



Compass



**Orchard Creek Lodge
Solar Project**

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Board of Directors Report The Solar Initiative: The Board of Directors' Process

Denny Valentine, Director, SCLH Board of Directors

Two articles appearing on page 5 of this issue by the chairs of the Properties and the Finance Committees will explain what the Orchard Creek Lodge solar project is and how it is being funded. This article is about the process followed by the Board of Directors that resulted in the motion to approve construction of the project.

Solar was initially investigated five years ago and found not to be feasible. The Properties Committee was encouraged by the Board to take another look at the feasibility of such a project.

The Properties Committee appointed a task force from its members to include a member from the Finance Committee and shortly thereafter recommended installation of solar heating for the swimming pools. Further research was required for a solar project to place panels over the Orchard Creek parking lot and greatly reduce reliance on PG&E for electricity used in the Lodge.

Seven vendors showed initial interest with five ultimately submitting proposals. After hours of review and analysis, SolarWorks was invited to make a presentation to the Properties Committee. The Committee recommended them for the project and referred the matter to the Finance Committee to determine whether to move forward or not and how best to fund the project.

The Finance Committee developed funding approaches, which were analyzed and discussed at their April meeting, and then recommended their decision to the Board. The Board members, having sat through all of these deliberations, felt very comfortable with the project and approved it in their April meeting. A fourth funding option developed subsequent to the Board meeting, saving the Association an additional \$50,000, was heard by the Finance Committee in late April and discussed and adopted at a special meeting of the Board the following day.



Bristlecone Pines, framed by the awesome night sky high in the Sierras, are reported to be the oldest living things on earth. Photo by Phil Robertson who was also commissioned to photograph Lincoln Hills creatures of the night, page 17

Sales and Account Updates for Activities, Membership, WellFit and Online will be closed June 8 & 9

We are pleased to share that we will be performing a long-awaited update to our sales software! Monday, June 8 & Tuesday, June 9, sales and account updates will be closed for Activities, Membership, WellFit and Online. Social halls and WellFit will be open during standard hours; WellFit, Membership, and Activities staff will be present to answer any questions you may have. Thank you for your patience during this transition.

On the cover

Perspective views of the Orchard Creek Lodge Solar Project

Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



I am proud of the communication tools we have established to keep you informed and actively participating in the Lifestyle offered at Sun City Lincoln Hills. If increased sales, participation and attendance are any indication, I can say our advertising and promotional efforts are successful. Staff is rewarded seeing you actively participate and receiving your positive and constructive feedback as we continue to try new classes, instructors, performers, products and services to keep you engaged.

It is our mission to provide you with exceptional services. Staff does this by adapting to technology and the changing needs of our community. Examples include: the solar electric project described in this *Compass* issue, the enhanced sales software upgrade June 8 & 9, the limited WellFit membership program (Reformers), and recent pricing and product changes offered at The Spa at Kilaga Springs.

The *Compass* continues to be our mainstay for informing you of Association news, events, classes, meetings, productions and special offerings offered by all departments, clubs and groups. The digital displays located throughout the Lodges are

professionally designed and continually updated by staff as are the five websites, posters, flyers and, of course, the eNews bulletins that come to you through email if you sign up for them. Neighborhood Watch offers timely alerts through their email system as well to advise you of concerns in your neighborhoods. Similarly, the *Lincoln News Messenger* and the City of Lincoln website provide you information related to our greater community. Keep a calendar handy to input all the interesting and fun options you have to choose from.

Read about Community Perks, free events for residents, on page 41. You won't want to miss opportunities like the Solar Electric ice cream event at the Amphitheater immediately after the close of our first Farmers Market, May 20. We will be talking about the solar project, getting last minute signature endorsements and recognizing volunteers who helped get endorsements for this important project that will help us reduce our dependence on outside energy sources.

The future is bright; stay informed and engaged. I will see you in the Lodge.

Calendar of Events

May 15-June 30

Date	Event	Page #
05/16	Parking Lot Sale	41
05/18	Astronomy Group: History/Nature of the Universe	25
05/18	Genealogy Club: Interpreting Church Records	29
05/20	Think Solar, Think Ice Cream!	41
05/20	Pet Tag Engraving Event	41
05/21	Book Discussion: <i>My Beloved World</i>	26
05/21	Speaker: Placer County Veterans' Services Officer	37
05/21	Bus Trip: San Francisco Giants vs L.A. Dodgers	59*
05/22	Neighborhood Watch: Spr. Potluck/Kickoff Nat'l. Night Out	23
05/22	Concert: Franc D'Ambrosio	46
05/26	Self-Healing Processes and Healthy Eating	30
05/27	Forum: When to Choose Hospice Care	13, 100
05/27	Music Group Meeting: Perform or Enjoy the Music	32
05/27	Fashion Event: "Swing into Spring" Fashion Show Luncheon	51*
05/27	Bus Trip: River Cats vs. Nashville Sound	56*, 59*
05/28	Garden Group "Genetic Engineering"	29
05/31	Bus Trip: Book of Mormon	59*
06/01	Antiques Appreciation: VP Clars Auction Gallery	25
06/01	KS at the Movies: Jersey Boys	41
06/02	Bus Trip: Filoli Gardens & Mansion	56
06/03	Forum: "Search for Extraterrestrial Civilizations"	25, 100
06/04	Speaker: Broad-based View of the World of Finance	31
06/03-04	Overnight: Boot Scootin'—Gilley's Fun Bus!	59
06/05	Summer Concert: Frankie Valli Tribute	44, 46
06/06-07	Players Group Readers Theater: "Easy Aces"	33, 41
06/07	Bus Trip: Sam's Castle—Pacifica	59*
06/08	Bird Group: Exotic Animals and Beautiful Birds	26
06/09	Needle Arts Group: How to Frame Items for Display	32
06/09	Wildlife Heritage Nature Walk	41
06/09	Bus Trip: Sonoma for the Day	54*
06/10	"It's Time to Upgrade to a Solid-State Drive"	28
06/10	Performance: Music Circus, My Fair Lady	52
06/11	New Technology for Low Vision	29
06/11	Day Trip: Off to the Races	51
06/11	Forum: Lake Tahoe: Stories, Facts & Fun	100
06/16	Forum: Future Forecast—Water Conservation Panel	100
06/16	Concert: Chamber String Quartet	46*
06/18	Book Discussion: <i>The Daring Ladies of Lowell</i>	26
06/18	Bus Trip: River Cats vs. Reno Aces	56
06/19	Summer Concert: Catch a Wave Beach Boys Show	44, 46
06/23	Concert: Broadway Divas, Volume I	48
06/23	Day Trip: Cache Creek Casino	51
06/24	Forum: The Five Most Common Foot Problems	100
06/24	Performance: Music Circus, Big River	52
06/26	Music Group sponsored Open Mic Night	32, 41
06/26	Bus Trip: U.S. Senior Open Golf Championship	56
06/30	Museum: The Brooklyn Museum Costume Collection	51

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

Upcoming Association-Related Meetings: Date, Time, Place

May 15-June 30

Golf Cart Registration.....	Thursday, May 21, June 4 & 18, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, May 21, 9:00 AM
New Resident Orientation.....	Thursday, May 21, 1:00 PM
ARC/Architectural Review Committee.....	Tuesday, May 26, 9:00 AM
CCRC/Communications & Community Rel.	Tuesday, May 26, 10:00 AM
Board of Directors Meeting.....	Thursday, May 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, May 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, May 28, 11:00 AM
CCOC/Clubs & Community Organizations.....	Tuesday, June 2, 9:30 AM
Compliance Committee Meeting.....	Wednesday, June 3, 10:30 AM
Elections Committee Meeting.....	Friday, June 5, 10:00 AM
ARC/Architectural Review Committee.....	Monday, June 8, 9:00 AM
CCRC/Communications & Community Rel.	Monday, June 8, 11:30 AM
Properties Committee Meeting.....	Tuesday, June 9, 1:00 PM
Listening Post.....	Wednesday, June 10, 9:00 AM
Finance Committee Meeting.....	Thursday, June 18, 9:00 AM
ARC/Architectural Review Committee.....	Monday, June 22, 9:00 AM
Board of Directors Meeting.....	Thursday, June 25, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, June 25, 10:30 AM
Board of Directors Executive Session.....	Thursday, June 25, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

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Executive Director Update

Chris O'Keefe, Executive Director, SCLH Community Association

As many of you are aware, our Association is traveling down a path that leads to the installation of a photo-voltaic solar array at the Orchard Creek Lodge. Other articles in this edition will cover the financial and decision making process. For my part I would like to assure residents that this is a worthwhile project, one that will serve our needs for the next 35-40 years. We should all feel a sense of pride in the fact that we can come together and make decisions that have such long lasting positive effects for our residents now, and in the future.

This installation, the solar pool heating project, as well as the LED street lighting project will help us to reduce our depen-

dency on outside energy sources, and it sends a message to other homeowner's associations, as well as potential new residents, that this community cares about and takes pride in meeting its environmental and social responsibilities.

I would also like to state that we will do everything possible to balance the function of the system, with the aesthetics of our beautiful community and amenities. We will install landscaping elements that will help to soften the appearance of the structures, and we will add improvements to the Orchard Lane Lodge entry that will create the feel of a "grand entry."

Finally, I would like to thank everyone involved in this process, from the initial solar team headed by Gary Younger, the sup-

port this project received from our Properties and Finance Committees, headed up by Bill Attwater and Mike Creasy, our Board of Directors, Association Staff, especially our Director of Finance, Bruce Baldwin, Advertising and Promotions Manager Ben Baker, Lifestyle Manager Lavina Samoy, and all of our great support staff. And finally, my thanks go out to our resident volunteers who walked each Village in an effort to drum up support for the project, and to every resident who lent their support by signing the endorsement sheets, and encouraging their friends and neighbors to sign as well.

If you have yet to sign your endorsement for the Solar Electric project, there is still time. Sign your name in any of the Endorsement binders located at both Lodges. If you have any questions, please contact me. Thank you.

Good News, Shade is Coming

Bill Attwater, Properties Committee Chair

The Board of Director's approval of the installation of solar panels to generate the majority of electricity for the Orchard Creek Lodge is a plus for many of those parking cars in the OC parking lot.



The approximately 2900 solar panels will sit atop metal support structures in seven rows of covered parking which will provide shade for cars in the summer and some coverage from rain when getting out of the car. The support poles will be in the center of the cantilever support system so there will be no danger of hitting a pole when opening a car door. Parking will remain at an angle. The support structures will be painted to match the Lodge. There will be bright LED lighting under the support

structure that will provide safer access to cars after dark. As shown in the accompanying drawing, the ends of the covered parking will be tastefully landscaped; however there will be no covered parking for most of the handicapped and golf cart parking.

The system to be installed is a 949.6 kilowatt solar electric array providing 1,551,705 kilowatt hours of electricity annually which is 76% of the projected electricity consumption for the Orchard Creek Lodge. A big plus for the system is that it generates more power than the Lodge uses during the summer peak hours, which means that we will sell that power back to PG&E at the highest rate. The system has a 25-year warranty, and the solar panels have a useful life of 40 years and at that time will still be 87% efficient. Finally, there will be at least one charging station installed for electric cars.

Orchard Creek Lodge Solar Power: A Financial Perspective

Mike Creasy, Finance Committee Chair

First, I want to answer the question on everyone's mind: How much will the proposed solar installation cost us out of pocket and how much will it increase my monthly dues? Quick and simple answer: Nothing! How can that be?

At the Finance Committee meeting on April 16, Staff presented their Solar Initiative. We then reviewed its financial impact and several funding options. Someone in the audience remarked, "Well, it seems like this is a no-brainer." Yes, it is a no brainer, but only after you have seen the other options, which include doing nothing.

Doing nothing, when we have the opportunity to put in place a system that is guaranteed—yes, actually guaranteed—to produce a great return on investment of Association funds, would have been, in our opinion, very unwise. Denny Valentine, writing this month for the Board, has described the logic of going solar.

Here is why it makes sense from a financial perspective. We currently pay



Perspective view of the Orchard Creek Lodge Solar Project

Please see "Finance" on page 7

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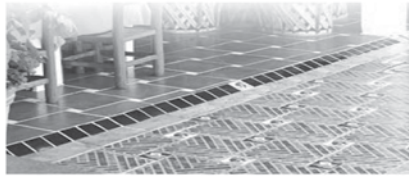
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Activities News & Happenings

Sun, Skies, and Shows!

Lavina Samoy, Lifestyle Manager

Summer is going to be fun here in Lincoln Hills! With the successful sales of the Summer Amphitheater Concert Series (SACS) packages, we are in for another memorable summer! Thank you to all who purchased the series. We are looking forward to seeing everyone in your bright red SACS shirt at all the concerts.

Sales for individual concerts are going briskly! Don't miss the opening night on **June 5** with **Let's Hang On! A Frankie Valli Tribute Show** from Florida. **Catch A Wave, A Beach Boys Show** follows on **June 19** and **The Original Drifters** will keep the magic going on **July 2**. Read about the remaining concerts on pages 44 and 45 including the important Amphitheater Guidelines. The Food & Beverage Department will be offering the famous SACS Tri-tip sandwich, potato salad, and other tasty treats for your gastronomic delight. A variety of drinks will be available for purchase before and during the show. Admittance begins at

6:30 PM with concerts at 7:30 PM.

Prefer to watch shows indoors? Watch the monthly concert in the Ballroom. May 22 has Broadway's longest running "Phantom" **Franc D' Ambrosio** with "I'll Be Seen' Youz... **A Bronx Boy's Musical**

"We are looking forward to seeing everyone in your bright red Summer Amphitheater Concert Series shirt at all the concerts. Sales for individual concerts are going briskly! Don't miss the opening night on June 5 with Let's Hang On! A Frankie Valli Tribute Show from Florida."

Perspective" (page 46). **June 23** offers **The Broadway Divas, Volume 1—A Cabaret Tribute to the Songs & Shows of Angela Lansbury and others** (page 48). **July 27** will present **Two-Time Grammy Winner Mads Tolling** (page 46). With his violin, Mads will bring to life the TV and movie themes from

the 60's plus the era's Top 10 hits.

Want to try your hand at acting? **The Art of Acting** will be offered on Mondays starting **June 8 to July 13** from acting and directing instructor Bob Reich (page 74). A new tap workshop **Tap Blast!** will be offered quarterly for new students who wish to see if tap is for them, starting **July 20 & 27** (page 73). **Home Decorating** class continues with **Curb Appeal** on **June 2** (page 77) with a focus on updating your home's outdoor appeal with simple tips and decors.

Get out of the heat and visit the Bay Area with a trip to **Stanford University** on **August 12** (page 59) or go on location in San Francisco where famous movies were shot with the **San Francisco Movie Tour** on **August 26** with step-on guide Craig Smith (page 59).

Make sure you are part of our summer festivities!

Sales for Activities, online and in-person, will be temporarily closed on June 8 & 9. Regular Activities desk services will not be affected during the software upgrade. We apologize for the inconvenience as we improve our system.

Finance

Continued from page 5

about \$340,000 per year to PG&E for electricity to power the Orchard Creek Lodge. The solar system recommended by Staff and the Properties Committee produces an amount of power for which we would normally pay PG&E about \$325,000, so we can call that "first year cost savings." PG&E

rates are expected to rise annually by at least 3%, so we would have been looking at ever increasing bills. However, the solar array will produce a consistent (well, actually degrading by about .25% per year) flow of energy, so we can think of it in terms of ever increasing *avoided* future costs (what we *won't* be paying PG&E).

After rebates, our initial cost is \$2.397

million. We will use available Operations money held in money market accounts, plus maturing investments and other cash flowing through the system. We won't own the system until we exercise the buyout option at five years. The *net* energy savings (that is the energy saved after deducting lost investment income and the five-year buyout cost) is estimated to be about \$8 million over the next 25 years. This will have a minimal effect on Reserves since the panels and structure have estimated lives in excess of 30 years. And, when the time comes, the cost to replace the panels is expected to be significantly lower. We will own the entire project free and clear from the sixth year on, and the entire outlay will have been fully repaid by the energy savings in a little over seven years. Call it an eight-year payback. After that we are free and clear, every year, to take advantage of our forward thinking.

So, no assessments, no unusual dues increases, no cash out of pocket. Ain't technology wonderful?

Statement of Operations YTD—3/31/2015

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable)	Annual Budget
	Actual	Budget	Variance	
Homeowner Assessments & Other	\$1,903,563	\$1,901,615	\$1,948	\$7,640,861
Administration (Expense)	(525,681)	(544,955)	19,274	(2,047,930)
The Spa at Kilaga Springs	(3,506)	16,894	(20,400)	67,070
Fitness	(89,461)	(100,570)	11,109	(410,250)
Activities	(35,815)	(59,190)	23,375	(173,450)
Rec. Center / Maintenance	(583,940)	(609,130)	25,190	(2,569,070)
Landscape Maintenance	(549,068)	(615,130)	66,062	(2,566,920)
Food & Beverage	(57,653)	(95,665)	38,012	(13,110)
Capital Asset	0	0	0	
Net Revenues (Expense)	\$58,439	(\$106,131)	\$164,570	(\$72,799)



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WellFit News

Summer Pool Reminders

Water safety tips and reminders for the start of the summer season

Deborah McIlvain, WellFit Manager

Our outdoor swimming pools are now open.

With great swimming weather anticipated, don't miss out on this wonderful amenity. As you use the pools, here are some reminders and tips.

Pool Reminders

1. Shower before entering the pools.
2. No pets allowed in pool area except for service animals.
3. Must be 18 years or older.
4. Kids swim ages 4-17 (no diapers) from 2:00-4:00 PM only at the OC Pools.
5. Colored noodles and diving toys supplied by the Association or purchased in our retail corner are approved for the pools. Please don't bring in toys from the outside.
6. Outdoor lap pool and indoor lanes for adult use only.

To bring guests you can use your accompanied guest passes if you plan on staying with your guest. You must purchase unaccompanied guest passes \$7/day or \$35/week if you plan not to accompany them and they must be 18 years or older.

These passes are also good for Fitness Centers and Lodges.

Pool Safety

1. No jumping or diving from the side of the pools.
2. No life guard on duty—swim at your own risk.
3. No glass in the pool area.
4. Smoking is not permitted.
5. Indoor ramp for adult use only.

Pool Hours

- Monday-Friday: 5:30 AM-8:30 PM
- Saturday/Sunday: 7:00 AM-8:00 PM / OC
- Saturday/Sunday: 6:30 AM-6:00 PM / KS

Don't forget to enjoy Happy Hour by the pool with food, drinks and music on Thursdays, 4:30-7:00 PM starting in June!

The annual Farmers Market 5K walk/run is Wednesday, May 20 at 8:30 AM. The 5K will end back at OC to enjoy the first day of the Farmers Market. To collect your goodie bags, sign up now! Every year we will be offering a different shirt and graphics for you to collect! This is the first year to start off your collection; shirts are on display at the Fitness Centers. For more information,

Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors. Complete details and contact information can be found on the resident website under HOME on the menu bar. Below are the committees with current openings. Your interest and participation is paramount to the successful governance of your Association. Committee applications are available at the Activities Desks, or download one from the Association Resident Form folder in the Document Library on the resident website. If you have questions, please email the committee chair, address on page 102.

—ARC/Architectural Review Committee

—CCOC/Clubs & Community Organizations Committee

—Elections Committee

—CCRC/Communications & Community Relations Committee

The Board is accepting applications for the 2015-2016 Elections Committee. The term of the appointment is from now through March 30, 2016.

call 625-4030 or visit our website www.suncity-lincolnhills.org/residents.

WellFit Classes pages 81-97 • WellFit Class Grids pages 97-99

Trouble with Trees?

Getting to the root of the matter

Cecelia Dirstine,

Community Standards Manager

We hear you. Many of the questions we get here in Community Standards are about tree branches and roots. As our community ages, mature trees have become more of a concern. You may have a tree that's outgrown the yard and you want to take it out. That's easy to answer. You don't need permission or approval to remove a tree on your lot. But you will need to apply to the Architectural Review Committee (ARC) for approval if you want to plant another tree.

Finding a solution to overhanging tree branches or wandering roots is much more complicated. Because our Association does not have the jurisdiction on matters between owners, it's a neighbor-to-neighbor problem. But civil law generally provides

you with three possible remedies: self-help, court order, and damages.

If your neighbor's tree branches or roots are encroaching on your yard and can cause damage to your property, for example, lifting the patio, hitting your roof or leaning on the fence, the tree owner could be liable for foreseeable damage. In this case your first step would be to let your neighbor know you want to avoid potential damage and would like the branches or roots cut.

Under the self-help option, the law gives you the right to trim or remove overhanging branches and encroaching roots at the boundary line so long as it is done reasonably and does not unnecessarily inflict injury on the tree. Your other options would be to seek a court order or go to court to recover damages.

When it comes to leaves, you may be unhappy about your neighbor's falling leaves, but you cannot demand that your

neighbor control or clean up the leaves in your yard as long as the tree is reasonably maintained.

We also hear a lot of questions about what is an acceptable level of maintenance for landscaping in face of the ongoing drought. How do we save our valuable trees in face of mandatory water restrictions? Do you stop watering your landscape? Actually, the State Water Resources Board encourages responsible watering and maintenance of our vital plants and trees. At this time, we will have to find a balance between preservation of our landscape and conservation of our water resources.

For more information, contact the Community Standards Manager Cece Dirstine at 625-4006 or Community Standards Coordinator Melinda Rogers at 625-4008.





Winemaker's Dinner, Brew Master's Dinner, and More at Meridians!

Jerry McCarthy, Director of Food & Beverage

www.facebook.com/MeridiansRestaurant www.twitter.com/Meridians_SCLH

Meridians is just coming off a very exciting April!

We celebrated one of the most successful Easter Brunches ever in Lincoln Hills. Attendance and support from our community continues to grow every day, at all the special events and holidays.

Our recent success was the Farm to Fork event held every Monday in April. We featured locally sourced food products and featured local Sierra Foothill wineries with a free wine tasting. It was a perfect combination! Current residents Lynn & Greg Gill said, "It was fun to share the tasting with our friends, and as always, enjoy a super meal at our favorite Meridians restaurant

where you make us all feel like 'family'."

Please make sure you are signed up for the SCLHCA eNews to receive special resident-only offers from Meridians and Kilaga Springs Café. Visiting our website is the best way to stay informed about upcoming special offers and events. A few special events that you want to look for are:

- **Rock Hill Winery Winemaker's Dinner**—Monday, June 1. Five courses paired with five hand-selected wines.
- **Happy Hour at the pool**—starting Thursday, June 4, 4:30-7:00 PM every Thursday night.
- **Father's Day Buffet**—Sunday, June 21.

Don't forget Dad and make your reservations today.

- **Brew Master Dinner**—Thursday, June 25. A fun-filled evening of five crafted beers perfectly complementing a five course dinner. Also makes a great Father's Day gift.

It's not too late to book your summer catering needs with Orchard Creek Lodge. Please remember we offer full service catering in the Ballroom, at Kilaga Springs Lodge, at the Sports Pavilion, or in your home. Call Meghan at 625-4043 to make all of the arrangements.

~Please see our ad on page 64.~



The Spa at Kilaga Springs

Warm Weather Specials Relax and Moisturize at the Spa

Jori Richards, Manager, The Spa at Kilaga Springs

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

It's only May, but summer weather has arrived! With the transition between spring and summer coming to an end, the blistering heat is right around the corner. And soon our dry climate will be here to stay. The Spa at Kilaga Springs staff is here to hydrate your summer! We have rejuvenating facials to heal, massages to moisturize, and nail treatments to get those toes ready for summer. All the staff members are highly trained to help heal your thirsty body.

As we experience our warmer, drier weather, the Spa at Kilaga Springs would like you to come try a new deep hydrating facial and jojoba moisturizing treatment for your hands and feet! This rejuvenating facial penetrates the layers of the skin to add moisture and peptides to plump up dry skin. This facial is used with our top of the line skin care, Hydropeptide. Accompanying the facial is a jojoba oil treatment. Jojoba oil is nearly identical to our own body's production of natural oils. Found in the driest of climates, jojoba oil is known

to go back over 30 years for its healing properties. During this restoring facial our Estheticians include a sensory journey with your choice of scents to encourage relaxation and a stress-free treatment.

"Father's Day is right around the corner. The staff at The Spa at Kilaga Springs put together a wonderful Father's Day special: a refueling men's facial... And our Father's Day massage special is a relaxing hot stone sports therapy massage with a gentleman's foot scrub. Both... come with a complimentary sauna session to indulge in."

The Spa at Kilaga Springs also brings back our May special, a 60-minute Swedish massage with a hydrating body wrap. Our highly talented massage therapists relieve body aches and muscle strains, incorporat-

ing a hydrating body wrap that soaks deep into the layers of the body tissue.

Father's Day is right around the corner. The staff at The Spa at Kilaga Springs put together a wonderful Father's Day special: a refueling men's facial. This is a deep cleaning facial, removing impurities and hydrating the skin. And our Father's Day massage special is a relaxing hot stone sports therapy massage with a gentleman's foot scrub. Both facial and massage come with a complimentary sauna session to indulge in.

Please stop by the Spa to see and be educated on our *new* skin care line, Dermologica. This amazing product is designed to moisturize, cleanse, and help produce the production of collagen. This line is for all ages and a wonderful asset to The Spa at Kilaga Springs!

~ Please see our ad on page 104. ~

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Group meetings are held at Kilaga Springs Lodge on Tuesdays, 2:00-5:00 PM. Contact Sal Algeri 408-4752.



There's An App for That! The Macintosh User Group Extends An Invitation to all Sun City Residents to App Night V

Do you own an iPad, iPhone, or iPod Touch and want to see and learn about Apps? Do you have a favorite App you would like to share with others? Don't own one of these devices and are interested in learning about them?

**Join us for "App Night V" in the Orchard Creek Ballroom
June 9th - 7PM**



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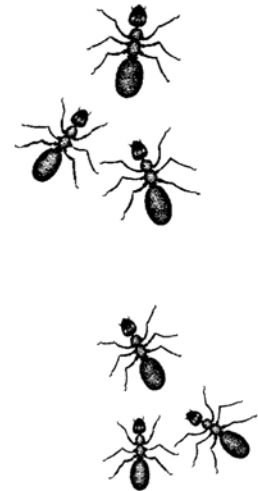


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Shirley Schultz, Health Reporter



No one gets out of life's journey alive! We all have to face the fact that our bodies are mortal and not immortal. Many of us do not want to think or talk about this reality. However, talking about end of life issues and planning for that eventuality can make the process very much easier on self and loved ones. Knowledge empowers one to feel more in control when confronted with the reality that medical science has no more life preservers to throw out or that one's choice has been to not accept what is offered.

A Community Forum, "**When To Choose Hospice,**" is coming up on May 27 (see page 100). Take this opportunity to learn about Hospice and how it functions.

Improve Your Communication Skills

Judie Panneton, Communications and Community Relations Committee

One of the nicest things about living in Lincoln Hills is the friendliness of the people. Greetings are commonplace among strangers.



A problem can arise, however, when we make contact with someone who has a disability. What's the best way to respond when

someone tells you he/she wears a hearing aid or how do we communicate with someone who is blind?

Here are some ways to sharpen your skills:

Treat people equally. Always use the same good manners in interacting with a person who has a disability as you would with anyone else.

If in doubt, ask. If someone tells you he/she has a disability and needs you to, for example, speak more loudly, you can kindly ask if you are speaking loudly enough before continuing. There is no need to slow down your language or get very close.

Wait for a response and instructions

The following is excerpted from my October, 2011 *Compass* article:

"The word *hospice* comes out of medieval times from the Latin word *hospes*, meaning to host a guest or a stranger referred to a place of shelter and rest for weary or ill travelers on a long journey... Today, hospice is not a place but rather a philosophy of care for the person with a

"Statistics show that those people who go on Hospice earlier in their terminal illness tend to live longer than those who wait until closer to the end or do not go on it at all."

life-limiting illness and their loved ones who are facing a difficult journey. The purpose is to help them to be as pain-free and comfortable as possible, to be cared for, and to gather courage to face the remaining days of their journey together. In the United States there are over 3,000 hospice and palliative care programs

when offering assistance. Always wait until an individual accepts your offer, then listen to the instructions or ask for suggestions.

Wave your hand or give a shoulder tap to someone who is deaf. Once you have the person's attention, speak in your regular tone (don't shout). Keep your mouth visible so the person can read your lips.

Always speak directly to the person. Do not speak through a companion or a service provider.

Do not hang or lean on a person's wheelchair. Some people view it as an extension of themselves.

Speak to people at eye level. When interacting for a period of time with someone using a wheelchair, lower yourself so you can be at eye level. This helps the individual avoid neck strain!

Identify yourself when speaking to a person who is blind. Always announce when entering and/or leaving the room. If you don't, the person may continue talking to you even though you are not there.

offering specialized care to people with terminal illnesses, either at home or in a hospice unit."

The visits, supplies, and some personal care are paid for by Medicare if you are on Medicare. What is not covered by Medicare is the 24/7 hands on care that one may need, so having a plan in place for that need can become an important talking point with family members, including discussing financial planning. Statistics show that those people who go on Hospice earlier in their terminal illness tend to live longer than those who wait until closer to the end or do not go on it at all.

The hospice industry is growing due to the aging of baby boomers. A network of nonprofit, Medicare-certified hospice providers called The Sacramento Hospice Consortium serves the Sacramento area. Learn about hospice now to make it easier going later.

Listen attentively and never pretend to understand. If a person speaks in a manner that is difficult for you to understand, be patient. Listen carefully and wait for him/her to finish. Clarify what you heard the person say and let him/her respond. Ask short questions that can be answered by a "yes" or "no" (or a nod or shake of the head).

Let's face it. Increasing our communication skills is a win/win for everyone. As Rollo May, a psychologist and author put it, "Communication leads to community, that is, to understanding, intimacy and mutual valuing."

Did You Know?

New details about processes and procedures within our lovely community happen all the time. Remember to attend the New Resident Orientations and learn something new!



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Got Communication Needs?

Technical Task Force seeking assistance in getting data to identify and define needs

Michelle Hutchinson, Communications and Community Relations Committee Member



Need Assistance with hearing requirements when attending presentations within our Community? **Do you** get frustrated when our Audio Visual tools are just not meeting our requirements? Would you like to know how our Association will be adapting as our technological requirements change in the future? Will we be ahead of the curve or just getting by?

The Communications and Community Relations Committee—your CCRC, has formed a Technological Task Force. Our goal: to develop a **three-to-five year Strategic Technology Plan** addressing the **communication needs** within our Com-

munity. This plan will be presented to our Board of Directors sometime in the third quarter of this year.

“Do you have experience in applied statistics and/or designing, moderating, and analyzing focus groups? If so, we would like to talk with you! Help us identify and understand various technological communications needs within our community.”

To aid us with this project we need residents who are willing to serve on the Technical Task Force for a defined time period to help us get the data we need

to make informed proposals to our Board of Directors. Do you have experience in applied statistics and/or designing, moderating, and analyzing focus groups? If so, we would like to talk with you! Help us identify and understand various technological communications needs within our community. For example: How many of our residents:

- Use SmartPhones on a daily basis
- Are computer savvy enough to stream broadcast media?
- Need the latest and greatest in assisted hearing technologies so that our experiences when attending functions throughout our community are enhanced?

To help us answer these questions, many more, and develop solutions, please come to our CCRC meetings held on the second Friday of each month at 9:30 AM.

Community Forum Videos Gain Popularity

Judie Panneton, Communications and Community Relations Committee

If you have viewed a Community Forum Video on the Sun City Lincoln Hills website (<https://suncity-lincolnhills.org>), you are among a growing number of users who are taking advantage of this benefit for residents only.

According to a recent analytical review, the number of views has increased significantly. Among the reasons cited for the increase are:

- improved marketing/notification through eNews;
- the enlistment of experienced, volunteer videographers;
- quality improvements in video techniques and equipment, audio, and video delivery time and
- resident access to the SCLH website.

The most viewed forum video categories for the first six months of 2014 were Community Interest, Health Education and Technical. The most watched videos for that time were

- Handy Helpers (4566 minutes),
- Alive in the Light (4258 minutes),

- Passwords (3695 minutes) and
- The Magic of Google (3041 minutes).

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

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

“The CCRC would like to acknowledge the following volunteers and Staff who have made these improvements possible: Volunteer Videographers—Jeff Hanner, Jim Collier and Lew Bernard; Staff—David Ortiz (Videographer), Ben Baker, Jeannine

Balcombe, Chris O’Keefe and Cesar Orozco and their maintenance staff.



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

Did You Know?

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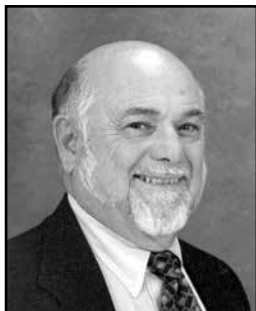
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Creatures of the Night

Al Roten, Roving Reporter

When evening falls, until morning arises, creatures rarely seen during the day are active in our skies and Open Space preserves. Several of those creatures are shown here.



The ecological health of the Lincoln Hills Open Space preserves is managed by our Facilities Department and monitored by the Wildlife Heritage Foundation (WHF). Standards for protection of plant and animal species are established by the U.S. Army Corps of Engineers and the U.S. Fish and Wildlife Service. Assessment of the ecological health of our preserves is ongoing, including a study of wildlife activities at night. Under the auspices of WHF and our Association, Phil Robertson has been commissioned to make photo records using motion sensitive cameras in protected areas where creatures roam during the dark hours.



Please honor the restrictions against pets and human incursion into preserves. This restriction is important for the health of the preserves and for your safety. Even though night cameras have not yet caught a prowling mountain lion, we do know they are sometimes out there! Also, during warm summer nights, rattlesnakes are out feeding. Motion sensor cameras have also caught humans and dogs in our preserves; trespassing in Open Space may result in fines of \$300 to \$600.



Black-tailed jackrabbits and cottontails are often seen in our yards—I expect that they are happy that we furnish succulent plants for them to eat. As evening falls, birds and bats of the night may be seen against the setting sun. If one awakes in the middle of the night, the yipping of a pack of coyotes on the hunt, or hooting of a great-horned owl, or screech of a barn owl may be heard. The presence of skunks may be detected by the lingering pungent smell and lawns torn up in their search for grubs. Bobcats roam through open spaces and even within fenced backyards. Awhile back, we even had a pair of young raccoons cavorting on our roof!



All these creatures—and more—occupied this area long before we arrived. Their preservation is important to the ecological balance of nature. We are most fortunate to share our beautiful community with these delightful creatures of the night.

Photos, clockwise from top center: Trail camera, Black-crowned Night Herons, Mule Deer, Black-tailed Rabbit, Bobcat, Western Screech Owl, Coyote, Skunk, Great horned Owl, Raccoon, Opossum, and Cotton-tailed Rabbit



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Reimagining and Redirecting Skill Sets

Nina Mazzo, Roving Reporter

Let's meet two people who used prior skill sets and reimagined them.

Thomas Roach looks like a man on a mission as he carries his trusty Nikon camera and assorted lenses down to Ferrari pond to photograph birds and insects. When the Lincoln Rodeo is in town, he heads over to capture the competition and spirit of the event. His photos have appeared in the *Lincoln News Messenger*, *Compass*, and *Trails of Lincoln Hills*.

Tom had a fascinating career in the Air Force specializing in electronic intelligence: analyzing and reporting on Russian and other Communist bloc signals during the Cold War Era and into the Viet-

nam War. His work took him to Thailand, Japan and Omaha's Strategic Air Command. Much of Tom's work remains secret. During his time at the Misawa Air Base in Japan he purchased his first Nikon F camera and was hooked! His career was spent with state of the art electronics and technology and yet he discovered he had a creative eye for photography as he roamed our trails and surrounding areas. The years of analyzing and data-gathering

led him to volunteer with the COPS program in Lincoln. Tom has found that our career skill sets often lead down paths we might never have taken.

Helen Rains is able to transition from a right-brain activity to a left-brain one relatively quickly and easily. Her week could easily involve a line dancing class in the morning, Tai Chi in the afternoon, and attending the Mac User Group meeting as secretary of the group in the evening.

Helen was trained in clinical social work and practiced in various mental health clinics spending many years with



Tom Roach had a fascinating career in the Air Force specializing in electronic intelligence



Kaiser. Her work focused on teens, parents, and couples in family therapy as well as specialized treatment for adults in an anxiety management clinic. Electronic health records were not as prevalent as now and technology was not an integral part of her work, yet she took computer classes whenever offered. Helen said our community is similar to a college campus—learning opportunities abound. She enjoys tutoring club members in the Mac Group as well as teaching classes. Years of training in social work often assist her with individuals frustrated or challenged by the technology. Helen sees the many possibilities the tech devices can bring to our daily life and recently she placed an order for the new iWatch!



Years of training in social work often assist Helen Rains with individuals frustrated by technology

Commercial Presentation (Paid Advertisements)

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

DiMattia and Associates

Free Living Trust Seminar

Thursday, May 28 • 11:00 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.

Previous Sun City Lincoln Hills Resident. Twenty-seven years experience, thousands of trusts established. Come learn about trusts, wills, probate, joint tenancy issues and the components of a complete estate plan.

RSVP: 800-775-2698

Did You Know?

It is getting dangerous out in our community as drivers don't always stop at stop signs and or pay attention to speed limits. Thirty-five miles per hour on Del Webb Blvd, Sun City Blvd, and Stonebridge—all the rest of the streets are limited to 25 miles per hour. Your friends and neighbors will thank you!



SIGN UP FOR THE NEW SESSION - STARTING JULY 2015!



LIVING THROUGH TRANSITIONS™

ADAPTING TO AGING AT SCLH
SIX SESSIONS STARTING IN JULY

JULY 18- DECEMBER 5: 823500-B1 (resident)

JULY 18- DECEMBER 5: 823500-GS (support person)

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

The Living Through Transitions Programs offers guidance to the predictable challenges of aging in SCLH. This highly rated program includes the following topics:

- The legal framework to have in place
- The financial framework so that you do not outlive your money
- Important considerations for becoming suddenly single
- Options for getting around and finding transportation when one can no longer safely drive
- Navigating the complex medical maze
- End-of-life issues

REGISTRATION OPTIONS

1. \$135 for Resident Registrations (includes all six sessions)
2. Separate session registration \$35 per session – must be registered under an enrolled resident, separate session registration opens five days prior to session date. Must register at the fitness desk (OC/KS).

CLASS SCHEDULE

9:00 AM - 12:00 PM
Kilaga Springs Presentation Hall



Neighborhood Watch

It's Party Time!

Neighborhood Watch has gone to the dogs (and cats!)

Pauline Watson



The Spring Potluck and Kickoff for National Night Out is on Friday, May 22 from 6:30 to 8:30 PM in the Multipurpose Room (KS). All Board members, advisory and support groups, coordinators, captains, spouses, and interested residents are invited to attend.

Please send \$4 per person to Pauline Watson by May 15. Space is limited so sign up early! Diners with last names A-O bring a main dish, and P-Z, salad/vegetable, sufficient for 8-10 people. Dessert and coffee will be provided and some great *door prizes* awarded. This event celebrates the kick-off of preparations for National Night Out, to be celebrated on Tuesday, August 4.

The Lost Pet Alert Program originated from a request made by Pearl Chang and Mary Shelton in September 2013 when they publicized the disappearance of *Senji*, a 16-year old Basenji. After a six-month trial and an 80% success rating in reuniting

lost pets with their owners, the program was approved indefinitely and is now part of the Neighborhood Watch Support Group. If you lost a pet, contact Pearl Chang at 408-7102, Mary Shelton at 409-9923, Ann Brown at 337-0778, or Kathy Lally at 521-0662.

Pearl Chang, the Lost Pet Alert Coordinator, has been one busy little bee in organizing another community perk for SCLH residents. Through the auspices of the SPCA and another SCLH donor, a **free Pet Tag Engraving clinic will be held on Wednesday, May 20 from 1:30 to 4:30 PM in the OC West Parking Lot** (near the Fitness Center).



The Lost Pet Alert Program originated from a request by SCOOP members Pearl Chang, left, and Mary Shelton and is now part of the Neighborhood Watch Support Group

Please turn to page 32 to learn about Neighborhood Watch Volunteer opportunities and the new Neighborhood Watch Medical or Fire Response Checklist.

Neighborhood Watch Contacts

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

Library News: Spring Cleaning time

Sandy Melnick, Library Volunteer



Spring is here and we are doing our spring cleaning at the Library. While looking through the shelves, we are finding that we are still missing many DVD's and CD's. Please do your own spring cleaning and find all of these items and return them to the Kilaga Springs Library. We are missing over 100 DVD's, so please look for them if you have viewed a DVD within the past year.

Do you have any paperbacks that are in good condition you would like to part with? The volunteers are asking for dona-

tions of paperbacks at the Community Living Room (OC). This is a very popular Library and we would like full shelves for all to enjoy.

Speaking of donations, we would also like donations of large print books. These books are very popular and if you could share them with the KS Library, it would be much appreciated.

On the shelf in back of the sofa at the Kilaga Springs Library we have put best sellers, books made into movies, and special recommendations of our favorite books. We hope you will enjoy this special section.

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

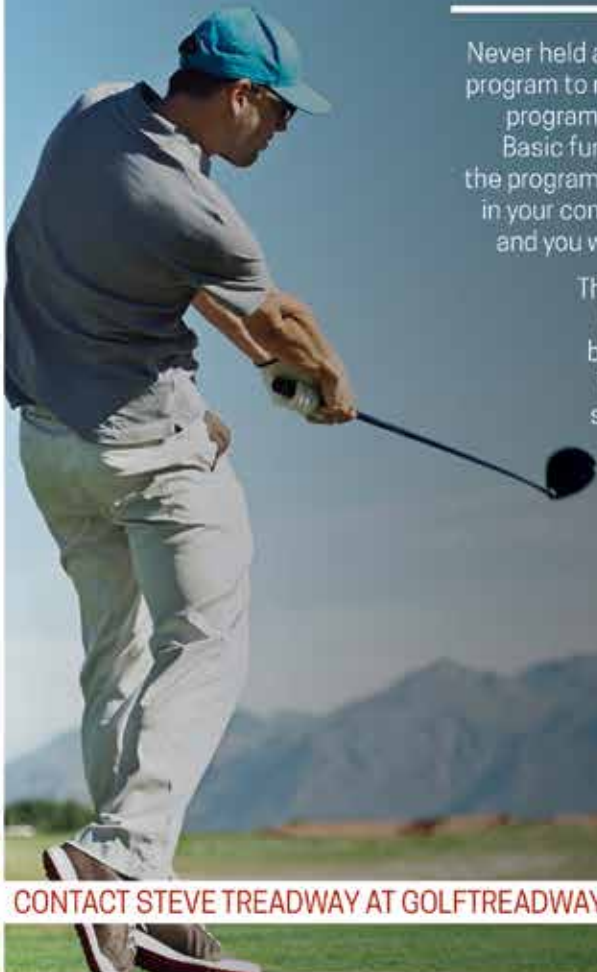
SCENTS

Please refrain from wearing perfumes, colognes, and scented bath & body products when attending shows, concerts, bus trips, and Association amenities & activities. Many people have allergies exacerbated by scents.

Thank you for your cooperation.



GET INTO THE GAME



Never held a golf club or are you taking up the game again? Lincoln Hills has a program to meet your needs. The Introduction to Golf Program is a four-week program with limit class sizes, each session has 1 ½ hours of instruction. Basic fundamentals of putting, chipping, and the full swing are included in the program. Some rules and etiquette will be will also be covered to help you in your comfort when you play. Clubs will be provided for the class if needed and you will also receive a DVD to help reinforce the instructional material.

The more advanced player may find The Level Two Program more to their needs. If you're a man having trouble breaking 100 or a lady breaking 110 this program is designed to help you meet that goal. The Level Two Program is also a four-week program with 1 ½ hour sessions. The series comes with its own DVD to help you later on.

\$80
PER PERSON

CLASS DATES & TIMES:

WOMEN ON COURSE
Mondays, 8 - 9:30am

INTRODUCTION
June 1st, 8th, 15th & 22nd

MEN & WOMEN
Wednesdays, 9 - 10:30am

INTRODUCTION
June 10th, 17th, 24th & July 1st

LEVEL TWO
Tuesdays, 8 - 9:30am
June 9th, 16th, 23rd & 30th

CONTACT STEVE TREADWAY AT GOLFTREADWAY@COMCAST.NET

JOIN OUR CLUB
FOR JUST **\$39** PER MONTH

PDP MEMBERSHIP INCLUDES:

- Unlimited Range Balls Any Time
- \$19 Golf After 12pm
- \$10 Golf After 3pm



CALL

916.543.9200
FOR DETAILS!

lincolnhillsgolfclub.com

MANAGED BY
BILLY CASPER GOLF





Club News



Alzheimer's/Dementia

Caregivers Support Group

If you are a caregiver for a loved one with memory issues, please join us on Wednesday, May 27 at 1:00 PM, in the Multipurpose Room (OC), for a discussion led by Stefani Wilson, our facilitator from Del Oro Caregiver Resource Center.

It is difficult being a caregiver, and it is important to understand that it is not self-ish to focus on your needs and your health if you are going to be able to continue to provide necessary care.

Caregivers join together to share their experiences, and to brainstorm some helpful answers to questions and concerns relating to challenging behaviors and daily care-giving issues, and hopefully to feel less isolated. Our monthly meetings are an opportunity for you to seek answers and to gain support from others.

We have many books and DVDs for you to borrow and share with family and friends.

Written by Jean Ebenholtz.

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



Antiques Appreciation

On May 4 we took the Historic Old Town Lincoln Walking Tour, making it even more interesting to browse through the Museum.

The Spring Party entitled "Just Desserts & Auction," open to Members only, will be held on Friday, May 29. Doors open at 5:30 PM. The Program will start at 6:00 PM. Bring your dessert to share.

Our June 1 program brings Deric Torres, Vice President at Clars Auction Gallery (the West Coast's largest full service auction gallery). He is Director of the Decorative Arts Department, and an Auctioneer at the gallery. His specialty is American and European Furniture, early California Art, American Ceramics, Porcelain and Glass. Deric is also a Personal Property Appraiser.

We meet on the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. If you collect or just appreciate antiques, we'd

love to have you join us!

Contacts: Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415;

Appraisals 408-4004



Astronomy

Wednesday, June 3: Our June meeting will be the Community Forum at 7:00 PM in the Orchard Creek Ballroom. Professor Barry Rice from Sierra College will present "The Search for Extraterrestrial Civilizations." In his presentation, Professor Rice intends to have fun speculating about life in our galaxy. Why isn't it the case that we've detected aliens? (Or have we?) And you'll learn why you should never again utter the foolish phrase—"I think they're out there, they just haven't gotten here yet."

Monday, May 18, Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM. Continuing the DVD series "Cosmology – The History and Nature of our Universe." May's meeting will continue the review of the most recent 10 DVD lectures. Contact Morey Lewis (below) for more information. 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, eenmor@pobox.com; Cindy Van Buren 253-7865, rvbcvb@att.net

Website: www.lhag.org



Ballroom Dance

Plan to join us in May and learn the versatile Night Club Two Step, and then on to the exciting Tango in June. Every month's instruction features one type of dance. Our group has fun together learning new steps, or refreshing our memories. Ballroom dancing is scientifically proven to keep us more fit, mentally and physically. Did I mention it's fun?

We meet at Kilaga Springs Lodge on Tuesdays from 2:00 to 5:00 PM. The first



Martha
& Brad
Kissinger

hour is devoted to beginners. The second hour, 3:00 to 4:00 PM, we enjoy open dancing to lots of great music. In the third hour, 4:00 to 5:00 PM, more advanced steps in the featured dance are taught. Group lessons are taught by patient, experienced instructors. Check out the Ballroom Dance site on the SCLH homepage for the latest on dance events. Dues are still only \$7 per year and lessons are *always free!*

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 June 10 and July 8. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch has changed to Thursday, May 28 at the *Casino Buffet*. Meet in front of OC Lodge by 11:15 AM to carpool to the restaurant. For more information or to put a Memoriam in the *Compass*, contact Joan. **Contact:** Joan Logue 434-0749, joanlogue@sbcglobal.net



Billiards

Wednesday: CoEd Billiards (your choice of partner) 4:15-6:30 PM. **Contact:** Jim Conger 434-1985 or Sherry Weech 408-1398

Thursday: Upstarts (beginners) 11:45 AM-2:00 PM.

Contact: Phyllis Borrelli 543-3528

Thursday: Players (mid-level players) 2:15-4:30 PM.

Contact: Rita Baikauskas 408-4687

Friday: Challengers (mid level to advanced players) 9:45 AM-12:00 PM.

Contact: Rita Baikauskas 408-4687

First Wednesday, second Tuesday, third Wednesday: Shooters (experienced players) 1:00-4:00 PM.

Contact: Hal Berman 543-0517

Congratulations to our winners!

April 2, Players, six of seven games: Ziggy Brien and Bob Soriano. Five of seven



Gary Smith, Joe Perez, Ziggy Brien; Ziggy Brien and Bob Soriano. Just look at those smiles!;

Nicki's game win April 16, Upstarts Billiards

games: Bob Bienkowski and Tom Thornton.

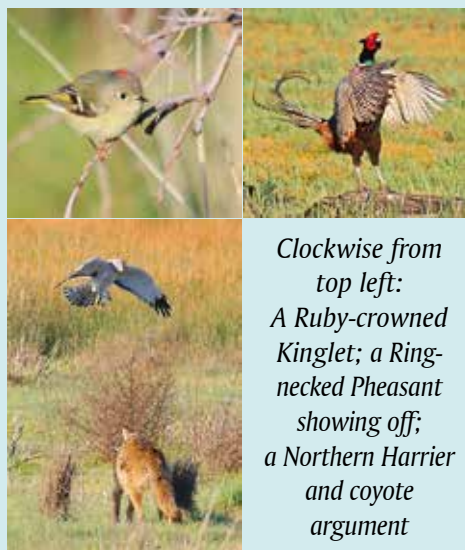
April 3, Challengers first place, seven of seven games: Gary Smith. Tied for second place, six of seven games: Ziggy Brien and Joe Perez.

April 16, Upstarts first place, six of six games: Bill Evans and Nicki Hobby. Second place, five of six games: Richard Gsell, Michael Deal, Ed Schneider, Hank Corriea, and Stephen Baron.

Bird

Viewing and photographing the many springtime birds in the Lincoln Hills Wetlands continues to provide great interest and wonderful photos. At our next meeting John Garfein, one of our photographers, will present pictures from his recent trips to Africa and Chile. Join us, June 8 at 1:30 PM in the P-Hall (KS) for this program of exotic animals and beautiful birds.

Our next two outings will be close to home. Friday, May 22, we walk the Monte Azul Trail, a pleasant area of mixed oak and pine. Then on June 5 we make a short drive to the Loomis Horse Park. This park gives us an opportunity to enjoy open fields and riparian woodlands where we regularly see the Bullock's Oriole, White-breasted Nuthatch and Western Wood Pewee.



Clockwise from top left: A Ruby-crowned Kinglet; a Ring-necked Pheasant showing off; a Northern Harrier and coyote argument

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



Bocce Ball, Mad Hatters

You can tell it's springtime when you're playing Bocce under blue skies and blue canopies. Summer is only a month



Joe tries to score points with Roberta

away and the Bocce courts have been very busy. It seems there are groups out on the courts every day and every evening. You are welcome to join our group, as have many of the people we met at the group's exposition. Ralph did a wonderful job of selling Bocce to people and thanks to his effort we have several new members including Erna, Jill and Dick, Nancy and Don, and Pam. We are on the courts every Thursday morning at 8:00 AM so feel free to stop by.

Thanks to Gala, Roberta, Usha, Bruce, and Pete for helping with the Special Olympics.

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

Book, OC



A poor, young, Puerto Rican-American girl is diagnosed with juvenile diabetes, and add to this, her father who struggles with alcoholism, dies when she is only nine! Yet, despite illness, the loss of a parent and poverty, this tenacious young girl goes on to Princeton, Yale Law School, the U.S. District Court for the Southern District of New York, and the U.S. Supreme Court! Please join us Thursday, May 21 from 1:00-2:30 in the Multipurpose room (OC), as we explore *My Beloved World* by Sonia Sotomayor.

Remainder of 2015:

- 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

We, 30 plus attending Bosom Buddies, were treated to a luncheon



Bosom Buddies Spa Event; Jori Richards, Spa at Kilaga Springs Manager, Spa Welcome

hosted by the Spa at Kilaga Springs staff at Orchard Creek Lodge. The staff shared with us massage treatments available for breast cancer patients. They also told of their manicure and pedicure. As usual, it was a great time of visiting with friends.

Peggy Ryan reminded us of the upcoming "America Cancer Society Relay" at Lincoln High School May 16 and 17. The Relay begins at 9:00 AM. Come support the fight against cancer and the survivors who are there.

Contact: Marianne Smith 408-1818

Website: www.suncity-lincolnhills.org/residents



Bridge, Duplicate

Competitive players will want to attend the California Capitol Regional Tournament in Sacramento beginning on Monday, May 25. Complete details can be found at www.acbl.org.

Our home games will continue to be held in Kilaga Springs Lodge on Wednesdays at 12:30 PM (includes a "199er" section), Friday at 5:00 PM, and Saturdays at 12:30 PM (includes a "299er" section). Fees are \$2 for club members and non-members (first three games) and \$5 for non-resident guests. If you need a partner call Barbara Dorf (434-8234), Squeak Conner (645-9085), or Lynne White (253-9882). For partnership help in one of the limited games, call Nancy Rice (543-5275).

Don't forget the free half-hour lessons and panel discussions that begin promptly at 11:45 AM each Wednesday before the game. Come early and learn something to help your game.

For additional information, visit the club website (below), or call club president, Sharon Neff.

Contact: Sharon Neff 543-8897

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for early sign-up or just show up with your partner and standby in the Sierra Room (KS); you get to play if we have even pairs up to 28. We must be seated by 5:50 PM, and we *must* finish by 8:30 PM.

March 26 winners—First: Marilyn Gold/Sasha Rome; second: Nancy Rice/Ann Ul-

rich; third: Chris Jacobson/Linda Theodore; fourth: Reta Blanchard/Nadine Buchmiller. Johann/Paul Kiesel had the high round of 1740.

April 2 winners—First: Larry Mowrer/Warren Sonnenburg; second: Ann Ulrich/Nancy Rice with the high round of 1390; third: Kay/Ben Newton; fourth: Rose/Joe Phelan.

April 9 winners—First: Bev/Allan Blaine; second: Darlene/Leif Andreassen; third: Rose/Joe Phelan; fourth: Marlene Harner/Basil Molony. Gerry/Warren Sonnenburg had the high round of 1520.

April 16 winners—First: Carol Mayeur/Dolores Marchand; second: Joanna Haselwood /Joe Phelan with the high round of 1690; third: Barbara Bryan/Kay Newton; fourth: Erika Wolf/Edith Kesting.

Contacts: First/Third Thursday:

Kay/Ben Newton 408-1819. Second/Fourth

Thursday: Dolores Marchand 408-0147/

Carol Mayeur 408-4022



Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM, 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: March and April—First place: Jean Richards, Carol Mayeur, Flo Hunt & Harry Collings; second: John Butler, Flo Hunt, Linda Sader & Chet Winton; third: Chet Winton, Viren Sitwala, Byron Hansen, Richard Lund; fourth: John Woodbury, Lois Burke, Lee Willson & Pat Fraas.

We had two couples bid and make a Grand Slam! On April 10, Flo Hunt and Lynda Sader made seven Spades. On April 17, Jim Busey and Richard Lund made seven Clubs.

Reservations for May and June: Eleanor Amar at 209-3505, or Joan Schabilion at (408) 314-1701 or ljschab@aol.com.

Contact: Jodi Deeley, 208-4086

jodi@wavecable.com



Bunco

In April, the Bunco Group welcomed two new members Bev Lucia

and Ann Bunting. It was a happy time with lots of laughter going on in the Cards Room (OC). Congratulations to Sharon Chipman a third month in a row Traveler winner!

Bunco is a non-membership club with a \$5 'pay to play' cost and held in the Cards Room (OC) at 9:00 AM the third Thursday of the month. Please consider joining us for a morning of laughter, fun and friendship!

The Bunco Group is planning their annual Spring Potluck on Thursday, May 2 after Bunco play. If you plan on attending the potluck and have not signed up or have questions, please contact Shirley Mohler at 408-5788 or cheersshirley@gmail.com.

April winners: Most Buncos Studie Moreland; Most Wins Kathy Sasabuchi; Most Losses Andie Aguirre; Traveler Sharon Chipman.

Next Bunco is Thursday, May 21

Contact: Kathy Sasabuchi 209-3089,

ksasabu@icloud.com



Ceramic Arts

Happy Mother's Day to all the Moms!

Mother's Day has come and gone, I hope that all you Moms had a great day! May is full of great events in the world of art. An excellent show to see is America's ClayFest (the old "Feats of Clay"). This is being held at the Blue Line Gallery in downtown old Roseville. Also this month the ClayFest Student Show is being held at the Art League of Lincoln on Sixth Street. These shows run through May 31. Check out ALL's web page, www.all4art.net for hours the galleries are open.

CAG "workshops" are held at OC on Saturdays 9:00 AM to 3:00 PM and Sundays 12:00 to 4:00 PM. KS "workshops" are Mondays 1:00 to 4:00 for Earthenware and Sundays, 1:00 to 4:00 for Spanish Oils. "Open Studio" is available to all residents: OC on Fridays only 1:00 to 5:00 PM and Sundays only: 1:00 to 4:00 PM.

Contacts: Pottery (OC) Janet Roberts

543-6015, Mike Daley 474-0910; Earthenware

(KS) Marty Berntsen 408-2110; Spanish Oils

(KS) Margot Bruestle 434-9575

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

[residents, Clubs, Ceramic Arts](http://www.suncity-lincolnhills.org/residents)



Chorus

We appreciate all of you who attended our “Melodies of Love” concert performances on April 26-28. Your enthusiastic applause makes us want to sing for you again! Which we’ll do at our mostly Christmas concert on December



Lincoln Hills Community Chorus

13-15. Rehearsals for this popular annual event will begin on September 2. If you’d like to sing with us then, check our website and contact one of those below for further information.

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



Computer

Main Meeting, June 10, 6:30 PM: “It’s Time to Upgrade to a Solid-State Drive (SSD)” by Bob Ringo. An SSD is the single most important upgrade you can give your computer to improve its performance. The prices for SSDs are falling rapidly making them much more attractive than in costlier earlier years.



“It’s Time to Upgrade to a Solid-State Drive” by Bob Ringo, June 10

Solid-state drives are much faster than hard drives since they don’t have any moveable parts. After you upgrade to an SSD you will be amazed at the immediate performance improvement of your PC. You’ll wonder why you waited so long to upgrade. You can find a 256 GB SSD for about \$100, a 512 GB SSD for about \$200, and a 1 TB SSD for about \$350.

Clinic June 12, 3:30 PM ** Canceled **
 Ask the Tech: June 26, 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

Every year the Mac Users Group devotes an evening to App Night, where the Club members present applications of every sort for iPads and iPhones. During the formal presentation, favorite Apps are described and shown on the screen in the OC Ballroom. Attendees are also invited to post their favorite Apps on the White Board and describe them to the group. They can also speak with the club members to better understand the finer points of Apps. This year, App Night is Tuesday, June 9 from 7:00-9:00 PM, and is open to everyone.



President Henry Sandigo at Last Year’s App Night

MUG Educational Seminars for the balance of May include “Social Media” on May 20, and “The Apple Watch” on May 28. Both are in the P-Hall (KS) starting at 7:00 PM. Remember, our excellent Question & Answer sessions precede each seminar at 6:30 PM.
Contact: *Henry Sandigo (415) 716-0666, hsandigo@gmail.com;*
Website: *www.lhmug.org*



Country Couples

As we anticipate our annual Saloon Dance on May 16, we are reminded of the origins of country western dancing, for what we do today was derived from dances done by the cowboys of the Old West.

Cowboys would “kick” dance around the fire to celebrate a long day’s work, or use the barn for social gatherings, dancing two

steps, waltzes, schottisches, and polkas, which were derived from dances brought to America by immigrants from the British Isles, Europe and Africa.



The Desperadoes —Larry, Jess, Ivan, Rene; Tony & Diane Carney

The cowboy’s heavy boots and spurs made high step dancing difficult, so they did a gliding step, dragging their feet along the floor while doing turns and fancy arm entanglements.

Today’s dances are done in a similar style. Soon Country Couples will be gliding on the dance floor in cowboy boots, shining belt buckles, twirling skirts, and feather boas as we step back to the Old West Saloon.

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



Cribbage

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

We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players

move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

New players are always welcome!

Contacts: Larry O'Donnell 406-672-6493; Ken VonDeylen 599-6530

Cyclist

Bicycle helmets are something we LH Cyclists don't think twice about wearing. Mainly because we see, sometimes firsthand, what a helmet looks like after a fall. Even a slow speed fall can render a helmet useless. The polystyrene foam which is in contact with your head usually is considered good for one fall.

If you look in bike shops or their catalogs, there are hundreds of helmets to choose from. Realistically, any "bicycle helmet" must meet the Consumer Product Safety Commission standards. Look for a sticker inside the helmet. No matter if a helmet costs \$30 or \$300, if it meets the CPSC standards, it is safe. The higher priced helmets are lighter, have more vents, are "stylish," come in a range of sizes and the components are bonded together in one piece. Wearing proper fitting helmets can reduce head injuries by 85%. After a bad crash get a new helmet.

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

Website: www.LHcyclist.com

Eye Contact

Low Vision Support Group

Dr. Kristie Trang, O.D., of Blue Oaks Eye-care Optometric Corporation will return for our June 11 meeting. She will discuss new technology such as Optical Coherence Tomography which detects diseases such as: glaucoma, vitreous detachment, asteroid hyalosis, and macular degeneration. Low vision devices will also be discussed.

The topic for the Thursday, May 28 Living Skills Workshop will be "Facts and Myths About Blindness" and will be held at 10:30 AM in the Multimedia Room (OC).

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, 10:30 AM, 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

The LHFG is a place for fishing minded folks to hang out once a month and "talk fish"; rod or pole.

We tie flies too! Dick Angus, our Fly-Tie master heads up the gathering. They meet from 9:00 to 10:30 AM on the first and third Tuesday of each month to tie flies. Any member of the LHFG can join them to tie and chat. A fly is selected to tie, an email is sent describing the materials needed to those that are interested in tying. Dick acts as the "tying instructor" most of the time utilizing Internet and YouTube presentations.

We hope to see you at a meeting soon. The club meets the second Monday of the month at 7:00 PM, P-Hall (KS). For info, contact Roger Bryan, 645-6897, or to join, email Henry Sandigo, hsandigo@icloud.com. Dues are \$20 a year.

Contact: Henry Sandigo 415-716-0666



A fun day for all—22 fish, 13 Anglers; Darrel and the men relaxing at the Montana fish out; Jerry is asking, "Is this macaroni?"

Garden



"Genetic Engineering" will be the topic for the General Meeting (May 28, KS, 2:00-4:00 PM). Kevin Marini, Program Director for both Placer and Nevada Counties will cover a broad overview of Genetic Engineering and Plants—why it's been done thus far and what are some of the benefits/drawbacks. Kevin is the Editor of *The Curious Gardener*. This is a free, quarterly newsletter for Placer and Nevada County residents. To subscribe, go to the Placer County Master Gardeners webpage which is filled with information on all aspects of gardening. http://pcmg.ucanr.org/Curious_Gardener_Newsletter/

Door prize tickets will be given to any members seated by 2:00 PM at the General Meeting thanks to the generous donations of garden plants from Home Depot.



Kevin Marini will speak on Genetic Engineering May 24

Bonsai pruning the fourth Thursday, Terra Cotta Room (KS), 2:00-4:00 PM

The Brown Bag Sale will be before and after the meeting. (Please donate any seedlings/plants—labeled or other garden art, pots, vases, books, etc. for this fund-raiser for civic projects.)

Contact: Lorraine Immel 434-2918,

limmel@ssctv.net; Virgil Dahl 408-3748,

hasbeenvd41@att.net

Website: www.lhgardengroup.org

Bonsai: Larry Clark 409-5214

lkclark@surewest.net

Genealogy

May 18 is the date for the next Genealogy Club general meeting. The place: P-Hall (KS) at 6:30 PM. The topic? *Interpreting Church Records*. The guest speaker is Reverend Doctor Judson O. Gears who will speak about the early church records as an excellent source of information for births, marriages and deaths before civil records became available. His

presentation will answer the following questions: *What do these records mean? What else may lurk in the church's archives? What information might be available about the clergy? Where do you begin the journey to locate these records?*

The Reverend Doctor Gears is a retired ordained United Methodist Pastor. Currently he serves as President of the Board of the Nevada County Genealogical Society.

The prize drawing, for members only, is a *Desktop Scanner*. Following the general meeting is our social gathering for members.

Contacts: Maureen Sausen 543-8594;

Arlene Rond 408-3641;

Website: lincolnhillsgenealogy.com



Golf, Ladies

Lincoln Hills Lincsters

Pat Ward and Darlynnne Giorgi introduced a new event for the Lincsters during 2015. This event will be a best ball scramble to be held in any month that has a fifth Wednesday. The first of these Scrambles, For the Birds, was held on April 29. This social event was held on the back nine of the Orchard course, and was followed by awards in the Grill. A good time was had by all who participated. The next Scramble will be on July 29.

May 13 was the annual Bring A Friend Tournament, That's What Friends Are Fore, chaired by Phyllis Patrick and Kristy Love. The 8:00 AM shotgun started with a Continental breakfast, and was followed by a taco bar in the OC Ballroom.

The March Golfer of the month was Elfie Jenkins of Flight A. New members in April were Rosemary Hood and Una Long.

Contact: Susan Pharis; firefly7554@aol.com



Golf, Men's

Upcoming tournaments:

- May 26 Presidents Cup Match Play
- June 9 Lone Ranger Tournament
- June 22 Sun City Cup—*Sun City Lincoln Hills vs. Sun City Roseville*

You can join the Lincoln Hills Men's Golf Club at a discount rate—see details in the Golf Shop or on our website.

We also participate in several NCGA [Northern California Golf Association] events where we sponsor our players.

Check out our website (below) for all of

our club activities.

Contacts: Rodger Oswald,

rodgeroswald@gmail.com

Website: lhmgc.org



Healthy Eating

Our Lincoln Hills Farmers Market opens Wednesday, May 20 from 8:00 AM to 12:00 PM in the Orchard Lodge parking lot. Local farmers seem confident the drought will not have serious effects on their production this year, but they're not making predictions about future years.

In May, we enjoyed a club potluck supper at the Sports Pavilion and also learned much from a presentation on the vanishing bee colonies problem by Christine Casey, PhD from UC Davis.

Join us as we learn about the importance and the joy of healthy eating. Monthly meetings are on the fourth Monday at 2:00 PM in the P-Hall (KS).

At our May 26 meeting our Guest Speaker is Dr. Danni Ballere, DN, Doctor of Naturopathic Medicine, speaking on the importance of self-healing processes we all possess, and healthy eating's role in taking responsibility for one's own general health. *Guests are welcome.*



Club members at our potluck

Contact: Don R. Rickgauer 253-3984, ScLh13HealthyEating@gmail.com



Hiking and Walking

Weather can be a friend or a foe when it comes to going on a hike! With the surprisingly warm, often hot, spring days we have been experiencing, it is most important to assess one's ability to handle heat and to be prepared with extra water. Hike leaders may be changing a hike destination due to high temperatures, so it is important to check the hiking website often in case a certain hike was changed to a different trail, or a cooler area. Most hikes in the hot summer months will be at higher elevations which are cooler than the Sacramento Valley.



Hiking Group at Malakoff Diggins State Park; Close-up view of spectacular formation in Malakoff Diggins pit; Hiker

viewing the Malakoff Diggins pit where miners washed down a huge area searching for gold

Walkers also need to be mindful of walking at Lincoln Hills on very warm or hot days and to carry water bottles even for an hour's walk. Currently the walking start time is 8:00 AM, but will change to 7:30 AM for June, July, and August.

Contacts: Hiking: Denny Fisher

434-5526, dfisher049@gmail.com;

Walking: Louis Bobrowsky 434-5932,

louisbobrowsky@yahoo.com

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



Investors' Study

We are not even halfway through the year and look at the list of speakers we have had: Pierre Rogers, Pioneer; Candice Tse, Goldman Sachs; Claus de Wilt, Fidelity; Sam Wardell, Pioneer. We meet the first Thursday of each month, 2:30 PM, P-Hall (KS). At our June 4 meeting we will have John Quinlan of Ivy Asset Management join us again for a broad-based view of the world of finance and most likely some insights we would not get from anyone else. Come enjoy a thoughtful and entertaining presentation, and stick around for coffee and refreshments to meet the speaker and visit with other members.



Russ Abbott, second from left, and Claus DeWilt from Fidelity, our speaker for April ISI meeting

Something to remember: *No meeting in July.*

Our subgroup of Active Investors meets on the second Monday of the month in the Multimedia Room (OC) at 3:00 PM. Contact: Bill Ness, 434-6564.

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



Lavender Friends

Lavender Friends is a social organization serving the LGBT community and those in friendship in SCLH. This is a review of coming attractions:

- Summer Fling Dance for Women: June 6
- Fall Dinner/Dance: October 2
- Christmas Dinner/Dance: December 12.
- The next potluck: September 18
- Dinner and a Movie: May 26

The Steering Committee will meet on June 2 to finish updating the bylaws. The Lavender Friends Business Meeting is on June 13. The general meeting will be followed by an invitation to dinner.

Our upcoming community events:

- PFLAG: June 8
- Sierra College Spectrum Fund-raiser at

SideTrax: May 28, and
• Sacramento Pride Parade: June 6
Check our website (below) for additional social opportunities.

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

Lincoln Hills

Line Dance

Not only are Line Dancers at SCLH able to take four levels of dance classes from different instructors, they also have the opportunity to attend practice sessions on the weekend. Audrey's classes practice on Saturdays, while Yvonne's and Sandy's classes practice on Sundays. The two Intro Level classes are combined and also practice on Sunday.

These practices are lead by volunteers who are dedicated to helping dancers improve the skills they have learned during the week. These volunteers spend time preparing for their coaching sessions and are diligent in seeing that a practice time

takes place each week.

The lead teachers for Saturday are Marie Barnes, Sheridan Brown, and Barry Mackintosh, while Sundays are Katie Christian-sen, Ginger Fullerton, instructor Yvonne and Carol Ro-



Saturday practice teachers;
Sunday practice teachers

tramel. Many other dancers help out as substitutes or back-row helpers. So, take advantage of the practices and you will get two for the price of one!

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

Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings at 9:00 AM in the Card Room (OC). Play continues until

12:00 PM, with an optional extension to 12:30 PM—which is to be decided at the table where you play.

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

Questions? Please call—

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



Mah Jongg, National

Calling all National Mah Jongg fans! We play every Tuesday, 12:30 to 4:00 PM in the Card Room (OC). There are four to five tables on a regular basis so there is always a challenge to be met.

Our teacher extraordinaire, Fran Rivera, prefers to teach beginners in her home and can be reached at 434-7061. She will be traveling some this summer, but plans to keep up her free classes. Hope to see you at OC.

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



Mixed Media Collage Arts

Our club is composed of individuals with a variety of art interests and backgrounds: acrylic artists, photographers, fiber artists, paper artists, and newbies. We share the creative process and exchange ideas as we work on individual projects.

One of our goals is repurpose, reuse and recycle items into our works. Some repurpose old books, others might use discarded boxes and frames and, of course, several use canvases.

All experience levels are welcome so please stop by for a visit. You will see a room filled with acrylic paints, papers, photos and odds and ends. You will hear laughter and feel the camaraderie as we work and explore new ideas. We meet the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC).

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



Motorcycle RoadRunners

Eleven Riders participated in our Delta tour. Taking back roads through West Sacramento, we caught the River Road off Jefferson Blvd. and had our first rest stop at The Old Sugar Mill. After a brief rest, we continued on to catch the ferry ride over the Delta heading into Rio Vista. We had an enjoyable lunch at the Point Restaurant overlooking the waterways. Thanks to our Road Captain John Milbauer.



RoadRunners enjoying lunch at the Point, Rio Vista

Our May ride was our annual social function honoring the mothers in the club. We had a short ride to Grass Valley and enjoyed lunch at Tofanelli's restaurant on Main St. Thanks to Road Captain Patrick Chaves for a great time!

"Ride Safe—Ride With Friends."

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

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

Music

On Wednesday, May 27, the Music Group will hold a monthly music meeting from 6:30 to 8:30 PM to play music and socialize, Fine Arts Room (OC). Lincoln Hills residents and their guests are welcome.

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

The next Friday Night Open Mic is scheduled for Friday, June 26 from 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Begun in 2010 as a forum to showcase Music Group performers, the bi-monthly Open Mic routinely attracts more than 15 acts and an audience of 80 to 100.

The event is open to LH performing musicians, their guests and audience members. No karaoke is permitted.

Written by Carol Percy.

Contacts: Carol Percy 543-1365, crpercy444@gmail.com or Julie Rigali, 408-4579, jrigali@yahoo.com.

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



Needle Arts

Threads of Friendship

What a time was had by all!! President Kay Kelley set the tone with her colorful chapeau, and all the hard work of many set the scene for a delightful few hours. The food was tasty, service wonderful and entertainment great. How can you ask for more? Well, just look at all the wonderful items that were put up for auction and the surprise packages this year!! Thank you all who bid and bought at our once a year fund-raiser. You will be part of the wonderful projects donated to many causes.

In June we will be seeing several ideas on how to frame items we wish to display. Patricia Bohnak, a resident of SCLH and owner of The Framers Cottage will be our speaker on June 9 at the P-Hall (KS) at 1:00 PM.

August retreat in Tahoe is filling up fast. Rebecca Hoetger is the one to see.

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

Website: www.sclhna.com

Neighborhood Watch



Neighborhood Watch Volunteer Opportunities!!! Calling new residents to action! Many have said, "Now that I am retired, I'm going to give back to the community." Neighborhood Watch has many such fulfilling opportunities for you to do just that! You can either adopt a Mail Station within your Village or adopt a Village that needs a Village Coordinator. Here are the Villages that could use your support: 8A, 14, 19B, 22a, 24C, 24D, 26C, 30C, 34A, 37 and 40A. Call one of our contacts below to learn how we can assist you.

New on our website! We have recently posted the new *Neighborhood Watch Medical or Fire Response Checklist*. Neighborhood Watch has expanded its purpose into a

public safety format primarily based upon those requests for assistance. Based on the positive interaction between the fire and police and our Lincoln Hills community, this checklist will help when responding to an emergency at a resident's home.

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



Painters

Our next meeting is on May 18 at 2:00 PM in the P-Hall (KS). Artists will participate in our "Art Challenge." The goal is to capture a scene within the city of Lincoln. Cash prizes are awarded based on members vote, and those who wish will have their work displayed at Buonarotti's restaurant during the month of June.

Our "Artist Table" luncheon will be held on June 15 also at Buonarotti's. Come join us! This is a chance to talk with fellow artists in a relaxed atmosphere. Sign-ups, menu choices and tickets will be available at the May meeting at KS.

Our club is for all artists working in many media, including watercolor, acrylic, oils, pastels, pen and ink.

Contacts: Joyce Bisbee, 672-7252, joybis@aol.com; Jack Cook, 408-7305, lj4cook@aol.com; Jim Brunk (plein air), 434-6317, brunkm@starstream.net
Website: www.lhpainters.org



Paper Arts

Our thanks to Shirley Rainman and Pat DeChristofaro for leading our projects this month. Sharing ideas and techniques is a core feature of our club and both ladies shared fun creations for all of us to make.

Last month's Demo Day was very enjoyable. Members shared different techniques and tools and we all came away with new ideas. Thank you to Shirley, Francine, Reggie, June, Char, Sue and Dottie for sharing your talents and ideas. We enjoyed seeing lots of new faces come to our Demo tables.

Start going through your paper arts supplies now for next month's Overstock Sale. Members should arrive at the Sports Pavilion at 10:00 AM on June 4. After set-



Sharing techniques and ideas at Paper Arts Demo Day

ting up our sale items, the members only sale will begin at 10:30 AM, followed by a potluck lunch. Friends and neighbors are invited to come at 12:00 PM to take part in the sale.

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

may be a retrospective experience given our precipitous non-precipitation situation. The “Water” exhibit remains until mid-July.



“Apropos Not” by jeffa

The speaker for June 31 might be the renowned Poseur Dilettante of Black Rock City, AZ who has offered to answer burning questions about desert photography. Failing that booking, Trueheart Truman Holtzclaw will undoubtedly entertain us with a surprise speaker on June 10. We'll also elect our new management mandarins at that meeting.

Writer: jeffa.

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

Website: SCLHphoto.com



What a blast! The April Saturday morning mixer/potluck allowed court

time to play pickleball and enjoy delicious breakfast food while socializing with fellow players

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



Pedro

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

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

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



Pickleball

Wow!!! Ninety-five club members came out for April's mixer/breakfast potluck. Rally scoring meant quicker games and time to enjoy the bounty of yummy breakfast goodies. Mixers return Wednesday evenings in June and July.

Our 2015 Club Championship Tournament takes place May 12-14 for both men's and women's doubles, May 19-21 for mixed doubles. Players are competing for top spots at all levels. Come watch some great competition!

Interested in learning?... Cal's beginner clinics for LH residents moves to 12:00 PM Wednesdays, starting June 3. Andrea's Pickleball 101 clinics resume in June for club members on second and fourth Thursdays each month, 3:30-5:00 PM. Sign-up at the courts Sunday morning prior to each clinic. A different skill/topic will be covered in each session for 16 participants.

Pickleball BOD meets next on Wednesday, June 10, 2:00 PM in the Ceramics Room (OC). All club members welcome.



Players

The Players invite you to its June Readers Theater production of “Easy Aces.” A very funny radio show, “Easy Aces” ran from 1930 to 1945 starring Goodman Ace and his wife, Jane. Jane (a combination of Gracie Allen and Lucille Ball), captivated audiences with the way she skillfully used words incorrectly.

Come and enjoy two wonderful episodes—“Jane Serves on a Jury” and “Jane Goes to the Psychiatrist.” Mark your calendars for either *free* show, Saturday, June 6 at 7:00 PM or Sunday, June 7 at 2:00 PM, at the P-Hall (KS).

Players meetings are held the second Monday of each month in the P-Hall (KS). If you enjoy acting in a play, singing or dancing in a musical, using your voice dramatically as you read from a script, or prefer working behind the scenes doing



Photography

If you haven't seen it yet, we have an exhibit now showing in the Needle Arts display case (OC). This one is all black and white, or grayscale, or monochrome, or however you wanna describe the absence of identifiable color. The show lasts until mid-June. In a symphony of visual and gustatory enjoyment, you can view different representations of “Water” on the walls of Simple Pleasures restaurant in Lincoln as you enjoy a delicious meal. This

sound, costuming, or sets, come check out the Players.

Contact: *Barbara Greenfield*
 408-5017, barbieg1@sbcglobal.net
Website: www.lincolnhillplayers.com



Poker

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

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

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

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

teers. My students learn so much from them.” This quote from one of our teachers is what our S.C.H.O.O.L.S. volunteers are all about. A fine example is Bob Goad, a former electrical engineer, and one of our long time volunteers at Phoenix High School. Bob became a math tutor at PHS after talking with our volunteers at a Clubs Expo four years ago and has found the experience to be “very rewarding.” Bob is moving soon and will be greatly missed. As Mr. Rodgers said, “find something in life that is beautiful, noble and sacred.” If you have the desire to work with young people and share your skills and life experiences, join us!



Fun and games at our Annual Appreciation Picnic

Remember to mark your calendars for our Appreciation Potluck Picnic on June 9 from 5:30 to 8:30 PM in the Sports Pavilion. Please bring a dish for 10-12 people.

Written by Sandy Barry.
Contacts: *Sandy Frame 408-1453, ssframe1963@gmail.com; Cindy Moore 408-1452, cindymoore@me.com*

three months:

- May 20—“Pooches on the Patio” Secret Garden, 9:30 AM, dogs on leashes, reservations necessary
- June 2—SCOOP Meeting at OC Lodge 11:00 AM, dog portraits
- July 22—“Ice Cream Social” Sports Pavilion, 7:00 PM, refreshments provided, dogs on leashes

Mr. Walter Helm spoke to our group on April 7 about raising and training dogs for Canine Companions for Independence, based in Santa Rosa, started and originally funded by Charles Schultz’s foundation. CCI has delivered more than 4,500 service dogs to the disabled at no charge. Mr. Helms currently has a dog that works at Children’s Hospital in San Francisco, helping children cope with pain and providing them motivation. They also train dogs for the deaf, wounded veterans, children with autism, and to work with professionals in a healthcare setting.

Questions/suggestions are welcome!

Submitted by Gay Sprague.

Contact: scoop@sclh-scoop.com

Website: www.sclh-scoop.com



Scrabble

Most grammarians cringe at the ability to play some apparent “bad grammar” words in Scrabble. Here are a few cringe-worthy, albeit playable, Scrabble words: barefit (without socks or shoes), brung (past tense of brought), deers (plural of deer)—what! really!—drwond (to drown) drowned, git, irregardless, rin, (to run), strucken (struck), whipt (whipped), wimmin and womyn.

One of our players mentioned to me that she noticed the latest Scrabble dictionary now includes many French Canadian variant forms of words such as: honour, centre and cheque. Some other words added include: fricot, gatch, inukshuk, poutine, quinzhee, rodney and steamie.

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

Submitted by Connie Protto.

Contact: *Anne McMaster 409-5408*



RV

The happy RVers will be heading off for the Jackson Rancheria for a three-day rally May 17-19 with Renee Honnoll heading the group as wagon master. Top activities will be golf at Castle Oaks, wine tasting and exploring the Jackson and Sutter Creek areas. And there’s always a chance at some games of chance in the Casino.

Next trip on the schedule will be a six-day event at the Santa Cruz Redwoods RV Resort in Felton, June 2-7, with Mike Genest the wagon master. Among the activities available will be whale watching, golf, a trip on the Roaring Camp Railroad and dinner at Bruno’s Restaurant. There will also be game nights, happy hours and some time around a campfire.

The group meets monthly on second Thursdays, 4:00 PM at 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

“The children love seeing the volun-



SCOOP

Sun City Organization of Pooches

SCOOP Meetings/Socials for the next



Singles

Dynamic Singles

Congratulations to our newly elected officers: President, Judie Leimer; V. President, Jim Raber; Secretary, Susan Platt; Treasurer, Dave Ketchum; Membership, Mari Long. They'll take office in June.

The meeting May 28 is an Auction of Services offered by members. Auction Preview: Boat Ride on the River, RiverCats Gift Cards, Brunch, Wine-blending Party, Biscotti lessons, LH Concert Tickets, Airport Transportation, Tequila Party, B Street tickets, and *much more!* Money raised will subsidize events! Promises to be a spirited meeting!

After the June 11 General Meeting at KS, we'll learn toe-tapping line dances we can practice at our Western Dance on June 25 at the Sports Pavilion. Dining Out is at the Cheesecake Factory on May 21, Birthdays on June 7, Second Saturday Breakfast is on June 13. Pick up the Dynamic Singles Flyer or read the Resident Website to get the scoop on all the upcoming activities.

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

Ski

The ski season is over, well, way over, but we had great fun. If it's been awhile since you last skied, and you're thinking about pointing them downhill again, contact us to learn about summer socials where you can meet some of us. We have skiers of all levels,

and everyone is always welcome. Check out more pictures of our February getaway in Whistler, where skiers and non-skiers alike had a memorable time. Next February or March our getaway will probably be in Colorado or Utah. Our annual post-season potluck party was held in April at Bill & Lillian Smith's home, with food, libations, laughter, memories of this past season, and many plans for next season's adventures. **Contacts: Bill Smith or Mike Hilton 258-2150, lhskiclub@gmail.com**



Joy atop the glacier; Look at that snow!; Valerie tests her strength

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



Softball, Senior League

Opening Day 2015 at Del Webb Field was a resounding success. Jeff Greenberg and his staff put together an entertaining program recognizing the original founders of our softball program, the 2000 Coyotes and Wolves. It's great to see these "seniors" in their 16th year of competition.



Coyotes, Wolves, Founders

With these "seniors" leading the traditional player march-in, the day's activities began. A Bake Sale of luscious homemade goodies, complimentary massages, hot dogs, chips, sodas, and complimentary ice cream sustained the fans as they enjoyed some rousing softball action. With perfect weather and a great crowd, it turned out

to be a fabulous event.

Softball games are scheduled each Monday and Wednesday beginning at 8:00 AM with the last game at 2:40 PM. Sunday drop-in practice begins at 10:00 AM. Come on out and cheer your favorite team to victory.

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

Coyotes

The Coyote 75s traveled to Turlock on the weekend of April 11/12 and came



Coyote 75s, Turlock in April

away with a record of 4-1. Led again by the offense of Larry Manley (1.000 ba, 1.067 slg %), Rowan Carlson (.769, 1.000, 10 rbi), John Parks (.727, 1.364, 2 hrs, 7 rbi), Bob Hunter (.714, 7 rbi), Charlie Bryant (grand slam). Up next for the team is Lodi, Chico, and Reno.

The Coyote 70s compiled a 4-0 record to take first place in the Yuba City tournament. Pitching by Mike Bunyard, running by Ron Greeno and timely team hitting paced the Coyotes to their first tournament championship of the year. Rebounding from a disappointing Hayward tournament, the Coyote 60s finished second in Yuba City with a 4-1 record. Strong team defense and superb hitting by JR Jackson pushed the team to their best showing of the season.

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



Sports Car

Our events are starting to happen as the uncertainty of weather goes away. What has become an annual

trip for the car club is a two night trip to Pacific Grove and staying at the lovely Seven Gables Inn. This Monterey Bay bed and breakfast is absolutely world class and provides a perfect place for our members to socialize and enjoy the panoramic views of Monterey Bay. Day trips are plentiful and very diverse. The B & B is within walking distance to the wharf and aquarium. Tom & Michelle Breckon are the primary organizers for the trip and it's a job well done.

A day trip to the Delta was organized by Al Gillespie, Jerry LaFave and Don Songey. They travelled the levee roads to Rio Vista's Point Restaurant for lunch and then on to Robert Mondavi's Woodbridge Winery in Acampo for wine tasting. Visit lhsportscars.com for events.

Written by Bud Van Cott.

Contact: DiAnn Rooney 543-9474,

dvrooney@mac.com

Website: LHsportscars.com



Square & Round Dance

Sun City Squares

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

- Mainstream Level
Mondays, 1:00-2:15 PM (KS)
- Plus Level with Round Dancing between tips
Mondays, 2:15-3:30 PM (KS)
Scott & Erin Byars, caller and cuer
- Advanced Class Mondays,
3:30-4:00 PM (KS)
- A-2 DBD Level—Thursdays,
1:00-3:00 PM (KS)

Call Louis or Gail to join today!!

Contacts: Louis Bobrowsky 434-5932

louisbobrowsky@yahoo.com;

Gail Holmes 253-9048

gailholmes@sbcglobal.net



Table Tennis

Table tennis is great for hand eye coordination and balance. Table tennis is not as physically demanding as pickleball or softball. The stress on knees and joints from those games can be damaging. Another great fact is you can play against competitive players or just play with oth-

ers for enjoyment and a social connection. There is even a small group that after play meets at the Meridians bar for a libation or two. There are no dues or fee to play. All residents are welcome.

During Friday morning play there is a robotic server available for game improvement. Bob Gritner sets up the robotic table every Friday and has for many years. Bob is available for player assistance during these sessions.

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

Contact: Ed. Rocknich 434-1958

rocknich@yahoo.com



Tap Company

The Tap Company Annual Show is over, and we would like to thank the Lincoln Hills Community for their support in coming out to see us. We had a great time performing for you. If watching the show in any way sparked an interest in learning how to tap dance, this is a great time to start. Many of our tappers had never tapped before moving here, and now they are on the stage like seasoned



Opening Day Flash Mob

performers. The beginning class is on Thursday mornings at 11:00 AM. Come out and give it a try. It is a great form of exercise for both the body and the brain.

About 25 of us had a great time participating in the festivities for the Softball Senior League Opening Day. Becky Nicholson choreographed and directed us as we entertained the crowd with her rendition of "All About That Bass."

Contact: Janet Becker 543-3493,

beckerjm1962@gmail.com; **Natalie Grossner**

209-3804, natalie_g@msn.com



Tennis

Women's Double Championship Tournament held April 16 Results:



Participants were all smiles; 7.0 Division Winners Marilyn Duncan, Sally Sanguinet, 8.0 Division Winners

Bente Camahort, Linda Burke with Tournament Director Bob Sanguinet; 6.0 Division Winners Carol Vasconcellos, Cindy Fuog

Thanks to everyone involved in making this Tournament a success! The Social Committee headed by Linda McDermott had a wonderful spread of pasta, green salad, bean salad, rolls and fruit—every woman's dream! Our Tournament Director Bob,

along with helpers, once again put on a fun, well-organized event. Special thanks to Kathy Schaack for the very inventive prizes!

Lincoln Hills Intramural Team Tennis is well into its final week. Thanks Captains Oscar Alvarez, Doris DeRoss, Miguel Cuevas, Katie Didion, Sally Sanguinet and Director and Captain Greg Burke.

Action up next: Mixed Doubles Championship Thursday, June 25. Flyer with details, at the Pavilion or on our website (below).

Contacts: Linda Burke, 209-3463,

scteam10s@aol.com;

Greg Burke, 316-3054, burkegbp@aol.com

Website: <http://sclhtg.com>



Vaudeville Troupe

This month we feature Jackie & Logan Wilson. After retiring from the Sacramento Superior Court as a

courtroom clerk, Jackie moved to SCLH in 2009.

The manager of the rental she moved into, told Jackie that she would love their handyman, Logan Wilson. She was right and they married the following year!

Roxie, her BFF since grade school, talked Jackie into going out to sing Karaoke. She loved being on stage and was soon participating in the Tap Company Productions. The Wilsons joined the Vaudeville Troupe in 2011 where they have performed together. You might have seen them as honeybees, tigers, sailors, cowboys, hippies, and hillbillies. Neither had previous stage experience before joining the Troupe.

Jackie says, "I love the family feel of the Troupe. Everyone is so supportive and we have a lot of fun. We love putting on shows and inviting our neighbors and friends to party with us."

Contact: Yvonne Krause-Schenck 408-2040,

ykrause@yahoo.com



Veterans

Jon Melrose, Placer County's veterans' services officer, will be the

featured speaker at the May 21 general membership meeting at 1:00 PM in the P-Hall (KS). All residents are invited.

Individuals who served in the U.S. armed forces for any period of time are entitled to certain benefits as veterans. Melrose is a valuable source of information and assistance with these benefits for Placer County residents. The mission of the County's Veterans' Services Office is to promote the interests and welfare of veterans and their dependents and survivors, and to enhance their quality of life through counseling, education, claims assistance and advocacy.

The Placer County Veterans' Services Office is located at 1000 Sunset Blvd, Suite 115, in Rocklin. The office can be reached by phone at 780-3290. Office hours are from 8:00 AM to 12:00 PM and 1:00 to 5:00 PM, Monday through Friday.

Contact: Jack Everett 409-0650,

jack.everett@att.net



Water Volleyball

Well spring is officially here! Are you looking for a new workout routine? Water volleyball is open to all Lincoln Hills residents of any skill level. It's a lot of fun and easy on our aging joints and muscles. There are now up to seven sessions available for play on five days a week (see the full schedule below). Everyone can play at least four times a week. Try it out three times for free. Annual membership is a nominal fee. Come join us and we hope to see you in the pool.

Play available (KS):

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

Interested? Contact Jim Puthuff

Contact: Jim Puthuff 768-3936,

sclhwatervolleyball@aol.com,

jputhuff@softcom.net

Website: www.lhwatervolleyball.com,

www.suncity-lincolnhills.org



Woodcarvers

Woodcarver "Loaner Tool Kit": Ever thought about taking up

a new hobby but you weren't quite sure about spending your scarce dollars to buy the tools and equipment necessary to begin? If that sounds like you, then the Woodcarvers have just the solution.

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

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

Contacts: Dick Skelton 626-0895

Website: www.SCLHWoodcarvers.blogspot.com



Writers

Memories may light the corners of our minds, but they often build up like boxes of unsorted photos. This is the perfect time for some "spring cleaning." Several members are recording their memoirs. Start writing yours today!

Meetings: Second, fourth and fifth Mondays of each month at 6:30 PM in the Ceramics Room (OC). Bring 14-16 copies of your work (maximum 1,500 words). SCLH writers or those striving to be writers are welcome.

Contacts: Bev Brannon

bevbrn49@aol.com; Jim Fulcomer

jfulcomer@mac.com;

Linda Lucchetti linnluu@aol.com

Authors Resource Group

Authors Resource Group met on April 15 to review tax laws on book royalties and how to leave royalties to our beneficiaries. We welcomed new member, Joanne Valiando—freelance writer, poet and author. Joanne was the former Faith-Family Columnist for the *Placer Herald*, and past-president of Foothills Christian Writers. The ARG is expanding to include a Christian Writers Critique Group.

If you're wondering who to turn to for help with your manuscript, contact us for information.

Contacts: Linda Bello-Ruiz (707) 331-3684

lbello Ruiz@gmail.com

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Bulletin Board

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

Bocce Fun

Want to have bocce fun? Neighbors & Friends League starts Friday, May 29 at 6:30 PM and each Friday thru June 26. All skill levels welcome. Commit to four of five nights; be on sub list otherwise. Sign-up at brenda@spencerbrenda.com or call Brenda Spencer for details at 705-1070. Note: If you do not know how to play, no worries! Schedule a lesson!

Cloggers

Happy May! We hope you enjoyed the fantastic Northern California clogging three-day convention in Modesto on April 17-19. No one was injured during the workshops and performances but a lot of calories were burned! If, alas, you had to miss this great experience, there's another one coming up on Saturday, July 18, in Belmont. (Belmont is just south of San Mateo.) All the details: www.ncca-inc.com. In the meantime, we cloggers are busy preparing for various performances closer to home, such as one on April 23 in Citrus Heights. For the time of your life, come join our weekly classes, burn calories, work on balance and breathing, and kick up your clogging heels to great music! Contact: Anita Tyson, 543-5330.

Glaucoma Support Group

The Glaucoma Support Group will meet on June 10 at 4:00 PM in the Multipurpose Room (OC). Dr. Annie Baik will be our guest speaker. Her presentation will be "Surgical Management of Glaucoma: Your Options in 2015." More info: Bonnie Dale, 543-2133 or Bjdale@aol.com.

Italian Club (LHIC)

"Bocce Ball and BBQ" will be 'ready to roll' Sunday, May 31, from 10:00 AM to 5:00 PM at the Sports Pavilion. Sign up by May 22. Contact: Nancy Freschi, 408-0277. "Membership Appreciation" takes place

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.

Thursday, May 28	• 11:00 AM	Living Trust Seminar	Oaks (OC)
Tuesday, June 2	• 10:00 AM	Nautilus Society	Oaks (OC)
Friday, June 12	• 10:00 AM	Preparing is Caring Seminar	Heights (OC)

June 17, from 1:00-3:00 PM (drop in) at the Sports Pavilion. Register by June 8 with the flyer on the LHIC webpage. The annual "Membership Matters" campaign runs through June. Do you know fellow Italians who could be members but aren't? Reach out and invite them to join. More info about the campaign: Christine Cirrone, 209-3426. LHIC name badge orders are placed the first of each month. The cost is \$6.50 each. Go to the club's website at www.lhitalianclub.org. Are you a Sun City Lincoln Hills resident of Italian heritage? Don't miss out on fun and friendship. Club info and future events: www.lhitalianclub.org or Virginia Halstenrud, membership chair, 543-3293.

LH Foundation

LH Foundation is presenting a special Bingo night open to all on Wednesday, May 20. Preceded by a buffet dinner in the Secret Garden at 4:00 PM, doors to the OC Ballroom will open at 4:30 PM with games starting at 5:00 PM. Cash and door prizes totaling more than \$1,350. More info: lincolnhillsfoundation.org.

LH Parkinson's Disease Support Group

If you have just been diagnosed with Parkinson's, have hope! There are many resources in the community to help you through this disease. The Parkinson's Association of Northern California is a great resource and they are located in Fair Oaks, just around the corner. They offer free "Rainbow" books with titles such as *Practical Pointers for those with Parkinson's*, *What You and Your Family Should Know*, and *Mind, Mood and Memory*. The Lincoln Support Group meets on the third Tuesday of each month at Raley's shopping center in Lincoln. The time is from 10:00-11:30 AM. We would love to have you come and join us for this month's general discussion. More info: Brenda, 253-7537.

LH Travel Group 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). Everyone is welcome. Presentations on selected travel destinations are shown by Professional Travel Managers each month. On May 21, Jay Fehan of Collette Vacations will present information about the following trips: Canadian Rockies by Train; Heritage of America; Southern Charm; an Amsterdam Tulip Cruise and a Northern New England tour. Committee members will discuss other trips being offered. See our website for details. We have been offering trips since 2000 that go all over the world. Committee members are all Lincoln Hills residents. We are not travel agents. Committee Member Contacts: Teena Fowler 543-3349, sfowler@starstream.net; Linda Frazier 434-8266, fraz1774@sbcglobal.net; Sheron Watkins 434-9504, sheron55@att.net; Louise Kuret 408-0554, lkuret@sbcglobal.net; Judy Peck 543-0990, judyvolk@outlook.com.

LH Videography Group

The first meeting required to form the LH Videography Group will be held on June 16 at 9:00 AM in the Multi-Purpose Room (OC). This is a new group dedicated to videography. The process of forming such a group starts with a meeting of interested members in which they determine how the group will move forward. Today's video cameras are everywhere and can be found in devices such as DSLR Cameras, Smartphones, Tablets, and GoPros, as well as Camcorders. Potential workshops could cover a variety of subjects from capturing original footage (recording) to creating final edited videos. Its activities would most likely include presentations, demonstrations, discussions, field trips

Continued on page 41

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Continued from page 39

and cover the operation of a wide range of video-capable equipment and editing software. If you are interested in becoming a member, please attend this

first meeting, or contact Jeff Hanner, jeffhanner8@gmail.com or 769-2871.

Lincoln Caregivers Support Group

The Lincoln Caregivers Support Group

is a group of generous hearted people who care for someone else. It may be a friend, a spouse, a relative who have been diagnosed with Alzheimer's, Parkinson's,
Continued on page 43

~ Community Perks ~

Parking Lot Sale Saturday, May 16

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



Lincoln Hills Certified Farmers Market and Vendor Fair Every Wednesday, starting May 20

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



Think Solar, Think Ice Cream! Wednesday, May 20 — Free

12:00 PM OC Amphitheater immediately following the Wednesday Farmers Market. Enjoy an ice cream sandwich and music in the Amphitheater. Have your questions about the Solar Electric project answered and say yes to the project by signing the endorsement. Recognize volunteers who assisted with this project. Here comes the sun and savings, see you there!



Pet Tag Engraving Event Wednesday, May 20 — Free

1:30-4:30 PM, OC West Parking Lot near the OC Fitness Center. Proper pet identification dramatically increases the chances that your lost pet will be returned home safely. No one expects a pet to get lost. Even when you take precautions, accidents can happen—gardeners leave gates open, natural disasters separate pets from their owners, and resourceful pets can often find a way out of even the most secured yard. Providing your pet with current identification is the most important precaution you can take to maximize your chances of being reunited with a lost pet. Funded by a Lincoln Hills resident, free pet tags will be engraved by the SPCA



and given to the first 100 pets. This event is sponsored by the Neighborhood Watch Lost Pet Alert Program. To reserve space, contact Pearl Chang, Lost Pet Alert Coordinator, 408-7102.

KS at the Movies: Jersey Boys Monday, June 1 — Free

1:30 PM, P-Hall (KS). Rated R, 134 minutes—Biography/Drama/Music. Starring Vincent Piazza, John Lloyd Young, Steve Schirripa, Christopher Walken.



Check out the story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons. Then experience the music live at the opening concert of the Summer Amphitheater Concert Series on **June 5, Let's Hang On! A Frankie Valli Tribute Show.**

June Readers Theater: Easy Aces

Saturday, June 6 or Sunday, June 7 — Free

Saturday 7:00 PM, Sunday 2:00 PM, P-Hall (KS). The Players Group invites you to its June Readers Theater production of "Easy Aces." A very funny radio show, "Easy Aces" ran from 1930 to 1945 starring Goodman Ace and his wife, Jane. Jane (a combination of Gracie Allen and Lucille Ball), captivated audiences with the way she skillfully used words incorrectly. Come and enjoy two wonderful episodes—"Jane Serves on a Jury" and "Jane Goes to the Psychiatrist."



Wildlife Heritage Nature Walk Tuesday, June 9 — Free

9:00-10:00 AM. Enjoy an educational tour of the local wetlands in our community. Wildlife Heritage Foundation (WHF) Biologists will be offering free tours for beginning ecology enthusiasts this summer. The tour will take about an hour covering the area's natural habitats and wildlife. There will be a spotting scope set up to view local wildlife. Additional nature walks are offered Thursday, July 9 and August 13. Participants will meet at 9:00 AM at Angler's Cove parking lot and hit the trail from there. Please bring water and dress accordingly. Participation is limited to 24 for each excursion. Reserve your spot by registering via email to lhoover@wildlifeheritage.org. Registration will close the day prior to the walk. Questions?: Lia Hoover, WHF Education Coordinator, 434-2759.



Music Group Sponsored "Open Mic Night" Friday, June 26 — Free

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



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Continued from page 41

Arthritis or just needs additional care for any reason. Caregiving is hard work. The statistic is that 65% of caregivers who care for a close relative will have something happen to them before their loved one because of the stress. Help relieve some of your stress by joining us at the Twelve Bridges Lincoln Library on the Third Thursday of the month from 9:00-11:00 AM. This program is run in conjunction with Sutter Hospital Foundation. More info: Brenda, 253-7537

Lincoln Democratic Club

The Lincoln Democratic Club will meet Thursday, May 21 at 6:45 PM in the Placer Room (KS). Orville Thomas, Information officer for the State High Speed Rail Authority, will present information regarding the State's plan to design and build the first high-speed rail system in the nation. The Authority is also charged with working with regional partners to modernize existing rail lines to meet the transportation needs of the 21st century. Interested residents are invited to attend. Questions: www.democraticclublincoln.ca.org/calendar.html or Martha Hanley, 310-351-5112.

Lincoln Multiple Sclerosis Group

The Lincoln Multiple Sclerosis Group meets the first Tuesday of every month except July and August. Fun luncheons are in June and December. The Tuesday, June 2, meeting will be a luncheon. Details or questions: Marilyn Sharp, 434-6898.

Open Play Games

Interested in playing card, tile and board games? New opportunities are now

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

Prostate Cancer Guys!!

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

Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net

Shalom Group

The purpose of the Shalom Social Group is to cultivate friendships and cultural relations among SCLH residents. The Bocce Ball weekly event had a wonderful turnout. We hope to continue this fun experience. Check this group out. Jim Ganulin and his wife Judy moved here about three years ago and immediately got involved in the sports committee. A RiverCats game is planned for mid June. There is still a little time left to order

tickets. This promises to be a fun evening. There is still room to be on our summer bowling league. You don't have to be a member or even a great bowler. Just want to laugh and have fun! May 26 is a membership meeting at 6:30 PM at KS. Hope to see you there. Sandy Klein, 408-2020. Vida Morrison, 984-1043.

Shooting Group

Our purpose is to make friends among the residents who are interested in shooting. If you used to shoot, but have not done so in years, you are encouraged to take up the sport again. All people interested in shooting or reloading are welcome. We meet Tuesdays for Trap, International Trap and Sporting Clays and Thursdays for Skeet and Five Stand. During the spring and summer months we meet at 8:00 AM. Shooting schedule hours: John Kightlinger 408-3928. Membership is free. Shooting schedule hours or more info: John Kightlinger, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting: Jim Trifilo, 434-6341 or trifilo@sbcglobal.net.

In Memoriam

Duane Meyer

Born and raised in the Bay Area, Duane worked for Pacific Motor Trucking for 28 years as a car hauler. After a back injury, he served as recording secretary. He also served as a Business Agent for his Union in San Jose, California. Duane's passion was Real Estate and he enjoyed flipping houses. He met his wife, Lynn, on a blind date in 1990. He is survived by three children, three step-children, 11 grandchildren and three great-grandchildren. Duane will also be missed by his many friends.

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

Pay Your Quarterly Dues Electronically

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

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

Announcing the 2015 Summer

The 2015 Summer Amphitheater Concert Series (SACS) line-up is here featuring your favorite stars and the music you love! Sing, dance, rock and doo-wop with your friends and neighbors! With our elevated stage, all eight concerts will have a polished look providing the audience an unobstructed view and dancing space for a memorable summer experience. Doors open at 6:30 PM, all concerts start at 7:30 PM at the Orchard Creek Outdoor Amphitheater. To make your experience more rewarding, read and follow Amphitheater Guidelines (page 45) filled with important information. Please see ticket price for individual shows below. 2015 SACS shirts available for \$9 while supplies last. Share the experience with your friends and family!

Let's Hang On! A Frankie Valli Tribute Show

Friday, June 5 — 5015-4A

As America's #1 Frankie Valli Tribute Show, *Let's Hang On!* pays tribute to the classic *Seasons* while also paying tribute to the Broadway show, "The Jersey Boys." *Let's Hang On!* captures the trademark vocal virtuosity, tight harmonies, and crisp choreography that made The Four Seasons one of the greatest vocal groups of all time. With four male singers and four excellent back-up musicians, this full blown stage show includes all the great *Four Seasons'* mega hits like: "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off of You," "Summer of '63," "Who Loves You," and many more; all presented in a high-energy, polished production. General admission, \$23.



Catch A Wave, The Beach Boys Show

Friday, June 19 — 5015-4B

Experience the legendary 1960's Beach Boys music presented by world renowned show *Catch a Wave*. Down to the exact striped shirts, instruments and amplifiers, this act is the only Beach Boys' show personally selected to perform for Brian Wilson, *The Beach Boys*, and their families and friends at the California Beach Boys State Landmark dedication. Travel down memory lane with perfect summer songs like "I Get Around," "Wouldn't It Be Nice," "Good Vibrations," and more. *Catch A Wave* has toured worldwide and performs regularly at Disneyland and Disney's California Adventure theme park. General admission, \$18.



The Original Drifters

Thursday, July 2 — 5015-4C

The best act of its genre on the music scene today, the Bill Pinkney's Original Drifters legacy group reflects the entire *Legendary Drifters* presence in the music industry, weaving a blend of nostalgic magic and on-stage excitement with a 21st century twist. Be part of "This Magic Moment" on stage and get "Under the Boardwalk" for more fun! General admission, \$24.



The Sun Kings: A Beatles Tribute as Nature Intended

Friday, July 17 — 5015-4D

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



Tom Drinnon : The Best of Country

Friday, August 7 — 5015-4E

Nashville Recording Artist Tom Drinnon will wow you with his renditions of songs from the best country singers with special guest Shelly Jachetta. Sing and line dance to songs from George Strait, Garth Brooks, Johnny Cash, Tim McGraw, and more. Catch Tom's concert before he makes it big in the recording industry! General admission, \$17.



Amphitheater Concert Series!

Gary Lewis and the Playboys, Live!

Friday, August 21 — 5015-4F

Gary Lewis and the Playboys, Live!

Friday, August 21 — 5015-4F

Live in person! The one and only *Gary Lewis and The Playboys* will mesmerize you and take you down memory lane. With eight Gold Singles, 17 Top 40 hits, four Gold Albums, 45 million records sold worldwide, and beating Elvis Presley and Frank Sinatra in 1965 as “Cashbox Magazine’s Male Vocalist of the Year,” Gary Lewis will have everyone in the audience singing along to his hits. Where were you when “This Diamond Ring,” “Count Me In,” or “Save Your Heart for Me” hit the charts? Relive those wonderful memories and get ready to have fun! General admission, \$30.



Hot August Night: A Neil Diamond Celebration

Featuring Dean Colley

Friday, September 4 — 5015-4G

If you like Neil Diamond, you cannot afford to miss Dean Colley’s amazingly entertaining show, *Hot August Night!* Dean Colley’s incredible resemblance in sight, and unique voice capture Diamond’s fierce passion and energy. The concert



will feature your favorite Diamond classics such as “Sweet Caroline,” “Song Sung Blue,” “Shilo,” “Kentucky Woman,” “I Am I Said” and songs from Neil Diamond’s August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe and Asia to enthusiastic audiences. General admission, \$20.

Fleetwood Mask:

The Ultimate Tribute to Fleetwood Mac

Friday, September 18 — 5015-4H

Fleetwood Mask band, formed

out of a mutual love and

respect for *Fleetwood Mac*’s

music and story, comes from

the Bay Area with decades of

professional music and the-

atrical experience combined.

Mick Fleetwood, founder

of *Fleetwood Mac* gives the

band his personal endorsement because of the passion and

style found in their live performances. The group authentically

recreates the *Fleetwood Mac* concert experience, covering

music that spans from the mid 60’s to the band’s latest

releases, as well as Stevie Nicks’ solo smash hits. Fans go wild

when they hear “Landslide,” “Say You Love Me,” “Songbird,”

“Gypsy” and more. Get ready to be blown away and be asking

for more as we wrap up our summer series. General admis-

sion, \$18.



Summer Amphitheater Concert Series Guidelines

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

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

Admittance: Doors open at 6:30 PM.

Cancellations: Notifications will be sent out via eNews.

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

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

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

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

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

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

Parking: We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.

Permitted: Blankets/cushions, lawn chairs, small backpacks/bags, water in factory-sealed bottles.

Ticket Pricing: Located in individual articles in Entertainment section. All sales are final. No refunds or exchanges. No child pricing.



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

Entertainment

—Club Performance—

The Vaudeville Troupe's "Golden Review Variety Show"

Friday, July 10

2:00 PM Show — 5310-05A

6:00 PM Show — 5310-05B

Saturday, July 11

2:00 PM Show — 5310-05C

6:00 PM Show — 5310-05D



The Lincoln Hill's Vaudeville Troupe will once again return to the stage to entertain and delight you. This year's theme "Golden Review Variety Show" with director Yvonne Krause-Schenck, will include dancers, singers, comedians and some interesting surprises that will keep you entertained. The show is sure to be a sell-out, so get your tickets early! Save \$1 off \$4 or more at KS Café on the day/night show only. 2:00 and 6:00 PM performances scheduled on both dates. P-Hall (KS). Reserved Seating, \$10.

—Comedy—

The Hilarious, Observational Comedy of Cary Long

Tuesday, July 21 — 5321-05

Cary Long is a fresh face on the comedy scene. He got his start on the hit television show "Star Search." He has since been seen performing in Las Vegas, as well as at the "Evening at the Improv," the "VH-1 Stand-up" spotlight with Rosie O'Donnell, "Showtime Comedy Club Network," and two appearances on the "Tonight Show" with Jay Leno. Cary's comedy is observational and he gets a lot of his inspiration from people he sees that day. "Cary's act is full of everyday situations that everyone can relate to and most of all... he is clean! A must see!"—Fran Poole, *Atlanta Journal & Constitution*. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$14.** General Admission Discounted Rate, \$10. After June 14, \$12.



—Concerts—

"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 nos-

talgic 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, \$22.



Summer Amphitheater Concert Series: Let's Hang On! A Frankie Valli Tribute Show

Friday, June 5 — 5015-4A

As America's # 1 Frankie Valli Tribute Show, *Let's Hang On!* respectfully pays tribute to all the classic "Seasons" details while also paying tribute to the Broadway show, *The Jersey Boys*. *Let's Hang On!* captures the trademark vocal virtuosity, tight harmonies, and crisp choreography that made The Four Seasons one of the greatest vocal groups of all time. With four male singers and four excellent back-up musicians, this full blown stage show includes all the great Four Seasons' mega hits like: "Sherry," "Big Girls Don't Cry," "Walk Like A Man," "Can't Take My Eyes Off Of You," "Summer of '63," "Who Loves You," and many more; all presented in a high-energy and polished production. General admission, \$23.



Last Concert for the Classical Series!

The Chamber String Quartet

Tuesday, June 16 — Sold Out

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). 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. All shows 7:00 PM, P-Hall (KS).



Summer Amphitheater Concert Series: Catch A Wave, The Beach Boys Show

Friday, June 19 — 5015-4B

Experience the legendary 1960's Beach Boys music presented by world renowned show *Catch a Wave*. Right down to the exact striped shirts, instruments and amplifiers, this act is the

Continued on page 48



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only Beach Boys' show personally selected to perform for Brian Wilson, The Beach Boys, their families and friends for the California Beach Boys state landmark dedication. Travel down memory lane with perfect summer songs like "I Get Around," "Wouldn't It Be Nice," "Good Vibrations," and more. *Catch A Wave* has toured worldwide and performs regularly at Disneyland and Disney's California Adventure theme park. General admission, \$18.



The Broadway Divas, Volume I — A Cabaret Tribute to the Songs & Shows of Angela Lansbury, Bernadette Peters, Ethel Merman, and Mary Martin

Tuesday, June 23 — 5323-04

A new revue celebrating four of Broadway's most celebrated, awarded, and honored leading ladies. This Cabaret Tribute to Angela Lansbury, Bernadette Peters, Ethel Merman, and Mary Martin features the songs that helped make them famous. The featured songs are from many of their classic shows including: "Mame," "Annie Get Your Gun," "South Pacific," "Gypsy," "Sweeney Todd," "The Sound of Music," "Peter Pan," "Anything Goes," "Into the Woods," and more. Starring Musical Theater veterans Tielle Baker, Kelly Brandenburg, Natalie Buster, and Deborah Del Mastro with accompaniment by Musical Director Joe Simiele. The show is filled with stories, trivia, and fun facts about each of these Broadway Divas, and will leave you humming, singing, and clapping along. Concert 7:00 PM. Ballroom (OC). **Premium Reserved Section seating, \$23.** General Admission, \$20.



Summer Amphitheater Concert Series:

The Original Drifters

Thursday, July 2 — 5015-4C

The best act of its genre on the music scene today, the Bill Pinkney's Original Drifters legacy group reflects the entire *Legendary Drifters* presence in the music industry, weaving a blend of nostalgic magic and on-stage excitement with a 21st century twist. Be part of "This Magic Moment" on stage and get "Under the Boardwalk" for more fun! General admission, \$24.



Roseville Community Concert Band

Happy Birthday USA!

Saturday, July 4 — 5304-05

We bring back one of the best local volunteer symphonic

concert bands in the area; the Roseville Community Concert Band (RCCB) for our annual 4th of July celebration. The band performs throughout the greater Roseville and South Placer communities. The RCCB was established in 2000 by Bill Hastings, a retired military band director. This group provides just the right combination of enjoyable and patriotic music to celebrate the 4th of July with friends and family. The afternoon concert offers wonderful music selections and will be completed before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Concert 2:00 PM. Ballroom (OC). **Premium Reserved Section Seating \$10.** General admission discounted rate until June 14, \$6. After June 15, \$8. Tickets required for all guests, including children.



Summer Amphitheater Concert Series:

The Sun Kings: A Beatles Tribute as Nature Intended

Friday, July 17 — 5015-4D

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



Two-Time Grammy Winner Mads Tolling

A Celebration of Instrumental Hits from the 60's Mad Men Era

Monday, July 27 — 5327-05

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



Continued on page 51

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Meet Dr. Nelson Wong and his family: his wife Audri, and their three boys, Christopher, Timothy and Jonathan.



Reserved Section seating, \$21. General Admission Discounted Rate, \$17. After June 14, \$19.

—Fashion Event—

“Swing into Spring” Fashion Show Luncheon
Wednesday, May 27 — Sold Out!

All seats are sold out. Ballroom doors open at 11:00 AM.

Lunch served at 11:30 AM. Fashion show begins at 12:30 PM. Ballroom (OC). For those who can't attend the show, join us in the Pre-Function Area (OC) and the fun of shopping from unique vendors displaying the latest accessories and fashion items from 10:30 AM-2:30 PM. See you there!



Day Trips & Extended Travel



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

Day Trips

—Casino/Races—

Off to the Races

Thursday, June 11 — 1846-04

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79.



Cache Creek Casino

Tuesday, June 23 — 1770-04

We're returning by popular request to Cache Creek Casino just outside of the Woodland/Esparto area in Yolo County. Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Leave OC at 9:30 AM, return ~ 4:30 PM. \$25.



Reno Silver Legacy—Hot August Nights

Thursday, August 6 — 1941-05

Enjoy a day trip to Hot August Nights in downtown Reno! Visit the Silver Legacy Hotel & Casino for the day and you'll get \$10 gaming credit & \$5 food credit. Try your luck at the slots or check out the classic cars and vendors outside in the blocked off streets.



It's a day to do as you wish with plenty of indoor options including the National Automobile Museum and the Big Boy's Toy Store at the Reno Events Center. Leave OC 8:00 AM, return ~ 6:30 PM. \$37.



—Museums—

Legion of Honor “High Style” The Brooklyn Museum Costume Collection

Tuesday, June 30 — 1763-04

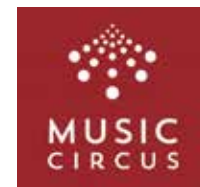
Don't miss this exclusive West Coast presentation from the Brooklyn Museum's distinguished costume collection. Gowns, accessories, and other looks by the most influential designers of the last one hundred years—including Chanel, Givenchy, Dior, and Charles James—trace the evolution of fashion in the 20th century. These fashions worn by American women reflect the nation's tastes and transformations during the decades between 1910 and 1980. Significant looks from French couture houses and the pioneering generation of American designers working in the 1930s through the 1950s will be featured. Also enjoy the special exhibitions of rare Asian and European porcelain along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café, or bring your own. Leave OC at 8:15 AM, return ~ 6:15 PM. \$58.



—Performances—

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 at 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.



Continued on page 52

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 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."

**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."

**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."

**Eldorado—"Tap Factory"****Thursday, July 23 — 1777-04**

"Tap Factory"—a fun, rhythm-based theater show featuring urban tap dance and percussions, hip-hop music, comedy and acrobatics. Following shows in Europe, "Tap Factory" is playing

*Continued on page 54***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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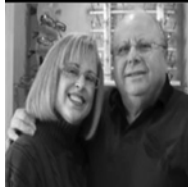
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for the first time in the U.S. at the Eldorado Resort Casino in Reno. The eight artists showcased in “Tap Factory” range from world-champion tap dancers to percussionists, an acrobat and hip-hop dancer. On stage, the performers will utilize props like oil barrels, a stepladder, trash bins, a toolbox, brooms, cans, mallets and more. A worker arrives in a factory for his first day of work and the tap magic begins. “Tap Factory” is fun, powerful, poetic and sexy! Arrive with plenty of time for gaming and an included buffet dinner! Includes reserved seat admission to show and buffet. Leave OC at 12:00 PM, return ~ 11:00 PM. \$87.

2015/2016 Speaker Series

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with three price points. Gold and Silver seating is reserved and the Bronze option is open seating in the second tier. Speakers listed below. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM.

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

Michael Pollan
Tuesday, September 29

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



Dr. Michio Kaku
Tuesday, October 20

Dr. Michio Kaku is a theoretical physicist, renowned futurist and popularizer of science. During high school, he famously built an atom smasher in his parent’s garage. Dr. Kaku can be seen regularly on television, explaining natural phenomena to non-scientists. He has the ability to make complex scientific ideas not only understandable but fascinating.



Jane Pauley
Tuesday, November 17

Jane Pauley is a television anchor and journalist. In 2004, Pauley wrote movingly and publicly acknowledged her struggle with bipolar disorder. Last year she published *Your Life Calling: Reimagining the Rest of Your Life*, stories of people reinventing their lives and careers in middle age to do work they love.



While better known for her tenure on NBC’s Today Show and Dateline NBC, Pauley is now a contributor on CBS News Sunday Morning.

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

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



Malcolm Gladwell
Tuesday, February 16, 2016

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



Mark Kelly and Gabby Giffords
Tuesday, April 5, 2016

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



—Shopping—

Sonoma for the Day
Tuesday, June 9 — Sold Out

Head to beautiful Sonoma in wine country for the day! Watch the scenery unfold as we drive through acres of vineyards. Enjoy the day on your own in this charming town that offers tasting rooms for the wine lovers, excellent restaurants for lunch, and unique stores for the shoppers. Drop off and pick up at Sonoma Plaza behind the Mission. Leave OC at 8:00 AM, return ~ 6:30 PM. \$36.



Continued on page 56

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San Francisco for the Day
Wednesday, July 29 — 1840-05

“The coldest winter I ever spent was a summer in San Francisco.” Mark Twain. Get out of the valley heat and enjoy a day trip to the heart of San Francisco in Union Square. Time to shop, or meet friends and partake of a nice lunch. (Macy’s coupon (10% off) included.) To make your shopping more comfortable, our bus will meet you at 2:00 PM at the side of the St. Francis Hotel (Post & Powell) to load packages from your morning purchases. You are free to do with the time as you wish. Leave OC at 9:00 AM, return ~ 8:00 PM. \$37.



—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 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.

San Francisco Giants

See your World Series Champions San Francisco Giants in the comfort of club level seats! Club level seats are wider with more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on the side where seats are located.) Portions of the club level are protected from the elements and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. *No cans, glass bottles, alcohol, or hard-sided coolers allowed inside ballpark. Wear layers for SF weather and a cap for sun protection.* See individual games for departure times. \$141.



- **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.
- **Additional Game Added! Giants vs. L. A. Dodgers**
Thursday, October 1 — 6261-05A
 Seats located in Club Level 231. Depart OC 9:00 AM (12:45 PM game time). Return 7:15 PM.

Oakland A’s

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



- **Oakland A’s vs. San Francisco Giants • \$92**
Sunday, September 27 — 6320-01D
 Seats located Field Level Section 106.

River Cats

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



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



Continued on page 59

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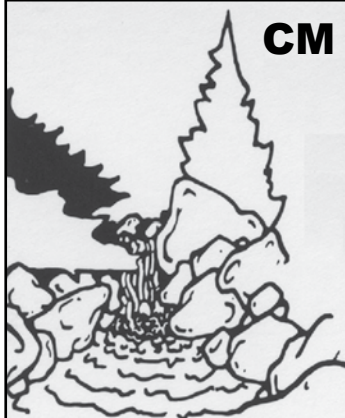
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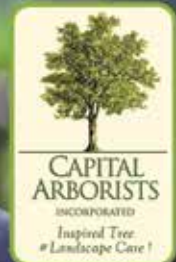
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Check out the extensive gift shop while there. Lots of walking and some uneven pathways with plenty of benches for seating. Choose at registration: *Chicken Caesar Club Sandwich, Steak Sandwich or Vegetarian Sandwich. All include fresh fruit salad, 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.

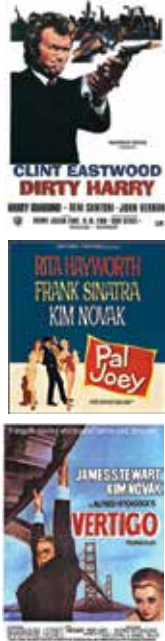
Stanford University and Canton Arts Center Museum
Wednesday, August 12 — 1760-05

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



San Francisco Movie Tour
Wednesday, August 26 — 1920-05

Join us for a comprehensive and fun motor coach tour with step-on guide Craig Smith and learn about the movies made in and about San Francisco. The tour begins at the St. Francis Hotel, with the first "talkie" *The Jazz Singer*. San Francisco has always had a love affair with the movies; it began when they were silent. Many of the greatest names in movie history made movies in The City by the Bay. View 80 film clips from some of the best films ever made, including *Vertigo*, *Dirty Harry*, *Mrs. Doubtfire*, *The Maltese Falcon*, *Birdman of Alcatraz*, *Pal Joey* and more! Enjoy an included lunch at Fog Harbor Fish House at Pier 39 with a choice of *Pan Roasted Alaskan Cod, Baked Shrimp Penne Pasta, or Pan Roasted Breast of Chicken with green salad or clam chowder. Includes tea or coffee.* (Alcohol purchases on own.) Complete menu at Activities Desks. Lunch choice to be given at time of registration. We'll have a dessert stop at Mel's Diner featured in "Look Who's Coming to Dinner." Leave OC 7:30 AM, return ~ 6:00 PM. \$87.



—Overnight & Extended Travel—

Boot Scootin'—Gilley's Fun Bus!
Wednesday, June 3 to Thursday, June 4 — 1771-03

Calling all residents! We're heading to Reno for an overnight adventure with some cowboy and cowgirl shopping at She-

pler'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.



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

Experience the enchantment of the Lake Tahoe Shakespeare Festival at Sand Harbor State Park with Lake Tahoe as the backdrop! This year's show is "Romeo & Juliet," Shakespeare's tragic tale of love and loss. Enjoy reserved seats, boxed dinner before the show with a choice of *Tri-Tip Sandwich or Roasted Turkey, Brie & Cranberry on Ciabatta.* Vegetarian option available on request. (Complete menu available at Activities desk. Food choice required at registration.) Enjoy coffee or hot cocoa & dessert at intermission! Stay at the new Hard Rock Hotel Lake Tahoe! We'll also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included luncheon deli buffet before we head home. A signed liability waiver is required for each participant. Play is held outdoors next to lake so layer up. Leave OC at 1:00 PM August 18, return ~ 5:00 PM August 19. \$318 per person double occupancy. \$392 single.



Sold Out Trips thru June 20

Trip • Date • Departure Time

- **SF Giants vs. LA Dodgers**
Thursday, May 21—9:00 AM
- **River Cats vs. Nashville Sound**
Wednesday, May 27—5:45 PM
- **Book of Mormon**
Sunday, May 31—12:45 PM
- **Sam's Castle—Pacifica**
Sunday, June 7—7:30 AM
- **River Cats vs. Reno Aces**
Thursday, June 18—5:45 PM

Continued on page 61



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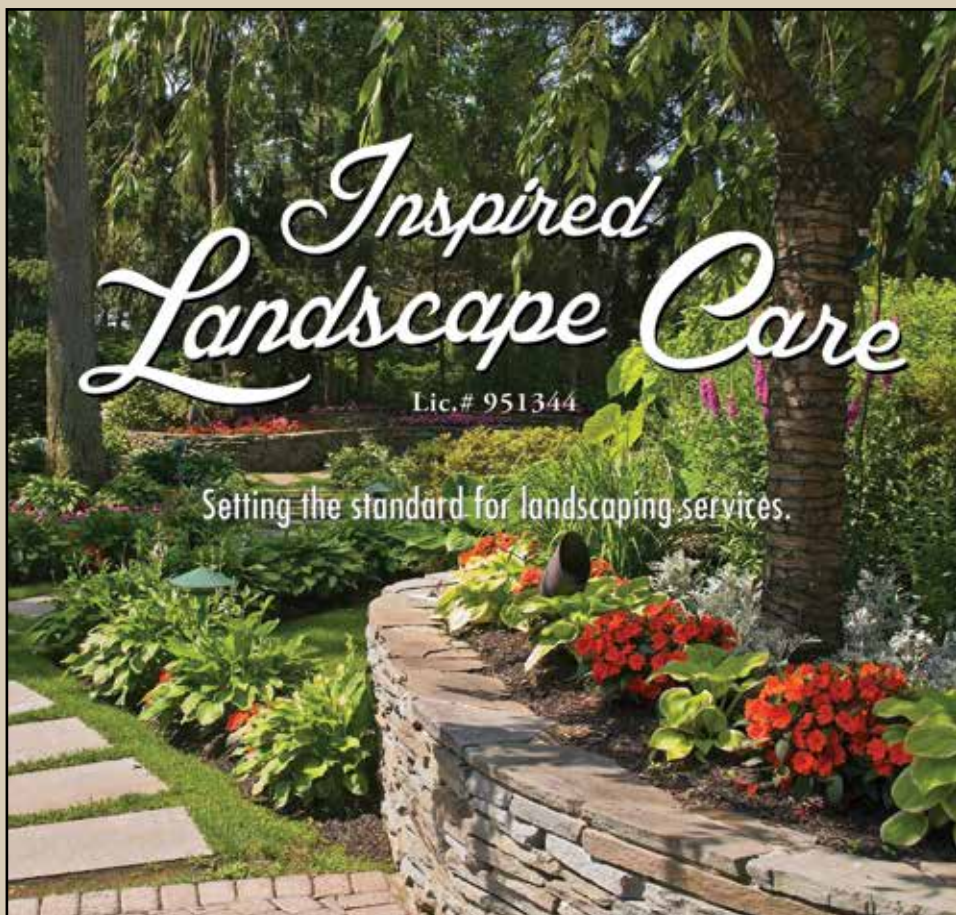
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Art

—Drawing—

Beginner Drawing

Thursdays, June 11-25 — 132215-05

9:00 AM-12:00 PM (OC). \$39 (three sessions). Instructor: Michael Mikolon. The artistic journey starts with the basics of drawing. Drawing is about observing. We will focus on materials and techniques and developing your sense of design. Learn to look at the shapes that make up your subject and translate what you see into an accurate depiction with the understanding of measurement and proportions, use of line and shadow and developing good daily drawing habits. Live demos will be performed weekly showing how to use materials first hand with one-on-one instruction. *About the Instructor:* Artist Michael Mikolon is an accomplished artist and owner of 12th & S Art in downtown Sacramento. He teaches and runs figure drawing sessions. He is a full-time artist with a focus on landscape and figures. Supply list available at the Activities Desks and online.



—Mixed Media—

Mixed Media—Painting Textured Trees

Monday, May 18 — 143215-04

1:30-4:30 PM (OC). \$15. Supply fee: New students pay \$4 for book to instructor. Instructor: Bonnie Armstrong. Ongoing Mixed Media instruction: in this one class session we will learn to paint trees in an abstract manner, using wet and dry media and materials from Nature. Bring your own Mixed Media paints and supplies, including a small (11"x14" or less) canvas.



Social Art— Brilliantly Colored Painted Tiles

Mondays, June 1 & 8 — 143115-05

1:30-4:30 PM (OC). \$26 (two sessions). Instructor: Bonnie Armstrong. Material fee: \$6. All supplies provided. Paint in bright, festive acrylic colors a tile to use under a hot dish or outdoors on the patio this summer. See samples from instructor for inspiration and design ideas, or do your own thing! Creatively paint a 6" x 6" size tile with stencils, brushes, paints, and dry media markers. Your finished tile is sealed with protective varnish for hard usage.

Mixed Media— Faux Encaustic Effects

Mondays, June 15, 22 & 29 — 143315-05

1:30-4:30 PM (OC). \$40 (three sessions). Supply fee: New students pay \$4 for book to instructor. Instructor: Bonnie Armstrong. Learn how to get that melted beeswax look, but

created with acrylic paints only (no heat or wax). Create imaginative subject/design ideas for this process with instructor guidance. Bring a rigid surface to work on, and your Mixed Media paints and supplies.

—Oils, Pastels & Acrylics—

Paint Your Vision in Oils or Acrylics

Wednesdays, June 3-24

9:00-11:30 AM Class — 113115-05

Or 1:30-4:00 PM Class — 113215-05

AM and PM sessions are not interchangeable. (OC). \$52 (four sessions). Instructor: Marilyn Rose. Students receive expert guidance in creating original paintings of their chosen subjects, whether landscape, still life, portrait or a clothed figure. Those with little or no art training can gain a solid grounding in the basic principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples and individual instruction are used to advance students' understanding and implementation of techniques. *About the Instructor:* Marilyn has over 20 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: www.artist-marilynrose.com. Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



Painting Pastels and Oils with Barry

Mondays, June 1-29 — 105115-05

9:00-11:30 AM (OC). \$65 (five sessions). Instructor: Barry Jamison. Let out your creative soul and have fun doing it! Learn pastelling and oil painting with Barry Jamison. Start to finish, beginners through advanced, Barry will guide you through an enjoyable process of creating attention-getting works. *About the Instructor:* Barry has 45 years painting explorations in various media and has studied nationally with a number of pastel and oil painters. He has over a decade's experience teaching and encouraging artistic expression to many ages, and owns a studio in Folsom. Supply list available at Activities Desks and online.



—Watercolor—

Beginning Watercolor Painting

Thursdays, June 4-25 — 132115-05

1:00-4:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. Learn the basics of painting with watercolors. This beginner class will focus on: materials and painting techniques; developing your sense of color; looking into basics of color theory; how to use the color wheel; and mixing fresh and vibrant color with the use of a well organized palette. Learn to create your own voice in art by discussing design, composition, and value controlling the focal point. We will also discuss master colorists: Dutch, Eng-



Continued on page 63

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lish, and Impressionists, Post Impressionists and late 19th and early 20th century painters. Live demos performed weekly showing how to use the medium first-hand with one-on-one instruction provided by the teacher during class. *About the Instructor:* Artist Michael Mikolon is an accomplished watercolorist and owner of 12th & S Art, in Downtown Sacramento. Supply list available at the Activities Desks and online.

Ceramics

—Lladro—

Spanish Oil Painting

Wednesdays, June 3-24 — 206115-05

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

Instructor: Barbara Bartling. **Prerequisite:**

Lladro requires a steady hand and concentration. A beginning and continuing class on how to paint porcelain figurines. Learn basics painting a small figurine; price varies, \$5-\$25 each. Project paint and figurines available for purchase from instructor. Students must contact instructor at 645-7263 at least two weeks before class start for figurine order.



Lladro Workshop

Wednesdays — Ladd3

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

—Pottery—

Beginning/Intermediate Ceramics

Tuesdays, June 2-30 — 212115-05

1:00-4:00 PM (OC). \$67 (five sessions). In-

structor: 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, June 2-30 — 212215-05

9:00 AM-12:30 PM (OC). \$67 (five sessions). Instructor: Jim

Alvis. Self-motivated students/artists with established ceramic skills work on assigned projects under instructor’s guidance and critique. Assignments, projects, and technique demonstrations will be given by the instructor. *About the Instructor:* Jim’s Ceramics Arts expertise is continuously crafted through continuing education in nation-wide workshops providing Jim with tools to provide relevant and constructive critiques of students’ work.

Ceramics—All Levels

Thursdays, June 4-25 — 221115-05

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

Terry Accomando. Open to all skill levels. The class

teaches hand-building techniques and working

on the potter’s wheel. Students are encouraged

to work at their own pace receiving individual

instruction to achieve goals on any project they choose. Fre-

quent demonstrations are given introducing new and exciting

projects. *About the Instructor:* Terry brings 34 years experience

teaching ceramics, drawing and painting to help you work

independently on any project. Supply list available at the Ac-

tivities Desks and online.



Ceramics Vacation Drop-In Session

Tuesdays — CERD1

Thursdays — CERD2

Tuesdays 9:00 AM-12:30 PM or 1:00-4:00 PM; Thursdays 1:00-

4:00 PM (OC). \$17 per session. Tuesday Moderator: Jim Alvis;

Thursday Moderator: Terry Accomando. For pottery students

who can work on their own but are unable to attend class

full-time. **Prerequisite: Previous enrollment in Advanced**

or Beginning/Intermediate Ceramics class with Jim or All

Ceramics class with Terry for at least three months in the past.

Drop-in sessions are not for beginners and will not provide

moderator instruction except for artistic advice, if asked. Ses-

sions held in conjunction with the ongoing ceramics classes.

No lockers provided for drop-in students but there will be a

locker for all “work in progress.” Moderator is responsible for

ensuring everyone follows guidelines and safety procedures.

Class space is first-come, first-served. Students must check

with instructor to make sure space is available and that they

have met class prerequisite prior to registration at the Activi-

ties Desks. Registration for drop-in sessions is only available

within the hour prior to class start.

Crafts

—Card Making—

Card Making Level 2—Intermediate

Tuesdays, June 2-23 — 317215-05

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

Macken. **Prerequisite:** Completion of at least three-to-four

Continued on page 66

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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.



Intro to Card Making—Beginners

Wednesday, June 3-24 — 317115-05

9:00 AM-12:00 PM (KS). \$38 (four sessions). Instructor: Dottie Macken. Have you ever wanted to make a greeting card, but you just weren't



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

Card Making Level 3—Intermediate-Advanced

Mondays, June 8-29 — 317415-05

Or Fridays, June 5-26 — 317315-05

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

—Cooking—

Cooking with Chef: Yummy Spring Appetizers

Thursday, June 11 — 322115-05

9:00-11:00 AM (KS). \$18. Instructor: Sous Chef: Trang Chung. Get ready for summer 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.

Dance

—Ballroom—

Introduction to Ballroom Dance

Wednesdays, June 3-24 — 333015-05

7:00-8:00 PM (KS). \$20 (four sessions). Instructor: Philip

Spurgeon. This month, we will be learning the beautiful and elegant Waltz. Come join us and learn dance frame, lead and follow, and proper posture in one of the most beautiful of all ballroom dancers. The steps will be clearly explained and in a short period of time you will be enjoying yourself on the dance floor. This class will consist mainly of waltz. Any questions call, Philip 209-3672.

—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, June 9-30 — 332115-05

10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Janice Hanzel. Low impact, not as hard as you think. New fall class will be announced later. Class will move through the eight basic traditional clogging movements at a relaxed pace. Learn fun clogging dances with basic and easy level steps. Special attention to balance skills is part of the lessons. Join us and move to the music. No special shoes required; flat-soled shoes recommended.



Easy-to-Intermediate Clogging

Tuesdays, June 9-30 — 332215-05

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

Intermediate Plus Clogging

Tuesdays, June 9-30 — 332315-05

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

—Country Western Dance—

Country Couples Western Dance

Beginner Level One & Two

Mondays, June 1-22 — 344215-05

7:00-8:00 PM (KS). \$20 (four sessions). Instructors: Jim & Jeanie Keener. Western dancing is done too many types of music, country being the most popular. Many of the dances

Continued on page 68



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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, June 1-22 — 344415-05

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



Country Line Dancing Fridays, June 5-26 — 346115-05

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

—Dancing with Dolly—

Ballet/Lyrical Thursdays, June 4-25 — 353515-05

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



Performance Dance Fridays, June 5-26 — 354515-05

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



New! Performance Dance Tuesday, June 2-30 — 354615-05

4:15-5:45 PM (OC Fitness). \$60 (five sessions). Instructor: Dolly Schumacher James. **Prerequisite:** in-class auditions held during the month of June. Calling all dancers! Students will learn a variety of exciting numbers for this year's Fall Musical, under the direction of master choreographer Dolly Schumacher James. All dance styles will be used including Tap, Jazz, Clogging, Lyrical and Line Dance. Enroll today to be part of the 2015 Christmas Musical.

—Hula—

Hula Thursdays, June 4-25 — 390215-05

1:15-2:15 PM (KS). \$24 (three sessions; no class June 11). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit! Performance techniques are also shared and occasional performance opportunities are available for students. New students, please contact Pam prior to first class: Pamahoa@hulapono.com or 521-0474.



—Jazz—

Jazz Class for the Beginner Thursdays, June 4-25 — 353015-05

11:00 AM-12:00 PM (KS). \$24 (three sessions; no class June 11). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

Jazz Technique 2 Tuesdays, June 2-30 — 353115-05

1:00-2:00 PM (KS). \$40 (five 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.



Continued on page 70

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—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

No new class until July 2 & 6. Class will be announced in June *Compass* and available for enrollment June 17.



Line Dance I Beginner

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

- **Mondays, June 1-29 — 370115-05**
9:00-10:00 AM (KS). \$30 (five sessions).
Instructor: Yvonne Krause-Schenck.
- **Thursdays, June 4-25 — 360115-05**
2:30-3:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.
- **Fridays, June 5-26 — 380115-05**
12:00-1:00 PM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.

Line Dance II—Beginner / Intermediate

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

- **Mondays, June 1-29 — 360215-05**
5:00-6:00 PM (KS). \$30 (five sessions).
Instructor: Audrey Fish.
- **Wednesdays, June 3-24 — 380215-05**
9:00-10:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.

Line Dance III—Intermediate

Prerequisite: Students should have the desire and ability to move up to the Level III Class (Intermediate/Advanced dances), taught at an accelerated pace. Steps could include: Combination Turns, i.e., Half Pivot followed immediately by a Quarter Pivot; Full Turns; Cross and Unwind Three-Quarter Turn Step Combination; Weaves with Syncopation; Tags and Restarts, many more. There is no limit to the number of turns but caution is applied not to exceed what the dancer is capable of comfortably and safely. Teaches mostly intermediate and some advanced line dances.

- **Wednesdays, June 3-24 — 380315-05**
10:00-11:00 AM (KS). \$28 (four sessions).
Instructor: Sandy Gardetto.

- **Thursdays, June 4-25 — 360315-05**
3:30-4:30 PM (KS). \$24 (four sessions).
Instructor: Audrey Fish.

Improver Line Dance Class

Thursdays, June 4- 25 — 370415-05

10:00-11:00 AM (KS). \$18 (three sessions; no class June 11).
Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The “Improver” class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the beginner/intermediate and easy intermediate levels. Dancers can improve on their skills gained in the beginner class and learn slightly more complex dances to various speeds developing movements and steps that are just beyond that basic beginner level.

Line Dance Instructors

- **Audrey Fish**

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



- **Sandy Gardetto**

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



- **Yvonne Krause**

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



—Tap—

Tap Classes with Alyson

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



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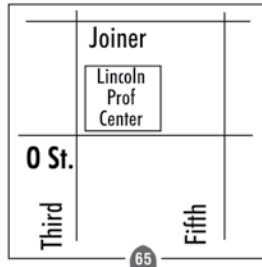
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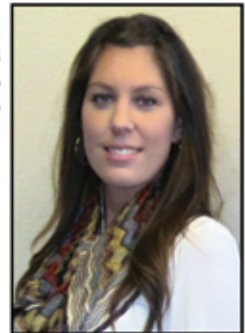


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Beginning Tap

Thursdays, June 4-18 — 410115-05

11:00 AM-12:00 PM (KS). \$24 (three sessions). This is the perfect time to discover the joy of tapping. Class introduces students to the basic steps and terminology of tap dance. This class begins every January and runs as a beginning class through November at which time individuals will move into one of the four already existing tech classes. New students can join the class throughout the year. New students buddy up with more experienced students for mentoring. Minimum of 10 students required for the class.



Technique Classes

Mondays, June 1-15 — 410515-05

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

Tuesdays, June 2-16 — 410215-05

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

Thursdays, June 4-18 — 410815-05

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

New Workshop! Tap Blast!

Mondays, July 20 & 27 — 412215-05

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

Tap for Fun with Jennifer

Saturdays, June 6-27 — 420115-05

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

Instructor: Jennifer Moore. New instructor and schedule with the same fun for all.

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



Glass Art

Fusing Glass and Stained Glass Workshop

Monday, June 8 — GLASS

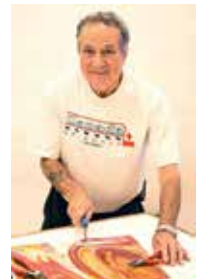
4:30-6:30 PM, Sierra Room (KS). \$12. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present to supervise safe use of equipment but will not teach new methods. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing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



Stained Glass

Mondays, June 1-29 — 494115-05

1:00-4:00 PM (KS). \$58 (four sessions; no class June 22). Supply fee: \$10 foil, \$12 lead, payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling & soldering along with safety and the proper use of equipment. Create a beautiful sun catcher candle holders and other projects. Class is also open to more experienced students. Instructor will evaluate students' skill level on the first day of class for proper project to be done by student. Lead glass technique now available. *About the Instructor:* Jim Fernandez has been working with stained glass for 24 years including 14 years working and teaching at Citrus Heights Stained in Roseville.



Jewelry

—Silverware Jewelry—

New! Ring Making 101

Tuesdays, May 18 & 25 — 541115-04

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

Instructor: Charles Kampf. Spoon rings have been around for many years and were a cultural thing back in the 60's and 70's. Today, we will learn the art of turning a piece of silverware into just that, a ring made out of a spoon or a fork. We will learn how to identify the manufacturer, the style and period, the maker's mark, the metal used and some very interesting facts about silverware. We will learn to use tools to cut, file, polish, bend, and size the ring. All supplies will be provided on the first session including silverware (plated), books and tools needed to make a ring in the first class. The second part of this workshop, students will supply their own spoon, perhaps something that has been handed down from mom or grandma or something you cherish and want to give to a loved one. Please bring a few silverware pieces and we



Continued on page 74

will discuss them in class. *About the Instructor:* Charles Kampf has been making Spoon Jewelry since 1990 and has taught and sold all over the country.

Spoon Jewelry: Pendant Making

Mondays, June 15 & 22 — 541115-05

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

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



Music

—Guitar—

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

Guitar 1B—Continuing Beginner Level

Mondays, June 1-29 — 535715-05

8:00-10:00 AM (OC). \$44 (five sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1A (offered each January), or instructor approval: Bill 899-8383. Class is designed for the person who has not played before or hasn't played guitar for many years. Class will cover basic note reading, chords, strumming, finger picking, rhythms and basic music theory. **Recommendations:** Nylon string guitars are easier to press down, and allow more room for your fingers and easier access to learn and play chords. The teacher can advise students on the purchase of a guitar if needed.



Guitar 2A—Continuing Beginner Level

Wednesdays, June 3-24 — 535115-05

8:00-10:00 AM (KS). \$35 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prereq-**

uisite: completion of Guitar 1B or Instructor's approval. Class will cover more advanced note reading, chords, strumming, finger picking, rhythms and more advanced music theory providing a good foundation to move on to higher classes.

Guitar 2B—Continuing Beginner Level

Wednesdays, June 3-24 — 535215-05

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

Guitar 3—Intermediate

Thursdays, June 4-25 — 535315-05

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



Guitar 4—Advanced

Thursdays, June 4-25 — 535415-05

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

—Voice—

Singer Vocal Boot Camp Continuation

Fridays, June 5-26 — 536215-05

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



Personal Improvement

—Acting—

New Class!

The Art of Acting

Mondays, June 8-July 13 — 483015-05

9:30-11:30 AM (KS). \$45 (six sessions). Instructor: Bob Reich. Come *play* in this fun course to learn basic acting skills including performing scenes in class and improvisation. No past

Continued on page 76

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experience is required. This class can be valuable for learning to speak in front of others, for mental agility, building self-confidence and having tremendous fun. Everyone acts in everyday life. Think about a lawyer in court—they are giving a performance of sorts to make their case. Bob Reich brings a diverse background and passion in the arts to the class. He has taught classes in acting, directing and public speaking and he has decades of professional experience in arts management. Bob has directed over 25 plays and produced multiple others.

—Driver Training—

Two-day class: AARP Driver Safety Training

Tuesday & Wednesday, June 9 & 10 — 481015-04

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



AARP Driver Safety Refresher Training

Saturday, July 18 — 481115-05

9:00 AM-1:30 PM (OC). AARP members \$20, non-members \$25. Fee includes a \$5 Association administrative fee. Instructor: Paul Jessen. AARP Driver Safety Refresher Training, is geared to the “over 50” driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. As with the full course, there are no tests to pass. You must have attended the full eight-hour class in the past in order to qualify to attend refresher training. Present your AARP membership card at registration and bring to the class in order to receive the discounted rate. Bring a valid driver’s license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver’s test. Class space is limited.



—Home Decorating—

Curb Appeal

Tuesday, June 2 — 581115-05

1:00-3:00 PM (KS). \$30 Instructor: Jonelle Tannahill. This month’s “Home Décor Update” class will discuss home Curb Appeal. Designer Jonelle Tannahill will share a PowerPoint presentation on techniques you can use to update your home’s exterior. One of the reasons home front fix-ups have gained popularity is the affordability of outdoor decor. Jonelle will share exterior painting accent ideas and color selection tips. This class will focus on “update ideas” including installing new lighting and house numbers to provide an elegant look instantly. Other ideas to be covered are repainting mailboxes, adding potted plants, and fresh mulch to garden beds reflecting good care without requiring a major investment. New solar plant lighting adds drama by illuminating pathways and landscaping. Come to be inspired and bring a photo of your home for our group to discuss.



Sewing

—Certification—

Bernina Serger Certification

Monday, June 8 — 591115-05

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

Bernina Sewing Machine Certification

Monday, June 8 — 592115-05

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



Janome Sewing Machine Certification

Monday, June 8 — 593115-05

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

Technology

—General—

Getting Most Out of Gmail

Wednesday, May 27 — 285315-04

9:30 AM-12:00 PM (OC). \$18. Instructor: Bob Ringo. Gmail, also known as Google Mail, is the best free email service in the world. Many users rely on Gmail as their primary email address. Gmail



Continued on page 79



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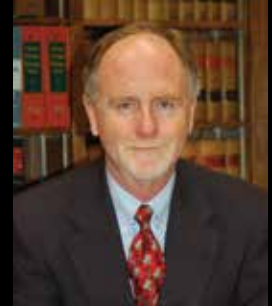
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—Mac—

Pages 5.0 for Mac

Friday & Saturday, May 29 & 30 — 232115-03

9:00-11:30 AM (OC). \$40. Supply fee: \$5 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 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.



—Movie—

iMovie on the Mac

Tuesday & Thursday, June 9 & 11 — 232015-05

9:00-11:00 AM (OC). \$40. Materials fee \$5 on day 1. Instructor: Vicki White. Class will cover the latest version of iMovie *for the MAC*. You will learn how to import videos and photos to make a first-class production. We will take those precious memories and incorporate them into a great keepsake—a movie everyone will enjoy for years. We will choose a theme, improve video segments as necessary, and eliminate unwanted footage from a clip. We will enhance our movie by adding sound, titles, transitions and other special effects.



—PC—

More Tips and Tricks for Beginning PC Users

Friday, May 29 — 282215-04

1:00-3:30 PM (OC). \$18. Instructor: Bob Ringo. In this class, you will learn over 50 additional PC tips and tricks that weren't covered in the first session of "Tips & Tricks for Beginning PC Users." You need not have attended the first class to benefit from the



new tips and tricks you will learn in this class. They will make your everyday computer usage much more productive and enjoyable. Please bring a flash drive.

—SmartPhones and Tablets—

Introduction to SmartPhones

Tuesday May 19 — 256215-04

Or Monday June 22 — 256215-05

9:00-11:00 AM (OC). \$40 Instructor: Len Carniato. **Prerequisite:** Gmail account. If you just bought an Android SmartPhone from Verizon, AT&T, TMobile, etc., (or a tablet) you could be feeling that it's too complicated to operate. In this *basic seminar* you will learn that SmartPhones are actually very easy to use and you will probably be able to master yours very quickly. On our large screen display we will explain how to navigate screens, manage calls, contacts, text messages, use email, the internet, photos, and more. Even if you haven't quite got the hang of your home PC, this seminar will get you off to a great SmartPhone start.



Android Intermediate

Wednesday, May 20 — 255315-04

Or Tuesday, June 23 — 255315-05

1:00-4:00 PM (OC). \$40 Instructor: Len Carniato. **Prerequisite:** Gmail account. Google's Android is outstanding on SmartPhones and Tablet Computers. Come to this seminar, connect to our Wi-Fi and discover how to customize your device and make it perform your way. We will go thru key device settings that let you do amazing things. We'll review Navigation, Accounts, Battery management, etc. We'll also explore useful accessories, widgets, email, calendar, photos, music, maps, and apps in detail. On our large screen, you'll be able to easily see everything we discuss and recommend, then proceed to customize your own device. If you've had your SmartPhone for a while, this class for you.



Android Advanced

Friday, May 22 — 255215-04

Or Wednesday, June 24 — 255215-05

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Ready to go beyond the basics. Your Android device is made to take advantage of "the cloud," and this course will get you there. Learn to take your Android Phone or Tablet to the next level. Go beyond just making phone calls, texting, games, and email. Discover how to synchronize with your PC so your device becomes an extension (and backup) of your home computer. Calendaring, Data, Contacts, Photos, Music, Passwords, and much more can easily be 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.

Continued on page 81

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iPhone Beyond Basics—Tips and Tricks Thursday, May 28 — 262815-04

1:00-4:00 PM (OC). \$40. Supply fee: \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS 8.1.3 or higher. **Bring your iPhone to class.** Are you currently using your iPhone and want to learn more exciting and effective ways to use it? Then this class is for you. I will show you how to go beyond the basics with tips and tricks that will enable you to use your iPhone at a new and exciting level. With over a million apps to choose from, why not go beyond the basics? If you have any other specific questions about the class call Andy Petro at 474-1544.



iPhone Basics Workshop—How to Use it Friday, June 19 — 262815-05

9:00 AM-12:00 PM (OC). \$40. Class material \$5 payable to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5 or newer and you must be on iOS 8.3 or higher. **Bring your iPhone to class.** Want to learn the basics of your iPhone? Then this workshop 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. If you have any other specific questions about the class, call Andy Petro at 474-1544.

Pages for the iPad Workshop Saturday, June 6 — 267215-05

9:00 AM-12:00 PM (OC). \$30. Instructor: Helen Rains. **Prerequisite:** You must be on iOS 8.3 or higher and you must **download Pages for the iPad** from the App Store before the class. Bring your iPad to class. Learn how to create beautiful documents on your iPad with Pages, a powerful word processor that gives you all that you need on a mobile device. You will learn to use one of the pre-designed templates and create newsletters, flyers, cards, letters, and reports. Or use a blank document and with a few taps easily add text, photos, shapes and more to customize your own creation. Choose styles and fonts and see how easy it is to add images and video, too. In no time you will be creating, and editing documents with ease. And when you are finished share, send or print your work in so many ways. Call Helen with questions about the class 408-4505.



—Social Media—

Facebook 101

Saturdays, May 23 & 30 — 272115-04
Or Saturdays, June 20 & 27 — 272115-05

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



WellFit Classes

WellFit

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

Register for these classes at the Fitness Centers starting May 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.

- **Friday, May 22 — 700100-03**
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, June 4 — 700100-04**
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, June 17 — 700100-05**
4:00-5:00 PM, Fitness Floor (OC)
- **Thursday, June 25 — 700100-03**
10:00-11:00 AM, Fitness Floor (OC)
- **Thursday, May 28 — 700100-KF**
2:00-3:00 PM, Fitness Floor (KS)
- **Thursday, June 4 — 700100-KA**
4:00-5:00 PM, Fitness Floor (KS)
- **Wednesday, June 17 — 700100-KB**
2:00-3:00 PM, Fitness Floor (KS)

Continued on page 82

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.

Nordixx Pole Walking

Wednesday & Thursday, June 3 & 4 — 750000-06

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



Disease Prevention & Management Session-Based Classes

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

Diabetes Exercise Program (DEP 1)

Monday & Wednesday, June 1-24 — 878000-06

3:00-4:15 PM, Aerobics Room (OC). Four-week program, \$80. Instructor: Annamarie. This class is especially designed for those with diabetes. All classes taught by at least one certified diabetes instructor. DEP1 is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio. Each class contains the exercise portion, core and balance, and an education section on everything from Foot Care to Nutrition. Exercise is one of the best things you can do to help manage type 1 or 2 diabetes and you don't need a prescription for it. One of the most important benefits is that exercise can help



manage your blood glucose levels even hours after you've stopped exercising. Secondly, it builds muscles, the tissues in your body that use the most glucose and they can help keep blood glucose levels from soaring. Additional benefits are that exercise boosts your body's use of insulin, creates a feeling of well-being and fosters a positive attitude, decreases blood pressure, helps you lose weight, maintain your weight and lower overall body fat. We ask that if you have been diagnosed with type 2 diabetes please check your blood sugar level before and after class. Please bring your blood glucose monitor to every class.

Arthritis Class L2

Tuesdays, June 2-30 — 801000-6A
Wednesdays, June 3-24 — 801000-6B
Thursdays, June 4-25 — 801000-6C
Fridays, June 5-26 — 801000-6D

Tuesdays & Thursdays 11:00 AM-12:00 PM, Wednesdays and Fridays 12:00-1:00 PM, Aerobics Room (OC). Tuesdays \$43.75 (five sessions); Wednesdays, Thursdays and Fridays \$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, June 2-30 — 730100-06
Saturdays, June 6-27 — 730100-6A

Tuesdays 1:30-2:30 PM, Aerobics Room (KS); Saturdays 11:00 AM-12:00 PM, Aerobics Room (OC). \$43.75 Tuesdays (five sessions); \$35 Saturdays (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, June 6-27 — 730300-06

10:00-11:00 AM, Aerobics Room (OC). \$35 (four sessions). Instructor: Peli Fong. Designed for students of Ms. Fong's tai

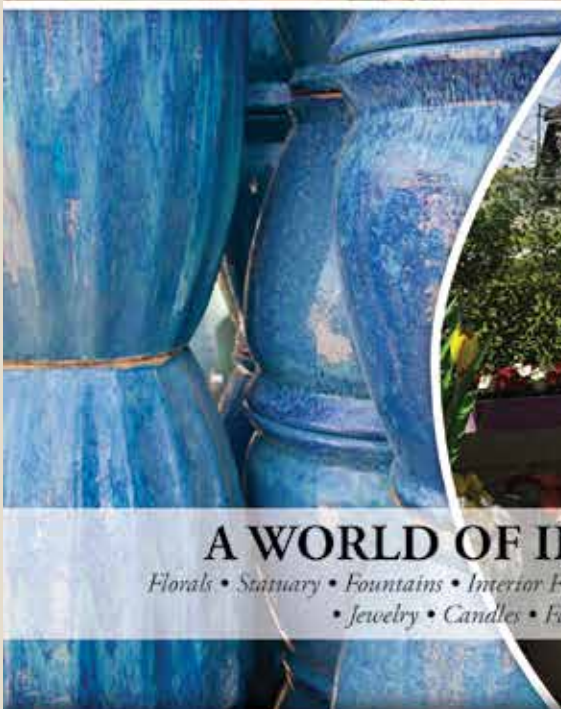
Continued on page 85

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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, June 2-30 — 730400-06

2:45-3:45 PM, Aerobics Room (KS). \$43.75 (five 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, June 4-25 — 820706-06

1:00-2:00 PM, Aerobics Room (KS). \$35 (four sessions). Instructor: Sherry Remez. Healing with Chi is an innovative Energy-based approach to restoring and sustaining health & Well-Being. CHI (“chee”) Conscious Life Energy has been used 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. Thirty-year holistic healing practitioner and QiGong (“chee-gong”) instructor, Sherry Remez guides you to *relax* in this ongoing, 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.

New! Farmers Market 5k Fun Walk/Run

Wednesday, May 20 — 820919-FR

8:30 AM, OC Fitness Center entrance, ending at the Farmers Market. \$20 includes T-shirt and goody bag. Come join us to start the summer season with fresh fruits and fitness fun. A 5k is just over three miles; it's not much further than walking your dog, sightseeing or a shopping trip. **This is not a competitive race** and all levels are welcome. Residents Register: Fitness/Activities Desks or online.

New Session! Living Through Transitions

July 18-December 5 — 823500-B1

9:00 AM-12:00 PM, P-Hall (KS). Resident \$135 (six sessions); support person \$135 (six sessions); or separate session registration opens five days prior to session date—support person only \$35 per session. Do you plan to age in place here in SCLH? Do you need help in planning how to do that success-



fully? This program will take you through seven topics that will facilitate your planning. Topics include: personal finances, legal matters, dealing with loss, navigating the healthcare system, transportation issues, housing options and end of life issues. If you have questions or need help enrolling please email carol.zortman@sclhca.com or call 625-4032. Residents Register: Fitness/Activities Desks or online. Separate session registration only available at the Fitness Desks.

Living Through Transitions “End of Life Choices and Plans”

Saturday, June 6 — 823500-MA

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

The Sudoku Series

Tuesday, May 26 — 870000-04

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



Self-Defense and Martial Arts

Tuesdays, June 2-30 — 815000-06

6:00-7:30 PM, Aerobics Room (OC). \$60 (four sessions). Instructor: Paul Rossi. This self defense technique is based on Martial Arts skills designed to prepare you physically and mentally for any self-defense situation. Improve your strength, endurance, flexibility, and mental alertness through skills and drills that will challenge you in both standing and ground situations. You will also learn about legal justifications for the use of force in an altercation. Train your mind and your body to function together, increasing your ability to perform under stressful situations. Learn the physical skills for needed varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas



Continued on page 87

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of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.

New! Lavender Basics — Growing and Using Monday, June 29 — 861000-LV

9:00-11:00 AM, Heights (OC) \$25. Instructor: Renee Charleston, Registered Dietitian. Lavender is one of the most popular and long lasting fragrances in the world. It is an easy to grow plants in our area with a wide variety of sizes, colors, shapes and blooming habits. In addition to its wonderful fragrance, it can also be used medicinally, in aromatherapy, in household products and for culinary use. Renee Charleston has been a lavender farmer in Colfax for over ten years. She will be sharing her experience in growing lavender, choosing varieties, and using lavender in a variety of fun and healthful ways.



Tennis

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

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! Cardio Tennis—High Energy, Social and Engaging

Tuesdays, June 2-30 — 790401-04

7:30-8:30 AM, Court #11. \$35 (four sessions). Instructor: Eldon Wilson. This is a high energy fitness class that combines the best features of the sport while delivering the ultimate full body, calorie burning, aerobic workout! Register: Fitness Desks or online.

Ground Strokes Clinic

Saturday, June 13

2.5-3.0 players 11:00 AM-12:00 PM — 790400-05

3.5-4.0 players 12:00-1:00 PM — 790400-A5

Court #11. \$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.

Volleys and Ground Strokes Clinic

Saturday, June 27

2.5-3.0 players 11:00 AM-12:00 PM — 790400-06

3.5-4.0 players 12:00-1:00 PM — 790400-A6

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Volleys/Ground Strokes:* A volley is a ball that doesn't bounce and is hit with a short backswing. Ground stroke can be hit with top spin or under spin and is hit mostly from baseline. This clinic will cover both. Register: Fitness Desks or online.

Pro Tennis Lessons

Sundays, May 24-June 28

Beginner 8:00-8:50 AM — 790700-03

Intermediate 9:00-9:50 AM — 790600-03

Advanced 10:00-10:50 AM — 790500-03

Courts #10/11. \$43.75 (five sessions). Instructor: Mike Garetto. 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

Active or Passive: Which Investment Strategy is Best for You?

Tuesday, May 26 — 870000-05

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Inside any investment strategy, with any advisor or investment company, there are investments that just follow an Index, sometimes called Index Funds, and others that rely on a management team to generate return. Both provide certain benefits, however, are completely separate strategies. Come learn which might be best for you and how to analyze the merits of each.



Let's Talk About Advance Health Care Directives

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 & Friday, June 4 & 5 — 863000-04

9:00 AM-12:00 PM, Oaks & Gables (OC). \$30 for both ses-

Continued on page 89

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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.

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Bowenwork Services

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



Training Services

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

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

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, June 3-29 — 835210-A6

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



SGT—TRX Express L2

Tuesday & Thursdays, June 2-25 — 835211-A6

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, June 3-June 29 — 835800-A6

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Julia Roper. This small group training gives a fast effective full body workout. TRX Suspension Training is a revolutionary method of leveraged bodyweight exercises that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. This training combines the TRX with intervals of cardio for a full body heart pounding workout. People of all fitness levels can improve their performance and their bodies with TRX!

SGT—Fit 101 L1

Tuesdays & Thursdays, June 2-25 — 835500-A6

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 learn the proper form for many of the weight machines on the floor, work on the TRX, weights, exercise bands, walking, stretching, and more. By the end of the session you will have a customized workout routine that includes the correct settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine and meet friends that share the same fitness goals.



SGT—“Fun”ctional Fitness L3

Tuesdays & Thursdays, May 28-June 21 — 835600-A6

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



Continued on page 91

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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, June 2-25 — 835300-A6

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, June 3-29 — 835300-B6

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

New! SGT—Morning TRX Bootcamp L2

Fridays, June 5-26 — 835200-A6

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



SGT—Bootcamp L3

Mondays & Wednesdays, June 1-24 — 835400-A6

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, June 3-29 — 835700-A6

11:30-12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Clarey. 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, June 3-29 — 835701-A6

4:00-5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Marilyn Clarey. 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, June 3-29 — 835710-A6

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

Pilates Reformer Section

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

Introducing Pilates Reformer Membership!

Pilates Reformer Membership Packages

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

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

Membership packages require agreement for auto-pay upon enrollment. We require a 10-day written notice of cancellation of membership prior to the next billing cycle. Reformer classes must be used within the month and do not rollover into the next month. To enroll in 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.

Continued on page 93

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Pilates Reformer Class Descriptions

Introductory Reformer Session L1

Continuous Dates — 835110-A6

Fitness Floor (KS). \$30 (one session, one-hour long). This session is a pre-requisite 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 reformer's springs provide support and resistance allowing you to enhance your workout in a way that is difficult to do on a mat alone.

SGT Reformer Basics +

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

SGT—Reformer Intermediate L2

This class builds on Reformer Basics L1, adding more complex variations and longer sets. New exercises will be introduced to continue to refine your form and take you to the next level. Please note: Instructors reserve the right to suggest you continue with the Basics L1 if appropriate.

SGT — Reformer Fit for Golf L2

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



Pre-Reformer for Special Population—Personal Training

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

Punch Pass Class Descriptions

Please see the colored grids on the following pages for days and times. Purchase a Punch Pass for these classes.

Each class is \$3.50.

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

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

Aqua Pilates L1: The pool has become the new destination for mind-body classes and is a wonderful medium for performing Pilates techniques that gently improve alignment, posture, and balance. This practice gains additional benefits with water resistance to improve core strength and stabilization, muscle tone and coordination. Exercises are done in different positions—standing, floating and using the wall for assistance. Noodles, water weights, balls and belts are used. This non-impact setting is suitable for most levels and beneficial for people with arthritis, osteoporosis and other conditions that can limit traditional exercises or those with balance challenges on land. Relaxation and rhythmic breathing techniques are incorporated to increase mind/body awareness and reduce stress.

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

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

Arthritis Foundation Aqua Class L1-L2: This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent

Continued on page 95



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arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!

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

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 & Core L3: Come join the fun and change up your routine! Cardio can include, low impact aerobics, step or fun cardio drills. The core portion of class will work your core through strengthening exercises that could include taking it to the floor. This class changes it up, because if you train the same, you stay the same!

Cardio Strength L3: This class combines short cardio drills between strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

Chair with Flair L1: Have fun & move to the music! Work at your own level. Class is designed for individuals to have the option to sit or stand during class. Use of hand weights, bands, and small stability balls. A low-impact cardio workout with motivating music you can enjoy!

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

Core-N-More L3: Maximize the benefits of water with the

assistance of a Buoyancy Belt. Exercise without touching the pool bottom to eliminate impact while increasing resistance. Interval class combines exercises that can improve your core, strength and cardiovascular endurance.

Core-N-Strength L2: A class combining strength training with core work for a full body workout! Works the core muscles to increase stability and improve posture. A full body strengthening class!

Cycle-N-Strength L2: Do you enjoy the cardio benefits of indoor cycling, but don't enjoy an entire cycle class? Then this class is for you! Join us for 30 minutes of cycling followed by strength exercises using bands, weights, and more! This class will challenge your cardiovascular system as well as give you a total body workout!

Diabetes Exercise Program (DEP2) L1: Diabetes Exercise 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

Continued on page 96

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. For residents seeking to strengthen their core-back and belly muscles—using the well-known work of Joseph Pilates. This mixes seamlessly into yoga poses which improve balance and flexibility. To deepen your relaxation and help relieve stress, we focus on deep breathing techniques and often add a dash of humor. For variety, we integrate bands, balls, gliders, and weights.

Piloga Flow L2: Piloga Flow is a unique non-impact class which combines Pilates and yoga. This class is designed to develop the strength, toning and body alignment of Pilates with the balance, flexibility, inner focus and calmness of yoga. Imagine this combination of yoga postures and core Pilates exercises set to beautiful world music and ending with meditation to relieve stress and connect mind and body.

Power Vinyasa L3: Vinyasa yoga is a challenging, dynamic, flow-based yoga which links movement with breath. Each class is different from the last providing variety and helps you find your edge. When linking breath with movement, the practice becomes like a moving meditation, alternating between stillness and motion. Strength, flexibility and cardio come into harmony. Some experience in yoga is recommended, but all levels of experience can practice together, because each practice is your own, honoring your practice and your body.

Relaxing Yoga and Meditation L1: This early evening yoga class consists of restful and healing yoga postures, done on the floor, that are held a bit longer and use yoga props. This effect is a deeper stretch which releases and relaxes the body. A restorative deep relaxation, followed by a brief meditation, rounds out the experience.

Splash Dance L2: This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.

Step It Up L3: Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!

Sticks & More L2: This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 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! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

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

Yin Yoga L1-L3: When starting your day with this early morning yoga class, you will find yourself moving from activity to activity in a peaceful, refreshed and revitalized way. Based on the principles of Yin yoga, done on the floor, poses will be held longer to moderately stretch the deep connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility and range of motion for daily living. The pose sequences are also designed to improve the flow of qi, the subtle energy said in Chinese medicine to run through the meridian pathways of the body. Improved qi flow is

hypothesized to improve organ health, immunity, and emotional well-being. This class is for all fitness and flexibility levels, and modifications will be offered throughout each session.

Yoga L2: This class builds on Beginning Yoga by focusing on movement through the postures rather than the teaching of the postures. This class will challenge you while improving balance, flexibility and reducing stress. All levels are welcome to this fun class.

Yoga Basics L1: Come learn the fundamentals of yoga. This class is designed for those with little or no yoga experience and will help you improve balance, flexibility and stress reduction.

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

and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

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

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 WellFit Class Schedule June 1-30, 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:15					Athletic Stretch L1-3 - Marilyn 8:00am		
8:00	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3- Andi	Core & Strength L2- Julia	20/20/20 L3-Gretchen	Yoga Basics L1-Susan	Cardio Strength L3- Kim
10:00	Yoga Strength L3- Jeri	Yoga Flow L2 - Ashley	Sticks & More L2- Lin	Yoga Flow L2- Ashley	Strictly Strength L2 - Valerie	Tai Chi L2-Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2- Lin	Piloga L2 -Lola	Arthritis L2- Lin	Piloga L2-Lola	Tai Chi L1-Peli	
12:00	Barre L1 Terri	iRest Meditaton and Yoga (12:15 - 1:15) - Iram	Arthritis L1/2 -Lin		Arthritis L1/2 - Lin		
1:00	Chair with Flair L1 - Terri		Chair with Flair L1- Kathryn		Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn	Chair Yoga L1 (1:30-2:30) Ashely	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							
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)			
All classes are subject to change without notice.							
All classes are 55 minutes, unless otherwise noted.							

OC Aqua Wellfit Class Schedule May Compass June 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- Annamarie		
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	Outside H2O Bootcamp L3 Annamarie	Water Works L3- Annamarie	Outside H2O Bootcamp L3 Annamarie	Water Works L3-Lisa			

Pilates Reformer Class Schedule May Compass June 1-30, 2015

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



When to Choose Hospice Care

Wednesday, May 27 — Free

7:00-9:00 PM, Ballroom (OC). Howard Homler, M.D., Board Certified in Internal Medicine and Hospice Care and Palliative Medicine. Modern medicine works many miracles, but sadly can only go so far.



When it comes to the point where medical treatment can no longer slow or cure an illness, it may be time to seek hospice care. The decision to enter hospice is never easy, and it comes at a stressful time. Even once the decision is made, arranging for hospice care requires the acknowledgment of unpleasant realities, which puts the responsibility on the patient, doctors and families to initiate hard conversations about end-of-life care. There is a guide that can help you navigate the hospice system to get the information you need to make informed decisions.

Search for Extraterrestrial Civilizations...

Professor Barry Rice & Astronomy Club

Wednesday, June 3 — Free

7:00-8:30 PM, Front Ballroom (OC). In this Forum presentation, Dr. Rice speculates about life in our galaxy. For instance: Why haven't we detected aliens yet? (Or have we?) Dr. Rice will discuss the Fermi Paradox, also known as "the Great Silence." The Fermi paradox is the seeming contradiction between the high probability that extraterrestrial civilizations exist and humanity's lack of contact with, or evidence for, such civilizations. And you'll learn why you should never again utter the foolish phrase—"I think they're out there; they just haven't gotten here yet." Q&A follows.



Lake Tahoe: Stories, Facts & Fun

Thursday, June 11 — Free

10:30 AM-12:00 PM, Ballroom (OC). Mark McLaughlin is a historian and award-winning nationally-published author, with six books and more than 650 articles in print. We are fortunate to have him return to a Community Forum for storytelling at its finest! In this snapshot history of Tahoe, Mark will showcase important and colorful characters that played a role in the development of Western Nevada and Lake Tahoe. Don't miss this chance to be delighted by a collection of entertaining stories that illustrate regional history including the early logging, railroad, and the steamship eras.



Future Forecast—Cloudy, Little Rain...

Water Conservation Panel

Tuesday, June 16 — Free

2:00-4:00 PM, Ballroom (OC). Such recent forecasts have prompted the City of Lincoln to present a panel on current water conditions. Panelists will comprise officials from the City of Lincoln, Placer County Water Agency (PCWA), and the Regional Water Authority (RWA). Specific topics will include:

- A brief overview of the City of Lincoln's water system and conservation programs by **senior water technician Jeff Miller**
- An update on related PCWA water conservation efforts and an overview of future water supply projections by **PCWA customer service director Linda Yager**.
- An overview of regional conservation projects and current legislation by **RWA regional water efficiency program manager, Amy Talbot**
- Information about water billing and upcoming rate changes by **City of Lincoln utility billing supervisor, Fe Angel**.
- **City staff** will also provide an overview of the city's storm water quality program. Q&A follows.



The Five Most Common Foot Problems

Wednesday, June 24 — Free

7:00-8:30 PM, Ballroom (OC). Summertime provides increased opportunities for physical activity, and foot problems can hinder our participation. Get one step ahead by hearing Dr. Beth Noe, MPD, Podiatrist, Kaiser Permanente, who will discuss common foot issues and what to do about them. Topics include: heel pain, flat feet, toenail problems, athlete's foot, and lumps and bumps. Join us for tips on how to keep your feet healthy.



Del Webb—The Man, The Legacy and SCLH—The Vision, The History & The Ghost

Thursday, July 9 — Free

10:00 AM-12:00 PM, Ballroom (OC). What do Howard Hughes, Bugsy Siegel, and Joe DiMaggio have to do with SCLH? Find out as Judy Bennett relives the history and legacy of Del Webb, the man, and the vision and history of Lincoln Hills. Judy, former Director of Public/Community Affairs for Del Webb and Pulte Group, was involved with each of Del Webb's Northern California communities. As part of the executive management team, Judy sat at the strategic planning table from 1994-2007. Learn interesting "insider" history, including the first-ever public revelation of the Lincoln Hills' Ghost story.



Community Forums, Date, Time, Location

<ul style="list-style-type: none"> • When to Choose Hospice Wednesday, May 27, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Del Webb—The Man, Legacy; SCLH—Vision, History, Ghost Thursday, July 9, 10:00 AM, Ballroom (OC)
<ul style="list-style-type: none"> • Search for Extraterrestrial Civilizations Wednesday, June 3, 7:00 PM, Front Ballroom (OC) 	<ul style="list-style-type: none"> • Password 2014 Video Replay with Presenter Update Tuesday, July 28, 1:00 PM, P-Hall (KS)
<ul style="list-style-type: none"> • Lake Tahoe: Stories, Facts, and Fun Thursday, June 11, 10:00 AM, Ballroom (OC) 	<ul style="list-style-type: none"> • Aging in Place Wednesday, July 29, 7:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • Future Forecast—Cloudy, Little Rain...Water Conserv. Panel Tuesday, June 16, 2:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • American Woman in Pakistan... Irene Douglass & Veterans Club Thursday, August 20, 1:00 PM, Ballroom (OC)
<ul style="list-style-type: none"> • The Five Most Common Foot Problems Wednesday, June 24, 7:00 PM, Ballroom (OC) 	<ul style="list-style-type: none"> • Watch for more Community Forums in upcoming issues of the <i>Compass</i>

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www.suncity-lincolnhills.org

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408-4290

Spa Manager

Jori Richards 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

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bgeppert@billycaspergolf.com

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