

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



12 National Night Out

52 Summer Concert Series



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On the cover - Summer Concert Series Andersen.



Board of Directors' Report Community Service

Ken Silverman, Vice President, Board of Directors

Retirement offers opportunities to explore new interests, use prior skills in a new direction, and volunteer. The residents of SCLH spend a great deal of their time volunteering not only within the Association but in the wider Lincoln community.

We talk and hear about those that donate their time with our standing committees, such as Finance and ARC, but what about those who help collate the *COMPASS* each month, check tickets at our concerts, and volunteer to be on special committees and task forces? Then there are the individuals who spend a great deal of their time and expertise helping, for example, Peter Beckett, who not only takes his time to video-record meetings but then performs the post-production process and puts them on YouTube for our residents to see, a time-consuming task. A few others like Harlan Felt, Jeff Hanner, and Jim Moon are using their technical expertise to help update an install new A/V equipment, saving the Association a great deal of money.

These are examples of helping the Association but what about those who volunteer in the Lincoln community? Please note I could not possibly provide the names of the hundreds who volunteer but when I attend a meeting at City Hall or attend an event within the city, I regularly see many of our residents acting in a volunteer capacity: Michelle Hutchinson, who serves on the city's Planning Commission; two residents who are part of our City Council, Peter Gilbert, and Dan Karleskint. Others like Hank Lipschitz and Paul Apfel serve on the city's Finance committee. There are many more residents who serve on the city's boards and committees. Go to the City of Lincoln website, and you might find a neighbor or friend. Outside of City Hall, Twelve Bridges Library quarterly book sales are led by Sharon Gorley, aided by Jeff Greenberg, Maggie Forte, and many others. SCHOOLS comprises over 80 volunteers in our schools. I recently attended an open house at Phoenix High School, where volunteers included Jim Klein, Crystal Elledge, Laura Theile, Irma Mendez, and Judie Panneton.

The more we give, the happier we feel. **Volunteering** increases self-confidence. You are doing good for others and the **community**, which provides a natural sense of accomplishment. Your role as a **volunteer** can also give you a sense of pride and identity.

*"Only a life
lived for others
is a life
worthwhile."*

—Albert Einstein

Calendar of Events

July 16, 2018 - August 15, 2018

Date	Event	Page #
7/16	Zumba with your Grandkids.....	68
7/16	YouTube TV	81
7/16	Genealogy Presentation	32
7/19	Line Dance Fun with your Grandkids.....	68
7/20	Sip & Paint	69
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8/6	Nautilus Society Seminar	45
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8/14	A Bridge to Cross–Forum	51
8/14	Mixed Media Art Journaling	68



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the July issue of the COMPASS magazine! Summer is here. Hopefully, this is a time that you can share with your family and friends. The last two months have been busy ones for our team, with the Orchard Creek Fitness renovation, the start of the Summer Concert Series, firebreak mowing, and other tasks. It's interesting to note that we support over 8,000 events both large and small. It takes a tremendous amount of work to coordinate this effort; we are incredibly lucky to have such a capable and motivated team.

It's also important to note that when a project comes up, the team cannot simply drop their other duties to focus on a new task. The usual work of the day must be carried out and carried out at a level of service that meets the needs of our residents. I am very proud of the efforts our WellFit and Facilities team have made during the Orchard Creek Fitness renovation to not only carry out the new work but to continue to take care of users of the Fitness facilities. It has not been easy, but the results speak for themselves. Residents who use the Orchard Fitness Center have been overwhelmingly positive in their comments; they are pleased with the new look and new equipment.

Our Food & Beverage team had a very productive May, beating budget by over \$45,000. This department has been under a fair amount of scrutiny over the past several months. The past two months have been favorable to budget, and we have seen positive improvement with service and food consistency. Our catering events have received numerous positive comments, as well. We should never miss an opportunity to recognize good performance, and now is a great time to say "well done" to the F&B team.

Firebreak mowing has been completed throughout the Lincoln Hills preserve areas. In July we will be completing some clean up along the Seep Preserve fence line. The mowing and grazing programs put us in a very positive position from a fuel management standpoint.

I hope the rest of your July is filled with good times. If you have time, please come to a Listening Post. It's on the last Tuesday of each month. I look forward to seeing you there.

Election News

Getting Ready... Is an SCLH Directorship in Your Future?

Four Board of Directors positions will be open in a few months! Now is the time to seriously consider filling one of these positions by becoming a candidate. Our community needs new participation to continue being an exceptional place in which to live. All resident/owners are eligible.

The Elections Committee has made it even easier to become a candidate. For example:



- **Information session** to help candidates know what to expect.
- **Free photo opportunity** to use for publication materials.
- **Free videotaping** of candidate comments for posting on the SCLH website.
- **COMPASS publication** of candidate statements.
- **Forum questions** given to all candidates beforehand.
- **Potential room availability** at no cost to candidates.
- **Potential low campaign costs** due to mutual candidate agreements.

Join us for the Candidate Information Session on August 30 to hear how you can support and become a leader in our community.

Date	Day	Event
2018		
Aug 30	Thu (1-3PM)	Candidate Information Session
Sep 10	Mon	Candidate Filing opens
Oct 10	Wed	Candidate Filing closes
Oct 12	Fri	Candidate Briefing Session
Nov 9	Fri	Candidate Ballot Statements due
Dec 11	Tue	Articles from Candidates due
Dec 23	Sun	Candidate yard signs may go up

Date	Day	Event
2019		
Jan 7	Mon	Election Ballots mailed
Jan 15, 17, 19	Tue, Thu, Sat	Candidate Forums
Feb 13	Wed	All Ballots Due
Feb 14	Thu	New Board seated

For more information contact: Al Roten, Elections Committee Chair at roten.elections@gmail.com



Team Member of the Month Award – June 2018



Our June 2018 “Team Member of the Month” Award is Teagan Hackbarth! Teagan joined our Food and Beverage Department in July of 2017 as a part-time Dishwasher. Since then Teagan has taken on many roles in the department, including expediting, banquet serving, as well as prep person in the Kitchen. Here are just a few quotes from her team members:

“Teagan is a hard worker and is dedicated to Sun City Lincoln Hills!”
“Her willingness to help in anything, without hesitation, is superb!”
“Teagan has a great sense of humor and is loved by everyone!” *“Teagan shines in work ethics and her ability to always go the extra mile is top notch!”* *“Whatever her job role is she does it with a smile showing compassion and outstanding customer service!”*

Congratulations Teagan! We are fortunate to have Teagan part of our Team. Thank you Teagan for your dedication, hard work and excellence to our clients and to the F&B Department!



Upcoming Association Meetings: July 15 – August 31

CCRC/Communications & Community Relations Meeting	Tuesday, July 17, 9:30 AM
Golf Cart Registration	Thursday, July 19, August 2 & 16, 9:00 AM
Finance Committee Meeting	Thursday, July 19, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, July 23, 9:00 AM
Listening Post	Tuesday, July 24, 11:00 AM
Board of Directors Meeting	Thursday, July 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, July 26, 10:30 AM
Board of Directors Executive Session	Thursday, July 26, 11:00 AM
Compliance Committee Meeting	Wednesday, August 1, 9:00 AM
Properties Committee Meeting	Thursday, August 2, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, August 3, 10:00 AM
CCOC/Clubs & Community Organizations Meeting	Tuesday, August 7, 9:30 AM
Properties & Finance Committee Workshop Presentation of Capitals & Large Reserves	Tuesday, August 7, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, August 13, 9:00 AM
Finance Committee Meeting	Thursday, August 16, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, August 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Session	Thursday, August 23, 10:30 AM
Board of Directors Executive Session	Thursday, August 23, 11:00 AM
ARC/Architectural Review Committee Meeting	Monday, August 27, 9:00 AM
Listening Post	Tuesday, August 28, 11:00 AM
Elections Committee Meeting	Friday, August 31, 10:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.

Listening Post Update – Chris O’Keefe, Executive Director

The May Listening Post continued a trend of positive attendance, and it looks like we will continue to utilize the Orchard Creek front ballroom. I am truly appreciative of the response, and with the way that life moves these days, I am thankful for those that are able to take the time to participate.

We started out with a review of our grazing program, and how and why it started. We can be incredibly proud that we were the first community in our area to adopt a grazing program to manage fuel levels in the open space areas.

An update was provided on the Orchard Creek Fitness renovation and the problems associated with prepping the indoor pool wall and truss surfaces for painting, as well as the progress with the equipment placement and locker rooms.

We then moved on to everyone’s favorite topic – Bark Mulch! OK; maybe not everyone’s favorite topic, but with over 5.4 million square feet of barked

areas in the community, it is a major factor in the landscape budget.

We finished up with a conversation regarding landscape cost comparison between Sun City Roseville, and our community. As with any comparison, it is important to have an understanding of all the factors involved.

When you compare apples to apples it is clear, thanks to the efforts of the landscape team, that we manage the landscaping very efficiently. I hope you can find time in your schedule to attend one of the upcoming Listening Posts. It is a great opportunity to get accurate information and share ideas.

Listening Post meets on the fourth Tuesday of each month. This is your opportunity to ask questions of our Executive Director and guest speaker, and their opportunity to Listen and provide answers. Please come join in the discussion.





Finance Committee Report

Capital Projects Review Requires Due Diligence

Marsha Watkins, Finance Committee

Under new guidelines developed by the Board earlier this year, the Capital Projects' acquisition process has been clarified. Residents can now submit projects twice per year at joint Finance and Properties Committee meetings. The Community Enhancement Fund (CEF) that was approved in 2016 will remain the main source of funds for Capital Projects.

If the Properties Committee approves the concept based on its benefits and/or enhancements to the community, the Finance Committee then analyzes the financial aspects of the request. For a more complex project, task forces can be developed to review the details before any decision is made.

The Finance Committee determines if due diligence has been completed in ensuring the project delivers best value for the funds required. If there is a contract or bid submitted with the request (three bids are requested), the Finance Committee reviews the contract for completeness and determines which bid provides the best financial alternative. A return on investment analysis is requested when a payback period can be calculated. The financial analysis includes the impact to the operating budget, whether the expenses would be a one-time charge or an ongoing expense. The

one-time charges become part of the cost of the request while ongoing expenses (such as maintenance costs) are analyzed to determine the effect on the monthly dues to each homeowner. The effect to the Reserve Fund for a new item must be included in the first year's costs, and the long-term impact on the Reserve Fund must be assessed. Finally, large projects that exceed 5% of the operating budget for the year must be approved by a majority of the homeowners.

After this extensive analysis, the Finance Committee can return the project to the Properties Committee for more information, recommend approval of the project to Board, or forward the project to the Board without a recommendation.

To fully answer the many questions we have received from residents about the CEF and the Capital Projects acquisition process, the Finance and Properties Committees are holding a joint workshop on Tuesday, August 7 at 10:00 AM. An agenda will be provided in the near future.

With a strong month by the Kilaga Spa and the Food & Beverage departments, the May financial report is positive to budget for the month and the year-to-date. The below spreadsheet shows the specific numbers for each department.

Preliminary Statement of Operations YTD May 2018

Budget vs Actual Departments & Activity	Revenue > Expense (Expense > Revenues)		Favorable (Unfavorable) Variance	Annual Budget
	Actual	Budget		
Homeowner Assessments & Other	\$3,463,428	\$3,439,402	\$24,026	\$8,261,646
Administration (Expense)	(857,750)	(850,065)	(7,685)	(1,977,330)
The Spa at Kilaga Springs	3,428	1,155	2,273	15,010
Fitness	(190,169)	(198,410)	8,241	(479,280)
Activities	(277,552)	(259,045)	(18,507)	(509,370)
Rec. Center / Maintenance	(2,185,195)	(2,223,051)	37,856	(5,300,730)
Food & Beverage	(91,821)	(48,573)	(43,248)	(35,538)
Net Revenues (Expense)	(\$135,633)	(\$138,587)	\$2,954	(\$25,592)
CEF/FMA Net Change YTD May 31, 2018	\$220,539	CEF/FMA Balance May 31, 2018		\$929,298



Architectural Review Committee

We Have a Winner...

Carole Dummett, ARC Chair

The Dexter’s home on Overland Lane has been selected by the ARC as the Yard of the Month winner for May. Their home reflects a lovely landscape design integrating the gentle curved steps and plantings into the casita with beautiful stonework, along with a nice selection of plants that add color and texture.

At the June 28 Board Meeting, they were presented with a one hundred dollar SCLH Gift Card. A special thank you to Sheri and Andy Dexter!

This fun and exciting contest for residents will run to September 1.

Submit your nominations to the ARC Drop Box at the Orchard Creek Lodge or email CommunityStandards@sclhca.com.

As the community ages so do our trees. This can lead to issues such as cracked concrete, buckled fencing, or unpruned trees blocking sidewalks, stop signs or encroaching into neighbors’ yards. Trees require regular maintenance, pruning, and a good water source on a separate irrigation line. As a courtesy to other residents and to ensure safety, please keep your trees pruned. If you see trees in common areas that need pruning, especially if they are blocking stop signs, call SCLH Landscape Supervisor Paula Horsley at 916-625-4501. If the trees belong to a resident, let them know or contact



Community Standards.

Tree removal does not require ARC approval; however, every lot must have at least one 24” box tree in the front yard and the backyard of a golf course or open space lot. All newly planted trees require ARC approval and must meet setback requirements for that particular tree (see Appendix A of Design Guidelines). Tree stumps in front yards must also be removed with the tree. Streetside yards require two 24” box trees.

We suggest you select a tree that is suitable in size for your lot and location. Many of the coniferous trees can become enormous and overwhelm a resident’s property.

Palm trees were deleted from our Acceptable Plant List on December 1, 2016, as they are not native to this area and non-conforming to SCLH. Effective December 8, 2016, Sago Palms are allowed in pots only.

Effective June 11, 2018, the committee agreed to discontinue the weekly Paint Review meeting held on Thursdays, and review them at our ARC meetings on the second and fourth Monday of each month. Please contact Sam McKee at Community Standards or ARC@sclhca.com with your questions or concerns.



Let us serve you with a view

Meridians
Restaurant & Bar

“Stag’s Leap Wine Dinner!”

Kristy Woodin, Director of Food & Beverage

Chef Ian and Chef Anoud are excited to be partnering with Stags Leap Wines for an unforgettable Wine dinner Wednesday, August 1. Enjoy a 5-course meal expertly paired with Stags Leap for \$120 per person inclusive. The menu can be viewed on the Meridians website. Space is very limited so call and make your reservation ASAP!

National Night Out is Tuesday, August 7. DJ Tom will be cranking the tunes to this year’s “Roaring 20s” theme. As always, the event is free. There will be food booths and bars with your favorite libations to purchase. Just a reminder, Meridians Restaurant will be closed on this evening; The festivities are outside in the amphitheater.

“Tapas Mondays” will be starting every Monday from August 6 through September 10. Bring your friends and come enjoy small bites and cocktails in either bar. Available in the restaurant as well!

Don’t forget Meridians is delivering to your door. We deliver Tuesday through Saturday from 1:00 to 7:00 PM.

Please go to www.meridiansrestaurant.com to view the delivery menu! You can also pick one up the next time you are at Meridians.

Chef’s recipe of the month:

Moroccan Sea Bass or Halibut

Ingredients

- 4 fish fillets (best if you use a firm, dense fish like halibut, or sea bass)
- 1 bunch fresh cilantro, cut into large pieces (you may substitute fresh parsley or basil if you prefer)
- 1 red bell pepper, seeded and cut into long thin strips
- 5 large garlic cloves, coarsely chopped
- 3 large dried red chili peppers
- 1/4 tsp turmeric
- 1 1/2 cups water
- 1/3 cup extra-virgin olive oil
- 1 tbsp paprika (heaping)
- Salt and pepper to taste

1. Place cilantro, bell pepper slices, garlic and chili peppers in the bottom of a sauté pan to create a “bed” for the fish. Reserve a few pieces of cilantro for garnish.
2. Place fish fillets on top of the other ingredients. Season fillets generously with salt and pepper, then sprinkle turmeric evenly.
3. Add 1 ½ cups of water to the pan. Cover pan, turn flame on high and bring to a boil. As soon as the water boils, reduce heat to medium and uncover the pan. The mixture should be simmering lightly at this point. Allow mixture to simmer uncovered for 10-15 minutes, basting fillets periodically, until the water reduces by half and turns yellow.
4. In a small bowl, mix together olive oil and paprika with a fork. Pour red oil mixture over the fish fillets, coating them evenly. Let the fish simmer uncovered for 20 minutes more, basting frequently. Fish is done when liquid is reduced to about a quarter of what it was originally, and the fish has turned a rich red color.
5. Serve fish and bell peppers together with starch and/or vegetable of your choice. The red sauce from the pan can be poured over the top of the fish and the starch. Garnish with fresh cilantro leaves.



Lifestyle News & Happenings
So Much to Look Forward to
Lavina Samoy, Lifestyle Manager

As the saying goes, "Time flies when you are having fun." Believe it or not, we are halfway through the year. In the first half, we witnessed the successful launch of new Lifestyle events: Pet Fair and Parade, a trip to the Oregon Shakespeare Festival, an expanded Summer Fun with your Grandkids program, and more. The Summer Amphitheater Concert Series had the highest opening show to date with over 1,400 attendees.

If you think those were fun, the remaining six months of 2018 promises to be a blast!

For the first time, we're heading to **Laughlin, Nevada**, via a chartered plane, and experiencing a covered jet boat tour. View the grandeur of the **Grand Canyon West and enjoy fun activities September 30 to October 4** (page 57.)

We have your Friday entertainment covered with five more **Summer Amphitheater** concerts this season. Invite your friends and show them what living in Lincoln Hills is all about! **Katy Stephan** floored everyone with her guest performance at the Brendon and James concert. She is back with her own show **Mancini: The Songs of Henry Mancini on September 27, Presentation Hall** (page 55).

October 16 brings our **First Holiday Shopping Expo!**

Get your shopping done early at Orchard Creek Lodge. You can expect all kinds of unique items including crafts, jewelry, apparels, holiday decor, accessories, and more! Interested in selling? Pick up a Vendor Application from the Lifestyle Desk, deadline August 31st.

We just added an extra class for **Kiddie Cardmaking with Dottie, July 30** as first class sold out (page 68). **Sip and Paint: Paint Your Pet** is back on August 31 with artist Unni Stevens to memorialize your furry, scaled or feathered pet (page 69).

We are sad to see two of our longtime instructors retire: Dolly Schumacher and Bill Sveglini. Dolly was a devoted dance instructor who taught and choreographed ballet, Performance Dance, and Dance for Life. Bill is loved for his Guitar classes and encouragement to aspiring singers in his Vocal Boot Camp classes. Both touched the lives of many of our residents not only as instructors but active members of the Lincoln Hills performance groups. We would like to send out a big huge *Thank You* for their dedication, passion and contributions to our community.

The **20th Anniversary Celebration Planning Committee** has met, and great ideas are pouring in. If you have suggestions for the 2019 celebration, please email me.

The Sun City Lincoln Hills Country Couples Dance Club



Weekly practice is available for members enrolled in monthly instruction classes.

Country Couples invites you to join them in a great American pastime...

Country Dancing Monday night's beginning and intermediate classes are designated to teach partner dance at the social level.



Friendly Great Exercise Good for the Mind & Body Check the Compass for details.



The Spa at Kilaga Springs Memberships at The Spa at Kilaga Springs

Trudy Smith, Spa Manager

For those of you making health a priority, the Spa at Kilaga Springs offers monthly memberships for massage and skin care services.

The Hydrafacial system has been an extraordinary success. We are introducing several new memberships:

- The Deluxe HydraFacial (normally \$250) member price \$199.
- The Signature Hydrafacial (normally \$199) member price \$149.
- Kilaga Springs Signature facial (normally \$125) member price \$108.

Your first treatment will have amazing results! The greatest benefit for your skin is from consistent treatments.

Spa memberships provide you with the utmost in health and personal wellness, keeping you looking and feeling your best while saving you money.

Massage treatments are a step toward wellness, keeping your body and mind in a healthy state. We created the Kilaga Springs Custom massage to accommodate different needs. Sometimes you need relaxation, other times a post-injury or relief from overuse. Membership is a great way to commit to a healthy lifestyle. We have an exceptional team of massage therapists who are passionate about their work. They are certified and skilled in the techniques

and modalities.

Kilaga Springs Custom Massage:

- 60 minutes (normally \$77) member price \$69
- 90 minutes (normally \$97) member price \$89

Members will also receive a 10 percent discount on any additional appointments in the Massage or Skin Care departments along with 10 percent off retail purchases. Call the Spa Concierge today to join!

This month we are featuring a Kilaga Springs Custom Enhancement massage for \$85 normally \$92. This includes an enhancement of your choice. Massage enhancements are a great opportunity to further the customize of your massage. Some examples of enhancements are (a full list can be found on the Spa website.):

- Hot or cold stones-the hot stone has deep penetrating heat to relax the muscle without the pressure. The cold stone reduces inflammation and brings blood to the area for healing.
- HydroPeptide Body balm for extreme hydration.
- Joint relief balm with MSM, glucosamine, and arnica

We hope to see you at the Spa and remember we are open to the public so bring your friends! Please call the Spa Concierge at 916.408.4290.



WellFit News Summertime!

Deborah McIlvain, Director of Lifestyle, WellFit and Spa

Summer is a time for excitement and fun! The first tip to enjoying your summer is to get out and move. We all know how tempting it is to stay indoors all summer with the air conditioning on.

Lincoln Hills, the premier active adult community, has a great deal to offer, even on hot summer days. On Wednesdays, visit the Farmers Market at OC. Take an early morning walk with nature on any of our beautiful trails or jump on a bicycle and feel the wind on your face. Heating up later in the day? Come and enjoy a cooling dip in any of our four pools. For the perfect ending to any week grab your

friends and family and enjoy a summer concert at the amphitheater.

Whatever activity you partake in I can guarantee you will be more invigorated and in high-spirits.

WellFit gives back – will you join us? July 15 through September 3, WellFit will be collecting school supplies for Lincoln’s First Street School. For more information, please see our ad on page 84.

Are you struggling with back pain? We might be able to help. Come by our Spotlight on Wednesday, August 8 at 3:30 PM at OC Fitness to hear what Bowen and Pilates Reformer can do for you! It’s a free event, no sign-ups required; just stop by and listen; space is first come first served.



DO YOU SPA?



Summertime is right for Hydration with our Intense Hydration Specialty Facial from Hydropeptide.

Enjoy the benefits of the line lifting, super hydrating and cooling Hydrogel mask for the face and eyes. Skin is left refreshed, hydrated and more radiant than ever.

Featured Price \$125
(normally \$140)

Introducing

hydracial MEMBERSHIPS

Deluxe Hydracial \$199 Monthly or Bimonthly • Signature Hydracial \$149 Monthly or Bimonthly



Kilaga Springs

Custom Enhancement Massage

60 minute Custom massage with your choice of any enhancement

Featured Price \$85
(normally \$92)

Special offers valid July 15 to August 15

OPEN TO THE PUBLIC | 1187 SUN CITY BLVD. | LINCOLN, CA 95648 | 916.408.4290 | KILAGASPRINGSSPA.COM



National Night Out, Tuesday, August 7

Patricia Evans, Neighborhood Watch

Friendship and neighborhood security complement each other. This year's National Night Out 35th Anniversary Celebration, sponsored by Neighborhood Watch, is a perfect venue to achieve these goals.

Plan your party now! Some villages traditionally have a big celebration. Mail station units often band together for yearly parties eagerly anticipated by the residents. Others entertain a few friends to enjoy the occasion.

Meridians plans to celebrate National Night Out with Roaring Twenties festivities at the Amphitheater. Some neighborhoods have a private party earlier in the day and attend the Meridians party in the evening.

All National Night Out parties are festive ways to increase the safety and security in our neighborhoods through the warm ambience of friendship. Neighbors who play together know when to offer to help. "We take care of each other," is their motto.

Neighborhood Watch wants your neighborhood to be your "happy place." The area where we live is an extension of our personal space. When we step out of our door, we want to feel comfortable, safe, and familiar. Ask anyone looking for a new home, and these goals will usually be on their "short list."

We have a yearly contest to increase our party count, so please register your party, small or large, with Pauline Watson, 916-543-8436 or frpawatson@sbcglobal.com.

Contact information can be found on the Association Contacts & Hours page.

Please turn to page 36 for Neighborhood Watch Club information.



A Roaring Twenties Neighborhood Watch party celebrates the upcoming National Night Out.



1920's costumes highlight the Neighborhood Watch spring potluck.

I can help you explore Medicare Advantage plans.

Susan Green
 Licensed Sales Representative
 915 Highland Pointe Drive
 Roseville, CA 95678
916-677-9261, TTY 711
 UHCMedicareSolutions.com



SK Sparkling Home
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Locally Owned & Operated
 Services Tailored to Your Needs
 Licensed, Bonded, Insured

Let's Get Started
916-587-2741
 Lic #GSD01820



Roamings
New Pathways to Travel
Richard Pearl, Roving Reporter

In the “old days” when we wanted to travel, we’d call up our favorite travel agency, meet with them to go over where we wanted to go, lay out the budget, and eventually it would all come together. Similarly, if we didn’t want to take our car somewhere, e.g., to the airport, we’d call the local Yellow Cab.

Times have changed completely, and certainly for the better when it comes to traveling both near and far. This is a quick guide to some new options.

Vehicular Travel. Want to go from point A to point B? Pick up your smartphone and (using the free app) access companies like *Uber* or *Lyft*. Note where you are and where and when you want to go, and then watch the designated driver move toward your location on the virtual map. You’ll know when they’ll arrive, and how much your fare will be. Your driver is an independent operator using his/her own car.

How safe is using these car services? According to the companies, each driver has undergone a basic background check and has a good driving record, and they carry both their own car insurance plus another level of protection from the ride service. Ride companies now perform millions of rides each month.



Don’t have a smartphone? There’s *GoGo Grandparent*, where you call the company, and it interacts with the ride company. It works in our zip code area.

Places to Stay. Say goodbye to your only previous choices — hotels/motels, and bed and breakfasts — and say hello to the “conglomerators,” two of the largest of which are *VRBO* and *Homeaway* (actually merged companies), where there are over one

million homes and apartments in 190 countries to choose from. When using this travel option, you are dealing directly with the owner (it’s typically a second home/business for them) and all communication and payments are done via the Internet.

Another option is *AirBnB*. Here you are again dealing with the owner, but you are typically staying in their primary residence. Much more of

an “experience.”

Air Travel/Hotels/Rental Cars. Want comparative pricing before booking? Use listing agents such as *Kayak.com* or *Travelocity.com*. You end up booking directly with the airline, car, hotel or packaging company, and it’s a great way to compare prices.

Never completely discount travel companies, however, as they can get you package deals and offer valuable information for your trips.

Smart Savvy Service!
 “Golden Gals” –
 From Prep to **SOLD!**

HOLLY Stryker & JILL Mallory
 Resident Realtors® | Top Producers
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An (Organic) Apple a Day Keeps the Doctor Away

Cindy Inman Davis, WellFit Event Coordinator

Our great, great grandparents existed on a completely organic diet, but over the last 100 years, farming practices have changed dramatically. Today, many farmers choose to use herbicides and insecticides to keep weeds and pests from destroying their crops. Organic farmers have decided not to use chemicals.

Much like the heavy use of antibiotics contributed to drug-resistant super germs, the liberal use of weed killers such as glyphosate and 2,4-D (an original ingredient in Agent Orange) has led to the rapid growth of "superweeds." One such superweed which has begun infesting farms in the Midwest is pigweed. Even though farmers are mixing stronger and stronger chemicals into the soil, pigweed can grow three inches a day reaching up to seven feet, thereby obstructing crops and damaging harvesting equipment. These weeds are so resistant it is forcing farmers back to the practice of plowing. This causes erosion and runoff of dangerous chemicals into waterways. The controversial chemical, glyphosate (Roundup) was recently determined to be cancer-causing and is now required to post a warning label.

Using data from the USDA, the Environmental Working Group (an American environmental organization that specializes in research and advocacy in the areas of toxic chemicals, agricultural subsidies, public lands, and corporate accountability) has compiled two lists to assist consumers in understanding safe levels. EWG's "The Dirty Dozen" tested positive for at least 47 different chemicals – some as high as 67. It is recommended that these twelve foods only be consumed in the organic form: celery, peaches, strawberries, apples, domestic blueberries, nectarines, sweet bell peppers, spinach & kale, cherries, potatoes, imported grapes, and lettuce. EWG's "The Clean Fifteen" bore few traces of pesticides and were deemed safe to eat in non-organic form. This list includes onions, avocados, sweet corn, pineapples, mangos, sweet peas, asparagus, kiwi, cabbage, eggplant, cantaloupes, watermelons, grapefruit, sweet potatoes and sweet onions.

The next time you go to the grocery store, consider what is on/in the fruits and vegetables that you are putting in your shopping cart. It is often said "you only live once," so perhaps that's why it may be best to think twice!

Plan to attend WellFit's July 25 Community Forum. Dr. Ranveig Elvebakk will discuss achieving wellness through nutrition. See page 51 for more information.

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Caution: Driving in Lincoln Hills May Be Hazardous to Your Health!

Please drive carefully and mindfully

Doug Brown, Resident Editor

Have you noticed the blinking red lights around the stop signs at the intersection of Del Webb Boulevard and Orchard Creek Lane? These are vivid reminders of the importance of obeying traffic regulations.

A few weeks before those blinking lights were installed, a collision occurred at that very intersection: a car ran the stop sign, crashed into a golf cart, causing serious, life-threatening injuries to the golf-cart occupants, two residents who were obeying the law. Ironically, those blinking red lights had been planned long before this unfortunate accident, but we're all certainly thankful to see them brought to our attention!

As a gentle reminder of traffic safety, try this driving quiz. Note: all the wrong answers are frequently observed in Lincoln Hills! (Say it isn't so!)

1. A red octagonal STOP sign means:

a. S-T-O-P stands for "Slightly Touch the Other Pedal."

b. if no other vehicles are present, proceed at full speed.

c. make a complete stop and proceed when safe to do so.

2. When a vehicle directly in front of you stops at a stop sign, then proceeds forward, you should:

a. closely follow that vehicle without stopping or slowing.

b. cautiously proceed, without stopping, into the intersection.

c. come to a complete stop at the stop sign.

3. When approaching stop signs, yield signs, and crosswalk signs, you should:

a. disregard them as an impediment to your right to drive.

b. fully comply with all posted signs.

c. consider them only advisory – use your best judgment.

4. When approaching a T-intersection, you should:

a. come to a stop and check both ways for traffic.

b. enter the intersection then check for oncoming vehicles.

c. assume you have the right of way and proceed through the intersection.

5. On city streets, golf carts and bicycles:

a. always have the right of way.

b. may proceed through stop signs and stop lights without stopping.

c. must obey all traffic laws.

6. If your vehicle approaches a marked crosswalk that a pedestrian has begun to cross:

a. stop and yield the right of way to the pedestrian.

b. proceed through the crosswalk if you think you were there first.

c. go through the cross-walk if you can safely do so.

Did you answer 1c, 2c, 3b, 4a, 5c, 6a? We have traffic rules for a purpose. Please drive carefully and mindfully. Your life – or someone else's – may be at stake!



Get the message?



Blinking red lights on stop signs at Del Webb Blvd. and Orchard Creek Lane

Did You Know?

How far did you walk today? Track your distance with new $\frac{1}{4}$ and $\frac{1}{2}$ mile markers just installed on our 12 paved wildlife preserve trails. Look for the "Start" marker at the trailhead. Additional markers and lots more coming soon as part of the Trails Enhancement Project!





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Doty Ravine Preserve Placer Land Trust

Al Roten, Roving Reporter

The genesis of Doty Ravine management and have reshaped a portion is near the bygone settlement of the ravine so that the stream's flow now of Ophir, between Newcastle and Auburn. inundates much of the floodplain.

Beginning at Doty Flats, which is named in gold finds of the early 1850's, it meanders westward somewhat parallel to Wise Road in the beautiful outskirts of Lincoln. Near the intersection of Wise Road and old Highway 65, one can find Manzanita Road, which passes Manzanita Cemetery, the resting place of many prominent early settlers of Western Placer County. In very early days of Lincoln, in this grove of oak and manzanita, bands of rogues and cattle rustlers camped and hid from the law.

Adjacent to Manzanita Cemetery is Doty Ravine Preserve, a 427-acre property owned and operated by the Placer Land Trust. At this point in the ravine, it is a perennial creek and floodplain. Prior to acquisition by Placer Land Trust in 2005, this plot had been grazing land with open pasture, scattered trees, and blackberry bramble. The project is to return the

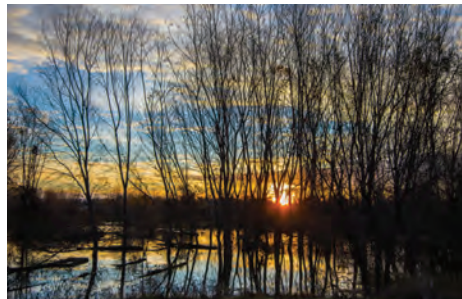
land to its natural state of being a floodplain. View a brief video of tranquil Dams and levees were removed, and in 2008, life in Doty Ravine Preserve at www.youtube.com/watch?v=ctaBWpRl1VI or scan this QR code for access.



Red Maids



River Otter



Sunset on Doty Ravine

The floodplain restoration project is a partnership with U.S. Fish and Wildlife Service Partners Program. Doty Ravine is critical Steelhead Trout habitat. River otters share this section of the preserve, while the drier parcels are home to raccoons, coyotes, rabbits and other mammal species. In other sections of the preserve, livestock grazing has helped to reduce the incidence of non-native plants while encouraging native plant growth. Many species of native birds inhabit this riparian environment. Nesting boxes have been placed to encourage growth of the population.

The Doty Ravine Preserve is not open to visit except for periodic events as may be announced by Placer Land Trust. We are most fortunate to have these open lands set aside and managed with a view to the future.

Photos by Phil Robertson.



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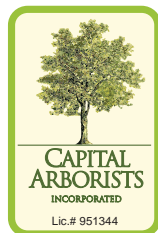


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VOLUNTEER OPPORTUNITIES!

Committee Openings

Below are Committees that need your volunteer time and expertise. Committees with openings include:

- **Clubs & Community Organizations Committee (CCOC)**
- **Communication & Community Relations Committee (CCRC)**

Committee applications are available at the Lifestyle desks (OC/KS) and online ([Resident Website](#)>Committees).

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Step 2 | Once you login, on the top of the page click on **Pay Assessments Online Here**

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Did You Know?

Golf Carts and Grandkids

Danger Will Robinson – Danger! The grandkids think it's fun, but we all know that it is not safe and we do not want them or a neighbor to be injured. Please remember you must have a valid driver's license and insurance to operate a golf cart.



National Night Out

Tuesday, August 7

5:00-8:00 PM

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Contact information for clubs can be found on the Resident Website under the clubs tab or by requesting a handout at the Lifestyle Desks.



Club News



Amateur Radio

The Lincoln Hills Amateur Radio Group joined the Western Placer County Amateur Radio Club for an Amateur Radio Field Day Event this year was held at Foskett Regional Park near the Lincoln Airport. They set up portable communications equipment on Friday and then for 24 hours, starting Saturday morning, contacted other field day participants all across the nation. LHARG is the emergency communications group for Lincoln Hills and the City of Lincoln and operates a repeater at 443.225 MHz with a PL code of 167. If you are an amateur radio operator or want to become one, join LHARG members on Monday at 6:30 PM at the South Gate Entrance to Lincoln Hills to learn about the LHARG communications network.

Website: www.lharg.us



Antiques Appreciation

August 6 brings two collectors from Sacramento with Shelley China from The Staffordshire District in England

as well as Heisey Glassware. Shelley China has a long history dating back to 1827. Changing names to the Wileman Company in 1925. China marked with either name is very valuable and sought after. Helsey Glassware was manufactured in Newark, Ohio from 1896 to 1957. It comes in many colors, and we'll see beautiful examples of all of them. These are two beautiful examples of fine China and Glass that you won't want to miss. Our meetings are in the Heights and Gable Rooms (OC) the first Monday of the month 10:00 to 11:30 AM. Join us and bring a friend. We'd love to hear about your collections.



Happy Father's Day Window in the Orchard Creek Hallway



Astronomy

July: No General Meeting, CIG meeting or

TIG event. Wednesday, August 1, Planetarium Show at Sierra College - 7:00 PM. Professor David Dunn, Chairman of the Astronomy Department, will give a presentation on astronomy followed by a Planetarium Show. Seating is limited in the Planetarium. There will be a donation of \$5.00 per person.

Thursday, August 16, Telescope Interest Group (TIG). Observing at the Sports Pavilion. Telescope viewing will be from 8:00 to 10:30 PM.

Monday, August 20, Cosmology Interest Group (CIG). Fine Arts Room (OC) 6:45 PM.

Visit our website for more information.



Website: www.lharg.org



Ballroom Dance

Hopefully, many of you are demonstrating your dance skills this summer on cruise ships, at family reunions, weddings, or at local dance venues. The Club dance schedule will resume on August 4 at KS with our Hot August Nights Ballroom Saturday Night party from 6:00 to 9:00 PM. Membership, only \$7/year, is open to Lincoln Hills residents, sponsored guests, couples, and singles, who want to

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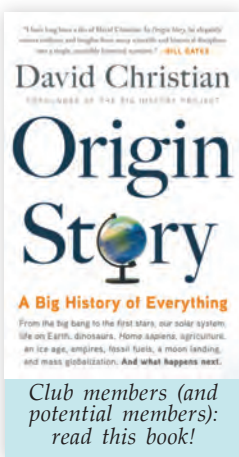
Gillian and John Bessant

learn/refresh ballroom dance steps while mingling with friendly people who love ballroom dancing. Lessons are every Tuesday in KS: Beginners from 2:00 to 3:00 PM and Advanced from 4:00 to 5:00 PM. Open dance hour is 3:00 to 4:00 PM. Night Club Two Step lessons continue the rest of July, with Waltz lessons offered the month of August.



Big History

Club leader Ranny Eckstrom has emailed members a suggested reading list during our summer break. But she has one book she says tops that list: "Origin Story: A Big History of Everything." The book is by history professor David Christian, who also is



Club members (and potential members): read this book!

the co-founder (with Bill Gates) of the Big History Project. Big History takes a science-based view, going back to nearly 14 billions years ago when the universe was formed, then

moves forward to understand how Earth, life and all that surrounds us came to pass.

Club meetings resume September 18 (we're up to the agricultural revolution) and continue on the first and third Mondays at 10:00 AM in P-Hall (KS). Go to

our website to learn more about the club.

Website: www.bighistorysclh.com



Billiards

The Women's Tournament is every Tuesday from 12:45 to 3:00 PM. The Billiards Group is offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is



Veta Giles 5 of 6, Barbara Rosenlicht, Josie Ortega second

for new and returning players (men and women) you do not need anything to play. Just show up and see what we have to offer. Remember it's free.



Bird

On Friday, July 20, our group will enjoy an outing to Miners Ravine. Paul MacGarvey has planned for us to explore a new section of riparian oak woodlands. This will be about a mile and a half walk over a paved trail. Miners Ravine usually has a nice variety of raptors, song birds and woodpeckers.



Loomis Basin Community Park. Great viewing of a colorful Bullock's Oriole.

August is a quiet month for The Bird Group. We have no meetings or field trips during the month. Do check our web site often. Dennis Berry, our web master, keeps us all

up to date on the latest activities and the latest bird news.

Our monthly meetings will resume on the second Monday of September at 1:30 PM in the P-Hall (KS). Have a wonderful summer everyone!

Website: www.lhbirders.org



Bocce Ball, Mad Hatters

The Mad Hatters Bocce Group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday Morning at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set



John and Cynthia G. bring their Bocce skills to SCLH.

of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. If you wish to contact Paul or Bob, please see our contact information on the SCLH resident website Bocce Ball page.

Website: sclhresidents.com/group/pages/bocce-ball-group



Book, OC

On July 19, we will discuss the science fiction novel, *The Martian*, by Andy Weir. The story about a NASA astronaut stranded on Mars launched Weir's literary

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career and reputation and was made into a popular movie in 2015. Immediately following the book discussion, the group will gather for its annual 'Tea.'

Schedule, remainder 2018:

August 16: *A Gentleman in Moscow*, by Amor Towles

September 20: *The Orphan Master's Son*, by Adam Johnson

October 18: *The Underground Railroad*, by Colson Whitehead

November 15: *The Winter of Our Discontent*, by John Steinbeck

December 20: Holiday Luncheon

We meet for book discussions on the third Thursday of the month at 1:00 PM in the Multipurpose Room (OC). Newcomers are welcome.

Website:

LHocbookgroup.blogspot.com/ or
[Wiki: ocbookgroup.pbwiki.com/](http://Wiki:ocbookgroup.pbwiki.com/)



Bridge, Duplicate

Did you know that bridge is often referred to as "THE GAME FOR A LIFETIME?" The reason? Bridge can be a lifelong pursuit. Learning to play well takes time and effort, the learning process never ends. A good laugh and sharing enjoyable activities is a wonderful way to stay actively engaged in life. Most importantly, bridge is just fun to play. Every session you test yourself and experience the feeling of accomplishment when you find a successful bid or play. Ken and Marge Klein



Ken and Marge Klein

love the challenge of bridge and are a great team at the table and in life.

Games are played at Kilaga Springs (KS), Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.

www.bridgewebs.com/lincolnhills



Bridge, Partners

Call club phone numbers on the SCLH Resident website or show up with a partner in Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM finishing by 8:30 PM.

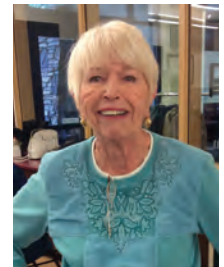
Winners: May 24—First: Byron Hansen/John Butler with high round 2060; second: Linda Theodore/Janet Pinnell; third: Jodi Deeley/Harry Collings; fourth: Judy Olson/Dolores Marchand. June 7—First: Jyoti/Viren Sitwala; second: Reta Blanchard/Gay Gladden; third: Phil Sanderson/Chet Winton; fourth: Rose/Joe Phelan with high round 1730. June 14—First: Carolyn/Bob Calmes; second: Chet Winton/Ralph Madsen; third: Jyoti/Viren Sitwala; fourth: DiDi Martin/Rosie

Kettela. Rose/Joe Phelan had high round 1970. June 21—First: Rose/Joe Phelan with bridge trifecta, high total, high round 1730, and grand slam; second: Janet Pinnell/Linda Theodore; third: Kay/Ben Newton; fourth: Edith Kesting/Erika Wolf.



Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive at 12:30 PM. Reserve your space by contacting Pat Mullins. Winners from May 25 to June 15: First Place: Joe Phelan, Joan Singer, Nancy Griffin, & Bob Fawcett. Second Place: Chet Winton, Helene Karcher, John Woodbury, & Warren Sonnenburg. Third Place: Ann Willson, Chet Winton, John Mastor, & Janet Pittenger. Fourth Place: Randy Rasmussen, Pat Mullins (twice!) & Byron Hansen. Congratulations to Ann Willson & Joe Phelan who made a 7H Grand Slam! Free Classes are Wednesdays in OC Card Room from 8:30 to 10:00 AM for new players & 10:00 AM to Noon for players that are reviewing skills. Drop in Wednesday mornings!



Pat Mullins, President, winner twice this month!

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Bunco

In June, the Bunco group welcomed three new players Pat Wolf, Helen Borchelt, and Gari Lambert. As new player's luck would have it, Pat won a prize, the traveling bear. How did Kathy Sasabuchi win most Buncos again? Congratulations to the newlyweds Sharon Chipman and Rick Shook, who were married on June 15!

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

June Winners: Most Buncos - Kathy Sasabuchi; Most Wins - Gail Emery, Most Losses - Barbara Conner; Traveler - Pat Wolf.

Next Bunco is Thursday, July 19.



Ceramic Arts

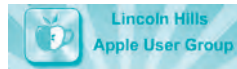
Great news! Our recent Art in the Alcove had many entries and positive feedback from viewers. We're happy to say we've been invited to have another show for August. Come by to see the varied and interesting work and maybe purchase a piece or two. Thank you to the Association for this opportunity.

More great news! Solar screens for classroom windows in the OC

lodge have been approved, and we look forward to cooler temperatures this summer. We also will be installing new kilns for more efficient firing. Come check out this creative, fun group. Ceramics classes are Tuesdays and Thursdays at OC; open studio Friday afternoon. Earthenware and Spanish Oils open studio Sundays afternoons at KS.

Computers

Apple Users



There are some very good reasons to become members of the Apple User Group. But two of the best are the members-only Telephone Help



Line and the Open Labs. For immediate assistance with any Apple

products, call 916-668-0684, and one of our Technical Group members will get back to you within a couple of hours on any weekday. These highly experienced Apple Users will counsel you on what to do. For non-emergency help, members are invited to bring their MacBooks and devices to any of our three monthly Open Labs held in the Multimedia

Room (OC). All of this is included in the Annual Membership Fee of \$15 per year per household.

Website: lhaug.org

PC



August 8, 7:30 PM Your Digital Estate? If you have a digital asset, you need a digital estate plan. Do you have a smartphone, an email account, a Facebook account? Do you shop online, bank online? Are your medical records accessed online? Do you read eBooks, listen to music or store photos on your phone, pad, or computer?

What happens to all this digital "stuff" when you die or become incapacitated? "Getting Your Stuff



Marcia Van Wagner

Together" presenter Marcia Van Wagner will show you how to develop your Digital Estate plan. P-Hall (KS). Ask the Tech: August 24, 10:00 AM Informal Q

& A session for any and all technical questions Multi Purpose Room (OC).

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Country Couples

Jim & Jeanie Keener hosted Country Couples, Here Comes Summer Dance, June 2, at SCRoseville. We had a smaller cozier crowd due to everyone's various vacation plans (some members even traveled together), allowing us to socialize even more. Tables were nicely decorated with a theme of beach/palm tree centerpieces atop blue table clothes. DJ Jim played our regular couples dance music plus some of our favorite line dances, something to please everyone. Mark your calendars for these upcoming dances and don't miss out on the fun: Picnic Dance, July 21 (KS); Hoedown Barn Dance, September 22 (KS).



Here Comes Summer Dance - Couples:
York, Christie & Svetich

If dancing, eating & meeting new friend's sounds like fun to you, check out our Country Couples dance classes in this Compass magazine. See you soon partner!



Cribbage

We welcome you to come join the fun at Orchard Creek 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 May were Howard Beaumont, week one, George Funk, week two, Rae Cook, week three, Lynn Bell, week four, Ken Vondeylen, week five.

New players are always welcome!



Cyclists

May Bike Month is over, and the Lincoln Hills Cyclists team did well again. We placed fifth out of 714 teams. Our team had 67 cyclists registered, and we cycled a total of 26,000 miles. This is an average of almost 390 miles per rider. Of course, we had some riders who excelled and rode more than average. Kathleen Spencer had most miles for a Female rider with 720 miles. For the second year, Norm Beffert was the leading Male rider with 1,277 miles. The average age of our riders was 72. We did have a few riders in their 80's. A reminder that our Annual Picnic

will be held at the Sports Pavilion on August 29 from 5:00 to 8:00 PM. www.lincolnhillscyclists.com



Fishing

I hear they're knocking them dead at Fuller lake! But, you know how fishing goes, when the words out and you get there... there's not a thing happening.

That's why it's called fishing. Our members dream of fishing at many places and hope to catch 1, why not?



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Enjoy our annual BBQ's & Holiday dinner, come to a monthly meeting; second Monday P-Hall (KS) at 7:00 PM. Great articles/videos on fishing; YouTube, you will be pleasantly surprised. To join, contact Ralph or Henry.



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If that method doesn't work for you, the guest speaker for the July 26 General Meeting at 2:00 PM at KS may be able to help with his suggestions and expertise!

Skylar Noble (from Noble Way Pest Control) will be our guest speaker with a PowerPoint-style presentation and Q & A session afterward. He says he was "born into it" since this family-owned business has been in service for over 26 years.

Master Gardeners will be available 20 minutes before the meeting to answer your garden questions along with Brown Bag sales, and Home Depot donated door prize drawings!

Website: lhgardengroup.org



Genealogy

The next Genealogy Club presentation will be July 16 from 6:30 to 8:30 PM and will be held in the Kilaga Kitchen. Gena Ortega will be presenting "Your Ancestors in the Newspapers?"

Gena Ortega is the author of many articles. She also maintains two blogs. Gena serves as Vice President for the Southern California Chapter

of the Association of Professional Genealogists. She is also a Director for the California State Genealogical Alliance. Members come a few minutes early, check in and receive a ticket. Prizes are 4 Eastman's Online Newsletters. We will have our Ice Cream Social after Gena's presentation.

Always check the LH Genealogy website for handouts and updates. For more information contact Maureen Sausen or Bob Ringo.
Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

We have welcomed seven new ladies: Debbie Dunipace, Darlynnne Giorgi, Edie Lucas, Phyllis Patrick, Maureen Senn, Judy Sykes and Gay Wold, so far this year, putting our membership at 107. Membership is accepted any time of the year, and info is on our website.

Our third afternoon social, with a Hawaiian theme, brought about 40 together for pupus, adult beverages, and outdoor games. Lively conversation and friendly competition stirred everyone's attention for

a fun get-together.

Our next two special events will be the Captain's Cup, a partners tourney played over two successive Thursdays in August, followed by the Club Championship in September, again played over two successive Thursdays. Players must have played a minimum of ten games with our club, to qualify for the championship.

Website: lhlgxviii.com

Lincsters

The Lincsters held their Red, White and Blue Tournament on May 30. Par 5 holes were played from the red tee boxes. On the par four holes, the ladies used the white tee boxes. Par 3 holes were the most challenging, and often quite humorous, as the ladies used the blue tee boxes. This was a team event, and the winning team was made up of Kay McAdam, Ranny Eckstrom, Sharon Herlihy, and Carmen Farrington. The second place team consisted of Nancy McDonald, Mary D'Agostini, Marie Bossert, and Alyce Stanwood. Coming in third was the team of Phyllis Patrick, Pat McMurray, Sharon Winslow, and Cindy Atkinson. After the tournament, the players gathered at The Red Robin restaurant for lunch and the awards.

Website: lincsters.com

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Mens, golf

Be sure to stay current with our mgclh.club which was recently renamed. Future tournaments start with the 4 man scramble on August 14. Pick your own teams, or Gene will help find you a partner. On September 17-18 is our fun Memorial Tournament. Starting September 17 in the afternoon will be the putting contest and elimination Horse Race. Best ball play will begin on Tuesday morning September 18. There will be a gala awards dinner with our sponsors that evening. The pro shop staff continues to make positive upgrades to the tee boxes and sand traps on both courses.

Website: mgclh.club



Healthy Eating

At our June club meeting, we learned about the "Reducetarian Solution," which is a bold new approach for involving millions more Americans in reducing the number of meat



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products in our diets. Currently, only 3.2 percent of Americans are vegetarians or vegans, and scientific research has proven the health benefits from these plant-based diets over the meat-based diets we currently rely on. Instead of relying on creating more vegetarians and vegans to bring about these necessary changes, millions and millions of us can simply reduce our meat intake in our own personal way, thus making huge improvements over the status quo. In other words, rely on small attainable changes among many rather than huge changes among a few. That's the beauty of this solution.

Website:

HealthyEatingClub.wildapricot.org



Hiking & Walking

Members enjoyed a special hike focusing on the GEOLOGY of the Foothills led by three geologists-Doctents for Placer County Land Trust. That hike in Big Hill Preserve, included unusual rock formations, the gently flowing Raccoon Creek, and spectacular views of the Sierra Nevada Foothills and Sacramento Valley. Our upcoming hikes are planned for the Sierras to take advantage of the lower summer temperatures. On July 24 we go to Winnemucca Lake at Carson Pass, then July 31



Placer Land and Trust
Big Hill Preserve Geology Hike

to Burton Creek & a BBQ at Tahoe City and on August 9, Summit Lake at Boreal. Make a note on your calendar to attend the hike leader meeting on July 26 in The Heights (OC) 6:30 PM. The website is the go-to place for club information.

Website: www.lincolnhillshikers.org



Investors' Study

August will begin the Investors' Study Group Fall program. Russ Abbott, our consultant, will have the floor to present and answer questions and we welcome comments from you. All our meetings will be in P-Hall (KS); sorry for the mix-up in June. All residents are welcome to join us on Thursday, August 2 at 2:30 PM in P-Hall (KS). I hope the summer is treating you well and air-conditioning is your friend. See you in August.

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

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Lavender Friends

Sheila Rose pushes Dreamy Rose in a stroller (the 12-year-old pug has hip problems) while she talks about how her love for dogs goes back to when she was a kid. "I had a dog named Skippy, he followed me everywhere." Sheila started the weekly dog walks for the Lavender Friends Club many years ago. After participation began to lag, Denise Webfield revived it about three years ago.

This particular Saturday, there are six walkers and seven dogs – thanks to Meredith Nelson, who has Badger and Milo



Some of our club members and their pooches.

tethered together. "They're cute and they get you out walking in the community and you meet so many people," says Meredith.

Lavender Friends represents our LGBT community; see our website for events.

Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

When line dance classes started here, OC wasn't finished yet, so classes were held in a trailer. Among the first ten students,

was Nakako Crump. Nakako and her husband Jack were the first residences here in 1999. Then in 2000 when OC was completed, Nakako was in the first group to take classes in the new facility. At 87, she is still dancing. She is also a talented artist. Line dance is for all ages. Remember to mark your calendar for August 19. That is the date for our next social dance in the Ballroom (OC) from 1:00 to 4:00 PM. All levels of dances will be done. All dancers in any level class will find dances to enjoy.



Nakako Crump



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Play starts at 9:00 AM, with arrival time being 10 minutes before. Play continues until Noon.

Chinese Mah Jongg is a game of strategy and, sometimes, luck. We provide the tiles, score sheets and companionship. (No money is involved.) It is not difficult to learn especially when we teach you! You can master the basics in three hours. If you are curious

about learning this game, please join us. If you already know how to play or it has been a long time since you played, we welcome your attendance.

If you have any questions, please contact Bruce Castle or Marsha Ross.



Mah Jongg, National



All are welcome to join us, playing this intellectually stimulating and exciting game. Mah Jongg is an ancient game from China, using tiles in place of cards. We meet on Tuesday's in the Card Room (OC) 12:15 to 4:00 PM.

If you are interested in learning to play, please contact Fran Rivera, who offers free lessons in her home so that she can put you on the list for the next twelve-week session.

Mah Jongg is a difficult game to learn, but, once you do, you'll be hooked!



Mixed Media Arts

We will meet at 1:00 PM and work on our own projects. There will be no guest speaker for July.



Motorcycle

The month of June featured two rides for the club. On May 31, Road Captain Dennis Berg organized an impromptu ride to Grass Valley. On June 9, Road Captain John Marin led the way

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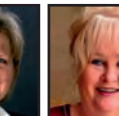
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Outside the Abbey of New Clairvaux in Vina.

for a visit to the historic Abbey of New Clairvaux in Vina. Upcoming rides this summer include a Lake Tahoe loop on July 14 and a run to the town of Chester on August 11.

If you like motorcycle touring and have a roadworthy motorcycle or trike – check us out! The RoadRunners meet on the fourth Thursday of the month at 6:00 PM Multipurpose Room (OC) Guests are always welcome! The next meeting is on July 26.

“Ride Safe - Ride With Friends”



Movie Lovers

The Movie Lovers Club will not meet in August. Our meetings will resume in September. We meet on the second Thursday of each month in the Multimedia (OC) at 6:30 PM. All residents are welcome.



Music

Join fellow musicians at the Wednesday, July 25 Music Group meeting, Fine Arts Room (OC) - 6:30 to 8:30 PM. Musical performances, group songs, and a

group jam are guaranteed to entertain! Download the July group songs, “Walking After Midnight,” “Release Me,” and “Sleeping In the Ground” from the website. (Password: musicgroup) Bring your instrument and share your music or come and enjoy a fun musical evening. (Performers: 2 song limit, please.)

The next Open Mic is Tuesday, July 31, P-Hall (KS). Performances start at 3:30 PM. Sign-ups start at 3:00 PM. (No Karaoke please.)

Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC Lodge). Contact Ron Peck for information. Check the website for latest group information.

Website: LincolnHillsMusicGroup.org



Needle Arts

Needle Arts has “Display and Sell” the whole month of July, in which some of our members signed up to participate. Tables will be set up in OC lobby.

Needle Arts does not have a general meeting in August. Our breakout groups are still meeting so check the calendar on the website or the Sewing Room window (OC). August 1 Colleen Pelfrey is leading a workshop entitled, “Taking Out The Dye.” Contact Susan Smotherman for more information.

Save the date for the Needle Arts Club fall Mercy Retreat on

November 5-9. The approximate cost will be \$400 which includes a private room and three meals per day.

For more information on the Needle Arts Group, subgroups, workshops and the retreat, visit our website.

Website: www.sclhna.com



Dorie Javie shared all about Japanese Sashiko Embroidery in June



Neighborhood Watch

It’s not too late to plan a neighborhood event for National Night Out, August 7. If you’re worried there may be too much work, ask your neighbors to help with ideas. In the past, we’ve seen potlucks in our parks, appetizers, and beverages hosted at houses and in yards, pizza parties and get-togethers in restaurants. Some mailboxes/villages choose to meet up at the Amphitheater. If you prefer another date, that works



Mark your calendars for National Night Out, August 7.

well, too. What’s important is building neighborhood bonds.

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site, created by webmaster Larry Whitaker. This site gives updates on Neighborhood Watch events, quick access to receive alerts, the latest scams, information on public safety, how to find assistance for seniors, how to report lost/found pets and much more.

Website: www.SCLHWatch.org



Painters

Our recent show in the OC Lobby showcased the variety of members' works with a wide range of medium and styles. We will be displaying art in July and August at Buonarotti's Restaurant and Umquah Bank in downtown Lincoln.

Next meeting July 17, 2:00 PM, Fine Arts Room (OC) will feature a watercolor demonstration by Dale Laitenen. His dynamic style and approach to landscape painting have earned him nationwide recognition. In August Denise Wey will present painting in acrylics with a focus on the countryside in and around the Yuba River.

Remember, members are encouraged to bring a project for "Show & Tell" at meetings, and to attend Open Studio in Fine Arts Room (OC) 5:30 to 8:00 PM the last Monday of the month.



Paper Arts

Stop by our next Open Lab, our informal drop-in



Pam, Sue, Donna, Becky and Dottie Olsen at Potluck.

session for members, on July 19, from 9:00 AM to 12:00 PM in our meeting room (KS). Learn a new technique, use some tools you may not have at home, and check out the free items we have – rubber stamps, paper, ribbon, scraps. If you have some supplies you'd like to share, bring them to Open Lab, held the third Thursday of the month.

At our August meeting, we will present the popular "Demo Day." More information to come.

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS). For further information, contact: Dottie or Margaret Hornsby.



Pedro

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, 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 Friday of the month from 9:00 AM to 12:00 PM. We hope to see you there. Contacts: Denise Jones or Doris DeRoss.



Photography

For Club members, summer is about outdoor time with camera in hand. Field trips, in fact, are the hot topic for the club this summer. First up is the Lake Tahoe excursion. Cameras will be focused on wildflowers, sunsets, sunrise, waterfalls, and wildlife. The Lake Tahoe trip offers an after-hours bonus for galaxy photographers. This has been one of the Club's most popular field trips, combining great photography locations with fun vacation adventures just a short distance from home.



Photo by Pete Henshaw

Other planned field trips include the Reno Hot Air Balloon Races, the Northern California coast, and another favorite, the Hwy 395 excursion to Bodie and Bishop. Many other not-so-local field trips are in the active planning stages so keep an eye on the Photography Club's website.

Website: www.lhphotoclub.com



Pickleball

Players are getting ready to party like it's 1968 at our "Summer of Love" dinner dance July 25.

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Ready for our Summer of Love party.

On the courts, we are teaming up for the club's Fall Classic Tournament September 13-15. Registration for mixed-doubles event opens August 1.

Off the courts, players recycled cans for the redemption value, raising enough to award \$500 scholarships to graduating Lincoln High School seniors Matison Sparks and Leslie Vite.

Both are active in the Future Farmers of America and have been tireless volunteers in the community.

Want to learn to play? Most Wednesdays at 1:00 PM we offer free classes. Introductions will also be offered at 11:00 AM Saturday, September 22 and again October 27. No paddles or reservations needed.

Website: www.lhpickleball.com



Players

The next Readers Theater show will be

August 11 and 12: two episodes of "Easy Aces," "Jane Finds a Mate for her Mother," and "Jane Takes up Astrology." Mark your calendar for these FREE performances at P-Hall (KS).

The November musical, "Marquee Memories," will be full of wonderful actors, singers, dancers, and laughter. If you like to sing, dance, or act, please come to the auditions! There's a spot for YOU! Stay tuned to our website for the audition dates. The show will be performed during the week before Thanksgiving!

Guests are always welcome to attend monthly Players' meetings every second Monday of the month at 4:00 at P-Hall (KS).

For more information about Players, visit our website.

Website: www.lhplayers.org



Poker

The Poker Group plays a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in Multipurpose Room (OC). Games are played using script, and we play a variety of five-card and seven-card poker games, including Omaha, Stud, and Draw.

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

Effective with the New Years all poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesday's). The new seating arrangement will eliminate people not being able to play because tables are full. The new plan ensures play so come on down and join the fun.



RV

Our Spring Fling in May was a success, and RMF donated music and dessert. In June, some of our members attended the Jackson Rancheria rally. We had two potluck dinners, played golf, visited and learned how to line dance. One of our new members, the Deardoff's, hosted a champagne open house.

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month, where we discuss upcoming rallies and past rallies then we visit with shared appetizers. Residents with



Vickie White at Spring Fling

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

Volunteers enjoyed a Picnic in the Pavillion to celebrate the end of the school year and to share experiences at the various Lincoln Schools. The annual festive event was on a warm day, but the misters kept us cool, and we enjoyed a potluck dinner and lots of conversation.



Volunteers enjoyed a Picnic in the Pavillion



We shared what an enriching and rewarding experience it is to be involved with the Lincoln youngsters.

Now is the time for volunteers to express interest in getting involved in the classroom in the fall. School starts again in August, and new volunteers will be trained and ready for school in early September.

Visit our website for information and call to volunteer. We need YOU!

Website: schoolssuncity.org



SCOOP

We had a great and well-attended meeting in June when our guest speaker was Joy Smith who, with her sister, founded Field Haven Feline Center. She brought home the many challenges – especially during “kitten season” when they are inundated with tiny and needy litters. Shows again how important volunteers are in saving our beloved animals. (And, remember them when you have items to donate – they have a wonderful thrift shop in downtown Lincoln which helps support them.)

SCOOP meets every other month – first Tuesday – at OC at 11:00. Our guest speaker for August 7 will be Dr. Jill Aschehoug from Loomis Basin discussing preventive dentistry and euthanasia.

Hope to see you there.



Scrabble

We invite all interested residents to try a game of Scrabble. We play every Monday afternoon at 1:00 PM in the Card Room (OC). All materials are provided. We are happy to help

beginners get started. If you can spell, you can play Scrabble – and if you can't always spell correctly we can help you out!

Come and try it out.



Singles

Wow! How did you like the triple digit temperatures starting in June! Could it be a sign for an early winter? But that does not hold back the Singles members from enjoying as many activities as they do.

Coming up: On July 19 Dining Out at Claim Jumpers; July 21 we go to the Potters Game; July 26 we have our Social-Bingo games/prizes; August 2 Cocktails at Scullys Bar & Grill; August 5 Birthday Celebration in Sports Bar; August 9 our Business Meeting and play Where Were You Born?; August 11 2nd Saturday Breakfast in Sports Bar; August 11 Bus to the Rivercats Game. We also play Bocce Ball Wednesdays, Golf on Fridays.

For \$15 a year you can be a member. Call Maggie.



Softball

More than mid-way through our schedule, the Carolan Properties team is leading the league with a 16-1 record. To ensure that this race isn't a runaway by the end of the

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season, some people are saying that Manager Darrell Rinde should immediately trade himself for three members of the Needle Arts Club.

The summer league's regular season ends with games on August 15, so come on out and catch the fun while it lasts on Mondays and Wednesdays at Del Webb Field.

Please note that our Classics team will be playing the Sacramento Braves on July 26, starting at 9:30 AM.

Website: lhssl.net

Coyote Softball

The Coyote 80s traveled to Reno in May and won the tournament competing against six other teams from the western United States. The team was organized by General Manager Bob Hunter, and it is the team's first full season as an 80s team and their first trip to this prestigious tournament. Field Manager John Parks reports that Ron Waisner and Len Slomski pitched an outstanding ball. Hitting was led by George Bungarz, Charley Bryant, Rowan Carlson, Gary Jones and Larry Manley. The defense was led by Frank Pulino, Wally Etterbeek, Dave Alley and Jerry Lambert. Rod Violette was the pinch hitter supreme.



Sports Car

Potter's Baseball Field, located in Mc Bean Park,

opened their gates to fifty-four Sports Car Club V.I.P.'s on June 19. We were in the reserved covered section with a picnic of hot dogs, hamburgers, salad, chips, water, and sodas were served. Since it was Tuesday, beer was two dollars until game time. The Lincoln Potters played Chico State. Unfortunately, Chico won. Thanks to Jerry and Carla LaFave's great planning a wonderful time was had by all. June will find use at Beale Air Force Base. If you have a sports car and like touring with great people, come to our meeting the First Monday of the month, 6:30 PM at P-Hall (KS).

Website: lhssportscars.com



Sun City Squares

If you have an interest in Square Dancing or are even curious, please come and check us out!

Square Dancing is a lot of fun. If you have danced before but it has been a long time, or, if you have lost a partner, we are very happy to help you learn again.

Sun City Squares welcomes couples and singles. Come and join us for a great time!

Sun City Squares meets at Kilaga Springs

*Monday from 1:15 to 3:15 PM for Plus Level Dancing, Round Dancing between tips

*Monday from 3:15 to 3:45 PM

for Advanced Level Dancing
*Thursday from 1:00 to 3:00 PM for Advanced Level Dancing



Table Tennis

Table Tennis players come from 8:00 to 11:00 AM on Fridays. There is a discussion of a new format for singles play. Our Board is looking into this. Sunday's from 12:30 to 5:00 PM is a time to work on "balance." One of our lady players recently returned after nearly two years... think she fell playing pickleball. She is working on balance. Way to go Emma. Wednesday, July 18 you can hear Steve Gust, a drummer for Clay Dog's, play at Siino's. Tuesday evenings we play 6:00 to 9:00 PM. Mary Akey is working on arrangements for our Christmas Gala to be held on December 20. Save the date!! We will get two new tables very soon.



Tap Company

June 20 the Tap Company members enjoyed our semi-annual meeting and luncheon at the Timbers in Sun City, Roseville. President, Natalie Grossner, conducted the



Some of those enjoying the luncheon.

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meeting which began with a discussion about a future tap show. There will be future discussions about this subject. Election of new officers took place and those who will lead the Company next year are: Frima Stewart, President; Freddie Dempster, Vice President; Pat Robinson, Secretary; and Jan Kearney, Treasurer. Thank you to Jan, Cherie, and Marlene for their planning and decorating July Co the beautiful tables to go with the delicious luncheon.



Tennis

Well, the summer heat is upon us, and with that, we slow down our tournament schedule. Our singles tournament is ongoing and will conclude on July 15. Individual matches are scheduled by the players to best avoid the high temperatures. Our next all-day tournament event will be Mixed Doubles on Friday, September 21.

On Sunday, June 1, 45 tennis group members occupied the VIP Tent at Lincoln's McBean Stadium to watch the Lincoln Potters do battle with the Chico Heat. Good baseball, good food and good times were had by all. Unfortunately, the Potters lost. Wait until next year was our cry!

We are currently in the planning stages of creating tennis related social functions with other Lincoln Hills sports clubs. More coming soon!

Website: www.sclhtg.com



Veterans

Over 200 residents turned out on a gorgeous May 28 morning for the Veterans Group's annual Memorial Day ceremony. Following the posting of the colors by the Whitney High School AFJROTC color guard, Miss California Teen, Violet Joy Hansen sang the National Anthem, followed

by the event's keynote speaker, Dr. Bryce Jessup, President Emeritus of William Jessup University. A two-bell ceremony honored Lincoln Hills veterans who passed in the last year.



The Amphitheater's new flagpole was dedicated on Memorial Day.

The group's July 19 meeting at 1:00 PM in the P-Hall (KS) will feature Vietnam veteran and author William "Bill" Blaylock, whose book, "Invisible: PTSD's Stealth Attack on a Vietnam War Veteran," relates his experiences in combat and his long struggle with trauma afterward.



Water Volleyball

The lazy days of summer have hit, and there is no better place to be than in the (KS) pool. It is comfortable, refreshing, and home to our Water Volleyball Club. It's a perfect time to join and learn a great new sport. Our volunteers are happy to meet with you and assist in the early stages of your water volleyball experience. Games are on Monday through Thursday evenings or Saturday mornings 9:00 AM.

For all residents, the best methods of knowing what is happening in our club are by checking the (KS) whiteboard and scrolling our website. Our members receive club emails. This is how you contact us to join our club: sclhwatervolleyball@gmail.com attention: new membership.

See you in the water!

Website: lhwatervolleyball.com



June 19 Ladies Only Night



Woodcarvers

Results are in from the two-day wood carving show held in Sacramento this past May. Hundreds of wood carvings are submitted from carvers in Northern California. Eight members of the Woodcarvers Club submitted ten carvings which resulted in 7 awards. The carvings were submitted under different categories and skill levels from novice to expert. Judging was changed from previous years, so now three judges inspect, analyze and critique the carvings. As a result, there was one Second Place and six Third Place awards. Three other entries just missed receiving awards.



Some entries for the woodcarving show

Woodcarvers meet every Wednesday from 1:00 to 4:00 PM in the Sierra room at (KS). All are welcome to drop in and see what is being carved.



Writers

The Writers Group is seeing more new people interested in writing, and we welcome all of you. Those of you who would like to share your writing, please join us on the second, fourth, and fifth Mondays of the month. We meet at 6:30 PM in the Ceramics Room (OC). Bring about 15 copies of your writing and let us know what kind of editing or critiquing comments you want. We love to hear poems, humorous pieces, fiction, non-fiction covering many varieties of subjects. What subject is your favorite?

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Contacts: Jo Fratessa – 916-408-7209;
Al Roten – 916-408-3155; Cathy Van
Vetzen – 916-409-9332



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 meeting will be August 8. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at the Casino Buffet on Tuesday, July 24 at 11:30 AM. Meet in front of OC by 11:15 AM to carpool. For more information or to put a Memoriam in the COMPASS please contact Joan.

Contact: Joan Logue – 916-434-0749
or joanlogue@scglobal.net



Bosom Buddies

We're winding up the final touches of our participation in the "Relay For Life," an American Cancer Society annual fundraiser for cancer research, to be held at the Auburn Fair Grounds, August 17. This year's theme is "Circus," and our creativity is in full swing. There's still time to join our team, so call Peggy Ryan to register at 916-408-0599.

Our next meeting, August 9, will be the officers' luncheon. At this time, we will thank the present officers who've served us well and welcome the new board. The restaurant selected will be announced in the next monthly "pink bulletin." For reservations, call Mae Gagnon



Mae Gagnon, Georgiana Rivera (June's speaker) and Barbara Mathot.

at 916-408-4108. We meet the second Thursday of the month in the Fine Arts' room (OC) at 1:00 PM.

Contacts: Marianne Smith – 916-408-1818;
Patty McCuen – 916-408-4185



Low Vision Support

Meeting, Fine Arts room, (OC), Tuesday, August 7, 2:00 to 4:00 PM, Bruce Vasquez, Product Line Manager of the Vision Essentials Store of Kaiser Permanente will be our presenter. Bruce will be bringing an assortment of basic low vision and video reading aids and will discuss how each of these products can help with varying stages of vision loss. This Kaiser store is open to all; members as well as non-members. Kaiser offers products from A&E Low Vision. Representatives Remy and Ed Long will demonstrate 5 of the newest video magnifiers including desktop, wearable and portable models.

Orchard Creek Display- During July the Low Vision Support Group will have an informative exhibit in the display case in the OC hallway. Be sure to stop by.

Contact: Cathy McGriff - 916-408-0169
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Bulletin Board

A Course in Miracles

The study group meets on the first and third Mondays from 2:00 to 4:00 PM and is an open, ongoing group who study the ideas outlined in the book *A Course in Miracles*. Can you imagine what it means to have no cares, no worries, no anxieties, but merely to be calm and peaceful all the time? In ACIM we are taught how to get in touch with this deep well of peace by releasing thoughts of judgment and fear by applying the principles of this psychological/spiritual study. Call Alexandra at 916-409-5253 for more information.

Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents works on a point system, give a ride – get a ride. Information can be found on our website www.lhairportco-op.org or for more information contact Barb Iniguez at 916-408-7812.

Caregiver Support Group

We meet at the 12 Bridges Lincoln Library on the third Thursday of each month from 9:00 to 10:30 AM. We gather together to support, encourage, and laugh with one another. If you are caring for a spouse or other loved one, come join in. Be sure to come in through the back employee's entrance door. For more information, please contact Joni Tryka at 916-677-7488.

Cloggers

Happy summer! The Clogging Association says "clogging" is a Gaelic word meaning TIME, and we say it's TIME to start clogging! Clogging began in America in the www.sclhresidents.com

You Are Invited to Attend:

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

- **Friday, July 27, 3:00 PM**—Club Cruise Ice Cream Social, Heights (OC)
- **Monday, August 6, 10:00 AM**—Nautilus Society, Oaks, (OC)

Appalachians in the mid-1700s as a merging of different cultures' folk dances, accompanied by mountain fiddle music. We also incorporate Irish dancing in our clogging, so look for lots of knee flips and calorie-burning toe and heel taps. Also, a great clogging workshop is coming up July 21 in Castro Valley. For more information on clogging right here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

CPR/AED/First Aid Training

The next classes will be July 24 and September 6 at 9:00 AM to Noon at OC. Get an application from lincolnhillsfoundation.org. The cost is \$10 or \$20. The Lincoln Hills Foundation pays the rest. Classes fill up quickly, so get your application and check in as soon as you can. Contact Joan Logue for more information.

Democratic Club

Our next meeting is August 16. Our speaker is Sharron Williams, an attorney practicing immigration and nationality law and global mobility. She assists clients in the United States through U.S. immigration agencies and clients abroad through consular processing. The meeting is at the Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. Doors open at 6:15 PM for a social time to meet and mix with members before

the business meeting at 6:45 PM, followed by the program. See our club website <http://www.democraticclublincolnca.org/>.

Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis 95650. Follow the signs to the proper meeting room. Call Kay F. at 916-543-3079 for more information.

Glaucoma Support Group

Did you know that Glaucoma is one of the leading causes of blindness in the world? Fortunately, in the United States, we have access to specialty treatment that can assist in maintaining vision. Do you have questions or concerns about glaucoma? If so, you are invited to attend the Glaucoma Support Group on August 8 at 4:00 PM in the Multimedia Room (OC). For additional information, please contact Bonnie Dale at 916-543-2133.

Italian Club

We have cooked up an exciting competition – "Pass the Pesto" Tasting Contest on August 18 from 12:30 to 3:00 PM (KS). Following the tasting, a box lunch will be served. Check the website for the flyer. Coming soon: An Italian

Street Fair is being planned for September 29 at 12:00 to 4:00 PM at the Sports Pavilion. Mark your calendars. More information to come. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org and learn more about us and our monthly activities. Want to join us? Contact Sandi Graham, membership, at 916-826-5711.

Multiple Sclerosis Group

We are on break until September. Volunteer Kalli Genest, has offered to help us learn the Healing Powers of Water at no charge. Kalli will help you exercise in our pools, Water Walk, Swim or Kick from the side. You do not need to have MS, but those with MS are first in line. Kalli has taken CPR, and First Aid Courses, plus a refresher on lifeguard rescue holds. She is an accomplished deep sea diver with over 263 dives in the past 11 years. To sign up and for more information contact Kalli at kallimom.genest@gmail.com or 916-296-4150.

Open Play Games

Interested in playing cards, 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 own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

Parkinson's Group

We are privileged in July to have Christine Epperson from Rock Steady Boxing as our speaker. Christine specializes in exercise

for those with Parkinson's and has a gym in Roseville. As many of you know, exercise and movement is the key with Parkinson's. Come join us on July 17 as we learn more about this innovative technique. Granite Springs Church, 1170 E Joiner Parkway, Lincoln. We meet from 10:00 to 11:30 AM. For more information, contact Brenda Cathey at 916-253-7537.

Racquetball Group

We play on Mondays and Thursdays at the California Family Fitness Center in Roseville (916-781-2323). Membership to the fitness center 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 doubles, cut-throat and/or singles. Ladies are welcome. See you on the court! Contact Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

Republican Club

The July meeting of the Lincoln Hills Republican Club has been canceled. A sneak peek of the August 28 meeting will be an encore presentation by Einar Maisch of the Placer County Water Authority. Everything you wanted to know about our water. Watch for more details.

Shalom Social Group

Long hot summer days do not mean less activity for the Shalom Social Group. If anything, we get more active with all the extra daylight hours! We had a well-attended and very enjoyable picnic. We went to a Rivercats baseball game on what turned out to be a really cold evening, but that didn't spoil our fun. This month

we plan to attend a Lincoln Potters baseball game, and we are working with the Italian Club on our annual Matzo Balls vs. Meat Balls bocce ballgame. For information on our activities or membership, please contact Vida Morrison at 916-984-1043.

Shooting Group

With good weather, we meet on Tuesdays for Trap and Thursdays for Skeet at Coon Creek Trap and Skeet at 5393 Waltz Road, just minutes from Lincoln. Occasionally other shotgun sports are enjoyed. We have no fees, but each shooter must pay for their own clay targets. For more information about shotgun shooting sports contact John Kightlinger at 916-408-3928 or johnnpat@sbcglobal.net. The rifle and pistol activities occur on Tuesdays at the Lincoln Rifle Club at 150 Lincoln Boulevard. For information about rifle or pistol shooting, please contact Jim Trifilo at 916-434-6341 or trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, July 17 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. This is a good opportunity for men new to the area to meet other retired men. A three-course gourmet lunch is \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

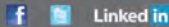
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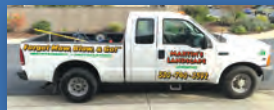
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Community Perks



KS Classic Movies on Saturday:
An American in Paris (1951)
Saturday, July 21—1:30 PM
Screening—P-Hall (KS)—Free

Not Rated, 114 min, Drama/Musical/Romance. Starring Gene Kelly, Leslie Caron, Georges Guetary, and Oscar Levant. Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.

Paris. Things become more complicated when two of them fall in love with the same woman.



Document Destruction
Monday, July 23,
10:00 AM to 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. \$10 cash or check per average file box payable to SCLHCA. Just look for the big Shred-It truck in the parking lot.



Listening Post
Tuesday, July 24,
11:00 AM, Ballroom
(OC)—Free

The Listening Post is an informal meeting which gives you the opportunity to ask questions and get answers about your community and Association. Come join the conversation.

community and Association. Come join the conversation.



Coffee with the Mayor
Thursday, July 26, 8:00 AM,
Terra Cotta Room (KS)—Free

Please join Stan Nader, Mayor of the City of Lincoln, at his monthly Coffee meetings. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. The Coffee is an informal setting to provide residents an opportunity to ask questions and hear the latest news about the City of Lincoln.

Coffee is an informal setting to provide residents an opportunity to ask questions and hear the latest news about the City of Lincoln.



2 Showings!
KS at the Movies:
The Post (2017)
Saturday, August 4, 6:00 PM
Screening—Free
Monday, August 6, 1:30 PM
Screening—Free
—P-Hall (KS)

Rated PG-13, 116 min, Biography/Drama/History.

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government. Starring Meryl Streep, Tom Hanks, and Sarah Paulson. Directed by Steven Spielberg.



August Readers Theater: Easy Aces
Saturday, August 11, 7:00 PM or
Sunday, August 12, 3:00 PM
P-Hall (KS)
—Free

The Lincoln Hills Players cordially invites you to the August Readers Theater production of Easy Aces. A very funny radio show, "Easy Aces" ran from 1930 to 1945 starring Goodman Ace and his wife, Jane. Jane captivated audiences with the way she skillfully used words incorrectly. Come and enjoy two wonderful episodes—"Jane Finds a Mate for Her Mother" and "Jane Takes Up Astrology."



KS Classic Movies on Saturday:
Airport (1970)
Saturday, August 18 —1:30 PM
Screening—P-Hall (KS)—Free

Rated G, 137 min, Drama/Action/Thriller. A bomber on board an airplane, an airport almost closed by snow, and various personal problems of the people involved. Starring Burt Lancaster, Dean Martin, Jean Seberg, Jacqueline Bisset, George Kennedy, Helen Hayes, and Maureen Stapleton.

A bomber on board an airplane, an airport almost closed by snow, and various personal problems of the people involved. Starring Burt Lancaster, Dean Martin, Jean Seberg, Jacqueline Bisset, George Kennedy, Helen Hayes, and Maureen Stapleton.



Lincoln Hills Holiday Shopping Expo
 Tuesday, October 16 -
 10:00 AM to 6:30 PM
 Orchard Creek
 Lodge—**Free**

Get a head start on your Holiday Shopping this year at our first Holiday Shopping Expo. Check everyone off your gift list conveniently with over 50 vendors offering crafts, jewelry, beauty items, clothing, books, art, decors, treats and more! In addition to shopping, enjoy an ornament exchange and a number of chances to win door prizes! Don't miss out on the fun! Interested vendors: Spaces are going fast! Hurry up and pick up your application and guidelines from the Lifestyle Department or contact Shelvie at shelvie.smith@sclhca.com or 916-625-4021. Registration deadline: August 31.



Tennis Club Ball Machine Practice Saturdays

and Wednesdays, 8:00 to 10:00 AM Tennis Court—Free

The ball machine is set up and operated by tennis club members. Resident drop-in tennis is each Saturday and Wednesday; from 8:00 to 10:00 AM on courts #1, #2 and #8, and on court #9 on Wednesday. Come as a single and sign up on the board located between the entrance to courts #1 and #2 for a doubles partner. Come to your tennis courts and have some fun, practice and meet new people.



Wednesday Farmers Market
 8:00 AM to 12:00 PM,
 Orchard Creek Parking Lot—**Free**

Get your supply of fresh produce and support our local farmers. Shop a variety of fresh fruits, vegetables, flowers and meats from Certified Farmers as well as fun and unique items from baked goods, salsa, Tupperware, jewelry and more from local vendors. You'll never know what's in store every week, so come on over and enjoy!

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Know how the tax rules change for Senior Taxpayers



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

- A higher standard deduction at age 65
- A requirement to take out a certain portion of your retirement holdings every year once you reach age 70½, or face a 50% penalty
- A requirement to make quarterly tax estimates once tax withholding from wages ends (at certain income levels)

For details and other tax-cutting assistance, contact:

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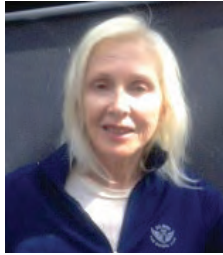
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Lincoln Hills Community Forums

You Are What You Eat Wednesday, July 25, 7:00 PM, P-Hall (KS)—Free

Dr. Ranveig N. Elvebaak, MD believes that once we understand what causes illness, we can remove it and create wellness. Through research and clinical practice, she has shown the relationship between dietary sugar and illness. She has removed the sugar from the FDA food pyramid and converted it into a simple, user-friendly program called The Food Tree. She has the results to prove her point: all her patients with type 2 diabetes have come off medications and normalized their blood sugar. This healing by nutrition holds true for most other chronic conditions, from high blood pressure to psoriasis.



How to Prove You're Not Dead! Thursday, August 9, 9:00 AM, P-Hall (KS)—Free

It all started when his password was rejected while attempting to log in to his Kaiser Permanente health account after a vacation to Maui. A subsequent phone call to Kaiser's customer support revealed that the Social Security Administration had declared Andy Petro dead on March 26, effectively terminating all of his federal benefits. This was news to Andy as he sat in disbelief hearing of his apparent death. Come meet Andy in the flesh and hear about this incredible mistake and the six-week journey he took as he tried to prove again and again that he was very much alive.



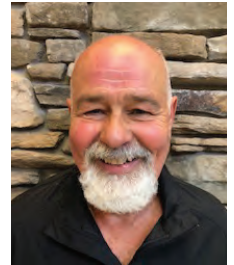
A Bridge to Cross Tuesday, August 14, 10:00 AM, P-Hall (KS)—Free

Author Hans Berger will present his book, A Bridge to Cross, the harrowing story of a brave German woman who spoke out against Hitler and the terrible acts of his Nazi Party. She and her children were forced to leave her husband and flee just ahead of arrest in Heidelberg. They traveled to the place of her birth near the Polish, Prussian border which was soon invaded by the Russian Army. Hans, very young at the time, kept his mother's journal which describes the incidents of this book. Copies will be available for sale at the presentation.



Understanding Labels for Supplements and Food Wednesday, August 22, 7:00 PM, P-Hall (KS)—Free

With more than two-thirds of all Americans regularly taking at least one dietary supplement, the industry is booming. Even so, rumors and questions about the industry abound. Are supplements safe? Are they tested? Do they do any good? Understanding dietary basic knowledge of the functional ingredients used to formulate supplements and food items will be presented including FDA guidelines in regulating supplement manufacturers. Tom Rumolo, Lincoln Hills resident, and former UC Berkeley food scientist will help us become better informed in reading and understanding labels and learn how supplement regulations can help you become an educated and confident consumer.



Upcoming Events

- **The Truth and Science of Cannabis for Medical Use**, Thursday, September 27, 7:00 PM – Ballroom (OC)—Free
- **Handy Helpers**, Thursday, October 4, 10:00 AM – Ballroom (OC)—Free
- **League of Women Voters**, Tuesday, October 9, 9:00 AM – P-Hall (KS)—Free
- **Managing Heart Failure for a Longer Life**, Wednesday, October, 24, 7:00 PM – Ballroom (OC)—Free

The fun continues at our Summer Amphitheater Concert Series (SACS)! From rock n’ roll to pop, country to classic rock, and all genres in between, we have all your favorite hits from the 50’s through today performed by award-winning artists and bands for you, your friends and family. Food concession, bars, and doors open at 6:00 PM for 7:30 PM concerts.

Please read the Amphitheater Guidelines for an enhanced experience. See ticket price for the remaining concerts below. Skip the crowd, buy your tickets early!



Listen to the Music: The Doobie Brothers Experience

Friday, July 27 – LSE76

LISTEN TO THE MUSIC is a re-creation of the famous DOOBIE BROTHERS’ classic line-up of Pat Simmons, Michael McDonald, Jeff “Skunk” Baxter, Tom Johnston and Tiran Porter. The band showcases the famous Doobie Brothers hit songs of the 70’s and recreates the era with exact instruments, costumes, and looks. You can’t help but get sucked in and believe it’s the real deal. Get your groove on and come experience this unforgettable show! General admission, \$20.



James Garner’s Tribute to Johnny Cash:

A Show That Walks the Line

Friday, August 10 – LSE77

For over a decade, Garner and his band have faithfully recreated Cash’s biggest hits with stunning accuracy. From special concert airings on PBS stations to shows at Folsom and San Quentin Prisons, the premier tribute to the “Man in Black” is a concert not to be missed. He performed in 2008 at Folsom State Prison to commemorate the 40th anniversary of Cash’s infamous live album recorded behind prison walls. The show is a fun, toe-tapping trip down memory lane honoring Johnny Cash’s life and music, and the boom-chicka-boom sound of his band, the Tennessee Three. General admission, \$22.



Garratt Wilkin & The Parrotheads

A Tribute to Jimmy Buffett

Friday, August 24 – LSE78

Billed as the #1 Jimmy Buffett tribute band in the nation, Garratt and the Parrotheads get you going on the dance floor as they perform Jimmy Buffett hits and classic rock tunes! With hits like “Margaritaville,” “Cheeseburger in Paradise,” and more, the evening will surely be chillin’! Don’t forget to wear your Hawaiian shirts! General admission, \$20.



ForeJour: A Tribute to Foreigner and Journey

Friday, September 7 – LSE79

FOREJOUR pays tribute to the music of 80’s mega bands FOREIGNER & JOURNEY, recreating the soundtrack of a generation with stunning accuracy. Forejour’s program includes the 20th century’s most downloaded song, “Don’t Stop Believing,” as well as power ballads such as Foreigner’s “I Want to Know What Love Is,” and Journey’s “Faithfully.” You will surely have a-rockin’ good time! General admission, \$20.



Hot August Night: A Neil Diamond Celebration

Featuring Dean Colley

Friday, September 21 – LSE80

Dean Colley returns to close our series with his show Hot August Night! Dean’s incredible resemblance insight, and unique voice capture Diamond’s fierce passion and energy. The concert will feature your favorite Diamond classics such as “Sweet Caroline,” “Song Sung Blue,” “Kentucky Woman,” “I Am I Said” and songs from Neil Diamond’s August 1972 live album recorded at the Greek Theater. Dean and his band have toured their show in Vegas, Europe, and Asia to enthusiastic audiences. General admission, \$22.

2018 Summer Amphitheater Concert Series Guidelines

Admission: Doors open at 6:00 PM. Wristbands must be worn during the concert. **Online buyers for individual shows can exchange e-tickets for wristbands at Lifestyle Desks, after 8:00 AM on the day of the performance.** Show package buyers can pick up their complete set of wristbands from the Orchard Creek Lifestyle desk in advance. E-Ticket or receipt required for redemption. **Lost tickets/wristbands will not be replaced.**

ADA: The Designated paved area is located in the Amphitheater's center top tier. Patrons with wheelchairs have priority access.

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. The 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 maximum of 36" will be removed** and placed on the upper patio terrace. SCLH is not responsible for the loss of chairs/blankets left unattended. **Do not move chairs already in place.** Lawn seating for blankets available at the grassy area at the left of the stage. Unused blanket space may be used for general seating after the opening song.

Dancing: Dancing in front of raised stage permitted. This

may slightly obstruct the view of patrons seated on Amphitheater's bottom tier.

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

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. **No refunds or exchanges will be issued** (includes situations of unexpected "Acts of God," "Force Majeure," local authority related, or any other unforeseen situations that prevent the event from safely being held).

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

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Entertainment

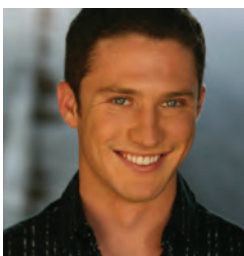
—Comedy—



**KS Comedy Night:
Turner Sparks**
Thursday, August 30,
P-Hall (KS)

6:00 PM Show — **LSE115**
8:00 PM Show — **LSE135**

Born in California, award-winning comedian Turner Sparks started his comedy career in 2009 in Suzhou, China by founding mainland China's first stand up comedy club. Now a worldwide performer and a headliner across Asia and the U.S., Sparks has performed in over 15 countries and continues to draw rave reviews with his razor-sharp punch lines, quick wit, and global perspective. "An established stand-up and rising talent." —Michael H. Weber, Oscar-Nominated Screenwriter (*500 Days of Summer*, *The Disaster Artist*). Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**



**KS Comedy Night:
Daniel Storrow**
Friday, September 14, P-Hall (KS)
6:00 PM Show — **LSE120**
8:00 PM Show — **LSE137**

Daniel Storrow started doing stand up comedy in the early part of the 21st century. He learned at a young age that if you yell something out in class, and everyone laughs, you get in trouble. But if you yell something out, and the teacher laughs, you're a Rock Star. Daniel has entertained crowds throughout the United States and as far away as Jerusalem, Israel. He has made numerous TV appearances and often performs with Louie Anderson in Las Vegas. A trained actor and San Diego native, he is known for his quick wit and intelligent musings on everyday life. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$16.**

—Concerts—



Harpeth Rising
Tuesday, July 17,
7:00 PM, P-Hall (KS)
— **LSE90**

Three conservatory-trained musicians playing original music, as intricately arranged as a string quartet, lyrically rooted in the singer/songwriter tradition and wrapped in three-part vocal harmonies reminiscent of both Appalachia and Medieval Europe. Unapologetic genre-benders, Harpeth Rising, fuses Folk, Bluegrass, Rock and Classical into something organically unique. Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$25.**

Summer Amphitheater Concert Series
**Listen to the Music:
The Doobie Brothers Experience**
Friday, July 27, 7:30 PM (Amphitheater, OC)
— **LSE76**

General admission, \$20. See page 52 for details.



The Carolyn Sills Combo
Thursday, August 2,
7:00 PM,
Ballroom (OC)
— **LSE117**

Fans of classic country and western swing will fall in love with The Carolyn Sills Combo. Their music is chock full of three-part vocal harmonies, dueling guitar, and steel drum instrumentals with tight arrangements of their own distinct style of country, western, and swing. Their current release, *Dime Stories Volume 2*, was named by *No Depression* as one of the top new releases of 2016 and they are currently working on songs for their third album. **Premium Reserved Section Seating: \$20.** General Admission: \$17.

Summer Amphitheater Concert Series
**James Garner's Tribute to Johnny Cash:
A Show That Walks the Line**
Friday, August 10, 7:30 PM, (Amphitheater, OC)
— **LSE77**

General admission, \$22. See page 52 for details.



Dirty Cello
Friday, August 17, 7:00 PM,
P-Hall (KS) — LSE96

From China to Italy, and all over the U.S., Dirty Cello brings the world high energy and unique spin on blues and bluegrass. Led by vivacious cross-over cellist, Rebecca Roudman, Dirty Cello

is cello like you have never heard before. From down-home blues with a wailing cello to virtuosic stompin' bluegrass, Dirty Cello is a band that gets your heart thumping and your toes tapping! Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**

Summer Amphitheater Concert Series
Garratt Wilkin & the Parrotheads
A Tribute to Jimmy Buffett
Friday, August 24, 7:30 PM (Amphitheater, OC)
— LSE78

General admission, \$20. See page 52 for details.

Summer Amphitheater Concert Series
ForeJour: A Tribute to Foreigner and Journey
Friday, September 7, 7:30 PM, Amphitheater (OC)
— LSE79

General admission, \$20. See page 52 for details.

Summer Amphitheater Concert Series
Hot August Night: A Neil Diamond Celebration
Featuring Dean Colley
Friday, September 21, 7:30 PM,
Amphitheater (OC) — LSE80

General admission, \$22. See page 52 for details.



Mancini: The Songs of Henry Mancini
Performed by Katy Stephan
Thursday, September 27, 7:00 PM,
P-Hall (KS) — LSE119

An intimate piano and vocal journey through the movies, recordings, and classic songbook of legendary composer, conductor, and arranger Henry Mancini. An accomplished

singer, pianist, and accompanist for Branden & James and Hadliegh Adams, Katy Stephan steps into the spotlight with her own brand new show featuring memorable classic songs as Moon River, The Days of Wine and Roses, LeJazz Hot, Charade and many more! Katy wowed the audience during the Branden and James concert earlier this year! Save \$1 off \$4 or more at KS Café on show night. **Reserved Seating: \$23.**

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Featured Trip

Laughlin-Grand Canyon



New! First time offered!
Five days, four nights!
Laughlin, Nevada and
Grand Canyon West
Sunday, September 30
thru Thursday,
October 4 — **LST168**

Join Katrina, your Trip Coordinator, on a special charter air flight to Don Laughlin's Riverside Resort on the Colorado River in Laughlin, Nevada.

Trip Includes:

- Charter air flight on Sun Country Airlines 737-800 aircraft from Sacramento Airport to Bullhead City/Laughlin Airport with two checked pieces of luggage and one carry-on item allowance
- Roundtrip bus transfers to and from both airports
- River view non-smoking rooms with included baggage service at the Riverside Resort
- Visit to Grand Canyon West on the Hualapai Tribal land with meal ticket and admission (Option to purchase admission to glass skywalk day of visit)
- Covered Jet Boat Tour to Lake Havasu and the London Bridge
- Reserved showroom seats for "The Music of Manilow" tribute by Mark O'Toole (Star Search winner) with private buffet dinner prior to show.
- Free day with an included pass for the water taxi
- Gaming credits and fun book with many two-for-ones
- Gratuities for bus drivers, included meals and luggage service

Trip Prerequisite: Must bring government issued ID at registration for required airline form. Detailed trip itinerary, menus, and U.S. State Department trip insurance providers list available at the

Lifestyle Desk. A signed liability waiver is required for each participant. Wheels roll from OC at 12:00 PM, September 30, return October 4 ~ 1:30 PM. Registration exclusive at the Lifestyle desk. \$935 per person double occupancy. \$990 single. Limited to 47 people.

Day Trips

—Casino/Races—



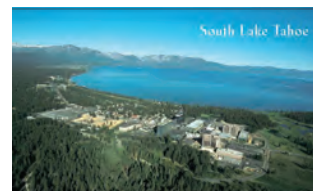
**Reno Silver Legacy —
Hot August Nights
Thursday, August 9
— LST153**

Enjoy a day trip to Hot August Nights in downtown Reno! Visit the Silver Legacy Hotel & Casino and receive \$10 gaming credit & \$5 food credit. Try your luck at the slots or check out classic cars and vendors outside in the blocked off streets. It's a day to do as you wish with plenty of indoor options including the National Automobile Museum and Big Boy's Toy Store at the Reno Events Center. Wheels roll from OC at 8:00 AM, return ~ 6:45 PM. \$37.



Best in the West—Rib Cook-off—Nugget Resort Wednesday, August 29 — LST155

Witness the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! The event also includes an arts & crafts fair. Lunch on your own. We are going on the first day of the event for fewer crowds. Wheels roll from OC at 8:30 AM, return ~ 6:30 PM. \$42.



**Montbleu Casino –
South Lake Tahoe
Thursday, September 13
— LST161**

Enjoy the scenic drive up Highway 50 to the Montbleu Casino and Resort in South Lake Tahoe. If you are a hiker, here's your chance for a nice day on the trails. Senior Day visit with free slot tournament entry and \$10 gaming credit. New slot members who play thirty (30) minutes on their favorite slots will earn \$30 in free slot play. Must earn a minimum of 150 base points to qualify. Receive 50% off café meal.



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6-hour stay. Wheels roll from OC at 8:00 AM, return ~ 7:15 PM. \$32.

—Performances—



Miss Saigon
Orpheum Theater,
San Francisco
Wednesday, October 24
— **LST166**

Experience the acclaimed new production of the legendary musical *MISS SAIGON*. This is the epic story of a young Vietnamese woman named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring stunning spectacle, a sensational cast and a soaring score, this is a theatrical event you will never forget. Matinee performance with Mid-Orchestra seating. Dinner on your own at Union Square after the show. Bring your own lunch to eat en route. Wheels roll from OC at 10:45 AM, return ~ 9:45 PM. \$152.



2018/2019 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 and seating choices. Reserved seating choices: Platinum – Front Orchestra seating. Gold – Middle orchestra and Silver – Rear orchestra. The bronze option is open seating in the second tier. Wheels roll from OC at 6:45 PM, allowing ample Bronze seat options upon arrival, return ~ 10:15 PM. Price options and phenomenal speakers listed below.

\$618 Platinum Seating — **Sold Out**

\$558 Gold Seating — **LST145**

\$438 Silver Seating — **LST146**

\$342 Bronze Seating — **LST147**



Leon Panetta
Wednesday, September 26

Leon Panetta is an American politician who has served in several public office positions, such as Secretary of Defense, Director of the CIA, Director of the Office of Management and Budget and as a U.S. Representative from Monterey,

California. As President Clinton's Chief of Staff, he was credited for bringing order and focus to the White House operations and policy making. He is the co-founder of the Panetta Institute for Public Policy.



John Cleese
Wednesday, November 14

John Cleese dubbed “the world’s funniest man” first made his mark as a member of the legendary Monty Python troupe in the 1960’s, and has gone on to write, produce, direct and star in some of the greatest comedic hits of the last forty years. But Cleese is far from your garden variety entertainer, since the beginning of his career, he has continually parlayed his enormous talents into advancing education and providing entertaining training videos.



Ian Bremmer
Wednesday, January 16, 2019

Ian Bremmer is a political scientist specializing in U.S. foreign policy and states in transition. Bremmer is most widely known for advances in global political risk; referred to as the “guru” in the field by *The Economist* and *The Wall Street Journal* and, more directly, bringing political science as a discipline to the financial markets. He created Wall Street’s first global political risk index, now the GPRI (Global Political Risk Index). He is also the foreign affairs columnist and editor-at-large for *TIME Magazine*.



Diane Keaton
Wednesday, February 20, 2019

Diane Keaton is a renowned American actress and an occasional singer who also delved into directing and producing films. She is a multi-faceted personality who has not only proved her mettle in the various aspects of the entertainment industry but also portrayed her creative versatility in writing and photography. She is also a New York Times best-selling author.



Marlee Matlin
Wednesday, March 20, 2019

Marlee Matlin lost her hearing at a young age but nonetheless pursued an acting career and became highly successful, winning an Academy Award for her role in *Children of*

a Lesser God. She continues to star in a number of films and television shows. Her autobiography, *I'll Scream Later*, describes many challenges she has faced and how her perseverance helped her overcome obstacles.



Dan Buettner
Wednesday, April 17, 2019

Dan Buettner is a National Geographic Fellow and New York Times, bestselling author. While traveling the globe, he discovered five places in the world dubbed "Blue Zones" where people live the longest and are healthiest. Buettner released a book on his findings, *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*. His topics of how to live to be 100+ and Finding Happiness in the Blue Zone Ways, largely based upon his research, provides a database approach to long life and happiness.



Broadway on Tour
Sacramento 2018-2019

The Broadway on Tour series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows.

All performances are 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 without the hassle of driving and parking in downtown Sacramento. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM. All shows \$101 each.



On Your Feet!
The Emilio & Gloria Estefan Story
Tuesday, October 30
— LST148

From their humble beginnings

in Cuba, Emilio and Gloria Estefan came to America and broke through all barriers to become a crossover sensation at the very top of the pop music world. But just when they thought they had it all, they almost lost everything. *On Your Feet!*, takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. \$101.



Waitress
Wednesday, January 2, 2019
— LST149

Brought to life by a ground-

breaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (*Brave, Love Song*) a book by acclaimed screenwriter Jessie Nelson (*I Am Sam*) and direction by Tony Award® winner Diane Paulus (*Hair, Pippin, Finding Neverland*). Inspired by Adrienne Shelly's beloved film, *WAITRESS* tells the story of Jenna – a waitress and expert pie maker who dreams of leaving her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start. Don't miss this uplifting musical. \$101.



Falsettos
Tuesday, March 12, 2019
— LST150

William Finn and James Lapine's groundbreaking, Tony Award-winning musical returned to Broad-

way in an all-new production from Lincoln Center Theater and was nominated for five 2017 Tony Awards, including Best Revival of a Musical. *Falsettos* is a hilarious and achingly poignant look at the infinite possibilities that make up a modern and non-traditional family and a beautiful reminder that love can tell a million stories. *Falsettos'* story centers around a boy whose parents divorced and are both in new relationships, one of which is homosexual. \$101.



CATS
Tuesday, April 2, 2019
— LST151

Rediscover *Cats* — the beloved Andrew Lloyd Webber musical with breat-

htaking music, including one of the most treasured songs in musical theater, *Memory*. Winner of seven Tony Awards® including Best Musical. Featuring new sound design, direction, and choreography for a new generation — experience *CATS* for the first time as it begins a new life, or let it thrill you all over again! \$101.



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Disney's Aladdin
Tuesday, May 21,
2019 — LST152

Discover a whole new world at Disney's Aladdin; the hit Broadway

musical. From the producer of *The Lion King* comes the timeless story of Aladdin, a thrilling new production filled with unforgettable beauty, magic, comedy and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. See why audiences and critics agree, *Aladdin* is "Exactly What You Wish For!" \$101.

2018 Music Circus

Enjoy three wonderful shows from this year's season at Wells Fargo Pavilion in Sacramento presented in "Theatre in the Round." Two are brand new to Music Circus and sure to be hits! All shows start at 7:30 PM. You will have time to purchase food and beverage prior to the show. Enjoy the convenience of being dropped off right at the entrance gate! Wheels roll from OC at 6:15 PM, return ~ 11:00 PM. \$101 for each show.



Gypsy
Tuesday, July 24 — LST120

This landmark show, with a celebrated score by Jule Styne and Stephen Sondheim, is based on the life of burlesque queen Gypsy

Rose Lee. A singularly-focused mother takes her daughter on a cross-country adventure in pursuit of fame and fortune on the dying Vaudeville circuit.



Mamma Mia!
Wednesday, August 8 —
SOLD OUT!



Little Shop of Horrors
Tuesday, August 21
— LST122

Nerdy floral shop worker Seymour would do or give anything to gain the love of the object of his affection, Audrey. The depth of his desire is tested when a strange and precarious addition to his floral shop brings him sudden and unprecedented popularity. This hit musical, based on the campy 1960s cult horror film, features music by Alan Menken. Music Circus premiere.

—Tours/Leisure—



San Francisco for the Day – Union Square
Saturday, August 4
— LST143

Enjoy a lovely day trip to the city by the bay without worrying about traffic, the bridge or parking.

Relax and let our comfortable coach take you to Union Square for a day to do as you wish. August can be cool in the city, layer up! Lunch on your own. Wheels roll from OC at 8:30 AM, return ~ 7:00 PM. \$46.



Half Moon Bay for the Day
Saturday, August 18
— LST154

Experience a cool day in a gorgeous coastal region just south of San Francisco. The Coastside Certified

Farmer's Market will be in full swing with many tasty local offerings from farmers, ranchers and fishermen so bring your ice chest and insulated shopping bags! You will have time to peruse shops on Main Street or if you are a hiker, take a walk down the Coastside Trail. Pack a picnic or enjoy lunch on your own. Restaurant list/map at Lifestyle desks. Wheels roll from OC at 8:00 AM, return ~ 6:30 PM. \$51.



California Automobile Museum
Thursday, August 23
— LST157

The California Automobile Museum in downtown

Sacramento is a walk through the history of cars and California culture! Enjoy a docent-led tour of the permanent exhibits and the special exhibit *Crafting a Rebellion* highlighting the works of local custom legends: Harry Westergard, Dick Bertolucci, and Sam Barris of the Barris Brothers. The exhibit showcases customs and hot rods from the 1940s through early 1960s. Box lunch from Meridians included with choice of Turkey or Ham on Wheat or Vegetarian Wrap. Comes with fruit, chips, bottled water and dessert. Wheels roll from OC at 9:15 AM, return ~ 1:15 PM. \$42.



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Benicia Fine Arts & Crafts Fair
Saturday, September 15

— **LST165**

Artisans and crafters will line First Street in historic downtown Benicia for this annual event. Recognized as one of the most diversified and leading Bay Area arts & craft shows, this event draws thousands of shoppers. Vendors are pre-screened to ensure a quality event with an extensive selection and variety of fine arts and crafts. You will be steps from the waterfront and historical sites. Lunch on your own. Wheels roll from OC at 9:15 AM, return ~ 5:00 PM. \$35.



California Capital Airshow
Sunday, September 23 — LST156

Celebrate 100 years of Mather Airport and see the Air Force Thunderbirds and more at the California Capital Air Show. Included is all day access to the Flight Line Club large chalet tent near the airshow center with

buffet, soft beverages and reserved table seating in the tent. Outside seating also available. Front bus drop off, golf cart service for mobility impaired, and private restrooms for chalet guests only. Don't miss this spectacular airshow. (Fleetweek will not be offered this year). Buffet menu available at Lifestyle Desks or online. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM. \$123.



Old Sacramento Underground Tour
Thursday, October 18 — LST164

May trip sold out quickly! Join Katrina, your Trip Coordinator, on a historical underground tour of Old Sacramento and more! Enjoy an "in-character" docent-led underground tour which is a ½ mile guided historical walking tour lasting approximately one hour with personal listening devices. (Be aware: has some low

ceilings and uneven walking surfaces). You will also visit the Sacramento History Museum which is dedicated to Sacramento's rich and diverse history and its unique place in the history of California and the nation. Lunch and free time on your own in Old Sacramento. Wheels roll from OC at 8:30 AM, return ~ 2:30 PM. \$48.



Scrapbook and Stamp Expo
Friday, October 19

— **LST163**

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun trip to the Sacramento Convention Center for the Scrapbooking & Stamp Expo! (rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We have obtained early bird admission and will spend six hours at the show. Lunch and any fees for seminars/workshops on your own. Wheels roll from OC at 7:30 AM, return ~ 4:15 PM. \$40 (includes admission).

—Overnight—



Three days, two nights!
Plan for the holidays now!
The Grand Holiday Hearst Castle and Cambria Tour
Sunday, November 25 thru Tuesday, November 27
— LST158

Jump start the holiday season with a trip to the gorgeous California Central Coast! Join Katrina, your Trip Coordinator, as we tour the grandeur of Hearst Castle. Bedecked in authentic 1930's holiday decor and trimmings; it will be easy for you to imagine being in one of Hearst's extravagant holiday parties! After the late afternoon tour, witness the glorious sunset from the top of the hill. Shop the Cambria Christmas Market with its open-air stalls and many unique offerings. Enjoy local food and drink, brats, freshly baked goods and treats, along with Glühwein, a traditional German hot spiced wine, located conveniently behind the hotel. With its many wine tasting rooms, quaint shops and delicious restaurants, the village of Cambria will not disappoint. Visit the Elephant Seal Rookery and the

visitor's center/gift shop. On our way home, enjoy an included lunch at John Steinbeck's house, and a docent-led tour of The National Steinbeck Center in Salinas.

This excellent trip includes:

- Two-night stay at the Cambria Pines Lodge
- Grand Rooms tour of Christmas at Hearst Castle
- Admission to the Cambria Christmas Market
- Visit the Piedras Blancas Elephant Seal Rookery
- Free time in downtown Cambria
- Daily hot buffet breakfast
- Lunch at Basque Matxain Etxea Restaurant in San Juan Bautista
- Buffet Dinner at the hotel after Hearst Castle tour
- Lunch and docent talk at John Steinbeck House
- Docent-led tour of The National Steinbeck Center
- Total meals included: two breakfasts, two lunches, and one dinner.
- Gratuities for the bus driver and included meals

Wheels roll from OC at 8:00 AM, Sunday, November 25 return Tuesday, November 27 ~ 5:15 PM. A *signed liability waiver is required for each participant*. Trip insurance highly recommended. Trip insurance providers list from the U.S. State Department and menu are available at the Lifestyle Desks or view online. \$548 per person double occupancy; \$759 single. **Early registration is requested due to vendor deadlines.**

Sold Out Trips


Trip • Date • Departure Time

List below shows trips up to August.

- USS Potomac
Thursday, July 19 • 7:30 AM
- Oakland A's vs. SF Giants
Sunday, July 22 • 9:15 AM
- Pageant of the Masters
Saturday, July 28 • 8:00 AM
- Les Miserables
Wednesday, August 15 • 10:45 AM

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Class Index

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



Register at the Lifestyle Desk (OC/KS)
or online at SCLHResidents.com

Classes

Vacation Drop-In

Drop-in sessions are available to accommodate your vacation plans! Drop-in sessions are for current students able to work independently but unable to attend class full-time. Sessions are held in conjunction with ongoing regular classes. Space is on a first-come, first-served basis with in-person enrollment allowed only on the day of the class. Students must check with the instructor prior to registration for space availability and class **prerequisite**. The class article notes if a drop-in is accepted. **Prerequisite:** Must have completed at least one month of class instruction. Drop-in sessions are not for first-time students/beginners offering limited guidance from the instructor.

Summer Fun with Your Grandkids!

Learn with your grandkids and share quality fun times with them this summer. Lifestyle and WellFit departments have put together classes to create a memorable summer vacation. Each class is different and has their own requirements, so we thank you for reading the descriptions thoroughly prior to registration. All classes require a grandparent to be enrolled in the class. Enroll early for best options. Register for all classes at Lifestyle Desk and Online unless otherwise specified.

Zumba with your Grandkids

Monday, July 16

2:30 to 3:30 PM, Aerobics Room (KS). See page 85 for more information.

Line Dance Fun with Yvonne

Thursday, July 19 — LSC1555

11:00 AM to 12:00 PM (KS). \$6 per person. Instructor: *Yvonne Krause*. Get those bodies moving while spending quality time with your grandkids. Yvonne will have everyone in the class learn a complete line dance number with simple steps on a popular country tune. It will be a lot of fun! **Age prerequisite:** 5 years and up.



A Day at the Beach

Thursday, July 26 — LSC1556

9:00 to 10:00 AM (KS). \$10 per child. Additional \$10 Supply fee is due at class. Instructor: *Lily Ross*. Join us for *A Day*

at the Beach with Kindermusik! Get ready to imagine alongside your grandchild and wiggle your toes in the sand, scuttle like a crab, and listen to the surf roll in. We will experience the sights and sounds found at the beach through songs, exploring instruments, dancing, and story time. Each child will receive a Beach Days CD, and beach ball to keep the fun going at home! **Age prerequisite:** Ages 0–7.



**First Session Sold Out!
Extra Date Added!**

**Kiddie Card Making with Dottie
Monday, July 30 — LSC1763**

9:00 AM to 12:00 PM (KS). \$10 per student. Instructor: *Do ie Macken!* You and your little one will create two blank cards perfect for the

season. All supplies will be provided, just bring your enthusiasm and creativity. **Age prerequisite:** 10 years and up.

Art

—Announcement—



Fine Arts Class Gallery

Fine Arts Room (OC). The Lifestyle Department, in cooperation with Lincoln Hills art instructors and their students, welcome all residents

and their guests to stop by the Fine Arts Room to view wonderful artworks. The gallery will feature a revolving display of artworks from Marilyn Rose's Oil & Acrylic classes and Pastels and Watercolor paintings from Michael Mikolon's class. Come by anytime an art class is in session to view the works and watch the class' creative process in action.

—Drawing—



**Mixed Media Art Journaling
Tuesday, August 14 — LSC899**

9:00 AM to 12:00 PM (OC). \$25 Plus, \$5 Supply fee paid to the instructor. Instructor: *Kerry Dahlin*. A variety of media will be used as we "play" on the

pages of our art journals. 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 needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paint brush, Sharpie pen, white gesso, plus any of your favorite mixed media supplies.

—Oils, Pastels & Acrylics—



**Oil and Acrylic Painting:
Beginner/Refresher
Wednesdays, August 1-29**
— LSC964

1:30 to 4:00 PM (OC). \$65 (five sessions). Instructor: **Marilyn Rose**. Have you always wanted to try painting in oil or acrylic

or want a refresher? Start with exercises in basic color mixing and brush and paint handling, followed by simple form creation plenty of discussion, demonstrations, and paint-along exercises to help you get comfortable. Minimal investment in materials. Note: intermediate and advanced students are welcome to take this class and work on their own with minimal guidance. For more information contact Marilyn at 916-409-0397. Supply list – Beginning Class – available at the Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



**Oil and Acrylic Painting:
Intermediate/Advanced
Wednesdays, August 1-29**
— LSC955

9:00 to 11:30 AM (OC). \$65 (five sessions). Instructor: **Marilyn Rose**. Have you painted in the past and want to get back into it? Do you paint now and want some congenial company and

tips to improve? Receive expert guidance in creating original paintings of your choice. Demonstrations, masterwork examples, and individual instructions are used to advance student understanding and implementation of techniques. About the Instructor: Marilyn has over 25 years of painting experience. For more information contact Marilyn at 916-409-0397 or www.artistmarilynrose.com. Supply list – Intermediate-Advanced Class – available at Lifestyle Desk. Vacation drop-in: PAINT — \$17 per session.



**Sip and Paint: “Peacock”
Friday, July 20 — LSC910**
5:00 to 8:00 PM (OC). \$55.
Instructor: **Unni Stevens**. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists

alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, and a selection of cheese, crackers, and fruits. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at www.unniart.com.



**Sip and Paint:
Paint your Pet
Friday, August 31— LSC911**

5:00 to 8:00 PM (OC). \$55. Instructor: **Unni Stevens**. Bring your favorite animal to life

on canvas while enjoying wine and hors d’oeuvres. The instructor will guide and teach new techniques, tips, and tricks as you create your masterpiece. All art materials are included and will be set up prior to arrival. Canvases will be under-painted, with the option to have your pet’s image traced in pencil for you prior to class. To do this, email your pet’s photo to: unni@unniart.com, OR text to 916-626-2144, OR leave a photo at the Lifestyle desk when you register. Price of admission includes a glass of wine, a selection of cheeses, crackers, and fruits.



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Attorney at Law



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—Pastels & Watercolor—

**Art Classes with Michael Mikolon**

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and

techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- **Watercolor Class**
Wednesdays, August 1-29 — **LSC656**
5:30 to 8:30 PM (OC).
\$75 (five sessions).
Instructor: *Michael Mikolon*
- **Pastel and Watercolor Combo Class**
Thursdays, August 2-30 — **LSC636**
1:00 to 4:00 PM (OC).
\$75 (five sessions).
Instructor: *Michael Mikolon*

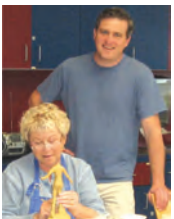
Watercolor Step-by-Step

Mondays, August 6-27 — LSC615

9:30 AM to 12:00 PM (OC). \$60 (four sessions). Instructor: *Michael Mikolon*. This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. Supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application as well as color theory. One-on-one instruction will be provided as you are guided step by step to create a simple work of art. All ability levels are welcome, images and concepts will be basic.

Ceramics

—Pottery—

**Beginning/Intermediate Ceramics**
Tuesdays, August 7-28 — **LSC684**

1:00 to 4:00 PM (OC). \$54 (four sessions). Instructor: *Jim Alvis*. An introductory class for residents who have never worked with clay, and

continuing students who want to continue to develop their skills. This 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 class. Vacation drop-in: CERD1 — \$17 per session.

**Advanced Ceramics**
Tuesdays, August 7-28
— **LSC787**

9:00 AM to 12:30 PM (OC). \$54 (four sessions).
Instructor: *Jim Alvis*.

This class is for self-motivated students/artists with established ceramic skills. Students explore their craft and sculpture projects with guidance from the instructor. The course includes demonstrations, assignments, group discussion, and constructive critique. Vacation drop-in: CERD3 — \$17 per session.

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Introduction to Ceramics with Taylor Thursdays, August 2-30 — LSC1748

9:00 AM to 12:00 PM (OC). \$67.50 (five sessions). Instructor: *Taylor Jackson*. A beginner's course in ceramics. The class covers the basics of handbuilt and wheel thrown ceramics. Receive a tour of the studio to get familiar with the facilities and to understand how to approach a project. Assignments, demonstrations, and individual instruction will be provided to help students explore their interests and become more comfortable with the working process. First-time students will receive a materials list at the first class or request at registration. Some tools are available from the instructor to help with an art piece.



Intermediate and Advanced Ceramics with Taylor Thursdays, August 2-30 — LSC811

1:00 to 4:00 PM (OC). \$67.50 (five sessions). Instructor: *Taylor Jackson*. This class is for intermediate and advanced ceramic students who are self-driven and wish to establish their skills. Students are encouraged to explore many of the artistic and functional approaches to handbuilt and wheel thrown ceramics. This class includes assignments, demonstrations, and individual instruction designed to help students further develop their skills and interests. Some tools are also available from the instructor to help in building or further develop an art piece.

Crafts

—Card Making—



Intro to Card Making 101—Level 1 Fridays, August 10-24 — LSC889

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie 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, sign-up early to reserve your space. All supplies will be provided.

www.sclhresidents.com

Card Making Level 2—Intermediate Mondays, August 6-20 — LSC865

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** Completion of at least four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided.

Card Making Level 3—Intermediate/Advanced Wednesdays, August 8-22 — LSC877

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:** This class will build on your skills from Level 2 and offers more complex and challenging projects 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.



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—Cooking—



Produce with a Purpose
Monday, July 23

— LSC1735

Or Monday, August 20

— LSC1749

4:00 to 6:00 PM (KS) \$45.

Instructor: **Kerin Gould, Ph.D.** Your doctor told you

to eat more produce, but who has the time, energy, knowledge, or inspiration? This class features nutritional information about foods for fighting cancer, diabetes, and other chronic illness, plus easy, plant-centric recipes, cooking tips, sampling, and some farm-fresh, pesticide-free produce to take home. Topics change monthly with the season's produce. Instructor Kerin Gould, Ph.D. studied natural health but learned more while helping her father fight cancer. She owns a small farm and writes a column for the local newspaper. For more information see <http://producewithapurpose.wordpress.com>. Class fees include cooking instruction, farm-fresh produce, and demonstration materials.

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, but it is also a whole lot of fun that helps improve quality of life. Join us in any of the clogging classes below that fit your skills.



Beginning Clogging
Tuesdays, August 7 & 14

— LSC978

10:00 to 11:00 AM (KS). \$14 (two sessions). Instructor: **Janice Hanzel**. Start a new passion! Join this new beginners class, a low impact, revamped foundation

and fundamental class. The class will move through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended.

Easy-to-Intermediate Clogging
Tuesdays, August 7 & 14 — LSC613

11:00 AM to 12:00 PM (KS). \$14 (two 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 will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.



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Intermediate Plus Clogging Tuesdays, August 7 & 14 — LSC1750

12:00 to 1:00 PM (KS). \$14 (two sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with 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. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—



Country Couples Western Dance Beginner Level 1 & 2

Mondays, August 6-27 — LSC624

7:00 to 8:00 PM (KS). \$24 (four sessions).

Instructors: *Jim & Jeanie Keener*.

Western dancing is done to many types of music, country being the most popular. Many of the dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

Country Couples Western Dance Beginner/Intermediate Level 3 & 4 Mondays, August 6-27 — LCS805

6:00 to 7:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanie Keener*. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, join us for a fun-filled hour of more challenging beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Sidekick and Wooden Nickle."

Country Line Dancing Fridays, August 10-31 — LSC696

3:00 to 4:00 PM (KS). \$24 (four sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances that are done at country dances around the area.

—Hula—



Hula Intermediate Thursdays, August 2-30 — LSC1012

1:00 to 2:00 PM (KS). \$40 (five sessions). Instructor: *Pam Akina*. 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 the mind, body, and spirit! Performance techniques are also shared, and occasional performance opportunities are available for students. Vacation drop-in: HULA — \$14 per session.

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—Jazz—

Jazz Class for the Beginner**Thursdays, August 2-30 — LSC662**

11:00 AM to 12:00 PM (KS). \$40 (five sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$13 per session.

Jazz Performance**Tuesdays, August 7-28 — LSC754**

1:00 to 2:00 PM (KS). \$32 (four sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. 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 best fits your needs. Below are the instructors and classes listed in order of difficulty.

Student brand new to line dancing are suggested to start with the Intro to Line dance class. The next eight-week Intro class will start in September.

**Line Dance—Easy Beginner**

If you have taken an Introduction to Line Dance Class and want to move up to Line Dance I Beginner level, this is the class for you. This is a transition between the introduction level and the regular beginner level. The

dances are easy and fun. You will continue to perfect your basic steps and learn some new ones in the process. Ultra dances, as well as Easy Beginner dances, will be taught with an emphasis on the terminology of line dancing.

- **Thursdays, August 2-30 — LSC750**
10:00 to 11:00 AM (KS).
\$30 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- **Fridays, August 3-31 — LSC996**
2:00 to 3:00 PM (KS).
\$30 (five sessions)
Instructor: *substitute Jeanie Keener*

Line Dance—Beginner

Prerequisite: This class is not for newbies, students must have completed the Intro level and have mastered basic line dance steps, movements, and dances. Beginner dances will have more turns and combinations of steps, sometimes to faster music. Beginner dances will be taught, at the teacher's discretion.

- **Mondays, August 6-27 — LSC726**
9:00 to 10:00 AM (KS).
\$24 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- **Thursdays, August 2-30 — LSC741**
2:30 to 3:30 PM (KS).
\$30 (five sessions).
Instructor: *Audrey Fish*
August 2nd substitute: Ginger Fullerton

Line Dance—High Beginner/Improver Class

This level is a great way to help experienced beginners improve their skills and learn more complex dances. Dances will range from High Beginner to Improver dances, with students developing movements and steps that are beyond the basic beginner level. Various rhythms and tempos will be taught reflecting different timing

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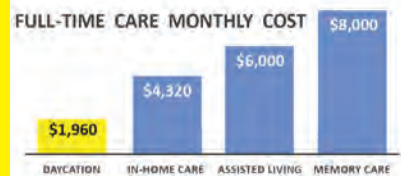
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- **Mondays, August 6-27 — LSC918**
5:00 to 6:00 PM (KS).
\$24 (four sessions).
Instructor: *Audrey Fish*
- **Wednesdays, August 1-29 — LSC1002**
9:00 to 10:00 AM (KS).
\$30 (five sessions).
Instructor: Substitute: *Dennis Dawson*

Line Dance—Easy Intermediate Class

Prerequisite: The dances taught in this class are more involved than High Beginner/Improver and a lot easier than Intermediate/Advanced. Great music with less challenging dances. Easy Intermediate will have steps from the previous class descriptions and more, with easy tags and restarts. Easy Intermediate dances will be taught, at the teacher's discretion.

- **Wednesdays, August 1-29 — LSC678**
10:00 to 11:00 AM (KS).
\$30 (five sessions).
Instructor: Substitute: *Dennis Dawson*

Line Dance—Intermediate/Advanced Class

Dances will be taught at a faster pace to a smaller group of dancers who are eager to push the boundaries and challenge themselves, learning newly choreographed dances that are voted popular on the world line dance surveys. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have!

- **Thursdays, August 2-30 — LSC642**
3:30 to 4:30 PM (KS).
\$30 (five sessions).
Instructor: *Audrey Fish*
August 2nd substitute: *Barry Mackintosh*

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Line Dance Instructors

- **Audrey Fish**

Audrey has been teaching at Lincoln Hills since November 2000. She loves teaching line dance because it's such great physical and mental exercise. "It makes me happy to see the joy this class brings to my students as well as watching them progress and feeling proud of their accomplishments."



- **Sandy Gardetto**

Sandy is an excellent line dance instructor, with over 15 years of experience. She has been trained in all disciplines of dance since she was eight years old. To encourage people to sign-up for her classes, she has simplified her Beginner Class (LD I) as well as her High Beginner/Improver Class (LDII). She is also offering an Easy Intermediate Class for those who want easier dances with great music. *Vacation Drop-in offered for all her classes - \$10.



- **Yvonne Krause-Schenck**

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—

Limited classes for August.

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 the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.

Beginning Tap

Mondays, August 6-27 — LSC772

11:00 to 12:00 PM (KS). \$36 (four sessions). Instructor: *Alyson Meador*. If you have never taken a tap class, or have less than six months experience, this is a class for you. You will be taught the basic tap skills to build a solid basic level of technique (shuffles, flaps, cramp rolls Irish, shuffle ball change, etc.). Basic fundamental music skills will also be introduced. Students will learn unique combinations using these tap fundamentals, and learn parts of the "Soft Shoe" the "Waltz Clog" and the "Shim Sham."

Tap Technique

Mondays, August 6-27 — LSC760

10:00 to 11:00 AM (KS). \$36 (four sessions). Instructor: *Alyson Meador*. Learn and hone your techniques through fun musical exercises.

—West Coast Swing—

West Coast Swing

Wednesday, August 8-22

— **LSC1272**

6:00 to 7:30 PM (KS). \$30 (three sessions).

Instructor: *Do ie Macken*. **Prerequisite:** Must know the basics of West Coast Swing Dancing and be at an

intermediate to advance level. This three-week session will be a time for us to review our WCS dancing and patterns. Partners suggested, the class is not for beginners.



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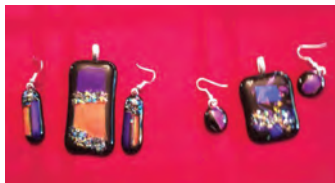
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Glass Art



Fused Glass Jewelry
Monday, August 20
 — **LSC773**

9:30 AM to 12:00 PM (KS). \$25. Supply fee: \$10 payable to instructor.

Instructors: *Jim Fernandez and Danielle Echeverria*. Learn to make fused glass jewelry with a focus on Dichroic glass or create glass projects like plates, vases, etc.. You can do a new project every class. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing in general. The \$10 supply fee provides enough compatible and dichroic glass to create four pieces of jewelry, or one plate, one bowl, one vase or another similarly sized project. Larger projects are available for an additional supply fee.



Stained Glass
Mondays, August 6-27
 — **LCS826**

1:00 to 4:00 PM (KS). \$58. (four sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn 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. The class is also open to more experienced students. The instructor will evaluate students' skill level on the first day of class, and recommend a project for the student. Lead glass technique is now available. About the Instructor: Jim Fernandez has 28 years of stained glass experience.

Music

—Guitar—



Folk Guitar for Fun Folks 101
Beginner Class
Tuesdays, August 7-28 — LSC922

1:00 to 2:00 PM (KS). \$36 (four sessions). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice necessary! Emphasis is

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July 22: Forgiveness—Five Keys
July 29: Update on Canyon City Church
Greg Benton guest speaker
August 5: Forgiveness—Can I Do It
August 12: When What's Up Gets You Down
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on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the 50's, 60's and 70's will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. About the Instructor: Darrell is a long-time teacher, musician, storyteller and folk singer. He was a member of the New Christy Minstrels and toured with Glenn Yarbrough and other artists. Questions? Call Darrell at 916-989-8532.



Folk Guitar for Fun Folks 102 Intermediate Class
Tuesdays, August 7-28
 — **LSC1042**

2:00 to 3:00 PM (KS). \$36 (four sessions). Instructor:

Darrell nger. Prerequisite: Knowledge of guitar playing using basic chords while doing a simple strum and singing (no vocal training required). This class is an intermediate class with emphasis on harder chord fingerings; more transitions of chords in songs; different strumming patterns; and various fingerpicking styles used by folk artists. The class can be taken in conjunction with the beginning class, as long as the student feels comfortable they have met this prerequisite, and their fingers can withstand the pain! The more, the merrier! Questions? Call Darrell at 916-989-8532.

—**Music History**—



The History of Rock and Roll, Part I
Wednesdays,
August 22-September 12
 — **LSC1716**

1:00 to 3:00 PM (KS). Instructor: **Ray Ashton**. \$30 (four sessions). Discover the times, the people, and the music that is "Rock and Roll."

In Part I, we will explore the origins of this truly American music that has become the soundtrack of our lives. Hear how jazz in the 30's, Country Music, Pop Music, Gospel, and Rhythm and Blues came together to inspire a world's youth to take to the dance floor. Together we will meet a guy from New Orleans named Fats, a country boy named Jerry Lee, a Georgian dishwasher named Richard, a West Texan gentleman called Buddy, and a truck driver who would change the world... his name: Elvis.

Personal Improvement



Two-day class!
AARP Driver Safety Training
Wednesday & Thursday,
September 19 & 20
 — **LSC743**

9:00 AM to 1:00 PM (OC).
 Fee \$25 (AARP member)

or \$30 (non-member). Instructor: **Tom McMahon**. This class is geared to the "over 50" driver and covers how to adjust driving to age-related changes in our bodies. Course instruction uses videos, interactive discussions, and workbooks. There are no tests to pass. You must present your AARP membership card at registration and bring it to class to receive the discounted rate, along with a valid driver's license to receive a Certificate of Completion. This course does not replace Traffic School, nor is it specifically geared to help you pass the DMV driver's test.



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—Certification—



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Certification classes for Bernina Serger, Bernina Sewing Machine, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered once a month. Certification fee: \$15 for each lesson. Enrollment prior to class is required.



Mystery Quilt VI Fridays, August 3 & 10 — LSC1764

1:00 to 4:00 PM (OC). \$40 (two sessions). Supply Fee: \$10 payable to instructor. Instructor: *Be y Kisbey*. **Prerequisite:** Must be

able to sew an accurate quarter inch seam allowance and know how to safely use a rotary cutter. Join the fun of making a quilt while solving a mystery! You will be given only fabric and cutting requirements at registration. Pieces of the design will be given to you in steps throughout the class; the final quilt design will not be revealed until the end. NOTE: Be sure to get the pattern requirements and supply sheet at registration. You are required to have your fabric chosen and cut before class.

Technology

—PC—



YouTube TV Monday, July 16 — LSC1737

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. Interested in cutting the cord? YouTube TV may be the answer. YouTube TV, not to be confused with the free version of YouTube, costs \$35 per month and includes unlimited DVR recording. Its package of 50-plus live TV channels includes locals such as ABC, CBS, Fox, and NBC as well as cable favorites like AMC, ESPN, the Disney Channel, Fox News and Bravo. In this class, you will see a live demonstration of YouTube TV plus learn how easy it is to have YouTube TV in your home.



Windows 10 Basics Tuesday & Wednesday, August 21 & 22— LSC1742

9:30 AM to 12:00 PM (OC). \$45 (two sessions). Supply Fee: \$10. Instructor: *Rita Wronkiewicz*.

If you are new to Windows

10 or you do not feel you have mastered it, this class will give you the confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Handout reinforces class work. Questions? Call Rita at 916-543-6962.

Getting Most Out of Gmail Friday, August 10 — LSC1751

1:00 to 3:30 PM (OC). \$20. Instructor: *Bob Ringo*. **Prerequisites:** Basic computer skills Gmail, also known as Google Mail, is the best free email service in the world. Gmail is available everywhere, from any device. Learn to create a Gmail account and use the many features and options available that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. **Prerequisites:** Should have an individual Google or Gmail account set up before coming to class.

—Smart Phones and Tablets/Mac—



iPhone Camera & Photo Editing Workshop Tuesday, July 24 — LSC1747

1:00 to 4:00 PM (OC) \$30. Plus \$5 paid to instructor for class material. Instructor: *Andy Petro*.

Prerequisite: You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, or iPhone X; and you must be on iOS 11.3.1 or

higher. Do you want to learn how to take beautiful pictures with your iPhone? Do you want to edit and share your pictures on your iPhone? Then this class is for you. Bring your (fully charged) iPhone to the workshop. Questions call Andy at 916-474-1544.

iPhone Basics Workshop Saturday, August 18 — LSC1760

1:00 to 4:00 PM (OC). \$30 + \$5 paid to instructor for class material. Instructor: *Andy Petro*. **Prerequisite:** You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7



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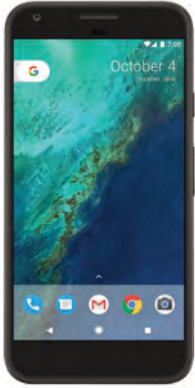
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SEE TRIPS SECTION FOR MORE DETAILS

Plus, 8, 8 Plus, or iPhone X; and you must be on iOS 11.4 or higher. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone? Do you want to learn how to get the most out of your iPhone? Then this class is for you. Questions call Andy at 916-474-1544.



Android Smart Phone Basics
Wednesday, August 22 — LSC1739
 9:00 to 11:00 AM (OC) \$35. \$10 supply fee paid to instructor. Instructor: *Len Carinato*. Bring your SmartPhone from any carrier, any brand and any version. This class will help you get much more from your Android Smart Phone. On our large screen display, we will focus on how to navigate

your screen, manage phone calls, organize your contracts, use text messaging, email, access the internet, share photos, and more. While presented for the beginning user, even longer time owners will benefit from this class.

Facebook 101

Saturdays, August 11 & 18 — LSC989

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

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- **Tuesday, July 17**
1:00 to 2:00 PM, Fitness Floor (OC)
- **Tuesday, August 21**
2:00 to 3:00 PM, Fitness Floor (OC)
- **Tuesday, August 28**
3:00 to 4:00 PM, Fitness Floor (OC)
- **Wednesday, July 18**
2:00 to 3:00 PM, Fitness Floor (KS)
- **Wednesday, July 25**
5:30 to 6:30 PM, Fitness Floor (KS)
- **Tuesday, August 7**
4:00 to 5:00 PM, Fitness Floor (KS)
- **Wednesday, August 22**
3:00 to 4:00 PM, Fitness Floor (KS)

Special Events

Zumba with your Grandkids Monday, July 16

2:30 to 3:30 PM, Aerobics Room (KS). \$4.50 per person (child must be accompanied by a grand-

parent). Instructors: *Summer and Joanie*. Bring your grandkids (ages 5-11) and enjoy the Zumba rhythms and beats with age-appropriate Zumba music, choreography, and games. Shoes are required, and comfortable clothing appropriate for movement is suggested. For more summer fun activities with your grandkids, please see page 68 for classes offered through Lifestyle.

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Bowenwork Services

The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems and more. It is safe and gentle enough for those with compromised health. *Rebecca Kang* is a Certified Bowen Practitioner; she has also completed Specialized Bowen Procedures 1 and Bowen Procedures 2—Masters for the experience Bowen Practitioner. For more information about Bowenwork or an appointment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.



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Total Cost: \$549. Additional consultations at \$75/session after the completion of the three-month program.

Disease Prevention & Management Session-Based Classes

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



Arthritis

Tuesdays, August 7-28

Wednesdays, August 1-22

Thursdays, August 2-23

Fridays, August 3-24

Wednesdays & Fridays, 12:00 to 1:00 PM, Aerobics Room (OC).

Tuesdays & Thursdays, 11:00 AM to

12:00 PM, Aerobics Room (OC) \$35 (four sessions). Instructor: **Linda Hunter**. This class is designed for those with Arthritis and other conditions that cause muscle and joint pain. The goal of the class is to increase the 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.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities.



Nordic Pole Walking

Monday & Tuesday, August 13 & 14

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45 Instructor: **Dr. Richard Del Balso**. Walking 30 minutes at least three times a week gives you a "Full Body Aerobic Exercise" by simply adding poles

to your walking routine. After just two 90-minute sessions, you will be able to 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; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

Tennis Lessons

Sundays, August 12 – September 16

Beginner: 8:00 to 8:50 AM

Intermediate: 9:00 to 9:50 AM

Advanced: 10:00 to 10:50 AM

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.

Mindful Movement

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

New! Mindful Transformations— Meditation – What? When? How? Why? Saturday, September 15

9:00 to 10:30 AM, Multipurpose Room (OC). \$30. Instructor: **Sue Van Wazer**. Meditation, you hear about it all the time, but what is it really? How does it work? Learn the basics of how to focus the mind, and what to experience. This class is great for beginners and for people who have been meditating for a long time. You will develop practical steps that will answer your questions about meditation and will help you to experience a new state of being. You will be able to bring that new state of being into all areas of your life.

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New! Hypnotic Journeys—Improve your Well-Being

Thursdays, August 9-30

9:00 to 11:00 AM, Multimedia Room (OC) \$100
Instructor: *Kelley Moreno*. Imagine joining these (4) hypnotic journeys to sharpen your focus, improve your memory, relax, get relief from pain, anxiety, stress and more! Classes are led by transformational coach and hypnotherapist.



Mindful Movement Back in Fall!

Instructor: *Michelle Jamieson*. Body movement has long been understood to cultivate mental skills such as self-awareness, focus and attention, and self-regulation.

Establishing a Meditation Practice Back in Fall!

Instructor: *Michelle Jamieson*. The path of Meditation involves slow and steady cultivation of the mind.



Tai Chi—Qigong Introductory Class Tuesdays, August 21-28

1:00 to 2:00 PM, Aerobics Room (KS). \$22 (two sessions). Instructor: *Peli Fong*. Tai Chi is a centuries-old health system that uses smooth and rhythmic movements that are coordinated with the breath to improve one's health and vitality.

The series of mindful movements is confirmed to alleviate arthritis, hypertension, asthma, digestive disorders, high blood pressure, vertigo, and more. This class is designed for people who wish to experience the multitude of health benefits of Tai Chi and Qigong by learning the classic 12 postures, basic Qigong warm-ups, and exercises that prepare them for the next level.

Tai Chi Qigong L1 Tuesdays, August 21-28

2:00 to 3:00 PM, Aerobics Room (KS). \$22 (two 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, flexibility, and body tone. 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.

Tai Chi Qigong L2 Tuesdays, August 21-28

3:00 to 4:00 PM, Aerobics Room (KS). \$22 (two sessions). Instructor: *Peli Fong*. This class is for Tai Chi and Qigong students who wish to bring a higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn Qigong sets of movements. 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.

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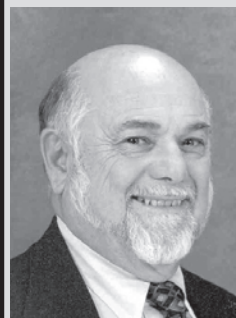
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Money Matters

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

Bitcoin: A New Technology and a Controversial Asset with Russ Abbott Tuesday, August 28

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbo**. Over the past year, the popularity of Bitcoin and other cryptocurrencies has surged, bringing the topic and debate over the validity and uses in the finance, business, and media spotlight. This class focuses on Bitcoin, which is currently the largest and most popular cryptocurrency. This includes an overview of cryptocurrencies, the blockchain technology behind them, regulatory concerns, classification, recent price trends, and valuation. Come join us for this timely discussion.

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 Tuesdays, August 28 – September 25

1:00 to 2:30 PM, Multi-purpose Room (OC). \$129 (5 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 the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks.



Beginning Sudoku Tuesdays, **Back in September!**

9:00 to 10:30 AM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. Come learn the basics of Sudoku, one of the most popular puzzles in America today. Puzzle layout, logic, and playing methods will be discussed and reviewed. The instructor's own Box

Rule of Two strategies will be taught, making you feel much more comfortable with Sudoku. Come enjoy something the American Medical Association has cited as a worthwhile activity to do every day.

Memory: The Long and Short of It **Back in Fall!**

9:00 to 11:00 AM, Multi-Purpose Room (OC) \$30. Instructor: **Alice Jacobs**. This two-session interactive workshop will cover current scientific information about memory.

Maximize Your Health Thursday, August 23

3:00 to 4:00 PM, Multi-media Room (OC) \$20. Instructor: **Miriam Nuñez**. Certified Personal Trainer. Do you want to make the most of your time in the gym? Spend an hour with a personal trainer and nutrition coach to learn some basic nutrition and movement tips to help improve your everyday. We will discuss basic nutrition and exercise recommendations. Do a quick self-assessment and discover simple ways to improve your lifestyle. Learn key indicators to maximize your success in the shortest amount of time.

Pilates Reformers and Towers

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

Pilates Reformer Membership Packages

Members select their monthly classes via online scheduling system. Our Reformer packages are as follows:

- Four-class membership package \$80 per month**
- Eight-class membership package \$135 per month**
- Add-on classes for member \$17 per class**

Membership packages require an agreement for auto-pay upon enrollment. To enroll in Reformer Membership, complete an Introductory Reformer Session (see below). These packages are not available online. Private Reformer Training is available. See class grid on page 101 for a complete listing of Pilates Reformer classes.

Introductory Reformer Session L1 Continuous Dates

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



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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 at the Fitness Centers. The trainer will call you to set up an appointment.

Private Reformer Training

Private training is convenient and efficient. All private training is done by appointment only. When working one-on-one, our trainers will customize a reformer program to meet your specific goals. Most injuries are caused by hidden muscular weaknesses or skeletal imbalances. Pilates works to balance the body to bring proper alignment and function. For more information regarding Private Reformer Training, please contact Jeannette Pyle.

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54.
- **Duet Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.

Danielle Lawlor
Fitness Coordinator
Danielle.Lawlor@sclhca.com



Personal and Clinical Training

Personal training is convenient, efficient and individualized for your specific goals. Whether your goals are strength, endurance or rehab related we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications contact Jeannette Pyle. You can also visit www.sclhresidents.com under WellFit/Personal Training/meet the trainers.

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **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 \$34 per person.

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 up quickly; please register at least seven days prior to class start date. Participants must register prior to class start date. Events go on sale on the 17 of this month at 8:00 AM. Register at either Fitness Center or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note not all classes are eligible for drop-ins. Please see descriptions of each class.

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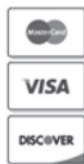
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SGT—Parkinson's Indoor Cycling Wednesdays, August 1-29

12:30 to 1:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Have you or a loved one been diagnosed with Parkinson's disease? Join this class and make friends facing

the same challenges. A trainer will guide you using the premise of "forced exercise" (exercise that is beyond a voluntary level). Studies have shown many individuals that have been diagnosed with PD have experienced symptomatic relief when they undergo a regular exercise program that includes "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required. For more information, please contact Jeannette Pyle.

SGT—ParkinsonWise Combo Fridays, August 3-31

12:30 to 1:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonWise classes to create a class that helps improve the quality of life through meaningful exercise.

SGT—ParkinsonWise Thursdays, August 2-30

1:30 to 2:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms while increasing general well-being. The class will emphasize focused movement, maintaining and increasing the range of motion,

movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. Enjoy a group setting with a certified trainer who will lead and motivate the class. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.



SGT—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, August 6-29

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). Instructor: *Jared Young*. Are the new machines at Kilaga Springs Fitness Center a little

overwhelming? Take this class and not only will you finish the class with a complete understanding of the new equipment, but you will also 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 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—Fit 101 at Orchard Creek L1 Tuesdays & Thursdays, August 7-30

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. 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 at our Orchard Creek Fitness Center. 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.

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SGT—"Fun"ctional Fitness L3
Tuesdays & Thursdays,
August 9-September 4

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Grinn*. 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. 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. *This class is available for the SGT Drop-in Pass.*



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays,
August 1-29

4:00 to 5:00 PM, Aerobics Room (KS). \$150 (nine sessions). Instructor: *Danielle Lawlor*. Looking to change things up? Try this Bootcamp class that gives you progressive exercises to accommodate each participant's fitness level. The class will enjoy workouts in the Aerobics Room and the gym floor. A variety of equipment will be introduced and used for a workout you've never seen before. *This class is available for the SGT Drop-in Pass.*



SGT— Morning Burst
Group Training L2
Mondays & Wednesdays,
August 6-29

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). 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 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 body weight and various pieces of equipment available to you, including dumbbells, steps, TRX, and so much more! *This class is available for the SGT Drop-in Pass.*

SGT—TRX L2
Tuesdays & Thursdays, August 7-30

5:30 to 6:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. This TRX class covers strength, balance, cardio, core and stretch all

while using TRX suspension training straps. You will work on posture and keep your joints safe while building lean muscle mass and flexibility. *This class is available for the SGT Drop-in Pass.*



SGT—TGIF TRX & More L2
Fridays, August 3-31

7:15 to 8:15 AM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Kayla McCusker*. 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. *This class is available for the SGT Drop-in Pass.*

New! SGT—Bootcamp Gold L2/3
Mondays & Wednesdays, August 6-29

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Kayla McCusker*. "Bootcamp Gold" is a multi-method class that combines resistance training, cardio intervals, and agility drills in order to challenge you both physically and mentally. Simple athletic movements and strength circuits target all major muscle groups while building strength and stability. High-Intensity Intervals will keep your heart rate and energy expenditure up throughout the "work" phases. Specific balance training movements reduce your risk of falls, and the flexibility component aims to recover, maintain and enhance mobility while improving functional imbalances.



SGT—Balance & Fall
Prevention L1/L2
Mondays & Wednesdays,
August 6-29

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

SGT—Half Hour Balance & Fall Prevention L2
Mondays & Wednesdays, August 6-29

1:30 to 2:00 PM, OC Track. \$70 (eight sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. We will use the track upstairs at OC. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as

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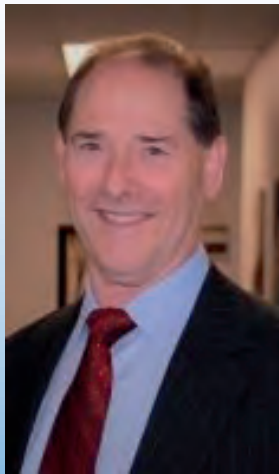
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stretch on their own right after class; using warm up and stretches taught in the L1 class.

Punch Pass Class

Please see the colored grids on pages 98-101 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 designed for the advanced exerciser. For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

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OC WellFit Class Schedule August 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OC	OC	OC	OC	OC	OC	OC
7:00	Athletic Stretch L1/3 - Jen		Athletic Stretch L1/3 - Jen				
8:00	Strictly Strength L3- Jeannette	Step for All L2- Kim	Strictly Strength L3- Jeannette	Step for All L2- Kim			
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2- Kim	20/20/20 L3- Gretchen	Yoga Basics L1- Amy/Sara	Cardio Strength L3- Kim
10:00	Slow Flow Yoga L2/3- Jennifer	Yoga Flow L2 - Ashley	Everybody Can L2- Linda	Yoga Flow L2- Jennifer	Strictly Strength L2 - Valerie	Yin Yoga L2- Sara	Zumba L3- Carrie
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2- Lola	Arthritis L2- Linda	Piloga L2- Lola		
12:00	Yoga Stretch L1- Julie	Rest Meditation and Yoga L1 - Iram 12:15-1:15pm	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	TBA	Chair with Flair L1- Julie	Basic Chair L1- Linda		
2:00	SGT- Balance & Fall Prevention L1- Danielle		SGT- Balance & Fall Prevention L1- Danielle				
3:00	Healthy Living Exercise L2 - Milly	Healthy Living Exercise L2 - Milly		Healthy Living Exercise L2 - Julie	Activities		
4:00	Healthy Living Exercise L2 - Milly	Healthy Living Exercise L2 - Milly		Healthy Living Exercise L2 - Julie	Activities		
5:00	Mindful Movement L1-3 - TBA	Activities	Mindfulness L1 - TBA				
6:00	Meditation techniques L1 - TBA			Activities			
			Mixed Levels Yoga L1-3- Jennifer				
Group Exercise Classes (punch pass) \$4.50							
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 August 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2 - Deanne	7:15-8:15am SGT - TGIF TRX L2 - Kayla		
8:30	Exercise Mashup L2 - Danielle	Zumba Gold L2 - Joanie	Power Vinyasa L3 - Deanne	Low Impact/Sculpt Interval L2 - Jeri/Danielle	Zumba Gold L2 - Joanie	Low Impact L2 - Jeri	
9:30	Cardio Strength L3 - Valerie	Strictly Strength L2 - Linda	Cardio Strength L3 - Jennifer	Strictly Strength L2 - Linda	Cardio Strength L3 - Rodina	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	Athletic Stretch L2 - Jeri	
11:30	New! SGT - Bootcamp Gold - Kayla		New! SGT - Bootcamp Gold - Kayla		WaiDan Gong L1 - Joann		
12:30		SGT - Functional Fit L2 - Deanne		SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi Intro - Pell	SGT - Indoor Cycling for Parkinson's L1 - Milly		SGT - ParkinsonWISE Combo L1 - Milly		
1:30	Yoga Basics L1 - Army	2:00pm Tai Chi L1 - Pell	Yoga Basics L1 - Army	SGT - ParkinsonWISE L1 - Milly			New Location! 2:00pm Yoga Flow L2 - Ashley
2:30		3:00pm Tai Chi L2 - Pell					
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SCLH Booking		
5:30		SGT - TRX L2 - Danielle		SGT - TRX L2 - Danielle			
6:30							
Group Exercise Classes (punch pass) \$4.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule August 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Kayla</i>		Water Works L2/3- <i>Marla</i>		Water Works L2/3- <i>Jennifer</i>		
8:30	Water Works L2- <i>Kayla</i>	Outdoor Water Bootcamp L2- <i>Kayla</i>	Water Works L2- <i>Kayla</i>	Outdoor Water Bootcamp L2- <i>Marla</i>	Aqua Intervals L3 - <i>Jennifer</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Kayla</i>		
10:30	Aqua Intervals L2/3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Aqua Pilates L1- <i>Annette</i>				Aqua Pilates L1- <i>Annette</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L2 <i>Marla</i>				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

Pilates Reformer WellFit Class Schedule August 1-31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>	OC	OC	OC	Mixed Equipment L1- L2 - <i>Gretchen</i>		OC
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Nick</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>		
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Nick</i>	Ref Basic L1 - <i>Cynthia</i>	Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>		Mixed Equipment L1- L2 - <i>Nick</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	
12:00							
5:30	Bowenworks Sessions - Contact for Appt. 625-4034		Bowenworks Sessions - Contact for Appt. 625-4034				
	Reformer Basic+ L1- L2 - <i>Julie</i>			Mixed Equipment L1-L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							

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