ 8:00 PM. \$37.

Stanford University and Canton Arts Center Museum

Wednesday, August 12 — **1760-05**

Spend an hour with a student guide exploring the highlights of Stanford's beautiful campus in Palo Alto. Walking tour covers central campus, including, The Main Quad (historic and academic center of campus), Memorial Church, Science & Engineering Quad and White Plaza. After our tour of the campus, we'll visit the Cantor Arts Center at Stanford. The museum's diverse collections span continents, cultures, and 5,000 years of art history and include one of the largest presentations of Rodin bronzes outside Paris. Lunch on your own at Tresidder's Union Food Court, or bring your own. Limited to 40 people. Rest stops both directions of trip. Leave OC 7:30 AM, return ~ 7:15 PM. \$68.



Sausalito Floating Homes Tour

Saturday, September 12 — **1840-06**

Visit the famous and colorful Sausalito Floating Homes for their 30th Annual Open House Tour. Learn about living on the waterfront and enjoy the various talents of the numer-



ous artists who reside there. Each home is unique and there are many homes on tour for the first time this year. Docents are on board the homes to answer your questions about the waterfront lifestyle. We will be joined on the bus by a recent transplant to Lincoln Hills who was actively involved on the board of directors for the homes tour who will provide us with a personalized insider's perspective on the event. The homes are as different and eclectic as you can possibly imagine—from large floating mansions to small and creatively designed places. Tour at your own pace. Free entertainment. Lunch on your own at event with vendors or café at docks. Artwork will be on sale. Leave OC at 8:00 AM, return ~ 6:00 PM. \$93 (includes admission).

Rosie the Riveter WWII Home Front

National Historic Park

Tuesday, September 15 — **1762-06**

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. An unusual urban national park, the Rosie the Riveter/WWII Home Front National Historical Park is located on the waterfront in Richmond, CA. It is the flagship national park for telling stories of the home front efforts



Continued on page 59

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San Francisco — Pier 39/Fisherman's Wharf Wednesday, September 16 — 1844-07

Enjoy a special excursion to Pier 39 and Fisherman's Wharf. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have a nice meal, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 9:00 AM, return ~ 8:00 PM, \$37.



California Capital Airshow Sunday, October 4 — 1930-07

Don't miss your chance to see two of North America's Elite Military Jet Demonstration Teams in one place! See the USAF Thunderbirds in their signature formation flying and the Royal Canadian Air Force Snowbirds in thrilling and graceful action! The California Capital Airshow is celebrating their 10th anniversary as Sacramento's premier airshow held at Mather Field in Rancho Cordova. They've brought back the large chalet tent with an included buffet and soft beverages this year that includes seating in the tent or outside at tables with umbrellas near the airshow center for best viewing. VIPs entrance and up front bus drop off and parking along with private restrooms for chalet guests only. Docents and airshow staff will be available for assistance and questions. Enjoy aircraft displays and speak to pilots, crewmembers and see crazy aerobatics. Skip the traffic and parking hassles and join us for this spectacular airshow. Buffet menu available at activities desk or online. Leave OC at 8:30 AM, return ~ 5:30 PM. \$112.



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

Fleet Week is back! We've reserved space with Hornblower Cruises for your enjoyment of the festivities. Streets are



crowded so we've opted for the cruise only. You'll be in awe as the Navy Blue Angels soar right above you on the bay 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, and enjoy the best views of the Blue Angels' show. Be sure to dress in layers and bring a jacket as it can get 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 and we'll give plenty of time after returning to the dock to get to the bus for departure. There will be a rest stop on way home. Leave OC at 10:00 AM, return ~ 8:30 PM. \$152.

Carolands Mansion Wednesday, October 21 — 1785-07

Join Katrina, your Trip Coordinator, for a rare and exclusive group tour of the Carolands Estate in Hillsborough. We are fortunate to get this opportunity as group tours have since been suspended and individual tickets are by lottery. If you've seen the documentary on PBS "The Heiress and Her Chateau" you know what a special treat we will experience. Carolands is now recognized as one of the great architectural masterpieces in America. The curator led tour is broken up into small groups and focuses on Carolands' rich historical background and classical architectural traditions. Guests glimpse both the "Upstairs and Downstairs" experiences of those residing in one of the last of the Gilded Age mansions. Walking tour is 90 minutes plus and involves as many as 100 steps, both up and down. Due to the historical nature of the Mansion there are no handrails on the stairs. For safety and protection of antique floors, guests are asked to wear flat shoes (**no heels**) and there are no scooters allowed. Lunch is included at Il Fornaio in Burlingame prior to the tour. Choose lunch entrée at time of seating. Menu available at Activities Desk or online. Trip is limited to 33 people. Leave OC at 8:15 AM, return ~ 7:45 PM. Rest stop scheduled both directions of trip. \$118.



—Overnight & Extended Travel—

Lake Tahoe Shakespeare & Lake Cruise Tuesday, August 18-Wednesday, August 19 — 1970-04

Experience the enchantment of the Lake Tahoe Shakespeare Festival at Sand Harbor State Park with Lake Tahoe as the backdrop! This year's show is "Romeo & Juliet," Shakespeare's tragic tale of love and loss. Enjoy reserved seats, boxed dinner before the show with a choice of *Tri-Tip Sandwich or Roasted Turkey, Brie & Cranberry on Ciabatta*. Vegetarian



Continued on page 62

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option available on request. (Complete menu available at Activities Desk. Food choice required at registration.) Enjoy coffee or hot cocoa and dessert at intermission! Stay at the new Hard Rock Hotel Lake Tahoe! We'll also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included luncheon deli buffet before we head home. A signed liability waiver is required for each participant. Play is held outdoors next to lake so layer up. Leave OC at 1:00 PM August 18, return ~ 5:00 PM August 19. \$318 per person double occupancy. \$392 single.



overnight trip, the sumptuous buffet or the award-winning Roxy Restaurant with your choice of *House Filet Mignon*, *Cedar Planked Salmon*, *Sticky Lemon Chicken* or *"The" Pork Chop*, and includes a first course and dessert. Choose food option at time of seating. Complete menu at Activities Desks. Breakfast at the buffet is included the next morning before a mid-morning departure back to LH. Leave OC at 11:30 AM, Tuesday, September 22, return Wednesday, September 23 ~ 1:15 PM. A signed liability waiver is required for each participant. Price options per person based on dinner choice: **Buffet \$142 double occupancy/\$172 single — 1971-06A** **Or Roxy \$162 double occupancy/ \$192 single — 1971-06B**



Eldorado Overnight—Cirque Show!

Tuesday, September 22 to
Wednesday, September 23 — 1971-06A or B

"Saltoriya," which means "feel-good sensations" in Italian, is a new theatrical cirque show comprising awe-inspiring acclaimed performers, acrobats, daredevil stunts and comedy in an exhilarating, uplifting experience. This show pushes the envelope with entertainment of the highest caliber in the perfect melding of circus and theater, brought to life by an original musical score and surrealistic characters. We are arriving early enough to offer two dining options for this



Sold Out Trips thru August 20

Trip • Date • Departure Time

- **Eldorado-Tap Factory**
Thursday, July 23—12:00 PM
- **Rivercats vs. Las Vegas 51's**
Tuesday, July 28—5:45 PM
- **West Side Story**
Wednesday, August 5—6:15 PM
- **SF Giants vs. Washington Nationals**
Sunday, August 16—9:00 AM
- **Phantom of the Opera**
Thursday, August 20—10:45 AM

Activities Department Classes



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

Art

—Drawing—

Beginner Drawing

Thursdays, August 13-27— 132215-07

10:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live



demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at the Activities Desks and online.

—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, August 5-26

9:00-11:30 AM Class — 113115-07

Or 1:30-4:00 PM Class — 113215-07

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure.

Continued on page 64

Meridians

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Tuesday August 4

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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 works in private collections across the U.S. More info: www.artistmarilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



Painting Pastels and Oils with Barry Mondays, August 3-31 — 105115-07

9:00-11:30 AM (OC). \$52 (four sessions; no class August 17). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks and online. Or on instructor's website. www.pastelpainter.com.



—Painting on Silk—

Introduction to Silk Painting Thursday, July 16 — 121115-06

1:00-4:30 PM (KS). \$52. Instructor: Conné Hoffman. All supplies provided. Try something new with vibrant color on silk. Conné Hoffman is an award winning silk artist. This class will be taught with the gutta serti method and with this easy technique you can paint scarves or many paintings. You need not know how to draw. If you can trace a pattern and paint within the lines you can paint on silk. You will leave the class with a finished painting.

—Watercolor—

Beginning Watercolor Painting Thursdays, August 6-27 — 132115-07

1:00-4:00 PM (OC). \$60 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; 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: Dutch, English, and 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. Supply list available at the Activities Desks and online.

Bridge

Bridge — Competitive Bridge Intermediate Level

Thursdays, August 20-October 8 — 164115-06

10:00 AM-12:00 PM(KS). \$75 (eight sessions).

Instructor: Laurie Vath. **Prerequisite:** Proficiency in the principles taught in the Bridge Plus class.

This class will focus on the competitive aspects of the game. It will include competitive bidding and strategy such as balancing, sacrificing, and leads. The class will be a combination of discussion and as much play as time permits. Join us to improve your skills and enjoyment of this fabulous game. Sign up early as class size is limited.



Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, August 5-26 — 206115-07

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling.

Prerequisite: Lladro requires a steady hand and concentration. A beginning and continuing class on how to paint porcelain figurines. 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.



Lladro Workshop

Wednesdays — Ladd3

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

Continued on page 66

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—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, August 4-25 — 212115-07

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

Advanced Ceramics

Tuesdays, August 4-25 — 212215-07

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. Self-motivated students/artists with established ceramic skills work on assigned projects under instructor's guidance and critique.



Assignments, projects, and technique demonstrations will be given by the instructor. About the instructor: Jim's Ceramics Arts expertise is continuously crafted through continuing education in nation-wide workshops providing Jim with tools to provide relevant and constructive critiques of students work.

Ceramics — All Levels

Thursdays, August 6-27 — 221115-07

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM or 1:00-4:00 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 or Beginning/Intermediate Ceramics class with Jim or All Ceramics class with Terry for at least three months in the past. Drop-in sessions are not for beginners and will not provide moderator instruction except for artistic advice, if asked. Sessions held in conjunction with the ongoing ceramics classes.

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

Crafts

—Card Making—

Intro to Card Making — Beginners

Wednesdays, August 5-26 — 317115-07

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't sure how to get started? Then this class is for you!

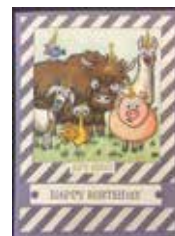


This class will teach you all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited; sign up early to reserve your space. All supplies will be provided.

Card Making Level 2—Intermediate

Tuesdays, August 4-25 — 317215-07

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of at least three-to-four months of Intro to Card Making 101 or have instructor's approval.



This class will build on your card making skills, while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

Card Making Level 3 — Intermediate-Advanced

Mondays, August 3-24 — 317415-07

Or Fridays, August 7-28 — 317315-07

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. **Prerequisite:** Completion of Intro to Card Making 101 and Level Two class or has instructor's approval.



This class is for the more experienced card maker, and will continue to build and explore different card making techniques, die cutting machines and much more. Class size is limited, sign-up early to reserve your space in the class. All supplies and equipment will be provided.

Continued on page 69

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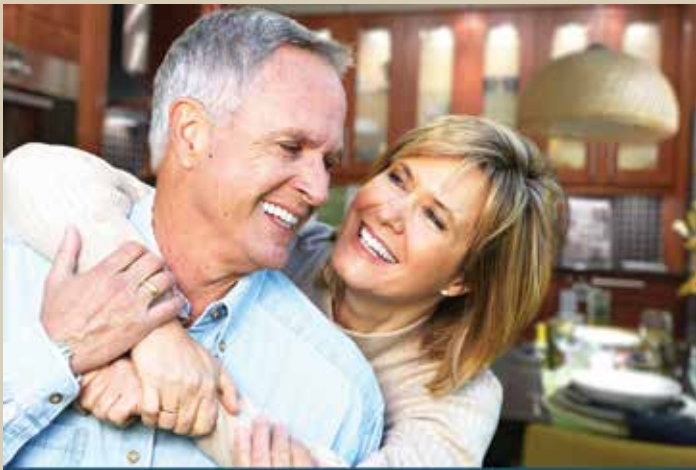
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Thursday, July 23 — 302015-06

9:00 AM-12:00 PM (KS). \$30. Instructor: Jonelle Tannahill. Supply fee: \$20 payable to instructor. Get creative with needle felted beaded necklaces. This month's project is light weight for travel, comes in more than 10 beautiful summer colors and are easy and fun to make—you only need a few grams of merino wool top and some soapy water (provided by the teacher). Instructor Jonelle Tannahill, from Impressions ReDesign, will walk you through the beading method, then you will create a felted beaded necklace (10 colors available to work with). For the second half of the class students will make an exquisite antique button ring. Jonelle hand-picked antique buttons to make a classic update on the "cocktail ring." Bring a few of your own buttons and seed beads so you can further enhance your artisan made project. You won't want to miss the creative fun!



Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, it is a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.

Beginning Clogging

Tuesdays, August 4-25 — 332115-07

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. New fall class will be announced later. 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.



Easy-to-Intermediate Clogging

Tuesdays, August 4-25 — 332215-07

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

Intermediate Plus Clogging

Tuesdays, August 4-25 — 332315-07

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

—Country Western Dance—

Country Couples Western Dance Beginner Level One & Two

Mondays, August 3-24 — 344215-07

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

Country Couples Western Dance Beginner/Intermediate Level Three & Four

Mondays, August 3-24 — 344415-07

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



Country Line Dancing

Fridays, August 7-28 — 346115-07

3:00-4:00 PM (KS). \$20 (four sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

—Dancing with Dolly—

Ballet/Lyrical

Thursdays, August 6-27 — 353515-07

5:00-6:30 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James. "We were all born to move to music. It's in our souls and bodies." Remember the abandon of letting music move through your body—feeling free? Master teacher Dolly Schumacher James encourages the "dancer within" as students learn the fundamentals of ballet and lyrical dance, in a gentle yet challenging way. Using music as motivation, students will learn to express themselves through movement. Both styles of dance develop



Continued on page 70

core strength, flexibility, co-ordination, and grace. Classes are designed for beginning and intermediate students. Feel the joy as your body moves to beautiful music and your spirit soars!

Performance Dance—Intermediate to Advanced Level
Fridays, August 7-28 — 354515-07

2:00-3:30 PM (OC Fitness). \$50 (four sessions). Instructor: Dolly Schumacher James.
Prerequisite: By audition or teacher’s approval only. Advanced dancers learn choreography in Jazz, Lyrical, Comedy, Funk, and Musical Theater in preparation for the Fall Musical and Holiday Shows.



—Hula—

Hula
Thursdays, August 6-27 — 390215-07

1:15-2:15 PM (KS). \$32 (four sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



—Jazz—

Jazz Class for the Beginner
Thursdays, August 6-27 — 353015-07

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. 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. Come join her! You’ll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie 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.

Jazz Technique 2
Tuesdays, August 4-25 — 353115-07

1:00-2:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class is for dancers with some basic dance training. Melanie has taught dancers from beginners to professionals.



She has danced professionally across the U.S. and Canada. Performing in USO shows in Europe, her favorite was on the USS Nimitz. You will laugh and smile while dancing to fun music that makes you move like nobody is watching. Join us! We dance to live and live to dance.

—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. We will run an eight-week session on a trial basis. Join Yvonne and Audrey for a fun class that will prepare you to advance to more challenging line dance classes in the future.



Intro to Line Dance

Will be announced in August Compass available for enrollment August 17

Line Dance I Beginner

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

- **Mondays, August 3-31 — 370115-07**
 9:00-10:00 AM (KS). \$30 (five sessions).
 Instructor: Yvonne Krause-Schenk.
- **Thursdays, August 6-27 — 360115-07**
 2:30-3:30 PM (KS). \$24 (four sessions).
 Instructor: Audrey Fish.
- **Fridays, August 7-28 — 380115-07**
 12:00-1:00 PM (KS). \$28 (four sessions).
 Instructor: Sandy Gardetto

Line Dance II — Beginner / Intermediate

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

- **Mondays, August 3-31 — 360215-07**
 5:00-6:00 PM (KS). \$30 (five sessions).
 Instructor: Audrey Fish.
- **Wednesdays, August 5-26 — 380215-07**
 9:00-10:00 AM (KS). \$28 (four sessions).
 Instructor: Sandy Gardetto.

Continued on page 73



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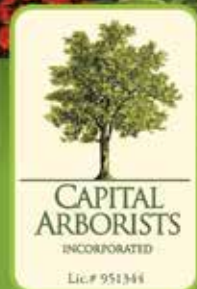
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Line Dance III — Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. 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, August 5-26 — 380315-07**
10:00-11:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.
- **Thursdays, August 6-27 — 360315-07**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, August 6-27 — 370415-07

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

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. Audrey’s Master’s 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—

Tap Classes with Alyson

Enjoy tap classes, make new friends, and 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.



New Workshop! Tap Blast!

Mondays, July 20 & 27 — 412215-05

11:00 AM-12:00 PM (KS). \$20 (two sessions). Instructor: Alyson Meador. Here’s your chance to discover whether tap dancing is for you without the investment. Join Alyson Meador as she teaches you the basics of tap. Test your comfort level if this is the right dance for you and make it your new hobby. No experience necessary and no need to have tap shoes for this two week session. Students, please wear hard sole flat shoes for the class. Once you discover you like it, then you are ready to enroll in Beginning Tap.

Beginning Tap

Thursdays, August 6-27 — 410115-07

11:00 AM 12:00 PM (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. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.

Technique Classes

Mondays, August 10-31 — 410515-07

10:00-11:00 AM (KS). \$32 (four sessions).

Tuesdays, August 11-25 — 410215-07

10:00-11:00 AM (KS). \$24 (three sessions).

Thursdays, August 13-27 — 410815-07

10:00-11:00 AM. (KS) \$24 (three sessions).

Tap for Fun with Jennifer

Saturdays, August 1-22 — 420115-07

9:00-10:00 AM (KS). \$32 (four sessions). Instructor: Jennifer Moore. New instructor and schedule with the same fun for all. Tap for Fun offers an opportunity for the student to review



Continued on page 75

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basic tap steps and learn more intermediate syncopated tap rhythms. The students will begin class with a warm-up followed by learning different combinations to all kinds of fun music from the 40's to today's hits! *About the Instructor:* Jennifer Moore is excited to be teaching at Lincoln Hills! She started dancing at the age of three and trained with the Duane Dancers in the Bay Area. Jen is trained in ballet and jazz, but her favorite style of dance is tap! She has appeared in many professional shows, including Royal Caribbean Cruise Lines and Steve Silver's "Beach Blanket Babylon." She was blessed with the opportunity to create and perform her own show at Dillon's Cabaret Theatre in New York.

Glass Art

Fusing Glass and Stained Glass Workshop

Monday, August 3 — GLASS

4:30-6:30 PM, Sierra Room (KS). \$15. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



Stained Glass

Mondays, August 10-31 — 494115-07

1:00-4:00 PM (KS). \$57 (four sessions). Supply fee: \$10, payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. 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, candle holders and other projects. 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. Lead glass technique now available. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working and teaching at Citrus Heights Stained Glass in Roseville.



Jewelry

—Beading—

Statement Multi-Strand Necklace

Tuesdays, September 8 & 15 — 513115-07

9:00 AM – 12:00 PM (KS). \$20 (two sessions). Instructor: Cathie Szabo. Can jewelry make a statement? You betcha! And with this necklace, you get to choose the kind of statement – big and bold or small and subtle. It's all in the choice of beads



– bead color and size provide the "words", you put them together for your very own statement! Go colorful, go neutral; guaranteed to be one of a kind just for you. This project is easy enough for beginners; experienced beaders will find this a way to use up their stash. Sign up early, get the materials list – most of the beads are from a local craft store so you can keep any eye out for sales plus use your senior discount!

—Silverware Jewelry—

Spoon Jewelry

Discover the art of spoon jewelry! Create beautiful pieces of jewelry made from a spoon or fork. Spoon Jewelry has been around for many years and was a cultural thing back in the 60's and 70's. Learn to identify the manufacturer, style and period, maker's mark, metal used, and some very interesting facts about silverware. Learn to use tools to cut, file, and polish. All supplies will be provided on the first session including silverware (plated), books and tools needed. For the second part of the workshop, students will supply their own spoon, perhaps something that has been handed down from mom or grandma or something you cherish and want to give to a loved one. Please bring a few silverware pieces and we will discuss them in class. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all around the country.



Bracelets

Mondays, August 17 & 24 — 542115-07

9:00 AM-12:00 PM (KS). \$52 (two sessions).

Music

—Guitar—

Guitar classes offered below are not accepting new students without instructor approval. Instructor moves the students to the next level based on skills evaluation. Beginning Level (1A) class will be offered in January.

Guitar 1B—Continuing Beginner Level

Mondays, August 3-31 — 535715-07

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1A (offered each January), or instructor approval: Bill 899-8383. 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. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed.



Continued on page 77

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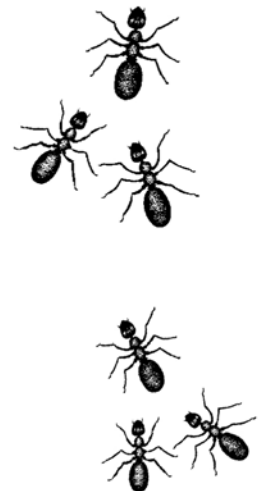


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Guitar 2A—Continuing Beginner Level

Wednesdays, August 5-26 — 535115-07

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1B or Instructor’s approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

Guitar 2B—Continuing Beginner Level

Wednesdays, August 5-26 — 535215-07

10:15 AM-12:15 PM (KS). \$48 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2A or Instructor’s approval. Class expands on lessons of Guitar 2A.

Guitar 3—Intermediate

Thursdays, August 6-27 — 535315-07

8:00-10:00 AM (OC). \$48 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor’s approval. Studies include reading music in the second, fifth, and seventh positions, learning moveable chords and chord patterns, strumming and advanced finger-picking and use of guitar pick.



Guitar 4—Advanced

Thursdays, August 6-27 — 535415-07

10:00 AM-12:00 PM (OC). \$48 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor’s approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, and quartets.

—Voice—

Singer Vocal Boot Camp Continuation

Fridays, August 7-28 — 536215-07

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. Learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.



Personal Improvement

—Driver Training—

AARP Driver Safety Refresher Training

Saturday, July 18 — 481115-05

9:00 AM-1:30 PM (OC). AARP members \$20, non-members \$25. Fee includes a \$5 Association administrative fee. Instruc-

tor: Paul Jessen. AARP Driver Safety Refresher Training, is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must have attended the full eight-hour class in the past in order to qualify to attend refresher training. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.



Two-day class: AARP Driver Safety Training Tuesday & Wednesday, August 11 & 12 — 481015-06

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP Driver Safety Training, is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.



Sewing

—Certification—

Bernina Serger Certification

Monday, August 10 — 591115-07

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

Bernina Sewing Machine Certification

Monday, August 10 — 592115-07

2:30-3:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



Continued on page 78

Janome Sewing Machine Certification**Monday, August 10 — 593115-07**

3:30-4:30 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.

Technology**—General—****YouTube****Friday, July 17 — 286315-06**

1:00-3:30 PM (OC). \$18. 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 to get more from this voluminous video site.

**RoboForm****Monday, July 20 — 286515-06**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. RoboForm is a password management and form filling program that automates password entering and form filling. Your RoboForm Master Password is the only password you must remember. When you first login to a website, RoboForm saves your login information. Once RoboForm has remembered your login information, when you revisit a website RoboForm logs you in automatically. RoboForm securely stores your personal information like names, addresses, and credit card information in order to fill web forms automatically. One \$9.95/year license allows you to use RoboForm on all of your Windows, Mac, and Linux computers and iOS, Android, and Windows mobile devices.

Google Play**Friday, July 24 — 286615-06**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. Google Play is Google's official online store for purchasing and downloading digital media such as music, magazines, books, movies, and television programs. All Google Play content is capable of being shared across Android devices as well as PC and iOS devices. 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. In this class instructor, Bob Ringo, will show you how to find your favorite apps and to have your favorite music, movies, and books available everywhere you have Internet access.

**—Genealogy—****Getting Started with Family Tree Maker 2014****Monday, July 27 — 285115-06**

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. After Bob Ringo's presentation you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree.

—SmartPhones and Tablets—**Introduction to SmartPhones****Tuesday, July 28 — 256215-06****Or Tuesday, August 25 — 256215-07**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. If you just bought an Android SmartPhone from Verizon, AT&T, T-Mobile, etc., (or a tablet) you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start.

**Android Intermediate****Wednesday, July 29 — 255315-06****Or Wednesday, August 26 — 255315-07**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Google's Android is outstanding on SmartPhones and Tablet Computers. Come to this seminar, connect to our Wi-Fi and discover how to customize your device and make it perform your way. We will go thru key device settings that let you do amazing things. We'll review Navigation, Accounts, Battery management, etc. We'll explore useful accessories, widgets, email, calendar, photos, music, maps, and apps in detail. On our large screen, you'll be able to easily see everything we discuss and recommend, then proceed to customize your own device. If you've had your SmartPhone for a while, this class for you.

Android Advanced**Thursday, July 30 — 255215-06****Or Thursday, August 27 — 255215-07**

1:00-4:00 PM. (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Ready to go beyond the basics. Your Android device is made to take advantage of "the cloud," and this course will get you

Continued on page 81

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—Social Media—

Facebook 101

Saturdays, July 18 & 25 — 272115-06

Or Saturdays, August 22 & 29 — 272115-07

9:00-11:00 AM (OC). \$40 (two sessions). Instructor: Janet

Dixon-Dickens. **Prerequisite:** Must have personal working email. 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.



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 July 17 at 8:00 AM.

WellFit Orientations

Free Orientation: WellFit Staff

Don't know where to start in the Fitness Centers? Sign up to take our free Orientation and learn how the Fitness Center works, and how to use a select number of pieces of the equipment safely and properly! Orientations are designed to educate you on all the offerings the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Saturday, July 18 — 700100-OB**
12:00-1:00 PM, Fitness Floor (OC)
- **Thursday, August 6 — 700100-07**
10:00-11:00 AM, Fitness Floor (OC)
- **Tuesday, August 18 — 700100-A7**
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, July 23 — 700100-K2**
4:00-5:00 PM, Fitness Floor (KS)
- **Wednesday, July 29 — 700100-K3**
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, August 12 — 700100-KC**
2:30-3:30 PM, Fitness Floor (KS)
- **Wednesday, August 26, — 700100-KD**
2:00-3:00 PM, Fitness Floor (KS)

Class Levels

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

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Nordixx Pole Walking

Tuesday & Thursday, August 18 & 20 — 750000-08

8:00-9:30 AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Benefits of learning optimal use of poles for walking, hiking, exercise and mobility: Power and endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function—walk with *attitude*; improve balance, confidence, coordination, bone density and posture—feel taller! Poles are sporty (and *fun*), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies, and get great exercise! Bring poles if you already have a set. Walking poles also available for each class at no charge, with option to purchase at final session. Register: Fitness Desks or online.



Disease Prevention & Management Session-Based Classes

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

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Diabetes Exercise Program (DEP 1)**Wednesday, August 5-26 — 878000-08**

3:00-4:15 PM, Aerobics Room (OC).

Four-week program, \$40. Instructor: Annamarie. 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.

**Spotlight On... Cardiac Pulmonary Exercise Program****Wednesday, July 22, 9:00-11:00 AM, P-Hall (KS)****Cardiac Pulmonary Exercise Program (CPEP 1)****Monday, August 3-24 — 880000-08**

3:00-4:15 PM, aerobics Room (OC) Four week program \$40.

Instructor: Annamarie Estevez. This class is designed for those with Cardiac Pulmonary Disease including post-rehab as well as those with a diagnosis of Cardiac Pulmonary Issues. Exercise is one of the best activities for Cardiac Pulmonary Disease, it can assist in reduction of body weight and the reduction of blood pressure. It reduces LDL cholesterol (bad cholesterol) and Increases HDL (good cholesterol) This class is designed as a circuit type cardio and strength class. Each class will include an exercise portions as well as an education portion. Topics will range from exercise safety to nutrition. Try a free introductory classes July 27.

Arthritis Class L2**Tuesdays, August 4-25 — 801000-8A****Wednesdays, August 5-26 — 801000-8B****Thursdays, August 6-27 — 801000-8C****Fridays, August 7-28 — 801000-8D**

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Lin Hunter. This class will boost your stamina, improve your flexibility, and strengthen your core muscles. Gentle strengthening of the muscles around the joints will help decrease joint pain. Some stand-



ing, balance, and marching is incorporated. We will end each class with relaxing guided imagery and breathing exercises. Class includes cardio and strength.

Mind and Body

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

Tai Chi L1**Tuesdays & Saturdays—Coming again in September!**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). 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—Coming again in September!**

10:00-11:00 AM, Aerobics Room (OC). 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—Coming again in September!**

2:45-3:45 PM, Aerobics Room (KS). 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.

Healing with Chi ("chee-gong") L1**Thursday, August 6-27 — 820706-08**

1:00-2:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Sherry Remez. Healing with Chi is an innovative Energy-based approach to restoring and sustaining health & Well-Being. CHI ("chee") Conscious Life Energy has been used

Continued on page 85

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INTERMEDIATE

August 5th, 12th, 19th & 26th
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Personal Growth

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

Living Through Transitions “The Legal Framework”

Saturday, August 1 — 823500-FE



This is a class for the support person only. 9:00 AM-12:00 PM, P-Hall (KS). \$35.

The Sudoku Series

Tuesday, August 25 — 870000-08

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



Self-Defense and Martial Arts

Tuesdays, August 4-25 — 815000-07

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills for needed varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



Tennis

Programs that provide learning the mental, physical and emotional side of the sport.

Instructor Eldon Wilson

Eldon Wilson is a P-1 USPTA Professional with over 25 years of teaching and extensive experience. He has directed teacher development courses, mental toughness clinics and coached many top ranked national players. He has also written for various tennis publications, is a public speaker, and has written a book, *The Accelerated Tennis Program*.



Cardio Tennis

Tuesdays, August 4-25 — 790401-08

8:00-9:00 AM, Court #11. \$35 (four sessions). Instructor: Eldon Wilson. This is a fun class that combines the best features of the sport of tennis ground strokes, volleys and more along with music while delivering an aerobic workout within the boundaries of the students in the class. Register: Fitness Desks or online.

Service Clinic

Saturday, August 8

2.5-3.0 players 11:00 AM-12:00 PM — 790400-09

3.5-4.0 players 12:00-1:00 PM — 790400-A9

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is. Register: Fitness Desks or online.

Strategy and Game Play

Saturday, August 22

2.5-3.0 players 11:00 AM-12:00 PM — 790400-10

3.5-4.0 players 12:00-1:00 PM — 790400-A0

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Strategy:* This clinic is designed to work positioning, shot selection as well as developing an understanding of the court and where to be. Register: Fitness Desks or online.

Pro Tennis Lessons

Sundays, August 23-September 27

Beginner 8:00-8:50 AM — 790700-05

Intermediate 9:00-9:50 AM — 790600-05

Advanced 10:00-10:50 AM — 790500-05

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



Continued on page 87

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Money Matters

How Much Money Do You Need To Have in Retirement Tuesday, August 25 — 870000-09

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. How much money do you need to have in Retirement? You are always told to save and save for retirement, but what's the end game? How long do you need to save, how much, and how do you figure out much you need? What if you are already retired and you have a certain amount saved up, how much income can it support and how do you calculate this figure? Once you figure out these numbers, what's the best way to invest your retirement funds? These questions and many more will be answered in this timely wellness class. Register: Fitness/Activities Desk or online.



Let's Talk About Advance Health Care Directives Tuesday, September 9 — 863100-09

9:00 AM-12:00 PM, Oaks and Gables (OC). \$30. Instructor: Marcia VanWagner. Every adult needs an Advance Health Care Directive. Regardless of age or health, none of us knows when a future event may leave us unable to speak for ourselves. What should I consider before completing an Advance Directive? What scenarios might I encounter that having an Advance Directive would help? How do I choose an agent? What is a POLST? Do I need one? How do I talk to my family about my wishes? This interactive class will explore all these questions with handouts and resource materials.



Getting Your Stuff Together: Organizing Your Estate Tuesday and Wednesday, September 1&2 — 863000-09

9:00 AM-12:00 PM, Oaks & Gables (OC). \$30 for both sessions + \$25 material fee paid to the instructor on the first day of class. Instructor: Marcia VanWagner. The unexpected happens unexpectedly. Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order so your planning will be known and your wishes carried out. It's important for others to know where you keep your "stuff." Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual Legacy Ledger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



Natural Healing Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. It's a new concept

in natural healthcare that gets results. Bowen addresses core issues, not just symptoms. Bowenwork is known for its profound, long-term effects. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica and knee problems. In essence, the practitioner helps your body heal itself utilizing the original Bowen technique, and it's safe and gentle enough for those with compromised health. Certified Bowen Therapist Natilee Riordan has always been passionate about people and about fitness, however it wasn't until an injury became a roadblock in her own pursuit of wellness that she realized she wanted to help people free themselves of pain and restore quality to their lives. Her goal is to assist others in reaching their fitness and overall wellness goals. *"The reason I exercise is for the quality of life I enjoy."*—Kenneth Cooper. For more information about Bowenwork or for an appointment, please contact Natilee Riordan at Bowenwork@schca.com or 625-4034.



Training Services

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. For more information regarding personal trainers and their rates and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.
- **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, July 29-August 24 — 835210-A8

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions). Instructor: Julia Roper. Are you curious about small group training? This class teaches the basic moves of the TRX with a sampling of bootcamp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



SGT—TRX Express L2

Tuesday & Thursdays, July 28-August 20 — 835211-A8

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



SGT—TRX Interval Training L3

Mondays & Wednesdays, July 29-August 24 — 835800-A8

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions).

Continued on page 88

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, August 3-26 — 835500-A8

2:00-3:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. 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 learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—"Fun"ctional Fitness L3

Tuesdays & Thursdays, July 28-August 20 — 835600-A8

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Deanne Griffin. Join us for a fun-filled class which incorporates strength training and high intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. TRX is a revolutionary method of leveraged bodyweight exercises. In this SGT 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, August 4-27 — 835300-A8

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. 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, August 3-26 — 835300-B8

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

structor: Milly Nuñez. Rise and shine to enjoy a challenging and fun SGT. A total body approach will be used to develop and build balance, coordination, and strength in your entire body. You'll use your own body weight and various pieces of equipment including TRX, Bosu, and more!

New! SGT—Morning TRX Bootcamp L2

Fridays, August 7-28 — 835200-A8

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Kathryn Shambre. Need to add another day to your current routine? This small group training will make use of the TRX to improve power, strength, flexibility, balance, and mobility just for starters! Other pieces of equipment may be used in this total body workout.

SGT—Bootcamp L3

Mondays & Wednesdays, July 27-August 19 — 835400-A8

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

Mondays and Wednesdays, August 3-26 — 835700-A8

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed to teach core strengthening with minimal strain and pressure to the lumbar spine and discs. Class will include flexibility (stretching correctly), lifting and squatting correctly, and education regarding the spine and mechanics. Participants must be able to stand for one hour and possess the ability to get up and down from the floor.

SGT—Healthy Back L2/L3

Mondays and Wednesdays, August 3-26 — 835701-A8

12:30-1:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class will progress from the exercises and principles taught in Healthy Back L1. We will focus on core strength, posture and balance. This class will challenge you by progressing from corrective flexibility and advancing to circuit training workouts that challenge every part of your body. We will use steps, stability balls, hand weights, tubing and TRX straps for workouts. Please bring water and a towel.

SGT—Balance & Fall Prevention L1/L2 Mondays & Wednesdays, August 3-26 — 835710-A8

2:00-3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.



Pilates Reformer Section

Prerequisite: All Pilates Reformer classes require completion of The Introductory Reformer Session L1.

Introducing Pilates Reformer Membership!

Pilates Reformer Membership Packages

Members receive priority enrollment in Reformer classes. Members select monthly classes based on their schedule and are not tied to a session format. Members select classes for the following month during the third week of the previous month. Additional classes may be added as a member. Non-members select classes (after members) on the fourth week of the month on a drop-in as available basis. Our Reformer packages are as follows:

- **Four-class membership package**
\$80 per month
- **Eight-class membership package**
\$135 per month
- **Add-on classes for member**
\$17 per class
- **Drop in classes for non-member**
\$25 per class
- **Introductory session**
\$30 for both member and non-member

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in Reformer Membership, speak with staff at the OC or KS Fitness Desks. These packages are not available online. A temporary month-long suspension of membership is available for those enrolled in the eight-class package.

Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A8

Fitness Floor (KS). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this intro-

ductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.



SGT— Reformer Basics L1

This class allows you to precisely 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 reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT Reformer Basics +

This class is a mixed level opportunity. It will work on Reformer basics but add difficulty in level appropriate to the individual. This is a great class to work on form and alignment as well as strength. Appropriate for all levels.

SGT — Reformer Intermediate L2

This class builds on Reformer Basics L1, 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 Basics L1 if appropriate.

SGT — Reformer Fit for Golf L2

Do you want to be able to hit the ball farther, straighter and with less chance of injury such as to the back, elbow and knee? Different pieces of equipment will be used to condition you like the pros!



Pre-Reformer for Special Population— Personal Training

\$50 one session (one-hour long). The Reformer is an invaluable tool for anyone with Scoliosis, Osteoporosis, Spinal Stenosis, or those in need of knee and/or hip rehabilitation. Spinal elongation breathing exercises, and strength and endurance work, will be utilized to reduce pain and improve lung and heart health for these special populations. Personal Training and Buddy Training available. To be referred to appropriate class, please contact Carol Zortman at 625-4032.

Punch Pass Class Descriptions

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

20/20/20 L3: Enjoy a class that offers a little bit of everything; 20 minutes each of fun cardio segments, strength exercises and

Continued on page 91

Reetu Sharma, M.D.,
Cardiologist



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stretches. A variety of cardio drills will be followed by strength exercises that cover all the muscle groups followed by a series of stretches to lengthen all of those muscles groups worked.

Aqua Fit L2: This is a shallow water class designed for all levels of aquatic fitness. Goals for the class are to increase cardiovascular health, strength, endurance, agility, balance, and flexibility while using the water's resistance to tone and define the body. This class utilizes music, fun, and water "toys" for a format that includes: warm up, conditioning, strength, cool-down, as well as toning, stretching and relaxation exercises. Hop in the pool for one hour of water fun and get a workout for everything from head to toe!

Aqua Pilates L1: The pool has become the 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.

Aqua Yoga L1: Refreshing water supports your body making it an amazing environment to experience yoga benefits. Increase blood flow and range of motion; develop strength and static balance while loosening tense muscles, joints and renewing energy. This is accomplished in coordination with breathing techniques to improve respiratory capacity allowing for a deeper sense of mind-body connection. Beneficial for those normally challenged on a yoga mat, with physical limitations or for de-stressing. Experienced yogis will notice the release of gravity and find a new element for the restorative practice to unwind and relax.

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 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!

Athletic Stretch L1-L2: Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from

these types of activities. Unwind before your day begins!

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.

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!

Chair Yoga L1: Experience a unique yoga style that adapts yoga positions and poses through the use of a chair. The chair offers support in seated, standing and reclined positions that allows students to safely perform yoga poses with more stability. Chair Yoga is suitable for all ages, fitness levels and physical conditions.

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 30 minutes of cycling followed by strength exercises 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

Continued on page 92

Program 2 is a class designed especially for those with diabetes who have completed either the Diabetes Exercise Program 1 or another education-based diabetes class. DEP2 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.

Everybody Can Aerobics L2: This class is perfect for those wishing to start a cardiovascular program. The easy to follow moves will be low impact and simple, no “fancy dance” moves. Light hand weights, and other strength training “toys” will be used to increase your total body strength. Come enjoy the benefits of a workout designed just for you!

Hatha Yoga L2: Experience a yoga class where you will feel energized, stretched and relaxed by the end of class. We begin with warm ups then move to standing poses and inversions which challenge balance and strength. The class will end with a guided deep relaxation and meditation. This is a challenging class that is open to all levels.

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!

iRest—Meditation for Yoga: 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.

Low Impact Aerobics L3: Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!

Low Impact Sculpt Interval L2: Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

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!

Piloga L2: Piloga blends Pilates and yoga. For 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.

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.

Relaxing Yoga and Meditation L1: 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.

Splash Dance L2: 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 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. Choreography includes 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 30 minutes total for warm up, cardio and cool down. The remainder of the class will be mat work and stretch.

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.

Continued on page 93

Wai Dan Gong: Wai Dun Kun is an ancient Chinese exercise. It is exercise that promotes your blood circulation, activating your organs, soothing your joints, energizing your body, and making

you feel great. It generates energy but does not use your energy. Practicing Wai Dun Kun 30-45 minutes every day, you will feel healthier, happier, and much stronger. Your body will tell you the

Continued on page 94

OC Aqua Wellfit Class Schedule July 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Jeannette		Water Works L2/3- Jeannette		Water Works L2/3- Annamarie		
8:30							
9:30		Water Works L2/3 -Deanne	Core n More L3-Annette	Water Works L3 -Deanne			
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 -Deanne	H2O Bootcamp L3- Annamarie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marilyn		AF Aqua L1- Annette		
12:30	Aqua Yoga L1- Annette		Aqua Pilates L1- Marilyn		Aqua Pilates L1- Marilyn		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Outside H2O Bootcamp L3 Annamarie	Water Works L2/3- Annamarie	Outside H2O Bootcamp L3 Annamarie	Aqua Pilates L1 Marilyn			

Pilates Reformer Class Schedule March Compass July 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:00							
7:30	Ref Basics L1 - Kirsti	Fit for Golf L1 - Robert		Fit for Golf L1 - Robert	Ref Basics L1 - Kirsti		
8:30	Ref Fit for Golf L2 - Robert	Ref Intermediate L2 Deborah	Ref Fit for Golf L2 - Robert	Ref Basics L1 - Gretchen	Ref Intermediate L2 - Kirsti		
9:30			Ref Basics L1 - Marilyn			Ref Basics L1 - Julie	
10:30	Ref Basics L1 - Valerie	Ref Basics L1 - Terri	Ref Basics L1 - Valerie	Ref Basics L1 - Terri			
11:30	Basics Plus L2 - Valerie	Ref Intermediate L2 - Terri	Basics Plus L2 - Valerie	Ref Intermediate L2 - Terri	Ref Basics + L1- L2 Valerie		
12:30							
4:30				Ref Basics L1 + L1-L2 - Lori			
5:00	Ref Basics L1 - Terri		Ref Basics L1 - Terri				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

difference after you practice a few times.

Water (H2O) Bootcamp L3: This high intensity bootcamp style class includes a variety of exercises to increase cardiovascular and muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

Water Works L3: Includes a variety of exercises to increase cardiovascular and muscular strength. Noodles and hand buoys may be used. This class is designed for an intermediate/advanced aqua fitness class member.

Yin Yoga L1-L3: When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately

stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

Yoga 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.

Yoga Basics L1: Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will
Continued on page 95

OC WellFit Class Schedule July 1-30, 2015

	Monday OC	Tuesday OC	Wednesday OC	Thursday OC	Friday OC	Saturday OC	Sunday OC
7:15					Athletic Stretch L1-3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	20/20/20 L3-Gretchen	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	Yoga Strength L3- Jeri	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Lin	Piloga L2 -Lola	Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1 Terri		Arthritis L1/2 -Lin		Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Terri	iRest Meditaton and Yoga (12:15 - 1:15) - Iram	Chair with Flair L1- Julie		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn	Chair Yoga L1 (1:30-2:30) Ashley	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Fit 101 L1- Marilyn	Activities	SCLH Booking	Yoga Flow L2- Ashley
3:00	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							
5:00	Zumba L3 - Andi		Zumba Gold L2 - Joanie	Activities			
6:00	Yoga for Osteo L1- Susan						
7:00		6:00-7:30 Self Defense - Paul					

Group Exercise Classes (punch pass) \$3.50

Wellness Classes (session based)
 Small Group Training (session based)

All classes are subject to change without notice.
 All classes are 55 minutes, unless otherwise noted.

help you improve balance, flexibility and stress reduction.

Yoga for Osteoporosis L1: This class is designed to help maintain bone strength, balance and flexibility. We lift small hand weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

Yoga Flow L2: Yoga Flow is a challenging, dynamic, movement-based yoga which links movement with breath. Residents will flow through the asanas connecting each sequence with a vinyasa. This is beautiful, dynamic style of flow Yoga that maintains a playful and dance-like quality. There is no set sequence, the teacher brings her own style.

Yoga Strength L2: This is not your ordinary yoga class. This class combines your traditional yoga poses with the strengthening power of weights. Whether you are a hard core yogi or a group fitness junkie, this class has something you will enjoy! Increase your flexibility, balance, and strength in one amazing 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.

KS WellFit Class Schedule , July 1-30, 2015						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KS	KS	KS	KS	KS	KS	KS
6:15	6:15am SGT- Bootcamp L2- Robert		6:15am SGT- Bootcamp L2- Robert			
7:00 7:30	7:15-8:15am SGT- Morning Bootcamp L2- Milly	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2- Deanne	7:15-8:15am SGT- TRX Bootcamp L2- Kathryn		
8:00	Mixed Level Cycle L2 - Deanne				8:00am Hi NRG Cycle L3-Paige	
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Power Vinyasa L3- Deanne	Low Impact L3- Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Cardio Strength L3- Annamarie	Strictly Strength L2- Lin	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	Piloga Flow L2 - Julie M	Cycle & Strength L2-Gretchen	20/20/20 - Domine	Everybody Can L2- Lin	Yoga L2- Susan	
11:30	SGT - Healthy Back L1- Kathryn	SGT - Healthy Back L1- Kathryn		WaiDan Gong - Joan		
12:30	SGT Healthy Back L2- Kathryn	SGT Healthy Back L2- Kathryn	12:00pm SGT- Functional Fit L2- Deanne			
1:30	Yoga Basics L1- Susan	Basic Conditioning L1 Lin	1:00pm Qigong L1 - Sherry			
2:30	SGT- TRX Interval L2- Julia	SGT - TRX Interval L2- Julia	Relaxing Yoga & Meditation L1 -Susan			
3:30	SGT-TRX Express L1- Julia	SGT-TRX Exp. L1- Julia		SCLH Booking		
4:00	Yoga for Osteo L1 - Susan		Yoga for Osteo L1 - Susan			
5:00						
5:30	SGT- Bootcamp L3- Mike	SGT- Bootcamp L3- Mike	SGT-TRX Exp. L2- Julia			
6:00	SGT -TRX Exp. L2-Julia					
7:00						
Group Exercise Classes (punch pass) \$3.50				Wellness Classes (session based) Small Group Training (session based)		
All classes are subject to change without notice.						
All classes are 55 minutes unless otherwise noted.						



Password—Back by Popular Demand

Tuesday, July 28 — Free

1:00 PM, P-Hall (KS). Do you have too many Passwords? Don't know how to keep track of them? What makes a good Password? What is a Master Password? This is your opportunity to learn about these topics and get your questions answered about handling your passwords. Ken Silverman will bring you up-to-date on this important topic.



Aging in Place

Wednesday, July 29 — Free

7:00 PM, Ballroom (OC). The Center for Disease Control defines aging in place as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income or ability level.” Principles involved in aging in place include ensuring a safe home environment to accommodate the normal aging process, modifying current practices to ensure safety (e.g. transportation, household management), health and wellness, and access/use of technology. This presentation will identify areas of consideration to create a successful aging in place option, including local resources. Join us for an informative and interesting discussion with Adora Matthews, MD, Physical Medicine and Rehabilitation



An American Woman in Pakistan

Thursday, August 20 — Free

1:00 PM, Ballroom (OC). Join Irene Aylworth Douglass as she shares fascinating experiences about life during the 1960s in West Pakistan where she lived with her husband and two young sons. While Irene’s husband worked on the Mangla Dam, she navigated the Lahore markets, searched in vain for Christmas gifts in this Muslim country. Irene will talk about daily life, her adventures riding with the West Pakistan Rangers, visiting tribal area and Swat Valley, and dealing with a society of male dominance. You will learn more about the culture, warmth and hospitality of her hosts, the food, and the history of the Indus Valley and its conquerors. After the event, copies of Irene’s memoir, *An American Woman in Pakistan... Memories of Mangla Dam* will be available for sale.



Cancer Prevention through Improved Nutrition

Wednesday, August 26 — Free

7:00 PM, Ballroom (OC). Is there anything we can do to help prevent cancer? Join us as Dr. Andrew Klonecke, MD discusses the mechanisms and factors involved in the creation and spread of cancer cells. Once armed with an understanding of this pathophysiology, we will look at how what we eat can speed up or decrease the creation of cancer cells, their growth and their spread throughout the body.



Community Forums, Date, Time, Location

- **Password—Back by Popular Demand**
Tuesday, July 28, 1:00 PM, P-Hall (KS)
- **Aging in Place**
Wednesday, July 29, 7:00 PM, Ballroom (OC)
- **American Woman in Pakistan... Irene Douglass & Veterans Club**
Thursday, August 20, 1:00 PM, Ballroom (OC)
- **Cancer Prevention Through Improved Nutrition**
Wednesday, August 26, 7:00 PM, Ballroom (OC)

- **How to Manage Nerve Pain**
Wednesday, September 30, 7:00 PM, Ballroom (OC)
- **Online Safety for Silver Surfers**
Tuesday, October 27, 2:00 PM, Ballroom (OC)
- **It Takes My Breath Away**
Wednesday, October 28, 7:00 PM, Ballroom (OC)
- Watch for more Community Forums in the upcoming issues of the *Compass*

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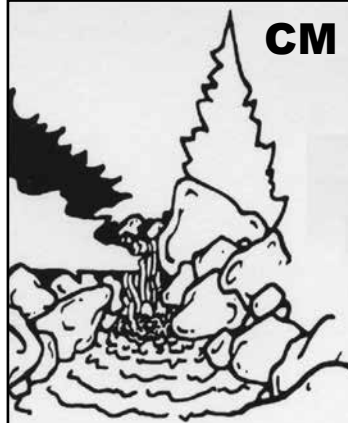
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www.suncity-lincolnhills.org

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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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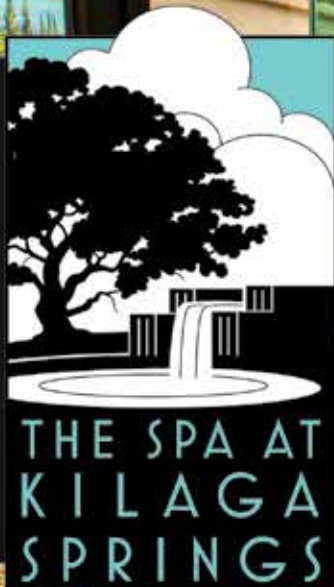
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