

# C MPASS

The Official Magazine of Sun City Lincoln Hills

March 2016

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### On the cover

Ladybugs love flowers too!  
 Enjoy springtime in Sun City Lincoln Hills  
 Photo by Brad Senn

## Board of Directors Report

### The Governance of Lincoln Hills

Jim Leonhard, President, SCLH Board of Directors



After four years, Ken Silverman, past President, Gay Mackintosh, past Secretary, and Marcia Van Wagner, past Treasurer, were termed out per our governing documents. These three individuals each worked tirelessly for the benefit of the Association. We honor their service and thank them for the extensive time and effort they expended to preserve, maintain, and improve our Community.

Thank you to all members who participated in the recent election of Directors to the Board. The Elections Committee is congratulated for running an efficient and organized election. In a close result, John Snyder was returned to the Board after a year’s absence, and newcomers Michael Deal and Hank Lipschitz, were elected. We welcome them all to the Board.

At its organizational meeting, the new Board elected the following officers: President, Jim Leonhard; Vice President, John Snyder; Secretary, Denny Valentine; and Treasurer, Molly Seamons. Additionally, Don De Santis continues to serve as a Director. The new Board is dedicated to carrying on the tradition of competent and transparent oversight of the Community Association. We rely on our hard-working committees to steadfastly discharge their responsibilities and are confident that the staff, under Chris O’Keefe’s steady hand as Executive Director, will continue to provide excellent service to all our residents. All of these entities—Board, Committees and Staff—must work together to ensure progress.

In 2016, we look forward to the SIT Force headed by Pete Saco, and its sub-task forces, beginning to explore and layout a framework for the future of Lincoln Hills. They are actively working on a number of projects while involving many residents in their

discussions. We expect them to have held or scheduled a Community-wide workshop in March.

As you probably know, the previous Board passed a resolution at its January regular meeting assessing a \$1,500 charge on real estate sales in Lincoln Hills. While the Board acted within its authority, in hindsight, it failed to adequately involve and inform the membership prior to passing the resolution. As a result, on February 8 at a Special Meeting, the Board moved to postpone the implementation of the resolution to provide opportunity and time for comment from the Community. This effort is currently underway with both the Properties Committee and the Finance Committee vetting the proposal at their regularly scheduled open meetings on March 7 and March 17, respectively. We anticipate that the Board will hold an open workshop April 14 from 2:00 to 4:00 PM in the Orchard Creek Ballroom to gather additional Community input, and then plan to discuss how to proceed at its regular April Board Meeting.

In closing, I invite everyone to volunteer to serve their fellow residents on Committees or in other ways, and, of course, to attend the Board meetings.

Thank you for your support.



2016 Board of Directors, from left: Denny Valentine, Hank Lipschitz, John Snyder, Molly Seaman, Jim Leonhard, Don De Santis, Michael Deal

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications



Recently I took a break from my work and walked down the street to the Wetlands Trail to enjoy a breath of fresh air and the sights and sounds of spring. What a joy! Spring is definitely on its way. See page 21 where our Orienteering guide, Dee Hynes highlights some of her favorite trails and where to find what may become your favorite place to retreat as well.

On page 15 you will read that The Spa at Kilaga Springs has joined our Lifestyle Department. This addition rounds out the offerings provided under the Lifestyle banner and we are excited the Spa team has joined our energetic, creative, and professional team. If you haven't yet been into the Spa at Kilaga Springs, located just inside and to the right of the KS Fitness Center, now would be a great time to visit.

On page 12, Lilly Ross describes login procedures for Lifestyle Online and the Resident Website as some confusion remains since we changed from the single sign-on in November. This information is also printed in a brochure available at the Activities Desks with spaces for your login and password information. Staff is available to assist you in person or by clicking on the help.desk@schlca.com email or Contact Us

link found on the front page of the websites. Don't get frustrated, reach out for assistance.

As always, staff has an exciting lineup of activities and events for you this spring. You won't want to miss the annual *It's the Lifestyle* event on Tuesday, March 22 from 10:00 AM to 1:00 PM. Members from 90 clubs, local non-profit organizations and the Association will be available in the OC Lodge to talk with you about their particular events and program objectives. If you are looking to become more involved socially, or to share your time and talents with a group, this is the place to shop for a variety of opportunities. On page 18, Al Roten has highlighted some of the non-profit organizations in need of volunteers.

I hope to see you at the Home, Health and Business Showcase Friday, April 15 between 10:00 AM and 2:00 PM throughout the OC Lodge. This is your opportunity to meet prospective service providers in person as 90 different vendors will be showing their products and services.

Enjoy the spring! I look forward to seeing you in the Lodge.

## Calendar of Events

March 15-April 30

Date	Event	Page #
03/15	Videography: "Photo to Movie"	37
03/17	Book Discussion: <i>The Nightingale</i>	26
03/18	Coffee with the Mayor	40
03/18	Comedy: An Evening of Comedy/Jack Gallagher	45
03/19	KS Classic Movies on Saturday: The Goodbye Girl	40
03/21	Astronomy: Consensus Cosmology	25
03/21	Genealogy: The Kentucky Turner-Howard Feud	29
03/21	Painters: Panel discussion, how to critique own work	33
03/22	It's the Lifestyle	3, 18, 26, 28, 31, 32, 33, 34, 35, 40
03/22	KS Comedy Night: Keith Ross Nelson	45
03/23	Alzheimer's/Dement.: Losing independence of driving	25
03/23	Music Group: Play and Sing	32
03/23	Forum: Identity Theft Prevention Workshop	23, 104
03/23	Forum: Don't Let Your Stomach Upset You	18, 104
03/24	Eye Contact: Ancient Asian Practice of Acupressure	28
03/24	Garden: "Attractive Landscapes with Less Water"	29
03/24-25	Garden: Spring Flower Show	40
03/26	Grandkids Event: Spring Egg Hunt	49
03/28	Healthy Eating/Lifestyle/Naturopathic Medicine	30
03/29	Museum: Legion of Honor "Pierre Bonnard"	52
03/31	Races: Off to the Races	50
03/31-04/02	Tap Company: "Hot Vegas Nights"	17, 31, 36, 45
04/04	Antiques: Antique and Vintage Desk-top Items	25
04/04	KS at the Movies: Spectre	40
04/05	Eye Contact: NorthState Assistive Tech Products	28
04/05	Speaker Series: Mark Kelly and Gabby Giffords	62*
04/05	Forum: Got Kibbutz?	104
04/06	Astronomy: Exploring Mars 50th Anniversary	25
04/07	Investors' Study: Speaker from Columbia Mgt.	31
04/07	Comedy: Randy Riggle presents "Nostalgia"	45
04/08	Submission Deadline: Fashion Show—Model Call	40, 49
04/09	Senior Softball: Opening Day	35, 41
04/11	2016 Summer Amph. Concert Series Launch Party	49
04/12	Needle Arts: Speaker—Quilting Supplies	32
04/12	Concert: The AM Jazz Ensemble/Rio Americano H.S.	46
04/12	Performance: Broadway Sacramento Series Newsies	62*
04/13	Computer PC: "Internet Safety for Seniors"	28, 104
04/15	Computer PC Clinic: Our Take on Internet Safety	28
04/15	Home, Health & Business Showcase	3, 41
04/15	Festival: San Joaquin Asparagus Festival	50
04/16	KS Classic Movies on Saturday: Field of Dreams	41
04/16	Festival: Cherry Blossom Festival	50
04/17	Line Dancing: Free Dance in OC Ballroom	31
04/18	Document Destruction	41
04/19	Vaudeville: Auditions for July Show	36
04/21	Book Discussion: <i>The Girl on the Train</i>	26
04/21	Vaudeville: Auditions for July Show	36
04/22	Music Group sponsored Open Mic Night	32, 41
04/23	Performance: Salute to John Williams	54
04/23-24	Garden: Annual Amateur Rose Show	41
04/24	Festival: Scottish Games & Festival	52
04/26	Casino: Reno Silver Legacy	50
04/27	Forum: Jeepers—Creekers!	104
04/28	Garden: Annual Home Garden Tour	41
04/28	Concert: Erica Sunshine Lee	46
04/30-05/01	Garden: Bonsai Show	41

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

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

March 15-April 30

Golf Cart Registration.....	Thursday, March 17, April 7 & 21, 9:00 AM, OC Lodge
Finance Committee Meeting.....	Thursday, March 17, 9:00 AM
Board of Directors Meeting.....	Thursday, March 24, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, March 24, 10:30 AM
Board of Directors Executive Session.....	Thursday, March 24, 11:00 AM
ARC/Architectural Review Committee.....	Monday, March 28, 9:00 AM
Elections Committee Meeting.....	Friday, April 1, 10:00 AM
CCOC/Clubs & Community Organizations...	Tuesday, April 5, 9:30 AM
Compliance Committee Meeting.....	Wednesday, April 6, 10:30 AM
Properties Committee Meeting.....	Thursday, April 7, 9:00 AM
ARC/Architectural Review Committee.....	Monday, April 11, 9:00 AM
Listening Post.....	Wednesday, April 13, 9:00 AM
Finance Committee Meeting.....	Thursday, April 21, 9:00 AM
ARC/Architectural Review Committee.....	Monday, April 25, 9:00 AM
Board of Directors Meeting.....	Thursday, April 28, 9:00 AM, Presentation Hall (KS)
Board of Directors Special Meeting.....	Thursday, April 28, 10:30 AM
Board of Directors Executive Session.....	Thursday, April 28, 11:00 AM

Meetings in OC Lodge unless noted otherwise.

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## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association

**W**elcome to March, the first day of spring is March 20, and this is typically the time of year when the pace of activities here at Lincoln Hills begins to rev up. By the time you read this, the Players Group will have finished their first production of the year, and the opening day for softball is just around the corner, see page 41. We are excited by the programming we have lined up for you this year. It's been a pleasure to watch Lavina Samoy and Deborah Myer come up with ideas for the summer concert series, as well as finding out what Kristy Woodin has lined up in terms of special events at Meridians. Deborah McIlvain has a number of great programs for you



at the Fitness Centers as well. Keep an eye out for eNews updates for details ... The measure of an individual and an organization is often found in how they deal with difficult times. For the last month, our Food & Beverage Director Jerry McCarthy has not been with us due to a serious issue he has had to address. During that period the supervisors and staff performed very well. Kristy, Chef Rod, Don Giles, Meghan Louder, Isabel Rios, Ryan Toms, and the entire team kept things running, and we did not miss a beat. It's a tribute to their professionalism and dedication. Jerry is back now, getting caught up, and we are very glad to have him back. It speaks well of Jerry that his team performed so well in his absence ... And while I am going on about the F&B team, I want to recognize

Chef Anoud Zaki, who took home a third place medal in a recent American Culinary Federation competition. We are very lucky to have her on our team. Congratulations Anoud! ... John Snyder, Hank Lipschitz, and Michael Deal were elected to the Board of Directors in late February. All three have been active in our community over the years, and will represent our Association in a very capable manner ... A brief word about our departing directors, Ken Silverman, Marcia Van Wagner, and Gay Mackintosh. All three served the community well during their tenure, and every decision was made with the best interests of the Association first and foremost. Different in temperament and personality, they share common traits of intelligence, kindness, compassion, and integrity. They served your interests well ... See you in April.

## Elections Committee

On February 18, during the Annual Meeting of Residents, votes to fill the three seats being vacated on our Board of Directors were counted and recorded. Almost 50% of available ballots were cast. Our new Directors are John Snyder. Hank



Lipschitz, and Michael Deal. This was the culmination of a well run campaign by all four candidates. The vote spread was only 8% between the person receiving the most votes and the candidate who was not elected. The vote counting process went very well with more than 40 vol-

unteers helping on Election Day. We thank all volunteers, as well as the Elections Committee who worked as a fine team. Congratulations to all four candidates for running fine campaigns toward becoming directors of our governing board.

### Here are 2016-17 Board of Directors:

Jim Leonhard—President  
 John Snyder—Vice President  
 Molly Seamons—Treasurer  
 Denny Valentine—Secretary  
 Don De Santis—Director  
 Hank Lipschitz—Director  
 Michael Deal—Director



*Our thanks to the many volunteers who counted ballots on February 8*



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## Activities News & Happenings

### March Madness is Here!

Lavina Samoy, Lifestyle Manager

We know how the country can get into the March Madness fever with everyone rooting for their own college basketball team this suspenseful month of March. Here in our community, we have our own March Madness, the only difference is, no one loses, and everyone wins! And the madness continues beyond March!



Comedy madness is coming to you beginning **March 18** with humorist and storyteller **Jack Gallagher** (page 45). **Keith Ross Nelson** rocks **KS Comedy Night on March 22** (page 45) and expert impressionist **Randy Riggle** takes you down memory lane with songs and skits with his show **"Nostalgia" on April 7** (page 45).

The concert scene keeps getting better! From the local high school jazz phenom, the **Rio Americano High School AM Jazz Ensemble on April 12** (page 46), to national and international classical pianists **Nancy Lee Harper and William Wellborn on April 22** (page 46), expect a fantastic month. We

also just added an exciting concert in the **Presentation Hall (KS)** with **Georgia's 2014 Country Female Artist of the Year, Erica Sunshine Lee on April 28** (page 46). Join us for a **Salute to Lou Rawls with Nicolas Bearde on May 18** (page 46) and the former lead singer of the **New Chrstiy Minstrels William Florian** performs the greatest hits of the 60's in his concert **"Those Were the Days" on May 27** (page 49).

Adding crazy to the already exciting madness, we are ready to announce the concert line up for our **2016 Summer Amphitheater Concert Series**. Join us at our **Launch Party on April 11** and experience how much fun summer promises to be in Lincoln Hills. Prizes, surprises and great discounts await those who purchase the series package at the party. This free event is exclusive to residents (page 49).

Our **Annual Parking Lot Sale** which attracts buyers from neighboring cities is coming on **May 21** (page 46). Spaces are limited so register early if you wish to be a vendor. More local explorations are in store for our residents. Enjoy the **Ruth Bancroft Gardens in Walnut Creek on May 11** (page 59) and view drought-tolerant plants perfect for your garden. On **May 16**,

## Committee Openings

There are ongoing openings to the seven standing committees of the Board of Directors; committees with openings are shown below. Complete details and contact information can be found on the resident website under HOME on the menu bar. 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. Questions? Please email the committee chair, address on page 106.

- ARC/Architectural Review Committee
- Elections Committee

discover **Old Sacramento Underground** and learn about the **State Capitol** (page 52). **San Francisco's Golden Gate Park** has so much to offer for those who join us on **May 18** (page 61).

A little madness doesn't hurt anyone, a lot of madness makes life more fun!



## WellFit News

### Gym Etiquette

Jeannette Mortensen  
Fitness Supervisor

We are so happy to see new people visiting the Fitness Centers and love the fact that we have regulars that come back day after day. Whether you are new to the gym or if you are an avid regular, there are a few rules of etiquette to help you to be a good "neighbor" at the gym.

**1 Wipe it down.** Whether you are an avid sweater or if you just "glow" while working out, wipe down your equipment when you are done. We have several wipe dispensers at Orchard Creek and Kilaga Springs Fitness Centers for your convenience. Wiping things down is not only considerate, but also a preventive step in warding off the common cold and flu.

**2 You do not own real estate in the gym.** If you are faithful to a certain group exercise class or if you have a favorite piece of cardio equipment, please remember all residents have equal ownership. If someone is standing where you normally stand in class, try something different that day. It is first-come, first-served.

**3 We should be able to see you, not hear you.** We have all had to take that important phone call, but if you must take it, please step outside. If you are in a yoga or stretch class, please silence your phone. This is out of consideration to the instructor and other participants.

**4 We should be able to see you, not smell you.** Please refrain from wearing perfume or scented lotion when working out. Fragrances of any kind can aggravate asthma and can cause headaches. Please be considerate and refrain

from your favorite scent until after your workout.

**M**ake the best use of your time and money. Not all of us are familiar with the gym or how to accomplish our goals. This is where a trainer or a SGT (small group training) class could benefit you. Meet with a trainer and get first-hand advice on how to achieve your goals, learn how to use the equipment properly, and receive a program personally designed for you. Attend a SGT class and get more personal attention than a group exercise class; besides, working out with more people makes it more fun. A personal trainer or SGT class may seem like an extravagant expense, but it can be money very well spent.

Well Fit Classes: pages 87-100 • Class Grids: pages 101-103



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JUNE 16



JULY 1



JULY 28



AUGUST 5



AUGUST 26



SEP. 16



SEP. 23

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Enjoy music, video and limited edition 2016 Summer Series prizes give away!

\*Dates may be subject to change.



## Everything Changes

Mary Lou Taverna

Compliance Committee Chair

Our long-term chair David Stone handed the baton to new leadership in December. As the new chair of the Compliance Committee, I am delighted to move into the position and honored to work with a terrific group of committee members. David's energy, knowledge, sense of humor, and dedication to our community will be missed. While he has physically relocated, I believe his spirit and heart will always be here in SCLH.

The responsibility of the committee is to maintain the integrity and beauty of our community, in part by responding to complaints received from residents. Compliance with the SCLH Governing Documents is a requirement of residency and it is the responsibility of the committee, in partnership with our residents, to preserve the wonderful environment of Lincoln Hills.

Since becoming a member of the committee, I am aware we have work to do.



Our community is now well established and, at the same time, in need of focused attention on many areas requiring changes and upgrades.

My year end report to the Board of Directors revealed the following: Of the

“My year end report to the Board of Directors revealed the following: Of the 263 non-compliance notices given, 44% were for property maintenance, 17% for prohibited materials or installations, and 13% for unapproved installations... there is no better time than now to improve those numbers by re-barking, trimming shrubs and trees, replacing dead plants, removing weeds, and...”

263 non-compliance notices given, 44% were for property maintenance, 17% for prohibited materials or installations, and 13% for unapproved installations.

Since spring is just around the corner, there is no better time than now to improve those numbers by re-barking, trimming

shrubs and trees, replacing dead plants, removing weeds, and generally giving our yards a much improved appearance.

A major change to the originally approved landscape requires a written plan submitted to the Architectural Review Committee (ARC) for review and approval. Before a lawn is removed, plans for the revised design must be approved by ARC. In January, there were 10 incidents of landscape redesign without ARC approval of the new design. Do not make major changes before getting approval and risk having to uninstall and remove what was just done.

More than the allowed number of pots, artificial flowers, and other prohibited decorative items are starting to appear in many front yards. If you have a question about what is allowed, please review the CC&Rs or call Community Standards Manager, Cecelia Dirstine, at 625-4006.

My intent is to equate compliance with beauty and excellence—to make SCLH a preferred destination for new owners and a community of high property values for sellers. With your help, we will see that vision realized.

## The 411 on Revenues

Harriet Kaufman

Finance Committee Chair

President Harry Truman was fond of saying “The buck stops here,” a poker term meaning passing responsibility. Truman proudly displayed the saying on a plaque on his desk while serving as president.

The buck won't be passed here as revenues are discussed. Yearly revenues from dues total \$7.787 million. We are able to count on this money on a quarterly

basis. However, it's not enough to fund all our required expenses and maintain our reasonable dues. Consequently, we look elsewhere for additional revenue. While this is not guaranteed income, and it is a different amount every month, it certainly helps. This year, bookings show that outside revenues may be as high as \$4.9 million.

A good deal of the outside revenue comes from our restaurants, catering events such as weddings, business meetings, and our Summer Concert Series.

Other outside revenues come from the trips and classes we take as well as events and shows that occur throughout the year.

The revenues gleaned from both dues and outside sources are considered the “top line” or revenues before expenses. Once expenses are subtracted from that income number, the remaining dollar amount is the “net.” Some months the net amount is a negative number, in most other months the net amount is positive. A view of the entire year would show that the months where there is insufficient revenue to cover expenses are helped by those months where we gained more revenue than expenses.

The Finance Committee feels that the community should be able to see all revenue sources. We are currently showing only revenue associated with dues. Consequently, very soon, you will see a

*Please see “Finance” on page 15*



Statement of Operations YTD—January 2016

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$ 649,984	\$ 644,404	\$ 5,580	7,787,494
Administration (Expense)	( 150,976)	(153,765)	2,789	(1,699,540)
The Spa at Kilaga Springs	( 7,876)	1,954	(9,830)	47,290
Fitness	(22,232)	(40,635)	18,403	(481,430)
Activities	(46,767)	(64,731)	17,964	(540,030)
Rec. Center / Maintenance	(181,714)	(202,525)	20,811	(2,507,150)
Landscape Maintenance	(171,150)	(180,222)	9,072	(2,675,444)
Food & Beverage	(32,493)	(52,940)	20,447	(65,510)
Capital Asset	0	0	0	0
Net Revenues (Expense)	\$ 36,776	(\$ 48,460)	\$ 85,236	(\$134,320)

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**Sunday, May 1, 2:00 pm      Monday, May 2, 7:00 pm**  
**Tuesday, May 3, 7:00 pm**

Enjoy 15 lively favorite songs from the Doo Wop 50s through the Golden 60s including "Mister Bo Jangles", "Aquarius/Let the Sun Shine In" and "The Lion Sleeps Tonight"

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# Garden Group

FLOWER SHOW Mar 24/25

Kilaga Springs Lobby 2pm-3pm

PLANT SALE Apr 1

Sports Pavilion 9am-12pm

ROSE SHOW Apr 23/24

Orchard Creek Lobby 10am-3pm

HOME GARDEN TOUR Apr 28

SCLH Yards 10am-2pm

BONSAI SHOW Apr 30/May1

Orchard Creek Lobby 10am-3pm

**General Meetings**

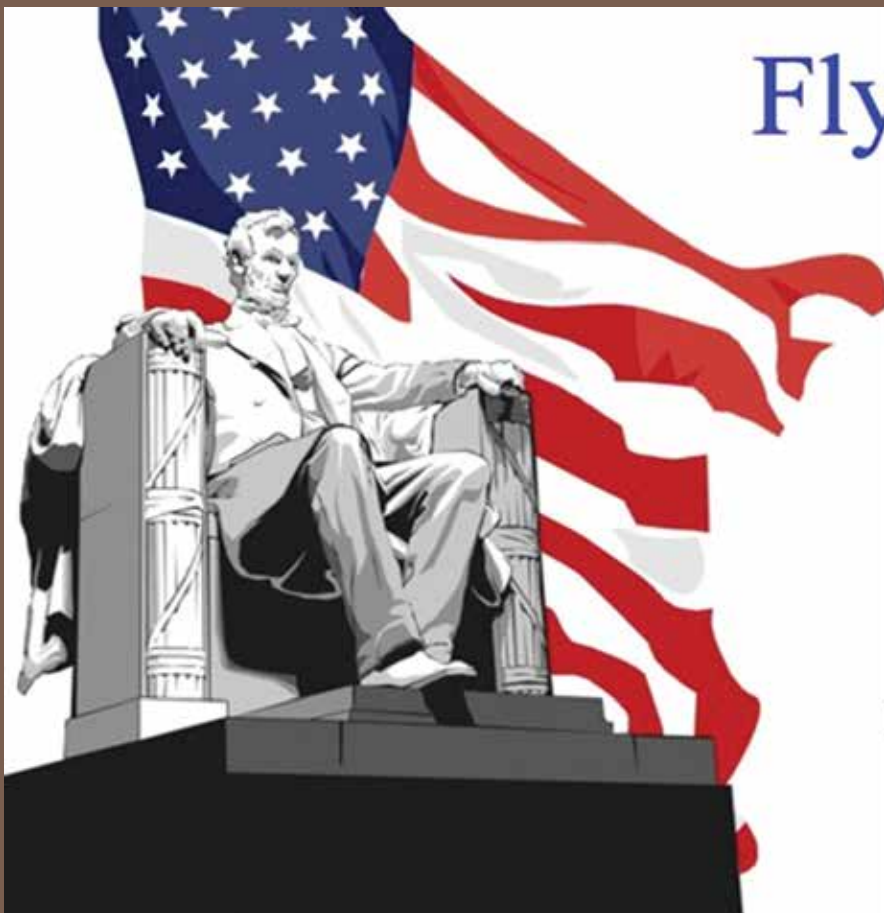
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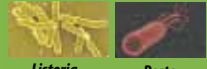
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## Join Our Spring Festivities at Meridians

Jerry McCarthy, Director of Food & Beverage

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



Spring is almost here and in that spirit we have created a new menu to highlight flavors and ingredients that celebrate this time of year. Some of the new items to choose from include: *strawberry and spinach salads, grilled pub steak, spring pasta primavera, and many more seasonal favorites*. In addition, the dinner menu will include a new section for our extremely health-conscious guests. The new section will include light portions of shrimp, chicken, or fish and include calorie counts to help put a spring in your step.

You will continue to see Meridians renew its commitment to excellent food

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

Upcoming festive Meridians events include:

- **Easter Brunch Buffet**—Sunday, March 27. 10:00 AM-3:00 PM. Reservations and prepayment are requested. Please visit our host stand

or go online for the full menu.

- **Dinner in the Dark**—Thursday, April 21. A fabulous dinner where you have to use all of your senses, except no peeking. Please visit our host stand or go online for all the fun details.
- **Cinco de Mayo**—Thursday, May 5. Join us for many foods and drink specials all day long. *Free* live Mariachi music during lunch. Reservations strongly recommended.
- **Mother's Day Brunch**—Sunday, May 8. 10:00 AM-3:00 PM. Reservations and prepayment are requested.

Please remember that we offer full service catering in the OC Ballroom, Kilaga Springs Lodge, Sports Pavilion, or your home. Call Meghan at 625-4043 to make arrangements.

~Please see our ad on page 22.~

## Three Ways to Stay Connected!

Lily Ross, Lifestyle Assistant Manager

To the surprise of many, it is now very obvious that the login procedure for Lifestyle Online has changed. I can hear you now, "But why, Lily? It was so simple before!" To put it simply: security. In November it was identified that we needed to break apart our beloved single sign-on used at the Resident Website, which provided access to information both on the Resident Website, as well as Lifestyle Online. When the change was implemented, we produced eNews communications explaining the new process and over time it has become clear that not everyone receives (or reads) their eNews, or they aren't sure what they're logging into, or why. To better understand the change and how it affects you, here are descriptions and user information for eNews, Resident Website, and Lifestyle Online.

**eNews:** This is the email subscription service for our residents to keep informed of happenings, alerts, and special offers within the community. You can opt-in for

eNews communications for each of the following categories: Activities, Food & Beverage, Community Association, Spa, Wellness & Fitness. **To manage your eNews subscription settings**, click on the "eNews" icon on the right side of the Resident website (you will need to scroll down a little bit to see it). You can always unsubscribe later by clicking "unsub-

"To the surprise of many... the login procedure for Lifestyle Online has changed. I can hear you now, 'But why, Lily? It was so simple before!' To put it simply: security... To better understand the change and how it affects you, here are descriptions and user information for eNews, Resident Website, and Lifestyle Online"

scribe" located at the bottom of the eNews email message.

If you need help with this service, contact [Help.Desk@sclhca.com](mailto:Help.Desk@sclhca.com).

**Resident Website:** [Suncity-Lincolnhills.org/Residents](http://Suncity-Lincolnhills.org/Residents) is home to a plethora of resources for the Association. Most items viewed through this site do not require you to log in. However, if you wish to view secure or confidential information such as **videos, board minutes**, or access the **document Library**, you will be required

to login in the same way you always have. If you wish, you may have an account for each member of your household. **New user?** Click on "Register" at the top right corner of the homepage, then key in your information including your Member ID which can be located on the front of your Membership card. If you need help with this webpage, contact [Help.Desk@sclhca.com](mailto:Help.Desk@sclhca.com).

**Lifestyle Online:** If you are looking to enroll in **Classes, Trips, or Entertainment**, click the Lifestyle Online link located on the menu bar of the Resident Website and you will be directed to a separate webpage. At this webpage, log in by clicking "Login" at the upper right corner of the homepage. Only one email address per household can be used for login purposes. If this is **your first time logging in since our security change**, your password was defaulted to "website" (all lower-case, one word, no quotations). **If you are a new user of Lifestyle Online, or have not made an online purchase in the past six months, please contact us to establish your account** by completing the CONTACT US form found on the menu bar of the Lifestyle Online homepage. If you need help with this webpage, you can also contact [LifestyleOnline@sclhca.com](mailto:LifestyleOnline@sclhca.com).

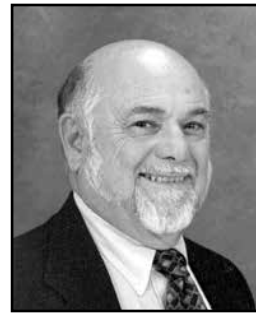


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**The Spa at Kilaga Springs**  
**The Spa at Kilaga Springs Joins the Lifestyle Department**

*Jeannine Balcombe, Senior Director of Lifestyle and Communications*

We are pleased to announce that *The Spa at Kilaga Springs* has joined the Lifestyle Department including: WellFit, Activities, Advertising and Communications. Stacey Diemer is our new Day Spa Manager and the entire Spa team, who have years of experience, is receiving support from the

WellFit team headed by Deborah McIlvain, WellFit Manager. This change is creating a synergy that will position the Spa at Kilaga Springs to reach its full potential and we invite you to be part of the change. Come into the Spa or call the service desk at 408-4290 to schedule an appointment for a massage, nail treatment, or facial.



*Stacey Diemer  
Day Spa Manager*

There are many options to choose from. Go to our Spa website at: [www.kilagaspringsspa.com](http://www.kilagaspringsspa.com) to find what you are looking for in services and products. We look forward to serving you.

In last month's *COMPASS*, the Spa had an insert showing residents that the services offered by your Sun City Lincoln Hills day Spa are, for the most part, lower than any of those provided by local businesses. Not only do you receive superior treatments, with quality products and services, the Spa at Kilaga Springs also offers you the comfort of a retreat room, a bathrobe, slippers, and a heated neck wrap prior to your service. We encourage you to come in and try a service with us. You will be impressed by our professional and courteous staff and the welcoming non-stressful environment it offers you.

~Please see our ad on page 108.~



*From left, WellFit Manager Deborah McIlvain standing with some of the skilled professional team waiting to serve you in the Spa at Kilaga Springs, Linda Hausman, Jade Gage, Jinie McComb, Stacey Diemer, Veronica Ferraro, and Lacey Danner*

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**Finance**

*Continued from page 12*

change in our Statements of Operations as all revenue sources will be shown. The expense lines will remain as they are. In this way, the community will be able to

view our entire financial picture.

A view of our Statement of Operations for January, 2016 shows that our revenue from dues was \$649,984. Once expenses are deducted, net revenues are \$36,776. This is a favorable variance of \$85,236.

Our total 2016 budget indicates net expenses over revenues of \$134,320. This shortfall will be covered by net revenues over expenses from 2014 and 2015. This illustrates the importance of knowing all sources of our revenues.



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# PILATES TOWER GRAND OPENING

APRIL 4 - 8 | OC WELLFIT STUDIO



PILATES *Tower*



## What is a Pilates Tower?

Like the Reformer, the Tower was originally developed as a rehabilitation tool, to increase core strength, body awareness and flexibility. The Tower allows the client to work on multiple plains of resistance and levels. The Tower is ideal for muscle isolation, stretching and core work while opening up the workout to all levels of fitness. Private training with the Tower is ideal for rehabilitation as well as getting back into shape.

## Free Demonstration!

We are offering **FREE** Pilates Tower Demonstration classes and **FREE** 15 minute Bowenwork sessions April 4-8, see class schedule below. To sign up for a **FREE** demonstration please contact **Carol Zortman at 625-4032.**

**Don't miss out! Space is limited, reservations required.**

### Monday April 4

1:00pm Tower Demo with Sarah  
1:00 Bowen Demo

### Tuesday April 5

12:30pm Tower Demo with Julie  
12:30 pm Bowen Demo

### Wednesday April 6

7:30am Tower Demo with Kirsti  
1:00pm Tower Demo with Gretchen  
1:00 Bowen Demo

### Thursday April 7

11:30am Tower Demo with Marilyn  
11:30 Bowen Demo

### Friday April 8

11:30am Tower Demo with Valerie  
11:30 Bowen Demo

## The following class packages will be available during the month of April:

- Introductory package** - Reformer Intro + 4 classes - \$90 and 25% off the first month of a Reformer membership if purchased within the 30 days.
- Feel good package** - 3 private reformer sessions and a *free* Bowen treatment - \$150
- The Big Spring package** - unlimited class Pilates membership - \$200 per month
- Semi private training** - up to three \$25 per person (minimum of two)







## “Hot Vegas Nights” Coming to a Theater Near You

### Tap Company Show March 31, April 1 & 2

Doug Brown, Resident Editor

This is one “bus trip” you won’t want to miss!

And you won’t even have to leave Lincoln Hills—or hop on a bus, for that matter—to take in “Hot Vegas Nights” right here on our own main stage.

The Tap Company’s annual extravaganza this year opens with residents of Lincoln Hills boarding the bus for a rol-



“The Copa Nine”

licking, fun-filled trip to the entertainment capital of the world. From then on, a talented cast and crew of 99 will entertain you (and the bus trip travelers) with nostalgic top-of-the-charts numbers from years past—songs like “Hey, Big Spender,” “I Fall to Pieces,” “If I Had a Hammer,” “Sherry,” and



“Hawaiian Wedding Song.”

You’ll see some of the giants of the singing world represented on stage—Sonny and Flair, the New Misty Crystals, the Brat Pack, and... what’s this? An Elvis sighting? And what would a Tap Company production be without those eye-popping, finely choreographed dance numbers from troupes like “The Copa Nine,” “Ladies of the Night,” and “The Red Hots”? Of course, Lincoln Hills favorites like the Back Porch Cloggers, Out of Line Dancers, and Hula Wahines will join in the fun. And, whoa! Are those the “Beefcakes” up there on our stage?

Ellie Hoekenga, the show’s Director, is “thrilled, honored, and excited to be working with such a talented group of performers.” And Producer Celeste Martella noted, “the cast and crew are from all four Performing Arts Clubs in Lincoln Hills—and beyond—a wide representation of residents.”



From the top: “The Red Hots,” “Ladies of the Night

Many of our well-known dancers and singers make up the cast of “Hot Vegas Nights.” Alyson Meador, Melanie Greenwood, and Carol Rose, are among the talented choreographers whose dance numbers will surely rival those of Vegas clubs. You’ll hear solos by some of our own vocal “stars”—Isobel Hersch, Hugo Solano, Steve Garavito, Joanie Adams, and Neil Dennis. And choral groups will get your toes tapping with “This Land is your Land” and Gospel singers performing “Oh, Happy Day.”

We’ve come a long way from the “early days” of an annual spring talent show to what have in recent years truly been stage productions, complete with story lines and interconnected musical numbers. Oh, and this year there’s a tantalizing little *mystery* that will be woven into the saga of Lincoln Hills residents at loose in the city of Las Vegas!

For ticket information see page 45.



Lincoln Hills Tappers



## Improve Your Life By Volunteering

*Al Roten, Roving Reporter*

As we look through any issue of the *COMPASS*, the fact that we live in an active adult community is reinforced by review of the many clubs, groups, and activities available to us. We can participate in as much or as little as we wish. However, we can also enrich our lives by volunteering both within Lincoln Hills and in the community of Lincoln and beyond.

For Lincoln Hills volunteers, a thank you luncheon is held annually to honor over 300 residents for an astonishingly wide variety of services. Further, many Lincoln Hills residents are already enriching their lives by working with non-profit organizations beyond Lincoln Hills.



An Expo for Clubs, SCLH Lifestyle, and local non-profit organizations

So, how does one get to know about these life-expanding opportunities? On Tuesday, March 22, from 10:00 AM to 1:00 PM the "It's the Lifestyle" Exposition will be held in OC Lodge. Many organizations have been invited to have a table at this gathering with information handouts and representatives to tell you about exciting things going on locally.

Here are some of the enriching opportunities you will encounter:

**FieldHaven Feline Center** (Joy Smith, President, joy@

fieldhaven.com 434-6022) uses about 230 volunteers in care for cats at the shelter, as well as help at FieldHaven Market and Snap It Up thrift stores. Time spent ranges from very occasional to near full time. Celebrating 8th Annual Classics, Cats & Cabernet event on June 11. Very broad range of care and skills may be put to use.

**Art League of Lincoln** (Jean Cross, Vice President, jeancrossart@gmail.com 316-6173). Volunteers are needed for: Wine Fest, April 24; ClayDay, April 30; Rods & Relics, June 4; attendants at the Art Center Wednesdays through Saturdays 11:00 AM to 1:00 PM; art teachers and hosts for classes; and jobs for artists and non-artists.

**Lincoln Chamber of Commerce** (Tom Cosgrove, CEO, ceo@lincolinchamber.com 645-2035) needs volunteers to support: Business Excellence Awards Dinner (January), Farmers Market & Summer Nights (June-August), 4th of July Parade, Chamber Golf Tournament (July 20), Lincoln Showcase On The Plaza (September), Holiday Parade and Tree Lighting (December). A broad range of skills are needed.

**Lincoln Library** ([www.ci.lincoln.ca.us/city-hall/departments-divisions/library](http://www.ci.lincoln.ca.us/city-hall/departments-divisions/library)). Many volunteers needed, including recording book returns, checking shelves, and reading to and tutoring children. Training is available. Application available on the City website.

**Lincoln Volunteer Center** (Bob Romness, Director, bromness@ci.lincoln.ca.us 532-0373) needs support staff for the 15th Annual Tour de Lincoln bicycle ride, May 14. Many volunteer jobs available such as checking riders in, selling T-shirts, and helping with lunch.

Come to the Lifestyle Exposition and learn more about these great opportunities and many more. Live life!!

## The Road to Aging Well

### The Bs in Your Belly Revisited

*Shirley Schultz, Health Reporter*

Strange that we commonly describe many of our symptoms of upper gastrointestinal (UGI) discomfort with words that start with "B": belching, burping, and burning. The "B" words extend on down into the intestines with bloating and borborygmus (that's the medical term for the rumbling sound in the bowel caused by the passage of gas). Everyone has likely experienced these symptoms at one time or another.

Although not always culturally acceptable in public (in our culture), belching is a normal part of the digestive process. To counteract the social stigma against belching, the World Burping Federation [no, I'm not making this up!], headquartered in Geneva, Switzerland, was founded to conduct a series of belching competitions throughout the world in hopes of ushering in a new era where belching is accepted. Their website still lists the world burping record, held by a pizza chef from New York, as being 18.1 seconds! On a more serious note, if you are concerned that you are experiencing excessive belching, or if it is accompanied by persistent heartburn, sour taste in your mouth, or burning in the throat, you should discuss this with your doctor.

When you eat, your stomach produces acid that helps digest food. If this acid backs up or refluxes into the esophagus, it is called GERD (gastroesophageal reflux disease), and it causes pain or burning in the chest. With continued exposure to stomach acid, the esophagus may actually erode. Prolonged erosion could even lead to bleeding or cancer.



There are many medications that are used to treat various gastrointestinal problems and other conditions, and some of them can actually cause more harmful adverse reactions than they cure. Rather than frequently using over-the-counter antacids, which could mask a developing serious condition, it is best to seek medical attention. It is also unwise to use the over-the-counter H2 Blockers such as Prilosec, Pepcid, Zantac, etc., without first consulting with your physician, as some of these drugs may actually cause kidney damage.

To be enlightened about how your diet and lifestyle may contribute to your digestive ailments, and to learn how to prevent and treat digestive problems, plan to attend the **Community Forum on March 23, "Don't Let Your Stomach Upset You"** by Dr. John McCracken (see page 104). I am sure he will not be reporting on the World Burping Federation!



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

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### Orienteering

## The Grass is Greener...

Dee Hynes, Roving Reporter

The grass is greener on all of our trails at this time of year, in fact, it's spectacular! Don't miss these shimmering emerald fields.

Pick out your favorite path from our 18 trails. See the foldout Fitness Trail map 3 in our Community Directory and Resource Guide.



Mallard Pond Trail



Orchard Creek South Trail



Orchard Creek North Trail



Seep Trail

## Collecting Curiosities

Nina Mazzo, Roving Reporter

People have been collecting for hundreds of years. Almost everyone collects something, including a numismatist (coins), horologist (clocks), and deltiologist (postcards). This month, let's meet two residents who have unique collections.

Myrna Ericksen has traveled and lived in multiple locations. Early on, she lived in Plymouth, Massachusetts where she developed an interest in the lives of early American women and their lifestyles. One day she visited a small thrift store and purchased an antique retractable pencil. Who was the woman who once wore it around her neck?

When Myrna moved to San Jose where she became a docent at the San Jose Historical Museum, she dressed in authentic Victorian attire. She enjoyed finding period clothing in local antique and thrift stores. Her collection now encompasses items from the Victorian period into the 1980's. She has at least 65 ensembles including hat, purse, jewelry and other accessories to truly complete the outfit. One day she decided to offer these vintage fashions as fundraisers for charities and has continued to do so frequently. Myrna attends the Antiques Appreciation Group where there are interesting guest speakers and fellow collectors.



Myrna Ericksen

Dan Larsen started collecting die-cast model cars in 1977 when Chevrolet Corvette offered one as a dealer promotion. Dan is now an aficionado of his collectible cars, with an infectious enthusiasm and passion for cars, especially Pontiacs! You might have seen Dan driving his 1969 Pontiac GTO in local events, and yes, he also has his model in a die-cast car. His collection contains models in several different scales. He noted he does not keep them packaged and he only buys those in the affordable range.

Dan showed me one model that was his toy as a boy in Marble Hill, Missouri. He owns 1,283 cars and they are stored in large cases in his garage, which is often open and he can be found working on his collection or perhaps "testing" them (definitely not "playing"—ahem!).

By the way, in front of the cabinets you can find several whimsical solar characters and on top of the cabinets you will see many Peeps candies. Here we have a collector with a sense of humor.



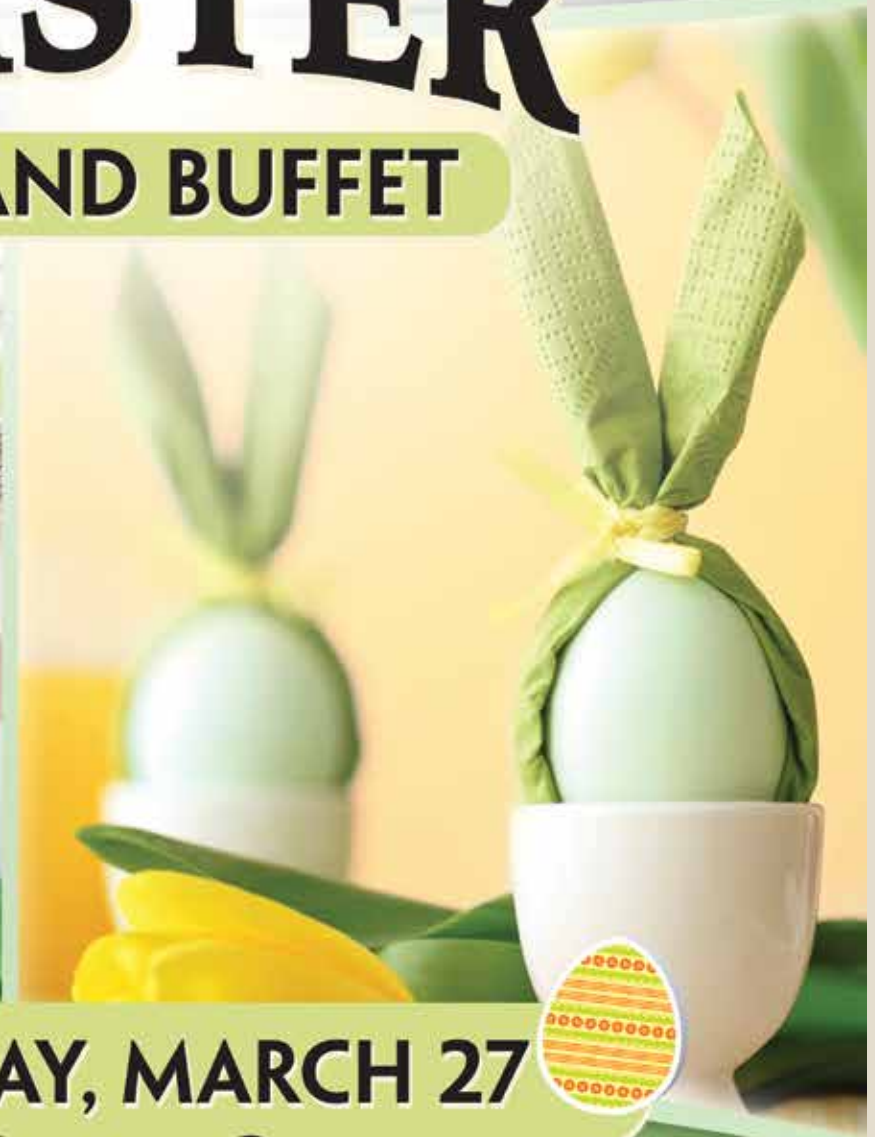
Dan Larsen

Do you have a unique or unusual collection?  
Contact me at [ninamazzo@me.com](mailto:ninamazzo@me.com)

*Meridians*

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### Neighborhood Watch

## Identify Theft Prevention Workshop March 23

Presented by Placer County Sheriff's Office

Patricia Evans

California is one of the epicenters of identity theft, which is considered the fastest growing crime in America. Seniors are the favorite targets among the 1.5 million recent California victims.



Two financial crimes experts, Detectives Andrew Lyssand and Dan Meier, from the Placer County Sheriff's Office will lead a workshop on protecting yourself from identity theft on Wednesday, March 23, from 1:00 to 3:00 PM in the Orchard Creek Front Ballroom.

Detectives Lyssand and Meier have investigated hundreds of financial crimes and will disclose ingenious ways criminals obtain information. They will reveal the interesting problems law enforcement agencies encounter in these cases, as well as steps to take to maintain vigilance over your personal information.

Professionals tell us that the sophistication and innovation used by identity thieves are growing by leaps and bounds. Their emails are acquiring a polish to entice the most cautious reader. On the telephone they present an increasingly persuasive performance. Making a handsome living through identity theft motivates persistence and skill.

The "digital shadow" you leave in bits of information on your computer, mobile phone and other digital devices is increasingly



Volunteers attend the Neighborhood Watch Annual Meeting

used to target your interests, preferences, and activities. Medical identity theft is increasingly popular and is a particular vulnerability for seniors. However, the familiar standbys of acquiring information through stealing your wallet or purse, dumpster diving, and stealing mail are still in vogue.

Nevertheless, there are preventive steps you can take to help staying in control of your personal information. For suggestions please turn to page 32.

#### Neighborhood Watch Contacts

- Larry Wilson, 408-0667  
lgwlincoln@gmail.com
- Pauline Watson, 543-8436  
frpawatson@sbcglobal.net

Neighborhood Watch Website

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

## Library News

Sandy Melnick, Library Volunteer

I have been getting many calls regarding donations. Just to let everyone know, 2008 is the magic number. If you have any donations for the Kilaga Springs Library, please look at the copyright date (found on the back of the title page). If the date is 2008 or later, we would love to have your donations.



Once again, our books are arranged by authors. We do not have books under categories, i.e. sci-fi, westerns, etc. If you are looking for a particular book but don't know the author, use the computers or ask one of our volunteers. We will be most happy to help you locate the book you are looking for.

Have you borrowed a DVD or sets of DVDs? Please, please return these items to our Library. We have very few DVDs to loan out now. We know they are out there—please help them find their way home to the Library for everyone to enjoy.

*He's Gone* by Deb Caletti is one of the books you can't put down. A husband goes missing and the wife searches endlessly, looking for reasons why he would leave. The police are stymied and everyone has their opinion of what has happened. This is in the hardback section of novels.

Contacts: Sandy Melnick (408-1035) for donations and Nina Mazzo (408-7620) for the Community Living Room (OC).



SCLH Flowers  
Photos by Truman Holtzclaw



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## Club News



### Alzheimer's/Dementia

#### Caregivers Support Group

Last month we had the good fortune to have Sharron Spotts speak to us about a major concern in most automobile drivers' lives—losing the privilege and independence of driving. This is certainly no less an issue for Alzheimer's families. Come join us on March 23 in the Multipurpose Room (OC) to hear how others have dealt with or are currently dealing with this and other gnarly issues.

Our group meets every fourth Wednesday of the month at 1:00 PM. Our format is a group setting every other month to discuss how you as a caregiver can find the support and respite you need to cope with the increasing challenges of dementia care. In the intervening months, we have speakers who are professionals in this specialized care area to give you their perspectives and suggestions. We are grateful to the Lincoln Hills Foundation for support.

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

Cathy VanVelzen 409-9332; Maria Stahl 409-0349; Al Roten 408-3155



#### Antiques Appreciation

On March 7 we toured The Museum of Wonder and Delight, which is a special new exhibit in Folsom featuring antique and vintage toys, mementos and keepsakes collected from around the world by Mr. Gotelli, the owner. It was so much fun, enhanced by Mr. Gotelli and for many of us thinking back to our childhood!

The April 4 program will be covering Antique and Vintage Desk-top Items, 50 years and older. Three of our members will share their small collections. Members are invited to bring items to share; some examples are ink well, pen, pencil, magnifier, paperweight, letter opener, blotter, ruler, desk clock, wax seal stamp, and bookends. Look around your home, maybe you will find other Vintage Desk-top Items. Join us for this fun and interesting morning.

We meet the first Monday of each month at 10:00 AM in the breakout rooms of the Ballroom, Heights and Gables. Join us!

**Yellow highlighted events are shown on the Calendar of Events list on page 3.**

**Contacts:** Rose Marie Wildsmith 409-0644;

Barbara Engquist 434-1415;

Appraisals 408-4004



#### Astronomy

Monday, March 21. Cosmology Interest Group (CIG), Fine Arts Room (OC) starting at 6:45 PM. Don Wilson will present "Consensus Cosmology, Science or Pseudoscience."

The Telescope Interest Group (TIG) will meet on Thursday, March 24 at 6:45 PM in the Fine Arts Room (OC). Ron Yelton will give a presentation on "Introduction to Astrophotography."

On Wednesday, April 6 in the P-Hall (KS), Anthony Oreglia will present "Exploring Mars: 50th Anniversary." A survey of the key characteristics and major findings of past Mars Missions will be presented including many of the stunning images obtained by the spacecraft and updated information on the most current missions—Curiosity Rover, The Mars Orbiter, and MAAVEN missions.

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

eunmor@pobox.com; Cindy Van Buren 253-7865, rvbcvb@att.net

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



#### Ballroom Dance

Come and spice up your life! Learn the Cha Cha with us in March. In April, we will mellow things out by learning the smooth Foxtrot. We meet Tuesday afternoons at KS. Beginning group lessons are from 2:00-3:00 PM. A social dance hour, with a wide musical selection, follows from 3:00-4:00 PM. Need extra help? Our friendly, patient instructors are always willing to help you during the social dance hour. Don't want to come for lessons? You are welcome to come and



Chris & John Geist

dance and socialize, during the open dance hour. From 4:00-5:00 PM, a more advanced lesson in the monthly dance will be taught. Mark your calendars for our Spring Ice

Cream Social on Sunday, April 10, in the OC Ballroom, from 2:00-5:00 PM. We have lots more fun dance events scheduled during the year, too. Our \$7 annual membership includes *all* lessons!! Don't let life "march" on by, enrich your life by dancing!

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

Chris Geist 543-0176



#### Bereavement Support

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Support meetings are held on the second Wednesday of each month at 3:00 PM at Joan Logue's home. The next support meetings will be April 13 and May 11. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunches will be at Sterling Cafe, Wednesday, March 30, and Siinos, Thursday, April 28. 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](mailto:joanlogue@sbcglobal.net)



#### Billiards

Women's Billiard Group Tournaments will be every Tuesday, 12:45 to 3:00 PM. *Free Billiards Workshop available to all SCLH residents:* The Billiards Group is offering a free Billiards lesson at KS. We will have a person there on Tuesdays, from 9:00 to 10:30 AM. This is for both new and returning players (men and women). You do not need anything to start other than the desire to play. Just show up and see what we have to offer. *Remember, it's free.* Contact Dan Oden, 408-2687.

Pictured winners (next page)—Top photo: First place, six out of seven games—Phil Berlenghi, Lisa Papst, Dan Oden, Tom Thornton and second place, five out of seven games, Bob Wehner, Doug Porter. Middle photo: Five of six games—Sherry & Ron Weech, AJ Jhanda and Linda Scott. Bottom photo: Six of seven games—Dennis Dreiling and five of seven games—Del Torres, Herb Hayes, Remmy Giannini, Dan Oden, and Rich Lujan.



Billiard Winners

Contact: Tony Felice, [afelice@wavecable.com](mailto:afelice@wavecable.com)

### Bird

On April 11, Kathi & Larry Ridley, and Sal Acosta and Suzanne Hutchinson will share their travel photos on South America. This program will include birds



During February's outing to Ferrari Pond our group spotted 45 species of birds. These pictures are three of these

birds. These pictures are three of these

and much, much more. So join us, on the second Monday of April in the Presentation Hall (KS) at 1:30 PM.

This is an especially nice time of year to be out viewing birds. On March 25, we head over to the Twelve Bridges Trail. This morning begins at Coyote Pond then continues on a leisurely two-mile walk that covers open grasslands with scattered oaks and wooded areas. If you would like to just walk the half mile that circles the pond, we usually see a nice variety of birds. For upcoming trips in early April, please check our website and your emails.

Contact: Kathi Ridley 253-7086, [kathiridley@yahoo.com](mailto:kathiridley@yahoo.com)  
 Lh\_bird\_group@yahoo.com  
 Website: [www.suncity-lincolnhills.org/residents](http://www.suncity-lincolnhills.org/residents)



### Bocce Ball, Mad Hatters

It's that time of year again. What happens between the time we have our Christmas Party and when they put the blue awnings back up on the Bocce Courts? No, we're not talking about Valentine's Day. If you've been here a couple of years then you know it's time for the annual "It's the Lifestyle" event. If you've been here more than a couple of years you might know it as "The Groups Expo." Lifestyle or Expo we look forward to having residents, old and new, stop by our Mad Hatters table March 22. If you've ever thought you'd be interested in playing Bocce we can probably get you off on the right foot. Your first step would, of course, be to join us on Thursdays at 10:00 AM to play Bocce.

Contacts: Paul Mac Garvey 543-2067, [pmac1411@aol.com](mailto:pmac1411@aol.com); Bob Vincent 543-0543

### Book, OC

Join us on March 17 at 1:00 PM in the Multipurpose Room (OC) to discuss *The Nightingale*, by Kristin Hannah. An epic love story and family drama set at the dawn of World War II, the novel depicts the enduring toll of the loss of a parent, family estrangement, sisterhood, and life's difficult choices. We meet the third Thursday of the month. Newcomers are welcome!

Schedule, remainder of 2016:

- April 21, *The Girl on the Train*, by Paula Hawkins
  - May 19, *The Wright Brothers*, by David McCullough
  - June 16, *Far From the Madding Crowd*, by Thomas Hardy
  - July 21, *Gray Mountain*, by John Grisham
  - August 18, *The Spellman Files*, by Lisa Lutz
  - September 15, *All the Light We Cannot See*, by Anthony Doerr
  - October 20, *Dead Wake: The Last Crossing of the Lusitania*, by Erik Larson
  - November 17, *Wish You Well*, by David Baldacci
  - December 15, Holiday Luncheon
- Contacts: Darlis Beale 408-0269; Penny Pearl 409-0510; Dale Nater 543-8755  
 Website: <http://LHocbookgroup.blogspot.com/>  
 Wiki: <http://ocbookgroup.pbwiki.com/>



### Bridge, Duplicate

Our club's annual meeting was held on January 20. A quorum of members was in attendance. The 2016 budget and several proposed changes to the club by-laws were voted on and passed.

Take advantage of the free bridge lessons presented every Wednesday at 11:45 AM prior to the game that day! Duplicate games are played in the Kilaga Springs Lodge on Wednesdays at 12:30 PM (includes a 199er section), Fridays at 5:00 PM, and Saturdays at 12:30 PM (includes a 299er section). Game fees are \$2 per person for club members and for the first three games of non-member SCLH residents. The fee is \$5 for non-resident visitors. If you need a bridge partner for any of the open games, call Barbara Dorf (434-8234), Squeak Conner (645-9085), or Lynne White (253-9882). For a partner in one of the limited games call Sheila Ross (434-6165) or Lynne White (253-9882).

Contact: Sharon Neff 543-8897

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



### Bridge, Partners

Call for early signup, or show up with your partner and standby, Sierra Room (KS). You get to play if we have even pairs up to 28. We must be seated by 5:50 PM, with stand-bys seated immedi-

ately thereafter; we must finish by 8:30 PM.

Winners:

January 28—First: Ed Page/John Woodbury; second: Edith Kesting/Erica Wolf; third: Harry Collings/Stam Mutnick; fourth: Ralph Madsen/Chet Winton. Rose/Joe Phelan had the night's high round of 2200.

February 4—First: Larry Mowrer/Warren Sonnenburg; second: Janet Pinnell/Linda Theodore; third: Pat Mullins/Barbara Bryan; fourth: John Butler/Byron Hansen. Beverlee/Allan Blaine had the night's high round of 2080.

February 11—First: Lorraine/Bob Minke; second: Nancy Turrini/Lydia King; third: Chet Winton/Ralph Madsen; fourth: Ann Ulrich/Nancy Rice. Reta Blanchard/Barbara Bryan had the night's high round of 1760.

February 18—First: Bruce Fink/Stam Mutnick with the night's high round of 2370; second: Joanna/Alan Haselwood; third: Betty/Stam Kisbey; fourth: Rose/Joe Phelan.

**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, 1:00-4:00 PM, Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you rotate. Arrive between 12:30 and 12:45 PM.

Winners: January and February—First place: Marilyn Cheatham, Jyoti Sitwala, Dick Lund, Chet Winton and Helen Helm; second: Joe Phelan, Dee Williams, Jyoti Sitwala, twice, and Roseanna Jensen. Third: Joanna Haselwood, Jodi Deeley, Harry Collings, Byron Hansen and Chet Winton. Fourth: Pat Mullins, Nancy Griffin, Joe Phelan, Linda Sader and Dolores Marchand.

Grand Slam—Helen Helm and Joan Singer bid and made seven Clubs!

Free Bridge Class: Wednesdays, Card Room (OC). Instructors on first and third Wednesdays. Practice games on second and fourth Wednesdays.

Reservations—March/April: Linda Scott,

253-9893, Lcscottaz@gmail.com; Pat Fraas, 435-3854, patfraas@gmail.com

**Contact: Jodi Deeley 208-4086,**

**jodideeley2@gmail.com**



### Bunco

In February, the Bunco Group welcomed a new player, Wanda Sherrill. If you happened by the Card Room (OC) you would have heard the cheering and laughter with a lot of dice flying, which made for a fun time!

The Bunco Group plays the third Thursday of the month in the Card Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. Drop in when your schedule permits. It's a fun way to meet new friends!

February Winners: Most Buncos—Barbara Conner; Most Wins—Marsha Pimentel; Most Losses—Sara Klesius; Traveler—Kathy Sasabuchi.

Next Bunco is Thursday, March 17.

**Contact: Kathy Sasabuchi 209-3089,**

**ksasabu@icloud.com**



### Ceramic Arts

Happy St. Patrick's Day! I can smell the Corned Beef and Cabbage and I always keep the Marti Gras beads handy for that fun party.

CAG members: Remember if you have not paid your dues, they are due and payable. You must be a member to participate in weekend workshops. See a monitor for more information.

Workshop Hours—Pottery OC: Saturdays 9:00 AM-3:00 PM; Sundays 12:00-4:00 PM; Earthenware KS: Mondays 1:00-4:00 PM; Spanish Oil KS: Sundays 1:00-4:00 PM. All residents: Friday 1:00-5:00 PM.

**Contacts: Janet Roberts 543-6015;**

**OC Pottery Mike Daley 474-0910; KS**

**Earthenware Marty Berntsen 408-2110; KS**

**Spanish Oil Margot Bruestle 434- 9575;**

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

**Residents, Clubs, Ceramic Arts**



### Chorus

We're calling our spring concert "Surfin' the '60s," even though several of our songs precede or follow that decade.

"Sixteen Tons," for example, dates from

1946 and is best remembered from Tennessee Ernie Ford's 1955 hit recording. And most of our doo-wop medley—"A Teenager in Love," "Sh-Boom," "Book of Love," "In the Still of the Night," "Goodnight, Sweetheart, Goodnight"—comes from the '50s.



*Chorus conductor Bill Sveglini in rehearsal*

Songs like "Aquarius," "Yesterday," and "California Dreamin'" define the '60s, of course. So does our medley of Beach Boys and Jan & Dean harmonies—except for "Kokomo," which didn't appear until 1988. You'll love how it blends with "Don't Worry Baby"!

We may have stretched the decade a bit, but you're sure to savor everything in "Surfin' the '60s." See page 45 for concert dates and times and get your tickets beginning March 17!

**Contacts: Suzanne Rosevold 587-3035,**

**suzannechorus@gmail.com;**

**Bill Sveglini 899-8383, sveglini@gmail.com**

**Website: www.lincolnhillschorus.org**

**Email: lhchorus@yahoo.com**



### Computer

#### Apple Users Group—LHAUG

As many of you know, each of the LHAUG Seminars and Meetings is captured on video and then stored on YouTube. We recognize that not everybody can get to every event, so we are starting a feature called: "If You Missed It." Each month we will list an earlier month's videos with the



*We are starting a feature called, "If You Missed It." Each month we will list an earlier month's video at lhaug.org under videos*

suggestion that you visit or re-visit the topic. In January 2016 we featured “Tour of the Mac” with Helen Rains; “Organizing Photos and iCloud on the Mac” by Andy Petro and Ken Spencer; “iDevices” with Ken Silverman; and “Introduction to iCloud” by Bill Smith. All of these are listed chronologically and can be streamed on any of your computers or devices by going to [lhaug.org](http://lhaug.org) and selecting the Videos tab.

Your LHAUG has the largest paid membership of any recognized group in Lincoln Hills. Dues are just \$15 annually.

**Contact:** Vicki White, [vickiawhite@me.com](mailto:vickiawhite@me.com)

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



**PC**

**Main Meeting:** April 13, 1:00 PM—“Internet Safety for Seniors.”

Doris Blatchford, an Intel Corporation Volunteer, will present a program on safe internet surfing, shopping and identity scams. This program is sponsored by Intel Corporation and is a Community Forum presentation, and is open to the community. It will serve as our “Main Meeting” for April, no door prizes or social follows. **\*\*Note time & place\*\*** (OC Ballroom)

**Clinic:** April 15, 3:30 PM—Our take on internet safety with Terry Rooney, Bob Ringo and Rita Wronkiewicz. Let us help you take the fear out of the internet and get some use out of your computer. Lots of Q & A. P-Hall (KS).

**Ask the Tech:** April 22, 10:00 AM Informal Q & A session for any and all technical questions, Multipurpose Room (OC).

**Contact:** Karl Schoenstein, [president@sclhcc.org](mailto:president@sclhcc.org)

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



**Country Couples**

On February 27, Country Couples dancers dressed for Mardi Gras. Brightly colored costumes replaced our cowboy boots and hats for the evening. The room and table decorations brought the feeling of Carnival to Lincoln Hills. Dinner featured a taco bar with cookies served and savored for dessert. Our DJ for the night was Gordon Hunt who played a variety of music. Slow beautiful waltzes, lively two steps, cha chas, line dances, and swings were included in the lineup. It was



*Images from the 2015 Mardi Gras Dance: Gary & Sandra Moulton; Jane & Bob Roman; Table center-pieces*

a great evening for socializing with friends and practicing our dance moves.

Mark April 3 on your calendar for our Spring Dance, 1:00-5:00 PM at Sun City Roseville. Jim Keener will be our DJ for this afternoon event.

Also, don't miss the “It's the Lifestyle” coming March 22 to the OC Ballroom. Country Couples will be there, so please stop by and say Howdy!

**Contacts:** Marsha Brigleb 434-5460, Laura Wermuth 253-7092



**Cribbage**

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

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

The weekly winners for the month of January were Joyce Lund (first week), Russ McMillan, Joyce Lund (third week), and Ken VonDeylen.

New players are always welcome!

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



**Cyclist**

My past method of buying a new bike was very straightforward. Find a bike that looked and felt good, then after a short ride around the parking lot, make the purchase. Today, with most bike shops including a bike fit with the purchase of a new bike, cycling has been taken to a new level. A properly fit bike will increase your overall comfort, leading to a reduction in stress injuries; back, neck, knee and wrist pain; “Hot Foot,” saddle discomfort, hand and finger numbness and rider fatigue. Recently, I purchased a new bike and had it fit. If you want to get the most enjoyment from cycling, it's the only way to go. There is a fit calculator on the [competitivecyclists.com](http://competitivecyclists.com) website. Take the time to get a proper fit and make riding easier. Trust me, it makes a real difference to get a bike with the proper geometry.

**Contact:** Steve Valeriote 408-5506,

[jillsteval@gmail.com](mailto:jillsteval@gmail.com)

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



**Eye Contact**

**Low Vision Support**

Eye Contact holds two meeting each month; a Living Skills meeting and a General Meeting featuring a speaker of interest.

Living Skills Meeting, Multimedia Room (OC), Thursday, March 24, 10:30 AM-12:00 PM. “Let your Fingers do the Walking”—local resident, Elaine Small, will introduce us to and demonstrate the ancient Asian practice of Acupressure. Relying on finger placement and application of pressure, it is used as a therapy to relieve one's own tension or pain in the eyes, hands, feet, etc.

General Meeting, Fine Arts Room (OC), Tuesday, April 5, 2:00-3:30 PM. Cory Hanosh of NorthState Assistive Technology will be demonstrating some of their latest products. NorthState is a company dedicated to enhancing the independence of blind, vision-impaired and cognitively challenged individuals through adaptive technology. Meetings are open to all SCLH residents and can be especially helpful to those with low vision or those supporting loved ones with low vision.

**Contact:** Cathy McGriff 408-0169



## Fishing

It's raining again, let's hope it continues through April.

It's time to volunteer for a fishout. We know it's hard work, but the appreciation you'll get from your fellow fishermen will be worth it. Put on your thinking cap, contact a few friends and put it all together, then advertise, advertise!

There's plenty of places to go; from the Delta, to Collins, or Fuller, how about Englebright or a trip to Oregon or Nevada, maybe Fall River, I hear it's a great place. Heck the local pond off of Ingram has a few fighters in it. Just think about getting out there and having the time of your life all over again, just like when you were a kid!



*Fall River catch; there's fish here, just got to find them; Fish on!*

Encourage a buddy to join, it's always better when you have a good friend with you.

To join, contact Henry or Jerry (the President):

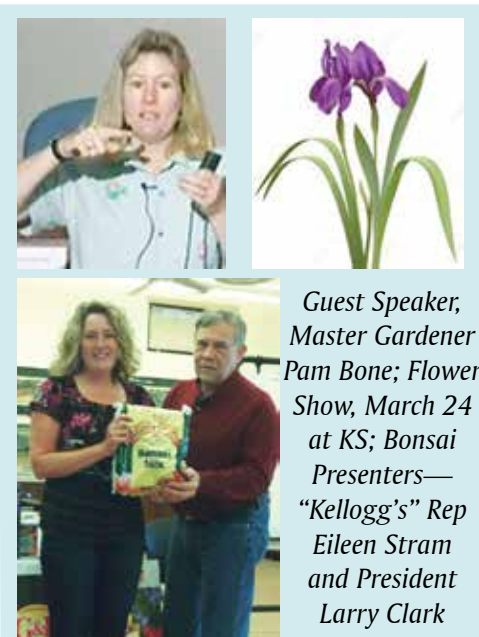
**Contacts:** [Jerryjmessier@starstream.net](mailto:Jerryjmessier@starstream.net);  
[Henry Sandigo](mailto:HenrySandigo) (415) 716-0666, [hsandigo@icloud.com](mailto:hsandigo@icloud.com)



## Garden Group

"Attractive Landscapes with Less Water" is the focus of horticulture advisor Pam Bone, for the March 24 General Meeting (KS, 2:00-4:00 PM). Home Depot door prizes for members seated by 2:00 PM!

Participating in The Flower Show before the meeting (1:00-1:45 PM) will showcase flowers growing in members' yards. Extra door prize tickets are available for participating. Contact: Arden Bendorf, 408-4882 or check the website: [lhgardengroup.org](http://lhgardengroup.org) for information. Your February/March monthly emails also have detailed directions for participating.



*Guest Speaker, Master Gardener Pam Bone; Flower Show, March 24 at KS; Bonsai Presenters— "Kellogg's" Rep Eileen Stram and President Larry Clark*

Start grooming your flowers, roses, and bonsai plants! We have three shows we sponsor this Spring along with the Annual Home Garden Tour. Dates and details are on the website. Donations of a "Garden Nature" are needed for the Plant Sale April 1 to benefit civic projects. Please start now to save seedlings, plants, bulbs, pottery, vases, books, garden art, etc. Contact: Marie Salers (408-3895) or Madelynn Mossar (434-6153).

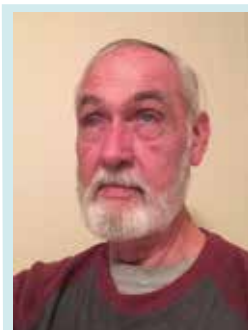
Bonsai Meeting: March 17 (2:00-4:00 PM), KS.

**Contacts:** [Lorraine Immel](mailto:LorraineImmel) 434-2918  
[limmel@sctv.net](mailto:limmel@sctv.net); [Larry Clark](mailto:LarryClark) 409-5214  
[lkclark@surewest.net](mailto:lkclark@surewest.net)  
[www.lhgardengroup.org](http://www.lhgardengroup.org)



## Genealogy

You have heard of the feud involving the Hatfields and the McCoys? Well, you are really going to enjoy the General Meeting on March 21 at the P-Hall (KS) at 6:30 PM! Our guest speaker is David Lewis and the topic: The Kentucky Turner-Howard Feud with Judge Wilson Lewis! Judge Wilson Lewis is a second cousin, three times removed of David Lewis. It don't get any better than this! Was illegal moonshine involved? Find out... be there! Don't give up on your genealogy research, you never know what is just around the corner!



*David Lewis*

The prize drawing is a zinger... an Epson Workforce All-in-One Printer, and the social gathering will follow the meeting with refreshments.

2016 will be a very interesting year for our members. Special guest speakers with topics of general interest. Valuable prize drawings after each meeting. Watch for emails and visit the website for updates.

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



## Golf, Ladies

### Ladies XVIII

Whereas our January began with some rainy days, we have accrued a few playdays now to report a host of winners. At the end of January, during Stroke Play on the Orchard, Habecker, Sanderson, Ward and Thompson claimed first in their respective flights. Warren's shot was inside three feet on Seven, for the CTP.

To kick off February, Anselmo fired a low net 66, to best the other 46 players for NetChix. Shari Loyd grabbed the CTP on Hole Seven.

In mid-February, on a perfect golf weather day on the Orchard, 39 players teed the ball for Stroke Play. Tilton, Bedford, Orlove and Hastings were first in their flights. The CTP was won by Honnol. Then, on the Hills, another Stroke Play game found Bedford and Orlove the winners, as only about 20

gals persevered, finishing in the rain. Warren captured the CTP on Seven.

*Submitted by Candice Koropp.*

**Contacts: Donna Sosko 434-5527**

**Website: lhlxviii.com**

### Lincoln Hills Lincsters

After the wet January, February provided the Lincsters with dry afternoons, and 30 to 40 players signed up each week to play. February 17 brought a forecast of high winds and rain, and consequently play for the club was cancelled. However, 14 dedicated players decided to brave the elements, formed their own foursomes and got in nine holes on the front of The Hills.

Play will continue to be at 1:00 PM through April. The first general meeting will be held on March 16, 8:00 AM, in the P-Hall (KS). Preparations are being made for the Bring a Friend Tournament, which will be held on May 4. WNHGA Charm Girl Tournament was held on February 22.

Welcome to new members Ranny Eckstrom and Lora Masche.

Congratulations to Sue Pharis, January Golfer of the Month.

**Contact: Pat Shafer, gdskd70@aol.com**

**Website: lincsters.com**



### Golf, Men's

The Lincoln Hills Golf Club is in the process of leveling many of the Tee boxes and replacing the sod. Many of the trees are getting trimmed and general spring maintenance continues.

The winners of the recent ABCD Tournament:

Flight one score of 61, winning by one stroke: Mike Munro, Rick Lamb, Glenn Arney, James McCarthy. Flight two score of 65, winning in a tiebreaker: Ed Lazarek, Mercer Tyson, Bill Zeek, Hank J Corriea.



*Ron Waisner*

Congratulations to Ron Waisner for his hole in one during the tournament!

We are off to good start to our tournament season!

The next Men's Club Tournament is the NCGA Best Ball on Tuesday, April 5; sign up by Thursday, March

31. The format is two-person Better Ball, 90% of course handicap. Top two teams advance to Sectional qualifying. There is a 'Just For Fun' group for less competitive players. Team prizes and Close to the Pin Prizes. See the Flyer.

**Contact: Doug Hinchey 209-3188, doughinchey@gmail.com**



### Healthy Eating

Our February Guest Speaker was Michelle Irwin, Cooking Instructor for the Weimar Institute's Newstart Lifestyle Program. The presentation was in keeping with the Healthy Eating Club's mission of helping ourselves and others to learn about healthier lifestyles through sensible eating practices.

Our March 28 meeting at 2:00 PM features Guest Speaker Danni Ballere, DN, Doctor of Naturopathic Medicine. We will learn how closely healthy eating and lifestyle fit with three basic principles of Naturopathic Medicine: 1) encourage self-responsibility for our own good health; 2) remove the underlying cause of disease rather than just dealing with symptoms; 3) utilize the self-healing capabilities within ourselves.

Join us as we learn about the importance and the joy of healthy eating. Monthly meetings are the fourth Monday at 2:00 PM in the P-Hall (KS). We sample healthy foods in the Social Kitchen (KS) after the meeting at 3:00 PM. Guests welcome.



*Buddha's Hand Citrus; Whole Foods Produce; Farmers Market Scene*

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



### Hiking and Walking

"If there is magic in the planet, it is contained in water." Quote by Loren Eiseley. The highlight of two of our February hikes was water: Lake Natoma and the Confluence of the North and South Forks of the American River. The beauty and serenity of a lake is always captivating, and the power of a rushing river is breathtaking. Hikers did a partial loop around scenic Lake Natoma stopping at the Nimbus Fish Hatchery for a lunch break. On the Stagecoach Trail, hikers enjoyed seeing the American River while trekking near the river as well as from distant overviews.



*Lunchtime at Nimbus Fish Hatchery with Lake Natoma in the*

*background; hikers on the historic Mountain Quarry Bridge spanning the American; peaceful Lake Natoma with ducks*

Due to the abundant rain, walkers enjoyed water scenery of the many creeks and ponds of the wetlands at Lincoln Hills. Walkers are on their winter sched-

ule, starting at 8:00 AM.  
**Contacts:** *Phil Huntingdale 408-1747, smccoubrey@sbcglobal.net*  
**Walking:** *Louis Bobrowsky 434-5932, louisbobrowsky@yahoo.com*  
**Website:** <http://lincolnhillshikers.org>



### Investors' Study

We are fortunate to have Ms. Kris Moreton of Columbia Management as our April 7 speaker. Ms. Moreton is Vice-President and Team Leader for product management of taxable and tax-exempt fixed income investments. Ms. Moreton has been a member of the investment community since 1987 and with Columbia since 2008. She holds a Chartered Financial Analyst designation and has a BS in Finance. I'm sure her presentation will be of interest to all of us given the timely nature of the topic. Russ Abbot will review his Playbook and update his perceptions of the market. We meet at the P-Hall (KS) on Thursday, April 7 at 2:30 PM. See you there. John Noon, 645-5600



*Our February speaker, Jerry Wedman (middle), is from Openheimer*

The Active Investors subgroup meets the second Monday of the month at 3:00 PM in the Multimedia Room (OC).

**Contact:** *John Noon 645-5600*



### Lavender Friends

The Lavender Friends Club is a social organization serving the LGBT Community and those in friendship in Sun City Lincoln Hills.

Over 20 people enjoyed our January/February birthday coffee celebration on February 6, and our February potluck was well attended. Upcoming club activities include Movie and Happy Hour on March 15, Glow Bowling on March 23, Breakfast on April 6, and a Movie and Happy Hour on April 12. Dog Walkers and Friends will gather on Saturdays at 9:30 AM (weather

permitting). Other events may be announced through email.

Community Activities: Greater Placer PFLAG meets on Monday, April 11, from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital, 11815 Education Street in Auburn. The Sacramento Women's Chorus will perform "SacSings!" on April 23-24.

**Contacts:** *Sheila 408-2802, Carol 295-0610, or Gina 209-3925*  
**Website:** [www.lavenderfriends.com](http://www.lavenderfriends.com)



### Line Dance

The Line Dance Group will have an information booth at the It's the Lifestyle event, formerly known as the Club Expo on Tuesday, March 22 from 10:00 AM-1:00 PM. The group's Steering Committee will be on hand to introduce residents to this activity within our community and to provide them with information about the variety of classes, music, and styles of line dance including sample step sheets for each level.

Our first *free* dance at the OC Ballroom will be on Sunday, April 17 from 1:00-4:30 PM. All levels of line dance will be represented.

Don't miss our own performance group in this year's show, Hot Vegas Nights, Thursday, March 31 through Saturday, April 2. Check page 45 of this COMPASS for specific times. If you would like to be



*Line Dance Performance Group*

considered as a member of this performance group in the future, contact Yvonne at 408-2040.

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



### Chinese Mah Jongg

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

time being five to ten minutes before 9:00 AM. Play continues until 12:00 PM, with an optional extension to 12:30 PM—which is decided at the table where you play.

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

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

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



### Mah Jongg, National



Tuesday is always a happening day in the Card Room (OC). National Mah Jongg is being played from 12:30 to 4:00 PM every week. It is a wonderful place to meet your neighbors and make new friends.

If you don't know how to play, contact Fran Rivera at 434-7061. Fran's classes are full right now but you may call to be put on a list for a future session. Hope to see you next week.

**Contacts:** *Patty Kingston, 587-3056*  
*Elsa Paszek, 253-9709*  
*Fran Rivera, 434-7061*



### Mixed Media Collage Arts

Tools of the trade in mixed media allow us to experiment quite freely with a unique assortment of items. We use toothpicks to toothbrushes; palette knives to paintbrushes; plastic wrap, bubble wrap and scrunched up aluminum foil and one member brought a toilet tube wrapped in string which she then rolls around in the paint. Creativity at its finest don't you agree? It is quite energizing to look at a blank canvas, spread on acrylic paint and then experiment with the above tools for a design or perhaps use the tool to add texture. Members work on individual projects and we have all levels of experience. We share ideas on techniques in a supportive, friendly environment and laughter often fills the room. We meet on the third Wednesday of each month from 1:00-5:00 PM in the Ceramics Room (OC).

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



**Motorcycle  
 RoadRunners**

With good weather courtesy of Mother Nature, the RoadRunners kick started the 2016 riding season early. VP/Head Road Captain John Marin put together a great impromptu ride to the California Delta, finishing with a hearty lunch in Dixon.



*RoadRunners ready to ride!  
 From left, Larry Ridley, John Marin, Dan Christiansen, Mike Smith and Terry Campbell*

The RoadRunners formal riding season began on March 12 with the fourth annual David Fernandes Memorial Ride. Led by club president Doug Sterne, club members enjoyed a wonderful ride to the beautiful Elk Creek/Stonyford area.

Other exciting rides to look forward to in 2016 include a dinner ride to Dutch Flat and an overnight ride to Yosemite. Along with great rides, the club also enjoys various social events including our Mother's Day ride and summer barbecue/bocce ball tournament.

If you like motorcycle touring and have a road worthy bike, check us out. RoadRunners meet the fourth Thursday of the month, 6:00 PM, Multimedia Room (OC). The next meeting will be on March 24.

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



**Music**

Calling all musicians! SCLH residents and guests are welcome. We play and sing next on Wednesday, March 23, 6:30 to 8:30 PM, Fine Arts (OC). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs next on Friday, April 22, 6:00 to 8:30 PM, P-Hall (KS). Performance sign-ups start at 5:30 PM. Open to SCLH musicians, guests and audience. No karaoke is permitted.

The SCLH Ukulele Jam meets Wednesdays, 1:00 to 3:00 PM (OC Lodge). It is open to SCLH residents. Contact Ron Peck (409-0463) for information.

*By Jay Stryker.*  
**Contacts: Jay Stryker,**  
**jaycstryk@yahoo.com; Steve Beede,**  
**sjbeede@att.net**  
**Website: LincolnHillsMusicGroup.org**



**Needle Arts**

**Threads of Friendship**

Are your fingers twitching to create something? If you are not digging in your garden, how about "digging" into appliqué, rug making or beading? Find your passion in one of the Needle Arts 11 subgroups.

The Beading Group creates not only jewelry but also embellishes purses, jackets, shirts and quilts. Group members offer their ideas and talents to those interested on the first and third Fridays at 1:00 PM in the Fine Arts Room (OC).

Our April General Meeting will feature Kim Huckabay with Brewer Sewing who sells all kinds of quilting supplies from fabric to notions. She will be presenting what is new for her company. Join us April 12 at 1:00 PM, P-Hall (KS).



*Cathie Szabo created this bracelet; Cathy Wolfe is laying out turquoise and copper to make a two-strand necklace*



Please visit [www.SCLHNA.com](http://www.SCLHNA.com) to see all the activities you can "dig" into.

**Contact: Marsha Ross 253-9551,**  
**marshaross1123@gmail.com**  
**Website: www.sclhna.com**

**Neighborhood Watch**

They twist, they turn, they con-tort. Financial crime perpetrators strive to find ways to separate you from

your cash. But with preplanning you can slow them down a notch.

In an article by James Horning, Executive Director of Seniors First, Kevin Lee, a vice president of Wells Fargo Banks, encourages face-to-face relationships with your bank. Lee says, "If I see a charge that looks out of the norm... I contact someone to verify its legitimacy."

Lee's most important advice to seniors is to leave a paper trail using their check-books. "Avoid giving caregivers cash or debit cards to run errands... A check, with its purpose documented on the memo line, can be traced."

To receive three free credit reports a year, make a request at the centralized website [www.annualcreditreport.com](http://www.annualcreditreport.com) or on the toll free telephone: 1-877-322-8228. Any other website or phone number is not the official site and may charge for the report.

Financial criminals are good at their job! Let's be good at ours and thwart them!

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



**NEV**

Our next quarterly NEV Club meeting will be Tuesday, April 19 at the P-Hall (KS) at 10:00 AM.

All reservations (20) were reserved quickly for a tour of the San Francisco Bay Coffee Company on Friday, March 18 at 10:00 AM. Lunch will follow at Red Robin Gourmet Burgers. If you are unable to attend the tour on March 18, mention it at our April 19 meeting and maybe we can schedule another tour.

Don't forget to bring friends and visit "It's The Life Style" booth at OC on March 22 from 10:00 AM to 2:00 PM. We can give you some pointers on the features and benefits of an NEV plus lots of interesting activities.

A couple of future activities include a Solarium luncheon/meeting on Tuesday, July 19 and our annual Christmas party on Tuesday, December 6 at OC Ballroom.

Looking forward to seeing you on April 19, at P-Hall (KS) at 10:00 AM. Bring a friend!

**Contact: Dan Gilliam 209-3946**





## Painters

I hope you had a chance to stop by the Fine Arts Show held in February. It was a success and kudos to all who worked so hard to put it together! See the photos below of the prize winning works of art.

Thank you to Abigail Van-Cannon for the wonderful demo on quick studies in our February meeting.

Our next Painters Club meeting will be on March 21, held at 2:00 PM in KS. We will have an interactive panel discussion on how to critique our own work, and what judges are looking for in a juried show. The panel will consist of Jim Brunk, Margaret Comer and Marilyn Rose, all



First place, oil by Jim Brunk; second place, photography by Allen Adler; third place, oil by Diana Chan

members of the club and experienced in painting and entering shows. Future meetings include demos by Kit Night, Susan Sarback (oils) and David Peterson (watercolors) and a Challenge to members to bring in a seascape in May.

**Contacts:** Joyce Bisbee 672-7252, [joybis@aol.com](mailto:joybis@aol.com); Jack Cook 408-7305, [lj4cook@aol.com](mailto:lj4cook@aol.com); Jim Brunk, 434-6317, [brunk@starstream.net](mailto:brunk@starstream.net)  
**Website:** [www.lhpainters.org](http://www.lhpainters.org)



## Paper Arts

Each month, the Paper Arts Group's projects showcase the varied and artistic uses of paper crafting and design.



February's window was 'full of heart'

Visit our display at the upcoming "It's the Lifestyle" event on March 22 in the Ballroom (OC). Meet members and see firsthand some of our creations.

Don't miss the group's annual "Demo Day" to be held during our regular monthly meeting on April 7. It's a unique way for members and guests to share new ideas and demonstrate techniques to other members.

Thank you to members who utilized recycling efforts and donated their used Christmas card fronts to assist the Shriners Burn Center, and to those who donated cards to Lincoln's Field Haven Feline Center.

We meet on the first Thursday of each month at 9:00 AM, in the Terra Cotta Room (KS). New members are always welcome to enjoy paper crafting and camaraderie.

**Contact:** Shirley Rainman, 253-9534;  
Pat DeChristofaro, 408-1360



## 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 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](mailto:djonesea@att.net); Doris De Ross 253-7164, [dorisdeross@gmail.com](mailto:dorisdeross@gmail.com)



## Photography

The Photography Club has created a new website focusing on the many and varied activities of the club. The website also highlights the talents of many of its members. The "News" page is a great place to start as it highlights upcoming events and showcases members of our club who

have won special recognition or awards. It provides an overview of recent field trips with images taken during the trip. All of this is then linked to other pages in the site where one can go to get much more detail about any of the News page items. Another area of the site provides a gallery open to all members of the club. Each member is allowed to post up to 16 high resolution images that can be changed out periodically. Still another area of the site provides a wealth of information on all aspects of photography from technical to artistic.



Allen Adler, Convict Lake; Jack Ferrante, HDR Truck; Klara Kleman, Trees and Water Spray

**Contact:** Brad Senn 530-409-2499  
**Website:** [www.SCLHphoto.com](http://www.SCLHphoto.com)



## Pickleball Club

By now normal play hopefully has resumed after an extensive lighting project forced half the pickleball courts to close for nearly two months as work crews faced delays due to weather and scheduling conflicts.

And that means – barring any surprises – tournaments, ladders and lessons for players of all calibers have started to roll along.

The Club Championships will run April 19-22; the President's Cup will take place May 25-27 and the Wells Fargo Advisors Tournament is set for September 26-28. There will be various divisions based on skill levels.



*Alla Lyubovny serves; Terry Paslaqua returns a shot; Ed Dillon races to his backhand return*

Rookie Invitationals for novices and D-level players are set March 19 for women and March 26 for men. A second invitation is planned October 22 for women and October 29 for men.

Tournament details: [www.lhpickleball.com](http://www.lhpickleball.com).

Cal Meissen's free beginning lessons will return Wednesdays at 1:00 PM. No equipment is necessary. Barry Cunningham's intermediate lessons are 3:00 PM Tuesdays. Check message board.

**Contact: Marty Rubin 408-3494, Marty629@gmail.com**  
**Website: www.lhpickleball.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 Fridays 1:00-4:30 PM in the Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

For Texas Hold 'em players, there is a separate table available on Mondays, Tuesdays, and Fridays—same times.

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

**Contacts: Paul Marcocelle 925-658-2405; Lynne Barsky 253-3730**



### RV

Twelve rigs from the Lincoln Hills RV group headed out to Angel's Camp

for a short but fun-filled rally in March. Led by wagon masters Sandi & Len Cassieri and Ken & Marge Klein, the group enjoyed spring-like weather; blind-wine tastings; golf; potlucks; and walks in the surrounding green hillsides.

Many of the group's members were already on the road, to such places as Arizona for spring training; Mexico and the Copper Canyon experience; and the Central Coast of California. Those still in town were getting rigs ready for future spring and summer rallies. The club has rallies planned for Pismo Beach and Paso Robles; Yosemite; Lake Tahoe; Bodega Bay; and Clio in the Graeagle area.

Be sure to stop by our table at the "It's the Lifestyle" at OC on March 22. We meet the second Thursday of each month at 4:00 PM at the Social Kitchen (KS).

**Contact: David Africa 708-0009**  
**Website: www.lhrvg.com**



### S.C.H.O.O.L.S.

#### Sun City Helping Our Outstanding Lincoln Schools

It's the Lifestyle Time! The "Club and Community Expo" will be held Tuesday, March 22, 10:00 AM to 1:00 PM in Orchard Creek Lodge, inside and outside of the Ballroom. If you can help with setup, take down or would like to greet our residents and offer information about the opportunities to become a volunteer, please call one of our contact names below. It is a truly wonderful chance to meet your neighbors!

If you've been thinking about becoming a volunteer, we will answer your questions. If you have only an hour a week to give, this is the place to give it! Your talents are needed. You do not have to have teaching experience. "Let us pick up our books and our pens," I said.

*"They are our most powerful weapons. One child, one teacher, one book and one pen can change the world."* — Malala Yousafzai

*Written by Sandy Barry.*  
**Contacts: Sandy Frame 408-1453, ssframe1963@gmail.com; Sandy Barry 209-3247, penneylane1944@yahoo.com; Cindy Moore 408-1452, cindymoore@me.com**



### SCOOP

Look for us on March 22 at "It's a Lifestyle" Club Expo. Our next regular meeting will be on Tuesday, April 5, at 11:00 AM in the Fine Arts Room of Orchard Creek Lodge. Dr. Ann Lesch-Hollis, Owner and Veterinarian at Sterling Pointe Veterinary Clinic will be our speaker. Dr. Ann will talk about "Pain Management for Dogs" and also answer questions from the members attending the meeting. Dr. Ann's talks are always very informative. I hope you can join us! For information on more of our upcoming events, go to the SCOOP website and click on the "Events" tab: [www.sclh-scoop.com](http://www.sclh-scoop.com).

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



### Scrabble Club

A fun way to remember unusual words for Scrabble play is to create wacky definitions for them. Following are a few of those words with wacky definitions created by other Scrabble players. These are taken from the "Everything Scrabble Book," 2009 edition. Blastie: a golf club that hits harder than a mashie; bopeep: a nervous condition exhibited by the misplacing of woolen objects; budworm: one who obsessively reads beer labels; cooktop: chef's tall hat; falafel: how you feel when you're really sick; glasnost: having a fragile schnozz; tangram: grandma after a week in Hawaii; tuckshop: plastic surgeons waiting room; replink: what "u" do before taking piano lessons!

Join us on Mondays from 1:00-4:00 PM in the Cards Room OC. Let's Scrabble!

*Written by: Connie Protto.*

**Contact: Anne McMaster 409-5408**



### Singles

#### Dynamic Singles

This is an important month for us. The Nominating Committee is searching for officer candidates that will be announced at the April meeting. If you have been a member for a couple of years, you should consider running for office. Every club needs to be refreshed from time to time and our Club is no exception. If you are asked, say yes; if you are not asked, volunteer. Stretch yourself.

Life is richer, fuller, more vibrant and fun when we say yes!

The usual activities are on for the month: Dining Out at Tahoe Joe's; Game night at our Social Meeting; March Birthdays; Activities Meeting; Cocktail Time; Second Saturday Breakfast; Safety Talk (Don't Mess with Me) at our General Meeting; Golf; Bocce; and Hiking. Pick up a Dynamic Singles Flyer in the box at OC to find out dates, times and contact person(s). Dues remain \$15 and are due now.

**Contacts: Judie Leimer 408-4308  
j.leimer@icloud.com**



### Ski Club

At our February meeting, we heard Lincoln resident and Alpine Meadows ski patroller Erich Lutkemuller tell us all about his weekend volunteer efforts on the ski slopes. Lots of questions indicated both the interest in this subject and Erich's presentation skills.

Our next meeting is March 17, 4:00 PM in the Multipurpose Room (OC). We can't promise green beer, but you can expect an enjoyable and informative meeting. Details will be provided to members.

Check out this month's pictures: you will note that we don't only ski!



*Snow Board Nirvana; Kirkwood Snow Shoers*

Don't forget to visit the Ski Club table at the It's the Lifestyle event at OC Lodge on March 22. If you are interested in helping staff our table, contact Bill Smith.

Our final meeting for the 2015/2016 season will be the ever popular post-season potluck party, scheduled for April 21. Details and RSVP instructions will be provided soon.

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



### Softball, Senior League

Lincoln Hills Senior Softball League is off to a flying start for the year. Between John Moran's Softball Clinic in February and Gym Mikaelson's March Jamboree all members have had a chance to improve their skills and conditioning. This year's draft concluded in the first week of March and the teams are set for the 2016 Summer League.

Ceremonies for the 17th annual Opening Day will begin at 9:00 AM April 9. The Board of Directors is planning to introduce a new "Hall of Fame" program recognizing people who have contributed to the success of the LHSSL. Mark your calendars and be sure to come out for the festivities. Enjoy a day at Del Webb Field with pageantry, softball, food and prizes.

You can support our scholarship program by bringing your recyclables to the ballpark on Mondays and Wednesdays between 9:00-11:30 AM.

**Contact: George Sylvia 295-1957,**

**Lh.geo2softball@gmail.com**

**Website: LHSSL.org**

### Coyotes

The 2016 Coyote Program is off to a flying start. Teams are holding weekly practices and the first tournaments of the year began March 12. The Coyote 75s are planning a 12-tournament year while the 60s, 65s and 70s hope to enter 9-10 tournaments. Several players are recovering from previous injuries which may make the early tournaments more challenging than normal. Tournament information is available on the LHSSL.org website under the "Travel Teams" header. We will have tournament results to post in next month's COMPASS.

**Contact: Bec Cannistraci 408-4679**

**beccannistraci@sbcglobal.net**

**Website: LHSSL.org**



### Sports Car

The Lincoln Hills Sports Car Group met February 1. We continued the process of converting our Constitution into Bylaws. The proposed Bylaws were approved by Membership. The next step

will be approval by the CCOC.

February 5 was the Inaugural Touring Event for 2016. Eighteen cars traveled back roads through the beautiful foothills of the High Sierra's, arriving in Grass Valley in time for a delicious lunch at "Paulette's". The deer were out and the area was extremely scenic. After lunch, under spring-



*A few Sports Car Group members getting ready for a day trip! Tony & Kathy Mason and Cherie & Ernie Drake*



like skies the group returned home via Hwy 20 to Penn Valley, after a short stop on to Wheatland for ice cream.

There are currently 95 households registered in the LHSCG. We had six new households join the club and are welcoming new members interested in Social as well as Touring Events in their Sports Car. Check out our website, lhspcars.com for more info.

*By Rob Phillips.*

**Contact: Tom Breckon 434-6989**

**Tom.breckon@sbcglobal.net**

**Website: LHspcars.com**



### Square & Round Dance

#### Sun City Squares

The Sun City Square Dance Club meets on Mondays at 1:15 PM at Kilaga Springs Lodge. We are always happy to welcome square dancers. Please come by and visit us.

- Plus level dancing/Round Dancing between Tips, Mondays, 1:15-3:30 PM at KS
- Advanced Dancing, Mondays, 3:30-4:00 PM Scot Byers, Square Dance Caller and Erin Byars, Round Dance Cuer
- Advanced Dancing, Thursdays, 1:00-3:00 PM, KS

If you have any interest in Square Dancing or Round Dancing, please call:  
**Contacts: Lewis Bobrowsky 434-5932,**  
*louisbobrowsky@yahoo.com;*  
**Jean Grupp 408-1868**  
*jean@grupphomes.com*



### Table Tennis

The Table Tennis Club has had a very nice year. Lots of play time and lots of fun matches. The members of the Board that have worked for us for so long felt it was time to turn the reins over to a new Board (a couple of folks are staying on). George Porzio did a great job as President but was ready to welcome a replacement. Warren Akey stepped up and will do a great job!



Warren Akey taking over from George Porzio

We've had many new players show up recently. One thing we highly recommend for them is to take advantage of a wonderful opportunity to use our robot ball machine which is available every Friday morning. The machine and Bob Gritner are available from 8:00 to 11:00 AM. Beginning at 8:00 AM you may come in and sign up for one of those 15 minute periods.

KS Tuesdays. 6:00-9:00 PM, Fridays. 8:00-11:00 AM, Sundays. 12:00-4:30 PM.  
**Contact: Ginger Nickerson 253-3322,**  
*gingerlee22@gmail.com*

### Tap Company

*Don't miss the bus.* The Tap Ladies are heading out for "Hot Vegas Nights." Next stop, the Las Vegas strip, where you'll see some of the biggest names in show biz—Country & Folk music, The Brat Pack, show girls, and even some "Beefcake" to get the blood pumping. There's a lot of Big Spenders in Vegas and you never know when you might even see Elvis. "Hot Vegas Nights" is sure to get your body moving and your brain humming with all the familiar tunes. You know what they say "What happens in Vegas stays in



Tap Ladies heading out for "Hot Vegas Nights"

Vegas." Performances are March 31, April 1 & 2 at 7:00 PM, April 2 at 2:00 PM in the OC Ballroom. Tickets are available at the Activities Desks. Get your tickets today 'cause they're going fast.

**Contact: Celeste Martella 253-7272,**  
*celeste7272@att.net; Jennifer Lauchner*  
**543-2858, jenniferlauchner@yahoo.com.**  
*jenniferlauchner@yahoo.com*



### Tennis

Winners in Valentine's Tournament: 7.5 Linda Burke/Bob Halpin; Lisa & Mark Snapp; 7.0 Carol Rodwick/Terry Padovan, Pietrina Magna/Rich Vizzusi; 6.5 Pennie Vista/Ben Sinsay, Freda Shanley/Ron Schuler, Linda & David Mateer; Jan & Monte Boatwright, Patti Kingston/Robert Belknap.

Hats off to Facilities Manager Cesar and his crew for installing where needed, new nets and lights.

In an effort to improve drop-in, input from members is being compiled and results will be forthcoming.

March 17 is St. Patrick's Day tournament—tennis and traditional food. Format will be men vs. men and women vs. women. You will have a new partner each round. Levels are 7.5 and 6.5. Flyers with information have been sent as well posted at Pavilion.

Lincoln Hills USTA teams are in full swing. Levels currently being played are 40+ and 65+. Check website for teams and dates of matches. Come, cheer for our teams!

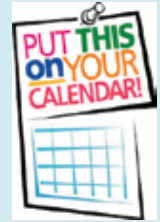
**Contact: Bob White 543-1350,**  
*bobwhiteca@gmail.com; BJ White*  
**543-1350, bjwhiteca1@gmail.com**



### Vaudeville

There's not much happening regarding Vaudeville this time of year. The Players, the Chorus and the Tap Dance Company have their shows early in the year and a lot of our Vaudeville Troupe members are also members of these performing arts groups. This article is just a reminder that even though the Vaudeville Show is not until July, we do have an audition process.

*The Golden Revue Vaudeville Variety Show, July 8 & 9*



Put these dates on your calendar. Auditions for our July show are Tuesday, April 19 and Thursday, April 21. Both days are in the P-Hall (KS) from 6:00-8:00 PM. Keep in mind that reminder flyers and posters will also be on display at OC and KS 30 days prior to the auditions.

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



### Veterans

On March 15, 2001, the Lincoln Hills Veterans Group was officially launched when nominees for the board were accepted by a unanimous vote of the membership. The first staff meeting was held the same day and the board elected officers for 2001. The first board consisted of Mickey Haggard, president; Ed Foley, vice president; Bob Stackhouse, secretary; Darlene Dyar, treasurer; and Tom Moran, Karl Openshaw and Elmer Phillips, directors.

The Veterans Group will observe the 15th anniversary of its founding with a special St. Patrick's luncheon on March 17 in the OC Ballroom. For 15 years, a succession of talented and dedicated members has kept the group strong with engaging speakers, lively social events and popular activities. The anniversary luncheon will celebrate the group's many successes over the years.

**Contact: Bob Ringo 543-5310,**  
*bobringo@starstream.net*



## Videography

In the last two months, the Video Group covered the Basics of Video Editing in two parts. We learned about the different components of a video editor and applications used in making the video, including effects, transitions and key-frames.

We are currently enjoying producing an instructional video for the Lincoln Hills Water Volleyball Group. Eight of our members are assisting in this effort and doing a great job. In March, Ken Silverman will be showing us how to use "Photo to Movie," a more basic video editor used to create a "slideshow" from your photos. This software is not expensive and works on both Microsoft and Apple operating systems.

Join us for our next meeting, on March 15—"Photo to Movie" at 9:00 AM in the Multipurpose Room (OC). We meet on the third Tuesday of each month. For more information:

**Contact: Jeff Hanner 769-2871, jhanner8@gmail.com**



## Water Volleyball

Photos below were taken by Charlie Schuman on February 3. Another shoot for the training video was February 23. Jeff Hanner's the director and Mel Switzer's the director of training.



*Gary Haight hitting, Manny blocking; the ball is out!*

Take time to rate accurately this month. Recognize that skills are equally rated. If a

teammate never attempts to dive or dig, play the ball from the net, or block; then they certainly shouldn't be in the top of your rating, (as these are the other half of the required skill sets). Focus on consistent serves and unforced errors here and when you are captain!

Rate your teammates high that control the pass by slowing it down, and accurately sending it high to the setter. A good set has an arc, allowing the hit to go down. Too much weight is given toward hitting. Focus on defense. Good luck! Remember our R&BP's requires each player to set everyone.

New players contact Ginger Nickerson, Red Ball Liaison, 253-3322

**Contact: Jim Puthuff, 768-3936**

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



## Woodcarvers

The Woodcarvers Group is dedicated to advancing all forms of woodcarving from knives and gouges, to mallet and chisel, to powered tools. Members are encouraged to share their varied approaches with others who may be interested. Plenty of advice and a large support library are available for members.



*Woodcarvers Group Collage*

The group meets every Wednesday between 1:00 and 4:00 PM, Sierra Room (KS). Visitors are always welcome... come "chip" in your thoughts and talent.

**Contact: Dick Skelton 625-0895**

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



## Writers

Writers in the Writers Group are just like you! Come join us every second, fourth and fifth Monday. We meet in the Ceramics Room (OC) at 6:30 PM.



*Come join your SCLH Writers Group; Cabinet Display (OC) of SCLH Writers Group sample works*

Throughout February we featured members' work in the display cabinets (OC). We will have the cabinets three more times this year, we'd also like to display yours.

A benefit to belonging to the Writers Group is the constructive feedback we give each other's work. We have chosen to go the friendly route rather than a strict editor route. You're invited to join us to enjoy your fellow writer's creations and have fun providing feedback.

We carry on past traditions and introduce new wrinkles with a diverse team of officers; Bruce Robinson, President and published mystery author, Mike Hensley, VP and novice sci-fi writer and Susan Gust, Secretary and cowboy poet. There is a place for all writers of all genres, just write and come have fun.

**Contacts: Bruce Robinson, bbrob1281@gmail.com; Mike Hensley, mike.1943.ok@gmail.com; Susan Gust, srg2266@gmail.com.**

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## Bulletin Board

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

### Caregiver Support Group

The Caregiver Support Group meets on the third Thursday of each month at the 12 Bridges Lincoln Library. We meet from 9:00-10:30 AM. Use the back door employee entrance. More info: Brenda Cathey, 253-7537.

### Bocce Fun, Friends and Neighbors

Enjoy some friendly bocce competition with friends and neighbors! We play each Friday night beginning March 18 thru July 1 at 6:30 PM. Two games of 14 points; mixed blind draw each week for two-person teams. No commitment to participate; just come on the nights you are available to play. More details or questions: Brenda Spencer, [brenda@spencerbrenda.com](mailto:brenda@spencerbrenda.com) or call or text 705-1070.

### Cloggers

Rain, rain, come again! And while it's raining, what better to do than stay inside and clog to your heart's content. Your toes will tap loudly, your heels will click firmly, the floor will resound and your body will soar. (Also, you'll burn off calories.) What more could we ask on a rainy or sunny spring day? We'll work on the Rocking Chair (the dance step that is), the Samantha, the Double Basic Brush Up, the Flea Flicker and more—all to great music, with good friends. Come join us! Contact Anita Tyson, 543-5330

### Glaucoma Support Group

The Glaucoma Support Group welcomes Dr. James Brandt, Director of Glaucoma Services at the UC Davis Eye Center, to our meeting on April 13. Dr. Brandt's presentation is "New Drugs and Surgeries in the FDA Pipeline." He has been a supporter of the group since it began and we are always pleased to have him attend and share information about Glaucoma

## You are invited to attend...

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

- Monday, March 21 • 10:00 AM Nautilus Society Oaks (OC)

with us. The meeting is April 13 at 4:00 PM in the Multipurpose Room (OC). More info: Bonnie Dale, 543-2133.

### Grief Support Group

GriefShare is a weekly seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time. A new group has started and will run through May 10. We meet each Tuesday from 9:30-11:30 AM at Granite Springs Church, 1170 E Joiner Parkway, Lincoln. Contact Cheryl Edwards at 505-5777 or [LincCa.GS@gmail.com](mailto:LincCa.GS@gmail.com).

### LH Foundation: Bingo on Tuesdays & Thursdays?

Yes! Tuesday, March 15, Thursday, April 28 (please note date change from Tuesday, April 26) and again on Tuesday, May 31! We have moved most of our Bingo games to Tuesdays or Thursdays so that those of you who are booked on Wednesdays can now participate in our Bingo games at OC. We have added some door prizes along with our Pop-Ups. Doors open at 12:30 PM; play begins at 1:00 PM. Meridians will offer a pre-game luncheon special. To reserve a table for seven to ten players call Ed Sullivan, 408-1480. Visit [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org) for our full 2016 schedule and a free Pop-Up coupon.

### LH Italian Club (LHIC)

Mark your calendars! On Saturday, April 16, at KS you will travel through the Regions of Sicily and Tuscany. Presenters from our club will talk about interesting folklore, hidden secrets in the canals of Venice, beautiful blown glass from Murano and the delicious food from the regions. After the presentation, members will enjoy tasting the delicious foods

from this region. If you or your spouse/significant other is of Italian descent and live in SCLH, you can submit an application for membership. Visit our website [www.lhitalianclub.org](http://www.lhitalianclub.org) for information or call Virginia Halstenrud at 543-3293.

### LH Movie Lovers Group

The Movie Lovers Group meets monthly on the third Thursday of the month. Initially, to facilitate good discussion and participation, we limited the size of membership. *We are now open to add new members.* At the monthly meeting we review and discuss two or three movies, selected by members the prior month, and which are known to be showing locally. Focus is on quality movies rather than "special effects blockbusters." Recently we reviewed the movies "Joy," "Spotlight," "The Revenant," and "Trumbo." If you are interested in joining our group, contact Cliff Roe at [cliffroe@ix.netcom.com](mailto:cliffroe@ix.netcom.com) or 408-205-8765.

### LH Parkinson's Disease Support Group

Join us at the community room at Raley's in Lincoln. We meet the third Tuesday of each month from 10:00-11:30 AM. More info: Brenda Cathey, 253-7537.

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

LH Travel Group [www.lh-travelgroup.com](http://www.lh-travelgroup.com) Please note we will meet the first Tuesday of each month throughout 2016 at 6:30 PM in the P-Hall, KS. Our presenters showcase land tours and cruises we are currently offering and those in planning. Everyone is welcome to attend our meetings. See our website for trip details. Committee Member Contacts: Teena Fowler 543-3349, [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier 434-8266, [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins 434-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret 408-0554, [lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck 543-0990, [judyvolk@outlook.com](mailto:judyvolk@outlook.com).

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Continued from page 39

**Lincoln Democratic Club**

The topic for the Thursday, March 17 meeting addresses how demographic change in the U.S. will impact the nation's political landscape. Mindy Romero, PhD, founder/director of the California Civic Engagement Project (CCEP) at the UC Davis Center for Regional Change, will be presenting new CCEP research relevant to

this frequent question in the media and discussed by political analysts. Learn more at <http://explore.regionalchange.ucdavis.edu/ourwork/projects/ucdavis-ccep>. Join us at 6:40 PM in the Placer Room (KS). Questions: [www.democraticclublincolnca.org/](http://www.democraticclublincolnca.org/) or email Al Witten at [lincolndems@gmail.com](mailto:lincolndems@gmail.com).

**Lincoln Multiple Sclerosis**

Our next meeting will be held Tuesday,

April 5, 1:00 PM in the Sierra Room (KS). All interested are welcome to attend. Questions: Marilyn Sharp, 434-6898.

**Open Play Games**

Interested in playing card, tile and board games? Opportunities are 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

~ **Community Perks** ~

**Billiards Lessons on Tuesdays — Free**

The Billiards Group is offering a free weekly Billiards lesson. A person from the Billiards Group will be at KS on Tuesdays, 9:00-10:00 AM. This is for new and returning players, (men and women). You do not need anything to start other than a desire to play. Come see what we have to offer. Contact Dan Oden 408-2687.



Hills groups, local nonprofit organizations and the Association. Information will be available as well as people to chat with about becoming involved. Event is free. We look forward to seeing you there!

**Spring Flower Show**

**Thursday, March 24 & Friday, March 25 — Free**

Thursday, 2:00 PM thru Friday, 3:00 PM, Lobby (KS). Garden Group Members are sharing flowers and floral arrangements using flowers and greens grown in their yards. This is a display for the Community to see what can be grown in this area. We have one of the best zones (9B) for many flowers. Our members have experimented with many types of flowers and many different conditions—that's part of the joy of gardening!



**Coffee with the Mayor**  
**Friday, March 18 — Free**

10:00 AM, Community Living Room (OC). Join Mayor Spencer Short in an informal setting that provides residents an opportunity to ask questions and hear about what is going on within the city of Lincoln. Topics the Mayor will discuss: (1) State Water Actions Regarding Drought; (2) Transportation Improvements such as the Whitney Interchange on Hwy 65; (3) Public Safety; (4) General Plan and Zoning. \*Please note there will be no meeting in April.



**KS at the Movies: Spectre**  
**Monday, April 4 — Free**

1:30 PM, P-Hall (KS). Rated PG-13, 148 minutes—Action/Adventure/Thriller. Starring Daniel Craig, Christoph Waltz, and Ralph Fiennes. A cryptic message from Bond's past sends him on a trail to uncover a sinister organization known as Spectre. While M battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind the evil organization.



**KS Classic Movies on Saturday: The Goodbye Girl**  
**Saturday, March 19 — Free**

1:30 PM, P-Hall (KS), rated PG, 111 minutes—Comedy/Drama/Romance. Starring Richard Dreyfuss, Marsha Mason, and Quinn Cummings. After being dumped by her live-in boyfriend, an unemployed dancer and her 10-year-old daughter are reluctantly forced to live with a struggling off-Broadway actor.



**It's the Lifestyle**  
**Tuesday, March 22 — Free**

10:00 AM to 1:00 PM in the OC Lodge. Looking to become involved in a club or join an organization to volunteer your time and talent? Come to It's the Lifestyle, an event that will showcase our 70-plus clubs and other Lincoln



**Fashion Show—Model Call**  
**April 8 Submission Deadline — Free**

Calling all ladies interested in modeling and having fun! We need 20 models of all ages and sizes to walk the runway for our Spring Fashion Show on May 12. Modeling is a great way for those new to the community to make new friends and meet new people! Please see additional information on page 49.





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 (781-2323) in Roseville. Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play cutthroat, doubles and/or singles. Ladies

are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711, amoon38@sbcglobal.net.

### Seeking Volunteer Drivers

There are Lincoln Hills residents who do not participate in activities in Lincoln Hills, such as the free movies at Kilaga Springs Lodge, because they have no access to transportation. "Let's Go To The Movies,"

*Continued on page 43*

### 17th Annual Opening Day Senior Softball League Friday, April 9 — Free

Ceremonies begin at 9:00 AM. The Board of Directors is planning to introduce a new "Hall of Fame" program recognizing people who have contributed to the success of the LHSSL. Mark your calendars and be sure to come out for the festivities. Enjoy a day at Del Webb Field with pageantry, softball, food and prizes.



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

10:00 AM to 2:00 PM in the OC Lodge. Learn about the latest products and services for your home, health, garden, transportation and personal and financial matters. Meet our COMPASS advertisers and other local businesses that will showcase their services. This is a great opportunity to meet service providers in person and pick up some of their great freebies! Be sure to thank advertisers for supporting the COMPASS and many of our Association and Group activities. For additional information, please contact Amy Gonzales, 625-4014.



of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!

### Music Group Sponsored "Open Mic Night" Friday, April 22 — Free

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



### Annual Amateur Rose Show Saturday & Sunday, April 23 & 24 — Free

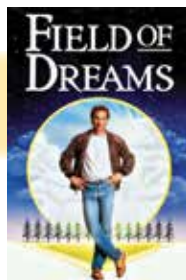
OC Lodge. Saturday, 9:00 AM thru Sunday, 3:00 PM. The rose show is a judged competition open to all Garden Group Members. Cash prizes will be awarded in each category and there will be a prize for "Best of Show." The community is invited to come and see the beautiful flowers.



### KS Classic Movies on Saturday: Field of Dreams

Saturday, April 16 — Free

1:30 PM, P-Hall (KS). Rated PG, 107 minutes—Fantasy/Drama/Family. Starring Kevin Costner, Amy Madigan, Gaby Hoffmann, James Earl Jones, Ray Liotta, Timothy Busfield, and Burt Lancaster. An Iowa farmer, hearing voices, interprets them as a command to build a baseball diamond in his fields; he does, and the players from the 1919 Chicago White Sox (including Shoeless Joe Jackson) appear.



### Annual Home Garden Tour Monday, April 28

10:00 AM-2:00 PM. Drive through OC Lodge entrance portico between 10:00 AM and 12:00 PM and pick up a flyer with a map, addresses, and descriptions of each yard. \$3 per packet. Please be sure to end the tour by 2:00 PM.



### Document Destruction Monday, April 18

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-



### Bonsai Show Saturday & Sunday, April 30 & May 1 — Free

Community Living Room (OC). Saturday, 10:30 AM-4:30 PM; Sunday, 8:00 AM-4:00 PM.



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*Continued from page 41*

a program sponsored by the Lincoln Hills Foundation, is seeking volunteer drivers to offer these residents, door-to-door transportation in private autos, to KS. If you are interested in being a volunteer driver for this project, using your own car, please contact Jean at [jme-sme@att.net](mailto:jme-sme@att.net) for more information.

#### **Semper Fi Association**

Semper Fi Association, open to all active and inactive Marines, plus Navy Corpsmen, meets at the Legends Sports Bar and Grill (at the Woodcreek Golf Club) in Roseville on the first Monday of the month. Breakfast (optional) available at 8:30 AM, meeting starts at 9:00 AM. Contact resident Richard Martinez, 543-7965.

#### **Shalom Group**

The Shalom Social Group meets bi-monthly at KS; we have planned activities the months in-between. We cultivate the Jewish experience and foster friendships. This is primarily a Social Group however

wherein participation is key to feeling the wonderful group dynamics. We have activities that all can enjoy: Current Event Discussions, Bowling, Bocce Ball, and Table Tennis, Hiking, Sporting Events in Sacramento, Annual Picnic, Men's Club, Soup Cook-offs, Cooking Classes. Our next event will be our catered Passover Seder/Dinner on April 27. We are a very busy club. More info: Vida Morrison, 984-1043, Membership Chair.

#### **Shooting Group**

Our purpose is to make friends among 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. For shooting schedule hours and trap or skeet shooting, please contact John Kightlinger at 408-3928 or [johnnpat@sbcglobal.net](mailto:johnnpat@sbcglobal.net). Residents interested in rifle or pistol

shooting can contact Jim Trifilo at 434-6341 or [trifilo@sbcglobal.net](mailto:trifilo@sbcglobal.net).

#### **Singing Men**

Men who love to sing are invited to join with other residents to carpool to Auburn each Tuesday evening and practice with the Sierranaders Barbershop Chorus. You'll have fun, have great camaraderie, learn to sing better, and improve your health and well-being. Call Trent Bass, 205-1871.

#### **Did You Know?**

*Our sidewalks get quite a workout – especially with all the walkers in our community. It would really help if drivers would remember not to park their wheels on the sidewalks – blocking others' right of way!*



### *In Memoriam*

#### **G Kaye Holden**

Kaye grew up in Long Beach, CA. As a young adult he moved to New York City to attend the Art Students League. He successfully launched his art career in Manhattan selling thousands of oil paintings and etchings over his lifetime. Kaye married Diane Huisinga in 1983; they enjoyed reading, golf, tennis and world travel together. Kaye enjoyed playing ping pong at SCLH and loved being close to his children, grandchildren and great grandchildren.

#### **Lucille Ann Machado**

An active woman, and known by many, Lucy enjoyed Red Hats, T.O.P.S., Appliques, The Roseville Quilt Guild, American Volkssport Association, Seam Sisters and served as president of Needle Arts in 2004. She also enjoyed Bunco and traveling, but especially time with her family. She and Davie, her husband of 52 years,

moved here in 1999, one of the pioneers of Lincoln Hills. Lucy grew up in San Jose, but also lived in Tacoma, Washington, Vallejo and Benicia, California. She will be especially missed by her husband, two sons and their wives, two granddaughters, and three sisters.

#### **Loren E. McMaster**

A native Californian, Loren grew up in Jackson and graduated from University of California, Davis. He then went on to Law School and, after passing the bar exam, worked for the Department of Justice as a Deputy Attorney General. He also started his own law firm and in 1999 he was appointed to be a judge on the Sacramento Superior Court. He received many honors during his judicial tenure. After retiring, he enjoyed family time, traveling around the world. He enjoyed the Fitness Center, Tai Chi and taking yoga classes. Loren is dearly missed by his wife of 49 years, Anne, two daughters and three grand-

children and many other friends and relatives.

#### **Elizabeth H. Miller**

Libby was born in Tennessee but grew up in Ohio. Her first job was designing and sewing clothing for the upper echelon of New York City. For most of her life she was an order analyst for Standard Register where she met her husband, Charlie. They lived in the Bay Area, Auburn and moved here in 2001. Her hobbies were cooking, sewing, photography and genealogy. She started painting at age 70! Predeceased by her dear husband, Libby leaves her daughter and son-in-law, two brothers and many others. She was known for her love and thoughtfulness.

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

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

## Entertainment

### —Club Performance—

#### Hot Vegas Nights presented by the Lincoln Hills Tap Company

Thursday, March 31; 7:00 PM — 5431-01A

Friday, April 1; 7:00 PM — 5431-01B

Saturday, April 2; 2:00 PM — 5431-01C

Saturday, April 2; 7:00 PM — 5431-01D



The Lincoln Hills Tappers invite you to journey with them to various Las Vegas clubs and be entertained with upbeat songs, high energy dancing and comedy. This fun packed tour includes stops at the Hungry Eye Lounge for an old fashioned Hootenanny, the Copa Cabana for a fabulous surprise for the ladies, the Flamingo Casino featuring music from the Rat Pack era, the Tiki Room which is always a gentlemen's favorite, the Hard Rock Café featuring Sonny & Cher, Frankie Valli, and of course Elvis songs along with a home favorite storyteller. Also featured is a surprise Sunday morning stop at the House of Blues. As the tappers tour Las Vegas, they realize a tapper is missing. Please join the tour and discover what happens and why the girl is missing. Ballroom (OC) **Premium Reserved Section Seating, \$16**, General admission, \$12.

#### SCLH Community Chorus Presents "Surfin' the 60's"

Sunday, May 1; 2:00 PM — 5401-03A

Monday, May 2; 7:00 PM — 5401-03B

Tuesday, May 3; 7:00 PM — 5401-03C

Remember dancing to all the great songs of the 60's? Join us on a memory trip, as the Chorus sings hits such as "Aquarius," "Yesterday," or "Mr. Bojangles." Included in the concert will be music of the Beach Boys, Beatles and good old-fashioned Doo Wop. The Chorus will sing in four-part harmony those songs that you remember from the "good ol' days." You are sure to be tapping your feet or humming along! Once again this year the Lincoln High School Chorus will be joining us. Ballroom (OC) **Premium Reserved Section Seating, \$18**, General admission, \$13.



### —Comedy—

#### An Evening of Comedy with Jack Gallagher

Friday, March 18 — 5418-01

Jack is back and you won't want to miss him! He is bringing new material about his observations on everyday life, relationships and family. Jack started his professional comedy career in Boston during the early 80's. He helped establish such clubs

as The Comedy Connection, Stitches and the legendary Ding-Ho Comedy. After moving to Los Angeles, Jack became a regular at The Improv and landed a major role in the feature film "Shakes the Clown" with Bob "Bobcat" Goldthwait. He has also appeared in "Heartbreak Ridge" with Clint Eastwood and the TV movie "Incident at Ruby Ridge." Jack is currently co-hosting the nationally syndicated Public television show "MoneyTrack." Gallagher's work on network television includes his own ABC sitcom "Bringing Up Jack" as well as a recurring role on the HBO Original Series "Curb Your Enthusiasm." Jack made numerous appearances on "The Tonight Show" with Johnny Carson and Jay Leno, and "Late Night with Conan O'Brien." Show 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, Sold Out.** General admission, \$17.



#### KS Comedy Night: Keith Ross Nelson

Tuesday, March 22

6:00 PM — 5422-01A

8:00 PM — 5422-01B

Keith Ross Nelson has been doing comedy for over 25 years. He is the director, co-writer, and star of the TV series "Electives." He has performed in all 50 states, as well as all over the world. He was in the independent movies: "Mobsters and Mormons," and "The RM." He has been seen on "Comedy Time," "HuLu," "Evening at the Improv," and "Entertainment Tonight." He was included in the 2011 edition of Who's Who, won the Portland Comedy Competition in 2005, and has been featured in the *LA Times* and the *Daily News*. He held the Masters High Jump record in his age group for seven years, and won three National championships in high-jumping—two outdoors and one indoors. He was ranked number one in the world for outdoor high-jumping in 2000, and number one for indoor high-jumping in 2006. He also finished second in the World Championships in 1998. He has a Black Belt in Kung Fu, as well. Save \$1 off \$4 or more at KS Café on show night. 6:00 PM and 8:00 PM performances. P-Hall-(KS). **Reserved Seating, \$12.**



#### Randy Riggle Presents a Tribute to the Past with "Nostalgia"

Thursday, April 7 — 5407-02

Long before computers, answering machines, and cell phones, there was a time that was part of all of us. Instead of drive-thrus there were drive-ins. Coke wasn't "Classic" and it came from a fountain. And the only survivor series on TV consisted of Gilligan and his crew. Times have changed, but have we? "Nostalgia" takes you down memory lane with your '57 Chevy as we remember the times and people who changed our lives. You'll be taken back to that



fateful day at Pearl Harbor and travel through the 40's, 50's, and 60's until the first steps are taken on the lunar surface. Nationally touring stand-up comedian Randy Riggle will be our tour guide on a trip filled with songs and laughs in this journey through time. His observational humor about the era features over 45 impersonations and a special tribute to veterans. Show 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$12.

### —Community Events—

#### Annual Parking Lot Sale Saturday, May 21 — 5421-03

With only one date in 2016, don't miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings a lot of buyers from the community and neighboring cities. Sale is from 7:30 AM-12:00 PM at the Fitness Center Parking Lot (OC). Limit two spaces per household. A six-foot table and two chairs will be provided per space. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. Resident booth, \$28 per space. Limited spaces available for home or local businesses, \$50.



### —Concerts—

#### The AM Jazz Ensemble From Rio Americano High School Tuesday, April 12 — 5412-02

The AM Jazz Ensemble, directed by Josh Murray, is part of a 70-student jazz program at Rio Americano High School, a local public school in Sacramento. Rio has four separate jazz ensembles, of which AM is the highest level. This prestigious group has been selected as a finalist for the Essentially Ellington Competition in New York City, run by Wynton Marsalis and Jazz at Lincoln Center eight times, and Rio has won the Monterey Jazz Festival's High School competition seven times. The group has toured and performed in Japan, China, Australia, Argentina, Spain and Italy, and they performed at the inaugurations of Sacramento Mayor Kevin Johnson and Governor Arnold Schwarzenegger. Don't miss out on all this great music. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$12.



#### Classical Piano Concert featuring Nancy Lee Harper and William Wellborn Friday, April 22 — 5422-02

Classical Pianists Nancy Lee Harper and William Wellborn will

perform a classical program featuring works from Mozart, Brahms, Chopin, Liszt, Frago, Granados, and Dvorak. Nancy is described as “an extraordinarily multi-talented American musician and scholar,” debuting at age 14 with pianist-composer-conductor Rudolf Ganz. She enjoyed an international career while based in Portugal from 1992-2013. William Wellborn enjoys an active career as a pianist, teacher and lecturer, and has concertized widely on three continents, as well as twenty-eight states in the US. He has been a faculty member of the San Francisco Conservatory of Music since 1989. His students have gone on to win many top prizes in state, national, and international piano competitions. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$15.** General admission, \$12.



#### Just Added! International Touring Superstar And 2014's Georgia Country Female Artist of the Year Erica Sunshine Lee

Thursday, April 28 — 5428-03

Erica Sunshine Lee received the 2014 Georgia Country Award for 'Female Country Artist of the Year' and is known as the “Hardest Working Woman in Country Music,” due to her relentless touring schedule across the world, performing almost 300 shows per year. Sunshine is a never-ending machine, writing songs, on and off the road, and has quite a diverse and unique writing style, with catchy melodies and infectious hooks, and songs about true love, broken hearts, and honest stories from her childhood and family life. She is currently touring the world with no end in sight. Returning occasionally to her home in Nashville to promote her latest record produced by Kent Wells (Dolly Parton's Producer). DJ's all across Europe are raving about the authentic and unique country sound of this prolific songwriter, who holds nothing back, and brings “a gallop of energy as she puts her heart and soul into each ballad.” Erica Sunshine Lee combines the grit and raw country of Johnny Cash mixed with the edgy alto soul of a gypsy like Stevie Nicks showcased with songs such as “These Boots are Made for Walking,” “Folsom Prison Blues,” and “Ain't No Sunshine.” Save \$1 off \$4 or more at KS Café on show night. 7:00 PM. P-Hall-(KS). **Reserved Seating, \$20.**



#### Nicolas Bearde: “Salute to Lou Rawls” Wednesday, May 18 — 5418-03

Recording artist Nicolas Bearde and his trio's dynamic show traces the life and music of the legendary, Grammy-winning vocalist, Lou Rawls. In his own inimitable style, Nicolas conjures up Lou's spirit in song, from the early



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blues and jazz years to the hugely popular R&B hits that helped make Lou Rawls world-famous. Renowned for his silky-smooth, soulful vocals, and his engaging, humorous monologues about life on the street, Lou was the quintessential musical storyteller. With a heart as big as his voice, evidenced through his work with the United Negro College Fund and his famous annual "Parade of Stars," Lou was truly a man of the people. His timeless music now comes alive in Bearde's vivid and affectionate tribute with some of Lou's greatest hits, including "Tobacco Road," "Natural Man," "Lady Love," "You'll Never Find Another Love Like Mine," and "I'd Rather Drink Muddy Water." 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.

**The New Christy Minstrels'**  
**William Florian presents "Those Were the Days"**  
**Friday, May 27 — 5427-03**

Former lead singer of the famous 60's band The New Christy Minstrels, William Florian and his trio, will deliver an upbeat, musical journey of America's greatest songs of the 60's. Concert repertoire will include hits from the New Christy Minstrels plus the music of Peter Paul & Mary, John Denver, Pete Seeger, The Mamas & The Papas, and uplifting originals presented with amusing stories in an intimate show. Come join us for a trip down memory lane! 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.



—Fashion Event—

**Fashion Show—Model Call**  
**April 8 Submission Deadline**

Calling all ladies interested in modeling and having fun! We need 20 models of *all* ages and sizes to walk the runway for our Spring Fashion Show on May 12. Modeling is a great way for those new to the community to make new friends and meet new people! Models will be required to visit the fashion store within the two weeks prior to the show and be available for rehearsal the day before show. Please pick up and complete the information sheet available at the Activities Desks or online. Information sheets require dress size and contact information. Submission deadline is April 8 to Deborah Meyer, Entertainment Coordinator, at the Activities Department (KS).



**"Through the Looking Glass"**  
**Spring Fashion Show Luncheon**  
**Thursday, May 12 — 5412-03**

Flowers are blooming, birds are singing, and the warmer weather is inspiring more activities in the beautiful outdoors. Spring is in full bloom, with a beautiful collection of fashion

and trends displayed on the runway by your friends and neighbors. Casual wear, social, sport, and semi-formal occasions will be presented by White House Black Market, Lane Bryant, Talbots, and from



our very own Lifestyle apparel. Looks that are great for any activity you choose to do this spring and summer. Chef Rodrick has prepared a delicious menu of *Seared Salmon Salad* or *Caramelized Shallot & Fennel Risotto Croquette* with a *Strawberry Shortcake* for dessert. Mimosas will be available for individual purchase. If buying a table with friends and neighbors, please provide a complete list of guests at your table and their food choice upon registration. Doors open at 11:00 AM. Lunch served at 11:30 AM. Show 12:30 PM. Ballroom (OC). General admission, \$33. Even if you do not attend the show, come and shop from unique vendors displaying the latest accessories and fashion items in the Pre-Function Area from 10:30 AM-2:30 PM.

—Grandkids Event—

**Spring Egg Hunt**  
**Saturday, March 26 — 5426-01 — Sold Out**

An eggciting time for all the kids and kids at heart! Bring your grandchildren at 10:00 AM to the outdoor Amphitheater terrace to enjoy our traditional egg hunt and festive surprises. Plus, there will be a special visit from the Easter Bunny! Fun egg hunt prizes and activities await your grandchildren during the event. Don't forget your cameras for picture-perfect photo opportunities! *Please make sure to bring a basket for collecting eggs. A limited number of bags for egg hunting will be provided.* Sign up your grandchildren, **toddler to ten years only please.** Please make sure you indicate the ages of your grandchildren during registration at the desk and online. Hunt will be divided by age groups: **Toddlers—one to four-years-old; children—five to seven-years-old; children—eight to ten-years-old.** Toddlers' hunt begins sharply at 10:30 AM. Wristbands are required to participate in the festivities. Wristband for online buyers available for pick up starting at 10:00 AM Saturday, March 26. Event may be cancelled due to rain.



—Summer Series—

**2016 Summer Amphitheater**  
**Concert Series Launch Party**  
**Monday, April 11 — Free**

Be the first to know about the exciting concert lineup for this year's much awaited Summer Amphitheater Concert Series! Join us at our Launch Party,



*Continued on page 50*

exclusive to residents, and enjoy dancing to DJ music and light munchies in the Ballroom (OC)! Purchase your Series Package at the event and receive an additional discount and a chance to win fun prizes! No registration required. **Doors will open at 3:00 PM, event ends at 5:00 PM.** If you are unable to attend the party, don't despair! You will be able to purchase your Se-

ries Package tickets at the Launch Party discount price by logging on to our resident website and accessing Lifestyle Online from 3:00-11:59 PM on April 11. *Limited availability for additional discount is available only during these times.* Don't miss it! **See the ad on page 8 for Summer Series Concert dates.**

Day Trips & Extended Travel



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

—Casino/Races—

**Off to the Races**

**Thursday, March 31 — 1845-01**

Enjoy the beginning of spring and enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-controlled comfort and luxury of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, wind breakers, baseball caps or visors. Tennis shoes for traction OK. Included: admission, buffet lunch served from 11:30 AM-3:00 PM and complimentary racing program. Leave OC at 10:00 AM, return ~ 7:00 PM. \$79. **Deadline to purchase March 25 at 12:00 PM.**



**Reno Silver Legacy**

**Tuesday, April 26 — 1770-02**

Nice spring day trip to Reno in the Sierras! Visit the Silver Legacy Hotel & Casino for the day and get \$10 cash back and \$5 food credit. Try your luck at the slots or check out the Reno arts district. Five-hour stay. Leave OC 8:00 AM, return ~ 6:30 PM. \$35.



**Feather Falls Casino**

**Monday, May 23 — 1954-03**

Enjoy a nice spring day with a trip to Oroville about 70 miles



north of Lincoln for a four-hour visit. Many gaming options available with \$10 cash back. An 11,000 square foot smoke-

free gaming area is available with over 300 machines for your clean-air enjoyment! Lunch on your own at the buffet or Feather Falls Brewing Company. Leave OC at 9:00 AM, return ~ 4:00 PM. \$21.

—Festivals—

**San Joaquin Asparagus Festival**

**Friday, April 15 — 1821-02**

Visit the biggest Asparagus Festival in the West! The San Joaquin Asparagus Festival offers everything from food to fun. Enjoy asparagus alley, live entertainment, health & wellness Fair, countless vendors, craft beer and wine pavilion, and so much more! Try many types of dishes including, deep fried asparagus, asparagus ice cream, asparagus lumpia, asparagus



chicken bowl, asparagus corn dogs, asparagus nachos, bacon wrapped asparagus and more! The event is now held at the San Joaquin County Fairgrounds in Stockton with indoor and outdoor venues and plenty of seating areas. We'll arrive at opening of event and stay for four hours. Leave OC at 8:30 AM, return 4:00 PM. \$36. **Purchase deadline Wednesday, April 13, 12:00 PM.**

**Cherry Blossom Festival**

**Saturday, April 16 — 1833-02**

The 2016 Northern California Cherry Blossom Festival® one of California's most prominent celebrations of Asian traditions will celebrate its 49th year. Each year, over 200,000 people attend this dazzling display showcasing the color and grace of the Japanese culture and the diversity of the Japanese American Community. The festival will be held on Post Street between Laguna and Fillmore Streets and includes food booths, cultural performances, martial arts, live bands, the annual Queen Program, and more. The Northern California Cherry Blossom Festival® is said to be the second largest festival outside of Washington, D.C. to celebrate the blooming of cherry blossoms; and held at one of three remaining Japantowns in the United States. Leave OC 8:30 AM, return ~ 6:00 PM. \$44.





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**Scottish Games & Festival****Sunday, April 24 — 1822-02**

Want a fun day of adventure, music, competitions, and a flavor of things Scottish? Experience a taste of Scottish culture



without having to travel thousands of miles. Join us on a trip to the Scottish Games Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Scottish culture; athletics, highland dance, piping and drumming, and activities that include country dance, fiddling and harps, historical area, Scottish animals, take part in a Scottish Whisky seminar and tasting, view the march of the clans, and more! There is something Scottish for everyone, including the food, and you don't have to be Scottish to have fun. Indoor and outdoor venues. Leave OC 10:15 AM, return ~ 4:45 PM. \$39. (Includes admission; food and drink on your own.)

**—Museums—****Legion of Honor “Pierre Bonnard: Painting Arcadia”****Tuesday, March 29 — 1764-01**

**Note earlier return time.** *Pierre Bonnard: Painting Arcadia* is the first major international presentation of Pierre Bonnard's work to be mounted on the West Coast in half a century. The exhibition will feature approximately 75 works that span the artist's complete career, from his early Nabi masterpieces, through experimental photography, to the late interior scenes for which he is best known. Bonnard was a student and follower of Paul Gauguin. This exhibit offers a fresh interpretation of Bonnard's repertoire, and a reconsideration of the artist as one of the foremost practitioners of modernism. Also enjoy *Sublime Beauty: Raphael's “Portrait of a Lady with a Unicorn”* along with the rest of the Legion of Honor art collections. For more information on this and other currently running exhibits: <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own at the museum's café, or bring your own. Leave OC at 8:30 AM, return ~ 6:30 PM. \$63.

**Old Sacramento Underground Tour and State Capitol****Monday, May 16 — 1843-03**

Join Katrina, your trip coordinator and Sacramento native on a historical underground tour of Old Sacramento and more! First we'll take the underground tour which is a ½ mile guided historical walking tour lasting approximately one hour with personal listening devices. (Be aware has low ceilings and uneven

*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.** SCLHCA Rules and Regulations states “Activities expenses are generally paid in advance of the event. Therefore, the fee would not normally be refunded.” Registration for **Entertainment** is open to residents and public except for events involving food. Events with food are exclusive to residents and their guests. For **Trips**, limited to two per household for the first month of sales; additional guests may be registered after. Guests must be at least 21 years old for casino trips; 18 years old for other destinations. For **Classes**, registration is exclusive to residents. Early registration is encouraged, classes may be canceled up to one week prior to class start due to low enrollment.

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

- **Weather:** Association trips and events are held regardless of inclement weather.

- **Scents:** When attending any activity, class, or meeting at OC or KS Lodges, or going on trips, please refrain from wearing perfume, cologne, and scented bath & body products. Many residents have serious allergies exacerbated by scents.

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

- **Special Accommodations:** Please inform the Monitor during registration as follows. For Entertainment, special needs patrons will be seated first. For Trips, we accommodate wheelchair bound passengers to the best of our abilities.

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

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

- **Departures:** All bus trips leave from OC Lodge unless otherwise noted. We load the bus 15 minutes prior to departure times stated on these pages. As a courtesy to all, we leave on time. Buses are air conditioned, please dress accordingly.

- **Parking:** For all trips, please park beyond OC Fitness Center in lanes 11-13 unless noted otherwise. Passengers are dropped off by the Fitness Center entrance on return.

- **Event Ticket for Trips:** Are handed to guests when boarding.

- **Travel Insurance:** Highly recommended as trips are non-refundable. A list of trip insurance providers from the US State Department is available at the Activities Desks.

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walking surfaces). Next we'll visit the Sacramento History Museum which is dedicated to Sacramento's rich and diverse history and its unique place in the history of California and the nation. Lunch and free time on your own in Old Sacramento before we head over to the California State Capitol for a docent led tour on a day the legislature will be in session. Please be prepared to have items searched and/or x-rayed when entering Capitol building. Depart 8:45AM, return ~ 5:30PM. \$57.



**Asian Art Museum—San Francisco**  
**Emperors' Treasures: Chinese Art from the National Palace Museum, Taipei**

**Wednesday, June 22 — 1766-03**

Rare imperial masterpieces make their U.S. debut in their only West Coast appearance. Emperors' Treasures features nearly 150 artworks from the renowned Taipei museum and includes paintings, calligraphy, bronze vessels, ceramics, jades and more. Over 100 pieces will make their debut; 30 are extremely rare masterpieces highlighting artworks that span from the Song period to the Qing dynasty. Emperors' Treasures will outline how Chinese art came to develop and flourish under Han Chinese, Mongol and Manchu rulers. Also view special exhibits of Chinese and Japanese Lacquer ware. View "Elephants without Number," and discover how these impressive animals have inspired artists' imaginations for centuries. Includes admission, lunch on your own, museum café, or bring your own. Depart 8:00 AM, return ~ 6:15PM. \$63.



**—Performances—**

**Sacramento Philharmonic —**  
**Salute to John Williams "Star Wars" & more!**  
**Sacramento Community Center Theater**

**Saturday, April 23 — 1777-01**

May the force be with you! Relive your favorite movie moments, as scenes come to life through the live performance of some of John Williams' most beloved movie scores: *Superman*, *Raiders of the Lost Ark*, *Harry Potter*, *E.T.*, and, of course, *Star Wars*! An evening of adventure and magic awaits! Reserved seats located in mid-orchestra section. Leave OC at 6:45 PM, return ~ 11:00 PM \$62. **Deadline to purchase March 18 at 12PM.**



**Kinky Boots**  
**Golden Gate Theater, San Francisco**  
**Sunday, May 22 — 1774-01 — Sold Out**

**Beautiful—The Carole King Story**  
**at the Orpheum Theater — San Francisco**  
**Wednesday, September 14 — 1790-02**

Beautiful tells the inspiring true story of Carole King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Featuring a stunning array of beloved songs including "I Feel The Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got A Friend" and the title song, **Beautiful** took home two 2014 Tony Awards and a 2015 Grammy Award. Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Dinner on your own at Union Square after the 2:00 PM show. Depart 11:00 AM, return ~ 9:30 PM. \$146.



**2016 Music Circus Series**

This year's Music Circus summer season at the air-conditioned Wells Fargo Pavilion in Sacramento has lined up some exciting classic musicals that are performed in a "Theatre in the Round." All shows start 7:30 PM. You will have time to purchase food and beverage prior to the show and enjoy complimentary access to the air-conditioned season ticket subscriber's lounge with cash bar, restrooms and tables and chairs. Leave OC at 6:15 PM, return ~ 11:00 PM. \$99 each show.



**Legally Blonde**  
**Wednesday, June 15 — 1795-03A**

The hilarious Reese Witherspoon film is now the smash hit musical comedy that turned Broadway and MTV hot pink. Sorority star Elle Woods is an underestimated blonde who doesn't take "no" for an answer. When her boyfriend dumps her for someone more "serious," she hits the books and, with her dog Bruiser, sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style. With "Omigod You Guys," "So Much Better."



**Hello Dolly!**  
**Wednesday, June 29 — 1795-03B**

This ebullient and irresistible musical theatre classic glitters with happy songs, high-energy choreography and elaborate costumes. The indomitable matchmaker Dolly Levi rediscovers love for herself as she introduces romance into the lives of wealthy shopkeeper Horace Vander-gelder, his niece and two sheltered clerks. Features "It Only Takes A Moment," "Put On Your Sunday Clothes" and the title number, one of the



*Continued on page 59*

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### Cabaret

**Wednesday, July 27 — 1795-03C**

Welcome to Berlin's infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd into leaving their troubles outside. But as life in pre-WWII Germany grows more and more troubled, how long can the show and the decadence surrounding it go on? This Tony-winning Kander and Ebb classic has some of the most memorable songs in theatre history, including "Cabaret" and "Willkommen."

### Nice Work If You Can Get It

**Wednesday, August 10 — 1795-03D**

A smash hit on Broadway in 2012, the song-and-dance spectacular features the music of George and Ira Gershwin in a sparkling, spirited, high-stepping musical comedy. To a songbook of the greatest American standards ever sung, a cast of bootleggers, chorus girls, playboys and politicians, creates hilarity in a glorious Long Island mansion in the rip-roaring 1920s. With "Let's Call the Whole Thing Off," "I've Got a Crush on You" and "Someone to Watch Over Me."

### The Hunchback of Notre Dame

**Wednesday, August 24 — 1795-03E**

This brand new musical is the only stage collaboration from two masters of American musical theatre, Alan Menken (*Beauty and the Beast*, *Newsies*) and Stephen Schwartz (*Wicked*, *Pippin*). With a lush, emotionally rich score and beautiful choral arrangements, it's a dramatic retelling of the epic but tragic Victor Hugo novel. Darker than the Disney film, closer in plot to the novel, the musical showcases the film's Oscar-nominated score and introduces stunning new songs.

## —Sports—

### San Francisco Giants

See your San Francisco Giants in the comfort of club level seats! Club level seats are wider and have more leg room, and get extra comforts like tables and chairs in the food areas with flat-screen TVs, access to the memorabilia displays, shorter food and restroom waits. Take a nice carpeted walk over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. (Bus drops off on Third base 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. Residents love the

view! *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. \$154

- **Giants vs. Chicago Cubs—Note time change**  
**Sunday, May 22 — 1800-12A**  
Seats located in club level 230. Depart OC 1:30 PM (5:05 PM game time). Return ~ 10:45 PM.
- **Giants vs. Los Angeles Dodgers—Note time change**  
**Sunday, June 12 — 1800-12B**  
Seats located in club level 230. Depart OC 2:00 PM (5:37 PM game time). Return ~ 11:00 PM.
- **Giants vs. New York Mets—Just Added!**  
**Sunday, August 21 — 1800-03A**  
Seats located in club level 230. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.
- **Giants vs. St. Louis Cardinals**  
**Sunday, September 18 — 1800-12C**  
Seats located in club level 231. Depart OC 9:15 AM (1:05 PM game time). Return ~ 7:45 PM.
- **Giants vs. Los Angeles Dodgers—Just Added**  
**Fan Appreciation Day!**  
**Sunday, October 2 — 1800-03B**  
Seats located in club level 230. Depart OC 8:15 AM (12:05 PM game time). Return ~ 6:45 PM.

### River Cats

The River Cats are the AAA affiliate of the San Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? We have three River Cats games at beautiful Raley Field in West Sacramento. Senate Box seating, section TBA. All games depart at 5:45 PM ~return 11:30 PM. \$52 per game.

- **River Cats vs. OKC Dodgers (LA Dodgers)**  
**Friday, May 27 — 1927-01A**
- **River Cats vs. Fresno Grizzlies (Houston Astros)**  
**Thursday, June 16 — 1927-01B**
- **River Cats vs. Iowa Cubs (Chicago Cubs)**  
**Tuesday, August 16 — 1927-01C**



## —Tours/Leisure—

### Ruth Bancroft Gardens - Walnut Creek

**Wednesday, May 11 — 1750-03**

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*Continued on page 61*

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### Sierra Nevada Brewery Tour, Tasting and Lunch!

**Thursday, May 12 — 1813-03**

Due to popular request, we are returning to Sierra Nevada Brewery for their fantastic tour, tasting and lunch. Learn how beer is made with a visit to the original "Craft Brewery" in Chico. There will be a 90-minute walking tour in the brewhouse navigating the entire beer-making process, rubbing some aromatic, whole-cone hops in your palms, venturing across the catwalk to peer into the packaging facility, and more, before finishing with beer tastings. Enjoy an included lunch in the Taproom with a choice of *Bacon Cheeseburger, Fish & Chips, Eggplant Parmesan, Sirloin Fettuccine or Chicken Caesar Salad and tea, coffee or soda.* (Beer & alcohol purchases on your own.) Complete menu at Activities Desk. Lunch choice to be given at time of seating. We'll also be stopping at a local "micro-brewery" *Out of Bounds* in Rocklin for included beer tasting. Trip size limited to 33 people. *Closed-toe flat shoes required for tour.* Leave OC at 7:30 AM, return ~ 4:30 PM. \$92.



### Golden Gate Park—San Francisco

**Wednesday, May 18 — 1751-03**

Enjoy beautiful Golden Gate Park on a free day to do as you wish. Visit the deYoung Museum that will be featuring a special Oscar De La Renta exhibit, California Academy of Sciences with the iconic exhibits in the Steinhart Aquarium and Morrison Planetarium, see the spring blooms in the Botanical Gardens, or take part in a tea ceremony at the Japanese Tea Garden. Lunch and admission to museum/gardens on your own. Leave OC at 8:00 AM, return ~ 6:30 PM. \$44.



## —Overnight & Extended Travel—

### Another exclusive trip for our residents!

**Four days, three nights**

**Vatican Exhibit at Reagan Library**

**Tuesday, April 19 to Friday, April 22 — 1971-12**

*Museum, train ride, wine tasting!* Join Katrina, your Trip Coordinator for a trip down to the Ronald Reagan Presidential Library and Museum in Simi Valley to visit the *only* West Coast destination for *Vatican Splendors: A Journey through Faith and Art.* This 12,000 square foot rare multi-sensory exhibition comprises one of the largest Vatican collections ever to tour the United States, many never before on display in North America, and some not on view to the general public, even in Rome. It's a true "insiders" view of the Vatican, including its spiritual, artistic and ceremonial treasures. Regardless of your political affiliation, you'll enjoy the historical aspects of this museum. In addition, the trip includes:

- Docent led tour of the Reagan Library and Museum
  - BBQ buffet lunch under the actual Air Force One
  - Train ride on the Amtrak Coast Starlight from Simi Valley to Paso Robles with views of the Pacific Ocean
  - Three night lodging and accommodation with wine reception/tasting
  - Two breakfasts, three lunches, one dinner
- Detailed trip itinerary outline, menus and trip insurance providers list from the US State Department available at the Activities Desks or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, April 19, return April 22 ~ 6:00 PM. \$618 per person double occupancy. \$838 single. **Deadline to purchase Friday, March 18 at 12:00 PM.**



### Four days, three nights!

**Avenue of the Giants, Redwoods and Eureka Excursion**

**Sunday, May 1-Wednesday, May 4 — Sold Out — 1970-01**

This trip is sold out. Please add yourself on the Wait List. We are considering offering the same trip later in the year. Those on the Wait List will be notified once new dates are set.

### Overnight! Wine Country Overnight

**Wednesday, June 1-Thursday, June 2 — 1974-03**

Join us on an overnight trip to Sonoma County Wine Country for wine tasting and tours of some fantastic wineries, some of which are served in our own Meridians Restaurant. Trip includes visits to resident favorites, Kendall-Jackson Wine Center just outside of Santa Rosa, La Crema Tasting Room in Healdsburg and Kunde Family Winery in Kenwood. Tours include special gourmet boxed lunches on both days. The finale of the tour is going to be a fun highly requested stop at the Jelly

*Continued on page 62*

Belly Factory in Fairfield for chocolate and wine pairing! Factory tour will be included. We'll be staying at the Best Western Dry Creek Inn Healdsburg in the recently remodeled Casa Siena Building. Sign up early, spaces are limited!

**Trip Inclusions:**

- Demonstration garden tour and tasting at Kendall- Jackson Wine Center with gourmet boxed lunch from Chef Roderick with options: *Grilled Chicken Focaccia or Prosciutto & Provolone Baguette or Roast Beef & Roasted Red Pepper Ciabatta.*
- In-depth education and tasting at La Crema tasting room in downtown Healdsburg
- Cave tour, tasting and gourmet lunch at Kunde Family Winery with boxed lunch options: *Grilled Chicken with Provolone, Ham with Cheddar, Roasted Turkey & Provolone, Veggie Sandwich.*
- Wine pairing with select wines from Suisun Valley Wineries with confections and chocolates at Jelly Belly Factory (includes souvenir Jelly Belly wine glass) and tour
- Free time at downtown Healdsburg plus dinner on your own
- Overnight stay at Best Western Dry Creek Inn Healdsburg with hot breakfast buffet
- Luggage handling and gratuities for bus driver
- All tour and tasting fees included, any additional tastings or any reserve wines would be on your own

Be prepared to give your meal choice when you register. Complete menu descriptions for both lunches available at Activities Desks or from our website. Please advise of any dietary issues during registration. *A signed liability waiver is required for each participant.* \$364 per person double occupancy, \$291 single. Depart Wednesday, June 1, 8:00 AM, return Thursday, June 2, ~ 5:30 PM.

**Four days, three nights!**  
**Laguna Beach Festival of the Arts/Pageant of the Masters & California Science Center—**  
**Endeavor Space Shuttle**

**Saturday, July 23-Tuesday, July 26 — 1983-12**

*Art show, outlet shopping, museum.* Join your Trip Coordina-



tor, Katrina, on an amazing trip down to the world-famous Festival of the Arts in Laguna Beach.

The Pageant of the Masters is where “Art comes to life!” This year’s theme is “Partners.” See famous paintings recreated in full detail right before your eyes with premium reserved side loge seating. We’ll also be stopping at the California Science Center for a group visit to the space shuttle Endeavor and time to explore their permanent exhibits. This excellent trip includes:

- Two-night stay at the Ayres Hotel Laguna Woods (minutes from the Festival of Arts grounds)
- Lunch at Harris Ranch
- Lower level ticket to Pageant of the Masters Show and Art-A-Fair Fine Art Festival
- Day to enjoy the Sawdust Art Festival and the free Laguna Beach Trolley
- Dinner at Tivoli Terrace, Festival of the Arts
- Visit to the California Science Center featuring the space shuttle Endeavor
- Stop on way home at Outlets at Tejon, includes welcome tote bag with coupons
- Overnight stay at Microtel Inn & Suites by Wyndham (across the street from the Outlets at Tejon)
- Lunch at Pea Soup Andersen’s

Total meals included: three breakfasts, one lunch and one dinner. Detailed trip itinerary, menus and US State Department trip insurance providers list available at the Activities Desk or view online. *A signed liability waiver is required for each participant.* Leave OC at 8:00 AM, July 23, return July 26 ~ 4:00 PM. \$662 double/\$916 single.



**Sold Out Trips thru April 20**

**Trip • Date • Departure Time**

- **Speaker Series—Mark Kelly and Gabby Giffords**  
**Tuesday, April 5—6:45 PM**
- **Newsies Tuesday, April 12—6:45 PM**

**Activities Department Classes**



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

**Vacation Drop-In**

In response to students’ request, 2016 brings additional classes offering drop-in sessions to accommodate your vacation

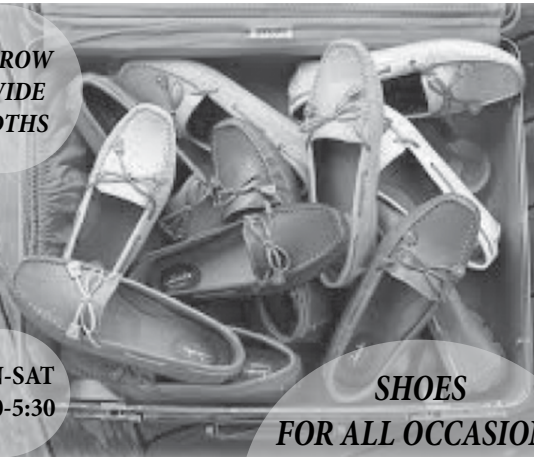
plans! Drop-in sessions will allow current students who are able to work independently on their projects but are not available to attend class full time due to vacation plans, to register one session at a time. Sessions are held in conjunction with ongoing regular classes. Class space is on a first-come, first-served basis. Students must check with the instructor prior to registration each time to ensure space is available and that they meet the prerequisite. Registration for drop-in sessions is only available within one hour prior to the start of class at the

*Continued on page 64*

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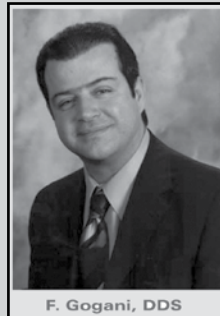
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Activities Desk. Classes that offer drop-in sessions will be noted in the class description. Cost varies by class. **Prerequisite:** Must have completed at least a full month of class instruction in the past. Some classes may require longer class experience. Drop-in sessions are not first time students/beginners and offers limited guidance from moderator/instructor.

**Art**

**—Drawing—**

**Beginner Drawing**

**Thursdays, April 7-28 — 132216-03**

10:00 AM-12:00 PM (OC). \$52 (four sessions). Instructor: Michael Mikolon. The artistic journey starts with 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 Activities Desks and online.



**Vacation drop-in: DRAW — \$17 per session.**

**—Oils, Pastels & Acrylics—**

**Paint Your Vision in Oils or Acrylics**

**Wednesdays, April 6-27**

**9:00-11:30 AM Class — 113116-03**

**Or 1:30-4:00 PM Class — 113216-03**

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 25 years experience in landscape, portrait, figure and still life painting, with hundreds of works in private collections across the U.S. More info: [www.artistmarilynrose.com](http://www.artistmarilynrose.com). Questions? Call Marilyn at 409-0397. Supply list available at the Activities Desks and online.



**Vacation drop-in: PAINT — \$17 per session.**

**Painting Pastels and Oils with Barry**

**Mondays, April 4-25 — 105116-03**

9:00-11:30 AM (OC). \$52 (four 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 is an award-winning artist with over 50 years painting explorations in various media. His paintings are sought by collectors and has clients worldwide. He has over 15 years experience teaching and encouraging artistic expression, to many ages. Barry owns a studio in Folsom. Supply list available at Activities Desks, online, or on instructor's website. [www.pastelpainter.com](http://www.pastelpainter.com).



**Vacation drop-in: PASTEL — \$17 per session.**

**—Watercolor—**

**Beginning Watercolor Painting**

**Thursdays, April 7-28 — 132116-03**

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



**Vacation drop-in: WCOLOR — \$17 per session.**

**Sip and Paint: The Rooster**

**Friday, March 18 — 122116-02 — Sold Out**

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Place yourself on the wait list. We may offer a second class depending on wait list registration.



**Sip and Paint: Iris Hillside**

**Friday, April 15 — 122116-03**

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. A painting inspired by the Horton Iris Farm in Loomis, this class will surely be a lot of fun! Relax and enjoy cheese and wine while painting, an activity that's becoming popular everywhere. Paint a finished acrylic



*Continued on page 66*



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painting in one day, with step-by-step instruction from a professional artist, who will teach you how to mix colors, use media, brush strokes and use of pallet knife. Instructor will also give each student help and advice. All supplies are included, and will be set up and ready to go when you arrive. The canvas will be under-painted and have a wire on the back ready to hang. The fact that we paint quickly and don't have time for too many small details gives the painting a looser more energetic feeling. Class fee includes a glass of wine, a selection of cheese, crackers and fruits, plus all art supplies needed to complete your artwork. Extra wine available on a pay-as-you-order basis. *About the Instructor:* Artist Unni Stevens has studied art in Norway, Japan and at the Laguna Collage of Art. She has been painting, teaching and selling her art for over 30 years, and has been a member of the High Hand Gallery for four years. For more info: [www.unniart.com](http://www.unniart.com).

**Special Art Workshop!**  
**Capture Radiant Light and Color in Your Painting**  
**(Oils or Soft Pastels)**

**Friday & Saturday, April 8 & 9 — 121316-02**

9:00 AM-3:00 PM (OC). \$150.

Instructor: Susan Sarback.

**Prerequisite:** Basic drawing skills suggested. Oil painters can use either a palette knife or brushes. Discover how to infuse your paintings with radiant color. Based on the Impressionists approach to light and color, your paintings will gain a fresh and luminous quality of life. In this workshop you'll have several options. I will bring photos to paint from or you can bring your own. Start a new painting or bring in the paintings you're currently working on. Do you have any "problem" paintings—those you just could never make "work"? Bring those in as well. This is a workshop to help you individually take another step. There will be a demonstration and plenty of personal instruction. *About the Instructor:* Susan Sarback has been an artist for over 35 years, is the author of two art books, and founder of the School of Light & Color ([www.lightandcolor.com](http://www.lightandcolor.com)). Students from all parts of the world come to study her unique approach to color. See more at [www.susansarback.com](http://www.susansarback.com).



**Mixed Media**

**Art Journaling**

**Tuesdays, April 12 & 26 — 143116-03**

9:00 AM-12:00 PM (KS). \$35 (two sessions). Supply fee paid to instructor \$5. Instructor: Kerry Dahlin. A variety of media will be used as we "play" on the pages of our art journals. You will learn how to visually and artistically record your



days and express yourself while exploring color theory, composition, balance, and texture. You will love creating interesting, interactive mixed media pages in a journal that is uniquely you. Supplies to bring to class: Mixed Media spiral-bound artist paper pad (available at Michaels, Hobby Lobby, Aaron Brothers), glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any favorite mixed media supplies you have.

**Ceramics**

**—Lladro—**

**Spanish Oil Painting**

**Wednesdays, April 6-27 — 206116-03**

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

structor: Barbara Bartling. **Prerequisite:**

Lladro requires a steady hand and concentra-

tion. A beginning & 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.

**Vacation drop-in: LADD — \$12 per session.**



**—Pottery—**

**Beginning/Intermediate Ceramics**

**Tuesdays, April 5-26 — 212116-03**

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

Jim Alvis. Introductory class for residents who have never worked with clay and continuing students who want to further develop skills. Course covers basic hand building and wheel throwing

techniques, with demonstrations of both craft and sculpture projects. First-time students will be provided clay and may use instructor's tools to create their first art piece. Supply list provided at first meeting for future classes.

**Vacation drop-in: CERD1 — \$17 per session.**



**Advanced Ceramics**

**Tuesdays, April 5-26 — 212216-03**

9:00 AM-12:30 PM (OC). \$54 (four ses-

sions). Instructor: Jim Alvis. This class is for the self-motivated students/artists with established ceramic skills.

Students explore their individual craft and sculpture projects with guidance from instructor. Course includes demonstra-

tions, assignments, group discussion and constructive critique.

**Vacation drop-in: CERD3 — \$17 per session.**



**Ceramics — All Levels**

**Thursdays, April 7-28 — 221116-03**

1:00-4:00 PM (OC). \$54 (four sessions). Instructor: Terry Accomando. Open to all skill levels. The class teaches hand-build-

*Continued on page 68*



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Sailing 03/11/17 to 04/04/17

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ing techniques and working on the potter's wheel. Students are encouraged to work at their own pace receiving individual instruction to achieve goals on any project they choose. Frequent demonstrations are given introducing new and exciting projects. *About the Instructor:* Terry brings 34 years experience teaching ceramics, drawing and painting to help you work independently on any project. Supply list available at the Activities Desks and online.



Vacation drop-in: CERD2 — \$17 per session.

## Crafts

### —Card Making—

#### Intro to Card Making 101—Level 1

**Mondays, April 4-18 — 317116-03**

9:00 AM-12:00 PM (KS). \$30

(three 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 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, so sign-up early to reserve your space. All supplies will be provided.



#### Card Making Level 2—Intermediate

**Tuesdays, April 5-19 — 317216-03**

9:00 AM-12:00 PM (KS). \$30 (three sessions).

Instructor: Dottie Macken. **Prerequisite:**

Completion of at least three-to-four sessions of Intro to Card Making 101—Level 1, or 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, so sign-up early to reserve your space. All supplies will be provided.



#### Card Making Level 3—Intermediate/Advanced

**Wednesdays, April 6-20 — 317316-03**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dottie Macken. **Prerequisite:** This class

will build on your skills from Level 2, while introducing you to some new and different card making and paper craft techniques. This class is **not** for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.



#### Card Making Level 4 — Advanced

**Fridays, April 8-22 — 317416-03**

9:00 AM-12:00 PM (KS). \$30 (three sessions). Instructor: Dot-

tie Macken. **Prerequisite:** This class is designed for the more experienced card maker and for those who have completed Levels 1 through 3, or have instructor's approval. The class will continue to build and explore different card making and paper craft techniques, dies, inks, and much more. Class size is limited, so sign-up early to reserve your space in the class. All supplies and equipment will be provided.

### —Craft Corner—

#### Spring Wreath

**Thursday, April 14 — 302016-03**

1:00-3:30 PM (KS). \$20. \$25 supply

fee payable to instructor. Instructor:

Judi Masters. Have you ever wanted

to make a wreath to brighten up your entry way? I will teach you step by step how to create a beautiful Spring Wreath.

We will use an 18" grapevine wreath and silk flowers. Please choose your flower color preference at registration, color options: yellows, pinks, or purples. Class size is limited, so register early. See project sample at OC display case.



### —Flower Arrangements—

#### Spring Basket Arrangement

**Monday, April 25 — 301016-03**

9:30-11:30 AM (KS). \$48. Instructors: Jen

Steele and Sally Hernandez. Come learn

how to create a beautiful floral basket arrangement. We will implement design skills and fun using beautiful spring colors to make a basket arrangement sure to delight the eyes and celebrate the beautiful season of spring. Floral materials and container materials are included, shears and knife not included.



### Cooking

#### Cooking with Chef Roderick

**Hors d'oeuvres**

**Thursday, April 7 — 322116-02**

9:00-11:00 AM (KS). \$18. Instructor: Meridians

Chef Roderick Williams. Entertaining guests can

be so much fun when you add these simple party favorites: Chicken Spring Rolls, Shrimp & Snow Pea Dumplings, Crab Rangoon. You will learn these yummy hors d'oeuvres plus Sweet & Sour Dipping Sauce. Recipes will be provided.



### Dance


### —Clogging—

*Dance your way to better balance, unclogged arteries, better muscle memory and that all-important mental memory. Not only is clogging a vigorous, rhythmic, energetic dance form, it is a whole lot of fun*

*Continued on page 71*

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### Beginning Clogging

**Tuesdays, April 5-26 — 332116-03**

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



### Easy-to-Intermediate Clogging

**Tuesdays, April 5-26 — 332216-03**

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

**Vacation drop-in: CLOG1 — \$10 per session.**

### Intermediate Plus Clogging

**Tuesdays, April 5-26 — 332316-03**

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

**Vacation drop-in: CLOG2 — \$10 per session.**

## —Country Western Dancing—

### Country Couples Western Dance

#### Beginner Level One & Two

**Mondays, April 4-25 — 344216-03**

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

### Country Couples Western Dance

#### Beginner/Intermediate Level Three & Four

**Mondays, April 4-25 — 344416-03**

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 this month will be circle dance "Horseshoe" a circle dance and "Babykakes" a cha cha routing.



### Country Line Dancing

**Fridays, April 1-29 — 346116-03**

3:00-4:00 PM (KS). \$25 (five sessions). Instructor: Jim & Jeanine Keener. This class is a mixture of beginner, high beginner, and intermediate dances and features the popular "old" line dances that are done at country dances around the area.

## —Dancing with Dolly—

### Lyrical Jazz/Ballet

**Thursdays, April 7-28 — 353516-03**

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—Intermediate to Advanced Level

**Fridays, April 1-29 — 354516-03**

2:15-3:45 PM (OC Fitness). \$62 (five 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.



## —Hula—

### Hula

**Thursdays, April 7-28 — 390216-03**

1:00-2:15 PM (KS). \$40 (four sessions). Instructor: Pam Akina. Begin or continue your study of hula in this ongoing class for dancers of all experience and skill levels. Traditional steps and motions are taught as well as relevant historical and cultural information surrounding each of the dances. Hula is good for mind, body, and spirit!



*Continued on page 72*

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.

**Vacation drop-in: HULA — \$13 per session.**

—Jazz—

**Jazz Class for the Beginner**

**Thursdays, April 7-28 — 353016-03**

11:00 AM-12:00 PM (KS). \$32 (four sessions). Instructor: Melanie Greenwood. This class will leave your mind, body, and spirit feeling empowered, energized, and more flexible. Melanie



will demonstrate different styles of Jazz to ensure proper execution in a fun and positive way. Come join her! You'll leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at 16-years-old and turned professional at 18. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, Reno, Nashville, Branson, Tokyo Disneyland, as well as on TV and video.

**Vacation drop-in: JAZZ1 — \$13 per session.**

**Jazz Technique 2**

**Tuesdays, April 5-26 — 353116-03**

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

**Vacation drop-in: JAZZ2 — \$13 per session.**

—Line Dance—

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

**Intro to Line Dance**

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

- **Mondays, May 2-June 27 — 360016-03**  
4:00-5:00 PM (KS). \$48 (eight sessions; no class May 30). Instructor: Audrey Fish.
- **Thursdays, May 5-June 30 — 370016-03**  
9:00-10:00 AM (KS). \$54 (nine sessions). Instructor: Yvonne Krause-Schenck.



**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, April 4-25 — 370116-03**  
9:00-10:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck.

**Vacation drop-in: LDANCE1 — \$10 per session.**

- **Thursdays, April 7-28 — 360116-03**  
2:30-3:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish.

- **Tuesdays, April 5-26 — 380116-03**  
9:00-10:00 AM (KS). \$24 (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, April 4-25 — 360216-03**  
5:00-6:00 PM (KS). \$24 (four sessions). Instructor: Audrey Fish.
- **Wednesdays, April 6-27 — 380216-03**  
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, April 6-27 — 380316-03**  
10:00-11:00 AM (KS). \$28 (four sessions). Instructor: Sandy Gardetto.
- **Thursdays, April 7-28 — 360316-03**  
3:30-4:30 PM (KS). \$24 (four sessions). Instructor: Audrey Fish.

**Improver Line Dance Class**

**Thursdays, April 7-28 — 370416-3**

10:00-11:00 AM (KS). \$24 (four sessions). Instructor: Yvonne Krause-Schenck. **Prerequisite:** Knowledge of line dance terminology is a requirement. The "Improver" class is an in-between level for dancers moving from beginner to higher levels. This class will teach the student dances from high beginner to the

*Continued on page 75*



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**Vacation drop-in: LDANCE2 — \$10 per session.**

### 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.



*Note: Tap Performance classes will resume in October*

#### Beginning Tap

**Thursdays, April 14-28 — 410116-03**

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 basic tap dance steps and terminology. 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, April 4-25 — 410516-03**  
10:00-11:00 AM (KS). \$32 (four sessions).
- Tuesdays, April 5-26 — 410216-03**  
10:00-11:00 AM (KS). \$32 (four sessions).
- Thursdays, April 14-28 — 410816-03**  
10:00-11:00 AM. (KS) \$24 (three sessions).

### —West Coast Swing—

#### Introduction to West Coast Swing

**Wednesdays, April 6-20 — 318116-03**

6:00-7:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. Learn the basics of this great dance from WCS instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class.

#### Intermediate I and II West Coast Swing

**Wednesdays, April 6-20 — 318216-03**

7:00-8:00 PM (KS). \$30 (three weeks). Instructor: Dottie Macken. **Prerequisite:** Must know the basics of West Coast Swing Dancing and have completed at least three sessions of the three –week classes of the Introduction to "West Coast Swing" or have instructor's approval—not for beginners.



### Glass Art

#### Fusing Glass and Stained Glass Workshop

**Monday, April 4 — GLASS**

4:30-6:30 PM, (KS). \$17. Moderator: Jordan Gorell. **Prerequisite:** For experienced students only. A moderator is present only to supervise safe use of equipment. Fusing and stained glass enthusiasts share workshop time. Fusing enthusiasts: fee includes firing of items limited to a six-inch square kiln space. Pay extra if projects require more kiln space. Pay at Activities Desk before workshop.



#### Stained Glass

**Mondays, April 4-25 — 494116-03**

1:00-4:00 PM (KS). \$58 (four sessions). Supply fee: \$10 payable to instructor. Instructor: Jim Fernandez. **Requirements:** No open toe shoes or short pants. Come learn the art of stained glass. We will be learning the technique of cutting glass, foiling and soldering along with safety and the proper



*Continued on page 79*

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- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

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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 25 years of stained glass experience.

## Jewelry

### —Beading—

#### Braided Chain Bracelet

Tuesday, May 10 — 513116-03

9:00AM-12:00 PM (KS). \$15 Instructor: Cathie Szabo. No, they're not handcuffs. But yes, these bracelets use chain in the most fashionable way. Flat chain has different colors of thread braided throughout. So different and so easy and fast, you'll find yourself making more than one! Class is easy enough for beginners and gives experienced beaders a new way to incorporate chain into their creations. Students should be able to complete the project in class. Check out the samples in the OC display window. Be sure you get the proper materials list when you register - look for the name and code # for Braided Chain Bracelet as well as the photo of the necklace. **Please note:** Cathie will have a selection of various colors of thread for you to use in your bracelet.



### —Silverware Jewelry—

#### Spoon Jewelry

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



#### Bracelets

Mondays, April 11 & 18 — 542116-03

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

## Money Matters

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

#### If Interest Rates Go Up, then What?

Tuesday, March 22 — 871000-03

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Bonds have long been the staple for investors seeking a respite from volatile stock markets and to earn more stable income. However, if rates start going up, what happens to bonds? Is this a positive for me or not? Do they drop in value and what type of bonds should I have to withstand this potential outcome? Come learn about how interest rates and the economy work and what to do with your bond portfolio if rates rise.



#### Basic Economics for Everyone (Not just Investors)

Tuesday, April 26 — 871000-04

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. If any of us had an Economics class, we might remember either how tough or boring it was. However, much of investors' angst today and in the past is based on fear or a misunderstanding of basic Economics. Come learn some very simple and important Economic topics which you can use for investments, life in general, and to just calm investor nerves.



## Movie

#### History of the Movie Musical—Part Three

Wednesdays, March 30-April 20 — 521416-02

1:00-3:00 PM (KS). \$30 (four sessions). Instructor: Ray Ashton. In April we will continue our journey into the 21st century and the resurgence of the movie musical. Beginning with the controversial "Moulin Rouge" and the Academy Award winning "Chicago" we will meet a new breed of film maker and a newer approach to the making of a musical with the live on set recording of "Les Miserable." We will discover more movie versions of our Broadway favorites and a harkening back to the "Jukebox" musical. So, come join us and bring a friend as we travel through one of the great stories called "The History of the Movie Musical." *Note: February Compass listed dates and times erroneously. Please note correct times and dates above.*



#### Four Movies by Mel Brooks

Wednesdays, May 4-25 — 521116-03

1:00-4:00 PM (KS). Instructor: Ray Ashton. \$30 (four sessions). "It's good to be the king!" That about says it all for Mel Brooks. For over 40 years Mel has given us the most outlandish comedies that have ever graced the silver screen. We will look behind the creation of and together discover the brilliance of "The Producers," "Blazing Saddles," "Young Frankenstein," and the Master's salute to the Master, Alfred Hitchcock in "High Anxiety." So, get ready to exercise your "funny bone," for we are about to experience four of Mel's finest. Each class will include a complete viewing of the movies.

## Music

### —Guitar—

Guitar classes offered below are not accepting new students without instructor approval or stated in article. Instructor moves the students to the next level based on skills evaluation.

#### Guitar 1A—Beginner Level

Wednesdays, April 6-27 — 535116-03

8:00-10:00 AM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently open to new students. 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. Questions? Call Bill ,899-8383.



#### Guitar 1B—Continuing Beginner Level

Mondays, April 4-25 — 535716-03

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** completion of Guitar 1A or Instructor's approval. Class will cover more advanced note reading, open and moveable chords, strumming, for many types of music, basic finger picking in simple and compound meters, singing and strumming to basic folk and popular songs will be continued. Theory relative to all course of study will be taught. Questions? Call Bill, 899-8383.

#### Guitar 2—Entry to Intermediate Level

Wednesdays, April 6-27 — 535216-03

10:15 AM-12:15 PM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 1B or instructor approval: This class will cover more advanced note reading, chords written in notation, more advanced rhythms and more advanced ensemble music in duets, trios and quartets. New positional study will be started in 2nd, 5<sup>th</sup>, and 7<sup>th</sup> positions. We will also study how to play solo literature and basic chord melody. Music theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

#### Guitar 3—Intermediate

Thursdays, April 7-28 — 535316-03

8:00-10:00 AM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Completion of Guitar 2B or Instructor's approval. Studies will include literature written for solo and ensemble playing. We will learn how to add chords to single



line music how to change choral voicing's to enhance performance, play in minor and major keys. New enhanced rhythms will be introduced. Further study in the chord- melody style, and theory relative to all courses of study will be taught. There will be a continuation of the adaptive power picking style in different genres of music. Questions? Call Bill, 899-8383.

#### Guitar 4—Advanced

Thursdays, April 7-28 — 535416-03

10:00 AM-12:00 PM (OC). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed to new students. **Prerequisite:** Instructor's approval. Continuation of knowledge and concepts taught at the intermediate level with the goal of leading students to become skilled guitarists. Continue to study more advanced styles of guitar music plus more advanced versions of ensemble playing, duets, trios, quartets. Questions? Call Bill, 899-8383.

#### Folk Guitar for Fun Folks 101 Beginner Class

Tuesdays, April 5-26 — 536216-03

1:00-2:00 PM (OC). \$35 (four sessions). Instructor: Darrell Effinger. No prior music knowledge is necessary for these classes and a good singing voice is *not* a prerequisite! Emphasis will be on playing chords on the guitar to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught, including songs by artists such as the Kingston Trio, Peter, Paul and Mary, Simon and Garfunkel, John Denver and others. Various strumming styles will be shown, and at the intermediate level, finger picking will be taught. Basic music theory (notes) will be shown but not emphasized. Information on how to choose and purchase a guitar for your personal use as a beginner through an advanced player will be available. Guitar aides such as capos and tuners will be discussed at the first meeting. Come learn, sing, enjoy, have fun and join the Hootenanny! *About the Instructor:* Darrell is a long-time teacher, musician, story teller and folk singer who was a member of the New Christy Minstrels, appeared on the PBS Folk Music Special "This Land Is Your Land," has toured with Glenn Yarbrough, opened for the Kingston Trio, played with Peter, of Peter, Paul and Mary, and has appeared solo, or with various groups at numerous venues. Questions: Call Darrell at 989-8532.



#### New Class!

#### Folk Guitar for Fun Folks 102 Intermediate Class

Tuesdays, April 5-26 — 536316-03

2:00-3:00 PM (OC). \$35 (four sessions). Instructor: Darrell Effinger. **Prerequisite:** Knowledge of playing guitar using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in

*Continued on page 83*





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songs; different strumming patterns; and various finger picking styles used by folk artists. Class can be taken in conjunction with the 1:00 PM Beginning class, as long as the student feels comfortable that they have met this prerequisite... and their fingers can withstand the pain! The more, the merrier! Questions: Call Darrell at 989-8532.

### —Voice—

#### Singer Vocal Boot Camp Continuation

**Fridays, April 1-29 — 537216-03**

10:30 AM-12:30 PM (KS). \$55 (five sessions). Instructor: Bill Sveglini. We will continue to sing special SAT and SATB arrangements that have been written by the teacher. We will also be working on vocal exercises to increase range and tone quality as well as the warm up exercises and sight singing exercises specifically written for this class by the instructor.



### Personal Improvement

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#### The Sudoku Series

**Tuesday, March 22 — 870000-03**

**Tuesday, April 26 — 870000-04**

**Tuesday, May 24 — 87000-05**

9:00-10:30 AM, P-Hall (KS). \$5. Instructor: Russ Abbott. Intermediate Level: Come learn how to play one of the fastest growing puzzles in America using a new system developed by the instructor. This class continues from January / February's Beginner Level and tackles puzzles commonly referred to as level s 4, 5, and 6 Stars in local newspapers. The class is optimal to attend if you have a working knowledge of Sudoku and you are getting stuck on the easy to medium puzzles. Our new system will not only help you get unstuck, but will open up an entirely new approach to Sudoku.



#### Two-day class! AARP Driver Safety Training

**Wednesday and Thursday, March 23 & 24 — 481016-01**

**Or Tuesday and Wednesday, May 24 & 25 — 481026-03**

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 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.

#### Living Through Transitions

##### Separate Session—Support Person Only

*Registration opens five days prior to session*

**April 2 — 823500-AP "Moving Beyond Loss"**

9:00 AM-12:00 PM, P-Hall (KS). Your future in Sun City Lincoln Hills is about being prepared for the changes in your life, health, and environment that occur as you grow older. Get



your keys to unlock the six secrets to meeting the predictable challenges ahead. The Six Keys support you're planning: personal finances, legal protection, dealing with loss, navigating the healthcare system, housing options and driving and end of life choices. If you have questions or need help enrolling please email [carol.zortman@sclhca.com](mailto:carol.zortman@sclhca.com) or call 625-4032. Residents Register: Fitness/Activities Desks or online.

#### New! Conscious Aging

**Saturdays, April 2-30 — 877100-11**

9:00-11:00AM. Multipurpose (OC), no class April 16, \$40 + \$10 material fee included in registration fee. Instructor: Dr. Alice Jacobs. Using a workbook developed by the nonprofit Institute of Noetic Sciences, exploring the third phase of life as an opportunity for spiritual, emotional and psychological growth. In each session, participants engage in interactive discussions and exercises that explore the self-limiting beliefs about aging, stereotypes, fears, worries and anxieties about growing older. Workbook provided to each participant. Register: Fitness/Activities Desk or online.

### Sewing

#### —Certification—

#### Bernina Serger Certification

**Monday, April 11 — 591116-03**

1:00-2:00 PM (OC). \$15. Instructor: Sylvia Feldman. All supplies provided except, bring scissors and tweezers. Class limit three.

#### Bernina Sewing Machine Certification

**Monday, April 11 — 592116-03**

2:00-3:00 PM (OC). \$15. Instructor: Sylvia Feldman. Class fee includes a sewing starter kit with bobbins and needles. Please bring your own scissors to class.



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**Janome Sewing Machine Certification****Monday, April 11 — 593116-03**

3:00-4:00 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—****Google Chrome****Friday, March 18 — 288216-02**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Google Chrome is a free Internet browser that allows you to access the Internet and view web pages. It is an alternative to the malware exploited Internet Explorer. Chrome is fast, streamlined, clean, and simple. It keeps you safe and secure on the web with built-in auto-updates and malware and phishing protection. It is easy to tweak Chrome settings and add apps, extensions, and themes from the Chrome Web Store. Chrome is the most widely used browser in the world and is available for desktop, laptop, tablet, and phone computers. You can download Chrome Windows, OSX, and Linux versions.

**Super Searching with Google Search****Wednesday, March 23 — 288116-02****Or Friday, April 22 — 288116-03**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. In the fall of 1999, the Google search engine went live and immediately changed the way researchers searched the web. At the same time, the electronic availability of records on the Internet literally exploded. Today Google is the most-used search engine on the Internet. Google Search provides more than 22 special features beyond the original word-search capability. These include synonyms, weather forecasts, time zones, stock quotes, maps, earthquake data, movie show times, airports, home listings, and sports scores. There are special features for dates, prices, temperatures, money/unit conversions, calculations, package tracking, area codes, and language translation of displayed pages. In this class you will learn how to use these mind boggling capabilities of Google to assist you in your searching.

**Getting the Most Out of Yahoo Mail****Monday, April 25 — 288316-03**

1:00-3:30PM. (OC). \$20. Instructor: Bob Ringo. Simple to use with 1TB of free mail storage, Yahoo Mail is one of the most popular free email service in the world. With an all new look and powerful features like lightning-fast search, multiple mailboxes, and password-free sign in, Yahoo mail is the best way to access your email. In this class your instructor, Bob Ringo, will help you create a Yahoo Mail account. You will



learn how to use the amazing number of features and options available in Yahoo Mail that make it such a great email service.

**—Genealogy—****Getting Started with Roots Magic****Monday, March 28 — 286416-02**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. RootsMagic is a genealogy database program. The main function of RootsMagic is to provide you with a place to enter information about your family history. While RootsMagic is an easy program for beginners to learn to use, it is one of the most powerful genealogy programs on the market. In this class you will create a sample database with a few individuals in your family to get you up and running using RootsMagic. At the end of the session you will be able to add individuals, parents, spouses, and children to your personal database.

**Getting Started with Family Tree Maker 2014****Wednesday, March 30 — 285116-02**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Using today's computer hardware and software technology, it has never been easier to collect, organize, and publish your family history. Family Tree Maker (FTM) 2014 is a genealogy program designed to assist you in creating and publishing your family history. FTM 2014 is incredibly easy to use. After Bob Ringo's presentation you should be able to sit down and get started using FTM 2014. What makes FTM 2014 unique is its ability to work seamlessly with Ancestry.com's vast genealogy database to help you fill in the blanks in your family tree.

**Migrating Your Genealogy Data from Family Tree Maker****Wednesday, April 27 — 285216-03**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. Following the recent announcement of the "retirement" of Family Tree Maker, many users of that program are planning to switch to a different family history program. Of course, anytime you move data from one genealogy program to another, maintaining both the accuracy and the completeness of that data is critical. In this class instructor, Bob, will present the pros and cons of the alternatives to Family Tree Maker as well as assisting you in migrating your Family Tree Maker data to a different family history program like Legacy Family Tree or RootsMagic.

**—PC—****Windows 10 Basics****Thursday & Friday, April 7 & 8 — 295116-03**

9:30 AM-12:00 PM April Class (OC). \$45 (two sessions). \$5 class material fee. Instructor: Rita Wronkiewicz. Windows 10 is more user-friendly than Windows 8.1 and offers features unavailable in Windows 7. Class starts at novice level and shows how to utilize both its desktop

*Continued on page 87*



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In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner’s Hospital for Children.



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### PC Fundamentals

**Friday, April 8 — 282116-02**

1:00-3:30 PM (OC). \$20. Instructor: Bob Ringo. New to your computer! This class is for absolute beginners like you. In this class you will learn the very basics of computer operation, including turning the computer on and off, using the mouse and keyboard, and using basic computer terminology. Come to this class even if you have never used a computer before. You will experience a gentle hands-on approach to getting to know your computer. The goal of the class is to develop a life-long friendship between you and your computer.



### —Smart Phones and Tablets—

#### Introduction to Android SmartPhones

**Tuesday, April 12 — 256216-03**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. **Prerequisite:** Gmail account. Bring your Android phone fully charged. 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. **Note: This class is not for iPhone users.**

#### iPad—Beyond the Basics

**Saturday, April 16 — 264116-03**

9:00 AM -12:00 PM (OC). Instructor: Ken Silverman. \$30. **Prerequisite:** Must have basic knowledge of how to use an iPad and be running iOS9 or higher. All iPads except the iPad 1 will be covered. This class will discuss support, tips & tricks dealing with general, controls, keyboard, security, personalization, photos, notifications, privacy, sync and backup. Bring your iPad — we have free WiFi which allows you to use the Internet. Class material fee of \$5 payable to instructor at the class.



### —Social Media—

#### Facebook 101

**Saturdays, April 9 & 16 — 272116-03**

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 for these classes online or at the Fitness Centers starting March 17 at 8:00 AM.*

#### WellFit Orientations

##### Free Orientation: WellFit Staff

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

- **Monday, March 21 — 700100-OC**  
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, April 7 — 700100-O1**  
2:00-3:00 PM, Fitness Floor (OC)
- **Tuesday, April 12 — 700100-O2**  
2:00-3:00 PM, Fitness Floor (OC)
- **Wednesday, April 27 — 700100-O3**  
3:00-4:00 PM, Fitness Floor (OC)
- **Wednesday, March 23 — 700100-K2**  
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, March 29 — 700100-K3**  
2:00-3:00 PM, Fitness Floor (KS)
- **Wednesday, April 20 — 700100-KA**  
2:00-3:00 PM, Fitness Floor (KS)

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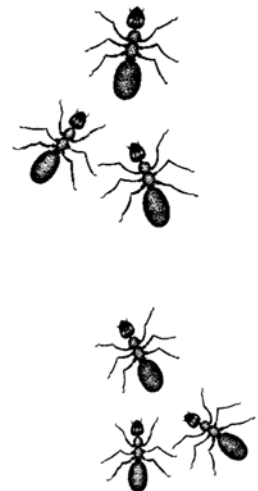


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## Dance Classes

A variety of dance classes are offered through the Activities Classes starting on page 68. From beginner, intermediate, to advanced skill level; dance classes provide great exercise for both mind and body. You may register for these classes at the Activities Desks and online.

## Disease Prevention & Management Session-Based Classes

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

### Arthritis Class L1/L2

Wednesdays, April 6-27 — 801100-04

Fridays, April 1-29 — 801100-4A

Tuesdays, April 5-26 — 801100-4B

Thursdays, April 7-28 — 801100-4C

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Wednesday \$35 (four sessions), Friday \$43.75 (five sessions). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). \$35 (four sessions). Instructor: Linda Hunter. This class is designed for those with Arthritis and other diseases that cause muscle and joint pain. The goal of the class is to increase range of motion, increase flexibility, endurance and mobility, improve balance, and strengthen muscles using weights, bars, balls and bands. The class includes some standing but sitting in the chair is always an option. As we age it becomes important physically and emotionally to train the body to react to unexpected daily events. According to instructor Linda Hunter, "By training with movements that work mentally to accomplish a physical move we are less likely to have an injury and are more able to handle daily tasks. This class is fun; we laugh, move to music and find companionship." Linda Hunter is a certified Arthritis Foundation instructor with many years of experience.



### New! Healthy Living with Exercise—Part 2

Monday and Wednesday, April 4-27 — 878000-04

3:00-4:00 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those with Cardiac Pulmonary Disease, Diabetes and Nervous system disorders (ALS, Parkinson's). Exercise is one of the best activities for disease management; it can assist in the reduction of body weight and blood pressure, LDL cholesterol (bad cholesterol) and increased HDL (good cholesterol). Additionally, exercise will naturally lower your blood glucose levels. The class will include nutrition counseling, lifestyle coaching and an introduction to all aspects of movement (cardio, strength, the mind/body connection and relaxation). Topics will range from exercise safety through nutrition to quality of life issues. The goal of the class is for residents to have the confidence to move on to the next level of exercise by the end of the session – Healthy Living



with Exercise L2. **Note:** Class requires completion of Healthy Living assessment.

### Pre-Enrollment Assessment — Healthy Living with Exercise

Continuous Dates — 881000-04

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living with Exercise program. Our exercise specialist will work with you one-on-one to assess your current condition, identify your needs and make recommendations for your exercise program.

### Exercise and Weight Management Program

Mondays & Wednesdays, April 4-27 — 865000-04

6:30-7:30 PM, Aerobics Room (OC). \$80 (eight sessions). Instructor Marilyn Clarey. This session-based class will help you increase your activity through exercise while learning strategies to manage your food intake. Come learn new exercises and activities to boost your metabolism and increase your energy. This supportive environment will help you manage challenging issues surrounding food and lifestyle in a positive manner. Proper use of cardio and strength equipment will be included. An individual exercise and health assessment is included in the session.



### New! Take a Breath!

#### Managing Your Seasonal Allergies and Asthma

Monday, March 21 — 850000-03

1:00-2:30 PM, Fine Arts Room (OC). \$20. Instructor Victoria Florentine, RRT, Respiratory Care Practitioner. Are you coughing and sneezing? Do you have itchy eyes, runny nose, and shortness of breath or a wheeze? These are common symptoms of seasonal allergies and asthma. Allergies occur when your body's natural defense system overreacts to allergens, like pollen or dust mites. Millions of people in the U.S. suffer needlessly with these and other symptoms. Learn the facts about allergies and asthma, how you can avoid allergy and asthma attacks, and what to do if you are experiencing symptoms. There will be a question and answer session at the end of the 75-minute presentation. This presentation is a series of classes on cardiopulmonary health and wellness.

## Events

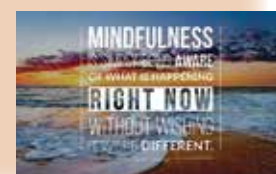
Activities happening around Sun City Lincoln Hills designed to keep you in touch with the Fitness Centers and the larger Community outside our Fitness Centers.

### New Event: The Art of Mindful Movement and Practice

Wednesday, March 16 — 835000-03

"Mindfulness is simply being aware of what is happening right now, without wishing it were different."

9:00-11:00 AM, OC Ballroom. (\$6).



Continued on page 91



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Mindfulness is a proven way to lower stress, improve longevity, decrease loneliness, and improve mood. The class will begin with a short explanation on mindfulness and its benefits. Join the WellFit staff and Lincoln Hills residents for a relaxing morning of mindfulness. We will start our calming experience with 25 minutes of Wai Dan Gong, then 25 minutes of Yin Yoga and will end with the art of mediation. Sign up on line or at OC/KS Fitness Centers.

### Lessons

*Programs that provide learning the mental and physical side of outdoor activities.*

#### Nordix Pole Walking

**Monday & Tuesday, April 4 & 5 — 750000-04**

9:00AM-10:30AM, meet in the OC Fitness Center. \$45 (two outdoor sessions or indoor track; weather dependent). Instructor: Dr. Richard Del Balso. Are you willing to add a new form of walking to your activities? Walking 30 minutes at least three times a week gives you a “Full Body Aerobic Exercise” by simply adding poles to your walking routine. Come and learn the latest exercise trend of Nordic Pole Walking in two 90-minute sessions. Incorporate 90% of all body muscles in one exercise; burn up to 46% more calories than exercise walking without poles; help to reduce high blood pressure; result in 25% less impact on hips-knees-and feet; and develop upright body posture with less risk of falling. Walking poles are available for each class at no charge with option to purchase at final session.



### Martial Arts & Mindful Movement

*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.*

#### Self-Defense and Martial Arts

**Tuesdays, April 5-26 — 815000-04**

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 needed for varying levels of confrontation, mental skills like focus, awareness, and boundary setting, and gain knowledge in the areas of avoidance, de-escalation, and legal and appropriate use of force. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons to law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



#### Tai Chi Qigong L1

**Tuesdays, April 5-26 — 730100-04**

**Saturdays, April 2-30 — 730100-4A**

Saturdays 11:00 AM-12:00 PM Aerobics Room (OC). \$43.75 (five sessions). Tuesdays 1:30-2:30PM, Aerobics Room (KS). \$35 (four sessions) Instructor: Peli Fong. Tai Chi and Qigong are century old practices that focus on soft and gentle movements known as the 24 postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi and Qigong offers harmony of the mind and body as it relieves stress and induces relaxation. Through the cultivation and flowing of the body’s life force known as “Chi,” this form of exercise has been scientifically proven to improve a variety of ailments such as arthritis, osteoporosis, cardiovascular disease, asthma, Parkinson’s disease, digestive disorders, and more. People of all fitness levels will benefit from this complementary health system that improves health and longevity.

#### Tai Chi Qigong L2

**Tuesday, April 5-26 — 730300-4A**

**Saturdays, April 2-30 — 730300-04**

Saturday, 10:00-11:00 AM, Aerobics Room (OC). \$43.75 (five sessions). Tuesdays, 2:45-3:45 PM, Aerobics Room (OC) \$35 (four sessions). Instructor: Peli Fong. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding to their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short form. Practicing the 48 short forms will enhance and complement all of the Tai Chi classical movements. In addition, practitioners will learn Qigong sets of movements such as the White Crane Qigong, 8 Treasures, 18 movements, and I-Xuan Qigong. These Qigong sets paired with stillness and moving meditation will improve body mechanics, muscle memory, muscle tone, and will heighten the understanding of these century old art forms of health, mindfulness, and wellbeing.

### Nutrition

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

#### Spotlight on Nutritional Wellness The Diet Cure— Information Session

**Thursday, April 14 — Free**

2:00-3:00 PM, Aerobics Room (OC). Free. Come learn about the Nutritional classes offered at Lincoln Hills. Audrey Gould will host a discussion of the benefits to the Re-start program as well as Six Weeks to Wellness. There will be a question and answer session at the end of the presentation.

#### New! Graceful Aging with Nutrition

**Tuesday, March 22 — 860000-03**

1:00-2:30 PM Multipurpose Room (OC). \$25 Instructor: Audrey  
*Continued on page 93*

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Gould, Registered Dietitian and Nutrition Therapy Practitioner. Everyone is searching for the fountain of youth, yet we seem to be contracting more illnesses, associated with aging, earlier in life. Oftentimes we are able to mask the disease with medications. However, the underlying problem remains and takes a toll on the body, expediting the aging process. In this class we will start with an overview of the nutritional foundations a healthy body is built on, we will then uncover the simple secrets of graceful aging. There are several scientifically sound and inexpensive methods that when implemented have been shown to slow down the aging process and turn back time. We will be discussing the many timeless tips, anti-aging super foods and drinks. We will share examples of recipes and even skin care using these foods. Come join us for this exciting nutritional class.

### **New! Dietary Fat: Friend or Foe?**

**Tuesday March 29 — 860001-3F**

1:00-2:30 PM Multipurpose Room (OC). \$25 Instructor: Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. There is so much confusion and controversy on fat. In this class we will help set the record straight, and give you powerful information to help you feel better, empowered, lose weight, and reverse chronic disease. We are going to reveal the unbiased truth about dietary fat. The following topics will be discussed: Myths and Truths about cholesterol, healthy vs. unhealthy fats, why low fat diets don't work, why eating less sugar and more fat leads to weight loss, and your brain on fat. Come join us for this informational exciting class.

### **Re-Start—Your Health in Just Five Weeks**

**Tuesday, April 5-May 3 — 862000-4F**

1:00-2:30 PM Multipurpose Room (OC). \$129 (five sessions). Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in, the program focuses on how to use *real food* to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted immune system. Discover how good you can feel when you give your body a vacation from processing the toxin sugar.

### **New! Six Weeks to Wellness**

**Wednesday, April 6-May 11 — 864000-4G**

6:00-8:00PM, Multipurpose Room (OC). \$150. Instructor Audrey Gould, Registered Dietitian and Nutrition Therapy Practitioner. The Six Weeks to Wellness program offers insight and guidance to common health issues due to diet and lifestyle. This series will empower you with information to improve your health, quality of life, productivity and energy. During this interactive class session, we will discuss both foundational nutrition and preventative wellness, helping you live a more vibrant life. An individual assessment and workbook is included in the cost. Topics include Eating Clean, Gut Health,

The Skinny on Fats, Fight from Fatigue, Hormonal Harmony, Metabolic Makeover, and Turning Back Time. Come join us for this unique workshop to improve your health.

### **The Taste of Spring Cooking Demo**

**Monday, April 4 — 860002-4A**

10:00 AM-12:00 PM, Social Kitchen (KS). \$25. Instructor: Renee Charleston, Registered Dietitian. Celebrate the fresh flavors of spring, with a healthy cooking demo with Renee Charleston. Renee will be spicing up a spring green salad with a variety of ingredients. She will be using fresh produce and will focus on different vinegars to make a dull salad into a yummy salad adventure by using complementing flavors. Renee will also share a whole grain salad and a bean-based salad that can be a meal or a side dish.

### **Pilates Reformers and Towers**

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

Move better, feel better, and live better. Your body can be more free, energetic, and powerful with less pain and fewer injuries using Pilates to transform the way you move. We teach Pilates to improve your strength and balance so you can do things you love! We specialize in high quality individual and small group training classes that allow our instructors to tailor the workout to focus on your needs and goals. We work hard to ensure that everyone leaves the studio feeling better than when they came in. Our sessions and classes are taught by certified, professional teachers who all practice Pilates regularly. They will demonstrate as needed, but spend the majority of the session and class time offering verbal and tactile cues to help you work out smarter and more safely.

### **Introducing the Pilates Towers!**

A Pilates Tower is an upright machine that uses springs and bars to elevate and enhance your Pilates practice. The Tower allows a greater isolation of muscle groups to enhance your workout. Pilates is all about Core and working the deepest abdominals, the Tower enhances the core workouts while adding a new twist. The stretch is unparalleled on a Tower; many exercises will be focused on opening the hips and lengthening the spine, with a special emphasis on breathing to deepen each stretch.

### **Spring It On!! Grand Opening for the Pilates Towers! April 4-8**

Come try out the Pilates Tower for a free 55 minutes Demo. We will be hosting free classes with the Towers throughout the week. Each instructor will be teaching a Tower class—reservation required. Please inquire at the front desk for the class schedule and drawing prizes. For reservations, please contact Carol Zortman at 625-4032.

### Special Membership offers available for April 1-30

**Introductory Package**—Reformer Introduction + four classes = \$90 and 25% off the first month of a Reformer membership if purchased within the 30 days (saving of \$60).

**Feel good package**—Three private reformer sessions and a free Bowen treatment—\$150.

**The Big Spring package**—Unlimited class Pilates membership—\$200 per month.

**Semi private training**—Up to three \$25 per person (minimum of two).

### 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 using our online scheduling system. Additional classes may be added as a member. Non-members select classes (after members) 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**
- **New! Unlimited class package \$200 per month**
- **Add-on classes for member \$17 per class**
- **Drop in classes for non-member \$25 per class**
- **Introductory session \$30—required for both member & 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 45 days of issue. To enroll in Reformer Membership, contact Carol Zortman at 625-4032 or carol.zortman@scfhca.com. These packages are not available online. A temporary month-long suspension of membership is available.

### Pilates Reformer Class Descriptions

#### Introductory Reformer Session L1

**Continuous Dates — 835110-03**

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction online or at the Fitness Centers. The trainer will call you to set up appointment.

#### SGT—Reformer Basics L1

This class allows you to precisely develop good alignment, core strength, muscular strength, and flexibility. By utilizing the reformer, you will see faster body changing results and feel and look thinner in just four sessions! The 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 + L1-L2

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—Cardio Jump and Core Reformer L2

Step up the intensity of your work out with 30 minutes of jump and 30 minutes of reformer. The Cardio Jump class creatively integrates core Reformer and cardio exercises. Thirty minutes of jump will raise your heart rate while strengthening glutes, abdominals, legs and arms but won't put the stress on your body. Then activate and strengthen your core, increase your coordination and flexibility via traditional reformer exercises for 30 minutes.

#### SGT — Mixed Equipment Class L1-L2

An apparatus class using a variety of equipment to maximize the fun, energy, and results! This class mixes different types of equipment for 30 minutes and then moves on to another piece of equipment. Class types include Reformer, Tower, Jump Board, Mat or TRX. Appropriate for all Levels.

#### Private Reformer Training

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50.
- **Duet Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Semi Private Training:** Up to three people (minimum of two) and one trainer. Option to use specialized equipment for the entire hour. One hour session: \$25/person.

Private training is convenient and efficient. All Private training is done by appointment. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Pilates is an excellent pre/post rehab, back injury or nerve impingement therapy since it focuses on "Core Strength". Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function to the body. For more information regarding Private Reformer Training, please contact Carol Zortman at 625-4032.

#### Training Services

- **One-on-One Training:** One client and one trainer. One hour session cost is \$50, half hour session \$30.
- **Buddy Training:** Two clients and one trainer. It is more fun to work out with a friend! One hour session \$30 per person.
- **Small Group Training:** Classes designed for specific goals in mind, working directly with a personal trainer in a

*Continued on page 97*

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small group setting with no more than six people. For more information regarding personal trainers and/or qualifications, please contact Jeannette Mortensen, 408-4825, or inquire at either Fitness Center.

### Small Group Training (SGT)

*Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people.*

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

#### SGT—TRX Express L1

**Mondays & Wednesdays, March 30-April 25 — 835210-A4**

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



#### SGT—TRX Express L2

**Tuesdays & Thursdays, March 29-April 21 — 835211-A4**

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

#### SGT—TRX Interval Training L3

**Mondays & Wednesdays, March 30-April 25 — 835800-A4**

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



#### SGT—Fit 101 L1

**Mondays & Wednesdays, April 4-27 — 835500-B4**

**Tuesdays & Thursdays, April 5-28 — 835500-A4**

Tuesday & Thursdays 1:00-2:00 PM; Mondays & Wednesdays 10:30-11:30 AM, Fitness floor (OC). \$135 (eight sessions). Instructor: Marilyn Clarey. Starting a new experience may seem a little overwhelming. That's why Fit 101 is a perfect place to start. This class will incorporate a little of everything. It will give you a chance to learn the proper form for many of the

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



#### SGT—"Fun"ctional Fitness L3

**Tuesdays & Thursdays, March 29-April 21 — 835600-A4**

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



#### SGT—Bootcamp L2

**Tuesdays & Thursdays, March 29-April 21 — 835300-A4**

6:15-7:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Whether you are a bootcamp veteran or new to SGT come and see what working out in a small group can do for you. A variety of equipment will be used to challenge and change you.

#### SGT—Bootcamp L3

**Mondays & Wednesdays, March 28-April 20 — 835400-A4**

5:00-6:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: Mike Yamamoto. Take your workout to the next level! Bootcamp offers a demanding atmosphere that generates results. Take a back-to-basics approach with full body workouts both in the Aerobics Room and on the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. Program designed for those who are tired of their same old routine, or for anyone looking for a serious change to their current level of fitness.



#### SGT—Morning Burst Group Training L2

**Mondays & Wednesdays, March 28-April 20 — 835310-A4**

7:15-8:15 AM, Aerobics Room (KS). February \$135 (eight sessions). Instructor: Milly Nuñez. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover

*Continued on page 98*

ways to challenge yourself at your own level or pace while getting a full body workout. A full body workout will help you to develop and build balance, coordination, and strength in your entire body. Learn to use your own body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more!



**New! SGT—Full Body Foam Rolling All levels**  
**Wednesdays, April 6-27 — 835212-A4**

10:30-11:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: Josh Kemp. Reap the benefits of foam rolling in this one day a week class. Learn techniques of rolling to alleviate knots, adhesions, and muscle tension brought on by stress, lack of sleep, misalignment of skeletal system and more. Performing effective foam rolling can improve overall strength, increase muscular function and most importantly improve movement for daily living.

**New! SGT—Sports Training for Multi Plane/Direction Athletes**

**Tuesdays and Thursdays, April 5-28 — 835213-A4**

1:00-2:00 PM, Fitness Floor (KS). \$135 (eight sessions). Instructor: Josh Kemp. Do you play pickleball, tennis, softball or golf? Are you looking for ways to improve your game? Look no further! Join this fun class and improve power, agility, ability to change direction, rotational force, and endurance. Take this class and experience firsthand how sport specificity training can improve your game!

**New! SGT—TGIF TRX L2**

**Fridays, April 1-22 — 835200-A4**

7:15-8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: Josh Kemp. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used.

**SGT — Healthy Back L1**

**Mondays and Wednesdays, April 4-27 — 835700-A4**

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



**SGT — Balance & Fall Prevention L1/L2**

**Mondays & Wednesdays, April 4-27**

**12:30-1:30 PM — 835710-B4**

**2:00-3:00 PM — 835710-A4**

12:30-1:30 PM, Aerobics Room (KS). 2:00-3:00PM Aerobics Room (OC). \$135 (eight sessions). Instructor: Kathryn Shambre. Learn simple stretches and exercises that will help improve your balance, core strength and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

## Tennis Pro Services

- **One-on-One Training:**

One client and one trainer. One hour session cost is \$50, half hour session \$30.

- **Buddy Training:**

It is more fun to work out with a friend! \$15 per person. Need four students per session.

### Group Clinic

**Tuesdays, April 5-26 — 790401-04**

**Tuesdays, May 3-31 — 790401-05**

11:00 AM -12:00 PM, Court #11. April 5-26 \$35 (four sessions) May 3-31 \$43.75 (five sessions). Instructor: Eldon Wilson. Come join the drills and skills class to practice what you've learned from your lessons in a fun/energizing environment! Taught by an equally fun/energizing National USTPA Pro.

### Drop-in Group Clinic Pass

**Tuesdays**

11:00 AM-12:00 PM, Court #11. \$12. Attend one of the group clinic dates as a drop in. Purchase drop-in group clinic pass at Fitness Centers prior to your training or drop-in class. Purchase the initial drop in class at the Fitness Centers, after that you can re-new passes online.

### Beginner Clinic

**Thursday, April 7 — 790400-04**

**Thursday, May 5 — 790400-05**

11:30-12:30 PM, Court #11. \$15 (one session). Instructor: Eldon Wilson. *Beginner:* Repetition is the key to all life—the more you repeat the proper technique the more automatic it becomes. In our Thursday group, we will be helping you develop the proper patterns for all the strokes or in some cases enhance those strokes along with game play at the end.

### Service Clinic

**Saturday, April 9**

**2.5-3.0 players 11:00 AM-12:00 PM — 790403-04**

**3.5-4.0 players 12:00-1:00 PM — 790403-14**

**Saturday, April 23**

**2.5-3.0 players 11:00 AM-12:00 PM — 790403-24**

**3.5-4.0 players 12:00-1:00 PM — 790403-34**

Court #11. \$15 (one session). Instructor: Eldon Wilson. *Service:* The serve is the most important stroke in the game of tennis, without the serve points can't be started. You will learn

upper body techniques, trunk rotation along with what you should do with your legs. Also how to handle the ball toss and how important the toss is.

### Ground Strokes Clinic

Saturday, May 14

2.5-3.0 players 11:00 AM-12:00 PM — 790404-05

3.5-4.0 players 12:00-1:00 PM — 790400-15

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.



### Pro Tennis Lessons

Sundays, April 3-May 8

Beginner 8:00-8:50 AM — 790700-02

Intermediate 9:00-9:50 AM — 790600-02

Advanced 10:00-10:50 AM — 790500-02

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

### WellFit Services

*Services available to assist you in furthering your health and wellness.*

### Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. This technique 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, knee problems and more. It is safe and gentle enough for those with compromised health. Rebecca Kang is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or for an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 625-4034.



### Discover Bowenwork—Information Session

Thursday, March 17 — Free

1:00-2:00 PM, Aerobics Room (OC). Free. Come discover what Bowenwork is and if it can help you. Rebecca Kang will host a discussion followed by a question and answer session

### Punch Pass Class Descriptions

*Please see the colored grids on pages 102-104 for days and times. Classes 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.*

*Each class is \$3.50; purchase your first pass at either Fitness Center front desk. Passes can be renewed online.*

- **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 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 Fitness L2/3:** Enjoy the buoyancy effect of water by lessening the impact on your joints while getting a great workout. The intensity level is up to you, but you will be challenged in this class with high intensity intervals for your heart as well as exercises to strengthen your muscles.
- **Arthritis Foundation (AF) Aqua Class L1-L2:** This exercise class is designed especially for those with arthritis, fibromyalgia, osteoarthritis, rheumatoid arthritis or those wanting to prevent arthritis. This class uses range of motion and endurance and resistance exercise to improve balance, increase flexibility and strengthen the body. Participants are encouraged to work at their own pace and be in or near a chair for exercising. Come prepared to improve your body, balance and to have fun!
- **Athletic Stretch L1/2:** Are you looking for an opportunity to stretch in between rounds of golf, tennis or softball? This is your class. We will be stretching common tight areas that occur from these types of activities. Unwind before your day begins!
- **Barre L1/2:** 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 Chair L1:** Beginner level chair class designed to improve function in all areas of the body while sitting down. Class focuses on balance, strength, light cardio, endurance & brain exercise.
- **Cardio Strength L3:** This class combines short cardio drills between

*Continued on page 100*

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!
- **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!
- **Healthy Living with Exercise L2:** This class is designed especially for those with diabetes, heart conditions or nervous system disorders (Parkinson's, ALS) who have completed the Healthy Living with Exercise session. This program is designed as a circuit type cardio and strength class including free weights, bands, ankle weights and lots of fun cardio.
- **Hi-NRG Cycle L3:** This cycle class will take you through many techniques unique to indoor cycling that will strengthen your legs, lungs, and heart. A fun and challenging cycle workout!
- **iRest—Meditation for Yoga:** This class is a guided meditation. It's a process that is designed to help people relax and resolve symptoms, such as insomnia, anxiety, fear, depression, chronic pain, post-traumatic stress. As we learn and strengthen the skills in deep relaxation, we will learn how to stay relaxed even during an intense experience. No experience needed, all you need to do is come with an open mind and follow directions. You cannot do this incorrectly. This is a guided practice which consists of breathing exercises, progressive muscle relaxation, mindfulness and guided imagery. Wear comfortable clothing. You can experience this class sitting down on a chair or bring a pillow if you chose to practice the class lying down on a yoga mat on the floor.
- **Low Impact Aerobics L3:** Motivating moves to fun music followed by a stretching session. Work at your own level. Class is designed to increase cardio endurance, upper body strength, and flexibility. Class includes floor work. A fun workout guaranteed to increase your energy and stamina!
- **Low Impact Sculpt Interval L2:** Participants in this class will reap cardiovascular and strength training benefits in one fun class. The low

impact moves will be easy to follow and will be done in interval fashion with the strength exercises. We will utilize free weights, tubing, bands, balls and more! Come change up your workout and get fit while having fun!

- **Mat Pilates L2:** Mat Pilates is the art of controlled movements, which should look and feel like a workout (not a therapy) when properly manifested. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
- **Mixed Level Indoor Cycling L2:** A low-impact workout on the bike that is easy on joints while improving cardiovascular endurance. A great group cycle workout for both beginner and experienced class members. A fun and effective way to get fit!
- **Piloga L2:** Piloga blends Pilates and yoga. For residents seeking to strengthen 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.
- **Slow Flow Yoga L1/2:** Join mind and body as we move through a yoga sequence designed to deepen your understanding of anatomy & alignment within your yoga practice! Longer holds in standing poses build stronger muscles, and longer holds in seated/supine poses access the ligaments and fascia in a truly restorative way. This is a class to not just "go through the motions," but to strengthen your yoga foundation—at an easygoing pace that is accessible for all.
- **Splash Dance L2:** This class emphasizes cardio endurance, toning, and balance. Buoys and noodles add to the fun! Come join the fun and enjoy upbeat music you can really move to.
- **Step It Up L3:** Step up and be challenged! Enjoy a dance based choreographed workout on the step. This class will keep your mind busy and your heart pumping. Choreography includes faster transitions, more movements, and a higher intensity. This class is designed for individuals with intermediate to advanced stepping skills. A great challenge... a great workout!
- **Sticks & More L2:** This class makes use of drumsticks in a fun and innovative way. We will focus on common trouble spots such as; inner thighs, outer thighs, and core. We will spend 30 minutes total for warm up, cardio and cool down. The remainder of the class will be

mat work and stretch.

• **Strictly Strength L2:** A class set to fun energetic music to motivate and inspire you through a full body strength workout. The focus will be on proper form and technique to strengthen and tone the major muscle groups of the body.

• **Wai Dan Gong L1:** Wai Dun Kun is an ancient Chinese exercise. It 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 Dan Gong 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

*Continued on page 100*

### OC Aqua WellFit Class Schedule April 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa		Water Works L2/3- Jeannette		Water Works L2/3- Theresa		
8:30	Aqua Fitness L2- Theresa		Aqua Fitness L2- Theresa		Aqua Fitness L3 - Kirsti		
9:30		Water Works L2/3 -Deanne	Core n More L3- Annette	Water Works L2/3 -Deanne	Core n More L3- Marilyn		
10:30	H2O Bootcamp L3- Annamarie	Water Works L2/3 -Deanne	Splash Dance L2- Annette	Water Works L2/3 -Deanne	H2O Bootcamp L3- Annamarie		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	Aqua Pilates L1- Marilyn		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	H2O Bootcamp L3 Annamarie		H2O Bootcamp L3- Annamarie				

### WellFit Pilates Reformer Class Schedule April 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Mixed Equipment L1- L2 - Kirsti				Mixed Equipment L1- L2 - Kirsti		
8:30	Ref Basics + L1-L2 - Sarah	Mixed Equipment L1-L2 Marilyn	Ref Basics L1 - Marilyn	Mixed Equipment L1- L2 - Marilyn	Ref Basics + L1-L2 - Sarah		
9:30	Mixed Equipment L1- L2 - Sarah	Ref Basics + L1/L2 - Marilyn	Ref Basic L1 - Marilyn	Ref Basics L1 - Julie	Mixed Equipment L1-L2 - Sarah	Mixed Equipment L1 L2 - Julie	
10:30	Ref Basics L1 - Valerie	Mixed Equipment L1-L2- Carol	Mixed Equipment L1-L2 - Valerie	Mixed Equipment L1- L2 Julie		Cardio Jump & Core L2 - Julie	
11:30	Mixed Equipment L1-L2- Valerie	Ref Basics + L1-L2 Julie			Mixed Equipment L1-L2- Valerie		
12:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
2:00			Mixed Equipment L1-L2 - Gretchen				
5:30	Mixed Equipment L1-L2 - Marilyn	Ref Basic+ L1-L2 - Lori		Mixed Equipment L1- L2 - Lori			
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

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 L2/3:** 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,

OC WellFit Class Schedule April 1-30, 2016						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OC	OC	OC	OC	OC	OC	OC
7:15				Athletic Stretch L1/3 - 7:15-8:00am Marilyn		
8:00	Strictly Strength L3- Annamarie	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- Summer	Core & Strength L2-Kim	20/20/20 L3-Gretchen	Yoga Basics L1-Sarah
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	Sticks & More L2- Linda	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Cardio Strength L3- Kim
11:00	Piloga L2 - Lola	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola	Tai Chi L2-Peli
12:00	Barre L1- Julie					
		Arthritis L1/2 -Linda	Yoga Stretch L1- Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 -Julie					
		Chair with Flair L1- Julie	1:00-2:00pm SGT- Fit 101 L1 - Marilyn	Basic Chair L1-Julie		
2:00	SGT- Balance & Fall Prevention L1- Kathryn					Yoga Flow L2- Ursula
		SGT- Balance & Fall Prevention L1- Kathryn				
3:00	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Healthy Living with Exercise L1 - Annamarie	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities	SCLH Booking
4:00						
5:00	Zumba L3 - Summer	Activities				
		New Class! Pilates Fusion L1/2 - Joanie Beginning April 6th	Activities			
6:00						
7:00	6:30-7:30pm Exercise and Weight Mgmt L1 - Marilyn	6:00-7:30pm Self Defense - Paul	6:30-7:30pm Exercise and Weight Mgmt L1 - Marilyn			
	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.						

where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

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

• **Yoga Strength L2/3:** Come to this class and enjoy the hip-opening body work of yoga with challenging upper body work using hand weights. In each series of yoga based pose sequences, hand weights are added to both increase physical coordination and the intensity of your workout. Make the class as easy going as you like with light weights, or as tough as you like with heavy weights...it's up to you! Leave feeling invigorated, stretched, and strengthened.

• **Yoga Stretch L1:** This class incorporates Mind/Body awareness to

achieve your optimal stretch. We use a series of yoga poses designed to gently stretch the body while focusing the mind & breath to allow the body to completely relax before flowing into next pose. Yoga stretch is ideal for all levels to improve flexibility & range of motion to maintain a healthy FUNctional lifestyle.

• **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 L1/2:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

KS WellFit Class Schedule April 1-30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
6:15		6:15am SGT- Bootcamp L2- Mike		6:15am SGT- Bootcamp L2- Mike			
7:15	7:15-8:15am SGT- Morning Bootcamp L2- Milly		7:15-8:15am SGT- Morning Bootcamp L2- Milly		7:15-8:15am SGT- TGIF TRX L2- Josh		
7:30		Mixed Level Cycle L2 - Deanne		Mixed Level Cycle L2- Deanne		8:00am HI NRG Cycle L3- Paige	
8:30	Low Impact/Sculpt Interval L2 - Jeannette	Low Impact L3 - Annamarie	Power Vinyasa L3- Deanne	Low Impact L3- Annamarie	Zumba Gold L2 - Joanie		
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3- Annamarie	Strictly Strength L2- Linda	Cardio Strength L3- Annamarie	Strictly Strength L2 - Jeri	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Cycle & Strength L2- Gretchen	Piloga Flow L2 - Cynthia	Everybody Can L2- Linda	Yoga Stretch L2- Jeri	
11:30	SGT - Healthy Back L1- Kathryn		SGT - Healthy Back L1- Kathryn		WaiDan Gong L1- Joan		
12:30	SGT- Balance & Fall Prevention L1- Kathryn	12:00pm SGT- Functional Fit L2- Deanne	SGT- Balance & Fall Prevention L1- Kathryn	12:00pm SGT- Functional Fit L2- Deanne	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living session required)		
1:30	Yoga Basics L1- Ursula	Tai Chi L1- Peli	Yoga Basics L1- Ursula	FREE! SGT OPEN HOUSE 1:00-3:00PM EVERY THURSDAY IN APRIL SEE FITNESS DESK FOR DETAILS			
2:30	SGT- TRX Interval L2- Julia		SGT - TRX Interval L2- Julia				
3:30	SGT-TRX Express L1- Julia	(2:45-3:45) Tai Chi L3 - Peli	SGT-TRX Exp. L1- Julia				
4:00		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
5:00	SGT- Bootcamp L3- Mike		SGT- Bootcamp L3- Mike				
5:30		SGT -TRX Exp. L2 - Julia		SGT-TRX Exp. L2- Julia			
6:00		Water Volleyball PreMeeting					
		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.							



### Placer County Sheriff's Office: Identity Theft Prevention Workshop

**Wednesday, March 23 — Free**

1:00 PM, Ballroom (OC). Neighborhood Watch and the Community Forum Task Force are co-sponsoring an Identity Theft Prevention Workshop presented by the Placer County Sheriff's Office. The presenters include Detective Andrew Lyss and Detective Dan Meier. Expect to hear tips on reducing your risk of becoming a victim; safeguarding your identity; how criminals obtain information; and what steps to take if you become a victim of identity theft.



### Don't Let Your Stomach Upset You

**Wednesday, March 23 — Free**

7:00 PM, Ballroom (OC). Optimize Your Digestive Health: Learn how to fine tune your diet and lifestyle to avoid common digestive ailments including heartburn, acid reflux, ulcers, bowel dysfunction, and cancer. Dr. John McCracken, a Gastroenterologist at Kaiser Permanente Medical Center, is also an Associate Professor of Medicine at UC Davis.



### Got Kibbutz?

#### The Role of this Communal Settlement in Israel

**Tuesday, April 5 — Free**

7:00 PM, Ballroom (OC). Born and raised in Israel, Hagai Narkis (a Lincoln Hills resident) will share his experiences growing up on Kibbutz Ein Hashofet. A professional chef and culinary instructor in America, Narkis started his career in Israel as an agriculture mechanic and the kibbutz kitchen manager, preparing meals for 800 people of different ages and dietary needs. His presentation will focus on the establishment and development of the state of Israel as an agricultural, industrial and technological democracy, and the major contribution the Kibbutz movement had in this miracle. Learn some history and see historical photos from Narkis' personal collection.



### Internet Safety for Seniors

**Wednesday, April 13 — Free**

1:00 PM, Ballroom (OC). Doris Blatchford, an Intel Corporation Community Volunteer, will be presenting the "Internet Safety for Seniors" program. Doris has presented this program to senior centers, senior complexes and retirement organizations in the greater Sacramento Valley for two years. This short, informative and easy to understand program gives you tips and

tricks to safely "surf" the net, shop online, identify scams and rid yourself of pop ups. The presentation is sponsored by Intel Corporation and Intel Security.

### Jeepers—Creekers!

**Wednesday, April 27 — Free**

7:00 PM, Ballroom (OC). Older adults are athletically more active than a generation ago. With this increase in activity, there has been an increase of back pain complaints. Back pain occurs in nearly two-thirds of all adults at some point during their lives which grows worse with age. Add aging with the fact that many types of sports are associated with back problems and you create the perfect storm. For example, overhead racket sports tend to increase normal lordosis, or curvature of the spine, and aggravate lower back problems. Head-up swimming motions, such as the breast stroke, cause back problems as well as running uphill. The type of pain you feel often provides a clue to the cause. Dr. Tyler Smith, Neurologist and Spine Specialist from Sutter Medical Center will discuss back pain in the aging athlete—from diagnosis, prevention and treatment.



### All That Jazz

**Tuesday, May 10 — Free**

7:00 PM, Ballroom (OC). Dr. Jacom Manricks, Director of Theory, Composition and Jazz History at UC Davis, leads us on a musical journey through the different jazz genres. Highlighting famous artists, get in the swing with Benny Goodman, and raise the tempo with bebop along the way to contemporary musicians. With three highly acclaimed albums, he is a respected figure among the New York jazz scene. As a jazz composer/arranger, saxophonist and educator, Dr. Manricks lectures on composition and improvisation around the world. He has presented 15 international tours, performing his original music with jazz icons including Ray Charles, Jeff 'Tain' Watts, and Ravi Coltrane among others. Don't miss this special forum arranged in conjunction with the Sacramento Traditional Jazz Society, sponsors of the annual SAC Jazz Festival.



### The 1873 Modoc War

#### 1000 U.S. Soldiers vs. 55 Modoc Tribal Warriors

**Tuesday, May 17 — Free**

7:00 PM, Ballroom (OC). Join Cheewa James, the great-granddaughter of one of the Modoc warriors and an expert on this six-month war, which took place just hours from Lincoln. James will bring the conflict to life and share an update of some new research including discoveries of how Modoc women also participated in this battle. During her presentation, James will share the fate of the 150 Modoc men, women, and children who





survived the war. James has served as a National Park Service ranger at the location of the battle, which today is the Lava

Beds National Monument. She is also the author of *MODOC: The Tribe That Wouldn't Die*.

Community Forums, Date, Time, Location	
<ul style="list-style-type: none"> <li>• <b>Placer County Sheriff's Office: Identity Theft Prev. Wkshop.</b> Wednesday, March 23, 1:00 PM, Ballroom (OC)</li> <li>• <b>Don't Let Your Stomach Upset You</b> Wednesday, March 23, 7:00 PM, Ballroom (OC)</li> <li>• <b>Got Kibbutz? The Role of this Communal Settlement in Israel</b> Tuesday, April 5, 7:00 PM, Ballroom (OC)</li> <li>• <b>Internet Safety for Silver Surfers</b> Wednesday, April 13, 1:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Jeepers—Creekers!</b> Wednesday, April 27, 7:00 PM, Ballroom (OC)</li> <li>• <b>All That Jazz</b> Tuesday, May 10, 7:00 PM, Ballroom (OC)</li> <li>• <b>The 1873 Modoc War: 1000 US Soldiers vs. 55 Modoc Warriors</b> Tuesday, May 17, 7:00 PM, Ballroom (OC)</li> <li>• <b>Mindfulness</b> Wednesday, May 25, 7:00 PM, Ballroom (OC)</li> </ul>

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## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

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

Public Website:

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

### -Administration-

Executive Director

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Sr. Director, Lifestyle & Communications

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Community Standards Manager

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### Facilities & Maintenance

Facilities & Maintenance Manager

Cesar Orozco 645-4500 [cesar.orozco@slhca.com](mailto:cesar.orozco@slhca.com)

### Membership

Membership Clerks

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[membership@slhca.com](mailto:membership@slhca.com)

### Room Booking & Club Support

Room Booking & Club Coordinator

Shelvie Smith 625-4021 [shelvie.smith@slhca.com](mailto:shelvie.smith@slhca.com)

### -Lifestyle-

Activities Desks

Orchard Creek 625-4022

Kilaga Springs 408-4013

### Activities

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Lifestyle Assistant Manager

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Lifestyle Class Coordinator

Betty Maxie 408-7859 [betty.maxie@slhca.com](mailto:betty.maxie@slhca.com)

Lifestyle Entertainment Coordinator

Deborah Meyer 408-4310 [deborah.meyer@slhca.com](mailto:deborah.meyer@slhca.com)

Lifestyle Trip Coordinator Katrina Ferland

625-4002 [katrina.ferland@slhca.com](mailto:katrina.ferland@slhca.com)

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Wellness Supervisor Carol Zortman 625-4032

[carol.zortman@slhca.com](mailto:carol.zortman@slhca.com)

### -Food & Beverage-

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

Jerry McCarthy 625-4049 [jerry.mccarthy@slhca.com](mailto:jerry.mccarthy@slhca.com)

### Catering

Banquet Sales Manager

Meghan Louder 625-4043 [meghan.louder@slhca.com](mailto:meghan.louder@slhca.com)

### -The Spa at Kilaga Springs-

408-4290

Spa Manager

Stacey Diemer 408-4071 [stacey.diemer@slhca.com](mailto:stacey.diemer@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-5:30 PM

Saturday (first only) 8:00 AM-12:00 PM

#### Fitness Center Hours: OC & KS

Monday-Friday 5:30 AM-8:30 PM

Saturday/Sunday—OC 7:00 AM-8:00 PM

Saturday/Sunday—KS 6:30 AM-6:00 PM

#### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM

Sunday 7:30 AM-3:30 PM

#### Meridians Restaurant

Breakfast 7:00-10:30 AM

Lunch 11:30 AM-3:00 PM

Dinner 5:00-8:00 PM

Dinner Friday & Saturday 5:00-9:00 PM

Sunday Brunch 10:30 AM-2:00 PM

#### The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

## General Numbers

### Broken Water Line on Association

Community Property

645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

### Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

General Manager, LH Golf Club

Ryan Peterson 543-9200, ext. 4

### Lincoln Police & Fire 645-4040

### Neighborhood Watch

Larry Wilson 408-0667

Pauline Watson 543-8436

### Neighbors InDeed 223-2763

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

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*Compass* — A monthly magazine established August 1999

Editor: Jeannine Balcombe 625-4020

Associate Editor: Wendy Slater

Resident Editor: Doug Brown

Advertising: Amy Gonzales 625-4014

Resident Writers: Doug Brown, Pat Evans, Dee Hynes, Joan Logue, Nina Mazzo, Al Roten, Shirley Schultz

Layout/Design: Aspen TypoGraphix

Printing: Fruitridge Printing

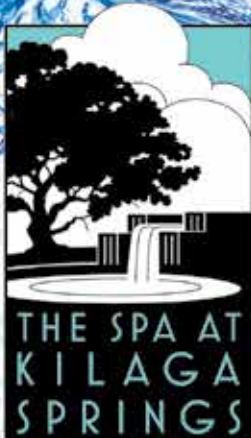
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