



# Compass

The Official Magazine of Sun City Lincoln Hills

March 2015

Music: The Food of  
Love?... page 17

Welcome to Our New  
Board of Directors... page 2

A Primer for Newbies  
(and others)... page 9

Winter and Spring Projects  
in Lincoln Hills... page 10



# In This Issue

- Activities News & Happenings ..... 5, 82
- Ad Directory/Compass Advertisers ..... 107
- Aging Well: Heads or Tales? ..... 10
- Association Contacts & Hours Directory ..... 106
- Board of Directors Report..... 2
- Bulletin Board..... 37
- Community Perks..... 39
- You are invited to attend ..... 37
- Calendar of Events..... 3
- Classes, Activities Department..... 61
- Classes, WellFit Department..... 87
- Club Ad: Community Chorus ..... 11
- Club Ads: Garden Group, Neighborhood Watch ..... 12
- Club Ads: Senior Softball League, Tap Company ..... 13
- Club News ..... 22
- Commercial Presentations ..... 17
- Committee Openings ..... 15
- Common Birds of Lincoln Hills ..... 7
- Community Forums ..... 104
- Compliance Committee ..... 10
- Connections ..... 3
- Day Trips & Extended Travel ..... 50
- Did You Know? ..... 11
- Election News ..... 5
- Entertainment ..... 43
- Executive Director ..... 5
- Finance Committee ..... 9
- Food & Beverage Department..... 15, 92, 108
- In Memoriam ..... 41
- Library News ..... 19
- Lincoln Hills Foundation ..... 21
- Lincoln Hills Golf Club ..... 90
- Music: The Food of Love? ..... 17
- Neighborhood Watch ..... 21
- Properties Committee ..... 11
- Revitalizing ..... 19
- The Spa at Kilaga Springs ..... 15, 76
- Upcoming Association-Related Meetings ..... 3
- Volunteer Your Time & Experience, Be on a Committee... 15
- WellFit Grids..... 101-103
- WellFit News ..... 8, 9, 59

## Welcome to Our New Board Members

### Board of Directors Report

Ken Silverman, President, SCLH Board of Directors

*“Coming together is a beginning; keeping together is progress; working together is success.” — Henry Ford*

Our community has elected four people to the Board of Directors. Welcome back Jim Leonhard and Denny Valentine, and congratulations to Molly Seamons and Donald De Santis.

On behalf of all, I would like to extend a special thank you to Marty Rubin and John Snyder as they end their term on our Board. They demonstrated a commitment to work together towards the common goal of living in an exemplary community. The Board of Directors spends a great deal of time and effort along with our committees to make sure our facilities are well maintained, our lifestyle reflects our residents, and our finances are diligently managed. Along the way, we might not always agree, yet we respect each other’s point of view and we get the added benefit of developing new friendships.

*“The Board of Directors spends a great deal of time and effort along with our committees to make sure our facilities are well maintained, our lifestyle reflects our residents, and our finances are diligently managed. Along the way, we might not always agree, yet we respect each other’s point of view and we get the added benefit of developing new friendships.”*

Following the election, an organizational meeting was held where Board members vote for officers. This year our officers are: President: Ken Silverman; Vice President: Jim Leonard; Treasurer: Marcia VanWagner; Secretary: Gay Mackintosh. To learn more about the specifics of each job, see Article XI in the Association By-Laws.

The regular monthly meeting of the Board on February 26 had a special guest. I invited Mark Campbell, Lincoln Postmaster, to attend and answer questions about the current break-ins of our mail cluster boxes. Mark answered questions for about an hour and provided some good suggestions on keeping your mail safe. The video of the meeting can be seen on our resident website for all the particulars: Log onto the SCLH resident website; on the “home” page, scroll down to Board of Directors meetings videos, and click on the link.



*Our New Board of Directors, from left: Ken Silverman, President; Molly Seamons, Director; Jim Leonhard, VP; Marcia VanWagner, Treasurer; Gay Mackintosh, Secretary; Donald De Santis, Director; and Denny Valentine, Director*

### On the cover

*Pictured eating a spring berry is a Cedar Waxwing*

*See page 7 for an article about passerine (perching) birds in our community*

*Cover photo by Phil Robertson*



## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



The *Compass* magazine provides you with the Association's most comprehensive monthly information on programs, services, and governance, and the resident website and eNews provide you daily updates and promotional incentives. Stay informed with each! We are offering a new free event for all residents, just for the fun of it. See the Community Perks on page 39 and look for the **Sunday, April 12 Community Social Dance**. Please join us between 3:00-6:00 PM in the OC Ballroom. Depending on participation, we may offer this dance quarterly!

Staff is interested in receiving your comments and suggestions to help expand or improve our program offerings and services. **Suggestion cards and boxes** are prominently located at Activities/Membership Desks (OC/KS) and in the Fitness Centers, Meridians, the Kilaga Springs Café, and the Spa at Kilaga Springs. Thank you for your input along with your name and contact information so that staff can respond to you personally.

Our Executive Director, Chris O'Keefe, holds a Listening Post every second Wednesday of the month to listen to and answer your questions. Please drop in to

meet with Chris at 9:00 AM in the Solarium. **The next Listening Post will be on April 8.**

### Some last-minute updates:

- WellFit staff is responding to your requests and suggestions! For increased service and schedule flexibility, they developed a **membership program for the Pilates Reformer class**. To learn more, attend the March 26 Board of Directors meeting when staff will make a presentation, or read details on page 96. The program goes into effect April 1.

- Activities staff have responded to your feedback as well and **removed the RSVP dates for program registration**. Please go to page 48 for important registration details.

- **Coffee with the City of Lincoln Mayor, Paul Joiner**, will begin again the last Friday of the month, 10:00-11:00 AM at the Kilaga Springs Café.

- The **Communications and Community Relations Committee (CCRC) seeks residents with experience** in applied statistics and/or designing, moderating, and analyzing. *Please see "Connections" on page 35*

## Calendar of Events

March 15-April 30

Date	Event	Page #
03/16	Genealogy: Re-Branded Lives—Name Changes	27
03/16	Painters Group: Watercolor Demonstration	30
03/17	Tidbits about Trip through Rivers of France	29
03/18	Free Microchip Pet Clinic	39
03/18	Bus Trip: Community Theater, Rain	52
03/19	Forum: "Oh, my aching head!"	10, 104
03/19	Book Discussion: <i>The Sandcastle Girls</i>	24
03/19	Bonsai Workshop, Pruning Junipers & other trees	27
03/19	Veterans Group Speaker: James A. Kennemore	35
03/19	Bus Trip: Jackson Rancheria	61*
03/23	Backyard Gardening Presentation	28
03/25	Ways to Cope with Stress Caring for Someone	22
03/25-26	Pickleball Super Seniors Tournament	31
03/26	"Citrus—From Selection to Harvest"	27
03/26-27	Spring Flower Show	27, 39
03/26-28	Tap Company: "Rockin' the Hills"	34, 43
03/31	Forum: Staying in the Light	104
04/01	"Hubble Space Telescope—25th Anniversary"	22
04/01	Concert: Easter Parade in Concert	44
04/02	Investors': Speaker VP Fidelity Investments	28
04/02	Paper Arts Group: Demo Tools and Techniques	30
04/04	Grandkids Event: Spring Egg Hunt	48
04/06	KS at the Movies: Secretariat	39
04/07	Vaudeville Troupe Auditions for July Production	34
04/07	Bus Trip: Speaker Series—David Brooks	61*
04/07	Forum: Sex Trafficking Occurs Near You	104
04/08	Photography Group: Tripod & Camera Slings Demo	31
04/09	Desktop and Portable Products Demo/Low Vision	26
04/09	Vaudeville Troupe Auditions for July Production	34
04/09	Bus Trip: Off to the Races	61*
04/12	Community Social Dance	39
04/13	Bird Group Speaker: Ed Harper	23
04/14	Classic Italian Stitchery Presentation	30
04/14	Neighbors InDeed Free Golf Cart/NEV Clinic	39
04/14	Bus Trip: Broadway Series "Once"	61*
04/15	Home, Health & Business Showcase	39
04/16	Book Discussion: <i>The Invention of Wings</i>	24
04/16	Forum: Technology For Better Living	25, 104
04/16	Bus Trip: Ironstone Winery	50
04/17	Concert: Camellia City Flute Choir	44
04/18	Softball Senior League Opening Day	13, 33
04/20	Review recent "History/Nature of Our Universe"	22
04/20	Document Destruction	39
04/20	Deadline for Fashion Model Call	39, 48
04/21	eWaste Recycling	39
04/21	Forum: Local Snakes—Facts, Fiction & Phobias	104
04/22	Music Group Meeting: Perform or Enjoy the Music	30
04/22-25	Extended Travel: Getty & Reagan Museums	58
04/23	Comedy: Jack Gallagher	43
04/23	Bus Trip: Giants vs. LA Dodgers	56
04/24	Music Group sponsored Open Mic Night	30, 39
04/26	Bus Trip: Scottish Games & Festival	50
04/26-28	Community Chorus "Melodies of Love"	17, 43
04/29	Bus Trip: Sierra Nevada Brewery Tour/Tasting/Lunch	50
04/29	Forum: Dental Solutions for Medical Problems	104
04/30	Neighborhood Watch Spring Safety Seminar	12, 21
04/30	Forum: History and Art of Gladding McBean	104

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

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

March 15-April 30

Golf Cart Registration.....	Thursday, March 19, April 2 & 16, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, March 19, 9:00 AM
ARC/Architectural Review Committee.....	Monday, March 23, 9:00 AM
New Resident Orientation.....	Monday, March 23, 1:00 PM
Board of Directors Meeting.....	Thursday, March 26, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, March 26, 10:30 AM
Board of Directors Executive Session.....	Thursday, March 26, 11:00 AM
Compliance Committee Meeting.....	Wednesday, April 1, 10:30 AM
Elections Committee Meeting.....	Friday, April 3, 10:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, April 7, 9:30 AM
Listening Post.....	Wednesday, April 8, 9:00 AM
CCRC/Communications & Community Rel. ....	Friday, April 10, 9:30 AM
ARC/Architectural Review Committee.....	Monday, April 13, 9:00 AM
Properties Committee Meeting.....	Tuesday, April 14, 1:00 PM
Finance Committee Meeting.....	Thursday, April 16, 9:00 AM
Board of Directors Meeting.....	Thursday, April 23, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, April 23, 10:30 AM
Board of Directors Executive Session.....	Thursday, April 23, 11:00 AM
ARC/Architectural Review Committee.....	Monday, April 27, 9:00 AM

Meetings in OC Lodge unless noted otherwise.

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## From Your Executive Director

*Chris O'Keefe, Executive Director, SCLH Community Association*

It's been three months since I moved from my previous position as Senior Director of Facilities to my new position as your Executive Director.

It has been an honor and a privilege to serve this community for the past 13 years, and I look forward to this new opportunity to serve in a different capacity.

I try to follow the principles of servant-based leadership. I

want to make sure that we develop our staff in a way that allows them to best serve our residents and our community. I want to make our interactions with those we come in contact with less about "me" and more about "you." I want our vision to be long term, but at the same time to focus on what we are doing now, to improve our operation on a daily basis. Our goal should be

to link together a series of small victories that will allow us to create a condition that will serve us well into the future.

I have asked staff to make sure that we are using every tool that we can to

"I have asked staff to make sure that we are using every tool that we can to communicate with our residents.

I have challenged them to make sure that we value every personal interaction. I have also challenged myself to adhere to this."

communicate with our residents. I have challenged them to make sure that we value every personal interaction. I have also challenged myself to adhere to this. I have always been a private and at times a reserved person.

In the three months that I have been in this new position, I have made an effort to be open and accessible to our residents, staff, and guests. It has reinforced what I knew intuitively, that we are blessed with wonderful people who care about the community in which they live and work. Thank you for this opportunity to serve you.

## Board of Directors Election News

### New Board Members Have Been Elected

*Elections Committee*

During the morning of Thursday, February 19 an ambitious team of vote counters tallied the valid ballots received in this election. There were 2862 total valid ballots which exceeds 42% of homeowners voting. This was a vigorous campaign season with six qualified candidates for the four available seats.

Winners, in order of highest number of votes are as follows:

Molly Seamons, Jim Leonhard, Donald De Santis, and Denny Valentine.

These two new and two incumbents have been seated on the Board of Directors and are off to a new year of service to our community.

We thank all candidates as well as about 50 volunteers who worked to open and tally the votes. The ballot counting process was monitored and overseen by our contract Inspectors of Elections, the Lincoln CPA firm of Jensen-Smith.



## Activities News & Happenings

### Can't Wait for Spring!

*Lavina Samoy, Lifestyle Manager*

Coming from the Philippines where everything is perennially green and flowers are abloom year-round, I count the days until spring is here. As the late Robin Williams said, "Spring is nature's way of saying, 'Let's party!'"

So it's time to party! Join us at our **Kentucky Derby Party on May 1** complete with big hats, southern food, and music from Cheryl Tiburzi and the Freestyle Band (page 44). **Swing into Spring Fashion Show on May 7** will have our resident models sporting stylish collections from Talbots', Marilyn's, and Pottery World (page 46). Interested in being a model? See Model Call details on pages 39 & 48. Enjoy songs from the classic movie **Easter Parade** from musical theater veterans **on April 1** (page 44). We have a party for grandchildren too!

Tickets are still available for the **Spring Egg Hunt on April 4**. If you wish to volunteer for children's activities, contact our Entertainment Coordinator, Deborah Meyer at 408-4310.

Get ready for spring with new and exciting classes! Create a whimsical **Fairy Garden on April 16** with new instructor, Jonelle Tannahill (page 69). Jonelle is also teaching our new **Redesign Decorating class on April 7** (page 79). Learn to get your home ready for spring entertaining the quick and economical way. Impress your guests with yummy appetizers at our **Cooking Class on April 9** (page 66). Ray Ashton is back with his movie series featuring the **Comedic Arts of Wooden Allen**. Classes are on Wednesdays starting **April 29** (page 77).

Are you a baseball fan? Root, root, root for your favorite teams: the San Francisco Giants, Oakland A's, and Sacramento RiverCats! Complete **game list on pages 56 & 58**. Want to get away? Learn about our overnight trip **Boot Scootin'—Gilley's Fun Bus on June 3-4** (page 61). Read about another extended travel offerings on page 61.

Doing some spring cleaning? For your convenience, **Document Destruction** is on **April 20** and **eWaste Recycling, April 21** in the OC Parking Lot (page 39).

Speaking of spring cleaning, we're simplifying RSVP requirements for trips and classes. RSVP dates will no longer appear on the listings. Trips are limited to two per household on the first month of publication and open to guests the following month. RSVP for classes remain a week prior to the first day of class.

May spring shower us with rainbows and happiness!

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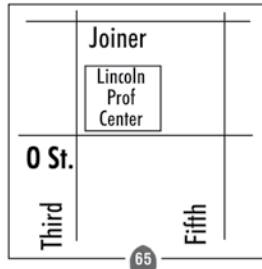
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### Cover Article

## Common Birds of Lincoln Hills

*Al Roten, Roving Reporter*

We all appreciate and celebrate this beautiful place we have selected as home!

There are many reasons that living in Lincoln

Hills is worthy of such appreciation, but the one I have selected

at this time is the variety of common birds that share the area. Pictured are several of approximately 60 bird species that have been seen locally. In fact, there are so many types of birds to watch and listen for that we had to limit this selection to *passerine* (perching) birds—excluding raptors, water, and game birds. I will share those species at a later date.

We thank our two veteran photographers, Phil Robertson and Tom Roach, and newcomer to Lincoln Hills, O. Truman Holtzclaw for the fine photos in this display.

The Lincoln Hills Bird Group is a large and active one that meets at 1:30 PM in the Presentation Hall (KS) on the second Monday of each month. Their April meeting will feature well-known birder Ed Harper as speaker. Between meetings, they sponsor outings within and outside our community. Excursions are scheduled to coincide with the various movement patterns of numerous migrating species. Many birders keep a lifetime log of their bird sightings, including times and locations around the world. Kathi Ridley, [kathiridley@yahoo.com](mailto:kathiridley@yahoo.com), leader of the Lincoln Hills Bird Group, says all are welcome to join the group.

Beyond information about birds, the Bird Group sponsors backyard and other counts. They also share information on the purchase, construction, and placement of various styles of bird houses. Placement of bird feeders and houses can help to lessen the hazard of birds flying into windows of our homes.

The group sponsors an annual Christmas Bird Count, an important annual event for birders. The nation is divided in to many bird population areas in which birders count the numbers of birds in each species as well as the various species of each region. These population counts provide important information about migration patterns, the health of bird populations, and the effects of climate change and diseases.

Bird watching—and listening—is a wonderful reason to get out of our homes for a leisurely stroll along our sidewalks and trails to find and identify the birds living among us. It is also a great way to meet fine people who share admiration for these interesting and colorful creatures.

*Birds, clockwise starting at the top: House Finch, Bushtit, Western Meadowlark, Red-Winged Blackbird, Yellow-Rumped Warbler, Western Bluebird, Rufous Hummingbird; Yellow-Billed Magpie; Western Kingbird, Tree Swallow, Ruby-Crowned Kinglet, Downy Woodpecker, Say's Phoebe, Lesser Goldfinch, Black Phoebe, Cliff Swallow*





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## Topics will include

- Welcome Workshop
- Eating Healthy without living in a Kitchen
- Drink to Your Health
- Gut Check
- Lean, Mean, Fat Burning Machine
- The Skinny on Fats
- Freedom from Fatigue
- Health on a Dime
- Hormonal Harmony
- Metabolic Makeover
- Keep the Beat
- Turning Back Time



For additional information about the Pure 12 Program please email Audrey Gould at: [Audrey.Gould@sclhca.com](mailto:Audrey.Gould@sclhca.com)



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WellFit News

## Four Metabolism Myths Uncovered!

Deborah McIlvain, WellFit Manager



### 1. Metabolism works all day.

Your body's metabolism does not stop working when you do. In fact, your metabolism works 24 hours a day, even when you're sleeping. If it didn't, you wouldn't even have the energy to get up in the morning. Also, the time of day that you eat doesn't make a difference. What you eat and if you consumed more calories than you burned in a day is what makes you gain weight.

### 2. You can't control your metabolism.

You've seen those people who are super thin and wonder, "How do they do it?" Seems like they can eat anything they want without gaining weight. You may not have the metabolism that lets you do that, but you can work toward it. You can help boost your metabolism by lifting weights, taking strength type punch pass classes,

getting a good night's sleep, eating protein at each meal, and drinking plenty of water.

### 3. Skipping a meal can slow down your metabolism.

If you're looking to lose a few pounds you should be eating at least three, if not four meals a day every four hours or so. In fact, how frequently someone eats has little to do with the speed of their metabolism. According to Dr. Yoni Freedhoff of the University of Ottawa, "Eating every four hours is popular because eating frequently, for many, helps them to keep a lid on both stomach hunger as well as cravings. That, in turn, allows for better portion and choice control."

### 4. Growing old makes your metabolism slow down.

As you age, your metabolism will slow down a little. Much of this is due to the typical muscle loss that accompanies aging. We lose an average of five percent of our muscle mass every 10 years after the age of 35. Keep up the weight training and you'll keep your metabolism strong. If you're not sure how to start a weight training program, contact one of our personal trainers to help you get started.

Want to learn more about nutrition and metabolism? Register for Pure12, a 12-week nutrition and wellness workshop. For more details see pages 8 and 93.

Master class Easter Sunday! First two residents to arrive (chit printed) at the 9:00 AM & 10:00 AM class will receive a lifestyle license plate holder!

**WellFit Introduces Pilates Reformer Membership Program:**

Go to page 96 and read about the benefits of our new program and how to enroll.

**WellFit Classes pages 87-100 • WellFit Class Grids pages 101-103**

## Making Sense of our Reserve Fund

Mike Creasy, Finance Committee Chair



We are sometimes asked questions about how our Reserve Fund works. The Fund covers known future costs of maintaining assets needing periodic repair or replacement, without having to make piecemeal annual assessments.

We engage a professional team of experts to assist Staff and the Properties Committee in identifying all of the items

we own that require replacement or maintenance and that have a remaining life of 30 years or less. This analysis, or Reserve Study, conducted every three years as required by law and updated the other two, covers everything we own, from heating and air conditioning to carpet, lighting, parking lot paving, roofs, gym equipment, and more. A current replacement cost and remaining useful life for each of more than 800 items is carefully calculated and tabulated. This total is the cost, in today's

dollars, to replace everything if we had to do it all immediately. Fortunately, that's not likely and the study includes a schedule of when each asset should be repaired/replaced. The study also calculates the effects of inflation to determine future costs and interest earned, which helps reduce our dues.

Funded and maintained via our monthly dues, the Reserve Fund is to be used for the stated purpose only, thus assuring its integrity. Each year, our consultants make a calculation to determine the amount each homeowner will need to contribute in the following year to keep the fund healthy. In 2015 it is \$16.38 per month. The balance of your monthly dues goes to fund daily operations.

We hope this short review has been helpful, but if you have questions, don't hesitate to get in touch.

January 2015 got us off to another good start. The Spa had a slow month due to a temporary staff shortage but all other departments were well ahead of budget. The total month and year-to-date net revenue over expenses came in at \$59,614, or

*Please see "Finance" on page 10*

### Statement of Operations YTD — 1/31/2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance
	Actual	Budget	
Homeowner Assessments & Other	\$635,796	\$633,038	\$2,758
Administration (Expense)	(184,009)	(196,947)	12,938
The Spa at Kilaga Springs	(1,988)	3,884	(5,872)
Fitness	(22,630)	(36,130)	13,500
Activities	(16,358)	(28,565)	12,207
Rec. Center / Maintenance	(194,081)	(206,735)	12,654
Landscape Maintenance	(147,453)	(169,480)	22,027
Food & Beverage	(9,663)	(45,580)	35,917
Capital Asset	0	0	0
Net Revenues (Expense)	\$59,614	(\$46,515)	\$106,129

## A Primer for Newbies (and Others)

David Stone, Compliance Committee Chair



As we have welcomed hundreds of new residents in the last several years, it may be a good time to summarize the “top ten” types of violations seen by the Compliance Committee (with apologies to Dave Letterman). Here they are, in no particular order:

1. **Front yard maintenance.** Attack the weeds, keep lawn tidy and cut, prune and trim trees and bushes, rebark when needed, and repaint your house when needed.
2. **Get ARC approval.** Don't start any exterior projects on house or front yard without checking whether ARC approval is needed. Honor set-back requirements.
3. **Pet conduct.** Keep dogs on leash, control barking, pick up their waste,

- and keep those cats from roaming.
4. **Vehicles.** No overnight street parking, no car parking in golf cart spaces (except those with disabled cards), and no dripping fluids on driveways. Certain RVs may park on streets for cleaning and loading for 48 consecutive hours not to exceed 120 hours in any calendar month.
5. **No business.** Don't conduct a business from your home unless it generates no traffic or noise, and does not involve employees or contractors.
6. **Open Space.** Do not enter or allow pets to enter the Open Space preserves, and do not spray, water, cut, plant or store in the preserves.
7. **Under age.** With certain specified exceptions, residents must be 55 years or older. Persons under 55 may reside as guests for up to 60 days per

### Aging Well

## Heads or Tales?

Shirley Schultz, Health Reporter

**P**ain is all in your head when it comes to having a headache. Or is that just a tale? Maybe the pain is coming from your neck or your temporomandibular joint, or possibly it is an abdominal migraine. The National

Headache Foundation website, [www.headaches.org](http://www.headaches.org), has volumes of information regarding headaches. I summarize some of it here.

When talking about headaches, there are many issues to consider such as: allergies, aneurysms, arthritis, caffeine, depression, eyestrain, exertion, fever, hangover, hypertension, head trauma, sinus, tension, and tumors. Below are some considerations that you may not have heard about.

Thunderclap headache is sudden and severe mimicking a thunderclap. This may be a warning of an actual or impending rupture of a weak blood vessel in the brain. While it can be benign, it is essential to seek prompt medical evaluation to

distinguish between the two.

New Daily Persistent Headache (NDPH) is one that comes on fairly rapidly in less than three days and is unrelenting sometimes over months. Even in a person who has no prior history of headaches, this headache is there every day from onset. It is thought that NDPH may be the result of a viral infection or possibly from medication overuse. One would want to seek medical evaluation for this.

Sexual Benign Headaches are associated especially with orgasm during sexual activity. One type can come from the muscle contraction in the head and neck accompanying intercourse. Another type is vascular in nature and occurs just before orgasm as a severe, intense headache, which is why it is called an “orgasmic headache.” It is more common in men than in women. If it persists, seek evaluation.

Abdominal migraine usually occurs in children who complain of a “stomach ache” and often is relieved by a nap. These people usually have a positive family history for migraine and they go on to develop typical migraines later in life.

Some fumes and vapors can trigger off a migraine headache. Carbon monoxide,

calendar year.

8. **Frogs, bunnies, gnomes.** Keep those front yard decorations out of sight unless approved by ARC.
9. **Trash containers.** Keep out of sight except on collection days.
10. **Compliance Committee.** Where you will be invited if you ignore the above.

This is by no means an exhaustive list of the rules we have all agreed to abide by when we purchased our homes. If you are uncertain about a project or activity, refer to the governing documents which can be accessed on the SCLH website or at the Kilaga Springs Library, or contact Cecelia Dirstine, Community Standards Manager, at 625-4006, [Cecelia.Dirstine@sclhca.com](mailto:Cecelia.Dirstine@sclhca.com). Now that you have been informed about some of the more important rules that keep our community as great as it is, go out and enjoy the wonderful life found in Lincoln Hills!

smoke, candle scents, and perfumes can cause this reaction.

Ginger powder, in a very small study, has successfully relieved migraines. More scientific study is needed to determine dose, efficacy, and safety.

And, yes, alcohol can cause headaches.

To avoid being overwhelmed by it all, plan to attend the upcoming **Community Forum, “Oh, my aching head!” on March 19** (see page 104).

## Finance

*Continued from page 9*

\$106,129 better than budget. The Operations Fund totaled \$3,767,237 of which \$17,890 is held in the Building and Capital Enhancement Fund, and \$13,787 remains in the ADA settlement proceeds fund. The Reserves Fund stood at \$6,729,245 and is estimated to be 78.3% funded at year-end. The Audit for 2014 is in and we wound up with Revenue better than Expenses of \$407,119—an outstanding year.

As always, please feel free to address questions or concerns to [committee@sclhca.com](mailto:committee@sclhca.com).



# Lincoln Hills Community Chorus Concert

## “Melodies of Love”

Sunday, April 26th • 2:00 PM    Monday, April 27th & Wednesday April 28th • 7:00 PM

Love is in the air as the LH Community Chorus sings many old favorite and some new songs for your listening pleasure. Songs such as: “Moonglow,” “Embraceable You,” and “My Favorite Things” will bring back wonderful memories. Of course, there will be some surprises as well.

Additionally the Lincoln High School Chorus will be joining us again this year. They are preparing for a tour to Europe in the next year. Everyone enjoys hearing the young voices!

Tickets are available at both Lodges.

Premium Seating \$18

General Admission \$13

Hope to see you at one of the concerts!



## Winter and Spring Projects in Lincoln Hills

Bill Attwater, Properties Committee Chair

Even during our winter months, there was a lot going on. **New carpet was installed in Meridians, the**

**Ballroom, Solarium, and the Sports Bar.** It looks great and was approved by the Properties Committee before installation. Meridians also has new china plates and utensils.

**The Kilaga Springs pool has been re-surfaced** because it was necessary. We are sorry that the pool couldn't be used for a short while but maintenance is a necessity to keep everything in good order.

**There is a new message board in the lobby at Orchard Creek Lodge,** custom made to our specifications, not a premade fixture out of a catalog. Stop by and take a look.

**Work on the solar panels for warm water for the four swimming pools is underway.** There will be solar panels on the roofs of OC and KS in the very near

future. Notice I said warm water. The sun can only do so much for the pool facilities that require hot water, so we still must rely on gas from PG&E.

In the Open Space, annual maintenance projects are underway. **The sheep and goats will be gathering in mid-March.** Also **the initial firebreak cut of six feet from the knee walls will be in progress.** As a reminder, there are a number of limitations on what residents can do regarding the Open Space. There is to be no spraying by residents of weed killer on the Open Space side of the knee walls. Let the maintenance staff do their work of mowing and if something is missed please let the staff know.

Open Space trails will also get some attention. **Herbicide will be sprayed on either side of the Open Space trails to kill off the weeds and thorns that make walking for residents and their dogs uncomfortable.** Also, where needed, **a new covering of decomposed granite will be**

spread along the side of the trails.

It's time to think ahead. In all probability we will have another dry year. Do you have a drought plan for your yard? What about water-saving measures for your property? What can you do to maintain your lifestyle and still save water and energy?

### Did You Know?

Want to stop standing in line on the 17th of each month to purchase tickets? Then, you might want to consider purchasing tickets on-line through our secure resident website program. It is Just So Easy!





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 Civic Projects

## NEIGHBORHOOD WATCH PRESENTS

### OUR ANNUAL SPRING PUBLIC SAFETY SYMPOSIUM

**When:** Thursday, April 30, 2015  
**Time:** 1:00 to 3:00 PM  
**Where:** Orchard Creek Front Ballroom  
**Guest Speaker:** Rex Marks, *Lincoln Police Chief*  
**Guest Speaker:** Michael Davis, *Lincoln Fire Chief*



**Special Guest: Lincoln Police Chief Rex H. Marks...** Chief Marks believes the community plays a role in keeping Lincoln safe by helping reduce the crime rate until more officers can be hired. Crime rates: California = 34 per 1000 people; Lincoln = 16 per 1000; SCLH = less than 5. Neighborhood Watch really **does** make a difference.



**Special Guest: Lincoln Fire Chief Michael Davis...** Chief Davis is a dedicated Fire Chief with 20 years experience, has revitalized the Lincoln Fire Department and works hand in hand with Chief Marks. He has extensive knowledge of: Home Safety, Resident Scams and Personal Safety & Security.

**Together we achieve the EXTRAORDINARY!**



## **Lincoln Hills Senior Softball League**

**Del Webb Field—Saturday, April 18—Starting 8:45 AM**

**Enjoy the Games, Have Fun & Stay for the Food**

**\*\* 2015 OPENING DAY \*\***



**Come attend our Sunday Practice Play Time. Remember how to hit, field and throw like we did when we were younger. Co-ed. Play Sundays, weather permitting. Applications available online now at [lhssl.org](http://lhssl.org).**

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## The Spa at Kilaga Springs

### Spring in to March

Jori Richards, Manager, The Spa at Kilaga Springs

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

**L**et's march our way into spring! As we wind up our winter season, begging for rain but hoping for sun, our bodies slowly yearn for hydration and warmth. March is a great month to prepare to end the cold days of winter and lean towards rain and sunshine! At The Spa at Kilaga Springs we would like to help energize and hydrate you.



Welcome March with a luxurious Swedish massage with an all-natural coconut oil and peppermint leaf hand and foot hydration treatment. Enjoy pure relaxation as the peppermint leaf cools and the coconut oil hydrates and enriches your skin. Our wonderful massage team is "fluent" in Swedish massage, known to stimulate the skin and nervous system and soothe the

nerves at the same time. Incorporating the peppermint leaf scent with Swedish massage is commonly used to reduce stress emotionally and physically. Peppermint aromatherapy is the number one reducer of headaches and achy sore muscles. These natural healing elements brought together will leave you feeling refreshed, energized, and moisturized.

The Spa at Kilaga Springs's creative estheticians would like to enhance hydration and give a natural glow to your skin. We currently have a wonderful facial specializing in anti-aging properties while adding a luminous glow to your skin. This fabulous facial treatment is used with an organic skin care line and finished with a peppermint hot oil massage treatment for the hands and feet. Once again combining the wonderful organic coconut oil and the invigorating cooling therapy

of peppermint, you're guaranteed to feel revived and relaxed.

I would like to thank all residents who provided their thoughts and recommendations on our price analysis form in last month's *Compass*. **The Spa at Kilaga Springs will be adding a Resident Only Price for our wonderful nail services.** Please give us a call or stop by to hear about the great prices our residents will be receiving!

The Spa at Kilaga Springs staff would like to welcome the newest members of our community—along with all our other SCLH residents—to come and experience the healing serenity of The Spa. Our staff is here to encourage a healthy lifestyle and longevity to your years!

~ Please see our ad on page 76. ~

Call to book your appointment today  
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## Join Our Spring Festivities at Meridians

Jerry McCarthy, Director of Food & Beverage

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

Spring is almost here and in that spirit we have created a new menu to highlight flavors and ingredients that celebrate the season. Some of the new items to choose



from include: *strawberry and spinach salads, chicken piccata offered at lunch, sun dried tomato and pesto Far-falle pasta, seared scallops, catch of the day*, and many more seasonal favorites.

In the month of April, we are starting a new Farm to Fork dinner special every Monday night. Meridians will be offering a free wine tasting from four different local Placer County wineries. In addition to the free wine tasting, we will be offering Monday night dinner specials to further demonstrate our desire to serve only the finest freshest local ingredients. Stay tuned for more information as we finalize wineries and Farm to Fork entrees.

You will continue to see Meridians renew its commitment to excellent food and friendly service on a consistent ba-

sis. We clearly understand that you have many dining options and we want to earn your business and support. The Resident Reward Program has been a huge success and received well by all residents. Please make sure that you are signed up for the SCLHCA eNews to receive the resident-only special offers to Meridians Restaurant, Kilaga Springs Café, and the Sports Bar.

Upcoming festive Meridians events include:

- **Easter Brunch Buffet**—Sunday, April 5, 10:00 AM-3:00 PM. Reservations and prepayment are requested. Please visit our host stand or go online for the full menu.
- **Cinco de Mayo**—Tuesday, May 5. Join us for many foods and drink specials all day long. *Free* live Mariachi music during lunch. Reservations strongly recommended.
- **Mother's Day Brunch**—Sunday, May 10, 10:00 AM-3:00 PM. Reservations and prepayment are requested.

Please see "Food & Beverage" on page 19

## Volunteer Your Time and Experience, Be on a Committee in 2015!

Give back to your community by volunteering. The Architectural Review, Compliance, Clubs and Community Organizations, and Elections Committees are seeking new members.

Descriptions for each committee is on the Resident Website under the HOME tab > Board of Directors and Committee News. Complete a Committee application from the website: Library > Forms > Association Resident Forms, and submit to the Chair via email (address located on line and in the inside back page of the *Compass*). If you have questions, contact the Chairs directly. We need your contributions to keep our community vibrant. Thank you for your consideration.

- **ARC/Architectural Review Committee**
- **CCOC/Communications & Community Relations Committee**
- **Elections Committee**

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## Music: The Food of Love?

Chorus's spring concert April 26, 27 & 28

Doug Brown, Resident Editor

*"If music be the food of love,  
Sing on till I am filled with joy!"*

And so go the lyrics of one of the 16 "melodies of love" in the April 26, 27, and 28 Lincoln Hills Community Chorus concert. You won't want to miss this opportunity to sit back and enjoy the "food of love" served up in a delicious banquet of songs—most of them offering a nostalgic taste of music you know well.

The melodies of lots of old favorites from Broadway musicals and your long-lost collection of 45 RPM records will echo through the Orchard Creek Ballroom audi-



Digitizers Paul Fennema (above) and Dick Mayeur consult on converting Chorus songs to MIDI files

ence: "When I Fall in Love," "Embraceable You," "Isn't It Romantic?" "Love Is Here to Stay," "Moonglow," and the list goes on. Then your heart will pump red, white, and blue in a rousing "Stars and Stripes" medley and "America, the Beautiful." And note, once again the Lincoln High School Select Choir will grace the Ballroom with their enchanting voices.

How does all this happen? No, Chorus members don't just get together a few times to run through songs. Weekly rehearsals, under the direction of Bill Sveglini, extend across 16 weeks from January through show time. Add to that weekly "sectional" practices—by voice part—to help singers perfect notes, timing, and lyrics.

There's more. Thanks to the technical wizardry of Chorus members Paul Fennema

and Dick Mayeur, every song is transcribed into its separate voice parts and digitized in "MIDI" (Musical Instrument Digital Interface) files. Chorus members can then log onto the Chorus website, access the file for each song, put their earphones on, and hear—note by note—their voice part in one ear and other parts in the other ear. This makes "homework" a huge part of the ultimate success of the performance.

Another "backstage" piece of the concert is a group of three members who do a truckload of research on songs long before the concert season has begun. The song selection committee (Tom Cluster, Josephine Setyadi, and Marian Casey) sifts through hundreds of potential songs to make final recommendations to Director Sveglini. Can you imagine the myriad songs out there on the theme of "love"?

So when you attend the Chorus concert on April 26, 27 or 28, perhaps some of your



Chorus in spring costumes, with Director Bill Sveglini

applause can be in appreciation for these behind-the-scenes worker bees who help make it all happen! For more details, see page 43.



Chorus members Barry & Gay Mackintosh and Virginia Haradon smile during rehearsal

### Commercial Presentations (Paid Advertisements)

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

#### The Ins and Outs of Reverse Mortgage Thursday, March 19 • 10:00 AM • Oaks (OC)

Presenter: Michelle Belmonte

American Financial Network NMLS #333076

Reverse Fundamentals: Establish a credit line, receive lifetime income, pay off existing mortgages. Reverse for Purchase: Increase purchasing power for your dream home. Learn to understand these programs, how to use them, and see how they can affect your retirement. *Drawing:* Gourmet Gift Basket.

RSVP: Michelle Belmonte 530-272-7508

#### DiMattia and Associates

#### Free Living Trust Seminar

Monday, March 30 • 10:00 AM • Oaks (OC)

Presenter: Vic DiMattia, Attorney at Law

Free Living Trust Seminar: No Living Trust more than \$495.

Speaker: Vic DiMattia, Attorney at Law #129382.

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## Revitalizing

### Redirecting skills and abilities in retirement

Nina Mazzo, Roving Reporter



Marilyn Clark thrives on continued learning. She told me, “I began my working life as a social worker and ended it as an attorney.” Let’s add an exclamation point as I note she went to night school in her 50s and was sworn into the bar at age 60! Working with children as a social worker, she saw children rotate in and out of foster homes, and found the option of guardianship for a child (giving someone other than the parent legal custody of a minor) preferable as she realized how deeply a child’s life is affected by court decisions.

Marilyn retired from social work and became an attorney. During her second year of practice, she worked at a non-profit agency representing low-income grandparents seeking probate guardianships. In this capacity she realized the attorney-social work connection. Did you know that grandparents raise almost 6% of children in California? In 2010, Marilyn became a volunteer attorney at Placer Superior Court in the office of the Family Law Facilitator. In 2013, Marilyn received an award for her pro bono work for the citizens of Placer County. She also worked part time for Adams and Hayes law firm in estate planning and conservatorships.

A favorite quote of Marilyn’s is from Mary Shelley: “The beginning is always today.” With this in mind, she is now looking forward to yoga, swimming, and joining a movie lovers group.

The search to fill a family tree can lead to interesting places as well as the discovery of new faces. Meet Bob & Peggy Gentry, who became curious about their ancestry and have the skill set needed to fact find. Peggy retired after 27 years as a Deputy Sheriff from San Mateo County and Bob retired from the Newark Police Department and Fremont Courthouse.

Law enforcement work takes patience, tenacity, people skills, and an inquisitive mind. Peggy had developed an interest in learning more about her Scottish background. Bob also had Scottish ancestry so off to Scotland they went and spent time in the General Registry office—applying their patience, tenacity, and inquisitive minds. Life has not been the same since! They have visited the Salt Lake City research center and their traveling includes stops for further research. After ten years of looking for descendants, Peggy received an inquiry from El Salvador. A conversation led to a visit and joyful additions to the family tree.

*Photos, from top: Marilyn Clark; Bob & Peggy Gentry*



## Library News

Sandy Melnick, Library Volunteer

Hopefully we will get more rain and when we do, remember to bag your returned books. A waterlogged book is unusable.

Once again, we accept books published 2007 or later. Please look on the back of the cover page for this date. We appreciate all the books donated to the Kilaga Springs Library. We know that many of you wish to donate older books in very good condition, but we have shelf constraints that make it impossible to take all of these books.

My latest very good read is *New York* by Edward Rutherfurd, who writes in the manner of James Michener. This fascinating novel follows some families from the

1700’s, when the Dutch came and settled in New York, through 2001.

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



## Food & Beverage

*Continued from page 15*

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## Happy 14th Anniversary to Lincoln Hills Foundation

Dave Hathaway

At its recent Annual Meeting and Installation of officers and directors, the Lincoln Hills Foundation celebrated fourteen remarkable years of service to the senior community, honored four volunteers for their invaluable contributions, and said goodbye to a long standing board member. President Jerry Johnson welcomed the board, advisors, and guests and thanked those in attendance for their continuing support of the Foundation and its mission of helping seniors in the Lincoln community.

Founded by volunteers in 2001, the Foundation began giving grants in 2003. "Since that time over \$250,000 has been given in grants to local organizations that provide services to seniors in Sun City Lincoln Hills and the greater Lincoln community," said Johnson.

He went on to cite the Del Oro Caregivers' Resource Center, the Twelve Bridges Library, Bosom Buddies, Seniors

First Meals on Wheels Program, St. Vincent de Paul Medical Assistance Program, the Salt Mine Vine Ministries, and the Alzheimer's Caregivers Support Group as grant recipients along with others dedicated to helping seniors in the Lincoln community to maintain their independence. "We are also very proud of the Foundation-sponsored First Aid/CPR classes and Senior Lecture Series here in Lincoln Hills, and we look to add more direct services to seniors in the future," added Johnson.

Honored with Board Resolutions of Appreciation were retiring legal advisor Therese Adams, Foundation Webmaster Ray Avakian, Art Director Tony Fry, and fundraising consultant Pat Brady. Also hon-

ored with a fond farewell was long time board member and former LHF President Vernon Chong, who is leaving the area. We will miss Vern, who has contributed so much to the Foundation!



Foundation Board members are sworn into new terms of office by Marcia VanWagner. From left, Marcia VanWagner, Klara Kleman, Milton Green, Jean Ebenholtz, Jim Helzer, Joan Logue, David Hathaway, Frima Stewart, Jerry Johnson, Connie Burdick, Ed Sullivan, Bob Free



### Neighborhood Watch

## Neighborhood Watch, the "Easy Way"

Patricia Evans

*Little drops of water  
Little grains of sand  
Make the mighty ocean  
And the beautiful land.*

This little poem by Julia Fletcher Carney expresses the similar strength of residents working together in Neighborhood Watch.



"Our 650 volunteers create a powerful force against crime," said our new Executive Director Ron Wood. "Then we add over 11,000 resident's eyes watching for possible suspicious activity, and we call it safety and security the 'easy way.'"

"We also work to create 'easy ways' to assist our volunteers in reaching our goal of 'taking care of each other,'" explained Ron. "We understand that our residents are busy enjoying the amenities of living in

Lincoln Hills, so we have organized workshops and personal contacts to help neighborhoods establish a network of the information needed to handle emergencies. If you have a medical emergency, we are often able to contact your relatives before the ambulance can arrive at the hospital. If you are on vacation and your sprinkler system starts flooding your yard, for example, we notify your emergency contact."

Seniors want to live in a safe community and high praise comes from the residents who also live in areas where they bask in the comfort and security of neighbors who socialize with each other. **Page 30 has popular ideas from Pauline Watson, our secretary.**

The Spring Safety Seminar featuring the Lincoln Police and Fire Department Chiefs will be on April 30, from 1:00-3:00



Ron Wood, Executive Director, and Pauline Watson, Secretary, confer on "easy ways" to strengthen Neighborhood Watch

PM, in the Ballroom (OC)—another "easy way" to learn more about our safety and security! See our ad on page 12.

### Neighborhood Watch Contacts

- Ron Wood, 434-0378  
ron2029@att.net
  - Pauline Watson, 543-8436  
frpawatson@sbcglobal.net
- Neighborhood Watch Website**  
[www.SCLHWatch.org](http://www.SCLHWatch.org)



## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

"Caring for a loved one is challenging, both physically and emotionally, although you cannot stop the impact of your loved one's illness, you can take responsibility for your own personal well-being. Come learn practical ways to cope with the stress of caring for someone while thriving as an individual." These are the ideas that Stefani Wilson, our facilitator from Del Oro Caregiver Support Group, brings to our discussion meetings. The next one is Wednesday, March 25, 1:00 PM in the Multipurpose Room (OC).

We meet the fourth Wednesday of every month and alternate these discussion meetings with presentations by experts in various fields who bring important up-to-date useful information to our members.

Courtesy of the Lincoln Hills Foundation, we have a wonderful library of relevant books that may be borrowed and shared with family and friends.

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

**Cathy VanVelzen 409-9332;**

**Maria Stahl 409-0349**



### Antiques Appreciation

In March, we had a fascinating presentation by one of our long-standing members about her Asian Miniatures collection of vases, bronze, enamel, wood, and porcelain items. We are so fortunate to have her share her knowledge of antiques! In the second half of the program, members told about a favorite Asian antique they had brought.

For our April 6 program we will have a representative from the Sacramento Button Club sharing her knowledge of a variety of vintage buttons. If you have not done so, membership dues of \$5/year will continue to be collected at the meeting. Check payable to Antiques Appreciation Club preferred.

Our annual Spring Party, "Just Desserts & Auction," will be held at KS on May 29. Watch for more information.

We meet on the first Monday of each

month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. All are welcome!

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

**Appraisals 408-4004**



### Astronomy

Wednesday, April 1, "Hubble Space Telescope—25th Anniversary." John Combes will present an update on the latest discoveries by the Hubble Space Telescope. Learn about how this amazing telescope continues to make ground-breaking discoveries even after many years of operation. Learn why it is hailed as the one of the most important scientific instruments ever made in man's history.

Monday, April 20. Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology—The History and Nature of our Universe." April's meeting will be a review of the most recent 12 DVD lectures. Contact Morey Lewis [eunmor@pobox.com](mailto:eunmor@pobox.com) (408-4469) for more info. Meetings: Astronomy Group meetings are held at the P-Hall (KS). What's New in Astronomy/Activities/Q&A: 6:45 PM, program at 7:15 PM.

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

**[eunmor@pobox.com](mailto:eunmor@pobox.com);**

**Cindy Van Buren 253-7865,**

**[rvbcvb@att.net](mailto:rvbcvb@att.net)**

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



### Ballroom Dance

So, how are you doing on those New Year's resolutions? Was learning to dance one of those resolutions? Time is "marching" on, but there's still time to start. In March, we will learn the smooth, versatile Foxtrot. Then, we will spice things up in April and learn the ChaCha. We meet Tuesdays at KS. Beginning group lessons are from 2:00-3:00 PM, social dance hour follows from 3:00-4:00 PM. Need extra help? Our friendly, patient



*Michael  
& Joan  
Chien*

instructors are available for individual help during the social dance hour. From 4:00-5:00 PM, a more advanced lesson in the monthly dance will be taught. The last Tuesday in March will feature Technique Classes for Waltz, Rumba, and ChaCha. Both hours of instruction will be appropriate for all levels.

Remember that your \$7 annual membership includes *all* lessons! We have many fun dance events during the year, too. Don't let life "march" on by, enrich your life by dancing!

**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 April 8 and May 13. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be Thursday, March 26 at *Meridians* and Tuesday, April 21 at *Siinos*. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memorial in the *Compass*, contact Joan.

**Contact: Joan Logue 434-0749,**

**[joanlogue@sbcglobal.net](mailto:joanlogue@sbcglobal.net)**



### Billiards

#### The Shooters

- Eight-Ball Singles 1:00-4:00 PM  
First Wednesday
- Nine-Ball Singles 1:00-4:00 PM  
Second Tuesday
- Eight-Ball Doubles 1:00-4:00 PM  
Third Wednesday  
All games at KS.  
Tournament winners—
- Eight Ball Singles February 4—  
Winner: Remy Giannini; Runners-up:  
Ed Ryan & Phil Delaney.
- Nine Ball Singles February 10—  
Winner: Ed Ryan; Runners-up: Jim  
Mason and Norm Hagerty.
- Eight Ball Doubles February 18—





*Eight Ball Doubles Winners Mike Schmahl, Clyde McFadden, Phil Delaney, Ted Komaki; Nine Ball Singles Winners Ed Ryan, Jim Mason, Norm Hagerty; Eight Ball Singles Winners Remy Giannini, Ed Ryan, Phil Delaney*

Winners: Mike Schmahl and Clyde McFadden; Runners-up: Phil Delaney & Ted Komaki.

**Contact: Hal Berman 543-0517**

### Challengers Billiards

Every Friday from 10:00 AM to 12:00 PM, the Challengers Billiards Group plays seven games of partner Eight Ball (1/15). By designating the one and 15 balls to be pocketed in the assigned side pockets, this adds a strategic component to the regular Eight Ball game. We play seven games and each game is timed at 17 minutes.

This makes for a fun and challenging environment for the mid-level to advanced player. Every last Friday of the month is sign-up day for the following month.

Here are our recent winners.

First place—Six and a half of seven games: Ted Baker; six of seven games: Joe Perez, Bill Kim, Doug Porter, Remy Giannini, Tom Thornton; Second place—Six of seven games: Ken Klein; five and a half of seven games: Steve Fowler; five of seven games: Bill Davis, Dan Oden, Bob Soriano, George Black, Tony Felice, Lisa Pabst, Del Torres.

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

### Couples Billiards

The Couple's Billiards Group at KS is usually very busy. We play six-seven games depending on how many couples attend. We play no more than 14 teams.

On week one, Doyle Coker/Bob Soriano was the only team to win six games of seven, while Ron/Sherry Weech won five.

Week two: Joe Perez/Ted Komaki team won all six games. Ron/Sherry Weech and Bob Soriano/Doyle Coker won five of six.

Week three we had a two-way tie of five games out of seven: Howard Skulnick/Peshu Irani and Bob Soriano/Doyle Coker. Six teams tied with four games that week.

Week four: Dan Oden/Tom Thornton won all six games. Remy Gianni/Doug Porter won five.

Week five had two teams tied with six wins, no losses: Dan Oden/Tom Thornton and Doug Porter/Remy Gianni. AJ Jhanda/Chiquita Fratto and Jim/Barb Conger won four games.

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

### Players Billiards

If you like to play Eight Ball, come join our mid-level players every Thursday from 2:15-4:30 PM for seven games. Each game is timed at 17 minutes each. Rewards include honor, glory and fun. Advance sign-up is encouraged but standby players can frequently play. We play in the Billiards Room (KS). You will only play with the same partner once and the same opponent twice. Win some games, enhance your skills and have fun!

Congratulations to our recent winners:

Seven games: Remy Giannini; six of seven games: Dan Oden, Hugh Fraser, Ken Hawley, Doyle Coker, Peshu Irani, Bob Soriano, Phil Berlenghi; five of seven games: Lisa Pabst, Doyle Coker, Chiquita Fratto, Tom Thornton, Hugh Duberley, Dan Oden, Del Torres, Sylvia Gutierrez, Remy Giannini.

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

### Upstarts Billiards

*"Stripes roll here and solids roll there; We sink balls till the table is bare."*

Who's up for Billiards? Upstarts Billiards

is group-play for beginners-to-average. We play Standard Eight Ball on Thursdays, 11:45 AM to 2:00 PM, at the Billiards Room (KS). Why don't you come down and join us sometime?

Winners—Six games: Richard Gsell (has no match!); five games: Stephen Baron, Gale Comer, Bill Evans, Nicki Hobby, Randy Ransdell, Audrey Thrall, Herb Trueblood, Joan Wendell.

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

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



### Bird

Ed Harper will be guest speaker at our April 13 meeting. Having retired from American River College, Ed now enjoys teaching classes on birding and leading wildlife tours all over the world. You will want to join us on the second Monday of April at 1:30 PM in the P-Hall (KS) for his fun and informative program.

On March 27 our group will enjoy bird watching along the Twelve Bridges Trail. This lovely trail always has a nice variety of waterfowl, raptors and song birds. On April 3, we drive to the Vic Fazio Yolo Bypass Wildlife Area for a tour of its extensive wetland. This area has an impressive variety of waterfowl. After a busy morning of birding, we stop at one of our favorite restaurants before heading home.

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

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

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



### Bocce Ball, Mad Hatters

We were having our semi-annual conversation about when to change our start time to 8:00 AM for the summertime the other day. We mention it now because we broached the possibility of perhaps changing to the earlier hour in the middle of April rather than wait till May 1. The weather really does seem to be getting warmer and people are starting to wilt early. The subject of starting at 9:00 AM rather than 8:00 AM also came up. Our fear is that would take us out of the frying

pan and into the fire, but we can talk about it. We solicit your opinion.

Sorry we missed you at the "It's The Lifestyle" club expo on March 12. You can still catch up with us on the Bocce Courts every Thursday morning at 10:00 AM.

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



### Book, OC

This month we will feature *The Sandcastle Girls* by Chris Bohjalian, an epic story of love and war which focuses on both the Armenian Genocide in 1915 in Syria, as well as modern-day Armenians in Bronxville, New York. Please join us on Thursday, March 19 from 1:00-2:30 PM in the Multimedia Room (OC) for the discussion. Newcomers are always welcome.

Schedule, remainder of 2015:

- April 16—*The Invention of Wings* by Sue Monk
- May 21—*My Beloved World* by Sonia Sotomayor
- June 18—*The Daring Ladies of Lowell* by Kate Alcott
- July 16—*The Maze Runner* by James Dashner
- 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* 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/>**



### Bosom Buddies

#### Breast Cancer Survivors

Our February 12 meeting's guest was resident poet, Jeanie Robertson. She has written a poem for our group which we will display at each meeting. She had us laughing and enjoying the day of love, "Valentine's Day." We also were treated to the beautiful singing voice of Lori, Cindy Redhair's daughter. Before our meeting we



Poet Jeanie Robertson was the guest at our February meeting; also at the meeting, Lori, Cindy Redhair's daughter, treated us to three songs

celebrated several of our members' birthdays, taking them to lunch at Meridians. A person newly-diagnosed, one in treatment or a survivor's Birthday is the emphasis of the "American Cancer Society."

Due to the "It's the Lifestyle" club event we did not have a General Meeting March 12. Our April 9 meeting will be a time of special treatment. You need to call for a reservation.

In need of friendship with a special person who understands your situation? Please call Val Singer, Marianne Smith or Patty McCuen for more information about Bosom Buddies, LH's breast cancer survivor group.

**Contact: Marianne Smith 408-1818**  
**Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)**



### Bridge, Duplicate

The Swiss Teams game is scheduled for Saturday, March 21. In this competition, teams will only compete against other teams at the same MP stratification in their section. Please register your team with Jim McElfresh.

Our club members welcome the many newcomers that have been coming to our games recently. Our duplicate games are played three times a week in the Kilaga Springs Lodge. On Wednesday, a lesson precedes the game at 11:45 AM, while the game itself begins at 12:30 PM and includes a "199er" section. The Friday game begins at 5:00 PM and consists of

a single open section. Saturday games start at 12:30 PM and include a "299er" section. Fees are \$2 for club members and non-member (first three games) and \$5 for non-resident guests.

For a partner call Barbara Dorf (434-8234), Squeak Conner (645-9085), or Lynne White (253-9882). For limited game partners call Nancy Rice (543-5275).

**Contact: Sharon Neff 543-8897**  
**Website: [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)**



### Bridge, Partners

#### Thursday Evening First & Third

Let's play Social Bridge, just bring your partner. Reservations are recommended but not required. Call and we will enter you and your partner on the player's list, or take your chances and just show up by 5:45 PM, and you get to play if we have an even number of pairs up to 28. We must be seated at 5:50 PM and start by 6:00 PM in the Sierra Room (KS), and we must finish by 8:30 PM.

February 5 winners—First: Bev & Allan Blaine; second: Ed Page and Don Anderson; third: Lynda Sader and Jodi Deeley; fourth: Harry Collings and Stan Mutnick who also had the night's high round of 1500.

February 19 winners—First: Edith Kesting and Erica Wolf with the night's high round of 1280; second: Linda & David Ma-teer; third: Lorraine & Bob Minke; fourth, none with only eight tables.

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

#### Thursday Evening Second & Fourth

Want to play Partners Bridge? Give us a call, and we will put you and your partner on the play list, or take your chances and just show up by 5:45 PM, and you get to play if we have an even number of pairs up to 28 (14 tables). We must be seated at 5:50 PM and start by 6:00 PM in the Sierra Room (KS), and we must finish by 8:30 PM. Please hold to six minutes per hand.

January 22 winners—First: Rose & Joe Phelan with the night's high round of 2130; second: Beverlee & Allan Blaine; third: Carol Mayeur and Dolores Marchand;



fourth: Marlene Harner and Basil Molony.

February 12 winners—First: Edith Kesting and Erica Wolf with the night's high round of 1980; second: Mary Bailey and Judy Barkhurst; third: Bob & Hilla Fawcett; fourth: Darlene & Leif Andreason .

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



### Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM, 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 have organized rotation. Please arrive between 12:30 to 12:50 PM to assure a place to play.

Winners: December & January—First place: Warren Sonnenburg, Judy Ganulin, Carol Mayeur and Dick Lund; second: Harry Collings, Elrose Rose, Rich McGough and Alan Haselwood; third: Carol Mayeur, Sasha Rome, Helen Helm and Phil Sanderson; fourth: Viren Sitwala, Flo Hunt, Joe Phelan and John Woodbury.

Reservations for March & April: Chet Winton, 408-8708, cnwinton@sbcglobal.net, or Helen Helm, 408-0428, h89elen@att.net.

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



### Bunco

In February, the Bunco dice were flying in the Card Room (OC). We are a noisy bunch but have a great time with lots of laughter! Please consider joining us for a morning of laughter, fun and friendship!

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

*January winners:* Most Buncos Phyllis Papagiannis; Most Wins Marsha Pimentel; Most Losses Pat McGough; Traveler Sharon Chipman.

Next Bunco is Thursday, March 19.

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



### Ceramic Arts

Happy Saint Patrick's Day! Keep those Mardi Gras beads out as the fun has just begun!

Hope you had a chance to stop at our booth at the "It's the Lifestyle" club event and got the "maybe I can do this" fever and will join us in our workshops or maybe sign-up for a class. You may visit our workshop up to three times, then you must join CAG. Contact one of our monitors from the list below. Come join the fun, and possibly discover talent you never knew you had.

Info: CAG Workshop hours are held at OC for Pottery Saturdays 9:00 AM-3:00 PM and Sundays 12:00-4:00 PM. KS Workshop for Earthenware: Mondays 1:00-4:00 PM. Spanish Oil (KS) on Sunday's 1:00-4:00 PM.

Open Studio is available to all residents at OC Fridays 12:00 to 5:00 PM, KS Sundays 1:00-4:00 PM.

For more information contact:

**Contacts: Pottery (OC) Mike Daley 474-0910; Earthenware (KS) Marty Berntsen 408-2110; Spanish Oils (KS) Margot Bruestle 434-9575**

**Website: www.suncity-lincolnhills.org/residents, Groups, Ceramic Arts**



### Chorus

Famous songwriting duos composed and set words to much of America's greatest music.

George & Ira Gershwin brought us "Embraceable You," "Love Is Here to Stay," and "They Can't Take That Away from Me." Richard Rodgers and Lorenz Hart created "Isn't It Romantic." Rodgers and Oscar Hammerstein II gave us "My Favorite Things." Hoagy Carmichael and Johnny Mercer collaborated on "Skylark."

These and other Great American Songbook classics are features of "Melodies of Love," this spring's concert by your Lincoln Hills Community Chorus. More than 100 voices under Bill Sveglini's professional direction will fill our Ballroom with music



*Bill Sveglini rehearsing the Chorus*

you "Can't Help Falling in Love" with.

Even if you "Don't Get Around Much Anymore" (yet another program highlight), you won't want to miss one of our three performances on April 26-28. See pages 11 and 43 for specifics and plan to join us!

**Contacts: Bill Sveglini 899-8383, sveglini@gmail.com; Sid Frame 408-1453, sflincoln4fun@starstream.net**  
**Website: www.lincolnhillschorus.org**



### Computer

Main Meeting April 16, 2:30 PM "Care Innovations™"

consults with hospitals, senior living facilities, doctors, insurance carriers, family caregivers and more. Their solutions are backed by their extensive knowledge of patient monitoring devices and the collected data of thousands of people.

Care Innovations has teamed with Intel and GE to develop sensors you wear to predict falls and prevent them! Falls are a major problem worldwide in adults over 65. Many people with CHF find themselves back in the hospital weeks after being dis-



*On April 16, come see technology for better living! Frank Napolen, Jr. presenter*

charged. Care Innovations monitoring via a tablet and Wi Fi can keep you at home and adjust your medications. Come see how technology can keep you home and well! Frank Napolen Jr. presenter, OC Ballroom. Walk-In-Workshop: April 21, 1:00-3:00 PM in the *Computer Lab* (OC).

Ask the Tech: April 24, 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

The Mac Users Group — "All Things Apple"—has a wonderful website, which you can access at [lhmg.org](http://lhmg.org).

Among the available tabs is one marked

CALENDAR. Opening this tab displays two months of MUG activities: seminars; labs, meetings; etc.



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

Below the monthly calendars are instructions to subscribe to this calendar which will actually fill in the events on your own iCalendar. This is a wonderful way to automatically schedule all of the MUG activities without searching.

Did you know that all of the MUG Seminars & Meetings are captured on video? Jeff Hanner and his crew record audio and video of each session, edit each, and post them to YouTube. Visitors to our website may access them via the website video tab. Previous videos are posted by name for replaying.

MUG Members: March 15 is the deadline for renewing your membership. \$15 per household annually.

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

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



### Country Couples

Gorgeous decorations took center stage at our Mardi Gras Dance on February 21. The newly-formed decorating committee surpassed expectations with its creative and colorful décor turning the KS dance room into a Bourbon Street scene. Along the thoroughfare were festively decorated tables covered with purple, yellow and green cloths sprinkled with festive confetti and colorful candy coins with beads flowing from martini glasses. Mardi Gras masks decorated the walls and side tables. Masks, beads, colorful dress, and crazy hats were the favored attire of the dancers.

Delicious appetizers and desserts were provided by the attendees, who enjoyed dancing to some new tunes presented by DJ Ed Lawson. The group introduced some new line dances which are becoming more popular among our members. This was another fun and successful event for Country Couples Dance Club, whose booth at "It's The Lifestyle" event on March 12 was very popular.



Table Centerpiece, Bourbon Street, Ern & Tom Hargis



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



### Cribbage

Come join the fun at OC 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 Von Deylen 599-6530**



### Cyclist

According to a recent study about the effects of exercising on aging, it seems that we older cyclists have been on the right track. This new study out of England points in that direction. They studied the health of older people who exercise quite a bit. Recruited were 85 men and 41 women between the ages of 55 and 79 who are regular cyclists. The men had to be able to cycle 62 miles in six and a half hours and the women, 37 miles in five

and a half hours. The cyclist's results were compared against benchmarks of normal aging. As it turned out, the cyclists did not show their age. As a group, even the oldest cyclist had younger people's levels of balance, reflexes, metabolic health and memory ability. However, the oldest cyclists had less muscular power and mass. "Being physically active makes internal body function more like a young person."

**Contacts: Steve Valeriote 408-5506, [jillsteval@gmail.com](mailto:jillsteval@gmail.com)**

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



### Eye Contact

#### Low Vision Support Group

On March 12 we took part in the SCLH "It's the Lifestyle" event giving us an opportunity to meet residents and give out valuable information on eye diseases common to seniors.

At our 2:00 PM general meeting that same day, two of our local residents described their participation in research studies.

On April 9 we will host Cory Hanosh, President of NorthState Assistive Technologies, demonstrating various desktop and portable products for low vision.

General meetings are held at 2:00 PM the second Thursday of the month in the P-Hall (KS) and feature a guest speaker or audio-visual presentation. 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 a loved one with low vision.

**Contacts: Cathy McGriff 408-0169; Margie Campbell 408-0713**



### Fishing

With the New Year comes a new opportunity for you to catch that "dream" fish. Join your local fishing club, meet a new or old fishing friend, and get the lowdown on the nearest fishing hole or upcoming fish out. Planned for this year are events I know you'll enjoy: Collins Lake, Lake Shasta houseboat, Heidelmann Lodge, and the Ocean Salmon fish out. Then there is the Spring BBQ, and Lincoln





Darrell at his best, Henderson Springs; Big Lake—Henderson Springs; Fall River—Dick and his Rainbow



Fishing Derby, and much more. The club meets the second Monday of the month at 7:00 PM, P-Hall (KS). For club info contact Roger Bryan, 645-6897, or to join contact Henry Sandigo (below).

**Contact: Henry Sandigo 415-716-0666, [hsandigo@icloud.com](mailto:hsandigo@icloud.com)**



### Garden

“Citrus—From Selection to Harvest” will be the topic of the March 26 General Meeting, KS, 2:00-4:00 PM. Guest speaker Nicole Harrison (arborist) currently works with ABACUS located in Auburn and specializes in preservation/evaluation of established trees. Door Prize tickets (Home Depot) will be given out to members seated by 2:00 pm. You have the opportunity of getting more tickets by participating in the Spring Flower Show!

Spring Flower Show—March 26/27, KS Foyer. Members are encouraged to bring a single specimen flower and/or an arrangement of flowers (from your garden to share with the community) be-

come to the March 26/27 KS Foyer. Members are encouraged to bring a single specimen flower and/or an arrangement of flowers (from your garden to share with the community) be-



Nicole Harrison—Arborist; Flower Show March 26/27



tween 1:00-1:45 PM (before the General Meeting). One ticket for a flower and another for an arrangement. Contact: Arden Bendorf, 408-4882.

Members from last year, who have not yet renewed for 2015, have been dropped from the Membership. New applications are on the webpage or contact Marjie Anderson 408-7685.

See our ad on page 12.

**Contact: Lorraine Immel 434-2918, [limmel@ssctv.net](mailto:limmel@ssctv.net); Virgil Dahl 408-3748, [hasbeenvd41@att.net](mailto:hasbeenvd41@att.net) [www.lhgardengroup.org](http://www.lhgardengroup.org)**

### Bonsai Group

Newcomers are welcome! Meet March 19 at the Terra Cotta Room (KS), 2:00-4:00 PM, for a workshop on pruning Junipers, Conifers and Deciduous Trees. Bring bonsai and equipment to prune.



Bonsai Cork Oak Class

March 27—Cork Oak planting workshop. You must register and prepay \$50 by March 20. Price includes instruction, pot, soil, and plant.

April 16: Bonsai Class (KS, 9:00-11:00 AM); May 2/3: Bonsai Show (OC Lobby, 10:00 AM).

**Contact: Larry Clark 409-5214, [lkclark@surewest.net](mailto:lkclark@surewest.net)**

### Genealogy

The Genealogy Club general meeting is March 16, 6:30 pm at P-Hall (KS). Kathryn Marshall is our guest speaker and the topic is *Re-Branded Lives—Tracking Name Changes*. Find obscure records where your ancestors may be hiding! Kathryn Marshall holds a Ph.D. in Psychology and is currently the Director of the Lodi California



Kathryn Marshall is our guest speaker March 16: “Re-Branded Lives—Tracking Name Changes”

Family History Center. Dr. Marshall is also a member of the Advisory Board for the California Pioneer Heritage Foundation.

The prize drawing is an *Epson A10 Printer* and you must be a member to participate in this drawing. Former members who may not have paid their dues for 2015 may do so prior to the general meeting at the “sign-in” table. The annual dues are \$20.

Genealogy Club officers for 2015 were elected at the January 19 general meeting and are: *President, Bob Ringo; Vice-president, Arlene Rond; Treasurer, Lodge Carlton and Secretary, Marlene Carlton.*

**Contacts: Maureen Sausen 543-8594; Arlene Rond 408-3641; Website: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)**



### Golf, Ladies

#### Ladies XVIII

If you reside in SCLH you can join our merry band of lady golfers. We play every Thursday morning (weather permitting). Our special tournaments are always the best. Next up is our Spring Fling on May 7.

Congratulations to Dell Parker who earned Most Improved Player of 2014 and she had a hole-in-one February 5! Congratulations, also, to Donna McDonald (our immediate past Captain) for her EAGLE on the Hills #4. That’s right! Her second shot on that par four went into the cup.

Join us. Call Membership Chair Donna Sosko 434-5427.

**Contact: Candice Koropp, 409-0607 Website: [lhlgviii.com](http://lhlgviii.com)**

### Golf, Men’s

Our tournament season is off to a good start with two tournaments finished and a full field of players.

Winners for the ABCD Scramble held on February 3—Flight # 1 Brian Stow, Frank Merlo, Ron Roberson, Roger Val; # 2 Steve Mumma, Frazier Caldwell, Darrell Rinde, David Jansen.

Upcoming tournaments:

March 10 Lone Ranger Tournament, four-man team; April 7 TBA; May 4 & 5 Club Championship. Come play with us!

**Contacts: Rodger Oswald, [rodgeroswald@gmail.com](mailto:rodgeroswald@gmail.com); Roger Cummings, [cummingspct@aol.com](mailto:cummingspct@aol.com);**

**Karl Williams, [kwill78479@aol.com](mailto:kwill78479@aol.com)  
Website: [lhmgc.org](http://lhmgc.org)**



**Healthy Eating**

Understanding the impact of our food choices on our personal health and our environment is critical to our nation—and this is what food literacy is all about. Researchers write that there are currently two generations of Americans that don't know how to cook – and lack even a basic understanding of the nutritional needs of the human body. Only 14% of Americans eat the recommended minimum five servings of fruits and vegetables daily while we overdose on sugar, salt and saturated fat. We are undernourished and overweight as a nation.



*February Club Meeting;  
Coffee Roasting Tour*

Join us as we learn more about the importance and the joy of healthy eating. Our monthly meetings are the fourth Monday of each month at 2:00 PM in the P-Hall (KS), followed by a healthy foods tasting in the Social Kitchen (KS).

March's meeting is the 23rd and the presentation is on backyard gardening in Lincoln Hills. *Guests are welcome.*

**Contact: Don Rickgauer 253-3984,  
[ScIh13HealthyEating@gmail.com](mailto:ScIh13HealthyEating@gmail.com)**



**Hiking and Walking**

Spring has arrived early this year with the lack of cold winter days! The Walkers have enjoyed seeing the lush green grass and colorful wildflowers on their



*Hikers posing on a bridge at Hidden Falls Park on the way to Dennis' memorial bench; Dennis Ratay Memorial Bench; Margaret Ratay, Dennis' wife, relaxing at her husband's memorial bench*

weekly Wednesday walks at Lincoln Hills. Their walks start at 8:00 AM. Likewise, the Hikers have had the pleasure of seeing Nature's beauty on many hikes. Wonderful hike destinations have been to Davis and the University of Davis Arboretum, to Folsom along Lake Natoma, in Lincoln on the Orchard Creek Preserve trail, to Vallejo and the Lynch Canyon Open Space Park, and to Sacramento and Discovery Park. A very special hike took place at Hidden Falls County Park, in the outskirts of Lincoln, where a large number of hikers visited a magnificent bench in memory of our beloved Hiking/Walking Group President Dennis Ratay who died on February 5, 2014. See photos.

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



**Investors' Study**

Our April Speaker is Dr. Claus te Wildt, Sr. Vice-President with Fidelity Financial Advisor Solutions, a division of Fidelity Investments. He joined Fidelity as



*Pierre, our speaker, with two guests*

an Investment Director in January, 2006. He has 20 years experience in a variety of investment arenas and will share his insights with us on Thursday, April 2 at 2:30 PM in the P-Hall (KS).

The Active Investors subgroup continues to meet on the second Monday of each month at 3:00 PM in the Multimedia Room (OC). Contact Bill Ness for additional information at 434-6564.

**Contact: John Noon 645-5600  
[thenoons@att.net](mailto:thenoons@att.net)**



**Lavender Friends**

Lavender Friends is a social organization serving the LGBT community and those in friendship in SCLH. After writing these short interviews for the last six months, I've been asked to turn the lens toward myself.

My name is Kate. I love the rural small town setting here, and the proximity to Sierra College where I take photography, LGBTQ studies, and philosophy courses. I was part of the National Writing Project with a particular interest in biography. Everyone has a story; you just need to ask the right questions. Recently I've been asked to help set up a major project at Sierra College to interview and preserve the stories of the LGBTIQ community in print and film, so will soon turn my focus there.



*Kate*

Upcoming events include Game Night March 21, Movie & Dinner March 24, Potluck April 4. Check our website for additional social opportunities.

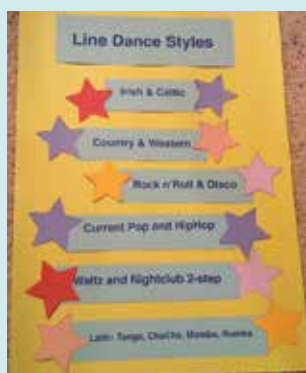
**Contacts: Jacquie Hilton 543-9349, [jacquiehilton@starstream.net](mailto:jacquiehilton@starstream.net); John 408-2576, Sheila 408-2802  
Website: [www.lavenderfriends.com](http://www.lavenderfriends.com)**



**Line Dance**

It's not just Country and Western music anymore! Line Dancers at Lincoln Hills and around the world dance to all styles of music. Line Dancing has evolved in the past 20-25 years from mostly boot-stompin' songs danced with hands in belt loops to many kinds of music, some of which have hand motions incorpo-





*Not just country!*

rated into the dance. Some popular dances in the 90s were *Achy Breaky Heart* and *Boot Scootin' Boogie*. In the past few years, line dances have been done to songs such as *Blurred Lines* and *Rolling in the Deep*. The latest music is used in dances which have a Rock n' Roll, Disco or Hip Hop style. Others have an Irish flavor, and many waltzes are danced also. Latin dances are very popular, using tango, rumba, cha cha and mambo rhythms. If you don't like one style, another awaits you! Come join the fun!

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



### LSV/NEV

We are having a very fascinating subject for our membership meeting program Tuesday, March 17 at the P-Hall (KS) starting at 10:00 AM. Barry & Gay Macintosh will share tidbits about their trip through the rivers of France on a small boat sailing through the canals. It was their private boat, they stopped overnight at villages and saw significant historical places with excellent stories to tell.

2015 Socials being planned for the LSV/NEV Group are luncheon/membership meeting with speaker, BBQ and Bingo, and the annual Christmas party. More details to follow.

All Lincoln Hills residents are invited to attend our informative meetings, and learn about the benefits of owning a NEV.

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



### Mah Jongg, Chinese

Greetings! Please plan to join us on Mondays at 9:00 AM in the Card Room (OC). Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is 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 welcome the opportunity to teach you. Even if you already know how to play this game, please join us.

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

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



### Mah Jongg, National

National Mah Jongg is hotter than ever! We consistently have five tables or more; and several players have been recent additions to our community. What a great way to make new friends. We meet every Tuesday at 12:30 PM until 4:00 PM in the Card Room (OC). For those of you who would like to learn the game, Fran Rivera



*Lovin' the game, from left: Joann Patterson, Karla Honeycutt, Marie Hutchinson, and Janet Williams*

is an excellent teacher and can be reached at 434-7061. She teaches in her home at no charge. This will be the last month we play with the 2014 card as 2015 card play will begin April 1.

**Contacts:** *Carol Vasconcellos, 209-3457; Judy Rosenthal 408-857-1353*



### Mixed Media Collage Arts

Creating in mixed media involves experimenting with products. Gesso is one of the most versatile media and can be used to seal as well as provide texture, color and even adhesion. Lately, we have been using a brayer to play and experiment with for establishing layers. Stencils provide the chance to explore positive and negative shapes. Each project we attempt is an experiment or an exploration. Thomas Edison, "If I find ten thousand ways something won't work, I



*Photo is a result of a challenge by member Patricia Branham to take an ordinary name tag and have it reflect the individual—we had great fun*

haven't failed....because every wrong attempt discarded is another step forward."

All experience levels welcome. We meet on the third Wednesday each month from 1:00-5:00 PM in the Ceramics Room (OC). **Contact:** *Frima Stewart 253-7659, frimastewart@gmail.com; Nina Mazzo 408-7620, ninamazzo@me.com*



### Motorcycle

#### RoadRunners

The weather has been a deterrent for impromptu rides for those riders anxious to get back in the saddle. Our formal riding season did not start until the second Saturday in March and we had a good turnout for the event. It was the third David Fernandes Memorial Ride and it was met with great enthusiasm. The ride was led by our VP/Head Road Captain John Marin.

Touring for the rest of the season has been laid out and we are going to have some very interesting and scenic tours. We have a Delta/River ride, Sonora/Covered Bridge tour, Chester/Lake Almanor tour, and a Plymouth/Wine Country tour in the planning stages. It's going to be a glorious riding season!

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

"Ride Safe—Ride With Friends."

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



### Music

Begun in 2010 as a forum to showcase SCLH Music Group performers, the bi-monthly Friday Night Open Mic routinely attracts more than 15 acts and an

audience of 80 to 100. The event is open to SCLH musicians who wish to perform. No karaoke permitted. The next Open Mic is scheduled for Friday, April 24 from 6:00 to 8:00 PM, P-Hall (KS). Performance sign-ups begin at 5:30 PM.

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

On Wednesday, April 22, the SCLH monthly music group meets to make music and socialize (OC Lodge, Fine Arts Room). Everyone is welcome.

*Written by Carol Percy.*

**Contacts: Carol Percy 543-1365, [crpercy444@gmail.com](mailto:crpercy444@gmail.com) or Julie Rigali, 408-4579, [jjrigali@yahoo.com](mailto:jjrigali@yahoo.com).  
Website: [www.suncity-lincolnhills.org/residents, Groups, Music](http://www.suncity-lincolnhills.org/residents, Groups, Music)**



### Needle Arts

#### Threads of Friendship

Our leap into spring brings a new adventure... Classic Italian stitchery!! Vima de Marchi Micheli comes to town to share what she learned as a child from her mother, grandmother and three aunts. It is all about the art of Italian lace. You will want to be at KS for the meeting on Tuesday, April 14 at 1:00 PM to see the many examples of her fine work.

Stitching at the age of four, her interest in lacemaking and embroidery began when she went to Italy to study art history at the University of Florence. She still visits Italy several times a year to study with local artists. Remarkably many are now in their 80s and 90s. Makes you think there may be something grand investing your time in lacemaking!

Mrs. Micheli will present an oral history of Italian lace and share the art of construction. A must see event... mark your calendars.

**Contact: Carol Matthews 543-7863, [carolm1929@gmail.com](mailto:carolm1929@gmail.com)  
Website: [www.sclhna.com](http://www.sclhna.com)**

security for all," explained Neighborhood Watch Secretary Pauline Watson.

For example, Bob Varley's Village 3B enjoys the buffet at Thunder Valley Casino or Mike's Pizza once a month. Paula Payne's Village 4 combines parties with providing backpacks filled with school supplies in September and Christmas presents to help Santa in December. They are frequently joined by Villages 42B and 3B.

Laughter resounds in a number of Villages from the very popular game of Bunco. A lunch and movie date, bocce ball, and game nights are other frequent choices for getting together.

Everyone loves to live in a warm and friendly neighborhood. Think small and invite one or two of your neighbors for coffee or cocktails. Or think large and have a neighborhood party. Either way, enjoy watching the camaraderie grow!

See our ad on page 12.

**Contacts: Ron Wood 434-0378, [ron2029wood@att.net](mailto:ron2029wood@att.net);  
Pauline Watson 543-8436, [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net)  
Website: [www.SCLHWatch.org](http://www.SCLHWatch.org)**



### Painters

At our March 16 membership meeting we will enjoy a watercolor demonstration presented by Painters Club member, Barbara Vance.

We want to thank all who visited our Fine Arts Show and hope those of you who purchased pieces there are enjoying them.

We held our second membership meeting at our new venue, the P-Hall (KS), on our new day and time: the third Monday of each month, 2:00-3:30 PM. Interested guests welcome.

At our February membership meeting we enjoyed painting demonstrations shared by two Utrecht Art Supply artists. Assistant Manager, Betsy Jones, demonstrated how one can use acrylics to create layers for "an abstract suggestive base" or "implied background." Her assistant, Elizabeth, honored us with a portrait demonstration, using acrylics.

**Contacts: Joyce Bisbee, [joybis@aol.com](mailto:joybis@aol.com)  
Jack Cook 434-6317, [li4cook@aol.com](mailto:li4cook@aol.com);  
Jim Brunk (plein air paint-outs), 434-6317, [brunk@starstream.net](mailto:brunk@starstream.net)  
Website: [www.lhpainters.org](http://www.lhpainters.org)**



### Paper Arts

Our project this month was led by Mina Bahan who also offers card making events and classes here and Sun City Roseville. Her designs are always fresh and creative. Thank you Mina.



*Members making cards at the February Card Swap and samples of cards*

Last month's Card Swap was lots of fun with sharing our own designs amongst small work groups. Everyone left with lots of new cards and new ideas.

Our members do a variety of cards, books, and paper crafts that were proudly displayed at the "It's The Lifestyle" event at OC. Many residents stopped at our tables to admire the lovely handcrafted items.

April 2 is our annual Demo Day where we demonstrate a variety of tools and techniques. Remember that the start time for Demo Day is 10:00 AM. Demonstrations are done by members and this is always a fun event.

Can't believe spring is around the corner. Check out the window at OC for inspiration.

**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



### Neighborhood Watch

"Neighbors who play together have a strong incentive to take care of each other, increasing the safety and



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 AM to noon. We hope to see you there.

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



### Photography

If you missed the fine art pieces exhibited February 20-22 at OC by our photographers Judith



“Western Bluebird” and “Killdeer” by jeffa

Huth, Marion Randall, Allen Adler, Patrick Jewell, David Kaufman, David Masche, and Bill Szabo, you missed out! Too, kudos for Charlie Schuman and Jim Cormier for being the event photographers... Looks like we're into spring with duh bees and duh trees producing in overdrive—duh boids are

probably ramping up as well, so we're likely to see an early start to goslings, ducklings which are always photo favorites. Two of my faves are the Killdeer and Western Bluebird, pictured here.

Next month at the April 8 General Meeting we're hoping to have H. William Klipperscrap as our guest speaker demonstrating his use of tripods and camera slings to engender politically correct images of tsetse fly mating during leap years. A mite esoteric perhaps, but nonetheless educational and worth the price of admission.

Writer: jeffa.

**Contact: Jeff Andersen 434-6009, [2jeffa@gmail.com](mailto:2jeffa@gmail.com)  
Website: [SCLHphoto.com](http://SCLHphoto.com)**



### Pickleball

On the mornings of March 25 & 26 all LH residents are encouraged to grab a chair, come to the courts and support our club's senior players (70 years and older) for the Second Annual Super Seniors Tournament.



*Barb & Tom Bartley win silver, MXD 65-69; Sharon Klotz and Charles Hooper take bronze, MXD 65-69; Roger Lopossa & Craig Fraser win silver, MD 70-74*

We expect some great play, lots of fun & enjoyment for all. Come to check out why ours is such a fast growing sport!

2015 Club Championships will take place May 12-14 for men's & women's doubles followed by mixed doubles competition May 19-21. Watch for more details and registration info via email.

And speaking of tournaments... 10 of 19 LH pickleballers who traveled to compete in February's well-run Palm Desert Senior Games brought home 16 medals. Definitely a fun week of great weather and some tough competition.

Our next board meeting will be Wednesday, April 8 at 2:00 PM in the Ceramics Room (OC) and open to all club members.

**Contact: Marty Rubin 408-3494, [marty629@gmail.com](mailto:marty629@gmail.com)  
Website: [www.lhpickleball.com](http://www.lhpickleball.com)**



### Players

Zany? Check...Ridiculous?...Check...Unbelievable?...Check.

The cast and crew of *The Ballad of Gopher Gap* or *Sticky Fingers Won't Wash* went beyond all expectations. What's next?

Decisions are in the making for our next performance so, stay tuned. It's bound to be fabulous.

Would you like to be a sound tech or a lighting tech? The Players are looking for technical enthusiasts to train for these positions. If you're interested, contact Barbara Greenfield (*information below*).

During the Player's February meeting, director, actor and Players member Judith Jesness took to the P-Hall (KS) stage for an entertaining and informative demonstration on how to audition. There was much laughter throughout while members learned things they didn't know they needed to learn! There is always something interesting and fun going on at the meetings.

Players meetings are held the second Monday of the month in the Kilaga Presentation Hall.

For further information, contact:  
**Contact: Barbara Greenfield 408-5017, [barbieg1@sbcglobal.net](mailto:barbieg1@sbcglobal.net)  
Website: [www.lincolnhillspayers.com](http://www.lincolnhillspayers.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 Mondays, Tuesdays and Fridays—same times.

The Quarterly Hold 'em tournaments are open to all residents, first come, first-served, as they usually fill up quickly with a 48-player cap. Our 2015 tournaments will occur April 11, July 11 and October 10.

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

**Contacts: Donna Tewart 759-1553; Lynne Barsky 253-3730**

### RV

The Durango RV Resort in Red Bluff will be the next stop for the RV Group, an April 16-20 rally highlighted by

a rodeo, the Red Bluff Roundup.

In addition, wagon masters Ricki & Ed Montoya have planned catered dinners, an olive oil tasting tour and a day of golf.

Dave & Julie Africa were last-minute replacements for Rosie & Bill Eads as wagon masters for the group's last rally late January at the Sands RV and Golf Re-



RV Group members enjoy a dinner at the Sands RV and Golf Resort

sort in Desert Hot Springs and did a great job in their first try at leading the group. There was golf, a barbecue, a trip on the Palm Springs Aerial Tramway to the top of Mount San Jacinto and a tour to Joshua National Park.

The group meets on the second Thursday of each month, 4:00 PM the Social Kitchen (KS). Meetings are open to all Lincoln Hills RV owners.

**Contact: Rosie Eads 408-0129**

**Website: www.lhrvg.com**



## SCHOOLS

### Sun City Helping Our Outstanding Lincoln Schools

"You must do the things you think you cannot do." Such a wise quote from Eleanor Roosevelt! Working with young minds to help them realize "what they can do" is what our happy group of volunteers does every day.

We offer you many opportunities to help our educators. You do not have to be a former teacher, just someone who cares about young people and helping them to reach their full potential.

We want to thank everyone who stopped by our table at the "It's The Lifestyle" Event on March 12. If you have any questions please contact us and we will be happy to talk with you.

Mark your calendars for our Appreciation Picnic on June 9 from 5:30 to 8:30 PM in the Sports Pavilion.

*Written by Sandy Barry.*

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



## SCOOP

### Sun City Organization of Pooches

SCOOP's February 3 meeting was a huge success, with members/guests filling the room! Our guest speaker was Dr. Ann from Sterling Point Veterinary Hospital in Lincoln and her focus was primarily on senior dogs. Statistics were provided showing geriatric issues in large dogs begin around age four, and later for smaller breeds. Renal disease, cataracts, Cushing Disease, and heart disease were said to be most frequent. If pet's behavior changes, see your vet immediately.

Treats—Try raw veggies: carrots/broccoli/sweet potatoes, and canned green beans to supplement their meals, without adding calories.

End of life issues were discussed and recommendations given on how to deal with this at home and with our vets.

April 7, at 11:00 AM OC—Walter Helms Canine Companions.

We need your help! Elections will be this year for officers. If you are interested in serving, please let us know.

*Submitted by Gay Sprague.*

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

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



## Scrabble

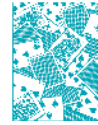
None of us are ever fully satisfied with the rack of letters drawn unless we can play a bingo!! All too common are racks with 60% vowels or 80% consonants. Faced with a Scrabble rack containing four "i's" a "v" and two "a's" is enough to cause a player to use a few swear words!! Never fear, there are many oaths and exclamations acceptable for play in Scrabble.

Here are just a few: blimy, caramba, crikey, criminy, egad, fie, geez, golly, jeepers, pardi, pfui (phooey), sheesh, yikes, zooks and zounds.

Come join your friends and neighbors for Scrabble on Mondays at 1:00 PM in the Cards Room (OC) to see if you can use some of these words. Let's Scrabble!!

*Submitted by Connie Protto.*

**Contact: Anne McMaster 409-5408**



## Shanghai

It's just about springtime, and a young man's fancy turns to—well, you know what. Join us "young" people and learn how to play the card game of Shanghai. We meet every Thursday at 12:30 PM in the Card Room (OC). You are more than welcome. We also play on the second and fourth Fridays at 5:45 PM. For more info contact one the names below.

**Contacts: Howard Beaumont**

**408-0395; Chuck Kaul 408-4153**



## Singles

### Dynamic Singles

Are you single? Ever feel like the "fifth wheel" in a group?

Join us to make single friends. We have a Business Meeting on the Second Thursday followed by an entertaining activity; a just-for-fun Social Meeting on the Fourth Thursday and several smaller ongoing group activities on other days—surely something you'll enjoy.

Dine Out at Lucilles on March 19. Our Social meeting will be at KS on March 26, featuring Richard Fuller presenting "What's My Line," April 2 is Cocktail time at Gingers. April 9 we'll play a Mystery Game after the Business Meeting. Second Saturday Breakfast on April 11. Because of Easter, our April Birthday Celebration is April 12 at the Sports Bar. All this and Bocce ball, hiking and golf, too.

Under "Clubs" on the Resident Website, you will find information on all the action, including the latest Dynamic Singles Flyer, detailing three months activities.

**Contact: Judie Leimer 408-4308,**

**[j.leimer@icloud.com](mailto:j.leimer@icloud.com);**



## Ski

Only one stormy weekend that added snow in February, but local skiing was still worthwhile during the rest of the month thanks to modern technology. Northstar and Squaw/Alpine are getting plenty of visitors, including from Lincoln Hills.

The last week in February saw 37 club members and guests descend on Whistler





Ski Resort, British Columbia. Nice weather and fun people will make for some great pictures in the next *Compass*.

We even had a taste of European skiing when Mike Connolly gave us a presentation at our general membership meeting, focusing on the Italian and Austrian Alps, and how to plan and budget for a ski



*All Smiles Atop Mt. Pluto, Northstar; Red Parka Day Observed*

trip there.

Our next general membership meeting will be Thursday, March 19, at 4:00 PM in the Multipurpose Room (OC). Meeting details to be provided.

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

### Softball, Senior League

Lots happening in SCLH Senior Softball. The draft is complete and we welcome 14 new players for the 2015 Summer Softball Season which will have 12 teams with games scheduled each Monday and Wednesday beginning in mid-April.

The Jamboree will be on March 25. Save the date for Opening Day Saturday, April 18, 9:00 AM-2:00 PM, great food, music and fun! See our ad on page 13. The next General Meeting is April 7, 10:00 AM, KS. The League is open to all SCLH residents.

Weekly Sunday practices, held at Del Webb Field from 10:00 AM-12:00 PM, are open to all members. If you are interested in playing softball or just want to see what you can do, fill out an application and



*The 70s 2014 Team*

come on out to the field some Sunday. You will meet a lot of great people of all skill levels.

**Contact: George Sylvia 295-1957,  
[geocath7@yahoo.com](mailto:geocath7@yahoo.com)  
Website: [LHSSL.org](http://LHSSL.org)**

### Coyotes

The 2015 LHSSL Coyote Program is gearing up for another competitive season, fielding 60, 65, 70 and 75 age-group teams for competition in NORCAL Senior Softball Association and Senior Softball USA events from March through November.

Team managers Carlos Zavala/JR Jackson (60's), Bob Fernandez/John Moran (65's), Bob Smith/JD Dambrosio (70's) and Bob Hunter/Larry Manley (75's) are looking to field strong teams for this year's tournaments. Tryouts were held at Del Webb Field on Saturday, February 21, with several new players joining those returning from last year's competition. You can follow the team's tournament progress by viewing the individual team's tab under "Travel Teams" on the LHSSL website. Come on out and watch a game.

**Contact: Bec Cannistraci 408-4679  
[beccannistraci@sbcglobal.net](mailto:beccannistraci@sbcglobal.net)  
Website: [LHSSL.org](http://LHSSL.org)**



### Sports Car

The Sports Car Group was formed in 2002 by Larry & Sharon Schwarz who saw several other Corvettes in our neighborhood. They thought it would be fun to get together for trips and fun drives. The club began with four couples. We are now 105 households and growing. We have 26 Corvettes, 22 Porsches, 16 Mercedes Benz, eight Lexus, eight Nissan, seven BMW, seven Mazda, four T Birds, four Crossfires, three Jaguars, one Cad, one Honda 2000 and one Sunbeam Tiger.

Our tours and trips are the cement that binds us together. We try to avoid freeways and straight roads while using the steering wheel and pedals. Our cars have become more complex but the level of pleasure in driving enjoyment has always been enormous.

We see sport cars that are not in the Sports Car Club and we want to have them join us.



*Big Boy Toys; What is that in there?*

*Written by Bud Van Cott.*

**Contact: DiAnn Rooney 543-9474,  
[dlrooney@mac.com](mailto:dlrooney@mac.com)  
Website: [LHsportscars.com](http://LHsportscars.com)**



### Square & Round Dance

#### Sun City Squares

The Square Dance Club meets at 1:00 PM at Kilaga Springs Lodge. We 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](mailto:louisbobrowsky@yahoo.com);  
Gail Holmes 253-9048  
[gailholmes@sbcglobal.net](mailto:gailholmes@sbcglobal.net)**



### Table Tennis

On February 22 our president George Porzio conducted a general membership meeting. George stated 2015 would be another great year for table tennis. The challenge tables that started this February appear to be a success. In addition, George indicated there would be several social events planned. Since there are no member fees, voluntary

contributions would be accepted to fund such events. The most important matter was the approval by the members of the table tennis board for 2015. The board members are: George will continue as president; Treasurer—Valerie Green; Communications—Gary Haight; Social—Yoshi Gassner; Secretary—Marsha Rocknich; Newsletter/*Compass*—Ed Rocknich and Ginger Nickerson and Equipment—Howard Parker. Cheers to all.

Play is on Sundays 12:30-4:30 PM; Tuesdays 6:00-9:00 PM; and Fridays 8:00-11:00 AM at KS. You can arrive anytime within those hours. Equipment is provided. Please join us.

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



### Tap Company

Less than two weeks and counting! The Tap Company musical, "Rockin' the Hills," debuts on the Ballroom Stage on March 26, 27 & 28, and tickets are almost gone. Don't miss out! See our ad on page 13.



Alyson Meador directs the dancers



Will Jack, Tommy and Johnny find romance? Will Mary accept Jack, even if he can't dance? Can Jack ever find the beat? Will Don protect his girlfriend, Irene, from Mike's sleazy advances? Is Roger as nefarious as he seems? Why did Johnny leave with Judy at Amy's party? Can Amy forgive him? Can Jack say "No" to Lola or does she always get what she wants? Come and get the answers to these questions

while rocking to music like "Can't Help Falling in Love," "My Boyfriend's Back," "It's My Party," and "Only You." Remember, "It's Now or Never." Don't delay. Sign up for this fun show and lots of toe-tapping entertainment.

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



### Tennis

Always sunny here in Sun City Lincoln Hills... it sure was for the Valentine's Day Tournament on February 14. Thank you Bob Sanguinet, Tournament Director and his crew of volunteers for a lovely time.



Valentine's Day Tournament;  
Combo Mixed Doubles

Do you have the Luck of the Irish? St. Patrick's Day Tournament will be held March 17. Who won the "Pot of Gold" will be in the next *Compass*.

Want your name on the LHTG Plaque (an ornamental tablet, typically of metal, porcelain, or wood, that is fixed to a wall or other surface in commemoration of a person or event) at the Pavilion? Then enter the next Tournaments, which are Championship Tournaments: Women's Doubles Championship—April 16 and the Men's Doubles Championship—May 15.

Lincoln Intraclub Team Tennis (LITT) will begin in April more info will be posted on the Bulletin Board at the Pavilion and on the website.

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



### Vaudeville Troupe

Wanted: The Vaudeville Troupe is looking for new acts for our next production in July. Whether you prefer to be on stage or assist behind the scenes helping with props, wardrobe, or in non-speaking parts, you will enjoy working with our lively group.

Auditions will be held on Tuesday, April 7 and Thursday, April 9 in the P-Hall (KS) from 6:00-8:30 PM. Your act does not need to be perfected but needs to give the audition committee a good idea of what your act will include. Please bring your music and props if you will be using any. Contact our director Yvonne Krause-Schenck at 408-2040 or ykrause@yahoo.com if you have any questions.

In our last Golden Revue Vaudeville Variety Show in January, Jim Walker, with his assistants Pam Flaherty and Gale Miller, treated the audience to The Strange World of Jim Walker, in which he displayed his illusions of magic. Offering



Jim Walker, with assistants Pam Flaherty and Gale Miller, treating the audience to



illusions of magic; Lynn Sotir and John Baarts singing their rendition of Forever and Always

their rendition of the romantic song Forever and Always were Lynn Sotir and John Baarts. These are just two acts from our 90 minute revue featuring your talented friends and neighbors.

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





## Veterans

James A. Kennemore, a veteran of the U.S. Marine Corps and son of Medal of Honor recipient S/Sgt Robert S. Kennemore, will be the featured speaker at the March 19 meeting at 1:00 PM in the P-Hall (KS).

Jim's father was a WWII and Korea veteran. He lost both legs and suffered other wounds in November 1950 during fighting at the Chosin Reservoir in North Korea. He subsequently received the Medal of Honor from President Truman at the White House in 1953. He died in 1989 at age 69.

Jim will be displaying his father's medal and citation, along with some photographs. The centerpiece of his presentation will be the reading of a letter the senior Kennemore wrote to his three young sons a few days before he was wounded.

**Contact:** Jack Everett 409-0650, [jack.everett@att.net](mailto:jack.everett@att.net)

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



## Water Volleyball

Are you looking for a way to exercise throughout the winter? 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 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](mailto:sclhwatervolleyball@aol.com), [jputhuff@softcom.net](mailto:jputhuff@softcom.net)

**Website:** [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)  
[www.lincolnsuncity.org](http://www.lincolnsuncity.org)



## Woodcarvers

New Leadership for Woodcarvers: Dick Skelton and wife Chris moved to SCLH November 2012 from Seattle. After a career in Electronics, from component sales to owning a company that manufactured wire harness, Dick and Chris were ready to enjoy life in northern CA.

Dick's interest in woodcarving went back to his Boy Scout whittling days, but



Dick Skelton

he had done no carving since then. The Woodcarvers Group provided Dick the support needed to both develop and demonstrate his talents. "We

have members with all levels of carving skills who enjoy spending time together sharing their knowledge, skills, and new leanings. If you're interested, try the group... I know you'll enjoy it"

Dick also says jovially, "The Group gets me out of the house and from underfoot which gives my wife some real quality free time!"

The Woodcarvers meet Wednesdays 1:00-5:00 PM in the Sierra Room (KS) where visitors are always welcome.

**Contact:** Dick Skelton 626-0895

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



## Writers

Everyone has a story to tell. This spring, let your creativity blossom. Put your pen to paper or fingers

## Connections

*Continued from page 3*

ing focus groups. This limited volunteer position will assist the technical task force in determining future technology needs for the Association. Please email the task force chair, Dan Karleskint at [ccrc@sclhca.com](mailto:ccrc@sclhca.com) for more information or to express your interest.

- The 2015-2016 Sacramento Speakers

to the computer keyboard and write that story! Join the SCLH Writers Group to meet fellow writers, hone your craft and obtain support.

We write and share short stories, personal essays, poetry, fiction, humor and Op Ed pieces. Our topics are as diverse as each of us.

Thank you to those who stopped by our Writers Group table at the recent "It's the Lifestyle" event. We hope we'll see you soon.

The Writers Group meets on the second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). 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 SCLH writers or those striving to be writers are welcome.

**Contacts:** Bev Brannon

[bevbrn49@aol.com](mailto:bevbrn49@aol.com); Jim Fulcomer

[jfulcomer@mac.com](mailto:jfulcomer@mac.com);

Linda Lucchetti [linnluu@aol.com](mailto:linnluu@aol.com)

## Authors' Resource Group

The Authors Resource Group continues to meet monthly to share member progress in writing, editing, publishing and promotion of their manuscripts/books. The March meeting was held at member Judie Panneton's home and focused on public speaking tips to help our authors become better communicators.

Are you looking for a group of writers/authors who care about *you* reaching your goal of preparing and publishing your work? Join us! We're here to help!

**Contacts:** Leo Craton 543-9012,

[cratonl@att.net](mailto:cratonl@att.net); Linda Bello-Ruiz (707) 331-3684 (cell), [Imbelloruiz@gmail.com](mailto:Imbelloruiz@gmail.com)

Series has announced their stellar line-up of speakers. We will have series tickets, Platinum to Bronze, on sale in the April *Compass*.

I've enjoyed visiting with many of you this past month. Please continue to introduce yourself when you see me in the Lodge!

Whisper



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Bill & Jan Rexrode 408-3997    Loree Risi 716-0854    Lisa Snapp 770-9200    Guy Sprague 316-6845    Holly Stryker 960-3949    Margaret & Karl Thompson 508-0152    Doreen Traxel 698-0801    Tangi Walker 316-1112    Tony Williams 521-3400    Sharon Worman 408-1555

Visit our Website at [www.CBSunRidge.com](http://www.CBSunRidge.com) for all current listings.



## Bulletin Board

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

### Caregiver Support Group

OCaregiver Support Group meets the third Thursday of each month at the Lincoln Library from 9:00-10:30 AM. Caregivers for any person, any ailments are welcome to attend. More info: Brenda, 253-7537.

### Cloggers

Happy St. Patrick's Day! Since clogging contains elements of Irish dance, we wish you a very special day of Irish/Appalachian dancing as a clogger! If you were not able to attend the March 14 Northern California Cloggers Association (NCCA) workshop in Danville, take heart—on April 17-19 the NCCA is holding its annual convention in Modesto at the DoubleTree Hotel. As a clogger you will receive a special room rate while enjoying dance workshops the entire weekend. And keep that New Year's resolution for good health by joining us every week right here in SCLH as we burn calories in high-energy clogging. You can't miss our distinctive double-tap sound and flashy steps, not to mention great music. Contact: Anita Tyson, 543-5330.

### Glaucoma Support Group

The Glaucoma Support Group will meet on April 8 at 4:00 PM in the Multimedia Room (OC). Please join us as we discuss ways to live with Glaucoma. Additional info: Bonnie Dale, 543-2133 or [Bjdale@aol.com](mailto:Bjdale@aol.com).

### Grief Support Group

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

## You are invited to attend...

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

**Monday, March 30** • **10:00 AM** Living Trust Seminar Oaks (OC)  
**Monday, April 13** • **10:00 AM** Nautilus Society Oaks (OC)

that will help you through this difficult time in your life. A new group started Tuesday, February 17, for 12 weeks. You can start at any time. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church in Lincoln—across East Joiner from Lincoln Hills. The session ends on May 5. More info: Cheryl Edwards, 505-5777 or [LincCa.GS@gmail.com](mailto:LincCa.GS@gmail.com).

### Italian Club (LHIC)

"Casual Black and White Murder Mystery Ball" will be presented March 22 at Catta Verdera Country Club. Wear anything black and white—no gowns or tuxedos required. See the flier on the LHIC Webpage. Contact Lilly LaPira at [gllapira@gmail.com](mailto:gllapira@gmail.com). "How Italian Are You?" is set for Friday, April 24, from 6:00-9:00 PM in the Placer Room (KS). Enjoy a pasta dinner and take an interesting quiz about Italians and their culture. (More information to come.) "Bocce Ball and BBQ" will be held Sunday, May 31, from 10:00 AM to 4:00 PM at the Sports Pavilion. Sign-up or get more information in the flier on the LHIC Webpage. Are you a SCLH resident of Italian heritage? Don't miss out on the fun and friendship. Club info and future events: [www.lhitalianclub.org](http://www.lhitalianclub.org) or Virginia Halstenrud, membership chair, at 543-3293.

### LH Parkinson's Disease Support Group

The LH Parkinson's Disease Support Group meets every third Tuesday at 10:00 AM in the Lincoln Raley's Conference Room. Newcomers are always welcome. More info: Brenda, 253-7537.

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

Where do you want to go? We may have just the trip you want. Meetings are on the third Thursday of each month, 7:00 PM, in the P-Hall (KS). On March 19, Janis Jacox, Packing for Trips Expert, will demonstrate

how to pack for three weeks in a 20-inch piece of luggage. Presentations on selected travel destinations are shown by Professional Travel Managers each month and everyone is welcome. We have been offering trips that go all over the world since 2000. Committee members are all residents of Lincoln Hills. We are *not* travel agents. Committee Member Contacts: Teena Fowler 543-3349, [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier 434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins 434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret 408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck 543-0990, [judyvolk@outlook.com](mailto:judyvolk@outlook.com).

### Lincoln Hills Chamber Music Group

Musicians with a love of classical, operatic and instrumental music have formed a group and are looking to expand its membership and further possibilities. We will be performing two numbers at the Open Mic at the P-Hall (KS) on April 24 at 6:00 PM with soprano and baritone singing accompanied by, cello, clarinet and piano. We are especially interested in adding a violinist and flautist. More info: John Parks, 408 0388.

### Lincoln Hills Foundation Bingo

Reserve the date of Wednesday, March 18 for fun and fellowship in the Ballroom (OC) for a rousing afternoon of Bingo presented by the Lincoln Hills Foundation. Cash and door prizes will be given away. Meridians lunch special at 11:30 AM. Doors open at 12:30 PM. The fun starts at 1:00 PM. Get seven or more of your friends and neighbors together at one table by calling Ed Sullivan, 408-1480. Or visit our website at [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) for a special bingo promotion.

### Lincoln Multiple Sclerosis Group

The Lincoln Multiple Sclerosis Group  
*Continued on page 41*



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## ~ Community Perks ~

### Free Microchip Pet Clinic Wednesday, March 18 — Free

11:00 AM-3:00 PM, Back Parking Lot near OC Fitness Center. Several times each year, residents report a lost pet or find a stray pet and are looking for the pet's home. Having your pet microchipped gives you a much greater chance of having your pet returned to you. LH's resident, Marlene Stoner, is providing a grant to fund free SPCA microchipping to the first 150 pets sponsored by Neighborhood Watch Lost Pet Alert Program. The fee will be \$15 thereafter. To reserve space, contact Pearl Chang, Lost Pet Alert Coordinator, at 408-7102.



parking brake, seat belts, more. To schedule an appointment, call 223-2763 April 1 or after,

### Home, Health & Business Showcase Wednesday, April 15 — Free

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



### Spring Flower Show Thursday, March 26 & Friday, March 27 — Free

March 26, 1:00 PM thru March 27, 3:00 PM, Foyer (KS). Garden Group Members are sharing flowers and floral arrangements using flowers and greens grown in their yards. This is a display for the Community to see what can be grown in this area. We have one of the best zones (9B) for many flowers. Our members have experimented with many types of flowers and many different conditions—that's part of the joy of gardening!



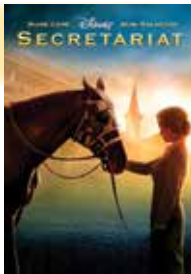
### Document Destruction Monday, April 20

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, no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will be payable to SCLHCA. Look for the big Shred-It truck in the parking lot!



### KS at the Movies: Secretariat Monday, April 6 — Free

1:30 PM, P-Hall (KS), PG, 123 minutes—Drama/Family/History. Diane Lane, John Malkovich, Margo Martindale, Dylan Walsh. Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to set, in 1973, the unbeaten record for winning the Triple Crown.



### Fashion Show—Model Call April 20 Submission Deadline — Free

Calling all ladies interested in modeling and having fun! We need 20 models of all ages to walk the runway for our Spring Fashion Show May 27. Models will be required to visit the fashion store within two weeks prior to the show and be available for rehearsal the day before the show. Please pick up and complete the information sheet, requiring dress size and contact information, available at the Activities Desks or online. Submission deadline is April 20 to Deborah Meyer, Entertainment Coordinator, Activities Department (KS).



### Community Social Dance Sunday, April 12 — Free

3:00-6:00 PM, Ballroom (OC). Your Association brings you an afternoon of dancing! DJ West who provided the music during our 15<sup>th</sup> Year Anniversary dance, is back to spin your favorite dance tunes from ballroom, country, line dance, west coast swing, free style and everything in between. DJ West will prepare the playlist for the afternoon and will accept music requests from the crowd. He will have you grooving and swinging non-stop! Take this opportunity to meet new people, make friends, socialize and dance to your heart's delight. This event is free for all residents, donations at the door are encouraged.



### e-Waste Recycling Tuesday, April 21 — Free

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



### Neighbors InDeed's Free Golf Cart/NEV Drive-Thru Clinic Tuesday, April 14 — Free

12:00-4:00 PM, Sports Pavilion. A good opportunity to check tire wear/pressure, battery, lights, signals, horn,



### Music Group Sponsored "Open Mic Night" Friday, April 24 — Free

6:00-8:00 PM, performance sign-ups starting at 5:30 PM. P-Hall (KS). Open to SCLH musicians who wish to perform. Audience participation encouraged and appreciated; no karaoke.



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*Continued from page 37*

meets the first Tuesday of every month, except July and August. Fun luncheons are in June and December. Our next meeting will be Tuesday, April 7, at 1:00 PM in the Sierra Room (KS). Questions: Marilyn Sharp, 434-6898.

#### **Neighbors & Friends Bocce Fun**

I am going to host Neighbors & Friends Bocce for 2015. Some may know me from previous bocce fun we had. Players of all skill levels are welcome. Play on Friday nights at 6:30 PM. Play four out of five nights to participate. Sign-up by May 17; first night of play is May 29. Contact Brenda Spencer for details— [brenda@spencerbrenda.com](mailto:brenda@spencerbrenda.com). I prefer email, but phone is 705-1070. Note: If you do not know how to play, no worries! I will teach you!

#### **Open Play Games**

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

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

#### **Prostate Cancer Guys!!**

For those of you with questions or answers regarding Prostate Cancer, let's get together for coffee or lunch and see how we can support each other! Paul Gardner, 434-8400 or [paulbear7@gmail.com](mailto: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 cut-throat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or [amoon38@sbcglobal.net](mailto:amoon38@sbcglobal.net).

#### **Shalom Group**

We are Lincoln Hills residents that get together and enjoy each other's company with friendship and the appreciation of Jewish traditions. There are no restrictions on membership other than living in Lincoln Hills. We get together for things like a "Bagel Brunch," game night, and Passover Seder. We offer something for everyone. More info: Vida Morrison,

984-1043, or 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 winter months we meet at 9:00 AM. For shooting schedule hours, please contact John Kightlinger at the phone number below. Membership is free. Residents interested in trap or skeet shooting can contact John Kightlinger at 408-3928 or [johnnpat@sbcglobal.net](mailto:johnnpat@sbcglobal.net). Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or [trifilo@sbcglobal.net](mailto:trifilo@sbcglobal.net).

#### **Spiritual Discussion Group**

Are you interested in engaging in spiritual discussion? Do you seek wisdom from many spiritual paths? Join us for open and honest sharing of ideas. We meet every second Sunday of the month from 2:00-4:00 PM in the Multipurpose Room (OC). More info or questions: Marilyn Sharp, [markaysha1942@att.net](mailto:markaysha1942@att.net).

## *In Memoriam*

### **Robert Edward Harrington**

Bob was born in Idaho in 1918. He graduated from High School in Portland, Oregon and attended the University of Idaho before joining the U.S. Air Force in 1941. He proudly served in WWII and reenlisted to serve in the Korean War. After 23 years in the service, Bob went back to college and began teaching U.S. History and Government in Chula Vista, California. He met his wife, Mary, in Hawaii and they were married for 24 years. He is also survived by his sister, three children,

four grandchildren, six step-children and twelve step-grandchildren! Bob will be remembered as a kind and intelligent man with a passion for history.

### **Will Farnham Small**

A loving husband, father and grandfather, Will was born in San Francisco and grew up in Quincy, California where he enjoyed sports, especially soccer. He received a Congressional appointment to the U.S. Naval Academy where he graduated alongside future President, Jimmy Carter. After his honorable discharge he

worked at Aerojet for 17 years, and then formed W&E Consulting with his wife, Elaine. In retirement Will served over four years as a Director of Neighborhood Watch. He enjoyed his "SF Giants" and was thrilled to attend the World Series last September for his 90th birthday with family. Besides his wife, he leaves three children and three step-children, 13 grandchildren and 21 great-grandchildren. A Celebration of Life will be held March 21 at 3:00 PM at Lincoln United Methodist Church.

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

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

## Entertainment

### —Club Performance—

The Lincoln Hills Tap Company presents:  
“Rockin’ the Hills”

Thursday, March 26

7:00 PM Show — 5326-01A

Friday, March 27

7:00 PM Show — 5326-01B

Saturday, March 28

2:00 PM Show — 5326-01C

7:00 PM Show — 5326-01D



The Tap Company once again brings you upbeat, fun entertainment. This year’s presentation is set in our own Meridians Restaurant on Tuesday dance night and follows the misadventures of Jack and his friends as they try to find and hold onto romance. Will Jack be able to win Mary’s love, even though he can’t dance? Will she be swayed by man-about-town, Roger? What about Johnny and Amy? Will their love survive Johnny’s disappearance with Judy at Amy’s birthday party? Plus, is Dave as much of a lady’s man as he thinks he is? These questions and others will be answered in “Rockin’ the Hills.” With fabulous dancing and singing, let songs such as “Can’t Help Falling in Love,” “He’s A Rebel,” “My Boyfriend’s Back,” and more, bring back romantic memories. Don’t miss this wonderful musical starring over 80 of your friends and neighbors. Get your tickets soon before they sell out! Ballroom (OC). **Premium reserved section seating, Sold Out.** General admission, \$14.

SCLH Community Chorus Presents  
“Melodies of Love”

Sunday, April 26

2:00 PM Show — 5326-02A

Monday, April 27

7:00 PM Show — 5326-02B

Tuesday, April 28

7:00 PM Show — 5326-02C

Spring is in the air, as is *love*! After a successful Holiday concert, the Lincoln Hills Singers are preparing to entertain you at their upcoming



spring concert “Melodies of Love.” You will hear favorites such as “Moonglow,” “Can’t Help Falling In Love,” and “They Can’t Take That Away From Me.” There will be surprises as well, including featured vocal soloists. The **Lincoln High School**

Chorus will be joining the choir performing some special numbers. Ballroom (OC). **Premium reserved section seating, \$18.** General admission, \$13.

## —Comedy—

Jack Gallagher: “Can’t Pretend That Growing Older Never Hurts”

Thursday, April 23 — 5323-02

Join the three-time Emmy award winner Jack Gallagher as he takes a skewed look at life and relationships after 50. Jack started his professional comedy career in Boston during the early 80’s. He helped establish such clubs as The Comedy Connection, Stitches and the legendary Ding-Ho Comedy. After moving to Los Angeles, Jack became a regular at The Improv and landed a major role in the feature film “Shakes the Clown” with Bob “Bobcat” Goldthwait. He has also appeared in “Heartbreak Ridge” with Clint Eastwood and in the TV movie “Incident at Ruby Ridge.” Jack is currently co-hosting the nationally syndicated Public television show “MoneyTrack.” Gallagher’s work on network television includes his own ABC sitcom “Bringing Up Jack” as well as a recurring role on the HBO Original Series “Curb Your Enthusiasm.” Jack made numerous appearances on “The Tonight Show” with both Johnny Carson and Jay Leno, and “Late Night with Conan O’Brien.” Show 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, Sold Out.** General admission, \$15.



Comedy Night at KS: Cheryl the Soccer Mom

Tuesday, May 12

6:00 PM performance — 5312-03A

8:00 PM performance — 5312-03B

Cheryl “The Soccer Mom” Anderson’s comedy is based on her experience as a suburban soccer mom, but is not necessarily “mom humor.” She has performed at some of the top comedy clubs in the country, appeared on Nickelodeon two times, and she recently entertained the Marines in Okinawa, Japan. As a writer, Cheryl is the author of two humor books. Her most-recent book, “It’s a Jungle Out There and a Zoo in Here” was an Amazon.com top-100 bestseller. 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, \$10.** After April 14, \$12.



## —Community Events—

Annual Parking Lot Sale

Saturday, May 16 — 5316-03

With only one date in 2015, don’t miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings



*Continued on page 44*

a lot of buyers from the community and neighboring cities. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Limit two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Resident booth, \$28 per space. Limited spaces available for home or local businesses, \$50.

—Concerts—

**Easter Parade in Concert: A Celebration of Irving Berlin's Academy Award-Winning Songs**

**Wednesday, April 1 — 5301-02**

Presented by the producers who created "The World of Webber," Easter Parade will have you humming along with this delightful show that celebrates the award-winning songs from the classic film. A treat for all ages, celebrate your favorite songs presented Cabaret style, including "Steppin' Out with My Baby," "Shakin' The Blues Away," "A Couple of Swells," "It Only Happens When I Dance with You," and of course "Easter Parade." The talented cast of Musical Theater veterans includes: Robert Dornaus, Tielle Baker, Shelby Deans-Flegel, Tom Deans-Flegel, and Chris Vettel with special guest dancers, Brandon Freeman and Rachel Furst. A perfect way to celebrate the holiday with the whole family! Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$23.** General admission, \$19.



**Individual Tickets Now on Sale!**

**Camellia City Flute Choir**

**Friday, April 17 — 5319-12B**

**The Chamber String Quartet**

**Tuesday, June 16 — 5319-12C**

We are excited to bring you some of the finest classical musicians in the Sacramento area in a three-concert series performed at the P-Hall (KS). The second concert in the series will be April 17, when the nationally recognized Camellia City Flute Choir, conducted by Mr. Martin Melicharek will perform. The choir is an ensemble comprised of nearly 20 flutists that, together, form an ensemble acoustically similar in range and feel to that of a string quartet. Closing this series on June 16 is The Chamber String Quartet. They have performed with Capitol Chamber Players for many years, participating in the Music at Noon Series and various events in northern California. The program will consist of Haydn's, "Sunrise" Quartet, Mozart's, K.575, and Beethoven's, Op. 18, No. 4. **Reserved Seating, \$13** for each show. All shows 7:00 PM, P-Hall (KS).



**"I'll Be Seein' Youz... A Bronx Boy's Musical Perspective" With Franc D'Ambrosio**  
**Friday, May 22 — 5322-03**

We bring back Broadway's longest running "Phantom," Franc D' Ambrosio, with his salute to the "Greatest Generation" to start off your Memorial Day Weekend. Franc will take a nostalgic walk through the popular music of WWII. The show features more stories from his colorful family, plus popular songs from 1939-1946. Songs such as; "Oh How I Hate to Get Up in the Morning," "That Old Black Magic," "Long Ago & Far Away," "Pennies from Heaven," "White Cliffs of Dover," "God Bless America," and of course the show would not be complete without "The Music of the Night" from Phantom of the Opera. Don't miss this amazing performer. Concert 7:00 PM. Ballroom (OC). Franc's concerts always sell out, so purchase your tickets early. **Premium Reserved Section seating, \$24.** General Admission Discounted Rate, \$19. After March 14, \$22.



—Dinner Dance—

**Kentucky Derby Dinner Dance Party**  
**Friday, May 1 — 5301-03**

Each year, the first Saturday in May celebrates "The Most Exciting Two Minutes in Sports," *the Run for the Roses*. Of course, two minutes doesn't begin to cover the extent of the celebration know as the Kentucky Derby. Although the horses are the stars of the show, there is much more to the Kentucky Derby than a race. Fashion and style come together with fabulous hats and bright colors. Whether you're in the infield, a box in Millionaire's Row, or at a dance at the Orchard Creek Ballroom, hats are a must. They can be simple or grandiose, custom-made or off the rack, just make sure to have one perched atop your head. Come and enjoy the flavors, fancy hats, and fun that is part of the Kentucky Derby. Try a mint julep, enjoy a sumptuous dinner of either *Bourbon Glazed Beef Short Ribs with Red Potato Hash* or *Citrus Marinated Grilled Swordfish with rice pilaf, both served with roasted asparagus, Mint Chocolate Mousse, and coffee/tea* (complete menu available at the Activities Desks or online). Enjoying dancing to Cheryl Tiburzi and the Freestyle Band. Cash bar available when doors open at 5:00 PM, dinner 5:30 PM, dancing 6:30-9:30 PM. Provide your meal selections at registration. \$45 (includes dinner).



Continued on page 48





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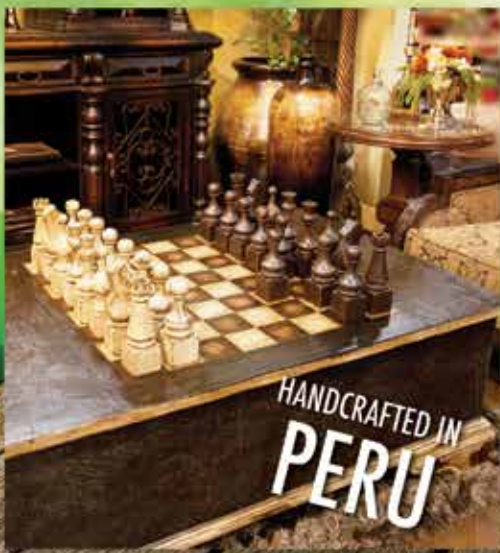


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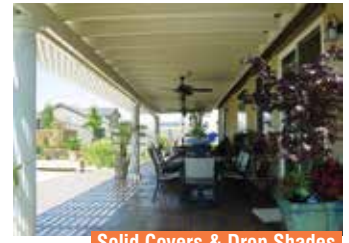
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## —Fashion Event—

### Fashion Show—Model Call April 20 Submission Deadline

Calling all ladies interested in modeling and having fun! We need 20 models of all ages and sizes to walk the runway for our Spring Fashion Show on May 27.



Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activities Desks or online. Information sheets require dress size and contact information. Submission deadline is April 20 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).

### “Swing into Spring” Fashion Show Luncheon Wednesday, May 27—5327-03

Flowers are blooming, birds are singing, and the warmer weather is inspiring more activities in the beautiful outdoors. Spring is in full bloom, with a beautiful collection of fashion and trends displayed on the runway by your friends and neighbors.



Casual wear, social, sport, and semi-formal occasions will be presented by Marilyn's, Pottery World, and Talbots. Looks that are great for any activity you choose to do this spring and summer. Chef Roderick has prepared a delicious menu of *Orange Walnut Chicken Salad* or *Sun Dried Tomato & Spinach Ravioli with a White Chocolate Raspberry Cheesecake* for dessert. Mimosas will be available for individual purchase. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-Function Area from 10:30 AM-2:30 PM.

## —Grandkids Event—

### Spring Egg Hunt Saturday, April 4 — 5304-02

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. Creative balloon makers will twist and turn colorful balloons into crowns, flowers, airplanes, bunnies and more! Plus, there will be a special visit from the Easter Bunny! Fun egg hunt prizes and activities await your grandchildren during the event. Don't forget your cameras for picture-perfect photo



*Continued on page 50*

## 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. No refunds unless activity is cancelled or request is received within 24 hours of purchase.** 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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opportunities! Bags for egg hunting will be provided. Sign up your grandchildren, *toddler to ten years only please*. Please make sure you indicate the ages of your grandchildren during registration at the desk and online. Hunt will be divided by age groups: **Toddlers—one to four-years-old; children—five to seven-years-old; children—eight to ten-years-old.**

Toddlers' hunt begins sharply at 10:30 AM. Wristbands are required to participate in the festivities. Wristband for online buyers will be available for pick up starting at 10:00 AM on Saturday, April 4. **General Admission, \$10 per child.** Limited space. Event may be cancelled due to rain.

Day Trips & Extended Travel



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

**Day Trips**

—Festivals—

**Second Bus Added! Scottish Games & Festival**  
Sunday, April 26 — 1822-02A&B

Want a fun day of adventure, music, competitions, and a flavor of things Scottish? Experience a taste of Scottish culture without having to travel thousands of miles. With this year's



theme "A Little Scotland in Your Backyard," join us on a trip to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. The "Games" means anything that is a competition related to Scottish culture; athletics, highland dance, piping and drumming. "Festival" represents activities that are to be enjoyed, participated in, and watched; entertainment, vendors, country dance, fiddling and harps, historical area, Scottish animals, and eating. There is something Scottish for everyone, and you don't have to be Scottish to have fun. Take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! Indoor and outdoor venues. Leave OC 10:15 AM, return ~ 4:45 PM. \$38. (Includes admission, food & drink on your own.)

—Food/Wine—

**Ironstone Winery**  
Thursday, April 16 — 1810-02

Tour Ironstone Winery in Murphys, built in the style of a 19th century gold stamp mill, with antiques and gold mining artifacts on display throughout the grounds. Explore the wine production area, a wine-aging cavern that maintains a year-round temperature of 60 degrees, and 14 acres of *spectacular* flower-filled, manicured gardens on a natural lake. See the Alhambra Music



Room with the artfully restored Theatre Pipe Organ, plus the Heritage Museum and Jewelry Shoppe which features a magnificent 44-pound Crystalline Gold Leaf Specimen—the largest in the world! Our day will start with tasting and canapés in the culinary center to follow with lunch, tour and free time. *Menu: Roasted Chicken Breast with Garlic Rosemary Sauce, Herb-Roasted Yukon Gold Potatoes & Seasonal Fresh Vegetables, Mixed Baby Greens Salad, Bread & Butter, Chef's Choice for dessert, coffee and tea. (Vegetarian option upon request at registration.)* Leave OC at 8:30 AM, return ~ 6:30 PM. \$90.

**Sierra Nevada Brewery Tour, Tasting and Lunch!**  
Wednesday, April 29 — 1813-02

Due to popular request, we are returning to Sierra Nevada Brewery for their fantastic tour, tasting & lunch. Learn how beer is made with a visit the original "Craft Brewery" in Chico. There will be a 90-minute walking tour of the entire beer-making process in the West Brew House before finishing with tastings of Sierra Nevada beers. Enjoy an included lunch in the Taproom with a choice of *Bacon Cheeseburger, Fish & Chips, Eggplant Parmesan, Sirloin Fettuccine or Chicken Caesar Salad and tea, coffee or soda.* (Beer & alcohol purchases on own.) (Complete menu at Activities Desk.) Lunch choice to be given at time of seating. We'll also be stopping at a local "micro-brewery," Out of Bounds in Rocklin, on the way home for more beer tasting! Trip size limited to 33 people. *Closed-toe flat shoes required for tour.* Leave OC at 7:30 AM, return ~ 4:30 PM. \$83.



—Museums—

**deYoung Museum: "Botticelli to Braque—Masterpieces from the National Galleries of Scotland"**  
Thursday, May 14 — 1762-02

Spanning more than 400 years of artistic production, this exhibition highlights works by many of the greatest painters from the Renaissance to the early 20th century. See this rare presentation of some of the most iconic images in the history of Western art as they travel to San Francisco from the National Galleries of Scotland. Paintings selected from the collection include mas-



*Continued on page 52*



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terpieces by Botticelli, Vermeer, Rembrandt, Monet, Gauguin, Picasso, and Braque and some, including Botticelli's *Virgin Adoring the Sleeping Christ Child* (ca. 1490), have never before been seen in the United States. You'll also have the opportunity to enjoy the exhibit "Embodiments: Masterworks of African Figurative Sculpture." For more information on these and other currently running exhibits, please go to <http://deyoung.famsf.org/deyoung/exhibitions>. Lunch on your own at the museum cafe or bring your own. Leave OC at 8:00 AM, return ~ 6:30 PM. \$53.

—Performances—

**Auburn Symphony at The Mondavi Center**  
**"Dancing in Your Seat"**

**Sunday, May 17 — 1961-02**

Enjoy an afternoon with the Auburn Symphony at the state of the art aesthetically and acoustically Mondavi Center in Davis. "Dancing in your seat" features Peter Jaffe conducting and the U.C. Davis University Chorus. Performance includes the following: Gershwin: Cuban Overture...his colorful Rumba, fired by a visit to Havana in the early '30s, Beethoven: Choral Fantasy, op. 80... the composer gives his imagination full rein, blending the virtuosity of a piano concerto with fervent choral declamation, Revueltas: Sensemaya...no holds barred in this rhythmically charged tone poem—even a tuba solo! Ravel: Daphnis and Chloe, Suite No. 2... magnificent orchestrations of pirates, a glorious sunrise, alluring lush melodies, and a frenzied "joyous tumult" that raises the roof! Matinee Performance, Orchestra seating. Leave OC at 1:15 PM, return ~ 7:00 PM. \$77.



**Phantom of the Opera—**  
**Orpheum Theater, San Francisco**  
**Thursday, August 20 —Sold Out!**

**Broadway Sacramento 2014-2015**

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



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

A live multimedia spectacular that takes you on a musical journey through the life and times of the world's most celebrated band. Going further than before, this



expanded "Rain" adds even more hits that you know and love from the vast anthology of Beatles classics hits. This stunning concert event takes you back in time with the legendary foursome delivering a note-for-note theatrical event that is the next best thing to the Beatles. Performances held at the Sacramento Community Theatre, reserved Front Orchestra seating. Leave OC at 6:45 PM, return ~ 11:30 PM. \$84.

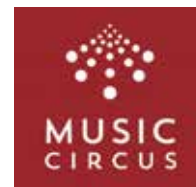
**Rodgers & Hammerstein's Cinderella**  
**Tuesday, May 12 — 4562-06E**

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



**2015 Music Circus Series**

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show and enjoy complimentary access to the air-conditioned season ticket subscriber's lounge with cash bar, restrooms and tables and chairs. Leave OC at 6:15 PM, return ~ 11:00 PM. \$93 each show.



**My Fair Lady**  
**Wednesday, June 10 — 4562-03A**

Lerner and Loewe transform George Bernard Shaw's Pygmalion into this musical theatre classic. When aristocratic professor Henry Higgins takes in Cockney pupil Eliza Doolittle on a bet, he gets far more than he wagered. Featuring "I Could Have Danced All Night," "On the Street Where You Live," "The Rain in Spain."



**Big River**  
**Wednesday, June 24 — 4562-03B**

Mark Twain's masterwork The Adventures of Huckleberry Finn is brought to toe-tapping musical life by "King of the Road" Roger Miller. Huck and Jim take to the mighty Mississippi on a journey of

*Continued on page 56*





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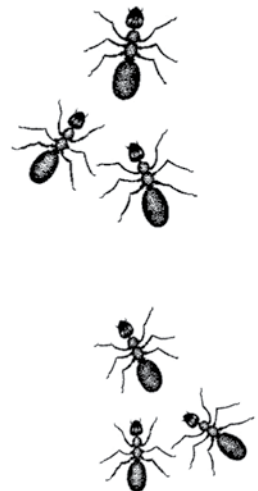


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adventure, hope and self-discovery. First time at Music Circus in 20 years. With “Muddy Water,” “Waitin’ for the Light to Shine.”

**Bye Bye Birdie**

**Wednesday, July 8 — 4562-03C**

The Broadway smash that introduced the world to Dick Van Dyke and won four Tony Awards. Musical comedy chaos ensues when pop star Conrad Birdie (think Elvis Presley) arrives in Sweet Apple, Ohio, to publicize his Army draft departure by sharing “One Last Kiss” with a small town fan. With “Put On A Happy Face,” “A Lot of Livin’ to Do.”



Country Club in Sacramento this June! The championship is open to any professional and amateur golfer 50 years of age and up with a USGA Handicap Index® not exceeding 3.4. Our trip is scheduled on the most competitive day, the second round, also known as “cut day.” We’ll travel to Cal Expo where all attendees will get on special shuttles to the Country Club as all local streets nearby will be closed and traffic controlled. You’ll receive a commemorative admission ticket as part of this package. Optional upgrades can be purchased at event based on availability. Leave OC at 7:00 AM, return ~ 6:15 PM. \$75.

**Peter Pan**

**Wednesday, July 22 — 4562-03D**

This beloved musical about the boy who wouldn’t grow up has enchanted audiences of all ages for decades. Peter, Tinker Bell and the Darling children take to the skies on a magical journey to Neverland. First time at Music Circus since 1986. Featuring “I’m Flying,” “I Won’t Grow Up,” “Never Never Land.”



**San Francisco Giants**

See your World Series Champions San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over 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 coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.* See individual games for departure times. \$141.



**West Side Story**

**Wednesday, August 5 — 4562-03E**

Leonard Bernstein, Stephen Sondheim, Arthur Laurents, Jerome Robbins – among the greatest artists of their day – came together to create this 20th century Romeo and Juliet and make musical theatre history. Against all odds, Tony and Maria find love in a turbulent world. With “Somewhere,” “Tonight,” “Maria.”



**—Shopping—**

**San Francisco Day Trip — Westfield Galleria**

**Tuesday, May 19 — 1845-03**

Enjoy the beautiful City by the Bay without the worries of traffic and parking. This is your day to do as you wish. The stop this trip is Westfield Shopping Center downtown off Market & 5<sup>th</sup>. Receive a VIP savings booklet with special offers and amenities from retailers and restaurants. Westfield offers us easy reserved motorcoach drop off & pick-up. BART, street cars and Muni are located just outside the mall and Union Square and Macy’s are just a short walk. Arrive around 11:30 AM and depart SF at 5:30 PM. Leave OC at 9:00 AM, return ~ 8:00 PM. \$36.



**—Sports—**

**U.S. Senior Open Championship**

**Friday, June 26 — 1840-03A**

The United States Golf Association 2015 U.S. Senior Open Championship goes to the Del Paso



• **Giants vs. Los Angeles Dodgers**

**Thursday, April 23 — 6261-01A**

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

• **Giants vs. Los Angeles Dodgers**

**Thursday, May 21 — 6261-01B**

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

• **Giants vs. Washington Nationals**

**Sunday, August 16 — 6261-01C**

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 — 6261-01D**

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

*Continued on page 58*



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**Oakland A's**

Time for A's baseball! Experience the excitement as the A's battle it out with the New York Yankees and the San Francisco Giants! Both day games will provide you ample time to enjoy pre-game festivities and some ballpark munchies and settle in for some great baseball! Yankees game is weekend *after* Memorial Day. Field level seats on first base side. Game Time 1:05 PM. Depart OC at 9:45 AM, Return ~ 6:45 PM.



- **Oakland A's vs. New York Yankees • \$82**  
Sunday, May 31 — 6320-01A  
Seats located Field Level Section 105.
- **Oakland A's vs. San Francisco Giants • \$92**  
Sunday, September 27 — 6320-01B  
Seats located Field Level Section 106.



**River Cats**

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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. All games depart at 5:45 PM ~return 11:30 PM. \$50 per game.

- **River Cats vs. Nashville Sounds (Oakland A's)**  
Wednesday, May 27 — 6271-02A
- **River Cats vs. Reno Aces (Arizona Diamondbacks)**  
Thursday, June 18 — 6271-02B
- **River Cats vs. Las Vegas 51's (New York Mets)**  
Tuesday, July 28 — 6271-02C

**Additional Game Added!**

- **River Cats vs. Reno Aces (Arizona Diamondbacks)**  
Tuesday, September 1 — 6271-03D

**—Tours/Leisure—**

**Filoli Gardens & Mansion**

Tuesday, June 2 — 1761-03

Located 30 miles south of San Francisco, Filoli is a historic site of the National Trust for Historic Preservation and one of the finest remaining country estates of the early 20th century. Enjoy a two-hour docent led casual walking tour of this remarkable 654-acre property, including the 36,000 square foot Georgian country house and spectacular 16-acre English Renaissance garden. Before the tour, enjoy a gourmet boxed lunch inside the visitor's center. Check out the extensive gift shop while there. Lots of walking and some uneven pathways with plenty of benches for seating. Choose at registration: *Chicken Caesar Club Sandwich, Steak Sandwich or Vegetarian Sandwich. All in-*



clude fresh fruit salad, brownie and beverages. Complete menu at Activities Desks. Leave OC at 7:45 AM, return ~ 7:00 PM. There will be a rest stop on way, and meal stop on return. \$95.

**Pacifica's Castle aka "Sam's Castle"**  
Sunday, June 7—1752-03

The 1906 San Francisco earthquake so deeply affected rail magnate Henry Harrison McCloskey that he decided to build a fortress to insure that no such disaster would destroy his new home. He built a Pacifica fortress to the highest building standards at the time: concrete blocks, extra-strong foundation and steel reinforcements in the corners. It worked! The castle has not budged. Pacifica's Castle is filled with priceless antiques and movie memorabilia, most of it filled by its last owner, Sam Mazza. The castle has been home to a speakeasy, brothel, Coast Guard outpost, and more. The tours are only offered two weekends a year, don't miss this! We'll enjoy a hosted lunch after the tour at the landmark Pacifica restaurant Nicks Rockaway Beach. Choose at registration: *Crab Sandwich (limited to first 30 who select) or Crab and Shrimp Louie Salad or Roasted Half Chicken.* Complete menu at Activities Desks. Van shuttles to castle due to narrow steep road. Leave OC at 7:30 AM, return ~ 6:00 PM. \$112.



**—Overnight & Extended Travel—**

**Four Days, Three Nights—History Excursion!**  
**Getty & Ronald Reagan Presidential Library Museums**  
Wednesday, April 22-Saturday, April 25 — 1971-12

First trip was a sellout and the group had a great time and learned a lot! Join Katrina, your Trip Coordinator, on a tour of the Getty Villa and the J. Paul Getty Museum along with a visit to the Reagan Presidential Library. Discover the Ronald Reagan Presidential Library and Museum that sits on 100 acres overlooking the Pacific Ocean, includes a docent led tour and a BBQ buffet lunch under the actual Air Force One that flew seven US Presidents! Enjoy free time to tour the plane and other exhibits, including President Johnson's Marine One Helicopter. See a piece of the Berlin Wall, and an exact replica of Reagan's Oval Office. Regardless of your political affiliation, you'll enjoy the historical and educational aspects of this museum.



*Continued on page 61*



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The Getty Villa in Malibu has over 1200 works in 23 galleries with antiquities dating from 6,500 B.C. to 400 A.D. along with beautiful roman style gardens. The Getty Center in Los Angeles has breathtaking views along with exhibits of masterpiece paintings and drawings from the Middle Ages to the Impressionist period, sculptures, antiques, rare books, manuscripts and a 134,000 square foot central garden. Stay at the Best Western Plus Carriage Inn in Sherman Oaks. Included meals: three breakfasts, three lunches and two dinners. Leave OC at 8:00 AM, April 22 return April 25 ~ 5:30 PM. \$585 per person double occupancy. \$787 Single. Detailed trip itinerary, menus and trip insurance providers list from the US State Department available at the Activities Desk or view online. *A signed liability waiver is required for each participant.*

### Boot Scootin'—Gilley's Fun Bus!

**Wednesday, June 3 to Thursday, June 4 — 1771-03**

In cahoots with the Country Couples Group we're heading to Reno for an overnight adventure with some cowboy & cowgirl shopping at Shepler's Western Wear and some boot scootin' and dancin' at Gilley's Saloon, Dance Hall & Bar-B-Que. We'll be staying at the JA Nugget Hotel & Casino in Sparks in the remodeled East Tower, where you'll receive a \$5 gaming and \$3 food credits. We also have a special reserved area at the rear of the bar with a connecting dance floor in Gilley's. All meals are on your own. Leave OC 11:30 AM, Wednesday, June 3, return Thursday, June 4 ~ 1:15 PM. *A signed liability waiver is required for each participant.* \$88 per person double occupancy. \$120 single.



### Four Days, Three Nights Arts & Gardens Excursion! Laguna Beach Festival of the Arts/Pageant of the Masters & Huntington Library and Gardens Saturday, July 11-Tuesday, July 14 — 1972-03

Join your trip coordinator, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach. The Pageant of the Masters is where "Art comes to life!" This year's theme is "The Pursuit of Happiness". See famous



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

paintings recreated in full detail right before your eyes! Two price options available depending on seating location: Reserved side loge or center main tier, or Reserved side main tier. This excellent trip includes:

- Stay at La Quinta Inn, Santa Clarita (first and third night)
- Lunch at Harris Ranch
- Stay at The Ayres Hotel Laguna Woods (minutes from the Festival Arts grounds, second night)
- Shopping at South Coast Plaza, Costa Mesa with 250 boutiques and 41 restaurants
- Ticket to Pageant of the Masters Show
- Dinner\* at Tivoli Terrace, Festival of the Arts
- Docent led tour of Huntington Library & Gardens, Pasadena
- English Tea and buffet at the Rose Garden Tea Room at the Huntington

Total meals included: three breakfasts, three lunches and one dinner. \*Please advise at registration your preferred food choice for Tivoli Terrace. Choose from *Chicken Florentine, Fresh Salmon with Dill Sauce, or Tortellini Pasta with Sun Dried Tomatoes and Pesto*. Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, July 11, return July 14 ~ 5:45 PM. Two price options based on seating: Reserved side main tier seating \$693 double/\$944 single. Reserved premium center main tier or side loge seating \$718 double/\$970 single.



### Sold Out Trips thru April 20

#### Trip • Date • Departure Time

- **Jackson Rancheria**  
Thursday, March 19—9:00 AM
- **Speaker Series—David Brooks**  
Tuesday, April 7—6:45 PM
- **Off to the Races**  
Thursday, April 9—10:00 AM
- **Broadway Series — "Once"**  
Tuesday, April 14—6:45 PM

### Activities Department Classes

#### Art

#### —Drawing—

#### Beginner Drawing

**Thursdays, April 9-30 — 132215-03**

9:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of

*Continued on page 65*

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

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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. Request supply list at registration.



### —Oils, Pastels & Acrylics—

#### Paint Your Vision in Oils or Acrylics Wednesdays, April 1-29

9:00-11:30 AM Class — 113115-03

Or 1:30-4:00 PM Class — 113215-03

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



#### Painting Pastels and Oils with Barry Mondays, April 6-27— 105115-03

9:00-11:30 AM (OC). \$52 (four sessions). Instructor: Barry Jamison. Let out your creative soul! Learn pastelling and oil painting with Barry Jamison. Start to finish, for beginners thru advanced, Barry will guide you through an enjoyable process of creating attention-getting works. New students: Ask for supply list at registration. *About the Instructor:* Barry has 45 years painting explorations in various media. He studied nationally with a number of pastel and oil painters including our own artist and instructor Joan Jordan. He has 11 years experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom.



### —Mixed Media—

#### Social Art—Painted Canvas Plant Mat Mondays, April 6 & 13 — 143115-03

1:30-4:30 PM (OC). \$26 (two sessions). Basic class materials fee is \$6. Instructor: Bonnie Armstrong. All supplies provided. Have fun painting with acrylics a mini floorcloth-style mat for a large potted plant. Samples, inspiration, and design ideas given by instructor, or do your own thing! Using stencils, masking tape, and brushes, paints, and sealer are applied onto heavyweight canvas cut to 15" x 15" size.



#### Painting on Metal, Using Metallic Paints Mondays, April 20 & 27 — 143215-03

1:30-4:40 PM (OC). \$26 (two sessions). Instructor: Bonnie Armstrong. Explore metals in our work. Adding metal items, i.e., wire mesh; painting luminous metallic paint on a black surface; and distressing metal items to look vintage are some items covered. Bring your own water based acrylic paints and painting tools. For new students there is a \$4 fee for book of previous class handouts. Any metallic paints, or black paper you already own is helpful.

### —Watercolor—

#### Beginner Watercolor Painting Thursdays, April 2-30 — 132115-03

1:00-4:00 PM (OC). \$65 (five 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, Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in downtown Sacramento. Request supply list at registration..



### —Bridge—

#### Bridge—Play of the Hand with Laurie Thursdays, March 26- May 14 — 164115-02

10:00 AM-12:00 PM (KS). \$75 (eight sessions). Instructor: Laurie Vath. Now that you've learned the fundamentals of bidding, it's time to address the fundamen-



*Continued on page 66*

tals of card play. Course includes planning the play, developing tricks through promotion and length, managing entries and much more. Classes will include lecture, exercises and as much play as time permits.

## Ceramics

### —Lladro—

#### Spanish Oil Painting

**Wednesdays, April 1-29 — 206115-03**

1:00-4:00 PM (KS). \$50 (five sessions). Instructor: Barbara Bartling. A beginning and continuing class on how to paint porcelain figurines. **Prerequisite:** Lladro requires a steady hand and concentration. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.



#### Lladro Workshop

**Wednesdays — Ladd3**

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

### —Pottery—

#### Beginning/Intermediate Ceramics

**Tuesdays, April 7-28 — 212115-03**

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, April 7-28 — 212215-03**

9:00 AM-12:30 PM (OC). \$54 (four sessions). Instructor: Jim Alvis. For self-motivated students/artists with established ceramic skills. Experience and continuing education in Ceramics Arts from workshops nationwide provides Jim with the expertise to guide and



provide critiques of students’ works. Assignments and demonstrations will be given by the instructor as well as individual guidance to further refine techniques and projects.

#### Ceramics—All Levels

**Thursdays, April 2-30 — 221115-03**

1:00-4:00 PM (OC). \$67 (five sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-building techniques and working on the potter’s wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Frequent demonstrations are given introducing new and exciting projects. New students: Ask for supply list when you register.



#### Ceramics Vacation Drop-In Session

**Tuesdays — CERD1**

**Thursdays — CERD2**

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

## Cooking

#### Cooking with Chef: Yummy Spring Appetizers

**Thursday, April 9 — 322115-03**

9:00-11:00 AM, (KS). \$18. Instructor: Sous Chef Trang Chung. Get ready for spring entertaining with yummy appetizers that are easy and quick to prepare. Meridians Sous Chef Trang Chung will demonstrate different appetizers like Bacon Potato Croquets, Roasted Bell Pepper Coulis, Asian Shrimp Summer Rolls and more as time permits. Students receive recipes and sample tasting for all appetizers prepared during class. Class fills up quickly, register early to save your spot.

*Continued on page 69*





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## Crafts

### —Card Making—

#### Intro to Card Making—Beginners

Wednesdays, April 8-29 — 317115-03

9:00-12:00 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 Two—Intermediate

Tuesdays, April 7-28 — 317215-03

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 Three—Intermediate-Advanced

Mondays, April 6-27 — 317315-03

Or Fridays, April 3-24 — 317415-03

9:00 AM-12:00 PM (KS). \$38 (four sessions) Instructor:

Dottie Macken. **Prerequisite:**

Completion of Intro to Card Making 101 and Level Two class or have instructor's approval.

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



### —Felting—

#### Nuno Felting Workshop

Thursday, April 9 — 304015-03

1:00-4:00 PM (KS). Instructor: Laura Healey. \$ 35. Plus \$10 for supply paid to instructor. This workshop is designed to give you a working knowledge of making a nuno felted scarf. Participants will create a scarfette. Great for Spring wearing. We will explore prefelts (much easier) create ruffles and add vintage lace. Also utilize different fabric weights to include cheesecloth for a very airy look. After the layout, we will use

the no roll method and learn how to use a sander in felting to finish your scarf. Workshop is beginner friendly but also includes lots of new techniques for the more experienced. You will go home with a finished scarf, instructions and sources from whom to purchase supplies

### —The Craft Corner—

#### New Class, New Instructor!

#### Fairy Garden

Thursday, April 16 — 302015-03

9:00 AM-12:00 PM (KS). \$25 plus supply fee, \$15. Instructor: Jonelle Tannahill. Creative

crafts enthusiast, Jonelle Tannahill with Impressions Redesign, local interior design firm. Fairy gardens are tiny green "worlds" complete with miniature fairy, fairy-scale plants and plenty of mystiques. Just a touch of inspiration, a cute container, small scale plants and a few accessories are provided to ensure the magic of a fairy garden. These little scenes are essential for attracting those little elusive fairies to your home and garden. After completing our gardens, Jonelle will show you ways to use your fairy garden as a centerpiece to your spring table, a wonderful room accessory or in the garden on a bird stand. Bring any small miniature items you might want to add to your fairy garden to personalize it. About instructor: Jonelle Tannahill is a creative crafts enthusiast and works with Impressions Redesign, a local interior design firm.



## Dance

### —Ballroom—

#### New! Introduction to Ballroom Dance

Wednesdays, April 1-29 — 333015-03

7:00-8:00 PM (KS). \$25 (five sessions). Instructor: Philip Spurgeon. Learn the basic steps or brush up on some steps you haven't used for a while, make new friends, develop your skills and balance as well as get a fair amount of exercise. You will learn various dances, leading, following and body position and the steps to each dance will be clearly explained. This class will consist of the Fox trot, Waltz, and Swing (jitterbug).

### —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, April 7-28 — 332115-03

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice

*Continued on page 71*



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Hanzel. Low impact, not as hard as you think. April will be the last month for brand new beginners. 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, April 7-28 — 332215-03**

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, April 7-28 — 332315-03**

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, April 6-27 — 344215-03**

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, April 6-27 — 344415-03**

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



### Country Line Dancing

**Fridays, April 3-24 — 346115-03**

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

## —Dancing with Dolly—

### Ballet/Lyrical

**Thursdays, April 2-30 — 353515-03**

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



### Performance Dance

**Fridays, April 3-24 — 354515-03**

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



## —Hula—

### Hula

**Thursdays, April 2-30 — 390215-03**

1:15-2:15 PM (KS). \$40 (five sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



*Continued on page 72*

## —Jazz—

**Jazz Class for the Beginner****Thursdays, April 2-30 — 353015-03**

11:00 AM-12:00 PM (KS). \$32 (four sessions; no class April 9). 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. She started teaching at 16 years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart.

**Jazz Technique 2****Tuesdays, April 7-28 — 353115-03**

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. The next class will be announced in the April *Compass*.

**Line Dance I Beginner**

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

- **Mondays, April 6-27 — 370115-03**  
9:00-10:00 AM (KS). \$24 (four sessions).  
Instructor: Yvonne Krause-Schenck.
- **Thursdays, April 2-30 — 360115-03**  
2:30-3:30 PM (KS). \$30 (five sessions).  
Instructor: Audrey Fish.



- **Fridays, April 3-24 — 380115-03**  
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 for at least six months. Offers more challenging beginning, and some easier intermediate dances with more turns and combinations of steps connected together, done to faster music. Dances include Full Turns, Three Quarter Turns, Sailor Steps, Syncopated Vines, etc.

- **Mondays, April 6-27 — 360215-03**  
5:00-6:00 PM (KS). \$24 (four sessions).  
Instructor: Audrey Fish.
- **Wednesdays, April 1-29 — 380215-03**  
9:00-10:00 AM (KS). \$35 (five sessions).  
Instructor: Sandy Gardetto.

**Line Dance III — Intermediate**

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

- **Wednesdays, April 1-29 — 380315-03**  
10:00-11:00 AM (KS). \$35 (five sessions).  
Instructor: Sandy Gardetto.
- **Thursdays, April 2-30 — 360315-03**  
3:30-4:30 PM (KS). \$30 (five sessions).  
Instructor: Audrey Fish.

**Improver Line Dance Class****Thursdays, April 2-30 — 370415-03**

10:00-11:00 AM (KS). \$30 (five sessions). Instructor: Yvonne Krause-Schenck. 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. Knowledge of line dance terminology is a requirement.

**Line Dance Instructors**

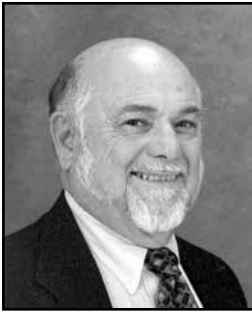
- **Audrey Fish**

Audrey started teaching line dance at SCLH in September 2000. With an undergraduate degree in Exercise Science, and a Masters degree in Kinesiology/Sport Performance from California State University, Sacramento, her Masters' thesis study, "The Effect of Line Dancing on Balance and Mobility in Adults



*Continued on page 75*





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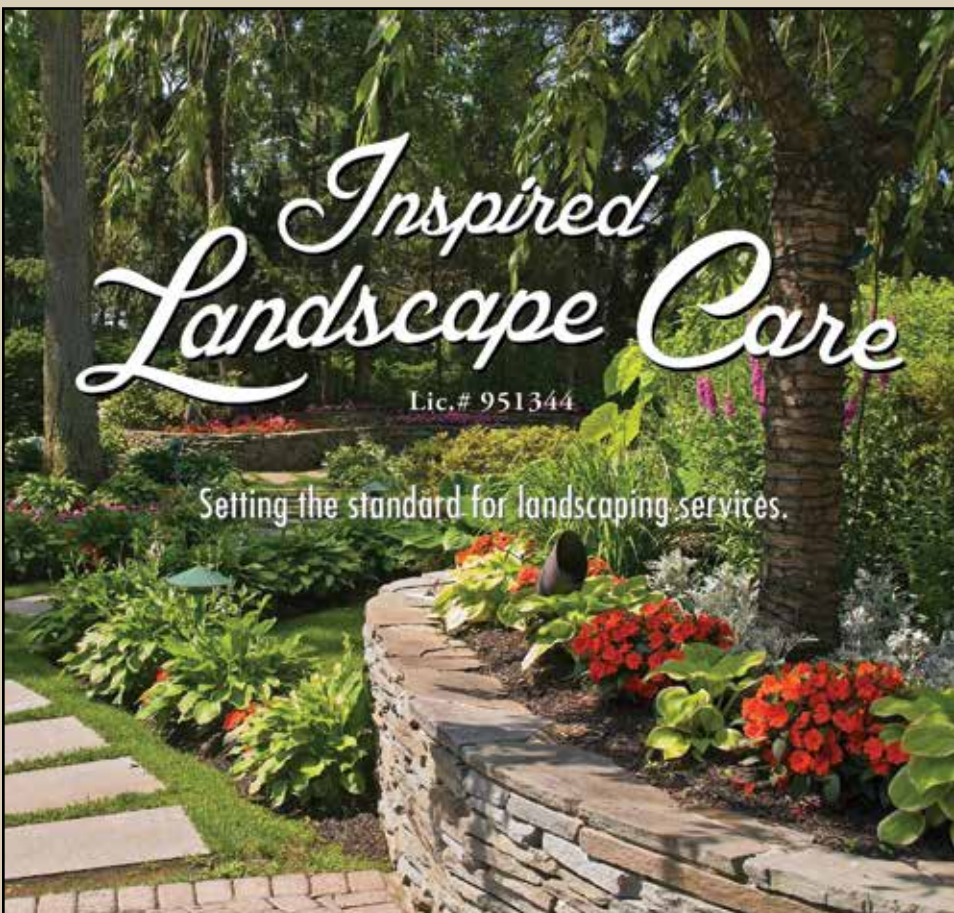
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over the age of 55,” showed a significant improvement in balance after completing an eight-week line dancing intervention.

• **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, 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 Day & Time!**

**Beginning Tap**

**Thursdays, April 9-30 — 410115-03**

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. Minimum of 10 students required for the class.



**Technique Classes**

**Mondays, April 6-27 — 410515-03**

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

**Tuesdays, April 7-28 — 410215-03**

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

**Thursdays, April 9-30 — 410815-03**

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

**Tap for Fun with Jennifer**

**Thursdays, April 2-16 — 420115-03**

5:45-6:45 PM (KS). \$24 (three sessions). Instructor: Jennifer

Moore. New instructor and schedule but the same fun for all. Tap for Fun offers an opportunity for the student to review 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 also has appeared in many professional shows, including ones with Royal Caribbean Cruise Lines and Steve Silver's "Beach Blanket Babylon." She was also blessed with the opportunity to create and perform her own show at Dillon's Cabaret Theater in New York.



**Glass Art**

**Fusing Glass and Stained Glass Workshop**

**Monday, April 6 — GLASS**

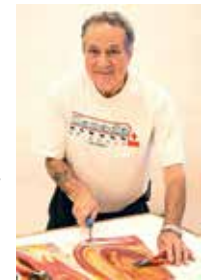
4:00-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. Workshop is held once a month; for experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes 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, April 6-27 — 494115-03**

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



**Jewelry**

**Cain Swag Necklace**

**Tuesday, April 21 — 513215-03**

9:00 AM-12:00 PM (KS). Instructor: Cathie Szabo. \$15 (one session). Great for beginners! So different and so easy. Take

*Continued on page 77*

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## Lapidary

### Gem Stone Cutting Gem and Jewelry Open Workshop

Most Mondays, the Lapidary Shop, Casting Shop and Fabrication Shop are open, 8:00 AM-12:00 PM (shared space), Sierra Room (KS). These workshops are open to experienced persons (after orientation) or those who have completed the *Intro to Gem Cutting*, *Lost Wax Casting* or *Jewelry Fabrication* classes. Experts from the Gem & Mineral Society oversee the lab. Use lab and equipment including diamond saws, grinders, polishers and drill, and lost wax and jewelry fabrication equipment. Maintenance fee \$5 per two-hour session. Sign in and pay upon arrival. Questions? Call Dave Fisk, 434-0747.



### Lost Wax Jewelry Casting Mondays, April 6-27 — 492215-02

9:00 AM-12:00 PM (KS). Instructor: Dave Fisk. \$75 class fee, plus \$20 materials fee payable to instructor at first class (four sessions). Learn the basic techniques of this millennia old craft. Create wax model of desired jewelry or object, invest the model in a plaster-like mold, burn out the wax in a high temperature oven, inject the metal with a centrifuge, and finish the casting using jeweler’s buff and other tools. Upon completion of the class, students may attend Gem and Jewelry Open Workshops for a nominal fee to use casting equipment. No makeup classes. Six student maximum. Requires separate acquisition of casting metal (gold/silver). Silver is available from instructor at cost. Dave Fisk, 434-0747. RSVP by 3/30.



## Movies

### The Comedic Art of Woody Allen Wednesdays, April 29-May 20 — 521415-03

1:00-4:00 PM (KS). \$ 30 (four sessions). Instructor: Ray Ashton. Get ready to laugh as we take a journey of discovery with the great filmmaker Woody Allen. We will explore the career of this unique American artist and see four of his great films. First is the great homage to Woody’s childhood *Radio Days*. Then we will see Mr. Allen’s love affair with his beloved *Manhattan*. Our third film is the Academy Award winning love story *Annie Hall*. Finally, we



journey with Woody to Europe and one of his recent films, the 2011 romantic comedy fantasy *Midnight in Paris*. A great time is guaranteed for all as we experience these remarkable films and this amazing film maker.

## Music

### —Guitar—

### Guitar 1A—Continuing Beginner Level Mondays, April 6-27 — 535715-03

8:00-10:00 AM (OC). \$35 (four sessions). Instructor: Bill Sveglini. Closed to new students without previous experience, please contact instructor if you are a new student. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383.



### Guitar 2A—Continuing Beginner Level Wednesdays, April 1-29 — 535115-03

8:00-10:00 AM (KS). \$44 (five sessions). Instructor: Bill Sveglini. Although students register on a month-to-month basis, Guitar 2A will be offered as an eight-week session with a new session starting every other month. Designed for the person who is continuing from Guitar 1A, class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory providing a good foundation to move on to the higher classes. Use nylon string guitar as the strings are easier to press down and you have more room for your fingers when you learn and play chords. The teacher can advise students on the purchase of a guitar if needed. Most supplies will be available for purchase from instructor the first day of class. Questions? Please call Bill at 899-8383.

### Guitar 2B—Continuing Beginner Level Wednesdays, April 1-29 — 535215-03

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

### Guitar III—Intermediate Thursdays, April 2-30 — 535315-03

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. This class continues the course of study in Guitar II. Study will include reading music in the second, fifth and seventh po-

*Continued on page 79*

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sition, learning basic chords and chord patterns, strumming and basic finger-picking and use of guitar pick. The class will also provide basics of music knowledge.



### Guitar IV—Advanced

**Thursdays, April 2-30 — 535415-03**

10:00 AM-12:00 PM (OC). \$44 (five sessions). Instructor: Bill Sveglini. **Prerequisite:** Instructor's approval to enroll in this class. The class is a continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. We continue to study finger picking for various styles of music. Class also introduces students to various types of ensemble playing, duets, trios, and quartets.

### —Voice—

### Singer Vocal Boot Camp Continuation

**Fridays, April 3-24 — 536215-03**

10:30 AM-12:30 PM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Prerequisite:** Completion of first "Vocal Boot Camp" or have studied music. This is a continuation class of "Vocal Boot Camp." Continue to learn and improve on reading and following sheet music. We will study rhythm and work hard on notation recognition in treble and bass clefs.



## Personal Improvement

### —Driver Training—

### AARP Driver Safety Refresher Training

**Saturday, May 16 — 481115-03**

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

**Monday & Tuesday, April 27&28 — 481015-02**

9:00 AM-1:30 PM (OC). Instructor: Tom McMahon.

Fee \$25 (AARP member) or \$30 (non-member).

Fee includes a \$10/Association administrative

fee. AARP Driver Safety Training, is geared to the

"over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must 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.



### —Home Decorating—

### New Class! New Instructor!

### Home Decor Update

**Tuesday, April 7 — 581115-03**

1:00-3:00 PM (KS). \$ 30. In-

structor: Jonelle Tannahill.

Looking to make a change?

Expanding, moving, down-sizing, right-sizing? Interior redesign, as frequently featured on HGTV and in many decorating magazines, is a quick and economical design process. The home-owner's furniture, art and accessories, found throughout their house, garage or in storage are re-arranged, creating transformed rooms. Through an enlightening and informative power point presentation, professional speaker Jonelle Tannahill will share five tips that attendees can do right now to make them love their homes more and give some simple solutions to decorating dilemmas. Learn new ideas that bring about a more balanced lifestyle with simple and affordable solutions to create beautiful rooms. During this presentation, an often-heard comment: "I never would have thought of that!" Attendees most likely have seen the below famous redesign segments on television and will be excited to learn first-hand how to achieve a more beautiful and organized home. This one and a half hour interactive session includes a one page worksheet, and source notes for attendees to establish their own home goals. The *5 Tips for a Great Home Impression* power point presentation offers a light-hearted and fun look at some of the most common decorating mistakes, and what you can do *today* to correct them. Be inspired and find out your home's possibilities to "change it up" without spending a fortune!



*Continued on page 80*

## Sewing

### —Certification—

#### Bernina Serger Certification

Monday, April 13 — 591115-03

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

#### Bernina Sewing Machine Certification

Monday, April 13 — 592115-03

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



#### Janome Sewing Machine Certification

Monday, April 13 — 593115-03

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

### —Quilting—

#### Learning To Use a Pattern

Tuesdays, March 17- April 7 — 596215-01

4:00-6:00 PM (OC) \$72. Instructor: Betty Kisbey. This eight-hour beginner class is for learning to follow a quilt pattern, select fabrics, for the pattern, and to cut the fabric using a pattern. A simple beginning pattern will provided to help learn the process of following a pattern to make a quilt top. At the end of the class, you should have completed or nearly completed the quilt top. Quilt size is approximately 35"x 35". Class fee includes pattern. Be sure to get the proper supply list when you register.

#### Intro to Appliqué Quilting

Saturdays, March 28- April 11 — 596315-02

9:00-11:30 AM (OC). \$54. Instructor: Betty Kisbey. In this class you will learn basic techniques for hand appliqué. Included will be an introduction to the various tools, fabrics, materials, and sewing techniques need to begin working with appliqué designs.. Topics include using freezer paper, starch methods back basting, and needle turn. An original pattern will be provided. Be sure to get the proper supply list when you register.

#### Intermediate Sampler

Thursdays, April 9- May 14 — 596415-03

5:30-8:30 PM (OC) \$162. Instructor: Betty Kisbey. This six-week class is for the intermediate quilter who would like to make a unique sampler while learning new methods and techniques for machine piecing and reinforcing good quilting techniques. This class will emphasize accu-



rate, quick piecing techniques for block construction and will include relevant sewing tools and techniques. Some blocks will be made in class and others will be assigned as "homework". The finished block size is 12" x 12" and the completed quilt size is 65" x 74".

## Technology

### —General—

#### RoboForm

Friday, March 20 — 286515-02

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.

#### Cloud Storage Made Easy

Friday, March 27 — 283215-02

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$18. **Prerequisite:** Basic computer skills. Computer users spend their lives accumulating "stuff." Then they try to find a way to store their "stuff." Some add extra hard drives. Some prefer external devices like flash drives and CDs. Some choose to rely on **cloud storage**. **Cloud storage** is saving your data to an off-site storage system. If you store your data in the cloud, you will be able to access your data from any location that has Internet access. In this class you will learn how easy it is to store "stuff" in free cloud storage sites like OneDrive and Google Drive.



#### Google Chrome

Tuesday, April 14 — 288215 -03

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.

*Continued on page 83*



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Games Depart OC 9:00 AM, Return 7:15PM, except August 30; Depart 9:15 AM

SF vs. LA Dodgers: April 23 - Club Level 231 | **6261-01A**

SF vs. LA Dodgers: May 21 - Club Level 231 | **6261-01B**

SF vs. Wash. Nationals: August 16 - Club Level 230 & 231 | **6261-01C**

SF vs. St. Louis Cardinals: August 30 - Club Level 230 | **6261-01D**



## RIVER CATS-ALL GAMES \$50

All seats in Section 111 behind home plate • All games Depart OC 5:45 PM, Return ~ 6:45 PM

River Cats vs. Nashville Sounds (Oakland A's): May 27 | **6271-02A**

River Cats vs. Reno Aces (Arizona Diamondbacks): June 18 | **6271-02B**

River Cats vs. Las Vegas 51's (New York Mets): June 28 | **6271-02C**

River Cats vs. Reno Aces (Arizona Diamondbacks): September 1 | **6271-03D**



## OAKLAND A'S

Both games Depart OC 9:45 AM, Return ~ 6:45 PM

A's vs. NY Yankees: May 31 (Weekend after Memorial Day) - Field Level Section 105 \$82 | **6320-01A**

A's vs. SF Giants: September 27 - Field Level Section 106 \$92 | **6320-01B**

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**Google Drive and Docs****Friday, April 17 — 286215-03**

1:00-3:30 PM (OC) \$18. Instructor: Bob Ringo. Gmail, also known as Google Mail, is probably the best free email service in the world. Many users rely on Gmail as their primary email address. If you don't have a Gmail account, it is time to get one. Gmail is available wherever you are, from any device — desktop, laptop, phone, or tablet. Reading email from your current email service provider is no problem with Gmail. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. With the power of Google Search in your inbox, learn how easy it is to find what you are looking for. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class. This class is PC oriented.

**Google Maps****Thursday, April 23 — 283415-03**

1:00-3:30 PM (OC). \$18 Instructor: Bob Ringo. You can use Google Maps to find your way and to travel the globe without leaving home. Google Maps allows you to discover a new world with detailed 2D and 3D views. In this class instructor Bob Ringo will demonstrate how to get directions for your next journey. You will learn how to explore the country using Google Maps Street View's advanced navigation to travel to familiar haunts and unexplored locations. With Google Maps you can easily find information about local businesses; including locations, contact information, and driving directions. Additionally, you can explore the oceans and the moon.

**Introduction to Evernote****Thursday, April 30 — 286115-03**

1:00-3:30 PM (OC). \$18 Instructor: Bob Ringo. *Evernote* is a free program that helps you organize and retrieve your information. Using *Evernote*, you can easily store and retrieve all your documents, sound, images, videos, web pages, and more. If you own several computers, *Evernote* makes all your data available simultaneously on all your computers from any web browser. *Evernote* backs up your data in the cloud for security. Storage is free for up to 60 MB of new data added each month. In this class you will learn how you can easily access all your information from anywhere any time.

**—Mac—****Mac OS X Yosemite Tips and Tricks****Monday, April 20 — 266215-03**

9:00 AM-12:00 PM (OC). \$30, class material \$5 (paid to instructor). Instructors: Andy Petro: Do you want to learn some real good tips and tricks on **Yosemite**, the newest Mac Oper-

ating System? Then this class is for you. We will show you tips and tricks in the Finder, System Preferences and many other Apps. Learn many functions and features that aren't commonly known and enhance your Yosemite experience. **Prerequisite:** You must have an Apple computer/laptop with **Yosemite** (Version 10.10 or later) installed on it. There are only 10 iMac's in the lab and space is limited, so register early. If you have any other specific questions about the class call Andy Petro at 474-1544.

**Pages 5.0 for Mac****Friday & Saturday, May 29 & 30— 232115-03**

9:00-11:30 AM (OC). \$40 Class Material fee \$5.00 payable to instructor. Instructor: Helen Rains. This class is where you can find out more about **Pages 5**, the full featured word processing and page layout application compatible with **Mac OS X Yosemite**. It is easy it is to use and great for many writing tasks—notes, letters, newsletters, flyers, keeping records or crafting your story and more. You will learn how to apply the text editing, formatting tools and to easily add photos, tables, and media clips. This class will take you through the basic steps of new document creation and help you practice adding your own ideas so it looks the way you pictured it. You will be ready to share and move documents beyond your Mac everywhere Pages runs and the iCloud reaches. Whatever you write, you will create gorgeous documents with ease.

**—SmartPhones and Tablets—****iPhone Basics—How to Use it****Friday, March 20 — 262815-02**

9:00 AM-12:00 PM (OC). \$40, class material \$5 (paid to instructor). Instructor: Andy Petro. Do you want to learn the basics of your **iPhone**? Then this class is for you. Instructor will show you how to use your iPhone effectively and get the most out of it. Learn many techniques and settings that enable you to use your iPhone efficiently. Become aware of Apps that will make your iPhone more productive and keep you informed while you are out and about. **Prerequisite:** You must have an **iPhone 4S** or newer and you must be on **iOS 8.1.2** or higher. **Bring your iPhone to class.** If you have any other specific questions about the class, call Andy Petro at 474-1544.

**Android Advanced****Friday, March 20 — 255215-02****Or Wednesday, April 22 — 255215-03**

March 20—5:00-8:00 PM, April 22—9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your Android Phone or Tablet to the next

*Continued on page 85*

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level. Go beyond just making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendar, Data, Contacts, Photos, Music, Passwords, and much more can easily be taken along and available wherever you go. Think you need a laptop PC, think again! A cost effective Android Phone or Tablet might meet all your needs. **Prerequisite:** Ready to go beyond the basics.



### Introduction to Android Smartphones

**Tuesday, April 14 — 256215-03**

2:00-5:00 PM (OC). \$40. (one sessions). Instructor: Len Carniato. "I can barely run a computer. How can I operate a smartphone?" If you read the specifications for modern smartphones and all that they pack into them you could be forgiven for thinking that they are hugely complicated to operate. Anyone looking to update their old cell phone may be put off simply by the thought that operating a smartphone must surely be at least as complicated as running a computer. In fact, this is not the case for a number of reasons. Smartphones are incredibly easy to use and you will probably be able to master your new phone very quickly indeed. Even if you haven't yet got the hang of your PC you might like to have a look at these facts and decide for yourself whether you want to have a go at using the latest generation of mobile phones."

### Android Basic 101

**Friday, April 17— 255125-03**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Google's "Android" is outstanding on phones and tablet computers.



Come to this seminar, bring your tablet or phone, connect to our Wi-Fi, and discover how to customize your device to perform "your way." We'll go thru many of the settings that let your phone and/or tablet do amazing things, plus how to sync mail, calendar, data and much more. In class, on the large screen, you'll be able to easily see the "Apps" we'll be recommending and discussing and then set up on your own device. **Prerequisite:** Be an Android device owner and have a "Gmail" account.

### iPad Basic

**Saturday, April 25 — 264215-03**

9:00 AM-12:00 PM (KS). Instructor: Ken Silverman. \$30. Get more out of — and into — your iPad2 or greater or iPad, Mini than you ever thought possible. Learn all about iOS8 (make sure your iPad has iOS8 installed before coming to the class), like Air Play and Internet. This class will demonstrate the many settings and applications on the large screen in the P-Hall (KS). Both PC and Mac users can benefit from learning system settings and Syncing your information; how to get all that 'stuff' into the unit and discover addi-



tional tools and reference areas. Learn how to make folders on your device. Bring your iPad — we have free WiFi which allows you to use the Internet and check out the applications we discuss and demonstrate. Class material fee of \$5 payable to instructor at the class.

### —Social Media—

#### Facebook 101

**Saturdays, March 21 & 28 — 272215-02**

**Or Saturdays, April 4 & 11 — 272115-03**

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



### —PC—

#### MS Word Phase Two

**Mondays & Wednesdays, April 13-22 — 292215-02**

9:00-11:00 AM (OC). \$50 (four sessions). Instructor: Angela Blas. This class focuses on integrating text and graphics. This class will explore the advanced features of words, such as integrating text and graphics, using smart art, styles, section breaks, creating flyers, brochures, special labels tables. Angela will provide tips and shortcuts to do some tasks that previously seemed daunting. **Prerequisite:** Lots of practice with Microsoft Word, Word Phase One or Word Basics.



#### Organizing Your Windows Information Files & Folders

**Tuesday, March 24 — 283115-02**

1:00-3:30 PM (OC). Instructor: Bob Ringo. \$18.

**Prerequisite:** Basic computer skills. The average PC user collects many types of information—music, letters, recorded TV programs, photographs, videos, and the like. It becomes frustrating when you can't find the records that you stored earlier on your computer. This class will teach you simple methods for organizing your Windows information and creating folders for your personal computer that are easy to set up, simple to use and understand, and flexible to modify. In these folders, you can store the images of the thousands of photographs,



*Continued on page 87*



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songs and scanned documents you have collected. Once you have your files in an organized manner, you can easily incorporate these items into your favorite application programs. Remember, when you can find things, using your computer is much more fun!

### —Photo—

#### Picasa

**Monday & Wednesday, April 20,22 — 256115-03**

1:00-4:00 PM (OC). \$60 (two sessions). Instructor: Len Carniato. **Prerequisite:** Comfortable using Windows. Modern

SmartPhones and cameras make it easy to take digital photos and “Picasa” photo software makes it simple to store, organize, edit and share them. “Picasa” is a free program from Google designed for the “amateur” digital photographer. With an excellent array of editing tools and features, this program is a good choice for users of varying experience levels. Combining lecture with hands-on, you will take home the skills to do almost everything with your images. Learn to file, crop, fix red-eye, adjust light, touch-up defects, repair colors, email, print, backup, and more. Sign up now and get started.



## 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 March 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 of the offerings the WellFit Department has to offer and to get you started on your fitness journey. Register: Fitness Desks or online.

- **Wednesday, March 18 — 700100-O3**  
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, March 26 — 700100-KB**  
4:00-5:00 PM, Fitness Floor (KS)
- **Thursday, April 9 — 700100-OA**  
2:00-3:00 PM, Fitness Floor (OC)
- **Monday, April 6 — 700100-OB**  
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, April 30 — 700100-OC**  
10:00-11:00 AM, Fitness Floor (OC)
- **Wednesday, April 15 — 700100-K1**  
3:00-4:00 PM, Fitness Floor (KS)
- **Thursday, April 30 — 700100-K2**  
4:00-5:00 PM, Fitness Floor (KS)

#### Class Levels

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

### Environmental

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

#### Nordix Pole Walking

**Tuesday & Thursday, May 5 & 7 — 750000-05**

9:00-10:30 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 & mobility: Power & endurance on uphill; save your knees on downhill; achieve, maintain, even regain mobility; use of upper body muscles improves strength and helps preserve your joints; achieve a more rhythmic gait and reduce risk of falling; WD-40 your spine; maintain and restore spine function—walk with *attitude*; improve balance, confidence, coordination, bone density and posture—feel taller! Poles are sporty (and *fun*), so encourage compliance. Weight management: studies have shown you can burn up to 46% more calories over regular walking. The Triple Win: enjoy the outdoors, connect with your buddies, and get great exercise! Bring poles if you already have a set. Walking poles also available for each class at no charge, with option to purchase at final session. Register: Fitness Desks or online.



### Disease Prevention & Management Session-Based Classes

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

#### Diabetes Exercise Program (DEP 1)

**Monday & Wednesday, April 6-29 — 878000-04**

3:00-4:15 PM, Aerobics Room (OC). Four-week program, \$80. This class is especially designed for those with diabetes. All

*Continued on page 89*

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classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help manage your blood glucose levels even hours after you've stopped exercising. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class.

### Arthritis Class L2

**Tuesdays, April 7-28 — 801000-4A**

**Wednesdays, April 1-29 — 801000-4B**

**Thursdays, April 2-30 — 801000-4C**

**Fridays, April 3-24 — 801000-4D**

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Wednesday and Thursday \$43.75 (five sessions); Tuesday and Friday \$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 standing, 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, April 7-28 — 730100-04**

**Saturdays, April 4-25 — 730100-4A**

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Tai chi is one of the original internal self-defense arts that build balance, coordination, posture, and body tone. Mentally, tai chi teaches stress release and relaxation which brings about harmony of spirit and mind, known as the moving meditation. Tai chi and Qigong can be studied by anyone regardless of age, gender, or athletic ability. Peli Fong has been a teacher of tai chi and Qigong for over

15 years and teaches how to combine the mental and physical practices of both arts together.

### Tai Chi Intermediate L2

**Saturdays, April 4-25 — 730300-04**

10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai chi class who have studied with her for over six sessions. The class will continue perfecting the 24 Yang-style postures. The emphasis will be towards building a healthy, stronger body and focused mind leading to a peaceful spirit for a better quality of life. To accomplish this, student will learn two White Crane Qigong sets designed to focus on chi movement throughout the body to release stress and revitalize the internal organs. The high level students will be introduced to the tai chi 64 long form and begin moving towards more advanced levels.



### Tai Chi Advanced L3

**Tuesdays, April 7-28 — 730400-04**

2:45-3:45 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Peli Fong. The progression of the most dedicated intermediate Tai Chi students will continue with advanced cultivation of the 24 and 64 movement forms. Advanced Chi Gong systems known as the Eight Brocades, also known as the Eighth Treasure (The Eight-Section Exercises) and the Yi Jin Jing (Muscle and Tendon Strengthening Exercise) will be taught as well.

### Healing with Chi ("chee-gong") L1

**Thursday, April 2-30 — 820706-04**

1:00-2:00 PM, Aerobics Room (KS). \$43.75 (five 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 as healing medicine for thousands of years. \*Recommended by Kaiser, the Veterans Admin., Stanford, and Mayo Clinic. Learn about your Energy resources of HEART, MIND & HANDS and how to gather and direct Energy releasing Stress, Pain, and Emotional Suffering. 30-year holistic healing practitioner and QiGong ("chee-gong") instructor, Sherry Remez guides you to RELAX in this on-going, light-hearted internationally recognized program. Appropriate for any age or fitness level.

### Personal Growth

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

### The Sudoku Series

**Tuesday, March 24 — 870000-N**

**Tuesday, April 28 — 870000-4B**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. The Sudoku Series runs from



*Continued on page 91*



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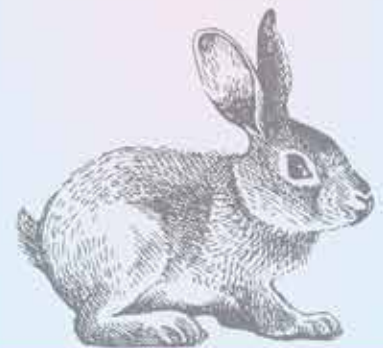
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Wednesday, April 8th, 15th, 22nd & 29th | 11:30am - 1pm

**INTERMEDIATE LEVEL**

4 Lessons for \$80  
Wednesday, March 25th & April 1st, 8th, 15th | 9:30 - 11am  
Thursday, April 9th, 16th, 23rd & 30th | 11:30am - 1pm

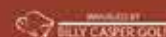


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### Living Through Transitions “Transportation/Housing Options”

**Saturday, April 11 — 823500-AP**

**(This is a class for the support person only)**

9:00 AM-12:00 PM. P-Hall (KS). The Living Through Transitions program began January 17 and goes through June 6. Separate session registration for the April 11 session only – “Transportation/Housing Options” opens five days prior to the session date and is for the support person only, \$35 per session. If you have questions or need help enrolling, please email carol.zortman@sclhca.com or call 625-4032. Separate session registration only available at the Fitness Desks.



tion/Housing Options” opens five days prior to the session date and is for the support person only, \$35 per session. If you have questions or need help enrolling, please email carol.zortman@sclhca.com or call 625-4032. Separate session registration only available at the Fitness Desks.

### Self-Defense and Martial Arts

**Tuesdays, April 7-28 — 815000-04**

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



### —Nutrition—

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

### Seasonal Soups—Cooking Demo

**Monday, March 16 — 860000-3A**

2:00-4:00 PM, Social Kitchen (KS). \$25. Instructor: Renee Charleston, Registered Dietitian. With spring right around the corner why not think about using fresh spring vegetables and herbs in easy, quick and healthy soups? We will be demonstrating the preparation, and sampling a variety of soup options. Learn



about the benefits of nutritious and delicious comfort food. Register: Fitness or Activities Desks or online.

### Healthy Desserts—Cooking Demo

**Monday, April 27 — 860000-4D**

2:00-4:00 PM, Social Kitchen (KS). \$25. Instructor: Renee Charleston, Registered Dietitian. We all love desserts. Learn how to make desserts less sinful but still delicious and satisfying. We will be demonstrating the preparation, and sampling, of a variety of dessert options. Register: Fitness or Activities Desks or online.

### New! Arthritis & Inflammation Diet

**Tuesday, March 17 — 860000-3B**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Is arthritis and chronic pain a problem for you? The Arthritis Foundation has recently introduced a new program called “Putting Pain in its Place”—How to get Osteoarthritis Pain under control. This two-hour program deals with pain from arthritis and the role of inflammation in arthritis and other chronic diseases. A special focus will be on nutritional recommendations for reducing inflammation. Register: Fitness or Activities Desks or online.

### Why is Nutrition Information So Confusing?

**Tuesday March 24 — 860000-3C**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. How do you make decisions about what to eat with so much conflicting information available? Let’s discuss the issues around research, nutrition advice, who to trust, advertising, and how to make good decisions. Join this two-hour participatory class with Renee Charleston, Registered Dietitian, to discuss these issues. Register: Fitness/Activities Desks or online.

### Whole Grains

**Tuesday, April 7 — 860000-4A**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Increasing the use of whole grains is a major recommendation for heart disease, diabetes and cancer prevention. We will define what “whole” grains are and how to prepare them in tasty dishes. Register: Fitness/Activities Desks or online.



### Healthy Proteins

**Tuesday, April 21 — 860000-4B**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. Healthy proteins—if you are confused about what the healthiest sources of protein are, this class will answer your questions. We will look at this issue and present ideas for how plant-based proteins can be incorporated in your diet. Register: Fitness/Activities Desks or online.



*Continued on page 93*



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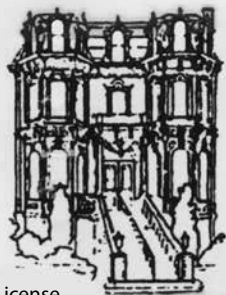
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## Fruits and Vegetables

**Tuesday, April 28 — 860000-4C**

1:00-3:00 PM, Multipurpose Room (OC). \$25. Instructor: Renee Charleston, Registered Dietitian. We all need to increase our intake of fruits and vegetables to prevent and manage chronic diseases. Let's look at ideas to incorporate more fruits and veggies in your diet in fun, nutritious ways. Register: Fitness/Activities Desks or online.



## New! Pure 12—Nutrition and Wellness Workshop

**Tuesday, April 7-June 23 — 860000-AA**

9:00-10:30 AM, Multipurpose Room (OC) \$199+\$25 materials fee. Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. The Pure 12 Nutrition and Wellness program offers insight and guidance to common health issues due to diet and lifestyle. During this 12-week programs we will meet weekly to discuss health and diet strategies that can be used to improve your life. This series will empower you with information and enable you to improve your health, productivity and energy. During the interactive workshops, we will discuss both foundational nutrition and preventative wellness, helping you live a more vibrant life. Topics include: Eating without a kitchen; Drink to Your Health; Gut Check; Lean, Mean, Fat Burning Machine; The Skinny on Fats; Freedom from Fatigue; Health on a Dime; Hormonal Harmony; Metabolic Makeover; Keep the Beat; and Turning Back Time. Come join us for this unique workshop to improve your health.

## —Tennis—

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

## New Instructor: Introducing 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*.

## New! Ground Strokes Clinic

**Saturday, April 4 — 790400-01**

11:00 AM-12:00 PM. Court #4. \$15 (one session). Instructor: Eldon Wilson. Ground strokes: A ground stroke can be hit with top spin or under spin and is hit mostly from the baseline. You will go through footwork, balance, upper body stroke as well as the lower body and positioning to the shot. Each player has their own style, clinics are designed to enhance your style, not change it. Register: Fitness Desks or online.



## New! Volleys Clinic

**Saturday, April 18 — 790400-02**

11:00 AM-12:00 PM. Court #4. \$15 (one session). Instructor: Eldon Wilson. Volleys: A volley is a ball that doesn't bounce and is hit with a short backswing. In this clinic you will get an understanding of core centering as well as the use of dynamic balance and develop the ability to control the volley in many areas on the court. Register: Fitness Desks or online.

## Pro Tennis Lessons

**Sundays, April 12-May 17**

**Beginner 8:00-8:50 AM — 790700-02**

**Intermediate 9:00-9:50 AM — 790600-02**

**Advanced 10:00-10:50 AM — 790500-02**

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.

## Money Matters

### A Playbook to Handle Stock Market Crashes

**Tuesday, April 28 — 870000-4A**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. In the last decade we experience two major drops in the stock market, the Tech Wreck of 2000 and the Credit Crisis of 2008. This begs the question, "When will the next one happen?" Many of us know we should invest in stocks for at least a part of our assets, but how do we prepare for the next drop? What do we do now so our assets are able to handle a market correction? What have we learned from the last two drops? Come learn how to build a playbook for future markets.

### Let's Talk About Advance Health Care Directives

**Tuesday, March 17 — 863100-02**

**Tuesday June 23 — 863100-04**

9:00 AM-12:00 PM, Fine Arts Room (OC). \$10. 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

**Thursday and Friday, June 4 & 5 — 863000-04**

9:00 AM-12:00 PM, Oaks & Gables (OC). \$30 for both sessions

*Continued on page 94*

+ \$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@SCLHCA.com](mailto:Bowenwork@SCLHCA.com) or 625-4034.



### Discover Bowenwork—Information Session

**Tuesday, April 14 — Free**

1:00-2:00 PM, Multipurpose Room (OC). Free. Come discover what Bowenwork is and if it can help you. Natilee will host a discussion followed by a question and answer session

## 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.

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

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

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

### SGT—TRX Express L1

**Mondays & Wednesdays, April 6-29 — 835210-A4**

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 boot-camp, all in 30 minutes. Have a safe/effective workout while getting oriented with new equipment.



### SGT—TRX Express L2

**Tuesday & Thursdays, April 2-28 — 835211-A4**

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, April 6-29 — 835800-A4**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!

### SGT—Fit 101 L1

**Tuesdays & Thursdays, March 31-April 23 — 835500-A4**

2:00-3:00 PM, Aerobics Room (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 work on the TRX, weights, exercise bands, walking, stretching and more. This format is a great opportunity to work with a trainer and meet friends that share the same fitness goals.



### SGT—“Fun”ctional Fitness L3

**Tuesdays & Thursdays, March 31-April 23 — 835600-A4**

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

*Continued on page 96*





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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, March 31-April 23 — 835300-A4**

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



### SGT—Morning Burst Bootcamp L2

**Mondays & Wednesdays, April 6- April 29 — 835300-B3**

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

### SGT—Bootcamp L3

**Mondays & Wednesdays, March 3-April 22 — 835400-A4**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Lisa Smith. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you’ve never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.



### SGT—Healthy Back L1

**Mondays and Wednesdays, April 6-29 — 835700-A4**

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

### SGT—Healthy Back L2

**Mondays and Wednesdays, April 6-29 — 835701-A4**

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Kathryn Shambre. This class is designed for students who have taken Healthy Back L1 and have been approved by Kathryn for the next level. Class will move at a more advanced pace but still cover the same principles as Healthy Back L1.



### SGT—Balance & Fall Prevention L1/L2

**Mondays & Wednesdays, April 1-29 — 835710-A4**

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 835111-04** = \$80 per month
- **Eight-class membership package 835112-08** = \$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 the 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-A4

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 introductory 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 springs on the reformer provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

### SGT—Reformer Intermediate L2

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

**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 the good music, friendly people and laughter, you can't miss with this class!

**Arthritis Foundation Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and

*Continued on page 98*

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!

**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

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**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 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!

**Pilates Fit L2:** The ultimate mind-body workout. Build a strong core center, longer and leaner muscles, and a balanced physique with Pilates Fit. You will feel the benefits after your first workout and keep them for a lifetime.

**Piloga L2:** Piloga blends Pilates and yoga. Lola welcomes residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

**Piloga Flow L2:** Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body. Ahhh!

**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.

*Continued on page 100*

**Splash Dance L2:** A dance party in the pool! An aquatic exercise class with a “dance flair” that is designed especially for the active adult. This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

**Step 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 thirty 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.

**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 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!

**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 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 also 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.

**Zumba L3:** This class fuses Latin rhythms and easy-to-follow moves to create a high energy, calorie burning and total body dance based workout. Let the party begin!

**Zumba Gold L1/L2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.





## OC Aqua Wellfit Class Schedule March Compass April 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L3- Marilyn		Water Works L3- Marilyn		Water Works L3-*Jeannette		
8:30	**Aqua Fit L2- Lisa		Aqua Fit L2- Lisa		Water Works L3-*Jeannette		
9:30		Water Works L3 - Deanne	Core n More L3- Annette	Water Works L3 -Deanne			
10:30	***H2O Bootcamp L3- Annamarie	Water Works L3 - Deanne	Splash Dance L2- Annette	Water Works L3 -Deanne	***Aqua Fit L2- Marie		
11:30	AF Aqua L1- Annette		AF Aqua L1- Marie		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	Water Bootcamp L3 Annamarie	Water Works L3- Annamarie	H2O Bootcamp L3 Annamarie	Water Works L3-Lisa			

## Pilates Reformer Class Schedule March Compass April 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:00	Ref Basics L1 - Paula				Ref Basics L1 - Paula		
7:30		Ref Basics L1 - Robert <i>New!</i>		Ref Basics L1 - Robert <i>New!</i>			
8:30	Ref Fit for Golf L1 - Robert	Ref Intermediate L2 Deborah	Ref Fit for Golf L1 - Robert		Ref Intermediate L2 - Kirsti		
9:30							
10:30	Ref Basics L1 - Valerie	Ref Basics L1 - Terri	Ref Basics L1 - Valerie	Ref Basics L1 - Terri			
11:30	Ref Intermediate L2 - Valerie	Ref Intermediate L2 - Terri	Ref Intermediate L2 - Valerie	Ref Intermediate L2 - Terri	Ref Basics + L1- L2 Valerie <i>New!</i>		
12:30		Ref Basics L1 - Terri <i>New!</i>		Ref Basics L1 - Terri <i>New!</i>			
4:30				Ref Basics L1 + L1-L2 Lori <i>New!</i>			
5:00	Ref Basics L1 - Terri		Ref Basics L1 - Terri				

OC WellFit Class Schedule March Compass, April 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	OC	OC	OC	OC	OC	OC	OC	
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	Cardio Strength L3- Kim	
9:00	Cardio Strength L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	20/20/20 L3-Marilyn	Yoga Basics L1-Susan		
10:00	Zumba L3- Brandi	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	iRest Meditation and Yoga (12:15 - 1:15) - Iram	Arthritis L1/2 -Lin	Hatha Yoga L1 -Kirsti	Arthritis L1/2 - Lin			
1:00	Chair with Flair L1 - Terri	Chair Yoga L1 (1:30-2:30) Ashley	Chair with Flair L1- Kathryn		Basic Chair L1-Lola			
2:00	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Fit 101 (1:00-2:00) L1- Marilyn	SGT- Balance & Fall Prevention L1- Kathryn	SGT- Fit 101 L1- Marilyn	Activities		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		SCLH Booking		
4:00				Activities				
5:00	Zumba L3 - Andi		Zumba Gold L2 - Joanie	Activities				
6:00	Yoga for Osteo L1- Susan	6:00-7:30 Self Defense - Paul						
7:00								
	Group Exercise Classes (punch pass) \$3.50							
	Wellness Classes (session based)							
	Small Group Training (session based)							
	* New Class							
	** New Time							



KS Wellfit Class Schedule March Compass, April 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	KS	KS 6:15am SGT - Bootcamp L2 - Robert	KS	KS 6:15am SGT - Bootcamp L2 - Robert	KS	KS	KS
7:00	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Lisa	Mixed Level Cycle L2 - Deanne		8:00am Hi NRG Cycle L3 - Paige	
7:30							
8:00							
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3 - Deanne	Low Impact L3 - Annamarie	Zumba Gold L2 - Joanie		
9:30	Strictly Strength L3 - Marilyn	Strictly Strength L2 - Lin	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Lin	Cardio Strength L3 - Annamarie	Strictly Strength L2 - Jeri	
10:30	**20/20/20 L3 - Marilyn	*Piloga Flow L2 - Julie M	Cycle & Strength L2 - staff	Pilates Fit L2 - 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		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:30	Yoga Basics L1 - Susan	Tai Chi L1 - Pell		1:00pm Qigong L1 - Sherry			
2:30	SGT - TRX Interval L2 - Julia		SGT - TRX Interval L2 - Julia	Basic Conditioning L1 - Kathryn			
3:30	SGT - TRX Express L1 - Julia	(2:45-3:45) Tai Chi L3 - Pell	SGT - TRX Exp. L1 - Julia				
4:00	SGT Healthy Back L2 - Kathryn	Yoga for Osteo L1 - Susan	SGT Healthy Back L2 - Kathryn	Yoga for Osteo L1 - Susan			
5:00							
5:30	SGT - Bootcamp L3 - Lisa	SGT - TRX Exp. L2 - Julia	SGT - Bootcamp L3 - Lisa	SGT - TRX Exp. L2 - Julia			
6:00		Hatha Yoga L2 - Susan		Relaxing Yoga & Meditation L1 - Susan			
7:00							

Group Exercise Classes (punch pass) \$3.50

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



### “Oh, my aching head!”

#### What You Should Know About Headaches Thursday, March 19 — Free

7:00-8:30 PM, Ballroom (OC). Marc Lenaerts, MD, a UC Davis Associate Professor of Clinical Neurology, Director of Outpatient Neurology and an expert on headaches will describe a multifaceted approach to headache management, including examining environmental, emotional and lifestyle factors that might expose triggers that induce headache symptoms. “When do you get them?” “What exacerbates them?” “What makes them better?” Using this approach, “to tease out the triggers” patients can learn to avoid headaches, often stopping them before they start. Dr. Lenaerts believes that mental health often is a component of the headache puzzle. Depression and anxiety commonly co-occur with migraines or can exacerbate them. Dr. Lenaerts will discuss his approach to diagnosing headaches and describe new treatment methods.



### Staying in the Light

#### Tuesday, March 31 — Free

2:00-4:00 PM, Ballroom (OC). Andy Petro remembers what it's like to be dead. In his second book, *Alive in the Light* he describes how he felt after dying and going into the Light—eternity. He remembers how his new senses worked being in a place without time. He recalls a space where he immediately knew everything and where hierarchy, judgment, and separation did not exist. His memories of the Light are filled with joy and laughter. Come to the Community Forum to share some of Andy's memories of being alive in eternity. Perhaps you also have memories of the Light you would like to share with Andy?



### Sex Trafficking Occurs Near You

#### Tuesday, April 7 — Free

2:00 PM, Ballroom (OC). Sex-trafficking is a buzz word in the media. Why should you care? Isn't sex-trafficking an awful thing in Thailand and India? Isn't it a horrible reality happening to poor foreign girls? Yes, it is, but it also involves young girls in California and within the Sacramento and Placer County borders, which makes it **right in your backyard**. SCLH resident Linda Bello-Ruiz knows firsthand about the underage sex trade. She established the first safe-haven for young prostitutes in San Jose and Costa Rica. And now, she's working with a safe-haven in Auburn, California. Be aware. Be inspired. Be part of the solution?



### What Will They Think of Next? Technology for Better Living Thursday, April 16 — Free

2:30-3:30 PM, Ballroom (OC). Care Innovations, an Intel-GE

Company, has developed cost-effective technology solutions that connect seniors to healthcare providers to gain confidence to live independently at home. Frank Napoleon, Care Innovations' Corporate Development Director, will discuss state-of-the-art telehealth innovations ranging from far-fetched to more practical small medical devices. Care Innovations' Remote Care Management lowers healthcare costs by better educating and engaging patients. Mr. Napoleon's presentation will illustrate the importance of incorporating seniors' attitudes toward current technology in designing new technologies that incorporate their unique needs, preferences, capabilities, and limitations.



### Local Snakes: Facts, Fiction & Phobias

#### Tuesday, April 21 — Free

2:00-4:00 PM, Ballroom (OC). If you're afraid of every snake you see, then you need to attend this presentation. On April 21, residents **David Rich** (aka The Snake Man) and **John Parks**, DVM, will present their highly acclaimed forum on snakes. They will explain the important role snakes play in our lives; how to tell a gophersnake from a rattlesnake; the many truths and myths about snakes; and what to expect if you or your pet are bitten by a rattlesnake. The Q&A is always educational and entertaining, so bring your friends



### Dental Solutions for Medical Problems from A to ZZZZZZ Wednesday, April 29 — Free

7:00-8:30 PM. Ballroom (OC). An experienced orthodontist, Russell Sutliff, DDS, MS, who now specializes in Dental Sleep Medicine, will present this captivating topic. Our collapsible airway causes millions of sleeping individuals to repetitively battle to breathe every night. For these people, healthy restful sleep can be elusive leaving them with high blood pressure, cardiac complications, excess daytime fatigue and poor quality of life. Approved dental sleep appliances can support open airways without the use of a CPAP (Continuous Partial Airway Pressure) machine. Do not miss this presentation.



### The History and Art of Gladding McBean Thursday, April 30 — Free

10:30 AM-12:00 PM, P-Hall (KS). For 140 years, Gladding McBean has had a vital presence in Lincoln. A pioneer in ceramics technology, this company has played a major role in California's industrialization. During the heyday of architectural terracotta, Gladding Mc Bean dominated the industry in the Far West. The company's artistic clay products not only decorate Kilaga Springs Lodge but also adorn buildings all over the world. Our presenter, Jean Cross, is Executive Director of the Art League of Lincoln and the first artist in residence at Gladding McBean. During her presentation, Jean will share





many photographs depicting the development and growth of this company. When you dine at Buonarroti's Restaurant here in Lincoln, you will see examples of Jean's creative talents as an interior designer and muralist.

**Safe Driving for Seniors... DMV Update**  
**Tuesday, May 5 — Free**

2:00-3:30 PM, Ballroom (OC). The Ombudsman Branch of the Department of Motor Vehicles (DMV) is pleased to present this special seminar



on safe driving for seniors. Presenter **Eddie Ballsteros** will explain how the DMV ombudsmen can help to ensure seniors are treated fairly, consistent with the laws and regulations of California. **Shannon Lewis**, DMV Consultant and Advocate, will also address such frequently asked questions as...



- For what reasons do seniors get referred to DMV?
- What can seniors do to prevent being referred?
- What is involved in the renewal process?
- What resources are available to help seniors?



**Community Forums, Date, Time, Location**

<ul style="list-style-type: none"> <li>• "Oh My Aching Head" What You Should Know About Headaches Thursday, March 19, 7:00 PM, Ballroom (OC)</li> <li>• Staying in the Light... Andy Petro Tuesday, March 31, 2:00 PM, Ballroom (OC)</li> <li>• Sex Trafficking Occurs Near You Tuesday, April 7, 2:00 PM, Ballroom (OC)</li> <li>• What Will They Think of Next? Technology for Better Living Thursday, April 16, 2:30 PM, Ballroom (OC)</li> <li>• Local Snakes: Facts, Fiction &amp; Phobias Tuesday, April 21, 2:00 PM, Ballroom (OC)</li> <li>• Dental Solutions for Medical Problems from A to ZZZZZZ Wednesday, April 29, 7:00 PM, Ballroom (OC)</li> <li>• History &amp; Art of Gladding McBean Thursday, April 30, 10:00 AM, P-Hall (KS)</li> </ul>	<ul style="list-style-type: none"> <li>• Safe Driving for Seniors... DMV Update Tuesday, May 5, 2:00 PM, Ballroom (OC)</li> <li>• When to Choose Hospice Wednesday, May 27, 7:00 PM, Ballroom (OC)</li> <li>• Search for Extraterrestrial Civilizations Wednesday, June 3, 7:00 PM, Front Ballroom (OC)</li> <li>• Lake Tahoe: Stories, Facts, and Fun Thursday, June 11, 10:00 AM, Ballroom (OC)</li> <li>• Water Conservation Tuesday, June 16, 2:00 PM, Ballroom (OC)</li> <li>• More Del Webb Lincoln Hills History... Judy Bennett Thursday, July 9, 10:00 AM, Ballroom (OC)</li> <li>• Watch for more Community Forums in upcoming issues of the <i>Compass</i></li> </ul>
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Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

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

Public Website:

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

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Kilaga Springs 408-4013

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Lifestyle Entertainment Coordinator

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408-4290

Spa Manager

Jori Richards [jori.richards@slhca.com](mailto:jori.richards@slhca.com)

## Hours

### Orchard Creek & Kilaga Springs Lodges

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

Saturday 8:00 AM-9:00 PM

Sunday\* 8:00 AM-5:00 PM

### Activities Registration: OC & KS

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

Saturday 8:00 AM-8:00 PM

Sunday\*\* 8:00 AM-4:00 PM

### Administration Offices & Membership

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

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

### Fitness Center Hours: OC & KS

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

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

### Kilaga Springs Café

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

Sunday 7:30 AM-3:30 PM

### Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

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

Sunday Brunch 10:30 AM-2:00 PM

### The Spa at Kilaga Springs

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

Saturday 9:00 AM-5:00 PM

Easter Sunday, April 20:

\*KS 8:30 AM-2:00 PM, \*\*KS 8:30 AM-1:30 PM

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Melton Financial, **49**  
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Security 1 Lending, **20**  
The Reverse Mortgage Group, **78**

**FITNESS**

WellFit Department, **8, 9, 59**

**FOOT CARE**

Lincoln Podiatry Center, **6**

**GOLF CARS—SALES/SERVICE**

Electrick Motorsports Inc., **53**

**GOLF CLUB**

Lincoln Hills Golf Club, **90**

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Sutter Roseville Med. Center, **51**

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Whisper Hearing Center, **36**

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Accu Air & Electrical, **64**  
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Senior Care Giver Services, **14**  
Welcome Home Care, **68**

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Andes Custom Upholstery, **14**  
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The Closet Doctor, **20**  
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Geo Paradise Landscape, **45**  
New Legacy Landscaping, **4**  
Rebark Time, Inc., **98**  
Steven Pope Landscaping, **59**  
Terrazas Landscape, **18**

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Gibson & Gibson, Inc., **36**  
Law Office Lynn Dean, **68**  
Michael Donovan, **64**  
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**PSYCHOTHERAPY/PSYCHOLOGIST**

Marvin Savlov, Psychotherapist, **59**

**REAL ESTATE**

Coldwell Banker/Sun Ridge, **36**  
- Andra & Michelle Cowles, **45**  
- Anne Wiens, **60**  
- Don Gerring, **60**  
- Donna Judah, **4**  
- Gail Cirata, **38**  
- Holly Stryker, **45**  
- Lenora Harrison, **4**  
- Paula Nelson, **47**  
- Sharon Worman, **70**  
Grupp & Assocs. Real Estate, **78**  
HomeSmart Realty - Shari McGrail, **98**  
Keller Williams  
- Carolan Properties, **16**  
- John Perez, **92**  
Lyon Real Estate - Shelley Weisman, **55**  
Placer Sierra Realty, **105**

**RESTAURANTS**

Meridians, **15, 92, 108**

**SENIOR LIVING**

Casa de Santa Fe, **16**  
Eskaton, **62**  
The Pines, **47**

**SHOES**

del Sole Shoes, **40**

**SHUTTLE SERVICES**

Apex Airport Transportation, **95**  
Diamond Van Shuttle, **14**  
Lime Shuttle, **64**

**SPRINKLER REPAIR**

Gary's Sprinkler Repair Service, **45**

**STORAGE**

Joiner Parkway Self Storage, **78**

**TRAVEL**

Active Sierra Seniors, **4**  
Club Cruise, **14, 68, 88, 92**

**TREE SERVICE**

Acorn Arboricultural Svcs. Inc, **70**  
Capital Arborists, **81**  
Hallstead Tree Service, **59**

**VACATION RENTALS**

Maui & Tahoe Condos, **45**

**WINDOW CLEANING**

All Pro, **84**  
Lighthouse Window Cleaning, **60**

**WINDOW TREATMENT CLEANING**

Sierra Home & Comm. Svcs., **84**

**WINERY**

Wise Villa Winery, **74**

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107

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