

# COMPASS



The Official Magazine of Sun City Lincoln Hills

June 2016

**Videography on the  
Wetland Trail... pages 15 & 23**

**Factors to Consider  
When Evaluating  
F&B... page 5**

**Summer Fun Has  
Begun... pages 6 & 7**

**Club Insert in  
this issue**



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### On the cover

Thanks to volunteers Pete Beckett, Videographer, and Dee Hynes, Orienteering COMPASS writer, for capturing video on each of our 18 trails to be used in future projects including our website. See pages 15 and 23

### Board of Directors Report

## Where the Process Begins and Ends

Don De Santis, Director, SCLH Board of Directors



In January I was appointed to serve as the Board liaison to the Properties Committee. The purpose of this article is to describe some of the responsibilities and processes of the Properties Committee and how it interfaces with other committees and the BOD. The Properties Committee consists of seven volunteers with support of the Association's administrative staff.

**What is the purpose of the Properties Committee?** According to the HOA Documents, "The Properties Committee is responsible for the appearance, maintenance and care of all of the Community Association physical properties. The Committee shall inspect report on and make recommendations to the Board of Directors and Executive Director on the Community Association's physical properties including buildings, systems, equipment, and grounds."

**What are some of the Association assets?**

- **Outside:** The sports complex, swimming pools, 200 acres of common area landscaping, 11 miles of walking trails, 487 acres of Open Space within the development, solar project, new and replacement shades at the baseball field, shade structures at the bocce ball courts, pickleball and tennis courts, lighting projects, waterfalls, parking lots, some sidewalks and a few main streets. The committee also makes recommendations to the BOD regarding the acquisition of capital assets (buildings, etc.), their repair, replacement or modification.
- **Inside:** Bathrooms in the common areas, swimming pools, billiards rooms, meeting rooms, exercise rooms, restaurant and bars. The majority of the projects require study or research by a special task force of the committee before recommending their findings for approval to the full committee.

**What is the next step in the process?** If the full Properties Committee determines there is a need for any improvement, and it involves an Association expenditure of \$2000 or more, the full committee will recommend the matter to the Finance Committee for analysis and possible funding. Projects costing less than \$2000 are referred to the Executive Director, Chris O'Keefe, for funding. The Finance Committee will study the project and determine if there are funds available in the budget to support the project. If the Finance Committee determines the project is fundable and within HOA guidelines, it will make a recommendation to the BOD for approval.

**What will the BOD do with the recommendations?** After the BOD reviews and studies the recommendations from the Finance Committee, with input from the community, they may take action to either modify, approve, disapprove, table the matter for further study or provide more information to the members of the community at special meetings before voting on the issue.

I invite you to attend the Properties and Finance Committees and BOD meetings to become more informed about what is happening in your community!

Your current hard working **volunteer members** of the Properties Committee are:

- Bill Attwater, Chair
- Mike Brown
- Elise Homer
- Michelle Hutchinson
- Ken Silverman
- Gary Younger
- Darlene Mooreland (newly appointed)
- Don De Santis, BOD Liaison

**Administrative staff** consists of:

- Chris O'Keefe, Executive Director
- Cesar Orozco, Facilities Manager
- Christy Goodlove, Executive Assistant

## Connections

Jeannine Balcombe, Senior Director of Lifestyle and Communications

We received several compliments on the America's ClayFest Show in the Lodge and recommendations to extend the offer to resident club artists to show their works of art as well. **Beginning July 1, the Painters Club will showcase juried artwork** by their members in the entryway of the OC Lodge. **Photography Club members' work will follow in August**, which will be followed in **September by Ceramic Clay artists**. We hope you will enjoy the displays.



Our Lincoln Hills exhibit at the Rods & Relics Vintage Car Show

As part of our ongoing community outreach and support, this month we

**participated as vendors in the Rods & Relics Vintage Car Show** and the **Lincoln Airfest** and are pleased to have excellent promotional material and displays as seen in the photo below. In July and August, we will have the full page inside cover advertisement in the *Sacramento Magazine* and, again this year, the back page of the Lincoln Chamber of Commerce Directory.



The Art League of Lincoln is making a presentation on **"The History and Art of Gladding McBean" on July 20 at 2:00 PM** in the OC Ballroom as part of their Ice Cream Social fundraiser. Please see their flyer in this month's *Compass* inserts for ticket information.

**The 2016-2017 Community Directory and Resource Guide will be available for pickup** at both the OC and KS Activities Desk and at

Membership **beginning Monday, July 11**. Staff will need to see your membership ID *Please see "Connections" on page 37*

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

June 15-July 31

<b>Golf Cart Registration</b> .....	Thursday, June 16, July 7 & 21, 9:00 AM, OC Lodge
<b>Finance Committee Meeting</b> .....	Thursday, June 16, 9:00 AM
<b>Board of Directors Executive Session</b> .....	Thursday, June 16, 10:30 AM
<b>Board of Directors Meeting</b> .....	Thursday, June 23, 9:00 AM, Presentation Hall (KS)
<b>Board of Directors Special Meeting</b> .....	Thursday, June 23, 10:30 AM
<b>Board of Directors Executive Session</b> .....	Thursday, June 23, 11:00 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, June 27, 9:00 AM
<b>Elections Committee Meeting</b> .....	Friday, July 1, 10:00 AM
<b>CCOC/Clubs &amp; Community Organizations</b> ...	Tuesday, July 5, 9:30 AM
<b>Compliance Committee Meeting</b> .....	Wednesday, July 6, 10:30 AM
<b>Properties Committee</b> .....	Thursday, July 7, 9:00 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, July 11, 9:00 AM
<b>CCRC/Communications &amp; Commun. Rel. ...</b>	Monday, July 11, 11:30 AM
<b>New Resident Orientation</b> .....	Tuesday, July 19, 6:00 PM
<b>Finance Committee Meeting</b> .....	Thursday, July 21, 9:00 AM
<b>ARC/Architectural Review Committee</b> .....	Monday, July 25, 9:00 AM
<b>Listening Post</b> .....	Tuesday, July 26, 11:00 AM
<b>Board of Directors Meeting</b> .....	Thursday, July 28, 9:00 AM, Presentation Hall (KS)
<b>Board of Directors Special Meeting</b> .....	Thursday, July 28, 10:30 AM
<b>Board of Directors Executive Session</b> .....	Thursday, July 28, 11:00 AM

*Meetings in OC Lodge unless noted otherwise.*

## Calendar of Events

June 15-July 31

Date	Event	Page #
06/15	Forum: River of Stars	24, 104
06/16	Book Discussion: <i>Far From the Madding Crowd</i>	25
06/16	Summer Concert: John Acosta's Bee Gees Gold	44, 47
06/17	Lincoln Hills Student Art Gallery Opening	40
06/18	KS Classic Movies on Saturday: Singin' in the Rain	40
06/20	Astronomy: "Introduction to Black Holes"	24
06/20	Genealogy: "Having a Great Trip to Your Ancestral Town"	28
06/21	Videography: "Applying Effects to Your Video Clips"	36
06/22	Alzheimer's/Dementia: "Communicating/Understanding"	24
06/22	Music: Play and Sing	31
06/22	Museum: Asian Art Museum—San Francisco	56
06/23	Eye Contact: "Daily Tasks"	28
06/23	Garden: "New Landscape Design Guidelines"	28
06/23	Concert: Hadleigh Adams	47
06/24	Music Group sponsored: Open Mic Night	31, 40
06/24	Day Trip: Beale Air Force Base	68*
06/25	Self-Defense and Martial Arts Community Demo	40, 89
06/25-26	Softball: Annual Coyote Invitational	34, 35, 40
06/27	Healthy Eating: The Joys of Local, Seasonal Foods	30
06/27	Day Trip: Jackson Rancheria	52
06/29	Forum: "Why Sleep?"	11, 104
06/29	Performance: Music Circus—Hello Dolly!	58
07/01	Summer Concert: Kalimba: Earth, Wind & Fire	44, 47
07/04	Antiques: Show and Tell	24
07/04	Softball: LHSSL All-Star Games	34, 41
07/04	Concert: Roseville Community Concert Band	48
07/05	Eye Contact: Hand-held Magnification Products Demo	28
07/08	Coffee with the Mayor	41
07/08-09	Performance: "Golden Revue Vaudeville Show"	13, 47
07/09	Festival: Squaw Valley Art, Wine and Music	52
07/11	Bird: Ecology of Burned Out Forests	25
07/11	Leisure: South Fork American River Rapids Rafting	65
07/12	Forum: Canine Companions for Independence	104
07/13	Computer PC: "Smartphones are Mainstream"	27
07/13	Presentation: Films That Changed America	51
07/14	Performance: Broadway Sacramento WaistWatchers	58, 68*
07/14	Forum: The Lost City of Petra	104
07/15	Computer PC: Clinic Android Phone and Tablet Q&A	27
07/16	KS Classic Movies on Saturday: The Thin Man	41
07/18	Document Destruction	41
07/18	Tour: San Francisco—Pier 39/Fisherman's Wharf	65
07/19	NEV: Luncheon and Speaker Former Police Chief	31
07/19	New Resident Orientation	41
07/20	Day Trip: Cache Creek Casino	52
07/21	Book Discussion: <i>Gray Mountain</i>	25
07/21	Veterans: Speaker Retired Rear Admiral	36
07/21	Concert: Paperback Writer: The Beatles Experience	48
07/22	Computer PC: Informal Q&A—Ask the Tech	27
07/23	Overnight: Laguna Beach Festival/Pageant Masters	68*
07/27	Performance: Music Circus—Cabaret	58
07/27	Forum: Brain Health! Exercise for Your Brain	104
07/28	Summer Concert: The Long Run: The Eagles	44, 48
07/30	Tour: Half Moon Bay for the Day	65
07/31	Festival: Strauss Festival	52

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

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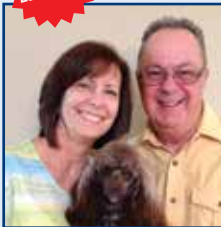
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## From the Executive Director's Desk

Chris O'Keefe, Executive Director, SCLH Community Association



I thought I would depart from the "three dot" approach this month to address the Food & Beverage Department, which is a subject that has come up in recent months. My own views on this subject have changed somewhat in the 18 months that I have been the Executive Director. I have learned over these months that this part of our operation is complex, and subject to a number of factors, both internal and external. Add the issue of trying to accommodate the varied tastes of 11,000 residents into the mix, along with the different price points they are comfortable with, and you begin to understand some of the complexities.

The discussion on whether the department should be treated as an amenity or a profit center can be a point of contention. In our governing documents the department is listed as an amenity, much like the Fitness Department, or the Lifestyle Department. Others clamor to run it as a business, and expect to see the department turn a profit each year. This is where the story gets a little complicated, and where an understanding of some of the restrictions the department operates under is required.

No restaurant would be able to generate a profit if access to one of its main banquet areas was limited due to other events being held in that space, with no compensation provided to that restaurant. This is the case with our Ballroom, which is unavailable for catered events during much of the year. To date, the Food & Beverage Department has turned away nearly \$100,000 in catering revenue, because they did not have access to the Ballroom. Want an easy way to turn a profit? Give the Catering Department priority in the Ballroom.

A second method to achieve profitability would be to discontinue resident discounts for catered events. In 2015, resident catered events outnumbered "outside" events two to one; however the outside events generated twice the revenue of the more numerous resident events. Outside events allow us the ability to provide discounts for our residents, but if you want another easy path towards profitability, end the resident discounts, and raise prices on the restaurant menus.

A misconception regarding the Food & Beverage Department is that it has been "bleeding" money for several years. In 2008, the department suffered over

\$400,000 in losses. Since Jerry McCarthy took over in mid-2009, there has been tremendous improvement in the overall performance of the department. Taken in aggregate, the department showed a slight profit from 2012-2014. And while the department did show losses of around \$130,000 in 2015, the impact of a minimum wage increase, as well as paid sick time for part time employees added approximately \$85,000 in unbudgeted costs; unbudgeted because they came into effect after the 2015 budget had been submitted and approved.

These are just a few of the factors that come into play when evaluating the Food & Beverage Department. The reality is that there is more to the story than what has been stated above. Another reality is that the department has been successful, and continues to look for ways to add value and improve quality and service levels. Eliminating resident discounts and moving resident events out of the Ballroom are easy ways towards profitability, but they are not what we are about here. Meeting the needs of our residents has to be our priority. The goal is to make the department the first choice for our residents, and to link together small successes into a sustainable chain of success. Want another easy way to achieve profitability? Come to Meridians just one more time each year.

## Employee of the Month Award

This month we recognize employee of the month, David Ortiz from the Lifestyle Communications Department. David is one of two Creative Services Specialists and among his responsibilities, David prepares our Sunday eNews bulletins and weekly bulletins for Activities and the Spa at Kilaga Springs. David is the videographer for the Board of Director meetings, and some of our Community Forums. You may have spoken with David by telephone as he is the person confirming your residency for the website and eNews, and often provides assistance if you need help with your password reset. David also provides administrative support to our

Communications and Community Relations Committee members. Residents have emailed their thanks for David's timely and patient assistance, and staff commends David for being helpful, accurate, timely, detail oriented, and pleasant at all times. "His eye for detail is exemplary and he is great to work with." We are fortunate to have David on our Communications team!

David Ortiz,  
Lifestyle  
Communications  
Department



## Independence Day Monday, July 4 Facilities Hours

Administration & Membership  
Closed

Activities Desk (OC/KS)  
8:30 AM-1:30 PM  
(Lodge closes at 2:00 PM)

Fitness (OC/KS) 6:00 AM-5:30 PM

The Spa at Kilaga Springs Closed

Kilaga Springs Café Closed

Meridians 7:00 AM-3:00 PM



Summer Amphitheater Concert Series  
Fortunate Son: a Tribute to Creedence Clearwater Revival and John Fogerty



## Activities News & Happenings

### Summer Fun Has Just Begun!

Lavina Samoy, Lifestyle Manager

If you enjoyed the opening concert of our Summer Series from **Fortunate Son**, wait until you experience **John Acosta's Bee Gees Gold on June 16!** Get ready to sing along and disco through the night with your favorite Bee Gees hits. There are seven more Amphitheater concerts to last us through summer (page 44). Remember, lawn chairs may be set at 5:00 AM on concert day with a limit of 36" high or they will be removed!

If you prefer indoor activities, we have some interesting things lined up for you. We are fortunate to host acclaimed Yale University Film Professor Marc Lapadula in the Presentation Hall (KS) for a special presentation: **Films That Changed America on July 13** (page 51). The presentation will cover approximately seven important films that affected our history with film clips, discussion and Q & A. Buy

your tickets early, limited seats available.

Inside OC Ballroom, our July 4<sup>th</sup> tradition continues with the **Roseville Community Concert Band** offering a perfect combination of enjoyable and patriotic music on **July 4** (page 48). Watch the **Parperback Writers on July 21** pay tribute to the Beatles with the look and sound of the original Fab Four (page 48).

**August 16** opens our **Fall Classical Concert Series** in Presentation Hall (KS) with **Great Guitars! Daniel Roest and Richard Gilewitz**. Read about the complete classical series on page 51. Buy the whole series before July 14 and save \$15.

Get out of the heat and into cooler locales conveniently and with ease. Register for our trip to **Squaw Valley Art, Wine and Music Festival on July 9** (page 52); stroll around **Half Moon Bay for a Day on July 30** (page 65); enjoy food and history with our step-on-guide Gary Holloway as he

covers **Historic Restaurants of San Francisco on August 23** (page 56); and join us for an overnight in **Santa Cruz on September 11-12** with our **Roaring Camp Railroad Overnight** (page 66).



Join **Marilyn Rose** for a four-hour **Color Workshop on July 11** (page 70) and learn to mix tints and shades using a few basic colors. The class applies to all art media.

Surprise your grandkids and send them a Tweet! A two-day **Twitter 101 class is offered July 23 & 30** (page 87). Another important tech class from which you can learn this summer: **Internet Safety on August 18 & 19** (page 84). Learn strategies and skills to protect your PC and your privacy.

Now that's one fun summer to look forward to!

## The First Days of Summer—A Time for Change

Mary Lou Taverna, Compliance Committee Chair

**T**his spring the rain and warm weather we so enjoyed has resulted in tremendous beauty in Lincoln Hills. The roses are more gorgeous than ever and



the lushness of many other plants brings a welcome relief from the reminders of the drought. Spring and now the early summer months also bring issues with allergies and pesky mosquitoes, not the best of news. The good news is that these early days of summer also spur many of us to dive into cleaning, pruning, pulling weeds, and replacing dead flowers with new ones.

Many yards are undergoing significant changes this year. Landscape and hardscape installations and upgrades are visible in our Villages. Entire yards are being redone while others are getting a new boost of beauty. In some cases, just lawns are being removed to allow for drought tolerant plants and shrubs. Mow curbs

are allowed as edging material to separate lawn areas from bark or decorative rock areas, but without a lawn, the mow curb has to be removed.

"All changes—even if the changes seem minor—to the existing landscape or hardscape must be approved in advance of new installations. In fact, before existing plants and lawns are removed, a new plan must be submitted to ARC for approval."

All changes—even if the changes seem minor—to the existing landscape or hardscape must be approved in advance of the new installations. In fact, before existing plants and lawns are removed, a new plan must be presented to ARC for approval. It is important to confirm that you are in compliance before money is spent on plants or other changes. Section 6 of

SCLHCA Design Guidelines provides easy access to information about landscaping requirements.

The Compliance Committee is receiving reports about artificial flowers decorating front yard areas. Section 6.7 of the Design Guidelines addresses artificial foliage and clearly states that use of artificial foliage is prohibited except in private space or an interior rear yard that is not visible from neighboring property. Those bright colorful flowers have to be relocated, as specified in the Design Guidelines.

It's not always easy to remember and follow so many rules and guidelines. However, we have all agreed, when we purchased our homes, to maintain the integrity and beauty of Lincoln Hills. Compliance with the Design Guidelines helps to keep home values high, residents happy, and buyers desiring this location. Together we can do it—we can create and maintain the beauty of our homes and gardens. After all, isn't that one of the reasons we moved to Lincoln Hills?



# FATHER'S DAY BRUNCH

SUNDAY, JUNE 19

10AM - 3PM

**\$32** (PLUS TAX & SERVICE CHARGE)  
ADULTS OVER 90 & CHILDREN UNDER 7 ARE FREE  
Reservation & pre-payment requested

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## WellFit News

### Frequently Asked Questions

Deborah McIvain, WellFit Manager

Every day, WellFit staff are asked a multitude of questions. Below is a Q&A to our most frequently asked questions.

#### 1 “How do I get Accompanied Guest Visits?”

Every January 1, each household is assigned up to 60 Guest Passes to be used when you check in a guest at the WellFit centers. If there are two people in a household, each person will get 30 assigned to their name. If there is only one person in the household you will be assigned 30 Guest Passes. If you use those Passes and need more, contact me and I will add an additional 30.

#### 2 “How do I sign up for Punch Pass Classes?”

Purchase Punch Pass classes at the WellFit desks and use them on a first-come, first-served basis. Simply check in at one of the kiosks at the WellFit centers,

choose the class you want to attend, wait for a receipt (chit) to print and give the chit to the class instructor at the beginning of the class. Each Punch Pass is \$3.50 each, and we recommend purchasing at least a couple in advance, so you don't have to do so before each class. Punch Passes stay on your account and never expire!

#### 3 “What is a Pilates Reformer and how do I sign up?”

The Pilates Reformer makes a dramatic impression when you first see one and an even more dramatic change in the body when you use it! Reformer develops your core strength with the use of counterbalance weights while lying down or standing to improve overall strength, flexibility, coordination, and balance. It also leads to improved posture and for many, relief from pain associated with physical imbalances such as back pain and other ailments. Prior to taking Pilates Reformer classes, you must register for an

introduction (\$30). If you have questions, please contact Carol at 625-4032.

#### 4 “Do I need a Personal Trainer, and how much does one cost?”

Working with a Personal Trainer (PT) is probably one of the most efficient and safe ways to start your exercise program. Trainers will begin with a personal assessment to understand your goals, learn more about your exercise habits, and to develop an exercise routine that meets your needs and starting abilities. A PT will work with you to ensure you use equipment and routines safely to help you to be successful in your exercise for health plan. Half hour sessions are \$30 and hour sessions \$50. You can purchase as many as you want and, like Punch Passes, they will stay on your account until you use them. If you're looking for a PT or need more info, contact Jeannette at 408-4825.

Please refer to page 108 for information about our **Re-Start Program** and read an inspiring testimony from a resident who changed her life in just six weeks by implementing Re-Start along with personal training!

Well Fit Classes: pages 84-100 • Class Grids: pages 100-103

## The Spa at Kilaga Springs

### Summer—A Time to Revitalize

Stacey Z. Diemer, Manager, The Spa at Kilaga Springs

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

As we move into summer with the warm air, longer days, and sunshine, we need to take some time to look good, feel better, and live well.



The Spa at Kilaga Springs is just the place to do that these summer days. Not only does the Spa offer custom facials to brighten the skin, but also massages that will help those sore muscles and relax the mind. The Spa has nail services that will keep those hands and toes looking beautiful as you embrace the summer months.

Did you know that The Spa at Kilaga Springs has a boutique to find that perfect gift? Come in and see the handmade jewelry by local artists, handmade soaps, Aveda body care products, flip flops to show off your pedicure, candles, and much more.

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

You can pick up a custom card to finish off the unique gift. We also offer gift wrap.

If you are looking for a way to enjoy these summer days with a little pampering, schedule the “50/50.” The 50/50 is a 50-minute massage and a 50-minute facial. This is a great way to just relax and revive from the summer time fun. Please see our ad on page 22 of the *COMPASS*.

If you have not stopped in, please come by and see the nail sanctuary and please pick up the new spa menu. We look forward to helping you to revitalize—look good, feel better, and live well!

Call to book your appointment today  
408-4290

Monday-Friday 9:00 AM-6:00 PM

Saturday 9:00 AM-5:00 PM

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## 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.

- Compliance Committee
- Elections Committee
- Properties Committee

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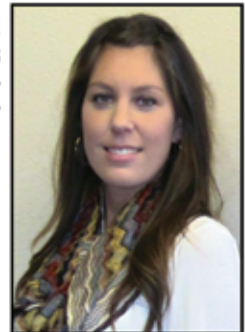
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**The Road to Aging Well**

**Sleeping Beauty**

Shirley Schultz, Health Reporter



Adequate sleep is crucial for a long and healthy life. From infancy to old age, our sleep needs may change, but we all seem to treasure those times when we “sleep like a baby.” Extensive ongoing research is confirming how important the correct amount of sleep is for our physical and mental health.

Too little or too much sleep can both be linked to health problems and longevity. Rip Van Winkle is no standard-bearer to be followed!

Researchers at the Division of Sleep Medicine at Harvard Medical School emphasize three areas that are consequences of insufficient sleep: 1) Increased risk of chronic and long term physical and

mental consequences; 2) Decreased ability to function throughout the day due to fatigue, irritability, and loss of focus; 3) Public safety may be compromised by those operating dangerous equipment or doing work that requires intense focus. Research has also shown that regularly sleeping long hours is associated with poor health. The National Sleep Foundation recommends seven-to-nine hours of sleep for adults ages 26-64 and seven-to-eight hours of sleep for adults age 65 and over. You can learn more about this at [www.sleepfoundation.org](http://www.sleepfoundation.org).

It is not just the amount of sleep but also the *quality* of sleep that is important. A normal sleep cycle lasts about 90 minutes and takes us through varying phases of the quiet sleep category to the deepest stage which produces the physiological changes that enhance the immune system. The other category called REM (rapid eye

movement) sleep enhances learning and memory and contributes to emotional health. It is during the REM period that dreaming occurs, and REM sleep disturbances create the most concern as increasing one’s risk of developing dementia or Alzheimer’s.

Sleep disruption affects neurotransmitters and stress hormones such that it can wreak havoc in the brain and impair thinking and emotional regulation. There is a strong association between sleep deprivation and many physical problems such as obesity, high blood pressure, and diabetes as well as with mood disorders such as depression, anxiety, and bipolar disorder. Plan to attend the **June 29 Community Forum, “Why Sleep?”** by Amer Khan, M.D. (see page 104). Learn about healthy sleep so that you can avoid many physical, mental, and dementia problems in your life.

**Finance Committee Report**

Marsha Watkins

Vice Chair, Finance Committee

**A**round this time of year Staff, the Properties Committee, Finance Committee, and the Board start developing a budget for the following year. The threefold process involves:

1. Reviewing projected spending recommended by the Reserve study for items due for 2017 replacement and the recommended dues contribution for Reserves
2. Reviewing and analyzing capital requests
3. Designing the operational income/ expense budget for each department

These three elements together determine the projected dues amount for 2017.

**Capital Requests.** Any homeowner can submit a request for a capital improvement or purchase. Requests over \$2000 are sub-

mitted to the Properties Committee, which reviews proposals to determine their benefit to the community. The Finance Committee then determines financial viability and feasibility.

**Reserve Fund.** Each item in the Reserve study due to be replaced in 2017 is reviewed by Chris O’Keefe and his staff to determine its accuracy, currency, and necessity for 2017 replacement.

**Department Expense Budgets.** Basic budgeting guidelines are established for expenses common to all operating departments (e.g., mandated increases in wages and salaries, payroll taxes, benefits, and Workers Compensation). Budgeting templates are developed for each manager to help them prepare their departmental budget. Trends and known increases unique to a department serve as further guidelines.

develops a revenue and cost of sales plan based on planned activities and current trends. Net profit from these activities offsets some of the gross expenses.

The completed budgets are reviewed by Staff and the Finance Committee, which then recommends approval at the September Board of Directors meeting. Upon approval, budget details are sent to each homeowner on a CD, and are also available on the SCLH website in the document library.

The new Spa team has achieved a small profit for the month and has set a new goal to break even for the year. Administration will continue to feel the effects of under budgeted payroll processing fees, while all departments experienced negative variance in Workers Comp expense due to timing issues. Food & Beverage benefited last month from the timing of Easter but this month experienced comparable losses. Landscape is ahead due mostly to weather-related delays in expected outlays. This will flatten.

Operating Fund cash stood at \$1,336,309 while Reserves total \$7,624,260 or 92.2% at month’s end.



For departments that generate revenue (Activities, Fitness, Food & Beverage, Spa), each manager

**Statement of Operations YTD—April 2016**

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable)	Annual Budget
	Actual	Budget	Variance	
Homeowner Assessments & Other	\$2,580,950	\$2,588,018	(\$7,068)	\$7,787,494
Administration (Expense)	(646,760)	(612,140)	(34,620)	(1,699,540)
The Spa at Kilaga Springs	(16,532)	16,389	(32,921)	47,290
Fitness	(136,336)	(166,050)	29,714	(481,430)
Activities	(166,140)	(193,604)	27,464	(540,030)
Rec. Center / Maintenance	(781,642)	(791,735)	10,093	(2,507,150)
Landscape Maintenance	(777,770)	(876,255)	98,485	(2,675,444)
Food & Beverage	(127,182)	(111,910)	(15,272)	(65,510)
Capital Asset	10,000	10,000	-	30,000
Net Revenues (Expense)	(\$61,412)	(\$137,287)	\$75,875	(\$104,320)



## There is No Better Way to Stay Cool Than...

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)

As the temperature heats up, there is no better way to stay cool than **happy hour**. In addition to our normal happy hour selections that we offer daily, Meridians has added happy hour at the pool. Every Thursday night we start happy hour at Orchard Creek Pool at 5:00 PM. We offer music, drinks, and limited food specials for you to enjoy.

The culinary team is working hard to create the new 2016 Summer Menu. **Our expected release date for the menu will be early July.** Some of the tasty entrees to look forward to will be: *Baby Back Ribs, Heirloom Tomato Salad, Grilled T-bone Steak, Seasonal Grilled Fish, Grilled Nectarines with Ice Cream*, and many more choices!

Another way of keeping cool is enjoy-

ing the new patio area at Kilaga Springs Café (see photo, page 37). We have updated some of our menu selections and completely remodeled the outdoor patio area. It's a perfect place to meet friends and neighbors for a bite to eat before your class, activity, or meeting in the Presentation Hall (KS).

As you know, the Summer Amphitheater Concert Series is in full swing. Your Food & Beverage Department offers a wonderful compliment to go with your evening of entertainment. On concert days, it all starts with the **early morning Concert Breakfast Buffet starting at 6:00 AM. Meridians breakfast buffet offers eggs, bacon, sausage, pancakes, and potatoes for only \$6.** Once you place your chair in the perfect position, reward yourself with a great breakfast buffet. The doors will

open at 6:00 PM for concert goers to enjoy a variety of food and drink selections to enhance your concert experience. We will offer two full bars, one beer and wine station, and a food concession stand to meet all of your needs. **The summer concert concession stand will have up to four lines for fast, convenient food sales.** The menu will have a variety of items such as: *Tri-tip sandwich, mesquite grilled hot dogs and hamburgers, fruit cups, assorted salads, chicken Caesar wrap, snacks, and much more.* Come early and enjoy a bite to eat and a beverage of choice with all of your family, friends, and neighbors.

Visit our website at [www.meridiansrestaurant.com](http://www.meridiansrestaurant.com) for the complete menu, details of all our special events. **Watch for the Meridians eNews for resident-only specials throughout the summer.** Once again, thank you for your continued support of your Meridians Restaurant.

~Please see our ad on page 8.~



## Meet Bruce Baldwin, Director of Finance

Our "money man" with a flair!

Doug Brown, Resident Editor

Some of us have a [misguided] stereotyped image of *accountants*—quiet, introverted folks, busily juggling numbers all day long in a dimly lit office, eyes glued to computer. Well, not our Bruce Baldwin! In fact, our Bruce is pretty much the polar opposite. A storyteller, engaging conversationalist, and clearly a "people person," Bruce is as comfortable crunching numbers as he is talking with you about home improvements, photography, or his classic 1968 Shelby Mustang!

Bruce got an early start on his interest in numbers. As a ten-year-old, he looked at his older sister's algebra textbook one day and thought, "Wow! This stuff is cool—much more so than my boring fifth grade math!" Not long after, Bruce had pretty well mastered quadratic equations and more, and was smitten with the magic of numbers. College interests in math, physics, and accounting culminated in an MBA from UC Berkeley.

On arrival here in Lincoln Hills in 2012,

Bruce brought a multitude of financial leadership experiences to bear on overseeing a Lincoln Hills budget known for maximizing the use of every dollar received in revenue. As the President and CEO of the California Association of Highway Patrolmen (CAHP) Credit Union for nearly 20 years, Bruce's experience in accounting, budgeting, and strategic planning made him the perfect fit for Director of Finance here in Lincoln Hills.

Under Bruce's guidance we have seen some remarkable advances in Lincoln Hills: the Spa expansion, Amphitheater stage remodel, pickleball court additions, and of course, the most recent and most visible accomplishment, the solar panels in Orchard Creek parking lots. The latter is poised to save us many thousands of dollars in electric bills.

One of the most enjoyable aspects of working here, according to Bruce, is the staff he works with. "Everyone works



Renaissance Man and Director of Finance

together so efficiently here. They form a team of workers—and friends—who respect each other and together are engaged in fulfilling their assigned tasks!" Bruce also told us how much he admires the vibrant energy exuded by Lincoln Hills residents, especially members of the Finance Committee and Board of Directors, with whom he works closely. "It's such a pleasure to work with so many talented and committed residents!" he exclaimed.

Now, Bruce, what were you saying about that Shelby Mustang? Don't get him started...

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## Interview with Jeff Hanner, Videography Group President

From Volleyball to Venues—You Will Find the Video Volunteers

Nina Mazzo, Roving Reporter

Have you missed attending a Community Forum or Board of Directors meeting? Did you know you can watch the video recording on the resident website?

Recently, I did just that and wanted to say thank you to the many volunteer videographers and their support teams,

who give up their time to record and edit such events.

I discovered more about how video was being used to communicate with our residents when I sat down with Jeff Hanner, President of the Videography Group. “Other commitments or physical limitations prevent residents from attending these events, but by video recording them, they can enjoy viewing in high quality audio and HD video on line, anytime.”

Jeff went on to explain that there are many volunteers behind the scenes. Let’s take a look at some of the events that are currently being recorded.



Planning meeting for Water Volleyball Club video, from left—Kate McCarthy, Mel Switzer, Jeff Hanner, Klara Kleman



Operating camera at the Apple User Group—top, Jim Collier; Jeff Hanner, left, and Jim Collier

Probably, the most visible recordings are those of the Community Forums and Please see “Jeff Hanner” on page 15



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## Cover Story

### A Conversation with Pete Beckett

“Intrepid Pete” is a model for us all!

*Nina Mazzo, Roving Reporter*

The “Energizer Bunny” is slow compared to the energetic and enthusiastic Pete Beckett!

I have introduced you to several residents in previous *COMPASS* articles who have taken this time in their lives to revitalize, reinvent, reawaken or redirect skills. What motivates us to continue to develop as an individual in what I call the “third act” of our life? Yes, we know we must learn to cope and face all kinds of frustrations,

“He is currently working with *COMPASS* reporter Dee Hynes on developing a video documentary of our magnificent trails. Intrepid Pete has made a special “Trail Cam” to help showcase the sights and sounds of these trails!”

yet many folks simply take a disciplined effort towards continued improvement and that is what I learned in my interview with Pete Beckett.

Pete is a native of East Anglia in England. He, his wife Celia and their four children, arrived in the USA in 1982. As a youngster he was interested in the entire photography process and even built his own darkroom. He developed an interest

in chemistry and electronics—he even made explosives that he and friends used on old concrete sea walls! His career is packed with professional accomplishments so I will simply provide a few highlights. He worked in atomic research, particle accelerators, developed positioning and measuring equipment, designed and built a robotic panorama platform for still cameras. Oh, and he did this while often acting as a chief engineer/director and technical marketing manager.

Retirement knocked on his door in 2006 and he saw an opportunity to develop and enjoy hobbies. His idea of enjoyment included developing micro-processor-based gadgets for photography and videography. He looked around to see where he could apply his technical knowledge and photography/videography skillset at SCLH.

He is a core member of the video services component of the Communications and Community Relations Committee and of the Community Forums task force. He works closely with the staff on video projects and is the lead videographer for Community Forums. He is one of the founders of the recently formed LH Videography Group. He continues to challenge himself

begun to produce individual videos for training and dissemination of information, i.e., New Resident Orientation Video.

For many years, Jon Solander and his crew have recorded various performing arts events. You may have noticed those folks at the back of the Ballroom operating audio, lighting and video equipment.

Jeff noted that other clubs and organizations have been realizing the value of using video as an instruction or training tool, such as the Water Volleyball Group and the Painter’s Group.



*Pete and Dee met up with Michele and her dog Sheila while on the trail*

and indulge in the technical area of professional photo and video equipment. Not surprisingly, he finds himself spending a fair amount of money on his hobbies—many of us will smile in agreement.

He is currently working with *COMPASS* reporter Dee Hynes on developing a video documentary of our magnificent trails. Intrepid Pete has made a special “Trail Cam” to help showcase the sights and sounds of these trails!

Seize this time and make it yours as Pete has—check out a club/group or volunteer effort.

As requests began to arrive for videographer services, it was a natural transition to form a Videography Group. Some members want to learn for their own personal development, but others participate in the aforementioned event recordings.

Next time you see one of these video crews at work, offer a thank you! If you are interested in becoming a volunteer videographer—experienced or not—Jeff and his fellow videographers will be happy to provide training. Contact Jeff at [jeffhanner8@gmail.com](mailto:jeffhanner8@gmail.com) or 769-2871.

## Jeff Hanner

*Continued from page 13*

the SCLHCA Board of Directors. Peter Beckett leads a rotating crew who perform this service over 30 times each year and are not only recording the event, but editing it as well so staff can post it to the resident website.

Video recordings of the monthly and special SCLHCA Board of Directors meetings and related events such as the Election Candidate Forum, are also available through the resident website. Staff, with the assistance of Peter Beckett, has also



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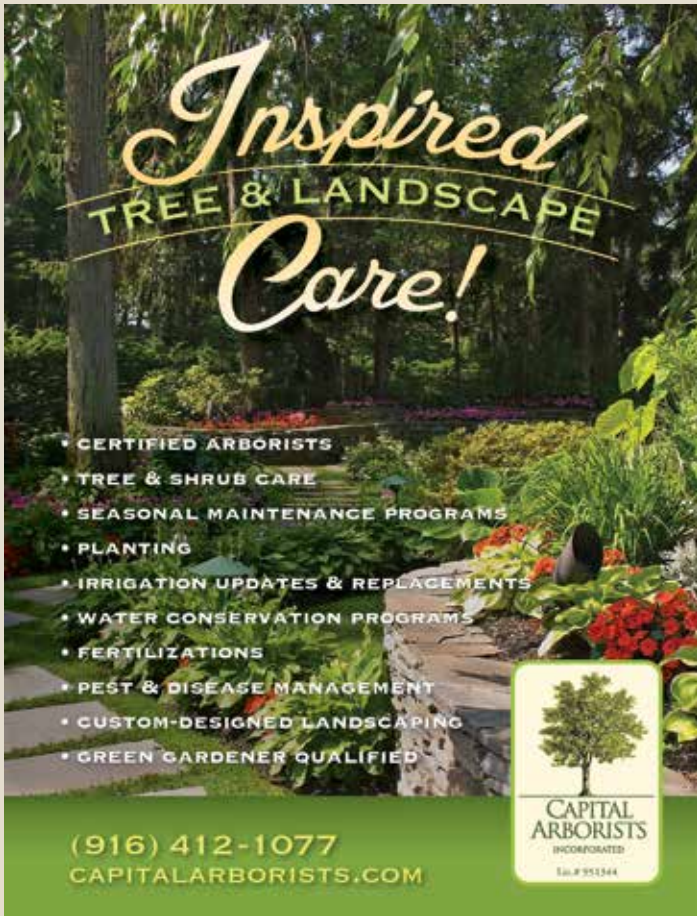
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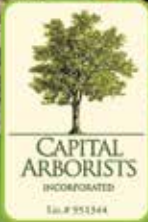




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## The Amazing Odonata of Lincoln

Al Roten, Roving Reporter



Nymph



Band-Winged Dragonfly



Blue Dasher



Western Pondhawk (female)



Variegated Meadowhawk



Ruby Spot



Flame Skimmer



Familiar Bluet (male)



Twelve-spotted Skimmer

Glancing at these photos from resident photographers Phil Robertson and Tom Roach, you may already have surmised that Odonata is the order to which Dragonflies and Damselflies belong. They are characterized by large multifaceted eyes, two pairs of strong, transparent wings, and an elongated body. Dragonflies hold their wings away from, and perpendicular to, the body when at rest; while damselflies are smaller and fold their wings back against their body while resting.

These fast flying, colorful insects are quite plentiful here in our community. In fact, there are 69 species of dragonflies, and 40 species of damselflies in California. One must look quickly or stop the action with a camera to capture the array of color. They are found near water. As we may see them at rest on plants, one might assume that they are herbivores, however, they are actually voracious predators who eat other insects, including flies, mosquitoes, bees, ants and sometimes even butterflies.

Their life cycle is interesting in that tiny eggs are fertilized as they are scattered over water or inserted into vegetation. Eggs hatch within weeks or over winter. Eggs hatch into the nymphs (or naiads) as underwater predators eating insects, tadpoles, and tiny fish. They remain in this stage for up to several years. Then, they enter the adult stage as they crawl on stem or rock and become air breathers. After an hour or more, the adult flies away. Adults live from several days to several weeks. In this stage they search for a mate, eat other insects, fertilize and lay eggs, then die: the cycle continues. The season for dragonflies and damselflies in adult stage is our warm summer months.

Dragonflies and damselflies are exceptionally fast fliers. They can cruise at up to 10 miles per hour with bursts of up to 30 MPH. They can fly in all directions with sudden direction change. It is the double set of wings which make this mode of flight possible. Aerodynamic engineers have studied dragonfly flight for years in hopes of duplicating their dexterity. Dragonflies may be at the top of the food chain for insects, but they can still be caught by some birds, especially flycatchers.

Dragonfly and damselfly watching is a growing hobby similar to birding and butterflying. This may present an opportunity for a new group here in Lincoln Hills. A field guide can be found for purchase at <http://bigsnest.members.sonic.net/Pond/dragons/>. Get out and enjoy these amazing creatures.



Saddlebag



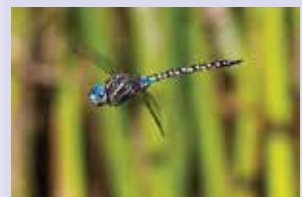
Western Pondhawk (female)



Pale-faced Clubskimmer



Widow



Blue-eyed Darner



Familiar Bluet (male & female, mating)



Common Whitetail (female)



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## Security for Your Windows Computer(s)

Bob Ringo



Beware! If you are a personal computer owner, the bad guys are out to get you. Bad guys in your computer appear as viruses, Trojans, worms, spyware, ransomware, and in many other evil forms. Below are a few safe computing tips that will help protect you from the bad guys.

Security experts agree that setting up your computer for automatic software and operating system updates is the most important security measure you can take to protect your personal computer from harm. Ignoring updates to your computer, leaves it more vulnerable for exploitation by the bad guys.

Next, you must install anti-virus protective software on your computer. There are many excellent anti-virus programs both free and fee-based to choose from. When installed, your anti-virus program should be set to scan your files and update your virus definitions on a regular basis.

Viruses comprise only a small part of the bad guys that are out to get your computer. The majority of the bad guys that attack your computer are called *malware*. Fortunately, there is an excellent program that can locate and quarantine malware that finds its way into your computer. The program is called "Malwarebytes," which is available both in a free version and a fee-based version. The only difference between the two versions is that the fee-based version can be set to run automatically while the free version must be started manually. You can obtain "Malwarebytes" by going to [www.malwarebytes.com](http://www.malwarebytes.com).

Remember, it is important that you run both your anti-virus program and "Malwarebytes" concurrently on your computer.

A further measure to take is to control access to your computer. If you receive a

phone call from a caller disguising himself as a representative of Microsoft, hang up immediately. This bad guy will tell you that there is a problem with your computer that he will fix for free. Then the caller will instruct you how to grant him control of your computer. At this point, the villain will announce your computer problem is much worse than it first appeared but the problem can be fixed for several hundred dollars. In order to get the bad guy to return control of your computer back to you, you now will be asked to pay a ransom. Don't do it. Immediately hang up and turn your computer off.

Finally, **Backup, Backup, Backup!**

By implementing the above personal



*The majority of the bad guys that attack your computer are called malware. Fortunately, there is an excellent program that can locate and quarantine malware that finds its way into your computer*

computer security measures, you are off to a running start in protecting yourself from the bad guys that are out to get you.



## Windows 10, Deadline Coming Up July 29

Terry Rooney

Last July, Microsoft released Windows 10, which is now being used on more than 270 million computers around the world. Windows 10 is the best, most secure version of Windows ever released and it keeps getting better every month with new updates.

Microsoft is changing how it releases Windows; Windows 10 will be the final version. Everything will be an upgrade to it. And major updates will be done about every six months, with smaller updates every few months.

Every Windows 7, 8, and 8.1 user is entitled to a free upgrade to Windows 10, but the deadline is July 29. After that the price will be \$129 for the Home Edition.

A major improvement is that you can now do a "clean install" and activate Windows 10 with a product key

from Windows 7 or 8 or 8.1. Improvements have also been made to the Microsoft Edge browser (but more are coming in 2016), and a new version of the Skype messaging app has been released.

If you wish, you can also continue to use the Google Chrome browser, the Mozilla Firefox browser, and nearly all of the Windows software you currently use in Windows 7, 8 and 8.1.

Last November, Microsoft did the first major upgrade to Windows 10 since its release in July 2015. Windows has added the ability to track a lost PC as well. The Edge browser will now automatically sync your favorites and passwords across all Windows 10 devices you own, and Edge will also allow you to get tab previews.





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1-31

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### Orienteering

## Wetlands Trail

Enjoy a bird's eye view!

Dee Hynes, Roving Reporter

The vast panoramic view of the Ingram Slough wetlands is beautiful. From Sun City Blvd and Summerhill Lane, it appears that a giant quilt of asymmetrical sections of sage, olive, bisque, almond, rust and gray is covering the wetlands. The Wetlands Trail is also visible in the distance.

For a different view, check out the Wetlands trailhead. Look across the pathway to the tee boxes of the Orchard Golf Course. Golfers anxiously approach every few minutes, hoping for the drive of their lives.

Beyond the course, brilliant blue bench canopies for the bocce and horseshoe areas signal activity sites. These colorful coverings call out, "Here is where the fun is!"

Begin your walk down a moderate-to-severe slope along the golf course and soon you'll reach the Ingram Slough Preserve.



The "birds eye view" of the Ingram Slough wetlands as seen from Summerhill Lane and Sun City Blvd. The Wetlands Trail is to the left of the Open Space

Along the trail, an interpretive sign, "Habitat, Sweet Habitat," provides details about the land, food and animals that create a wetland environment.

Pause at the bench across from the sign and reflect on this teeming scene. Sound and movement unfold as you enjoy the setting.

Continuing on the path, the trail makes a gradual rise to Bowman Lane. Turn right at Sun City Blvd, right on Del Webb then right on Strolling Hills returning to the trailhead.

Directions to the trailhead: From OC, cross Del Webb to Strolling Hills Lane, then park at the end of the lane.

See your Community Directory and Resource Guide Street Name Index and foldout maps for details.



### Neighborhood Watch

## National Night Out is Coming Tuesday, August 2

### Bigger and Better?

Patricia Evans



The answer is "Yes!" Celebrations are coming to your neighborhoods and the Orchard Creek Amphitheater on Tuesday, August 2! Neighborhood Watch hopes that you will set aside this entire festive day to celebrate our good fortune to live in one of the safest and most secure communities in California. Life is good here in Lincoln Hills!

We suggest that your mail station and/or Village may want to have a mid-day party in your neighborhood to renew friendships and enrich relationships. By choosing a daytime celebration in our neighborhoods, everyone would be free to attend when the band starts playing in the early evening at the Meridians-sponsored Neighborhood Night Out party! Reservations are not required. Details will be in the July COMPASS.

Neighbors who party together tend to "be there" for each other! The warmth and comfort of knowing your neighbors and increasing that camaraderie from year to year is priceless!

Neighborhood Watch wants your neighborhood to be your "happy place." The area where we live is an extension of our personal space and we want it to feel equally comfortable, safe, and familiar. Ask anyone looking for a new home, and these goals will usually be on their "short list." When we know our neighbors, and they know us, we can also more easily recognize any suspicious activity.

Of special note: we have a **yearly contest** to increase our party count so **please register your party** in your neighborhood and/or the Amphitheater with Pauline Watson at 543-8436 or [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net).

For the answer to a frequently asked question see our Club News on page 33.

**Neighborhood Watch Contacts:** Larry Wilson, 408-0667, [lgwlincoln@gmail.com](mailto:lgwlincoln@gmail.com); Pauline Watson, 543-8436, [frpawatspm@sbcglobal.net](mailto:frpawatspm@sbcglobal.net). NW Website: [www.SCLHWatch.org](http://www.SCLHWatch.org).



Pauline Watson, our National Night Out coordinator for ten years, is joined by Lincoln Mayor Spencer Short inviting you to participate in the celebrations on August 2



## Club News

### Alzheimer's/Dementia

#### Caregivers Support

Larry Dawes, who has an extensive background with in-home care, will be featured at our June 22 meeting 1:00 PM in the Multipurpose Room (OC). His topic will be "Understanding and Communicating with those with Dementia." Even at the early stages, this is a problem that frustrates the diagnosed every bit as much as their caregivers. While patience and compassion are surely essential parts of the process, Larry will offer insight and suggestions to help reconnect communication lines.



*Larry Dawes  
will present  
"Understanding  
and  
Communicating  
with those with  
Dementia"  
on June 22*

Last month's Senior Cafe was a successful event for the Care-given and Caregivers alike. It was a fun social activity supported by Judy Payne, Al Roten, Cathy Van Velzen, Maria Stahl and Jean Ebenholtz. We are also very grateful to the Lincoln Hills Foundation for funding this group's efforts to ease the way along an often long and challenging path into the unknown. Be well.

**Contacts:** Judy Payne, 434-7864; Maria Stahl, 409-0349; Cathy VanVelzen, 409-9332; Al Roten, 408-3155

### Amateur Radio

The Amateur Radio Group is a group of amateur radio enthusiasts who operate the W6LHR repeater for Lincoln Hills residents with an amateur radio license. The group conducts a weekly network at 7:00 PM every Monday evening on the W6LHR Repeater at 443.2250 MHz. The LHAR Group meets at 6:30 PM every Monday at the South Lincoln Hills Entry Facility.

In May, the LHAR Group supported the Tour de Lincoln, the historic bike tour to raise money for the Lincoln Volunteer Center. Members joined the Western Placer

County Amateur Radio Club to provide communications for rest stops manned by Rotary, Kiwanis and Lions members. Group members also piloted "SAG Wagon" safety vehicles patrolling the 100K, 40-mile, 20-mile and 10-mile routes, reporting safety events, such as broken glass in the road, and bike crashes to net control at McBean Park, plus transporting injured riders to base.

**Contacts:** Jim Darby 408-8599;  
Clare Schloenvogt 253-9155



### Antiques Appreciation

On June 6, the program was led by one of our long-standing members, who shared her collection of antique quilts with names like Grandma's Garden, School House, Wedding Ring, and Crazy Quilt. Members also brought in their antique or vintage quilts so there was a feast for the eyes. We heard many heartwarming stories.

Our Monday, July 4 program brings one of our members' favorite programs, Show and Tell. Members may bring one of their favorite Antique or Vintage items to share, preferably 50 years old or older. We look forward to seeing you at this fun morning.

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

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



### Astronomy

Wednesday, June 15, our June meeting will be a Community Forum presentation by astrophotographer Ken Crawford in the Ballroom (OC) at 7:00 PM. Ken will demonstrate how amateur astrophotographers are producing professional quality images that show the beauty of our universe, and also are being used by professional astronomers for real science. He will examine the search for the remnants of galaxy mergers that can be done by amateurs with modest equipment.

Monday, June 20. Cosmology Interest Group (CIG) will begin the DVD series "Discovering Black Holes," by U.C. Berkeley

professor Alex Filippenko, Ph.D. This lecture will be "Introduction to Black Holes." Fine Arts Room (OC) at 6:45 PM.

Monday, June 27, Telescope Interest Group (TIG) meets at the Sports Pavilion. Members are encouraged to bring their telescopes. Assistance will be provided for setup, alignment and operation of the telescopes. Set up at 7:30 PM, Observing at 8:15 PM.

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



### Ballroom Dance

Our Spring Potluck was an extremely fun event. The theme was "Arabian Nights." A highlight was the Belly Dance routine choreographed by Ruth Algeri. A shining star was Jim Walker, who played the Sultan. Mary Swanson, Chris Geist, Nancy Lane, Gale Miller, and Ruth Algeri were the dancing ladies. Theresa Caruso and Karen Allington were the Sultan's fan attendants. The audience participation at the end was enjoyed by all. Why not join



*Our Sultan and his dancing Ladies;  
Ruth Algeri gives a big Thank You  
to our Sultan and the dancers*

us for the fun that we have all year? We meet Tuesdays at KS. Every month we learn a different type of dance. In June, we will learn the Night Club Two Step. In July, the sultry Tango. Beginner's class is from 2:00 to 3:00 PM, open dancing is from 3:00 to 4:00 PM, and a more advanced lesson is from 4:00 to 5:00 PM. Dues are *only* \$7 per year and lessons are *free!*

**Contacts:** Sal Algeri 408-4752;  
Chris Geist 543-0176





## Bereavement

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 July 13 and August 10. Each month we go to various restaurants



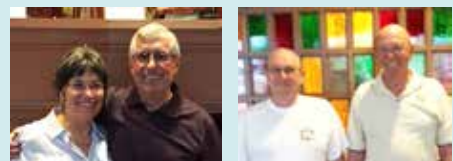
Support Group Meeting outdoors

for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Rum Thai on Tuesday, June 21. Meet in front of OC Lodge at 11:15 AM to carpool to the restaurant or meet us there. For more information or to put a Memoriam in the COMPASS, contact Joan.

Contact: Joan Logue, [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



Five/six games Darlene & Remy Giannini;  
First place Wayne Bullen, Bill Mayo;  
Six/seven games Remy Giannini, Phil  
Berlenghi, Bob Wehner and four  
and a half/seven Rita Baikauskas

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.

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

## Bird

Monday, July 11 at 1:30 PM in the P-Hall (KS), Christy Sherr will give a presentation about the ecology of burned out forests and the wildlife that benefit. Christy was a California State Park Ranger for 20 years and Ranger Naturalist with the National Park Service for five years. Currently she is surveying the Black-backed Woodpecker with the John Muir Project.

Our next field trip is on June 24 to the Manzanita Cemetery just north of Lincoln. This should be a lovely morning trip through farmland and stopping at this island of trees that is home to a variety of birds.

Our Potluck Supper will be Saturday, July 30, from 5:00 to 8:00 PM at the Social Kitchen (KS) so mark your calendar early. It will be a fun time.

Contact: Kathi Ridley 253-7086,  
[kathiridley@yahoo.com](mailto:kathiridley@yahoo.com)

[Lh\\_bird\\_group@yahoo.com](mailto:Lh_bird_group@yahoo.com)

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

## Bocce Ball, Mad Hatters

Back in March the Strategic Initiatives Task Force of the Lincoln Hills HOA had a meeting with several Sun City Bocce groups about the possibility of moving the Bocce Courts. The prime motivation behind such a move would be to allow for expanded parking in the Sports Plaza area to ease congestion during peak usage hours in the mornings. One possible plan would move the courts up to the parking lot area off the end of the Orchard Creek Fitness Center indoor pool, and another plan would reconfigure the court layout behind where they currently lie and use the Horse Shoe Pitch area to allow for that move. The SIT Force emphasized that these were preliminary discussions and that there were no immediate plans for

changes. One thing everyone agreed on was that it would be a joy to have all new playing surfaces.

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



## Book, OC

We often select a literary classic to explore. On June 16 at 1:00 PM in the Multipurpose Room (OC) we will discuss *Far From the Madding Crowd*, by Thomas Hardy. Hardy's fourth novel, one that brought him major success, is a classic portrayal of 19th-century rural English life that deals with love, honor and betrayal in a farming community in Victorian England.

We meet on the third Thursday of the month. Join us. Newcomers are always welcome.

Schedule, remainder 2016:

- 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/>

## Bosom Buddies

Ten lucky winners at our May luncheon took home colorful centerpiece flower baskets crafted by Kay Brady. Corinne Ehlers read minutes from the core meeting with an announcement that Bosom Buddies received a \$1,000 grant from the Lincoln Hills Foundation. As always, we appreciate the help the LHF gives us to put together gift bags for people undergoing cancer treatment as well as for activities to raise awareness and funds to fight breast cancer.

On May 14, Bosom Buddies walked with the "Survivor" banner in the annual Relay for Life, a national fundraiser for cancer research. Peggy Ryan organized our team



*Drawing prize winners show off their flower baskets at the May luncheon; Bosom Buddies members join in the walk at the annual Relay for Life*

which raised almost \$3,000, more than double last year's donation. We also entered a cardboard car in one of the events, a "car race," and won "Most Creative."

Our June meeting was a tea held at president Val Singer's house to welcome new members.

Bosom Buddies meets the second Thursday of each month (except July,) at 1:00 PM in OC.

**Contact: Marianne Smith 408-1818**

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



### Bridge, Duplicate

Our club had 30 winners from the Sacramento Spring Sectional competition. Congratulations to them all. Another opportunity close to home is the California Capital Regional tournament held in the Sacramento Double Tree Hotel, May 30 through June 5. This is another good chance to win quality master points within commuting distance of Lincoln.

Duplicate games are played at KS 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 Con-

ner (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: Patrick Crenshaw**

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



### Bridge, Partners

Call for sign-up, or show up with partner in the Sierra Room (KS). You play if we have even pairs up to 28. We must be seated by 5:50 PM, with standbys seated immediately thereafter, and we must finish by 8:30 PM. Winners: April 28—First: Rose/Joe Phelan with the night's high round 2060; second: Erika Wolf/Edith Kesting; third: Reta Blanchard/Barbara Bryan; fourth: Janet Pinnell/Linda Theodore.

May 5—First: Kay/Ben Newton; second: Sharon/Jerry Kluball with the night's high round of 1870; third: Linda Theodore/Janet Pinnell; fourth: Ginny Pinsker/Lydia King.

May 12—First: Rose/Joe Phelan; second: Lydia King/Ginny Pinsker; third: Stan Mutnick/Harry Collings with the night's high round of 1860; fourth: Carol Mayeur/Dolores Marchand.

May 19—First: Didi Martin/Dianne Conforti; second: Jodi Deeley/Byron Hansen; third: Edith Kesting/Erika Wolf; fourth: Bruce Fink/Stan Mutnick. Janet Pinnell/Linda Theodore had the night's high round of 1830.

**Contacts: First & Third Thursday:**

**Kay & Ben Newton 408-1819**

**Second & Fourth Thursday: Dolores**

**Marchand 408-0147; Carol Mayeur 408-4022**



### Bridge, Social

Join us for Social Bridge on Fridays from 1:00-4:00 PM, in the Sierra Room (KS). No partner needed but reservations required! We have a singles' rotation. Choose a partner for the first round then you rotate. Arrive between 12:30 to 12:45 PM.

Winners: April and May—First Place: Jean Richards, Pat Mullins, Dolores Marchand and our guest, Carrie Mahoney.

Second: Flo Hunt, Byron Hansen, Ralph Madsen and Phil Sanderson. Third: Richard Lund (three times) and Bob Fawcett. Fourth: Mo Scarpitti, Jean Richards, Jack



*Ladies in bridge class; Bridge class fun*

Murdick and Lois Burke.

**Remember our free Bridge Class:** Wednesdays at 10:00 AM to 12:00 PM in the Card Room (OC).

Reservations: May/June: Lynda Sader 1-858-201-2427, [lyndaglee01@yahoo.com](mailto:lyndaglee01@yahoo.com); Joan Schabillion 408-314-1701, [ljschab@aol.com](mailto:ljschab@aol.com).

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

**[jodideeley2@gmail.com](mailto:jodideeley2@gmail.com)**



### Bunco

In May, the Bunco Group had a full house. The players started out with many buncos in the first half. Lots of laughter and excitement as the dice flew.

After Bunco play, the group moved the party to the Sports Pavilion and had a fun afternoon potluck sharing wonderful food with friends.

The Bunco Group plays the third Thursday of the month in the Cards Room (OC). Bunco is a non-membership group with a \$5 'pay to play' fee. Play starts promptly at 9:00 AM. If you have never played Bunco, it is very easy to learn. Drop in when your schedule permits. It's a fun way to meet new friends!

May Winners: Most Buncos Paulette Rhoads; Most Wins Claudette Rhoads-Kinman; Most Losses Carolyn Hughes; Traveler Shelley Silva.

Next Bunco is Thursday, June 16

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

**[ksasabu@icloud.com](mailto:ksasabu@icloud.com)**



## Ceramic Arts

Hello June, summer is right around the corner! June is a good month to sign up for that Ceramic class you have always wanted to take... check class schedules outlined in the *COMPASS* (page 72 of this issue).

Fun and sunshine!!! How bad could that be! We always enjoy ourselves. Come along and have some fun!

CAG "Workshops" are held at OC on Saturdays, 9:00 AM to 3:00 PM and Sundays 12:00 to 4:00 PM.

KS "Workshops" are Mondays, 1:00 to 4:00 PM for Earthenware. and Sundays, 1:00 to 4:00 PM for Spanish Oils.

"Open Studio"s available to all residents: OC on Fridays only 12:00 to 5:00 PM and KS Sundays only, 1:00 to 4:00 PM.

Please check bulletin boards and studio windows for changes or closures.

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

**Membership Mike Daley 474-0910;**

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

**KS Spanish Oils Margot Bruestle 434-9575**

**Website: [www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts](http://www.suncity-lincoln hills.org/residents, Groups, Ceramic Arts)**

## Computer

### Apple Users Group—LHAUG

One of the major features of the new Apple User Group Website is the Video section. It has been totally revamped to allow for easier browsing. There are now four columns, three of which are devoted



*"Tour of the Mac" is an ongoing series on the new Apple User Group Video section by VP Helen Rains*

to 2016 recordings, shown by month. The first column is headed IDevices; the second Mac Seminars; the third OS & iOS, with the fourth containing relatively timeless topics. First column topics are: "iDevices" and "Us-

ing the iPhone & iPad Cameras." The Mac Seminars column has: "Tour of the Mac" (an ongoing series by Helen Rains), "Setting Mac Preferences," "El Capitan," and "Organizing Your Photos." Under OS & iOS are the videos "Introduction to iCloud," "Apple Mail," and "Siri and Dictation." If you were unable to attend the original presentations or just want to review them, this is the website tab for you. The internet address for the website is: [lhaug.org](http://lhaug.org).

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

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



## PC

• **Main Meeting: July 13, 6:30 PM—**"Smartphones are Mainstream" by Len Carniato "Smartphone" doesn't begin to describe the capabilities of an "Android" or "iPhone." These machines have capabilities far beyond what we guessed just few years ago. If you are still thinking they only make phone calls, it's easy to understand why you might not want one. Accepting them as a whole computer that fits into your pocket, will change your mind. Don't get left out of the "Mainstream," join us and learn why you really *do* want to own a "Smartphone."



*Len Carniato will present "Smartphones are Mainstream" on July 13"; July 15, Terry Rooney will cover how to set up your Android tablet with the latest 6.0.01 updates*



• **Clinic: July 15, 3:30 PM—**A continuation of the main meeting with lots of Android phone and tablet related Q & A. Both meetings at P-Hall (KS).

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

**Contact: Karl Schoenstein, [sclhcc@gmail.com](mailto:sclhcc@gmail.com)**

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



## Country Couples

The Saloon Dance was held the evening of May 20 at KS. Dinner of lasagna, garlic bread, Caesar salad and cake was enjoyed. Food preparation and service was done by club volunteers with special thanks to Sandy Manildi for organizing the crew. The decorating committee did a wonderful job as usual.



*Randy & Karen Robinson; Dinner buffet at the Saloon Dance; Ron & Rosanne Bogue and Phyllis Svetich*

A mural featuring a western saloon scene covered one wall and two giant cowboy boots, cacti and saloon characters completed the theme throughout the room.

The club traveled to Sun City Roseville for the Flag Day Dance the evening of June 11. As usual, Jim & Jeanie Keener showed us a good time and we danced the night away.

Be sure to get your tickets for the July 16 Beach Party Dance to be held at KS from 12:00 to 4:00 PM. Food by Mr. Pickles. Jim Keener will be our DJ. Tickets on sale soon.

**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 April were Don Lloyd tied with Larry O'Donnell, Grant Lee, Tom Eaton and Bill Martin.

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

• *Living Skills Meeting, Multimedia Room (OC), Thursday, June 23, 10:30 AM-12:00 PM.* Facilitator Patricia Locke will lead our discussion on "Daily Tasks." Any room can be modified to help simplify the many daily tasks we all need to accomplish despite low vision challenges.

*General Meeting, Fine Arts Room (OC), Tuesday, July 5, 2:00-3:30 PM.* Ian Ramos of Access Ingenuity will demonstrate use of various hand-held magnification products to assist in reading while shopping or dining. Brochures on other larger magnification products will be available.

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,**  
**cathy.mcgriff@yahoo.com**

scholastic awards and local community functions (family and friends welcome!). Come and join us and have some fun, meet new people.

Second Monday of the month at 7:00 PM, P-Hall (KS).

President: Gerry, [jmessier@starstream.net](mailto:jmessier@starstream.net). Membership: Henry Sandigo (below).  
**Contact: Henry Sandigo (415) 716-0666,**  
**hsandigo@icloud.com**



### Garden

Thanks to everyone who helped with the Bonsai Show! Bonsai is a rewarding horticultural activity, in which ordinary plants are grown in an extraordinary way. If you are interested, drop by and listen to a lecture or watch a pruning demonstration! A bonsai subgroup meets on the third Thursday of each month (KS, 2:00-4:00 PM). Contact: Larry Clark, 409-5214.

The June 23, General Meeting (KS, 2:00-4:00 PM) will feature Mark Hutchinson. The title of the presentation is "New Landscape Design Guidelines and Submittal Requirements." Mark is a retired Architect and has been the Chair of the Architectural Review Committee (ARC) since 2013.



### Cyclists

May was a busy month for the Lincoln Hills Cyclists Group. We had "May is Bike Month" where each of our riders were able to chart their miles online where we competed with other California cycling groups. Last year our group placed high in miles cycled. This year, at time of submitting this article, we are again doing well. Early in May we also rode our annual Virgin Century Ride. On May 14 and 15, the annual Tour de Lincoln took place. The tour was very well attended by our Lincoln Hills Cyclists and the total attendance was close to 600 riders. Of course, rides such as the Tour de Lincoln rely on volunteers. Needless to say, many of our members worked very hard to make it a success. Thanks to all you volunteers. Your help is greatly appreciated. Amazingly, many of our members ride more than 500 miles per month.

**Contact: Steve Valeriote, [lhcyclist.com](http://lhcyclist.com)**  
**Website: [www.LHcyclist.com](http://www.LHcyclist.com)**



### Fishing

Well, the rivers are flowing; feeding the various lakes and streams that provide shelter and food to the fish you seek. Just an hour or a few hours' drive away you can be at your favorite fishing spot. I am already hearing heroic stories of fish caught at a favorite spot. Old friends and new getting together to enjoy a sooth-



*This stringer proves it; John is happy at Pyramid; Fall River specimen*

ing and exciting sport.

We have folks who are *willing to teach you fishing, it's fun!*

We sponsor BBQs, dinners, high school



*A good shade tree to plant!; Brown Bag Sales for civic projects*

Available at this meeting: Master Gardeners will answer questions about plants and the Brown Bag sales will be near the check-in as well. There will be drawings for Home Depot donated plants for members seated by 2:00 PM.

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



### 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.

*Note:* There's still time to view our members' artwork in the OC window case. There for the month of June.



### Genealogy

For our June 20 meeting we will hear from Jim Baker. The title of Jim's talk is "Come Fly With Me! Having a Great Trip to

Your Ancestral Town.” His presentation will offer strategies to maximize your enjoyment of your visit to your ancestral town, wherever that town may be. Jim will give us examples of the many possible benefits of taking a trip to one of these towns, includ-



*James Baker will present “Come Fly With Me! Having a Great Trip to Your Ancestral Town”*

ing finding new relatives, meeting local genealogists, finding new on-site genealogy data and identifying local interest sites. Mr. Baker has been an active genealogist for the past 15 years and, in 2011, became a Board-Certified Genealogist. He has written articles for several publications and has a special interest in German genealogy and has numerous genealogy topics that he has presented both locally and at national conferences.

The meeting will be held, as usual, the third Monday of the month, June 20, at 6:30 PM in the P-Hall (KS). Members sign in a bit earlier to get a drawing ticket for the door prize which for June will be an Android Tablet.

The social will be held across the hall after the meeting where refreshments will be served and you can chat with others who have similar interests. See you at the meeting!

**Contacts: Maureen Sausen 543-8594;**

**Arlene Rond 408-3641**

**Website: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)**

### Golf Ladies

Congrats to Judy Dong, who was in a zone to claim the NetChix (low net) for May, scoring 65, including one birdie. The first place finishers were Dodd, McGraw, Carr and Storer in their respective flights. Ashe was awarded the CTP for hole seven.

A Cha, Cha, Cha played in mid-May, on the Orchard, resulted in the team of Botelho, James, Morrow and Parker taking first. Two teams tied for second: Hing, Lewis, Petersen and Tamanti; and Ashe, Blanchard and Hastings.

In other member news, the PWGA Se-

nior/Super Senior Tourney was played here over two days. With an advantage, Susan Petersen was the Low Net winner by three strokes and first in Flight Three.

Holes-in-One are hard to come by, but Judy Habecker claimed her second in 13 years, by acing number 12 (Hills) on April 26; five days later, same hole, Shari Loyd tagged her first ace. What fun!

*Submitted by Candice Koropp.*

**Contact: Donna Sosko 434-5527**

**Website: [lhlxviii.com](http://lhlxviii.com)**

### Lincsters

The annual Bring a Friend Tournament was held on May 3. Play was on both the front and back nine of the Hills Course, and was followed by a taco bar and awards in the Ballroom (OC). The winning team on the front nine consisted of Cindy Atkinson, Aileen Martinez, Judy Naragon and Sally Antonides. The winning team on the back nine consisted of Linda Zierman, Nancy Hastings, Sharon Herlihy and Rebecca Shoaf. Closest to the Pin on the front nine was won by Phyllis Wilks, and on the back nine by Pat Dangerfield.



*Judy Naragon, Sally Antonides, Aileen Martinez, and Cindy Atkinson; Linda Zierman, Nancy Hastings, Sharon Herlihy and Rebecca Shoaf*

The Lincsters WNHGA group hosted Team Play on May 11. Participating teams came from North Ridge, Valley Hi, Lake of the Pines, and Cameron Park. After this event, Lincoln Hills WNHGA ladies stand in first place.

The next General Meeting will be June 22. Congratulations to Golfer of the Month

Jeannine Wuschnig of Flight B.

**Contact: Pat Shafer, [gdskd70@aol.com](mailto:gdskd70@aol.com)**

**Website: [lincsters.com](http://lincsters.com)**



### Golf, Men's

There were two recent holes-in-one on the same day in the Tuesday Sweeps. On Orchard hole 11, Jesse Reuter got his. Richard Albright on hole 16. Congratulations guys!

The winners of the two-day Club Championship are Ed Larazek for the Low Gross score and Ron Cook and Tom Traxel for tying for the Low Net score. Other winners—Flight 1: Ron Cook, Mike Munro, Tony Dipaola, Peter Harper, Doug Swanson, Rodger Oswald, Steve, Mumma and John Michel. Flight 2: Bruce Lyau, Dennis Plattner, Rich Yoshikawa, Roger D Cummings, Rich Rogers, Jerome Maynard, Steve Garavito. Flight 3: Brian Wanzer, Dick Dibasio, John Griggs, Herbert Trueblood, Mercer Tyson, Karl Williams, Paul Fellner. The Just For Fun winners were Charley Kendall and Larry Schutz.

The Penny Carolyn Shoot Out qualifiers were Dennis Cumiford, Dan Kramer and John Mickel.

Our next tournament will be the Tahoe Classic in Lincoln. This two-man Stableford scoring tournament is popular in the United Kingdom. It is possible to record a competitive score even with a few bad holes. The Tahoe Classic in Lincoln will be on June 21.

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

**Roger Cummings, [cummingspct@sbcglobal.net](mailto:cummingspct@sbcglobal.net)**

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



### Healthy Eating

You get the nutrients you need by eating a colorful “rainbow” of fruits/vegetables. Nutrients impart colors to the fruits/vegetables they are in. Blue, deep red and purple fruits/vegetables like blueberries, strawberries and eggplant



*Hole in one guys:  
Jesse Reuter,  
Richard Albright*



Club Tour; Club Farm Outing;  
Club Workshop

contain antioxidants for heart health and brain function. Green vegetables like kale, chard, broccoli and cabbage help prevent certain cancers and help clear toxins from the body. And all these foods are rich in fiber, which is sorely lacking in the American diet

All residents are invited to our June 27, 2:00 PM club meeting in P-Hall (KS) to meet Guest Speaker, Joanne Neft, author, farmers market organizer and “farm to fork” guru for Northern California. She’ll be signing her two books (\$25 each) and sharing her profound wisdom with us on the joys of local, seasonal foods. We’ll sample Joanne’s healthy foods in the Social Kitchen (KS) after the meeting at 3:00 PM, guests welcome.

**Contact: Don Rickgauer 253-3984, sclh13HealthyEating@gmail.com**



### Investors’ Study

No meeting in July. Thanks for your participation all year and a special thanks to Russ Abbott, Matt Bopp and the ISG Committee. See you in August.



Carl Gronau, Doug Cote;  
Doug Cote, Joan Brenning

**Contact: John Noon 645-5600**



### Lavender Friends

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

Upcoming club activities: Breakfast on July 5, and Dinner and Happy Hour on July 11. Dog Walkers and Friends will gather on Saturdays at 9:30 AM (weather permitting). Please check your Lavender Friends website and email for details.

Community Activities includes San Francisco Pride on June 26. Greater Placer PFLAG usually meets on the second Monday of the month from 7:00 to 9:00 PM at Sutter Auburn Faith Hospital. Due to scheduling issues at the Hospital, PFLAG is currently looking into facilities that have a more stable schedule. Please check their website for updated information.

**Contacts: Sheila 408-2802; Carol 295-0610; Gina 209-3925**  
**Website: www.lavenderfriends.com.**



### Line Dance

Line dance classes are in full swing now, but if you are looking to take lessons for the very first time, you are in luck as two new Intro classes are beginning in July and will continue through August. Check the COMPASS for the exact times and places (page 76 in this issue).

We are lucky to have two of our instructors teach at this level; one Intro class is given in the morning and one in the late afternoon. The Intro classes are for real beginners who want to learn the basics of line dancing and the terminology of the



Saturday practice; Sunday practice

dance steps so that they can move up to more difficult levels in the future. We also have another Intro Level practice session on Saturdays at 10:00 AM in the Fine Arts Room (OC) in addition to the one on Sundays at the same time and place. Anyone enrolled in a class receives an extra practice hour at no additional cost, and other people who just want to check out what line dancing is all about are welcome to one of the practices.

**Contact: Sheridan Brown 408-5674, shrdnbrwn@yahoo.com**



### Mah Jongg, Chinese

Greetings! Please plan to join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 5-10 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

Looking for a cool place to spend a hot afternoon? Meet us at the Card Room (OC) every Tuesday from 12:30 to 4:00 PM. for an exciting game of National Mah Jongg. We have a great time and really get our brain waves moving. Fran Rivera, our resident teacher, takes a sabbatical from May 1 until the beginning of September but you may call Fran at 434-7061 to put your name on her waiting list beginning September 1. Fran teaches these free beginner lessons in her home. Looking forward to seeing you soon.

**Contacts:** Patti Kingston, 587-3056;

Elsa Paszek, 253-9709;

Fran Rivera, 434-7061



Ready to head to Knights Ferry;  
Lunch at Knights Ferry

a roadworthy motorcycle or trike, check us out! We meet the fourth Thursday of the month at 6:00 PM in the Multimedia Room (OC). The next meeting will be on June 23. Guests are always welcome.

“Ride Safe—Ride With Friends.”

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



## Music

Calling all musicians! SCLH residents and guests welcome. We play and sing next on Wednesday, June 22, 6:30 to 8:30 PM, Fine Arts Room (OC). Come join the fun and connect. Interested in a guitar jam or other special interest group?

Open Mic occurs next on Friday, June 24, 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). It is open to SCLH residents. Contact Ron Peck (409-0463) for information.

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

**Website:** LincolnHillsMusicGroup.org



## Needle Arts

### Threads of Friendship

Serving Placer County is a high priority of the Needle Arts Club. Community Service is our subgroup that emphasizes making quilts for foster children and teens, and Veteran amputees. We also support the local Red Cross, Rotary Club and Kiwanis Club.

Community Service often uses donated fabric and yarn from our residents. Quilt batting and other supplies are purchased with club funds. In 2015, our Community Service donated 214 quilts! Community Service meets every Thursday 9:00 AM to 12:00 PM, Sewing Room (OC), where much of the sewing takes place. Come lend a hand.

Please visit [www.sclhna.com](http://www.sclhna.com) to see which subgroups pique your interest.

**Contact:** Marsha Ross 253-9551,

marshaross1123@gmail.com

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



Hardanger  
Embroidery



## Mixed Media Collage Arts

This month, let's talk a bit about the collage component. We start by sifting through our stacks of papers, bits and pieces of natural elements, clippings and photos, repurpose and reuse materials.

Step two—things start to take shape. When you sit down, look at the materials and start moving images around. Eventually an idea will form and a color will appear and you will have the “aha” moment.

Mixed Media Collage members are at all experience levels. We work on individual projects each month. Stop by and take a look at the variety. We meet 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

On June 11, the club was led by Road Captain Dale Cummings into the Sierra high country to enjoy beautiful scenery and lunch in the town of Markleeville.

The month of June marks the club's 11th anniversary. Every year has brought some great rides and 2016 is no exception. Having already toured from Elk Creek in the north to Knights Ferry in the south, there are still plenty of exciting rides left to go on this year! The next scheduled club ride will be July 9, heading north to Mount Lassen.

If you like motorcycle touring and have



## Neighborhood Watch

“Can we participate in National Night Out by having our party at a more convenient date other than Tuesday, August 2?” The answer is “Yes!” Register the date of your party with Coordinator Pauline Watson at [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net) or 543-8436 and it will become part of our celebration.

Some mailbox stations and Villages are waiting until the weather is cooler, or residents return from summer vacations. Since a major objective of the National Night Out celebration is to encourage residents to renew their friendships on a regular basis, choosing a time which generates the greatest participation is important.

Whenever your neighborhood decides to celebrate, it is worthwhile to set aside a few hours to appreciate our good fortune to live in a community where we can safely go for a walk night or day. Our 650 Neighborhood Watch volunteers work diligently 365 days of the year toward this objective!

**Contacts:** Larry Wilson 408-0667,

lgwlincoln@gmail.com; Pauline Watson

543-8436, [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net);

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



## NEV

Our next quarterly NEV Club meeting will be Tuesday, July 19, at the Solarium (OC), for a luncheon meeting at 12:00 PM. If you haven't already made your reservation, please contact Lillian Nawman

at 408-2184. Our guest speaker will be a return engagement of Gary Leonard, former police chief of many US cities. Gary was a huge success last year as our speaker and we are looking forward to his return visit. A prize drawing will be held at the end of the meeting.

Future activities to mark on your calendar: August 21, BBQ Luncheon and Bingo Party; October 18, quarterly NEV Membership Meeting at P-Hall (KS) at 10:00 AM; and our Annual Christmas Party, Tuesday, December 6, at the Ballroom (OC) at 5:00 PM.

Hope to see everyone at our Luncheon Meeting Tuesday, July 19 at the Solarium (OC).  
**Contact: Dan Gillium 209-3946**



### Painters

The May Painters' Club meeting was a successful seascape challenge and members outdid themselves with 27 impressive entries. See pictures below for the winners. May was also the Annual Art Studio Tour on Mother's Day weekend. Many artists had good attendance and visitors had a chance to see where the artists create.

In June the members will get together for a relaxing luncheon held in the Secret



*First Place: Robert Dougherty;  
 Second Place: Paulette Pesavento;  
 Third Place: Barbara Molony*

Garden (OC). It's always a nice opportunity to catch up with friends and share information. In July we'll be back to business with a presentation from Susan Sarback, an expert in light and color. Her programs are always among our most popular.

The best Plein Air season is upon us! The weather is usually mild and the rain has given us an abundance of wild flowers everywhere in the foothills. Check with Jim Brunk for details (434-6317 or brunk@starstreat.net).

**Contact: Joyce Bisbee 672-7252,  
 Website: <http://lhpainters.org/index.html>**



### Paper Arts

Mina Bahan led our May project, a lovely little box containing several matching gift cards, along with a greeting card. Thank you Mina!



*May's project; Busy hands, happy hearts*

The Annual Overstock Inventory Sale and Potluck held at the Sports Pavilion earlier this month has become just one of our many popular events. It was a perfect time for members to socialize, enjoy a tasty lunch, and either sell or shop for items to use in their projects. It was a good chance for non-members to stop and shop too. Also, thank you to those who participated in our food drive for the Salt Mine.

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

**Contacts: 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 happy to teach you the basics or refresh your memory.

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

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



### Photography

There are many facets to the Photography Club and one of them is the printing of photos our members capture. Since most photography uses a



*Photographs  
 by Bob Dale;  
 Bill Jensen;  
 Ron Parker*





digital format the processing of our images is done on the computer. This processing can take hours but once the final image is achieved, what can you do with it? Some of our members believe that a photograph is not a photograph until it is printed; that becomes our final product. We are fortunate to have a number of businesses around town that support our hobby and allow us to show our framed prints in their establishments. Rhonda Campbell has been instrumental in working with Simple Pleasures Restaurant and Buonarroti's Ristorante, both in downtown Lincoln, to show our work. If you are out and about in downtown Lincoln, be sure to stop in at these wonderful restaurants and enjoy the great food and beautiful art.

**Contact: Brad Senn, (530) 409-2499,**

**lhphotoclub.com**

**Website: www.lhphotoclub.com**



### Pickleball

Lincoln Hills Pickleball Club member Mona Wheeler is helping college dreams come true for local high school students—one can at a time. Wheeler raised more than \$1,500 by collecting and redeeming recyclable cans and bottles left at the courts.

Her commitment to worthy causes and



Three high school seniors were awarded scholarships of \$500 each thanks to the recycling efforts of Mona Wheeler, a Pickleball Club member. Recipients, from left: Alejandra Ceja, Aaron Jackson and Penelope Garcia

the environment produced three \$500 scholarships recently awarded to a trio of 17-year-olds graduating from Lincoln High School. They are: Alejandra Ceja, who will attend William Jessup; Penelope Garcia, who will enroll at UC San Diego; and Aaron Jackson, who is bound for Sierra College.

The students expressed surprise and

issued a big thanks to Wheeler and the Pickleball Club. "I could feel my heart thumping with so much joy that took place that night," Ceja said.

Pickleball, while fast-growing, is not as popular as most high school sports, but it is catching on. "I Googled it," Garcia laughed.

This is not Wheeler's first donation, previously raising \$1,700 for causes.

"My intention is always to keep the dollars we donate here in Lincoln," Wheeler added.

**Contact: Mike Gardner 834-6549,**

**pickleballmike1@gmail.com**

**Website: www.lhpickleball.com**



### Players

Auditions were recently held and the cast has been chosen for the Players summer show, Play It Again Sam. The show will be directed by Bob Murdock and produced by Craig Stultz and tells the story of Allen Felix, a character created by Woody Allen in the 1960s. Allen finds himself overwhelmed by the prospect of dating, after a recent divorce. He enlists the help of his good friends to find an attractive girlfriend, and also imagines getting advice from his movie hero, Humphrey Bogart who guides him through the dating scene in several dream sequences. The play will be presented at P-Hall (KS) on August 11 through 14. Tickets are on sale now.

The audience enjoyed a free show by the Readers Theater cast of The Thin Man, which was presented in early June.

Our next meeting is Monday, July 11 at 4:00 PM in the P-Hall (KS).

**Contact: Kevin Smith 408-1818,**

**kbsmith17@yahoo.com**

**Website: www.lincolnhillsplayers.com**



### Poker

The Poker Group plays a variety of poker games every Monday, 1:00-4:30 PM, Tuesday, 5:00-8:30 PM and 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.



### RV

Last month, 25 rigs from the LHRV Group headed to Yosemite Lakes RV Resort in Groveland, above Yosemite National Park, a good time to celebrate the National Park Service's 100th anniversary. Working around a little rain and cooler weather, the group had excursions planned for Yosemite Valley and Tuolumne Meadows. Wagon masters Hedy/Bob Hallums, and Marlowe/Sharon Skar assured the group of a successful trip, without snow! A golf outing and dinner at the local golf course were part of the festivities.

Future rallies for 2016 include Zephyr Cove at Lake Tahoe in July; Clio, near Graeagle in September; Bodega Bay; and possibly the Amador wine country in October.

Vice-presidents Renee Honnoll and Vicki White are scheduling rallies for 2017—Chula Vista, Calistoga, Jackson Rancheria, San Juan Batista, and Lake Almanor are on the list.

Group meets the second Thursday of each month at 4:00 PM at KS.

**Contact: David Africa 916-708-0009, lhrvg.com**

**Website: www.lhrvg.com**



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

Summer is here! A huge round of applause to all of our wonderful teachers, administrators and volunteers! We hope that you were able to attend our Volunteer Appreciation Picnic on June 7. It was so nice to share a meal and get reacquainted with all of you. If you are thinking about becoming a volunteer, we encourage you to call Cindy Moore and arrange to have finger-printing done and update your TB test. We will have an orientation in the Oaks and Gables Rooms (OC) on Wednesday, September 14 from 9:00 AM-12:30 PM, including lunch.

Plan to attend our one-and-only group meeting on Thursday, September 8, 1:00-3:00 PM at the P-Hall (KS). Meet our school principals and District Superintendent

Scott Leaman who will bring us up to date on plans for the future.

*"The beautiful thing about learning is that no one can take it away from you."* B.B. King

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

## SCOOP

On Wednesday, July 13 at 7:00 PM, is the very popular Ice Cream Social at the Sports Pavilion. Just come with your dog on a leash and enjoy a refreshing ice cream sundae. No need to bring anything!

On Tuesday, August 2 at our regular meeting, Crystal Pierson owner of "Fashion FoPaws" in downtown Lincoln will speak about "Dog nutrition and grooming." Crystal says that dog nutrition is very important and is the cause of health problems for our dogs. It will be very interesting to hear what she has to say about this issue.

SCOOP held their June 7 meeting with two excellent speakers. Dr. Ann from Sterling Pointe Veterinary Clinic spoke to the group about a new foundation she wants to start that will help take care of pets whose owners have passed away. She asked the group for their ideas. Our main speaker was Kathy Cangelo. Kathy always has great ideas for improving dog behavior and everyone enjoyed her talk and Q&A.

Friday, June 10 was our First Guided Dog Walk led by one of our board members, Michele Murphy. Michele volunteers at the Placer SPCA and also collected items from those who joined the walk to be donated to the Placer SPCA. Michele wants to have other dog walks in the future. For other SCOOP events and information, please consult our website.

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

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

## Scrabble

Statistically the highest possible scoring seven letter opening play in Scrabble comes from the letters "IJKMSUZ" which unscrambles to the word muzjiks (Russian Peasants). Playing the "z" on the double letter score would bring in 128 points! Don't hold your breath hoping for this opening play as the odds are 1 in 55 million that you would draw these tiles!! In fact the play has

never been recorded in sanctioned Scrabble play. The highest possible score for a single turn was recorded in 2006 with the word "quixotry" for 365 points!

The highest scoring eight letter bingos are: caziques, mezquite, mezquits and oxazepam. If played across two triple word scores you could net 392 points!! In one turn!!

Come join us on Mondays at 1:00 PM in the Card Room (OC) and see how high you can score. Let's Scrabble!!

**Contact:** *Anne McMaster 409-5408*



## Singles

### Dynamic Singles

Whoop Whoop! Summer's here! Come to the Sports Pavilion for our Nifty-Fifty party on June 23. Bring a picture of yourself from high school. Did you have a pony tail or ducktail haircut? Or a poodle skirt? A pink jacket? Enjoy a fabulous band and food reminiscent of the fifties. Tickets are \$10. New officers will be introduced and we bid the outgoing goodbye.

Other events: Dining Out, June 16; Birthdays, July 3; Activities meeting, July 5; Cocktail Time, July 7; Second Saturday Breakfast, July 9; and the General Meeting, July 14. Weekly events are Bocce Ball, Wednesdays and Golf, Fridays. Pick up your Dynamics Singles Flyer at OC for times and contact persons for each activity. Watch for the weekly E-Blasts, too. If you don't belong to the Singles Group, you are missing out on all these fun things, plus meeting people who may become your best friends.

**Contacts:** *Judie Leimer 408-4308, j.leimer@iCloud.com; Mari Long 409-9136, mlong24sjca@sbcglobal.net*



## Ski

Members enjoyed one of the longest ski seasons in some time, but all good things must eventually come to an end. For those of you who missed this season, or who would have liked to be on the slopes with fellow SCLH skiers or boarders, contact us to learn about joining the club this coming fall. We have skiers of all levels, and everyone is always welcome.

Our annual post-season potluck party was held in April at Bill & Lillian Smith's

home, with food, libations, laughter, memories of this past season, and many plans for next season's adventures.

Preliminary plans for next year's ski getaway are already underway. We expect to spend about a week in early March, 2017 in Park City, Utah.

**Contact:** *Mike Hilton, mhilton14@aol.com*



## Softball

With the Summer League approaching the halfway point of the season, competition is picking up. In the National League Coldwell Banker Sun Ridge, playing .800+ ball has a slight lead over Schaak Physical Therapy with three other teams closely bunched within one and a half games. The American League is led by Wells Fargo Advisors, also playing 800+ ball. Their competition, led by Future Ford of Lincoln and Siino's Pizza Pasta Grill is four and a half games with two others just a half game off the pace.

Upcoming events at Del Webb Field include:

- the 13th Annual Coyote Invitational on June 25-26 and
- the LHSSL All-Star Games on July 4.

The Coyote Invitational will feature the Coyote 70s and five teams from the region competing for the championship. The All-Star Games will showcase the finest players in the LHSSL Summer League. Both events will feature our famous "Hot Dog Deals." Festivities begin at 8:00 AM. Parking will be permitted on Del Webb Blvd.

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

*lh.geo2softball@gmail.com,*

**Website:** *LHSSL.org*

## Coyotes

In the Ripon Tournament the Coyote 60s finished in second place, falling to the eventual winners, Last Call. Leading hitters were Bec Cannistraci, Henry Mutz, George Sylvia, and John Griffin. Jim Stapleton played flawless defense and pitched extremely well. All of the outfielders performed admirably given the windy conditions of 40 mph. The Coyote 75s finished in a three-way tie with a 4-1 record and lost first place in the tiebreaker. The offense was lead by Gym Mikaelson, John Parks, Charlie Bryant, and Gary Jones. The

THERE IS NOTHING LIKE A DAY AT THE OLD BALLPARK



LINCOLN HILLS COYOTES  
13<sup>TH</sup> ANNUAL INVITATIONAL  
SOFTBALL TOURNAMENT

WHEN: JUNE 25 / 26  
WHERE: DEL WEBB FIELD  
TEAMS: 65S/70S  
FOOD, FUN & PRIZES  
GAMES START AT 8:00 AM

*Coyotes 13th Annual Invitational*

defensive play of the tournament goes to Forrest Burkett, who made a game saver against Triple Play.

The Coyote 70s will host the Annual Coyote Tournament June 25-26 at Del Webb Field. With five teams from the Northern California region, competition should be fierce. Games will start at 8:00 AM each day. Come out and cheer for the home team. Enjoy the Hot Dog Concession and some thrilling softball over the two days.

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

### Sports Car

As the weather continues to improve, the LHSCG continues to rack up the miles. In early May, a group headed east along the Delta and lunched at *The Point* in Rio Vista. The third week of May brought us two touring events. May 19, a group ventured out on another Third



*Some of our Cars on a Third Thursday Thunder Run;*

*LHSCG Involvement in the Community*

Thursday Thunder Ride. The group headed along Highway 193 towards Grass Valley and returned via 174 enjoying some picturesque roads and wonderful weather. On May 21, we participated in a local event, the *Heroes & Hounds Poker Run* sponsored by the American Legion and benefiting the *Healing Heroes Program*.

On June 16, a group of 20 cars will head to Santa Rosa for a docent led tour of the Charles Schulz Museum and lunch at the Warm Puppy Café. You can still sign up for the next Social Event, *The Great American Bar-B-Que* on July 4, at the Lincoln Pavilion. Email [robalison93@gmail.com](mailto:robalison93@gmail.com).

**Contact:** *Tom Breckon 434-6989*,  
[Tom.Breckon@sbcglobal.net](mailto:Tom.Breckon@sbcglobal.net)  
**Website:** [Lhsportscars.com](http://Lhsportscars.com)



### Sun City Squares

The Square Dance Club meets on Mondays at 1:00 PM at KS. All former and current square dancers are welcome, anytime! Feel free to come and watch or join in.

- Plus level dancing/Round Dancing between Tips, Mondays, 1:15-3:30 PM, 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



*Spring Square Dance Party*

Officers are: Louis Bobrowsky, 434-5932, [louisbobbrowsky@yahoo.com](mailto:louisbobbrowsky@yahoo.com); Jean Grupp 408-1868, [jean@grupphomes.com](mailto:jean@grupphomes.com)  
**Contact:** *Jean Grupp*, [jean@grupphomes.com](mailto:jean@grupphomes.com)



### Table Tennis

Unlike in our lives, where "black and white" sometimes is gray, in table tennis things are mostly black and red. That is with your paddle at least.

Why not "red on red" or "black on black"? As you know, different layers of red have a different effect on playing. So, red on red may give a player an advantage during the game by turning the paddle in their hand.

This can confuse the opponent by not knowing what effect the ball will have. Spin or speed. Something to think about when you have your paddle redone.

In the meantime, enjoy the cool accommodations and fellow players at KS. Don't forget the robot on Friday morning with Bob and the free lessons from Tim on Fridays, 8:00 to 9:00 AM, after 1:30 PM on Sunday, and after 6:30 PM on Tuesday.

We play: Sunday 12:30-5:00 PM; Tuesday 6:00-9:00 PM; Friday 8:00-11:00 AM.

**Contact:** *Henk van Empel 434-5464*,  
[retiredlion@gmail.com](mailto:retiredlion@gmail.com)



### Tap Company

As you probably know, we had our first General Meeting for the year on May 7, and elected new officers: Natalie Grossner President; Jennifer Lauchner Vice President; Jan Roeser Treasurer; Pat Robonson Secretary. Being an officer in any club is important and everyone should participate in these leadership roles when the time for re-election comes around. Be sure to check out the video of our tappers doing our Boogie Ride number. To see this video go to: [www.operationtap.com](http://www.operationtap.com) and look for golden-years-on-silver-plates. You will see that anyone can tap at any age. Thanks again Alyson for this great experience. Once again, be sure to check the Activities Department Classes section when signing up for classes as there are always some changes during the summer months.

**Contacts:** *Celeste Martella 253-7272*,  
[celeste7272@att.net](mailto:celeste7272@att.net); *Jennifer Lauchner 543-2858*,  
[jenniferlauchner@yahoo.com](mailto:jenniferlauchner@yahoo.com)



### Tennis

Courts eight thru eleven have been resurfaced and new scorekeeping posts installed. We appreciate Cesar and his crew for their efforts. LITT and Walker's 'free tennis clinic' were concluded in May. Thanks to LITT captains and to Coach Walker and Pam Flaherty who ran the clinic.



*Teach the grandkids to play;  
Bike to the courts to get loose*

Both events were very successful.

To familiarize yourself with tennis court info, go to LHTG website, scroll down to "Rules & Regulations." It will answer any questions one might have about court usage.

The Lincoln High School vs. LHTG tennis event was enjoyed by all participants. LHTG members partnered with LHS members while Eldon Wilson did drills with the JV and freshman students. They were a delightful group of players. Thanks Peter Schor and all who helped make this event successful.

LHTG's semi-annual meeting is scheduled for June 30, 1:30 PM, at P-Hall (KS). All members are encouraged to attend and be kept current on LHTG happenings.

**Contacts: BJ White, bjwhiteca1@gmail.com;  
Bob White, bobwhiteca@gmail.com  
Website: sclhtg.com**



### Veterans

Ten Lincoln Hills veterans who passed away in the past year were honored with a two-bell ceremony at the group's general membership meeting on May 19. The memorial ceremony preceded a presentation by Bevin Stokesberry, a client services specialist with the Placer County Veterans Service Office. She informed veterans about their earned benefits and advised them of the assistance her office can provide in getting those benefits delivered.

Vets Group members and guests en-

joyed the annual Flag Day Barbecue on June 14 at the Sports Pavilion.

On July 21, the speaker at the general membership meeting at 1:00 PM in the P-Hall (KS) will be retired Rear Admiral Rich Fitzgerald, who flew surveillance missions to track Soviet sea traffic during the Cuban Missile Crisis in 1962.

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



### Videography

In May, we looked at a GoPro© knockoff in the \$50 range, an Android© Smartphone to which a series of lenses could be attached, a palmcorder with an LCD hood used to block out the sun, camera-mounted shotgun microphones, small tripods, and DSLR and mirrorless cameras with video capability. Members shared their experiences, advantages and disadvantages of each type of video device. In our "video show and tell" we discovered that many Lincoln Hills residents volunteer for local school reading programs and teach math to fifth graders, and that sheep shearing is exciting for those watching, but not so much for the sheep.

Join us June 21 at 9:00 AM for "Applying Effects to Your Video Clips." We meet monthly at this time on the third Tuesday of each month, in the Multipurpose Room (OC). For more information, contact Jeff Hanner at 769-2871 or jeffhanner8@gmail.com.

See the articles about Jeff Tanner on page 13 and about Pete Beckett on page 15.

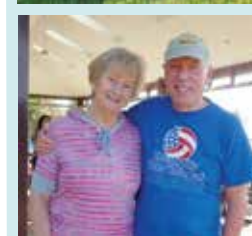
**Contact: Jeff Hanner 769-2871,  
jeffhanner8@gmail.com**



### Water Volleyball

Good news! Jeff Hanner met with us for another video shoot on May 23. We are looking forward to viewing it.

Our club wants to express sincere gratitude to the well-established local (Lincoln) business, Far West Rental and Ready Mix, located on 7th Street. Bubba, is one of their top employees, and has helped with the construction of our scoring tallying equipment. Bubba volunteered his labor to thread many stainless steel rods in the shop. Thanks again for the local support.



*Potluck fun;  
Glen, Bill,  
Como, Duane,  
Mary, King,  
Harriet, Cindy,  
Sidne, Michele  
Bill Mitchell  
tossing at the Potluck;  
Helga & Klaus Luther*

Also thanks to Mel Switzer, our trainer, for his efforts.

I invite you to view Sidne George's work as our new board member and web designer. Navigate through the various links on the much improved website below.

Also, here are a few of the photos that Ginger captured at the May Potluck.

Kudos to all the mentors that volunteer their time to help train for longer rallies!

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

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

**Website: www.lhwatervolleyball.com**



### Woodcarvers

Lincoln Hills Woodcarvers Win Again! The Lincoln Hills Woodcarvers won 16 ribbons at The Capital Woodcarvers' Association Show, May 21-22 in Sacramento! Since 2007, the Lincoln Hills Woodcarvers have won an impressive 60 first place, 31 second place, and six third place ribbons. What makes this even more impressive is that the members of the club have won these 97 ribbons out of approximately 2000 entries. Kathy Gervais, Show Coordinator said "LH Woodcarvers



*Two First Place Showpieces*

are the best represented local group and the ribbons speak for themselves!”

The 2016 first place winners are: Dan Battliner (two), Bill Dickinson (two), Frank Finger, John LePage, Harvey Moss, Dick Skelton (two), Bob Snook, and Dennis Sudano (two). The second place winners are: Frank Finger (two), and Don Percell. Dan Battliner also won a third place ribbon.

Woodcarvers meet 1:00-4:00 PM every

Wednesday at the Sierra Room (KS).  
**Contact: Dick Skelton, 626-0895**



### Writers

Since you're reading this, you are the writer we would love to have come join us. Do you have a forgotten story started and never finished? Do you jot down lines of poetry? What about that biography wanting to be told? Wherever your creative mind has taken you, the SCLH Writers Group is waiting to share those journeys.

We're bringing out a wonderful assortment of new poems, adventure stories, biographies, and mysteries. Each meeting is time to share your treasures, polished or maybe a little ragged. We enjoy reading each other's works mixed with a little fun. We look forward to meeting you at the next



*Come join your SCLH Writers Group*

meeting. Don't be bashful; we're all your neighbors here in beautiful Lincoln Hills. Each of us has different writing objectives, but we all would like to improve. Meet every second, fourth and fifth Monday in the Ceramics Room (OC) at 6:30 PM.

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

## Connections

*Continued from page 3*

or photo identification to track pickups. Each household is provided one Directory. Please keep your Directory secure as we don't want your contact information getting into the hands of telemarketers. Recycle bins will be available to recycle your old Directory.

We are all becoming increasingly affected and warned about **internet and**

**computer security issues.** For those of us who use personal computers and have not upgraded our systems to Windows 10 (PC users), or for Apple users, to the latest version of OSX, we keep receiving upgrade notices on our computer screens. As much as we don't like change, it is inevitable. On page 21, guest writers Bob Ringo and Terry Rooney share information about upgrading your PC computer systems and internet safety. Be reminded that Microsoft does not call users. If you receive a call

from Microsoft or a Microsoft partner, it is a scam, unless you have called them first. Hang up the phone and ignore them. Educate yourself on how to use your latest computer operating systems by taking one of our classes found on page 84 or join one of our two groups (Apple Users or PC) in the Computer Club.

Keep active and I look forward to seeing you in the Lodge.



### *The new patio area at Kilaga Springs Café—*

*“We have updated some of our menu selections and completely remodeled the outdoor patio area. It's a perfect place to meet friends and neighbors for a bite to eat before your class, activity, or meeting in the Presentation Hall (KS).”*

**Jerry McCarthy**  
 Director of Food & Beverage



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## Donna Judah



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



## 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.

### Cloggers

Clogging is a lively, foot-stomping dance that originated in the Southern Appalachian Mountains. The settlers to those mountains brought their own steps and rhythms which melded into what we now call clogging. Modern cloggers (that's us!) dance to all types of music. And clogging is slightly related to square dancing. Years ago, it became a part of Appalachian Big Circle Dancing. Square dances in the Appalachians still include people clogging while executing square dance figures called by a caller. So, if you like to square dance, give clogging a try too! You'll love it! Contact Anita Tyson, 543-5330.

### Caregiver Support Group

The Caregiver Support Group meets at The Twelve Bridges Lincoln Library on the third Thursday of each month. June 16 will be our next meeting from 9:00-11:00 AM. It is open to anyone caregiving for another person. Please enter through the employees' entrance in the back. More info: Brenda Cathey at 253-7537.

### Glaucoma Support Group

Are you one of the many residents at Lincoln Hills who are living with

## 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, June 20 • 5:30 PM Boston Scientific Oaks & Gables (OC)
- Friday, June 24 • 10:00 AM Nautilus Society Oaks (OC)
- Sunday, June 26 • 10:00 AM Aquamarine Jewelers Heights (OC)
- Wednesday, June 29 • 10:00 AM Senior Care Presentation Oaks & Gables (OC)
- Wednesday, June 29 • 6:00 PM Journey to Health & Wealth P-Hall (KS)

Glaucoma? Have you sometimes wished you could talk with someone who truly understood what you are experiencing? If so, please consider joining us at our meeting on July 13. We meet at 4:00 PM in the Multimedia Room (OC). Additional info: Bonnie Dale, 543-2133 or [Bjdale@aol.com](mailto:Bjdale@aol.com).

### LH Foundation

Our Bingo team is taking time off in June so we'll next meet on Thursday, July 28 in the cool, air conditioned OC Ballroom. As usual, doors open at 12:30 PM and play begins at 1:00 PM. To reserve a table for seven to ten Bingo players, call Klara at 408-4496. Meridians will offer a pre-game luncheon special in their own cool, air conditioned space. Visit our website at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org) for our complete 2016 schedule and a free pop up coupon.

### LH Italian Club (LHIC)

The 2016-2017 Governing Board's Inaugural Dinner and Dance will be held on July 10 in the OC Ballroom. Come and meet the new governing board of our club. No host cocktails will be available

from 5:30-6:30 PM, followed by dinner at 6:30 PM. If you wish to bring a bottle of wine, there will be no corkage fee. Music for dancing will be provided by Baughman Productions. Join us in dancing the night away. Reservations are to be sent to Karen Zimmerman (see the SCLH Directory for address) no later than July 1. Check website for more details and flyer [www.lhitalianclub.org](http://www.lhitalianclub.org).

### LH Multiple Sclerosis Group

The group will be on summer break until Tuesday, September 6. For details about the MS Group, call Marilyn Sharp, 434-6898.

### LH Parkinson's Disease Support Group

The Lincoln Parkinson's Group has *moved!* We now are meeting at Granite Springs Church, 1170 E. Joiner Parkway from 10:00-11:30 AM. Our next meeting is Tuesday, June 21 and we will be hosting Christine Epperson of Rock Steady Boxing in Roseville. This is a proven method of exercise for those with Parkinson's. Come join in the discussion! More info: Brenda Cathey, 253-7537.

*Continued on page 40*

## Library News

Sandy Melnick, Library Volunteer



Everyone in Lincoln Hills wants to acknowledge all the many people who donate to our Library and Community Living Room. We have people who routinely give their new, or almost new, books to us for our shelves. Thank you all for being so giving and sharing.

On that note, we have discussed some new dates for donations. Effective immediately, we are asking for hardbound and paperback fiction books to be 2009 or later. Please make note of this date, 2009, when selecting books for donation. You may leave all donated books on the gray rolling cart at Kilaga Springs Library.

Lisa Scottoline has written a great book—*Most Wanted*. It is the story of a

young couple who have an anonymous sperm donor and find out he might be a serial killer. This leads to all kind of exchanges and what they should do—can this trait be inherited? The book is a hardbound fiction book.

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

Continued from page 39

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

The Travel Group has been in existence since 2000, offering trips around the world to Lincoln Hills residents and their guests. Our committee consists of five resident home owners. We are not travel agents. Join us the first Tuesday of the month, 6:30 PM, KS unless otherwise noted.\* Everyone is welcome to attend. See our website for trip details. The July 5 meeting is cancelled due to the holiday. Committee Member Contacts: Teena Fowler 543-3349 [sfowler@starstream.net](mailto:sfowler@starstream.net); Linda Frazier 434-8266 [fraz1774@sbcglobal.net](mailto:fraz1774@sbcglobal.net); Sheron Watkins 434-9504 [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret 408-0554

[lkuret@sbcglobal.net](mailto:lkuret@sbcglobal.net); Judy Peck 543-0990 [judyvolk@outlook.com](mailto:judyvolk@outlook.com).

**Lincoln Democratic Club**

The day, date and room for the June meeting have changed to Monday, June 27, in the P-Hall (KS). Please join us at 6:30 PM. The meeting starts at 6:45 PM. For questions, see our club website, [www.democraticclublincolnca.org/](http://www.democraticclublincolnca.org/) or email Al Witten, [lincolndems@gmail.com](mailto:lincolndems@gmail.com).

**Movie Lovers Group**

The Movie Lovers Group meets monthly on the second Thursday of the month. *We are currently 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. We focus on quality movies rather than “special effects blockbusters.” Recently we reviewed “Eye in the Sky,” “Hello my Name is Doris,” and “The Revenant.” On our June review list is “Money Monster.” If you are interested in joining our group please let me know at [cliffroe@ix.netcom.com](mailto:cliffroe@ix.netcom.com) or 408-205-8765.

**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 between 8:30 and 11:30 AM. Bring your

**~ Community Perks ~**

**LH Certified Farmers Market & Vendor Fair Every Wednesday**

Support your local farmers and join us every Wednesday at the OC Parking Lot, 8:00 AM-12:00 PM. Local Certified Farmers will be selling a variety of fresh fruits and vegetables. Weather permitting, the Farmers Market will be open every Wednesday until November. Interested to be a vendor for handmade and hobby-related items? Contact Shelvie Smith at 625-4021 or [shelvie.smith@sclhca.com](mailto:shelvie.smith@sclhca.com) to reserve your space.



**Lincoln Hills Student Art Gallery Opening Friday, June 17 — Free**

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department in cooperation with art instructors and students is proud to announce the opening of the Lincoln Hills Student Art Gallery in the Fine Arts Room. We invite our residents to visit and check out the wonderful works of our art students and their instructors. A collection of work from the Watercolor and Drawing classes plus samples from Oils and Acrylic and Pastel classes will be on exhibit. The newly constructed Fine Arts room display wall will proudly show a rotating exhibit of students’ artworks monthly. This is the perfect opportunity to see what your friends and neighbors in Lincoln Hills are passionately pursuing. If you miss the opening, you may check out the Gallery anytime whenever an art class is ongoing.



**KS Classic Movies on Saturday: Singin’ in the Rain Saturday, June 18 — Free**

1:30 PM, P-Hall (KS). Not Rated, 103 minutes—Comedy/Musical/Romance. Starring Gene Kelly, Donald O’Conner,

Debbie Reynolds, and Jean Hagen. A silent movie production company and cast make a difficult transition to sound after the success of the first talkie, “The Jazz Singer.”



**Music Group Sponsored “Open Mic Night” Friday, June 24 — Free**

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



**Self-Defense and Martial Arts Community Demonstration Saturday, June 25 — Free**

12:00-1:30 PM, Aerobics Room (OC) as a community service that is open to all residents we are holding a free Self Defense Seminar. The main focus of the seminar is to teach you what you need to know to survive an attack from someone bigger and stronger than you. Everyone trains at a level appropriate for their age and fitness level, and advances at their own pace. Paul Rossi is a black belt martial artist with 21 years of experience; he has conducted self-defense lessons for law enforcement, seniors and children. He keeps the class fun and energetic. No previous experience required.



**13th Annual Coyote Invitational Saturday & Sunday, June 25 & 26 — Free**

Del Webb Field. Competition should be fierce as the Coyote Invitational features the Coyote 70s and five





own resources and meet your friends and neighbors to play. All Lincoln Hills residents are welcome. Tables are first-come, first-served.

#### Prostate Cancer Guys!!

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

#### Racquetball Group

We play on Mondays and Thursdays at California Family Fitness Club in Roseville (781-2323). Membership to the club is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending

on the number of players, we play cutthroat, doubles and/or singles. Ladies are welcome. See you on the court!! Contact: Armando Mayorga, 408-4711 or amoon38@sbcglobal.net.

#### Shalom Group

The Shalom Group is a social group embracing traditions and culture that embody the Jewish heritage. We celebrate some Jewish Holidays and we engage in social, sporting, and cultural events. You don't have to be Jewish to be a member. This month we had our annual family picnic and will be going on hikes, engaging in a fun Bocce tourney with the Italian Club aka Meatballs vs. Matzoh Balls, and lots more. More info: Vida

Morrison, Membership Chair, 984-1043.

#### 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, 408-3928 or johnnpat@sbcglobal.net. Residents interested in rifle or pistol shooting can contact Jim Trifilo at 434-6341 or trifilo@sbcglobal.net.

teams from the Northern California region competing for the championship. Enjoy the Hot Dog Concession and some thrilling softball over the two days. Festivities begin at 8:00 AM each day. Come cheer for the home team. Parking will be permitted on Del Webb Blvd. Contact: George Sylvia, 295-1957.

#### LH Senior Softball League All-Star Games

Monday, July 4 — Free

Del Webb Field. The All-Star Games will showcase the finest players in the LHSSL Summer League. Our famous "Hot Dog Deals" will be featured. Festivities begin at 8:00 AM. Parking will be permitted on Del Webb Blvd. Contact: George Sylvia 295-1957.



Please recycle your old Directory in one of the shredding bins located at the main entry of OC Lodge. Remember, the Association does not give your personal information to anyone. Please do not share your Directory with vendors or non residents.

#### KS Classic Movies on Saturday: The Thin Man

Saturday, July 16 — Free

1:30 PM, P-Hall (KS). Not Rated, 91 minutes—Comedy/Crime/Mystery. Starring William Powell, Myrna Loy, Maureen O'Sullivan. Nick and Nora Charles, a former detective and his rich, playful wife, investigate a murder case mostly for the fun of it.



#### Coffee with the Mayor

Friday, July 8 — 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.



#### Document Destruction

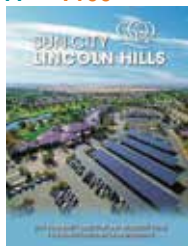
Monday, July 18

10:00 AM-12:00 PM, Fitness Center Parking Lot (OC). Shred-It offers state-of-the-art shredding trucks onsite to provide the service. Paper clips and staples on files are okay, but no plastics or cardboard. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



#### 2016-2017 Community Directory and Resource Guide • Available Monday, July 11 — Free

Beginning July 11, the SCLH Community Directory and Resource Guide will be available for pick up at the Membership/Activities Desks. Residents will need to provide proof of membership (finger vein scan, member ID or drivers license with current address) in order to pick up one Directory per household.



#### New Resident Orientation

Tuesday, July 19 — Free

Mark your calendar to attend the New Resident Orientation on Tuesday, July 19 at 6:00 PM in the Ballroom (OC). Meet the management team and learn about the business of the Association, opportunities and your responsibilities. We look forward to seeing you there. No RSVP required.



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Curtis B.  
Lincoln Hills Resident

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## In Memoriam

### Pearl Chang

Pearl grew up in Oahu, Hawaii. She came to the Bay Area and graduated from University of California at Berkeley and got her nursing degree from University of San Francisco. She married John Cho in 1989 and they had one daughter, Sheri. Pearl enjoyed her years as a visiting nurse and worked several places. She was Director of Nursing, but preferred more hands on. A real passion of hers was working with Neighborhood Watch and getting the Lost Pet program established. She was a great volunteer! Pearl also enjoyed working with stained glass, making jewelry, and line dancing. She will be greatly missed!

### John F. "Jack" Conrad

Jack was born in Maryland and grew up on Long Island. A licensed industrial engineer, he had degrees from Purdue University and an MBA from the University of Hawaii. He served in the U.S. Army during the Korean War. He worked in California, Pennsylvania and Hawaii. An avid sportsman and enthusiast, Jack played lacrosse and squash in school and enjoyed softball, bowling, golf, diving and hiking. He traveled extensively, loved poker and had a great sense of humor. He supported youth athletics, coached and also supported the US Olympic Team and Special Olympics. He is survived by wife, Norma, seven

children, 16 grandchildren and two great grandchildren.

### Sylvia Gutierrez

Born, raised and educated in England, Sylvia enjoyed telling stories about her time serving in the Women's Royal Naval Service during WWI. She married Esequiel Gutierrez in 1945 and emigrated to the USA in 1946 as a War bride. Sylvia served as a Certified Medical Assistant for 41 years. She and Zeke had three children and five grandchildren. Sylvia's passion here was playing pool several times a week! She also enjoyed putting together jigsaw puzzles, playing solitaire online, knitting, sewing and working on her doll houses. Sylvia never went out without wearing a matching dress, scarf, purse and heels. Even playing pool. She was a special lady!

### Robert Louis Layne

Robert was born in San Francisco and while in the United States Coast Guard he was stationed in Alameda and San Bruno during peacetime. He liked to say he fought the Battle of the Bay! He was in upper management for Lucky Stores, Inc. and Sunshine Biscuits. Robert thoroughly enjoyed his jobs and laughed about selling "Cookies, Crackers and Smiles!" He was always ready to help anyone in need and had a contagious smile, telling jokes to make people laugh. Besides his dear wife, Colleen, he is missed by many family members and friends.

### Barbara Smith

As a San Francisco native, Barbara graduated from Cal Berkeley and spent her life in California except for travel with her husband. She had two children and lived in Truckee before moving here. Barbara was losing her eyesight and she was President of the Eye Contact Group here for about 10 years. She also enjoyed traveling and was active in her Church. Barbara never let her disability slow her down. She also never forgot her roots and was an avid Giants and 49er fan!

### Stan Thompson

A California native, Stan was born in San Francisco and grew up in the Bay Area. He served in the Air Force during the Korean War, stationed in South Korea. After that he mainly worked for AAA as a sales representative for home and automobile insurance. He traveled a wide area of the State for his job. Stan was a member of the Masonic Lodge and the York Rite body of Freemasonry. He loved the outdoors, playing bocce, riding horses, fishing, swimming and just enjoying his family. He is dearly missed by his wife, Janee, two sons and one daughter, three grandchildren and two great-grandchildren.

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

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Summer is here and our 2016 Summer Amphitheater Concert Series (SACS) is sizzling with exhilarating performances! Our lineup is filled with the energy and excitement of dance, rock, country, R&B, classic and doo-wop musicians paying homage to your favorite bands. With our elevated stage, all eight concerts will have a polished look and provide the audience with reserved dancing space, all for a memorable summer experience. This year, doors open earlier at 6:00 PM, all concerts start at 7:30 PM at the Orchard Creek Outdoor Amphitheater. To make your experience more rewarding, read and follow the Amphitheater Guidelines (page 47) filled with important information. Share the experience with your friends and family!

**John Acosta's Bee Gees Gold  
The Ultimate Salute to the Bee Gees**  
Thursday, June 16 — 5016-4B

Put on your white suit, bell bottom pants, and practice your strut! The music of the Bee Gees is coming! John Acosta's Bee Gees Gold is the ultimate salute to the one and only Bee Gees. John Acosta as Barry Gibb, has performed in Bee Gees tributes all over the world. Backed by a live band, Bee Gees Gold recreates the look and sound of the Bee Gees from the 60's to the late 70's. Performing early hits like "Massachusetts," "I Started a Joke," to the later disco classics, "Stayin' Alive," "You Should Be Dancing" and more, this show from Las Vegas will really have you dancing all night long! General admission, \$21.



**Kalimba: The Spirit of Earth, Wind & Fire**  
Friday, July 1 — 5016-4C

Kalimba, considered by some as the nation's top tribute to Earth Wind and Fire (EWF), performs not to impersonate, but to pay tribute to one of the greatest bands of our time. Based out of



the Pacific Northwest, Kalimba has evolved into a 10-piece group with a full horn section, performing EWF's greatest hits including "Shining Star," "Devotion," "Sing a Song," "September," and "Boogie Wonderland," just to name a few. Kalimba performs nationally across the country including some of the country's most prestigious jazz clubs. "Out of 1000 other bands that I have heard play this material, Kalimba is the first band that gets it like it's

supposed to be played," Sheldon Reynolds, former Earth Wind and Fire guitarist (1987-2001). General admission, \$19.

**The Long Run: Experience the Eagles**  
Thursday, July 28 — 5016-4D

The Long Run is a hard-working tribute act, direct from Los Angeles, dedicated to faithfully recreating the timeless music of The Eagles! Formed in 1999 by a group of well-rounded professional musicians, the Long Run has earned its place among top-drawing tribute acts and is regarded as one of the finest Eagles tributes in the world. Recently featured in AXS TV for their live tribute concert, the Long Run's lush harmonies and rich instrumental arrangements deliver Eagles chart-topping hits with exceptional musical accuracy and live concert energy. With songs like "Hotel California," "One of These Nights," and "New Kid in Town," audiences young and old can expect a night to remember! General admission, \$20.



**Natural Wonder: The Ultimate Stevie Wonder Experience featuring Gabriel Bello**  
Friday, August 5 — 5016-4E

Natural Wonder, the Ultimate Stevie Wonder Experience, is an epic endeavor that brings real musicianship, a dynamic stage show, and a deep, studious love of the Stevie Wonder legacy to audiences. Based in North Carolina, Natural Wonder has wowed audiences in numerous festivals and large venues across the country including The House of Blues, B.B. Kings, and The Fillmore, to name a few. Led by Billboard-ranked vocalist and multi-instrumentalist Gabriel Bello and a band of musical veterans, Natural Wonder recreates the look, feel, and sound of a Stevie set. With hit songs that span the Stevie Wonder catalog from Motown-era hits like "Signed, Sealed, Delivered" and "My Cherie Amour," the fusion-flavored 70's platters like "Master Blaster" and "Do I Do," the genius *Songs in the Key of Life*, the signature harmonica solo of "Isn't She Lovely," or Stevie's modern masterpieces like "My Love is on Fire," this show delivers the music of an icon across decades and genres. General admission, \$20.



**Jukebox Junction: Glenn Miller Orchestra and the Diamonds**  
Friday, August 26 — 5016-4F

Four decades of musical favorites on one stage! What could be more entertaining than the fusion of exemplary musicianship

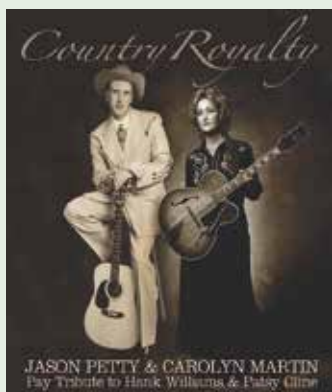
from the Glenn Miller Orchestra and the wonderful hits and showmanship of the Diamonds? The Glenn Miller Orchestra performs your favorite big band hits, followed by your favorite



doo-wop and rock and roll classics as sung by The Diamonds in one unforgettable concert. Expect hits like “Chattanooga Choo-choo,” and “Moonlight Serenade” from Glenn Miller Orchestra and “Little Darlin’,” and “The Stroll,” to name a few from The Diamonds. General admission, \$23.

**Jason Petty and Carolyn Martin: Country Royalty**  
**Friday, September 16 — 5016-4G**

Two legends, one stage! Jason Petty teams up with one of the best singers in the business to bring two legends of country music together for the very first time... **Hank Williams** and **Patsy Cline**. Award-winning singer Carolyn Martin delivers the perfect **Patsy Cline** to Jason's



**Hank Williams**, the two biggest names country music has ever seen. With hits like “Crazy,” “Hey Good Lookin’,” “Walking After Midnight,” and many more, join Jason and Carolyn with their five-piece band as they take you back in time to when these country giants rule the airwaves. General admission, \$22.

**Let's Hang On! A Frankie Valli Tribute Show**  
**Friday, September 23 — 5016-4H**

You asked for it, you got it! Get ready to experience America's # 1 Frankie Valli Tribute Show, *Lets Hang On!* as they pay tribute to the classic *Seasons* while also paying tribute to the Broadway show, “The Jersey Boys.” Expect the trademark vocal virtuosity,



tight harmonies, and crisp choreography that made *The Four Seasons* one of the greatest vocal groups of all time. Sing along to *Four Seasons'* mega hits like: “Sherry,” “Big Girls Don't Cry,” “Walk Like A Man,” “Can't Take My Eyes Off of You,” and many more. General admission, \$21.

## Summer Amphitheater Concert Series Guidelines

**Admission:** Wristbands must be worn during concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Activities Desks, after 8:00 AM on the day of the performance. Show package buyers can pick up their complete set of wristbands and SACS souvenir gift from the OC Activities Desk in advance, e-Tickets or receipt required for redemption. Lost tickets/wristbands will not be replaced.**  
**Admittance:** Doors open at 6:00 PM.

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

**Chairs/Seating:** Guests must provide their own concert seating. Seating is first-come, first-served. Chairs may be set up **between 5:00 AM and 5:00 PM** on the day of the event. Amphitheater will close at 5:00 PM on the day of the event and **re-open at 6:00 PM. Chairs placed prior to 5:00 AM, or that exceed height of 36" will be removed** and placed on the upper patio terrace. SCLH is not responsible for loss of chairs/blankets left unattended. Put your name on your property. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area to left of stage.

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

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

**Food & Beverage:** No-host bar and concessions available upon admission and throughout the concert.

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

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

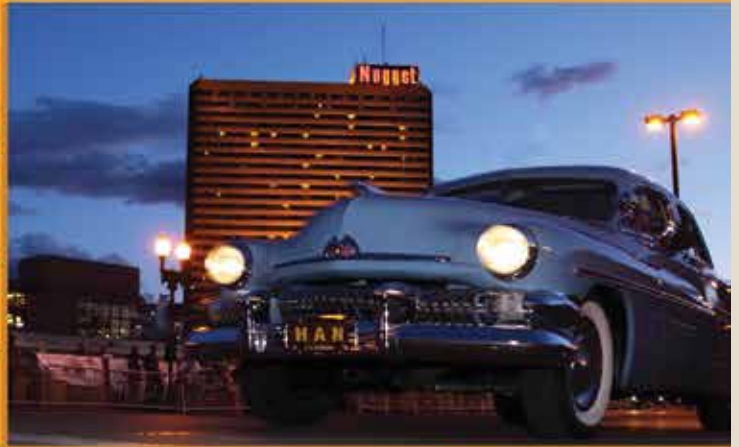
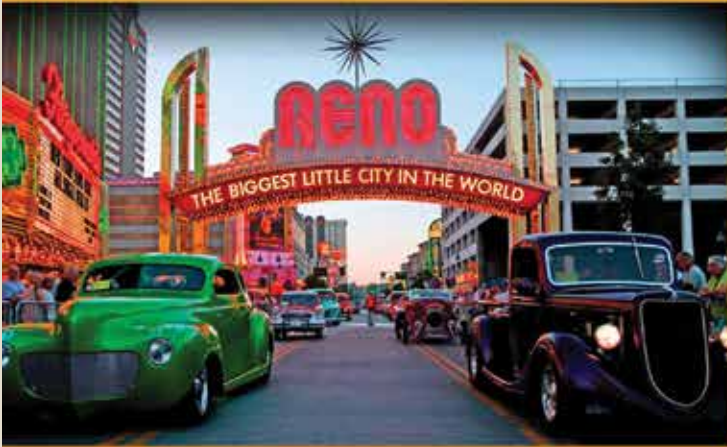
**Parking:** We have limited parking at OC. Please carpool or walk. The parking area across our parking lot is available after 5:00 PM. Street parking is only allowed where permit signs are posted.

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

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

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

# REVVIN' IT UP IN RENO! HOT AUGUST NIGHTS



## 30TH ANNIVERSARY!

▶▶▶ WEDNESDAY, AUGUST 3 TO  
THURSDAY, AUGUST 4

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Return: 6:30PM

Stay in the luxurious East Tower  
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▶ **Gaming & Food credits!**



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

## Entertainment

### —Club Performance—

#### The Vaudeville Troupe's "Golden Revue Vaudeville Show"

Friday, July 8

2:00 PM Show — 5408-05A

6:00 PM Show — 5408-05B

Saturday, July 9

2:00 PM Show — 5408-05C

6:00 PM Show — 5408-05D



The Lincoln Hill's Vaudeville Troupe will once again return to the stage to entertain and delight you. The smaller venue in the Presentation Hall (KS) is the perfect place for our "Golden Revue Vaudeville Show." This two hour show promises to be full of variety and great entertainment. 2:00 and 6:00 PM performances scheduled on both dates. P-Hall (KS). Reserved Seating, \$12.

#### The Lincoln Hills Players Group presents "Play It Again, Sam"

Thursday, August 11

7:00 PM show — 5411-06A

Friday, August 12

7:00 PM show — 5411-06B

Saturday, August 13

7:00 PM show — 5411-06C

Sunday, August 14

2:00 PM show — 5411-06D



The Lincoln Hills Players return to the stage with Woody Allen's hilarious comedy hit "Play It Again, Sam," the story of a neurotic cinema enthusiast and writer who has recently and unwillingly become divorced from his flaky wife. Allan Felix feels overwhelmed at the prospect of dating and relies on his best friends, Dick and Linda, for advice on re-entering the dating world with *hilarious results*. Allan also fantasizes about his screen hero Humphrey Bogart giving him romantic advice. Join the comedic fun for a midsummer relief at the P-Hall (KS) with luxury theater-style seating. Every seat provides you with an outstanding, close-up view of the stage allowing you to feel like part of the cast. Performances are August 11, 12 & 13 at 7:00 PM and matinee on Sunday, August 14 at 2:00 PM. P-Hall (KS). Reserved Seating, \$12.

### —Concerts—

#### Summer Concert Series John Acosta's Bee Gees Gold The Ultimate Salute to the Bee Gees Thursday, June 16 — 5016-4B

Put on your white suit, bell bottom pants and practice your strut, the music of the Bee Gees is coming! John Acosta's Bee Gees Gold is the ultimate salute to the one and only Bee Gees. John Acosta as Barry Gibb has performed in Bee Gees tributes all over the world. Backed by a live band, the Bee Gees Gold recreates the look and sound of the Bee Gees from the 60's to the late 70's, with their unique falsettos that made them legends. Performing early hits "Massachusetts," "I Started a Joke," to the later disco classics, "Stayin' Alive," "You Should Be Dancing," this show from Las Vegas will have you dancing all night long! General admission, \$21.



#### Internationally Acclaimed Baritone And Soloist Hadleigh Adams Celebrating the Songs of Classical Broadway Thursday, June 23 — 5423-04

Hadleigh Adams is a New Zealand-born baritone who is now a resident of the United States. He has a demanding concert schedule on the opera stage, having performed at London's Royal National Theatre, the Sydney Opera House, and for two years, he was a principal young artist at the San Francisco Opera, taking the stage in over 75 performances. In addition to his operatic repertoire, Hadleigh has a passion for musical theater. He will perform treasured songs from classic Broadway shows including "The Impossible Dream" from "The Man of La Mancha," "Some Enchanted Evening" from "South Pacific," "I've Grown Accustomed to Her Face" from "My Fair Lady," and "Bring Him Home" from "Les Miserables." Contemporary classics from the songbooks of Stephen Sondheim and Andrew Lloyd Webber will also be featured, but don't be surprised if Hadleigh throws in a favorite operatic aria or two. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$22.** General admission, \$18.



#### Summer Concert Series Kalimba: The Spirit of Earth, Wind & Fire Friday, July 1 — 5016-4C

Kalimba, considered by some as the nation's top tribute to Earth Wind and Fire (EWF), performs not to impersonate, but to pay tribute to one of the greatest bands of our time. Based out of the Pacific Northwest, Kalimba has evolved into a 10-piece group with a full horn section, performing EWF's greatest hits including "Shining Star," "Devotion," "Sing a Song," "September," and "Boogie Wonderland," just to name a few. Kalimba performs nationally across the country including some of the country's most prestigious jazz clubs. "Out of 1000 other bands that I have heard play this material, Kalimba is the first band that gets it like it's supposed to be played,"



Continued on page 48

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

Sheldon Reynolds, former Earth Wind and Fire guitarist (1987-2001). General admission, \$19.

### Roseville Community Concert Band Happy Birthday USA!

Monday, July 4 — 5404-05

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



### Paperback Writer: The Beatles Experience

Thursday, July 21 — 5421-05

Paperback Writer: The Beatles Experience takes its audience on a trip through the musical years of the world's most popular rock group of all time! Hear the hits from the Ed Sullivan Show through the colorful Sgt. Pepper's years and on to the roof tops of "Let It Be" performed with "spot on" vocals, looks, and sound-alike ability. This national show is featured at Disneyland and Disney's California Adventure park as well as dazzling audiences across the United States and around the world performing for fairs, major casinos and the cruise industry. Take a look at what the national critics are saying: "Heads above the Beatles shows I've heard!" *Eagle Press* Cleveland, Ohio. "Sensational show for all ages" *Los Angeles Times*. "Remarkably authentic! Amazing vocals!" *Bloomington (Chicago) Times*. "The Look, The Sound... Amazing." *San Francisco Chronicle*. Paperback Writer is guaranteed to bring audiences the most precise experience of The Beatles as humanly possible. 7:00 PM. Ballroom (OC). **Premium Reserved Section Seating, \$18.** General admission, \$15.



### Summer Concert Series

#### The Long Run: Experience the Eagles

Thursday, July 28 — 5016-4D

The Long Run is a hard-working tribute act, direct from Los Angeles, dedicated to faithfully recreating the timeless music of The Eagles! Formed in 1999 by a group of well-rounded professional musicians, the Long Run has earned its place among top-drawing tribute acts and is regarded as one of the finest

*Continued on page 51*

### 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 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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**Summer Concert Series**  
**Natural Wonder: The Ultimate Stevie Wonder Experience featuring Gabriel Bello**  
**Friday, August 5 — 5016-4E**

Natural Wonder, the Ultimate Stevie Wonder Experience, is an epic endeavor that brings real musicianship, a dynamic stage show, and a deep, studious love of the Stevie Wonder legacy to audiences. Based in North Carolina, Natural Wonder has wowed audiences in numerous festivals and large venues across the country including The House of Blues, B.B. Kings, and The Fillmore, to name a few. Led by Billboard-ranked vocalist and multi-instrumentalist Gabriel Bello and a band of musical veterans, Natural Wonder recreates the look, feel, and sound of a Stevie set. With hit songs that span the Stevie Wonder catalog from Motown-era hits like "Signed, Sealed, Delivered" and "My Cherie Amour," the fusion-flavored 70's platters like "Master Blaster" and "Do I Do," the genius *Songs in the Key of Life*, the signature harmonica solo of "Isn't She Lovely," or Stevie's modern masterpieces like "My Love is on Fire," this show delivers the music of an icon across decades and genres. General admission, \$20.



**KS Music Night Presents**  
**Fall Classical Series — 5416-06**  
**Great Guitars! Daniel Roest and Richard Gilewitz**  
**— Tuesday, August 16**  
**The Angelica Duo featuring violinist Anita Fetsch Felix and harpist Beverly Wesner-Hoehn**  
**— Tuesday, October 18**  
**Joyous Brass: Christmas in Brass**  
**— Tuesday, November 22**  
**Classical Guitarist Matt Bacon**  
**— Tuesday, December 20**

We are pleased once again to present some of the finest classical musicians in the Northern California area in a four concert series performed at Presentation Hall, (KS). First up in the series is the guitar duo consisting of **Daniel Roest** and finger style guitarist **Richard Gilewitz**, who delivers a magical journey of solo 6 and 12-string guitar – with amusing tales along the way. He's toured the world many times. Daniel Roest ("roost") lives and performs

in Northern California. With a broad range of styles to select from, his performances shift gears through continents and periods, aimed at pleasing all ages. Coming in October, The Angelica Duo comprised of violinist Anita Fetsch Felix and harpist Beverly Wesner-Hoehn. They will present newly composed virtuoso music mixed with old favorites to delight audiences in an intimate chamber music setting. The Angelica Duo will present the works of Saint-Saens, Massenet, Bach, Izmaylov, Donizetti and others with commentary on the composers. Their performances have been met with "enthusiasm and high praise for their transparent sound, and artistry." In November, Joyous Brass, Northern California's only British Style Brass Band, featuring 30 musicians will perform Holiday themed music, including original compositions, jazz, classical and traditional carols. Rounding out our series is Classical Guitarist Matt Bacon from San Francisco. He is an international artists and Top Prize winner at the Texas National Music Festival's "Classical Minds" competition. He is a highly sought after performer and composer. **Limited Series Package tickets will be available for sale until July 14 at \$45 for all four shows.** Series patrons will enjoy the same reserved seats for all shows. Starting July 15, tickets for individual shows at \$15 each will be on sale. Save \$1 off \$4 or more at KS Café on show night. All shows 7:00 PM, P-Hall (KS).



**Summer Concert Series**  
**Jukebox Junction: Glenn Miller Orchestra and the Diamonds**  
**Friday, August 26 — 5016-4F**

Four decades of musical favorites on one stage! What could be more entertaining than the fusion of exemplary musicianship from the Glenn Miller Orchestra



and the wonderful hits and showmanship of the Diamonds? The Glenn Miller Orchestra performs your favorite big band hits, followed by your favorite doo-wop and rock and roll classics as sung by The Diamonds in one unforgettable concert. Expect hits like "Chattanooga Choo-choo," and "Moonlight Serenade" from Glenn Miller Orchestra and "Little Darlin'," and "The Stroll," to name a few from The Diamonds. General admission, \$23.

**—Presentation—**

**Films That Changed America**  
**Presentation by Marc Lapadula/**  
**Yale University**  
**Wednesday, July 13 — 5413-06**

While most works of cinema are produced for mass-entertainment and escapism, a peculiar minority have had a profound influence on



*Continued on page 52*

our culture. Whether intentionally or not, some movies have brought social issues to light, changed laws, forwarded ideologies both good and bad, and altered the course of American history through their resounding impact on society. Renowned

Yale Film Professor Marc Lapadula will discuss several films that, for better or worse, made their mark. 1:00 pm. P-Hall (KS). Reserved Seating, \$16.

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—Casino/Races—

**Jackson Rancheria**  
**Monday, June 27 — 1951-04**



By popular demand, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Spend four hours at the recently remodeled, expanded casino. Enjoy a nice drive in the foothills! Leave OC at 9:00 AM, return ~ 5:00 PM. \$23.

**Cache Creek Casino**  
**Wednesday, July 20 — 1772-05**



Resident favorite Cache Creek Casino is just outside of the Woodland/Esparto area in Yolo County. Wednesday is Military Appreciation Day so make sure you bring along an accepted form of Military, guard, reserve, dependant, veteran, retired veteran or retired veteran dependant ID'S to obtain an additional \$20 in bonus play! Lots of slots and table games to choose from! Receive \$10 in gaming credits or \$20 match play and \$5 food credit. Spend four hours at the casino. Food credit available at all restaurants except buffet. Buffet closed on Wednesdays. Leave OC at 9:30 AM, return ~ 4:30 PM. \$26.

—Festivals—

**First Bus Sold Out! Second Bus Added**  
**Squaw Valley Art, Wine and Music Festival**  
**Saturday, July 9 — 1960-05B**

Ready to get out of the valley heat? Enjoy a cool mountain summer day when we visit Squaw Valley's annual Art, Wine & Music Festival. The village comes alive with color, taste, and sound as fine artists, crafters, performers and musicians come to participate in this fun event. The festival features wine tasting, two performance stages, restaurants, shops, and walkways lined with fine art booths and exhibits. Included is the tram ride to High Camp at 8,300' elevation to enjoy panoramic views of Lake Tahoe, do some hiking if you wish and visit the Olympic Museum where you can take



a trip back in time and learn about the 1960 Winter Olympics that took place at Squaw Valley. Bring your own lunch or enjoy lunch on your own in the village or up at high camp. Pick up a restaurant list from the Activities Desk. Leave OC 9:00 AM, return ~ 5:45 PM. \$59.

**Strauss Festival - Elk Grove Regional Park**  
**Sunday, July 31 — 1717-06**



The Strauss Festival of Elk Grove is an outdoor staged dance production at Elk Grove Regional Park. Featuring a live orchestra, fireworks and other pyrotechnic displays, enchanting outdoor ambiance, and of course the beautifully costumed dancers, the Strauss Festival is a perfect summer evening getaway. This year's theme is "The Fairest of them All". The Festival has attracted audiences from around the world and has garnered critical acclaim along the way. It is one of the longest-running events of its kind, and in keeping with the tradition of the original Strauss Festival in Vienna, admission has always been free. However, due to the high cost of the production we have included a \$5 donation per person in the price of this trip as they have gone out of their way to insure we have a reserved section of plastic lawn chairs for our group and a designated bus area. Food and drink vendors are open during the festivities or you may bring your own picnic dinner. The seating is a grassy knoll at the edge of a lake and evenings can be chilly so may want to bring a sweater or blanket. Please wear comfortable shoes as there is a slight walk from the bus to the seating area. Leave OC at 5:30 PM, return ~ 11:15 PM. \$33.



**Gold Rush Days**  
**Friday, September 2 — 1849-06**



Find yourself transported back to the days of Gold and Glory, when California was a brand-new state with brand-new ideas. Join in the truly old-time fun in the world of yesterday! More than 200 tons of dirt will pave the streets of Old Sacramento as this annual festival "turns back the clock," transforming Sacramento's historic district into a scene straight out of the 1850s. Hundreds of costumed performers take on the roles of celebrities, personalities and just plain folks, bringing history to life while bluegrass pickers and old-time musicians perform on several stages. Featuring dancers,



Continued on page 56

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street dramas, wagon rides, period artifacts, and musicians. For more information <http://sacramentogoldrushedays.com/about/>. We'll be spending four hours at this festival with lunch on your own. Leave OC at 8:30 AM, return ~ 2:30 PM. \$25.

—Food & Wine—

**Historic Restaurants of San Francisco with Gary Holloway**

**Tuesday, August 23 — 1842-06**

Join our San Francisco step-on guide Gary Holloway as we take a tour of Historic Restaurants of San Francisco. Enjoy lunch and dessert at two fabled San Francisco eating institutions. We'll have a driving tour of many famous establishments including John's Grill, the setting for the Maltese Falcon, and then it's off to The Old Clam House open at the same original location since 1861. You'll have a choice of *Original Golden Gate Clam Chowder* or *Caesar salad with a Crab* or *Fried Chicken Sandwich*. Dessert will be served at The Tadich Grill serving classic fare since 1849 with a choice of their famous *Bourbon Bread* or *Rice Custard Pudding*. Complete menus at Activities Desk. There will be a rest stop both directions of trip. We'll handle the driving and parking, you partake and enjoy! Trip size limited to 46. Leave OC 7:45 AM, return ~ 7:30 PM. \$128.



**Best in the West—Rib Cook-off**

**Wednesday, August 31 — 1821-06**

Come and enjoy the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks over the long Labor Day weekend is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! Event also includes one of the largest arts & crafts fairs in northern Nevada. Lunch on your own. We're going on the first day of the event for less crowds. This trip sells out fast, so buy early! Leave OC at 8:30 AM, return ~ 6:30 PM. \$41.



—Museums—

**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 at 8:00 AM, return ~ 6:15 PM. \$63.

—Performances—

**Broadway Sacramento 2016-2017**

The Broadway Sacramento series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Enjoy the convenience of being dropped at the front entrance to the theater and not having to worry about driving and parking in downtown Sacramento. Leave OC at 6:45 PM, return ~ 11:30 PM. All shows \$97 each

**The Sound of Music**

**Tuesday, November 1 — 1793-06A**

The Hills Are Alive! A brand new production of *The Sound of Music*, directed by three-time Tony Award® winner Jack O'Brien, is coming to Sacramento. The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song. \$97.



**Kinky Boots**

**Tuesday, January 31, 2017 — 1793-06B**

*Kinky Boots* is Broadway's huge-hearted, high-heeled hit! With songs by Grammy® and Tony® winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. Inspired by true events, *Kinky Boots* takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan. Charlie Price is struggling to live up to his father's expectations and continue the family business of Price & Son. With the factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, a fabulous performer in need of some sturdy new stilettos. Take a step in the right direction and discover that sometimes the best way to fit in is to stand out. \$97.



**A Gentleman's Guide to Love & Murder**

**Tuesday, March 7, 2017 — 1793-06C**

Getting away with murder can be so much fun... and there's no better proof than the knock-'em-dead hit show that's earned



*Continued on page 58*



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unanimous raves and won the 2014 Tony Award® for BEST MUSICAL—*A Gentleman's Guide to Love & Murder!*, *Gentleman's Guide* tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by – you guessed it – eliminating the eight pesky relatives (all played by one fearless man) who stand in his way. All the while, Monty has to juggle his mistress (she's after more than just love), his fiancée (she's his cousin but who's keeping track?), and the constant threat of landing behind bars! Of course, it will all be worth it if he can slay his way to his inheritance... and be done in time for tea. \$97.

### The Bodyguard

Tuesday, April 18, 2017 — 1793-06D

Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox!

Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge; what they don't expect is to fall in love. A breathtakingly romantic thriller, *The Bodyguard* features a host of irresistible classics including "Queen of the Night," "So Emotional," "One Moment in Time," "Saving All My Love," "Run to You," "I Have Nothing," "I Wanna Dance with Somebody" and one of the biggest selling songs of all time – "I Will Always Love You." \$97.



### The Phantom of the Opera

Tuesday, May 23, 2017 — 1793-06E

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera* will come to Sacramento as part of a brand new North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before" and features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score – with songs like "Music of the Night," "All I Ask Of You," and "Masquerade"—will be performed by a cast and orchestra of 52, making this *Phantom* one of the largest productions now on tour. \$97.



### WaistWatchers the Musical—24th Street Theater

Thursday, July 14 — 1786-04B

Set in Cook's Women's Gym, and in the same vein as *Menopause the Musical®*, *WaistWatchers the Musical!* takes a hilarious and lighthearted look at four women dealing with their obsession with food and assorted body image issues. Parodying 22 popular songs with cleverly rewritten lyrics propelling the fun along, the ladies tackle issues like dieting, exercise, plastic surgery, sex over

the age of 40, and the relentless search for a positive self-image. Included are songs such as "Botox Queen" to the tune of ABBA's "Dancing Queen," "I Hope I Lose It" to the tune of "I Hope I Get It" from A Chorus Line, and "Viagra" to the tune of "Maria" from West Side Story. Front orchestra seating at the 24th Street Theater in Sacramento. Evening show—leave OC at 5:45 PM, return ~ 9:30 PM. \$79.



### Irving Berlin's White Christmas Golden Gate Theater—San Francisco Wednesday, December 14 — 1774-05

Not too soon to plan your holiday outing! Start with a timeless tale of joy and goodwill, fill it with classic Irving Berlin songs, top it off with glorious dancing and lots of snow and come see Irving Berlin's *White Christmas!* It's a must-see classic in a lavish new musical that the *New York Times* says to "put on your wish list." *Irving Berlin's White Christmas* tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Orchestra seating matinee performance. Bring your own lunch to eat en route to the theater. Enjoy the holiday spirit at Union Square with dinner on your own after the 2:00 PM show. Depart at 10:45 AM, return ~ 9:45 PM. \$130.



### 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 at 7:30 PM. You will have time to purchase food and beverages 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.



### 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 Vandergelder, his niece and two sheltered clerks. Features "It Only Takes A Moment," "Put On Your Sunday Clothes" and the title number, one of the most beloved songs in American musical comedy. \$99.



### 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



Continued on page 63

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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.” \$99.



### 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.” \$99.



### 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. \$99.

### 2016/2017 Speaker Series

Experience the ultimate in cultural entertainment—six evenings of diverse opinions, profound insights, and fascinating discussion on a broad scope of issues at the Sacramento Community Center Theater. The exciting speaker series is **sold as a series only**, no individual tickets, offered with four price points this year. New this season is the additional limited option of **Platinum seating** which allows for Front Orchestra seating. Gold and Silver reserved continues to be available along with the Bronze option of open seating in the second tier. Bus departs at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Speakers listed below.

**\$639 Platinum Seating — 1730-04**

**\$573 Gold Seating — 1731-04**

**\$440 Silver Seating — 1732-04**

**\$339 Bronze Seating — 1733-04**

Read about this season’s phenomenal speakers:

- **Michael Lewis**  
Wednesday, September 28

Michael Lewis is a non-fiction writer and one of today’s leading social commentators. He takes a fresh, hard look at the ever-changing value systems that drive our economic markets, political landscapes and cultural norms. Some of his best-selling books include *Moneyball*, *The Blind Side* and *The Big Short*.

- **Brian Greene**  
Wednesday, November 16

Brian Greene is a theoretical physicist. He is an entertaining communicator of cutting-edge scientific concepts. His national bestseller *The Elegant Universe* became an Emmy and Peabody award-winning NOVA special that Greene hosted. He co-founded The World Science Festival with the mission to take science out of the laboratory, and recently launched World Science U, a series of free online courses.

- **Jay Leno**  
Wednesday, January 18, 2017

Comedian Jay Leno is known as one of the nicest and hardest working men in show business. As host of the *Tonight Show* he dominated the TV late night ratings for more than two decades. His “everyman” style and personality have helped him earn millions of fans worldwide.

- **Fareed Zakaria**  
Monday, February 27, 2017

Journalist Fareed Zakaria is the host of CNN’s Fareed Zakaria GPS, the go-to show for those seeking smart commentary and civil conversation about global challenges. Dr. Zakaria is a contributing editor to the *Washington Post* and *The Atlantic* and author of several *New York Times* bestsellers. He is widely respected for his thoughtful analysis and ability to spot economic and political trends.

- **Julia Gillard**  
Wednesday, April 5, 2017

Former Head of State Julia Gillard was the 27th Prime Minister of Australia. She was the country’s first female Prime Minister from 2010-2013. She developed nation-changing policies, including reforming Australia’s education at every level and improving healthcare. She received worldwide attention for her speech in Parliament on the treatment of women in professional and public life.

- **Cheryl Strayed**  
Wednesday, May 3, 2017

Cheryl Strayed is the author of the #1 *New York Times* bestselling memoir, *Wild: From Lost to Found on the Pacific Crest Trail*. It was made into a movie in 2014. Shattered by two major life events at age 22, she decided to trek over 1,000 miles from the Mojave Desert to the Oregon-Washington border; and found inner peace.

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## —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. New York Mets**

**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  
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? One game still available at beautiful Raley Field in West Sacramento. Senate Box seating, section 110. Game departs at 5:45 PM ~ return 11:30 PM. \$52.

- **River Cats vs. Iowa Cubs (Chicago Cubs)**

**Tuesday, August 16 — 1927-01C**



## —Tours/Leisure—

**South Fork American River Rapids Rafting**

**Monday, July 11 — 1811-04**

The South Fork of the American River has become the most popular rafting adventure in the Western US on its 20-mile course through California's historic Gold Country. Located in California's El Dorado County, the American River flows through a beautiful



gorge in a wilderness setting. No experience is necessary to enjoy the adventure of rafting on the world-class American River. If you have the stamina and strength to paddle for an extended period of time, and are active, athletic and can swim, this trip is well-suited for you. Difficulty of rivers are rated class one to six and this trip will be on class two and three-plus rapids. This trip concludes at Folsom Lake where our bus will meet us with your towels so you can dry off! A boxed lunch from Meridians is included to eat prior to the trip. Boxed lunch includes choice of *Turkey, Roast Beef or Vegetarian Sandwich*. Comes with fruit, bottled water and dessert. Choose lunch at time of registration. Signed liability release and waivers required to be submitted to the Activities Desk a minimum of 10 days prior to trip. This is a high-impact trip, it is not recommended for those with back issues. Consult with your doctor about any concerns you may have. Pick-up guidelines and rafting itinerary at Activities Desks. Leave OC at 11:00 AM, return ~ 6:30 PM. \$159.

**San Francisco—Pier 39/Fisherman's Wharf**

**Monday, July 18 — 1844-05**

Enjoy a special excursion to Pier 39 and Fisherman's Wharf. Trip includes a free Pier 39 Fun Pack coupon booklet. Shop, have lunch and/or dinner, grab a cable car or cab and explore! These day trips are yours to do as you wish. Leave OC at 8:00 AM, return ~ 6:30 PM, \$44.

**Half Moon Bay for the Day**

**Saturday, July 30 — 1727-06**

Another opportunity to get out of the valley heat and enjoy a cool coastal day! Located approximately 35 minutes south of San Francisco, it's a gorgeous coastal region ideal for escaping the summer swelter. With a temperate summer climate averaging 65 degrees during the day, Half Moon Bay is famous for its Pumpkin Festival, but also home to one of the finest agricultural regions in our state. We'll be visiting on a Saturday when the Coastside Certified Farmer's Market is in full swing with many tasty local offerings from farmers, ranchers and fishermen so bring your ice chest and insulated shopping bags! You'll have time to peruse shops on Main Street or if you're a hiker, take a walk down the Coastside trail. Bring your own lunch or enjoy lunch on your own. Restaurant list/map at activities desks. Leave OC 8:00 AM, return ~ 6:30 PM. \$50.

**Canine Companions for Independence Graduation and Charles Schulz Museum, Santa Rosa**

**Friday, August 12 — 1712-06**

Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support. Canine Companions graduation ceremonies represent the culmination of hard work, love and dedication of many people. See the graduates and their Canine Companions assistance dogs as they team up and embark on their new lives with increased independence.

*Continued on page 66*

We'll first visit the Charles Schulz Museum for a docent led private tour and a buffet lunch at the Warm Puppy Café (Menu available at Activities Desks). Our museum tour centers around the mission to preserve, display, and interpret the art of Charles M. Schulz. We will be guided through the Museum's permanent exhibits and the Museum's three changing galleries, where visitors can experience the breadth of Schulz's influence through varying themes. After lunch we head over to the Luther Burbank Center for the Arts to attend the graduation ceremonies. Leave OC 8:00 AM, return ~ 6:30 PM. \$85. *Learn more about CCI. Attend the Community Forum in the OC Ballroom on Tuesday, July 12 with representatives from CCI providing a presentation and demonstration with dogs and puppies.*



**Nike Missile Site — Marin Headlands**

**Saturday, August 20 — 1701-06**

The Marin Headlands is the site of a number of historic military settlement fortifications, including Fort Cronkhite, Fort Barry, a large number of bunkers and batteries, and the SF-88 Nike Missile silo. From the 1890s, the first military installations were built to prevent hostile ships from entering San Francisco Bay. During the tense years of the Cold War, from 1953 to 1979, the United States Army built and operated close to 300 Nike missile sites in the United States. These sites were designed as the last line of defense against Soviet bombers. Site SF-88L is the only fully restored Nike missile site in the country. This museum is an enduring reminder of the Cold War and allows visitors to reflect upon the realities of the Cold War and their influence on today's society. We'll have a Park Ranger led tour and also a trip over to Battery Wallace for an included boxed lunch from Meridians and tour of the site with fantastic views of the San Francisco Bay and Golden Gate Bridge. August is cool on the coast, so layer up! Boxed lunch includes choice of *Turkey, Roast Beef or Vegetarian Sandwich*. Comes with fruit, chips, cookie & bottled water. Choose lunch at time of registration. Leave OC 7:45 AM, return ~ 5:30 PM. \$62.



**—Overnight & Extended Travel—**

**Revvin' it up in Reno!**

**Hot August Nights 30th Anniversary**

**Wednesday, August 3 to Thursday, August 4 — 1972-05**

Join Katrina, your Trip Coordinator, for a trip down memory lane as we attend the largest nostalgic car show in the world that will be celebrating its 30<sup>th</sup> anniversary! We'll be staying at The Nugget Resort & Casino in Sparks in the Premier East Tower. Receive a \$5 slot and \$3 food credit with your key packet upon

arrival. The Ultimate Classic Car Competition will be right outside the hotel at Victorian Square along with live bands and a car cruise. There is also a vendor and craft area. Included in the trip are excellent seats in the showroom for **"Roy Orbison & the Everly Brothers Reimagined"** What if one of the most famous male duos of the 50's and 60's performed alongside one of the most iconic voices of all time? The Everly Brothers and Roy Orbison



crossed paths more than a few times in their prolific careers, but not much was documented. This show combines that unique vision for an unforgettable night of career spanning hits. Breakfast on your own the following morning and then we're off to Club Cal Neva in downtown Reno where you will receive an \$8 gaming credit. Explore the closed-off Virginia Street with more specialty car displays and vendors with lunch on your own. Check out the Big Boy's Toy Store at the Reno Events Center for cool accessories! We will offer a shuttle to the Atlantis Casino "show & shine" with the Reno Convention Center next door which includes more displays, vendors and a car auction. 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 August 3 at 12:30 PM, return August 4 ~ 6:30 PM. \$149 per person double occupancy. \$192 single occupancy. **Deadline to purchase Thursday, June 30 at 12:00 PM.**

**Santa Cruz Boardwalk/**

**Roaring Camp Railroad Overnight**

**Sunday, September 11 to Monday, September 12 — 1973-06**

Time to visit the beach after all the kids have gone back to school! Join us as we visit the famous Santa Cruz Beach Boardwalk on a lazy Sunday afternoon with free time on your own to ride the rides or join Katrina for a historical



walk through the Boardwalk. We even have a documentary on the 100 year history of the boardwalk for your viewing pleasure on the ride down. Lunch on your own at the boardwalk or the nearby Santa Cruz Pier. The next day ride the Roaring Camp Railroad through the Redwood Forest and enjoy an included lunch and some free time before heading home. We'll be staying at Hilton Scott's Valley with an included welcome dinner and hot breakfast. Menus and restaurant list at Activities Desk. There will be a rest stop included both directions. Leave OC 8:00 AM, Sunday, September 11, return Monday, September 12 ~ 7:00 PM. *A signed liability waiver is required for each participant.* \$316 per person double occupancy. \$398 single.

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## Sold Out Trips

Trip • Date • Departure Time

- **Beale AFB — 1762-04**  
Friday, June 24—8:00 AM
- **WaistWatchers the Musical — Matinee — 1786-04A**  
Thursday, July 14—12:45 PM
- **Laguna Beach Festival of the Arts/Pageant of the Masters — 1983-12**

Saturday, July 23—8:00 AM

- **Beautiful—The Carole King Story — 1790-03**  
Wednesday, September 7—11:00 AM
- **Beautiful—The Carole King Story — 1790-02**  
Wednesday, September 14—11:00 AM

## Activities Department Classes



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

## Classes

### 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 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 for first time students/beginners and offers limited guidance from moderator/instructor.

## Art

### —Announcement—

### Fine Arts Class Gallery Opens

Friday, June 17

5:30-7:30 PM, Fine Arts Room (OC). The Activities Department in cooperation with art instructors and students is proud to announce the opening of the **Lincoln Hills Student Art Gallery** in the Fine Arts Room. We invite our residents to visit and check out the wonderful works of our art students and their instructors. A collection of work from the Watercolor and Drawing classes of Michael Mikolon plus samples from other art classes including Marilyn Rose's Oils and Acrylic classes and Painting Pastels from Barry Jamison will be on exhibit. The newly constructed Fine Arts Room display wall will proudly show a rotating exhibit of students' artworks monthly. We hope everyone will stop by to



see the students' work. This is the perfect opportunity to see what your friends and neighbors here at Sun City Lincoln Hills are passionately pursuing. You can be one of them! If you miss the opening, you may drop by anytime, whenever an art class is ongoing.

### —Drawing—

### Beginner Drawing

Thursdays, July 7-28 — 132216-06

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, July 6-27

9:00-11:30 AM Class — 113116-06

Or 1:30-4:00 PM Class — 113216-06

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:*



Continued on page 70

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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. Please request supply list at the Activities Desks and online

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

**New Workshop!**

**Color Workshop with Marilyn Rose**

**Monday, July 11 — 113316-06**

12:00-4:00 PM (OC). \$65. Instructor: Marilyn Rose. Artists, do you have a hard time mixing the right color? Color mixing is a basic skill that many art instructors don't teach, but it can be easily mastered with some fun exercises. Join SCLH painting instructor Marilyn Rose for a four-hour workshop where she will show you how to mix any tint or shade with just a few basic colors. Oil paint will be used but the principles can be applied to acrylic, watercolor, tempera, pastel or colored pencil. All materials and tools will be supplied, just bring an apron or smock to protect clothing and an adventurous spirit.

**Painting Pastels and Oils with Barry**

**Mondays, July 11-25 — 105116-06**

9:00-11:30 AM (OC). \$39 (three 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, July 7-28 — 132116-06**

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: “Egrets on my Pond”**

**Friday, June 24 — 122116-05**

**Or Friday, July 22 — 122216-06 “Caribbean”**

5:00-8:00 PM (OC). \$55. Instructor: Unni Stevens. Relax and enjoy cheese and wine while painting. This is an activity that's becoming popular everywhere. Paint a finished acrylic 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 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).



**Mixed Media**

**Art Journaling**

**Tuesdays, July 12 & 26 — 143116-06**

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



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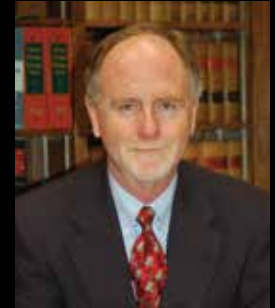
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In the community, Scott serves on the South Placer Rotary Board of Directors as President-Elect for 2015. Also actively engaged with his Masonic Lodge and Ben Ali Shrine/Shriner’s Hospital for Children.



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## Ceramics

### —Lladro—

#### Spanish Oil Painting

Wednesdays, July 6-27 — 206116-06

1:00-4:00 PM (KS). \$40 (four sessions). Instructor: Barbara Bartling. **Prerequisite:** Lladro requires a steady hand and concentration. 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, July 5-26 — 212116-06

1:00-4:00 PM (OC). \$54 (four sessions). Substitute Instructor: Mike Daley. 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, July 5-26 — 212216-06

9:00 AM-12:30 PM (OC). \$54 (four sessions). Substitute Instructor: Mike Daley. 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 demonstrations, assignments, group discussion and constructive critique.

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



#### Ceramics — All Levels

Thursdays, July 7-28 — 221116-06

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



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

## Crafts

### —Card Making—

#### Intro to Card Making 101—Level 1

Mondays, July 11-25 — 317116-06

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, July 12-26 — 317216-06

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, July 13-27 — 317316-06

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, July 15-29 — 317416-06

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



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## —Craft Corner—

**Colorful Napkins****Thursday, July 14 — 302016-06**

1:00-4:00 PM (KS). \$15+ \$15 supply fee. Instructor: Judi Masters. Have you ever wanted to make your own colorful napkins? Join me in making four cloth napkins designed by you. Napkins and dye provided. Additional napkins available for purchase at four for \$15. Please advise at sign-up if you want to purchase additional napkins.



## —Flower Arrangements—

**Hand Tied Bouquet Workshop****Tuesday, June 21 — 301116-05**

9:30-11:30 AM (KS). \$48. Instructors: Jen Steele and Sally Hernandez. We will go step by step in creating a hand tied bouquet. Using long lasting blooms and other accent flowers, you will learn to take loose flowers and create something beautifully put together for any occasion. All flowers, greenery, and ribbon included. Shears not included.

**Vibrant Summer Flower Arrangement****Tuesday, July 19 — 301116-06**

9:30-11:30 AM (KS). \$47. Instructors: Jen Steele and Sally Hernandez are professional designers and plant enthusiasts who will be guiding students through this workshop. Join us in making a vibrant summer inspired flower arrangement. For any beginner who loves flowers and creativity, come share in the fun of this class. We will go step by step in making a floral design that will celebrate the warm season of summer. Shears and knife not provided. All floral materials and container included. Space is limited.



## Cooking

**The Art of Sushi****Thursday, August 4 — 322116-06**

9:00-11:00 AM (KS). \$18. Instructor: Meridians Chef. The fine art of sushi isn't something to take lightly—good chefs train for decades, and good sushi restaurants have customs all their own. Join our staff and learn some of the techniques to good sushi making.



## Dance

## —Clogging—

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

*that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.*

**Beginning Clogging****Tuesdays, July 5-26 — 332116-06**

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, July 5-26 — 332216-06**

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, July 5-26 — 332316-06**

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, July 11-25 — 344216-06**

7:00-8:00 PM (KS). \$15 (three 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, July 11-25 — 344416-06**

8:00-9:00 PM (KS). \$15 (three 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



*Continued on page 76*

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 "A Love Worth Waiting 4" and "Midnight Waltz."

### Country Line Dancing

**Fridays, July 1-29 — 346116-06**

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, July 7-28 — 353516-06**

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, July 1-29 — 354516-06**

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, July 7-28 — 390216-06**

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! 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, July 7-28 — 353016-06**

12:00-1:00 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, July 5-26 — 353116-06**

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, July 11-August 29 — 360016-06**  
4:00-5:00 PM (KS). \$48 (eight sessions). Instructor: Audrey Fish.
- **Thursdays, July 7- August 25 — 370016-06**  
9:00-10:00 AM (KS). \$48 (eight 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

*Continued on page 79*

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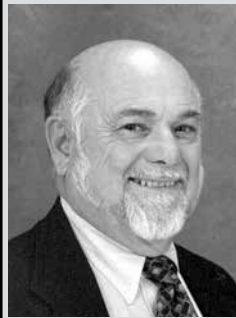
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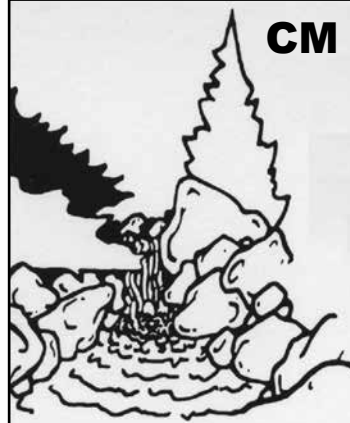
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and Half Turns at a slow tempo.

- **Mondays, July 11 -25 — 370116-06**  
9:00-10:00 AM (KS). \$18 (three sessions).  
Instructor: Yvonne Krause-Schenck.
- **Thursdays, July 14-28 — 360116-06**  
2:30-3:30 PM (KS). \$18 (three sessions).  
Instructor: Audrey Fish.
- **Tuesdays, July 5-26 — 380116-06**  
9:00-10:00 AM (KS). \$24 (four sessions).  
Instructor: Substitute, Ginger Fullerton

### 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, July 11-25 — 360216-06**  
5:00-6:00 PM (KS) \$18 (three sessions).  
Instructor: Audrey Fish.
- **Wednesdays, July 6-27 — 380216-06**  
9:00-10:00 AM (KS) \$24 (four sessions).  
Instructor: Substitute, Dennis Dawson.

### 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, July 6-27 — 380316-06**  
10:00-11:00 AM (KS) \$24 (four sessions).  
Instructor: Substitute, Janet Thomas.
- **Thursdays, July 14-28 — 360316-06**  
3:30-4:30 PM (KS). \$18 (three sessions).  
Instructor: Audrey Fish.

### Improver Line Dance Class

**Thursdays, July 7-28 — 370416-06**

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

### Line Dance Instructors

#### • Audrey Fish

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



#### • Sandy Gardetto

Sandy will be taking a break for the months of June-August. During this period classes will be taught by substitute instructors who were personally selected by Sandy.



**Ginger Fullerton:** Has been a line dance student for six years and is the lead dance volunteer for Saturday line dance practices. Ginger loves to line dance and thoroughly enjoys the people in the class. She will be the instructor for Line Dance I.

**Dennis Dawson:** Dennis is very active in both the Line Dance as well as Country Couples Group. He has substituted for Sandy in Line Dance II and Line Dance III class for the past seven years. Dennis is a fun teacher and highly qualified to teach Line Dance II.

**Janet Thomas:** Janet started line dancing in 2001, attending various classes near her home in Orangevale She has been teaching at the Senior Center in Rancho Cordova for three years. She will be our instructor for Line Dance III.

#### • 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 Tap will be on hiatus for the month of July except for one Tech class.*

### Technique Classes

• **Mondays, July 11-25 — 410516-06**  
10:00-11:00 AM (KS). \$24 (three sessions).

### —West Coast Swing—

#### Introduction to West Coast Swing

**Wednesdays, July 13-27 — 318116-06**

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, July 13-27 — 318216-06**

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, July 11 — 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, July 11-25 — 494116-06**

1:00-4:00 PM (KS). \$44 (three 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 use of equipment. Create a beautiful butterfly 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 26 years of stained glass experience.



### Money Matters

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### How to Invest in Stocks

**Tuesday, June 28 — 871000-06**

10:30 AM-12:00 PM, P-Hall (KS). \$5. Instructor: Russ Abbott. Ever wonder what things you should consider when putting your hard earned money into Stocks? Does price matter, management of the company, industry, analysts thinking, or what? Come to this popular class on how to analyze the important things necessary to figure out which stocks to buy and when. You will leave with a working knowledge of the stock market and where to find information on individual companies.



### Music

#### —Guitar—

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

#### Guitar 1A — Beginner Level

**Wednesdays, July 6-27 — 535116-06**

8:00-10:00 AM (KS). \$45 (four sessions). Instructor: Bill Sveglini. **Advisory:** Class is currently closed 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, July 11-25 — 535716-06**

8:00-10:00 AM (OC). \$34 (three 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 2B — Entry to Intermediate Level

**Wednesdays, July 6-27 — 535216-06**

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 second, fifth, and seventh positions. We will also study how to play solo literature and basic chord melody. Music

*Continued on page 83*





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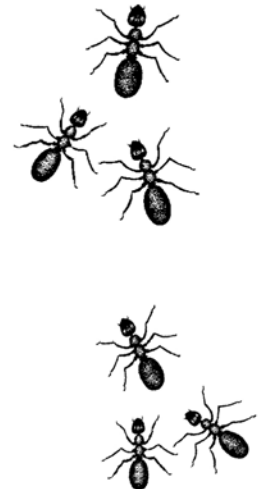


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theory, pertinent to all course work, will be taught. Questions? Call Bill, 899-8383.

### Guitar 3 — Intermediate

Thursdays, July 7-28 — 535316-06

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, July 7-28 — 535416-06

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 & 102  
will be on hiatus for the month of July*

### —Voice—

### Singer Vocal Boot Camp Continuation

Fridays, July 1-29 — 537216-06

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.



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### The Sudoku Series

Tuesday, June 28 — 870000-06

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 levels four-, five- and six-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

Tuesday and Wednesday, July 12 & 13 — 481026-06

9:00 AM-1:30 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Fee includes a \$10 Association administrative fee. Instructor: Tom McMahon. AARP

Driver Safety Training is geared to the "over 50" driver, and covers how to adjust driving to age-related changes in our bodies, as well as common sense ways to drive more safely. Course instruction uses videos, lively interactive discussions, and provides workbooks for a balanced review of safe driving. There are no tests to pass. You must present your AARP membership card at registration and bring it to class in order to receive the discounted rate. Bring a valid driver's license to class in order to receive a Certificate of Completion (required by many insurance companies to qualify for premium discounts). This course does not replace Traffic School for violations, nor is it specifically geared to help you pass the DMV driver's test. Class space is limited.



### Sewing

### —Certification—

#### Bernina Serger Certification

Monday, July 11 — 591116-06

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, July 11 — 592116-06

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.



#### Janome Sewing Machine Certification

Monday, July 11 — 593116-06

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

### —PC—

#### Windows 10 Basics

**Monday & Tuesday, June 27 & 28 — 295116-A**

**Or Wednesday & Thursday, July 27 & 28 — 295116-B**

9:00-11:30 AM (OC). \$45 (two sessions). \$7 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 and tablet features. Rita will help you transition from Win 7 or 8.1. You will learn to use the most common “apps.” *Bring your Win 10 device with you if you have one.* Handout reinforces class work. Questions? Call Rita at 543-6962.



#### New! Internet Safety

**Thursday & Friday, August 18 & 19 — 274116-06**

9:00-11:00 AM (OC). \$40 (two sessions) Instructor: Janet Dixon-Dickens **Prerequisite:** Must have personal working email. Phishing, Trojans, spyware, trolls, and flame wars—oh my! If the idea of these threats lurking around online makes you nervous, then you can now be at ease. This Internet Safety course provides you with the strategies, skills and mindset needed to protect yourself, your computer and your privacy when you connect to the internet. The course format will use short videos and hands on instruction. Class size is limited so sign up early.



### —Smart Phones and Tablets—

#### Introduction to Android SmartPhones

**Tuesday, July 12 — 256216-06**

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., 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, build your contact lists, sending and receiving text messages, use email, the internet, take and share 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.**



#### Beyond SmartPhones

**Monday, July 18 — 255316-06**

9:00 AM-12:00 PM (OC). \$40. Instructor: Len Carniato. Today’s Android SmartPhones and Tablets like Samsung, LG and others,

are powerful tools that go beyond simply placing phone calls. It’s like carrying a PC and entertainment system in your pocket. To take advantage of these capabilities, you have to know they exist, and how to make them work. Many features are self-explanatory, but many are not, especially for “technology-challenged” people. We’ll focus on common, useful tasks like Texting, watching Video on YouTube, Surfing the Web, managing Photos, loading Music and more. SmartPhone and Tablet users who are ready to learn more, this class is for you. **Note: Class is for Android.**

### —Mac—

#### Photos Editing on the iMac

**Tuesday, July 19 — 262216-06**

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iMac or MacBook with OS X Yosemite or newer. If you want to learn how to edit your photographs on your on the latest release of the Photos app, then this class is for you. Edit your pictures on your iMac/MacBook with the built-in editing features of the improved Photos app and other apps available from the App Store. Create professional photos on the Photos app. If you have any other specific questions about the class call Andy Petro at 474-1544.



#### iPhone Basics

**Monday, August 22 — 262816-06**

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS 9.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to get the most out of you iPhone? Do you want to learn how to use the Settings app to personalize your iPhone. Then this workshop is for you. Do you want to learn some tips and tricks that will make your iPhone one of your most prized possession? Then this class is for you. If you have any other specific questions about the class call Andy Petro at 474-1544.

#### Editing Photos on the iPhone and iPad

**Thursday, August 25 — 265116-06**

1:00-4:00 PM (OC). \$30 + \$5 paid to instructor. Instructor: Andy Petro. **Prerequisite:** You must have an iPhone 5S or newer and you must be on iOS9.0 or higher. Bring your iPhone to the Workshop. Do you want to learn how to use your camera better? Improve your photo editing and sharing capabilities on your iPhone camera? Then this workshop is for you. You will also be shown how to integrate camera and photo apps into your photo taking and editing experience. If you have any other specific questions about the class call Andy Petro at 474-1544.

### —Social Media—

#### Facebook 101

**Saturdays, July 9 & 16 — 272116-06**

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

*Continued on page 87*



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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.



### **New! Twitter 101**

**Tuesdays & Wednesdays, June 21 & 22 — 273116-05**

**Saturdays, July 23 & 30 — 273116-06**

9:00-11:00 AM (OC). \$40 (two sessions) Instructor: Janet Dixon-Dickens **Prerequisite:** Must have personal working email. Still don't get Twitter? More and more the micro-blogging network is becoming a very useful tool for finding out what is going on with people and things that matter to you the most. With this easy and engaging facilitated learning course, you will learn the various ways you can use Twitter to enhance your own life. The course format will use short videos and hands on instruction. 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 June 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.

- **Tuesday, July 19 — 700100-O1**  
2:00-3:00 PM, Fitness Floor (OC)
- **Thursday, July 28 — 700100-O2**  
3:00-4:00 PM, Fitness Floor (OC)
- **Thursday, June 23 — 700100-KB**  
1:00-2:00 PM, Fitness Floor (KS)
- **Tuesday, July 12 — 700100-K1**  
2:00-3:00 PM, Fitness Floor (KS)

### Dance Classes

*A variety of dance classes are offered through the Activities Classes starting on page 75. 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

**Tuesdays, July 5-26 — 801100-7A**

**Wednesdays, July 6-27 — 801100-7B**

**Thursdays, July 7-28 — 801100-7C**

**Fridays, July 8-29 — 801100-7D**

Wednesday & Friday 12:00-1:00 PM, Aerobics Room (OC). Tuesday & Thursday 11:00 AM-12:00 PM, Aerobics Room (OC). \$35.00 (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.

#### Spotlight On...

##### Healthy Living with Exercise

**Thursday, June 23, 2016 — Free**

2:00-3:00 PM, Aerobics Room (OC). Instructor: Annamarie Estevez. Have you recently been diagnosed with Diabetes, Cardiac/Pulmonary Disease, or Parkinson's? Are you unsure where to start with your exercise program? Come join us for a free informational session regarding our Healthy Living with Exercise Program. This program will assist in maintaining normal range for glucose levels and blood pressure while providing a regular routine for exercise. Learn about common health problems encountered as well as diet and medications. Take control over your health issues with exercise.

#### Pre-Enrollment Assessment

##### Healthy Living with Exercise

**Continuous Dates — 881000-05**

Fitness Center (OC). \$30 (one session, one-hour long). This session is a pre-requisite for enrollment in our Healthy Living

*Continued on page 89*

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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.

### Healthy Living with Exercise—Part 1

**Mondays and Wednesdays, July 6-27, 878000-07**

3:00-4:00 PM, Aerobics Room (OC) \$70 (seven sessions). Instructor: Annamarie Estevez. This one-hour session class is designed for those coming back to, or starting, a new exercise program. 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 Part Assessment.

### Exercise and Weight Management Program

**Tuesdays & Thursdays, July 5-28 — 865000-07**

1:00-2:00 PM, Aerobics Room/Indoor Track (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.

### Lessons

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

### Free!! Nordic Pole Walking Information Session

**Tuesday, July 26**

1:00-2:30 PM, Multipurpose Room OC. Instructor: Dr. Popejoy; Worldwide clinical studies have proven the therapeutic benefits of Nordic Pole Walking. The Mayo Clinic endorses Nordic Pole Walking as a physical activity which is suitable for all ages and for almost all physical abilities. Nordic Pole walking is a low impact and joint friendly workout that uses walking boost calorie burn. Dr. Popejoy is, Founder & CEO of Nordic Walking Nations, he is a National speaker on Nordic Pole Walking. He has been practicing Integrated Medicine for 27 years.

### Nordic Pole Walking

**Monday & Tuesday, July 11 & 12 — 750000-07**

**Monday & Tuesday, August 1 & 2 — 750000-08**

**Wednesday & Thursday, August 3 & 4 — 750000-8A**

8:00 AM-9:30 AM, 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

#### Free Community Demonstration

**Saturday, June 25**

12:00-1:30 PM, Aerobics Room (OC) as a community service that is open to all residents we are holding a free Self Defense Seminar. The main focus of the seminar is to teach you, what you need to know to survive an attack from someone bigger and stronger than you. Everyone trains at a level appropriate for their age and fitness level, and advances at their own pace. 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.

### Self-Defense and Martial Arts

**Tuesdays, July 5-26 — 815000-07**

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



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**Tai Chi Qigong L1****Tuesdays, July 5-26 — 730100-07****Saturdays, July 2-30 — 730100-7A**

Saturdays 11:00 AM-12:00 PM Aerobics Room (OC) \$43.75 (five sessions). Tuesdays 1:30-2:30 PM, 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****Tuesdays, July 5-26 — 730300-7A****Saturdays, July 2-30 — 730300-07**

Saturday, 10:00-11:00 AM, Aerobics Room (OC) \$43.75 (five sessions) Tuesdays, 2:45-3:45 PM, Aerobics Room (KS). \$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 complimentary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. 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, eight 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.*

**Re-Start—Your Health in Just Five Weeks****Tuesday, June 21-July 19 — 862000-06**

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.

**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.

**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@scilhca.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-A7**

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.

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### 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.
  - **Clinical Training:** One client and one trainer. One hour session cost is \$60, half hour session \$40.
  - **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 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, June 29-July 27 — 835210-A7**

3:30-4:00 PM, Aerobics Room (KS). \$70 (eight sessions; no class July 4th). 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, June 28-July 21 — 835211-A7**

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

### SGT—TRX Interval Training L3

**Mondays & Wednesdays, June 29-July 27 — 835800-A7**

2:30-3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class July 4th). 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!



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**SGT—Fit 101 L1****Mondays & Wednesdays, July 6-August 1 — 835500-B7****Tuesdays & Thursdays, July 5-28 — 835500-A7**

Tuesday & Thursdays 12:00-1:00 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, June 23-July 21 — 835600-A7**

12:00-1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class July 5th). 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 L3****Mondays & Wednesdays, June 22-July 20 — 835400-A7**

4:30-5:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class July 4th). Instructor: Mike Yamamoto. Take your workout to the next level! L3 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, June 22-July 20 — 835310-A7**

7:15-8:15 AM, Aerobics Room (KS). \$135 (eight sessions; no class July 4th). Instructor: Milly Nuñez. Rise and shine to enjoy a fun

and energizing workout in a small group setting. Discover 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—TRX L1****Thursdays, July 7-28 — 835214-A7**

1:30-2:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: Milly Nuñez. Are you curious about the TRX? This class will teach you the basics about the TRX in a non intimidating atmosphere. Join this class and learn the basics about the TRX and "boot-camps" so that you can feel comfortable taking any small group training class.

**SGT—Full Body Foam Rolling All levels****Wednesdays, July 6-27 — 835212-A7**

10:30-11:30 AM, Fitness Floor (KS). \$70 (four sessions). Instructor: TBA. 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.

**SGT—TGIF TRX & More L2****Fridays, July 1-29 — 835200-A7**

7:15-8:15 AM, Aerobics Room (KS). \$87 (five sessions). Instructor: TBA. 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, July 6-August 1 — 835700-A7**

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, July 6-August 1 — 835710-A7**

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

*Continued on page 97*

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- **One-on-One Training:**

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- **Buddy Training:**

It is more fun to work out with a friend! \$15 per person. Need four students per session.

### Pro Tennis Lessons

Sundays, June 26-July 31

Beginner 8:00-8:50 AM — 790700-04

Intermediate 9:00-9:50 AM — 790600-04

Advanced 10:00-10:50 AM — 790500-04

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.



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### Punch Pass Class Descriptions

*Please see the colored grids on pages 101-103 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 strength sets. Working the whole body through the use of hand-held weights, Body Bars, disks, and more! Become stronger for your everyday activities.

*Continued on page 98*

- **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!
  - **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!
- Outside Water (H2O) Bootcamp:** Have some fun in the sun with this high intensity bootcamp style class which includes a variety of exercises to increase cardiovascular and muscular strength as well as range of motion. This class will be held in the outdoor pool weather permitting.
- **Pilates Fusion L1/2:** Enjoy a Pilates based core strength workout with a mix of other disciplines. This class is designed to strengthen and tone the total body, ending with stretching and relaxation. A variety of equipment may be used.
  - **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!

- **Strength and Flexibility L2:** Add a new dimension to your strength routine. Develop strength in your core and more while stretching in every class to increase your flexibility. Stretching increases blood flow to the muscle and better flexibility lowers your risk of injury. Enjoy a well rounded workout that will benefit your daily activities!

- **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

*Continued on page 100*

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muscular strength. This class provides variety, intensity and fun! Mondays and Wednesday PM class will be held outside while the outdoor pool is open. Enjoy the sun and fresh air while getting an outstanding workout!

- **Water Works 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

### OC Aqua WellFit Class Schedule July 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:30	Water Works L2/3- Theresa	Outdoor H20 Bootcamp L3- Annamarie	Water Works L2/3- Jeannette	Outdoor H20 Bootcamp L3- Marilyn	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	H20 Bootcamp L3- Annamarie	Water Works L2/3 - Deanne	Splash Dance L2- Annette	Water Works L2/3 - Deanne	H20 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 4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	H20 Bootcamp L3 Annamarie		H20 Bootcamp L3- Annamarie				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

weights, sitting in chairs, to strengthen the upper arms. Then, we do standing poses at the wall that are weight-bearing, to strengthen the bones of the hips and legs and maintain balance. We end the class on the floor, where we stretch to bring flexibility and agility to the joints. We do deep breathing exercises, and finish with a restorative deep relaxation.

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

• **Yoga Stretch L1 & L2:** 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.

**WellFit Pilates Reformer Class Schedule July 1-31, 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- Julie	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		
12:00			Cardio Jump & Core L2 - Gretchen				
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
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.							

OC WellFit Class Schedule July 1-31, 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	Step It Up L3- Kim	Strictly Strength L3- Annamarie	Step It Up L3- Kim	Yin Yoga L1-3 - Marilyn	Low Impact L3- Jeri	
9:00	Zumba L3 - Annamarie	Core & Strength L2 - Julia	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Sarah	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Sarah	Yoga Flow L2 - Ashley	<b>New!</b> Everybody Can L2- Linda <i>Beginning July 6th</i>	Yoga Flow L2- Sarah	Strictly Strength L2 - Valerie	Tai Chi Qigong L2- Peli	Zumba L3- Carrie
11:00	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola	Tai Chi Qigong L1 - Peli	
12:00	<b>New!</b> Yoga Stretch L1- Julie <i>Beginning July 11th</i>	12:15-1:15pm iRest Meditation and Yoga L1 - Iram	Arthritis L1/2 - Linda	Yoga Stretch L1 - Julie	Arthritis L1/2 - Linda		
1:00	Chair with Flair L1 - Julie	1:30-2:30pm Chair Yoga L1 - Ashley	Chair with Flair L1 - Julie	1:00-2:00pm Exercise and Weight Mgmt L1 - Marilyn	Basic Chair L1 - Julie		
2:00	SGT- Balance & Fall Prevention L1 - Kathryn		SGT- Balance & Fall Prevention L1 - Kathryn				Yoga Flow L2- Ashley
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	Healthy Living Exercise L2 - Annamarie (completion of Healthy Living Session required)	Activities		Activities			
4:30			4:30-5:25pm Zumba L3 - Ruby				
5:00	Zumba L3 - Summer			Activities			
6:00		6:00-7:30pm Self Defense - Paul					
	Group Exercise Classes (punch pass) \$3.50		Wellness Classes (session based)		Small Group Training (session based)		
	All classes are subject to change without notice.						
	All classes are 55 minutes, unless otherwise noted.						

KS WellFit Class Schedule July 1-31, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT- Morning Bootcamp L2- Milly	Mixed Level Cycle L2- Deanne	7:15-8:15am SGT- TGIF TRX L2- TBA		
7:30							
8:30						8:00am HI NRG Cycle L3-Paige	
9:00	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	Strength & Flexibility 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		12:00pm SGT- Functional Fit L2- Deanne		12:00pm SGT- Functional Fit L2- Deanne			
1:30	Yoga Basics L1- Ursula	Tai Chi Qigong L1- Peli	Yoga Basics L1 - Ursula	SGT- TRX L1 - Milly			
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 Qigong L2 - Peli	SGT-TRX Exp. L1- Julia		SC LH Booking		
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.							



**River of Stars**

**Wednesday, June 15 — Free**

7:00 PM, Ballroom (OC). Lincoln Hills Astronomy Club’s guest speaker, Ken Crawford, will demonstrate how amateur astrophotographers are producing professional quality images that not only show the beauty of our universe, but also are being used by professional astronomers for real science. We will examine the search for galactic tidal streams which are the remnants of galaxy mergers. This Galactic Archaeology shows that real science can be done by amateurs with modest equipment, clear, dark skies and dedication. You will experience a tour of stunning galaxies, star forming regions, and exploding stars through the technical art of astrophotography.



**Why Sleep?**

**Wednesday, June 29 — Free**

7:00 PM, Ballroom (OC). Dr. Amer Khan MD, Child Neurologist and Sleep Medicine Specialist, will cover a variety of information about our need to sleep, the body’s various mechanisms involved in sleep and how they can go wrong. Emphasis will be on a better understanding of how sleep is the keystone for health maintenance and longevity and why it is critical for us to pay attention to our sleep habits. Various common disorders such as insomnia, snoring and sleep apnea will be reviewed. The relevance of iRest techniques to the management of insomnia will be discussed and techniques will be demonstrated. Participants will have an opportunity to interact and ask questions.



**CCI—Canine Companions for Independence—  
Non-profit Provider of Service Dogs**

**Tuesday, July 12 — Free**

7:00 PM, Ballroom (OC). Volunteers from the Gold Rush Chapter of Canine Companions for Independence (CCI) will give a presentation to Sun City Lincoln Hills residents about CCI’s Service Dogs. CCI is the largest non-profit provider of Service Dogs, graduating 309 Teams in 2015 and May 2016

saw the organization’s 5,000th Team graduate since CCI’s founding in 1975. Gold Rush Chapter volunteers will provide information about the organization, the types of Assistance Dogs provided and some of the dogs to provide examples.



*Note: An Activities Department trip to Canine Companions for Independence Graduation and the Charles Schulz Museum in Santa Rosa is scheduled for August 12. See page 65 for details.*

**The Lost City Of Petra**

**Thursday, July 14 — Free**

10:00 AM, Ballroom (OC). The Lost City of Petra is one of the archaeological enigmas of our time; the image of its Treasury façade, carved out of a red sandstone cliff is well known. The city appeared on many travel calendars and served as “location sites” for many movies such as “Indiana Jones and the Last Crusade.” But that is only the starting point for several mysteries. What else does the site contain? What culture created it? What happened to them? After the site was largely abandoned in the first millennium, how was it re-discovered by Western Archaeologists?



**Brain Health! Exercise for Your Brain**

**Wednesday, July 27 — Free**

7:00 PM, Ballroom (OC). Join educational physiologist Dr. Alice Jacobs, as she presents the latest brain research on Alzheimer’s disease, enhancing your memory, and what you can do to take care of your brain to keep it functioning optimally. Dr. Jacobs is an internationally recognized author, educator, and consultant in the field of aging and brain health. Her pioneering work led to the creation of a new field known as “Sapien-tagogy,” which is the study of learning and teaching people over 50 years of age. This presentation will include interactive “neurobic” exercises to give your brain a little workout and conditioning to remember those important things like car keys, eye glasses and people’s names. You’ll have fun—and learn about brain anatomy and physiology too!



**Community Forums, Date, Time, Location**

<ul style="list-style-type: none"> <li>• <b>River of Stars</b> Wednesday, June 15, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>The Lost City of Petra</b> Thursday, July 14, 10:00 AM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Why Sleep?</b> Wednesday, June 29, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Brain Health! Exercise for Your Brain</b> Wednesday, July 27, 7:00 PM, Ballroom (OC)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Canine Companions for Independence/Non-profit Provider</b> Tuesday, July 12, 7:00 PM, Ballroom (OC)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>End of Life Option Act: Empowering Califs. with Terminal Illness</b> Wednesday, August 31, 7:00 PM, Ballroom (OC)</li> </ul>



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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)

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Kilaga Springs 408-4013

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### •Food & Beverage•

Meridians Reservations 625-4040

Kilaga Springs Café 408-1682

Director of Food & Beverage

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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

See July 4 hours on page 5.

## 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

Tony Marino 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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