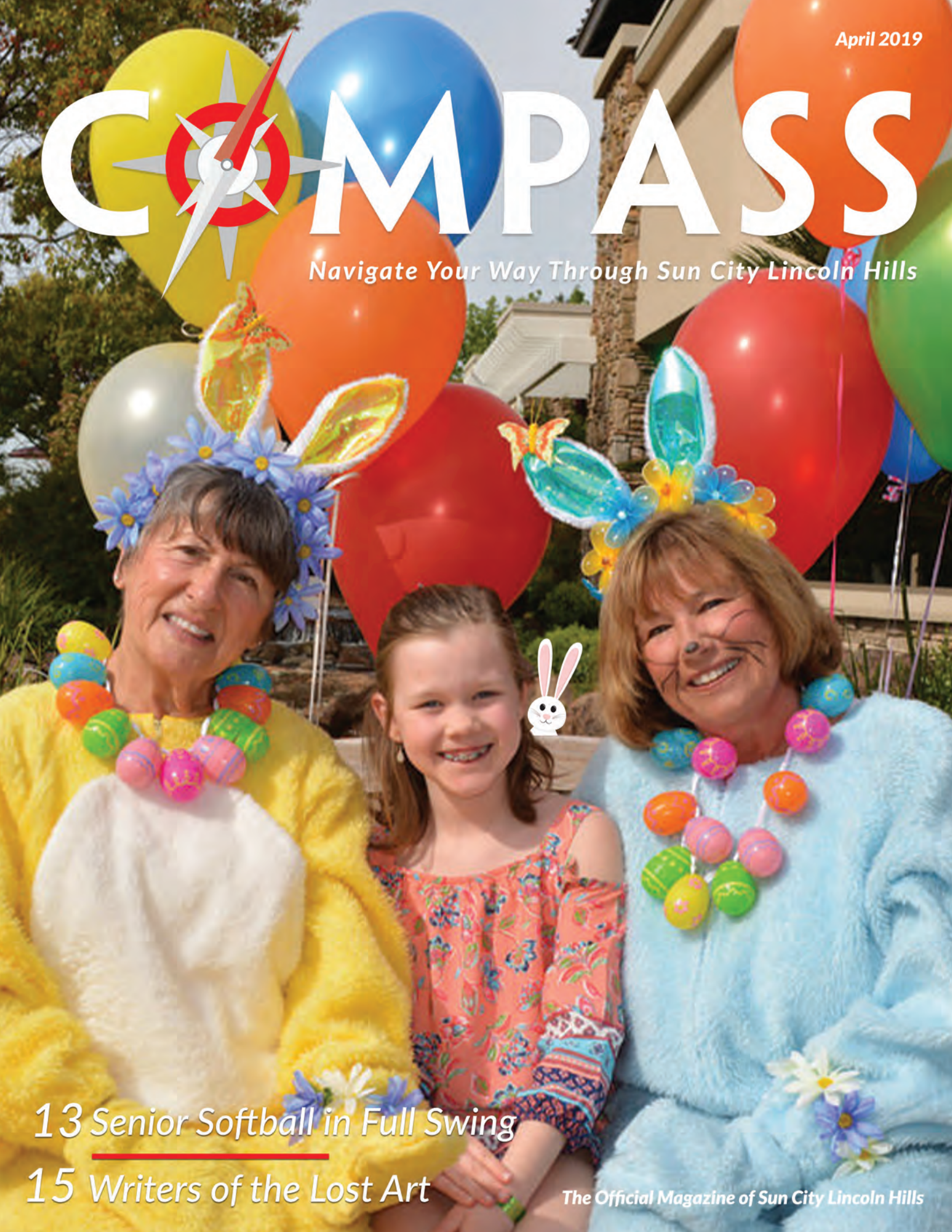


April 2019

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



13 Senior Softball in Full Swing

15 Writers of the Lost Art

The Official Magazine of Sun City Lincoln Hills

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On the Cover - Spring Egg Hunt
Buttercup aka Joanie Adams
and Blue Bunny aka Julie Africa
Find the bunny!



Board of Directors' Report

David Conner, President

When I first moved here 13 years ago, I was like a flea roaming around on a large German shepherd, often wondering if there really was a dog. Some of you may feel that way with regard to the Association Board of Directors. I can assure you that yes, there really are seven of us roaming around spending time in Committee meetings, planning for the future, examining policy and always listening. The Board Members are given an opportunity at each Board meeting to express to the community what they are doing, voice their opinions and share their goals for the future.

I have been returning to our previous Strategic Advisory Plans gleaning knowledge from those and trying to predict our future based on what older communities have experienced.

For me, I have found our very first report on strategic planning, chaired by Agnes Valdez, to be the most comprehensive and thorough, and I thank that committee for their efforts. One thing is very clear. Leadership in each of these communities does make a difference. It was noted that the very first Sun City in Arizona that was built in the 1960s, although it contained small and outdated designs, was in better

condition and more attractive than a much newer complex right next door. Apparently their committees were either dormant or understaffed. There will be more to come, but at this time, as we approach our twentieth anniversary, we will be unveiling a new property review system with a series of open workshops. I hope you can attend as your input is invited and welcome.

Although I am not inundated with these, the computer now seems to be the preferred method for expressing one's disenchantment. When I get a message containing a lot of capitals and exclamation points, I often call the sender. I have also arranged meetings at Kilaga Springs or at my home. I think a voice is so much more genuine. One can gauge concern and sincerity without risking misunderstanding. It is interesting, often the most critical and aggressive on the computer, when I meet them in person, are as nice as pie. Yes, there really is a live breathing person on the other side of that screen, and the feelings you save might be mine.

I love the summers here in the big valley I am filled with anticipation and exhilaration as I see the warmer weather appearing. I hope you are all excited too.



At the March meeting, the Board recognized the Election Committee for their years of service.

Pictured left to right: Al Roten, Carol Larsen, Patty Jackson-Browne, Doris Petro, Laila Glahn, Rita McPeake, Janet Becker, Dede Barnhart, Jim Klein, and Jim De Deo (not in photo).

Calendar of Events

April 15, 2019 – May 16, 2019

Date	Event	Page #
4/15	John Lloyd Young	56
4/17	Home, Health and Business Showcase...	49
4/18	Produce with a Purpose.....	93
4/20	Spring Egg Hunt.....	57
4/20	Bullitt – Movie	49
4/22	Document Destruction	49
4/22	Android Basics.....	85
4/23	Jackson Rancheria	59
4/23	iPhone	87
4/23-24	AARP Driver Safety Training.....	85
4/24	Dangerous Veins	51
4/24	Android Tips n’ Tricks	87
4/25	Mitch Polzak and the Royal Deuces...	56
4/26	Pet Fair and Parade	49
4/26	Sip and Paint	73
4/26	Chromebook.....	87
4/28	Celtic Festival	63
4/28-30	Community Chorus	55
5/1	Windows 10	85
5/1-2	Nordic Pole Walking.....	90
5/2	Paper Arts Overstock Sale.....	49
5/4-6	Green Book – Movie	49
5/10	Anna Maria Mendieta.....	56
5/10	Menopause the Musical	59
5/10	Binding the Quilt.....	85
5/11	Annual Parking Lot Sale	55
5/13	Snakes on the Plain	51
5/16	Static in the Attic	93



From the Executive Director’s Desk

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

Welcome to the April edition of the *Compass*! The first three months of 2019 have been very positive for the Association and have set the stage for the rest of the year. The February financials showed all departments off to a solid start with Lifestyle, WellFit, and the Spa enjoying a positive year to date. The Food & Beverage Department is showing an improvement of over \$80,000 over the same period in 2018. Administration, Facilities and Maintenance and Communication & Marketing were favorable to budget as well. Great way to start the new year.

The new menu at Meridians has been a big hit. Chef Marco Martinez has enjoyed being out on the dining floor interacting with our residents and guests. The new menu along with the new hours are bringing new faces into the restaurant. This trend along with our expanded home delivery menu will help us to continue the positive trends we saw in 2018.

The Tuesday Dance Night is another very positive story. Attendance has been outstanding, and the atmosphere radiates excitement. We are currently exploring options to add dancing on the Orchard Creek terrace, and the Kilaga Springs Café patio. There is nothing better than seeing our residents enjoying themselves, and we hope that residents who have not had a chance to attend will come out on Tuesday and see what they’ve been missing.

We have completed the installation of an automatic door at the Orchard Creek Fitness Center, and as our first auto door installation at the main entrance of the Orchard Creek Lodge, this has been a welcome addition for our residents. We have five more installs lined up this year, and we look forward to completing the project and making access a little easier.

All in all – a great start to the new year, and we expect more as we get closer to starting the open space grazing, Summer Concert Series, and all of the other outstanding events that make our community so special. The 20th year of our Association is going to be incredible. We hope that you will take the time to come out and enjoy all that Lincoln Hills has to offer. See you in May!

Listening Post Update – Chris O’Keefe, Executive Director

The March Listening Post was once again very well attended, continuing a two-year trend that we are very grateful for. I was happy to introduce our Finance Director Staci Erskine and our new Assistant Controller Andrea Guy. They gave an overview of their duties and what a typical day looks like in the Accounting Department. I am proud to say that the Association has never been in a stronger position regarding the skills and knowledge of the Accounting Department.

Updates were provided for the street light pole that was hit by a vehicle several months ago on Sun City Boulevard. The installation of the pole should be completed by the time you read this. We provided an update on the positive responses received on the Tuesday Night dances. The residents have also given a thumbs up for the new menu at Meridians.



One lesson learned from this Listening Post is to take a page from our Community Forums and have volunteers assist as microphone runners.

This will be very helpful during the Q&A portion thereby allowing residents to remain in their seats instead of having to come to the microphone.

Thank you to Peter Beckett and Ken Silverman for assisting.

As always, I want to thank those who attended and those who participated in the discussions. This helps to make Lincoln Hills a better place. I hope to see you at the April Listening Post.

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

Upcoming Association Meetings: April 15 – May 31

CCRC/Communication & Community Relations Committee Meeting	Tuesday, April 16, 9:30 AM
Listening Post	Wednesday, April 17, 9:30 AM, P-Hall (KS)
Golf Cart Registration	Thursday, April 18, May 2 & 16, 9:00 AM
Finance Committee Meeting	Thursday, April 18, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, April 22, 9:00 AM
Board of Directors Meeting	Thursday, April 25, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, April 25, 11:00 AM
Board of Directors Executive Session	Thursday, April 25, 11:30 AM
Compliance Committee Meeting	Wednesday, May 1, 9:00 AM
Properties Committee Meeting	Thursday, May 2, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, May 3, 10:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, May 7, 9:30 AM
New Resident Orientation	Thursday, May 9, 2:00 PM
ARC/Architectural Review Committee Meeting	Monday, May 13, 9:00 AM
Listening Post	Wednesday, May 15, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, May 16, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, May 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, May 23, 11:00 AM
Board of Directors Executive Session	Thursday, May 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Tuesday, May 28, 9:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report

General Operations of the Finance Committee

Robert Copp, Finance Committee

As Chair of the Finance Committee, I have learned that the Association's financial condition is strong while realizing there is always room for improvement in how the Association's finances are tracked and reported. This month, I will share the general operations of the Finance Committee so each resident can play a role in the committee's deliberations.

The Chair of the Finance Committee is appointed by the Board of Directors and leads an independent team of people with strong financial backgrounds that gives the Board advice and recommendations. The Finance Committee members, confirmed by the Board for a two-year term, recommend policies to the Board and review the detailed financial reports provided by the Director of Finance. Each Committee member is empowered to raise concerns at the Finance Committee meeting allowing for an open discussion that leads to the best possible decision.

The Executive Director and the department heads are responsible for the daily operations of the Association and provide their financial status and plan to correct any major financial variances. Each Committee member is assigned to work with a department head to ensure that all pertinent information is presented and addressed at the monthly meeting.

The Finance Committee reviews the detailed monthly financial reports to assist the Board with their fiduciary responsibility and to provide information to residents. All financial reports are draft until finalized in the annual audit. The committee shares summary information and discusses major variances or any negative trends from the budget at the meetings. After the draft financial report is presented to the Board, the summary financial report is posted on the Association's website.

Comments from residents have been valuable in ensuring that the financial information that is shared at the Finance Committee meetings is presented clearly. All questions raised at a meeting cannot be answered immediately. Some are answered in a future forum, some by referring the resident to frequently asked questions on the Association's website and some by following up with the resident after the meeting. The Finance Committee email account (finance.committee@sclhca.com) is monitored regularly to answer any other resident questions.

Beginning this month, the current monthly financial report will appear on the Association's website rather than in this article. In the past, the monthly financial report provided with this article was at least one month behind and provided more limited information than is now available on the website.



Update on Reserves

Hans Fokkema, Finance Committee

During the last few months, several people have asked questions about our Reserves, and it has therefore been decided to start including a quarterly "Update on Reserves" in the *Compass*. This is the first such update.

There appears to be some concern that our Reserves are used to cover operational shortcomings. That is not the case. The Kilaga solar installation was intended to be funded through the Community Enhancement Fund (CEF) but because that project needed to be completed earlier than originally anticipated it was funded through a \$1.4 million loan from the Reserves at 2.0% interest. Of this loan, \$914,000 is still outstanding, but it will be fully paid off by August 2021. From the perspective of the Reserve Fund, this was treated as an investment, and the 2% interest was better than we would have been able to get from a CD.

During the first 15 years of SCLH's existence Reserves were not given much attention (everything was new) and the primary focus was on minimizing homeowner dues. Unfortunately, as we are approaching our 20-year mark, the Reserves require more attention, and three years ago we started the process of bringing them gradually to

where they should be. Every year we discover new items that need to be included in the study, and it currently contains around 1200 assets. While we now have the best Reserve Study we ever had, it will still take another 2 or 3 years before they are where they should be.

Work with the Browning Reserve Group for the 2019 Reserve Study has started. All reserve assets have been reviewed with the respective department heads as we continue working to get the replacement cost and the useful life of all these assets as accurate as possible. Unfortunately, the minimum wage increases mandated by the State of California not only increase our own direct operating expenses but also the replacement cost of our assets.

It looks like our 2019 reserve coverage percentage will drop slightly below 54%. That is still manageable, but we want to have a "strong reserve position," which means a coverage percentage of 70%. To reach that goal, the increases in homeowner contributions included in the 2018 study are still needed.

If you have any questions about the Reserves, you can check the FAQ section on the website or ask me. The next update will be in the July *Compass*.



Architectural Review Committee

The ARC is Here to Help!

Carole Dummett, ARC Chair

This committee is responsible for managing our Design Guidelines and processing homeowner applications for property improvements without bias or favoritism.

WHO ARE WE?

The committee is comprised of fellow homeowners with backgrounds in construction, landscape, engineering, real estate, management, architecture, etc., who have a dedication to maintaining this lovely community and our property values.

WHAT WE DO FOR RESIDENTS?

We are constantly revising our Checklists and forms in an attempt to become more user-friendly. We research new products and ideas for SCLH.

We conduct two meetings per month to review applications. There is an open forum available at every ARC meeting which allows homeowner's to ask questions and submit suggestions.

Twice a month, we offer classes on how to fill out an ARC application. We also answer questions while assisting homeowners with their improvement.

We attend the New Resident Orientation every two months to introduce our committee responsibilities and application process.

Upon request, we will perform site visits for new improvements and provide suggestions for the homeowner.

We also fulfill requests for Compliance Certificates with a site visit.

WE LISTEN to your ideas and attempt to better serve the community; e.g., many requests for new paint colors and difficulty understanding requirements. Our end result is a beautiful new paint book with a selection of more modern colors while including several existing popular colors. Paint standards and application are now one document with a nice diagram outlining color applications on the home. Sherwin-Williams developed our book and specified color palettes. However, any professional paint brand may be used with these exact colors.

There are currently three member openings on ARC. Join us, you'll find it rewarding to meet and help so many wonderful homeowners. Training is provided as well as working with seasoned team members.

Our email address is arc@sclhca.com. All inquiries are promptly answered. We work closely with the Community Standards team, which are readily available to provide any assistance needed.



Compliance Committee

Community Review - A Proactive Approach

David Mateer, Chair

Some time ago our board and HOA management took a tour around our community to see how we are doing. Although most people are doing a great job of keeping our community looking fantastic, it was apparent that some routine maintenance was being deferred. In 2017, the board provided direction that additional proactive activities were needed to maintain our community standards, beauty, and values. However, at the time the tools and processes did not exist to perform those activities. During 2017 and 2018 Community Standards and the Compliance Committee worked together to see how we could fulfill this need. The past year has been a busy and productive one as we enhanced our capabilities relating to handling complaints, maintaining our community standards and preparing for the Community Review Program (CRP). This work included developing new tools and refining both practices and processes which will be leveraged going forward. With that work accomplished, we will be finalizing the CRP in the coming months.

The purpose of this program is to 1) Maintain the beauty, desirability, and value of community and homes, 2) Have HOA become more proactive with compliance

of standards and 3) Identify potential non-compliance of CC&R's & Design Guidelines. This type of program is common for communities like ours. The CRP is also intended to augment not replace the existing complaint process.

With a community as large as ours, the review will be done by village, grouping them into manageable waves. These waves will have specific areas of focus established in advance. The topics will include areas typically considered routine maintenance and may also include some areas our Design Guidelines. As is the normal practice, this will include landscaping in front and side yards as well as the house. The review will be done from the street or sidewalk only.

There is more information on this program than we could possibly include in this article. There will be several workshops scheduled this month. Additional information is available in the Community Standards and Compliance Committee areas of the resident website. The Compliance Corner will have additional information on the web site. Common questions are also covered in the Community Standards section of the FAQs.

Thank you all for doing your part to keep Lincoln Hills the great place it is.



Team Member of the Month Award – March 2019



Our “Team Member of the Month” is Jade Gage! Jade has been with Lincoln Hills since March of 2015 as a Nail Technician at the Spa at Kilaga Springs. Since then, she has been promoted to Lead Nail Technician.

Here are just a few quotes from her team members: “Jade has been an exceptional lead, supporting her team with excellent organizational skills, communication, and training! Her clients are loyal and book her out for a year in advance! Thus proving her superior customer service and technical skills.” “She is cool, calm and collected!” “She is dedicated to her clients and her team! Jade shows passion, pride, and professionalism in her work and it shows!”

Thank you, Jade, for your outstanding customer service, talented skills and your hard work in all that you do to support the Spa Team and clients. We are fortunate to have you part of our Lincoln Hills family!



Let us serve you with a view

Meridians
Restaurant & Bar

Treat Mom this Year!

*Kristy Huskey,
Director of Food & Beverage*

Mother’s Day is coming soon, and we sell out quickly, so if you are looking for a no-fuss brunch, call and make your reservations today! The menu can be found online at meridiansrestaurant.com, and as usual, it includes complimentary champagne for moms!

We also have our yearly Cinco De Mayo Buffet for only \$19.99 on Sunday, May 5 from 11:00 AM to 8:00 PM. Come spend the day sipping margaritas and eating your heart out!

Don’t forget that every Thursday is Trivia in the Sports Bar starting at 6:00 PM. Stop by every Tuesday for dance night, with a \$5 entertainment fee. See flyer for dates as it switches between the restaurant and the ballroom.



Chef’s Recipe of the Month:

Shrimp Enchiladas

Serves 4

Ingredients

FOR THE FILLING

- 1 tbsp. extra-virgin olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 1 red bell pepper, chopped
- 1 jalapeño, seeds removed and minced
- 1 lb. shrimp, shells removed, deveined, and chopped
- Kosher salt
- Freshly ground black pepper

FOR THE CREAM SAUCE

- 4 tbsp. butter
- 4 tbsp. all-purpose flour
- 1 1/2 c. milk
- 1/2 c. sour cream
- 1 (4.5-oz.) can green chilies
- 1 tsp. cumin
- Kosher salt
- Freshly ground black pepper

ASSEMBLY AND GARNISH

- 8 medium flour tortillas
- 1 1/2 c. shredded Monterey Jack, divided
- Freshly chopped cilantro, for garnish
- Pico de gallo, for serving

Directions

1. Preheat oven to 400. In a large skillet, over medium heat, heat olive oil. Add garlic and cook until fragrant, 1 minute. Add onion, bell pepper, and jalapeño and cook until softened, 7 minutes. Add shrimp and season with salt and pepper. Cook until shrimp is pink and cooked through, 5 minutes.
2. In a medium saucepan, over medium heat, melt butter then whisk in flour and cook until fragrant, 1 minute. Whisk in milk and sour cream until no lumps remain. Add green chilies, cumin, and season with salt and pepper. Simmer until thickened slightly, 5 minutes.
3. Assemble enchiladas: Spread a thin layer of sauce into a 9”x13” baking pan. Spoon about 1/3 cup shrimp mixture into the middle of a tortilla then sprinkle with cheese. Roll tortilla and place seam side down in baking dish. Repeat with remaining tortillas. Pour sauce over enchiladas then top with remaining cheese. Bake until cheese is melted and sauce is bubbly, 30 minutes. Garnish with cilantro and serve with pico de gallo.



The Marketing Corner
The Lincoln Hills Effect

Jeff Caponera, Communications and Marketing Manager

"Helping others in need is not only a responsibility of life; it is what gives meaning to life." ~ Mollie Marti

The impact of helping just one family can be so profound that we call it the Lincoln Hills Effect. In the past, we have worked with The Gathering Inn, Alzheimer's Association, Leukemia and Lymphoma Society, Placer County Schools, and many more. This past Christmas we joined with Adopt A Family of Northern California to help make sure that the families in need wish lists were fulfilled.

Most recently when the tragedy struck in Paradise, the community of Lincoln Hills stepped up in a big way and helped raise money for the Camp Fire victims. Some of our staff members traveled and volunteered their time to hand-deliver donations to surprised and thankful families in need.



This year, at the May 19 Concours event the Association is collaborating with the Concours d'Elegance team to help raise money for the Lincoln Hills Foundation.

Also this year the Communications and Marketing/IT team is working with Placer SPCA. The Placer SPCA is a private,

nonprofit organization, dedicated to enhancing the lives of companion animals along with pets and people throughout Placer County. They rely heavily on donations and volunteers to help make this a successful shelter. We have been reaching out to the Lincoln Hills community to gather donations for the SPCA; we will continue accepting donations through April 25. Collection bins are located at Orchard Creek and Kilaga Springs Lodges. Check eNews or the lists on the bins to see items needed. To date, this community has come out strongly to help support the SPCA with your donated items. We cannot thank you enough.

Don't forget to celebrate your pets at the Lincoln Hills Pet Fair & Parade on April 26 at 9:00 AM held at the Fitness Center parking lot (OC). The Placer SPCA will be there, and we will present them with your donations.

I am inspired by a quote from Fred Rogers, Mr. Rogers to a lot of you: "Look for the helpers. You will always find people who are helping. To this day, especially in times of disaster, I remember my mother's words, and I am always still realizing that there are still so many helpers; so many caring people in this world."

Thank you all for your generous contributions!



Lifestyle News & Happenings

It is Here!

Lavina Samoy, Lifestyle Manager

"Let the wild rumpus start," Where the Wild Things Are is how it feels when the **Summer Amphitheater Concert Series (SACS)** line up is announced. On page 52, read all about the nine fantastic bands we have specially chosen for you and your friends for one unforgettable summer. Opening May 31 with Big Crush, a 10-piece high energy dance band covering your favorite dance tunes from the '60s to today, they will have everyone on the dance floor in no time. Tickets go on sale beginning April 17. Series Package buyers will receive a \$21 discount until May 14.

For those who prefer indoor concerts, we've got four wonderful shows lined up in the intimate Presentation Hall: Classical Harpist Anna Maria Mendieta on May 10 (page 56), the award-winning Folsom High School Jazz Band I on May 16 (page 56) and on June 21, Jenna Lea Rosen with Special Guest American Idol Semi-Finalist Nicolas Crosse who will present a unique concert of classic Disney songs (page 57). In time for Memorial Day, we will be honoring our World War II heroes with a special concert on May 21 from the SwingMasters Big Band with songs that look back at the Music of WWII and the greatest generation (page 57).



WWII history buffs will enjoy a three-hour narrated cruise aboard the USS Potomac, FDR's "Floating White House" on September 28 plus sightseeing and lunch (page 65). Other interesting trips start on page 59.

We've got new classes to spark your interest. Learn to play 5-String Banjo with seasoned string musician and instructor Dennis Fisher (page 81). Bring your YUPO art skills to the next level with a class on the use of stencils, stamps, and embellishments to add texture to your artwork (June 10, page 74). A Color Mixing class follows on June 24 for all artists (page 74).

These great activities are only possible because of our wonderful team! Welcome our newest team members. Originally from Southern California, Karla started in December 2017 as the face of the Membership Desk. Last month, she became our Lifestyle Specialist to assist with all aspects of the department. Monica hailed from Saskatchewan, Canada and moved to the community last year. Robin, an Army kid from Ft. Worth, TX, moved to Lincoln Hills nearly two years ago to be with her mom. Both Robin and Monica joined our Guest Services team because they love meeting and helping residents make connections through activities.



The Spa at Kilaga Springs
Lift, Tighten and Tone
Trudy Smith, Spa Manager

In our Skin Care Department, we are featuring our Specialty Facials. These facials are designed to deliver advanced treatments using potent ingredients. There are four to choose from:

- Advanced Exfoliation • Collagen boosting
- Intense Hydration • Image Designer Face Lift

Our Specialty Facials are power packed and age-defying. These facials cultivate high-intensity results targeting fine lines, wrinkles, hyper-pigmentation, acne, and rough textured skin. They deliver key ingredients such as Retinol to plump up collagen, Peptides also signal collagen, Stem Cells to extend cell life, and Antioxidants to prevent oxidative damage to the cells within the epidermis. These facials are normally \$150 on special currently for \$130. Give your skin a lift and book your appointment today.

In our Massage department, we are introducing a series of new Body treatments. Our first rollout will be the “Anti-aging body treatment” also known as the slimming body treatment. This is an ultimate luxurious experience for the body. Using Hydropeptide products, we create a customized exfoliation which



polishes away dry, aging skin and reveals a brighter more even appearance. Anti-aging peptides firm and lift in a detoxifying body wrap. A revitalizing serum and nourishing massage balm sculpts and tones the body to complete perfection. Normally \$120 on special currently for \$110.

In our retail boutique, we are featuring the Hydropeptide Body products for your home care. Receive 10% off on the day of your treatments.

This month my Spotlight is on Yvette Standish. Yvette is a new member of the Massage team. Yvette has been a massage therapist for 15 years. She was attracted to bodywork due to her own chronic neck pain. The specialized massage work helped relieve that pain and inspired her to commit her career to bodywork. She has a passion for helping others to achieve this pain relief goal. Yvette specialized in these modalities – Deep Tissue, chronic pain issues, Sports, Neuromuscular, Migraines, Myofascial Release, and Trigger Point.

We would love to see you in the Spa. Remember we are open to the public so bring your friends and family!

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WellFit News

Personal Training vs. Small Group Training (SGT)

Deborah McIlvain, Director Lifestyle, WellFit & Spa

Benefits of Personal Training –

Working with Personal Trainer (PT) can be the right choice if you are new to exercising, rehabilitation and just need some motivation. What I hear a lot is “I need to get stronger before I can work with a trainer” But it is actually the opposite, this is when you want to start your journey with a PT so don’t wait.

Pros for Personal Training –

- A highly individualized exercise program
- Developing a relationship with a trainer (this way you can call on them if you’re having difficulties or just a quick question)
- The trainer will make sure you are doing every move correctly and safely.



Cons for Personal Training –

- It is more Expensive for 1 on 1 training

Benefits of Small Group training – Training in a group, especially a small group, where the same people coming regularly, can benefit some participants. It provides motivation, sense of family, belonging and socialization.

Pros for Small Group Training (SGT) –

- Seeing others results and maybe feeling little competitive can inspire yourself to be better
- It is More affordable but still allows you to work with a PT at a discount since you are working

in a small group.

Cons for SGT –

- You will not get as much personal guidance or a per-sonalized workout
- You will have to hold yourself accountable

Gym etiquette – When a resident is working with a PT, please do not go up to the trainer and interrupt their session. Their client has paid for that time. If you have a question, please leave a message at the front counter or wait till they are finished. We are also starting a new program when you see a personal trainer on the gym floor, and they are wearing a gray vest that reads “Personal training staff” you can approach them and ask for assistance or questions you may have.




New team members – Please welcome Renae Schmidt to our Personal Training program, along with Delphine Adams, Pilate’s instructor, Lesley Sette, Sharon Evans, and Helena Guyman to group exercise!

For more information on our Small Group training or Personal trainers, please reach out to Danielle Lawlor Fitness Coordinator at Danielle.lawlor@sclhca.com or 916-625-4032.

Don’t forget the third annual PACE race is May 4! For more information and to sign up see our ad on page 88.

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Senior Softball League in Full Swing

David Wright, *Roving Reporter*

The clink of a bat. The creak of a knee, and the scent of Ben Gay in the air. Springtime has arrived at Del Webb Field, and its opening day for the Lincoln Hills Senior Softball League. Lincoln Hills takes its softball seriously, and the participants reflect that dedication. The players not only play for fun, they play to win. Their efforts proudly support numerous local school groups and charities.

They may be called “seniors,” but don’t underestimate these well-wrinkled warriors. Despite an average age of 72, they think of themselves as 22—ignoring pain and avoiding mirrors, of course. This season—the league’s twentieth, nearly 200 participants work seamlessly to field 11 teams, 35 umpires, scorekeepers and support staff. All Lincoln Hills residents, both men and women, are eligible to play regardless of their skill level. Athletic experience varies from scholastic teams to beer leagues to no-playing experience whatsoever. But they all have one thing in common—heart for the game. And they still have the ability to wow the crowd. Like a shrine to the level of talent in this ballpark, a 30-foot high screen towers over left field protecting neighboring homes from base-rounding blasts.



Opening day of the five-month summer schedule generates a festive buzz. Not a space can be found in the adjacent parking lot as cars and golf carts spill over along nearby streets where parking violations are waived for this event. The ballpark, rated as the best field in Northern California, is electrified with an exuberance fitting for a community labeled “active adult.” Fans fill the covered stands and set up overflow seating in lawn chairs along the grassy berms. League President Jeff Greenberg mans the hot dog, chili and caramel corn stand for his “famous meal deal.” The “Dirt Crew” sweeps the infield. The scoreboard lights glow, and the press box microphone squeals to life. Leadoff festivities include the coveted Hall of Fame induction ceremony, the parade of athletes stately displaying jerseys named for their commercial sponsors, and the spine-tingling performance of the National Anthem.

The cheering crowd drowns out the distant roar of a passing jet when the players take the field for the first of seven games played today. As the hearts of these silver-haired kids beat in restless anticipation, the cry of “play ball!” echoes across the stands. Another Lincoln Hills Senior Softball League season is underway.

Did You Know?

Residents can **opt-in to receive Association documents** such as the yearly budget, audit mailings and annual notice request for information through email rather than paper mail. Choosing to receive these documents electronically, will **help save the Association thousands of dollars** in printing and postage fees. Save a tree and **go green!** Obtain forms on the homepage of the Resident Website homepage under “Did You Know?” or at the Membership Desk (OC).



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Save the Date – National Night Out Kick-Off – Night on the Nile!

Teresa Tanin, Neighborhood Watch

Please join us May 18, 6:00 to 8:00 PM, in the Multipurpose Room (KS) for a magical evening and potluck to kick-off this year's National Night Out. This police-community partnership was initiated to promote residents' participation. Whether in the streets, at community parks, or opening up their homes, residents gather together for National Night Out to show their neighborhood unity. Local police work hand-in-hand with communities to promote this unity which helps deter crime for a safer and more secure place to live.

We celebrate this year's kick-off with a new theme, *Night on the Nile*. Photos will be taken against a backdrop of pyramids and desert sands, so dress in your Egyptian attire, and join in the fun!

Board Members, Village Coordinators, Mail Box Captains, their spouses, and all residents are welcome to attend this special kick-off celebration. Every-

one will receive helpful information about the ins-and-outs for participating in this year's National Night Out, which is August 6 and learn more tips on how to be safer throughout the year. It will also be a great opportunity to meet new residents and share a special evening with friends. More information to follow. Flyers will be distributed by Neighborhood Watch Captains. Sign up early, as last year sold out!

Visit the Neighborhood Watch web site www.SCLH-Watch.org or call Pauline Watson, National Night Out Coordinator, for more information 916-543-8436.



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Writers of the Lost Art

Linda Lucchetti, Roving Reporter

Once upon a time, in a land far away, there lived an activity known as letter writing. Young and old alike would gather at their kitchen table or desk, with pen in hand positioned over a blank sheet of paper to ready their first word — *Dear*.

Letters might have been casual correspondences to friends and neighbors who moved away, thank you notes to aunts and uncles for birthday cards and cash, or from sons and daughters away at school or camp. Some were precious love letters, written to admirers or spouses defending our county in distant lands.

Along with writing a letter came awaiting its response. A uniformed carrier with a heavy leather bag slung over one shoulder, would often be responsible for a sense of excitement and suspense, making way on an almost daily delivery route to a doorstep or mailbox. Those were the days!

With technology and the rapid popularity of emails, texts, and tweets, sharing news no longer comes with a human touch, but rather an often-annoying glare from a computer or phone screen. Then there's the autocorrect function that can trigger embarrassment when it replaces a simple word like 'gentle' with 'genital.'

True, today's written communication is faster, cheaper, and more straightforward. But, hats off to those who still spend the time and money (first-class stamps are now 55 cents) to bring personality to their missives.

It was revealed after his recent death that President George H.W. Bush had been a constant letter writer, for most of his 94 years. He wrote to family, friends, even foes, with pen and paper, and not until his last birthday, with the help of his assistant did he surrender to using Twitter.

Jackie Kennedy Onassis was also known to jot notes, many of which have been auctioned off since her demise. Long before our time, famed statesman Ben Franklin wrote and received thousands of pieces of correspondence. In fact, he is credited with the improvement of the very postal service he relied on.

There is one type of letter or message that best not be forgotten or postponed—the thank-you note. If folks go out of their way or bestow a thoughtful gift, they will be delighted to receive a handwritten message of appreciation.

Remember—you don't have to be a president or celebrity to embark on a symbolic legacy of letter writing. Write now!

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Veins: Not a Vain Matter

Shirley Schultz, Roving Reporter

You may have been told your concerns about those visibly swollen dark veins popping up on your lower legs are a matter of vanity. In fact, you may be dealing with a health problem with potentially bad outcomes. Seek a medical evaluation if you have persistent aching, swelling, cramping, heaviness, itching, leg restlessness, worsening skin discoloration or open skin sores on your lower legs. You can learn details about veins requiring medical attention by attending the **Community Forum on April 24, "Dangerous Veins,"** see page 51.

Veins are the vessels which return blood to the heart once the arteries have delivered oxygenated blood from the heart to the cells. Especially in the lower legs, the veins compensate for the flow of blood against gravity by having one-way valves to keep the blood from back-flowing. If the valves do not work properly, then some blood flows backward and collects in the veins, so they become distended. This condition is called chronic venous insufficiency (CVI). Eventually, you may develop pain, swelling, and skin discoloration, and, if untreated, you may develop open ulcerations.

Causes of chronic venous insufficiency are multiple, but commonly it is related to lack of exercise, prolonged

periods of standing, obesity, and smoking. Women are more likely than men to get CVI, and being pregnant more than once increases that risk as do a positive family history of CVI and being over age 50. A noninvasive test called a vascular or duplex ultrasound allows a doctor to see the veins under the skin to check how quickly and in what direction the blood flows. Occasionally X-rays or other scans may be needed to evaluate other causes of leg swelling.



Treatment for CVI has been greatly improved over the years. Statistics show that fewer than 1 in 10 people with CVI need surgery. The newer method of treatment done in a doctor's office uses high-frequency radio waves or laser to heat and close the problem vein (Endovenous Thermal Ablation). In some cases, sclerotherapy is used whereby a solution is injected into the problem vein causing it to scar and forcing blood to flow through healthier veins.

Lifestyle practices to prevent or treat CVI include:

- Avoid prolonged standing without moving your feet and legs.
- Wear compression stockings as prescribed
- Elevate your legs at least twice a day.

Veins are not vanes!



Big Day of Giving

Denise Bowden, Lincoln Hills Foundation



The Big Day of Giving also known as BigDOG is not a large canine but instead the name of a targeted day in which friends, neighbors, and local companies have an opportunity to give to their favorite local non-profits.

Thursday, May 2 is the day that four local counties join together in a 24 hour day of giving. Starting at midnight on May 2 and continuing for the next 24 hours, you can make your contribution to The Lincoln Hills Foundation to support residents right here in Lincoln Hills.

The ability of the Foundation to continue its work depends on our families, friends, and neighbors. Donations can be made on May 2 online at www.bigdayofgiving.org, but you don't have to wait until then to show your support

and make your donation. Beginning on April 18, you may go online and schedule your donation by entering bigdayofgiving.org/lincolnhillsfoundation. You may also call Denise at cell 408-307-1700 to make a cash, check or credit card donation from now through May 2 and we'll come and get it from you. As our huge thank you for your support, every donation of \$500 or above will receive a complimentary ticket to the Concours d'Elegance at Lincoln Hills Pre-Party on May 18. Don't miss it!

The Foundation is also looking for new Board members interested in being a part of this organization and making a difference in Lincoln Hills. Please contact us at lincolnhillsfoundation.org.





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Yankee Jim

Al Roten, Roving Reporter

*Wild rumors flew for miles around,
the year of forty-nine.*

*Rich diggin's found in quartzite veins,
at Yankee Jim's new mine.*

*Gold nuggets 'n flakes he brought to town.
He loved to make a show.*

*He found the gold up high a ridge;
but "where?" they had to know.*

*Was not in rivers running wild,
high up the big divide.
He found the gold while on the run,
and "where?" he wouldn't confide.*

*A corral was built to hide his mine,
and hold the horses he stole.
For Yankee Jim's a low-down thief,
if gospel truth be told.*

*A posse found the hidden mine,
the horses sent back to town.
The folks demanded Jim be hung,
before the sun went down.*

*But Jim escaped the angry mob,
without his horses and gold.
Then fled to San Diego harbor,
and stole a boat, t'was told.*



Yankee Jim Bridge - Photo by Phil Robertson



Mine Opening
Photo by Phil Robertson



Gold Panning

*But Jim was caught and brought to trial,
grand theft in the first degree.
Two others sentenced to just one year,
but Jim got "death", you see.*

*They built the gallows in old downtown,
above a wagon's deck.
Jim stood up tall on back of the wagon,
a noose around his neck.*

*Jim told the crowd, "I'm a good man,
I help the poor and shouldn't die!"
But the sheriff sent the wagon on,
Jim's pleas he did deny.*

*But Jim, you see, was six-foot-four,
an ample man was he.
The hangman's rope was far too long,
a quick death, not meant to be!*

*Jim tried to keep his feet on deck,
as long as he possibly could.
The rope then let his toes touch ground,
his neck remained still good.*

*Tom Whaley watched Jim choke to death,
unmoved by the fear in his face.
Tom bought the land where deed was done,
and built a home on the place.*

*But Yankee Jim was not yet through,
his spirit remained undaunted.
Tom's family and friends confirm the fact,
the Whaley house is haunted!*

To get to Yankee Jim Road, take I-80 east, exit #133 for Canyon Way toward Placer Hill Road. Make a right turn to Canyon Way; then a slight left on to Yankee Jim's Road. It is a scenic packed earth road down to American River North Fork. It is full of intrigue and Gold Rush era history. Read Phil Robertson's Ballad of Yankee Jim: then view his video by going to https://www.youtube.com/watch?v=CgteL3WIEiw&feature=em-share_video_user or scanning the QR Code. For the expanded story go to Front Page of the resident website.



Library News

Once again we are asking for your help. We need volunteers for the library. Do you have one hour a week you can volunteer? You will be trained and shown all the library procedures. If you can help out, please call Adrian Felice at 916-408-4332. We look forward to hearing from you.

Just a reminder that we accept books that are published 2013 and later. If you have DVD's, CD's, or magazines we would be happy to add them to our shelves. All donations can be left on the gray rolling cart or given to one of our library volunteers. Thanks for your generous donations.

My latest reading is "Lisette's List" by Susan Vreeland. Another book pertaining to a girl who comes in contact with some famous artists in the 1930s in Provence, France. Susan is the author of "Girl in Hyacinth Blue," which is another good book. This book is a novel and found in the hardback section.

Contacts:

Sandy Melnick at 916-408-1035 for donations, Ruth Poehlmann at 916-408-4419 for investment materials; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).

In Memoriam

Mark Smiley

A Native Californian, Mark was born and raised in Fresno, California. He earned his degree in Architecture, got his General Contractor License and was a Certified Ballroom Dance Instructor! He served in the California National Guard at Fort Ord in Monterey. He had his own Architectural Design firm for over 40 years in Central California designing homes, developments, and businesses mostly in the Monterey and Santa Cruz area. Later he was a real estate broker. Mark enjoyed the Railroad in Lincoln, eating out and the Lincoln Art Festival. He was married to Marlene Smiley until her death in 1972. He is survived by his daughter Elisa, son-in-law and two grandsons. He also leaves his brother and family and dear friend, Joyce Andes.



If you have lost a loved one who shared your home and would like to place information in this column, please contact Joan Logue at 916-434-0749.



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www.lincolnhillsfoundation.org



VOLUNTEER OPPORTUNITIES!

Compass distribution – You have seen your neighbors handing out the *Compass* from the 15 to the 19 in both lodges, why not join in. Come meet your neighbors and make new friends. Email Theresa Renken, *Compass* Editor at Theresa.Renken@sclhca.com.

Committee Openings

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

- **Architectural Review Committee (ARC)**
- **Clubs & Community Organizations Committee (CCOC)**
- **Communication & Community Relations Committee (CCRC)**
- **Compliance Committee**

Committee applications are available at the Lifestyle desks (OC/KS) and online (sclhresidents.com>Library>Forms>Resident Forms).

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Club News



Amateur Radio

The Tour de Lincoln cycling event will be held on May 11 this year. This a fun activity for the biking community and an opportunity for ARG members to provide support for riders on the courses and communications between rest stops and central control. This support is coordinated by the Western Placer Amateur Radio Club, with participation by ARG members. If you find this kind of community activity interesting come to our weekly meetings on Mondays at 6:30 PM in the Lincoln Hills South Entrance Facility. We also hold a network at 7:00 PM each Monday on the W6LHR Repeater at 443.2250 with a PL of 167.9. If you are an amateur radio operator, please let us know you are out there by checking in.
Contact: Jim Darby 916-408-8599,
Website: www.lharg.us



Antiques Appreciation

May 6 will feature a program by Patrick Osborne. For 20 years he has been doing photo restoration in his Lincoln Hills studio. He will present an overview of 160 years of photo capture and printing methods. He will answer

questions and evaluate images brought by members.

Join us in the Heights & Gables Room (OC), the first Monday of each month, from 10:00 to 11:30 AM. It is followed by an optional lunch at the Meridian.

The Spring Social will be May in the Kilaga Kitchen at 5:30 PM. Guests are welcome. Tickets go on sale at the meeting or contact Anne Reyner at 916-408-7008. Anne has planned a spectacular Vintage Circus theme.
Contact: Pat Le Page 916-543-9564



Astronomy

Monday, April 15, Cosmology Interest Group (CIG). Fine Arts Room (OC) at 6:45 PM. The subjects will be Lecture 13: The Big Bang, The Oldest Radio Waves, Lecture 14: H II Regions and the Birth of Stars. Contact Morey Lewis (eunmor@pobox.com) for more information.

Thursday, April 25 Telescope Interest Group (TIG), Star Party at the Sports Pavilion. Contact Bob Collins (bobpcoll@community.net) for more information.

Wednesday, May 1, LHAG General meeting at 6:45 PM in the P-Hall (KS). NASA/PBS video titled: "The Farthest Voyager in Space... 12 Billion Miles and Counting". This video details the 1977 launch of the twin Voyager spacecrafts, their



achievements, images of the outer planets, and leaving the solar system. Visit our website for more information.

Contact: Ron Yelton 916-408-8048,
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from Waltz to Merengue, Cha Cha to EC Swing, Line dances to Country Couples. Save the date for our next event, the Spring Pot Luck, May 11, 5:00 to 9:00 PM at KS.

Club membership is \$7 per person annually, open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons every Tuesday at KS: Beginners 2:00 to 3:00 PM, Advanced 4:00 to 5:00 PM. Open dance 3:00 to 4:00 PM. Learn the Rumba and Salsa in April and EC Swing in May taught by Ruth and Sal.

Contact: Ruth Algeri 916-408-4752



Big History

If you get your *Compass* early, we invite you to stop by P-Hall (KS) at 10:00 AM today, April 15, to hear an entertaining and insightful report by Dr. Guenter Risse and his team on the Ancient Egypt Health and Disease. And, if you miss that one, stop by on May 6, same-time, same-place to hear a "Trip Report" by Ranny Eckstrom, President, and Dave Lewis, Webmaster, on their travels to Istanbul and



Gobleki Tepe

Gobleki Tepe. Gobleki who? It is the oldest (12,000 years) sacred shrine in the world – 6,000 years before Stonehenge. See the picture above. Come check us out. The Big History club meets the first and third Mondays of the month at 10:00 AM in P-Hall (KS).

Contact: Dave Lewis 916-626-2795, stuff619@gmail.com

Website: bighistorysclh.com



Billiards

The Billiards Group offers tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun!! With the chance to meet new people. The Billiards Group is offering free



Challengers Joe Perez, Bill Huth, Ted Younis, Peshu Irani

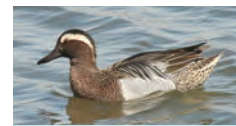
lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for new and returning players (men and women) you do not need anything to play, just show up and see what we have to offer. Remember it's free!

Contact: Tony Felice 916-955-0501, atfelice3@gmail.com



Bird

Spring is a perfect time of year to see the birds of our area. On April 26 we head up the beautiful Oaks Trail which attracts songbirds, raptors and ducks that stay throughout the summer. On May 10 we drive out to Spenceville Wildlife Area which is just past Camp Far West. This outing is always anticipated for its Osprey, Yellow-breasted Chad and possibly a Lazuli Bunting or Lewis's Woodpecker.



The Garganey, a very rare visitor to Sacramento from Eurasia

Our May 13 general meeting features Sean McLaughlin, scientist and conservation biologist. His topic is "Climate Change, Science and You." Sean will talk about environmental science, conservation biology and the impacts of climate change on birds and nature. So join us on the second Monday in May at 1:30 PM in the P-Hall (KS).

Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com
Website: www.lhbirders.org



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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 residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. Please see our information flyer on the SCLH Resident web site Bocce page. Special Olympics will be using ten of our courts every Saturday morning for practice until their Bocce Tournament on Sunday, April 28.

Contact: Paul Mac Garvey
916-543-2067, pmac1411@aol.com
Website: sclhresidents.com/group/pages/bocce-ball-group



Bocce Tee

news lately due to health issues and the movie "On the Basis of Sex" that was released during the past holiday season. The book details how she built coalitions, good relationships, her sense of duty, and enjoyed her relationships with family and friends. Even if you are not done reading it, please come join us.

Upcoming books: "Killers of the Flower Moon" May 16, "Evil Under the Sun" June 20, "Rocket Men" July 18, "The Invisible Library" August 15, "The Things We Don't Say" September 19.

Website:
LHocbookgroup.blogspot.com/ or
Wiki: ocbookgroup.pbwiki.com

Bridge, Duplicate



Duplicate bridge is a timed event. We can play a hand every six or seven minutes every day for the rest of our lives. We will never see the same hand. Those who engage in mentally stimulating activities experience slower memory decline according to the Journal of American Academy of Neurology.

At our Club, very little happens



David Glasspiegel and Ken Reiss waiting to play bridge

Book, OC



"Notorious RBG" by Irin Carmon and Shana Knizhnik is the biography we will talk about on Thursday, April 18 at 1:00 PM in the Multipurpose Room (OC). Supreme Court Justice Ruth Bader Ginsburg has been in the

by chance. We have many committees who handle every aspect of play, education and social activities. We always welcome input and new ideas. At last count, each game has approximately 12 to 16 volunteers contributing to our members having an enjoyable day. Come join us!

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.

Contact: Lynne White 916-253-9882, lynnewhite2000@yahoo.com
Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

Call for reservations or show up with a partner in the Sierra Room (KS) by 5:30 PM Thursday. Play begins at 5:45 PM.

Winners: February 28 -First: Chris Jacobson/Chuck Dietz; second: Edith Kesting/Erika Wolf; third: Dee Cole/Ed Hartnett; fourth: Kay/Ben Newton with the high round of 1720. March 7 -First: Janet Pittenger/Lorraine Minke with the high round of 3320; second: Erika Wolf/Edith Kesting; third: Reta Blanchard/Gay Gladden; fourth: Bev/Allan Blaine. March 14 -First: Jim Busey/Phil Sanderson with the high round of 1880; second: Byron Hansen/John Butler; third: Kay/Ben Newton; fourth: Susan Petersen/Gay Gladden. March 21 -First: Lorraine Minke/Janet Pittenger; second: Edith Kesting/Erika Wolf;

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third: Leanna/Bob Glende with the high round of 1940; fourth: Bev/Allan Blaine. Reservations for first/third Thursday: Carla/Mark Green 916-844-5888.

Contact: Reservations for second/fourth Thursday: Joanna/Alan Haselwood - 916-209-3392



Bridge, Social

We welcome Social Bridge Players to join us on Fridays for Singles' Rotation Bridge in the Sierra Room (KS). Arrive 12:15 PM. Reserve your space for March & April by contact-



Friday Bridge Club

ting Flo Hunt at 916-212-1362 or Bob Belknap at 916-683-0447. Winners from February 22 to March 22, 2019: First Place: Sarah Free, Phil Sanderson (twice), Jay Southard, & Rich McGough. Second Place: Harry Collings (twice), Joe Phelan, Marge Phillips, Linda Scott, & Bob Belknap. Third Place: Flo Hunt, Byron Hansen, Ada Towers, & John Woodbury. Fourth Place: Carol Mayeur, Theresa McCusker, Phil Sanderson, Ann Hansen, & Barbara Moran. Free bridge class each Wednesday, 8:30 to 10:00 AM

(Beginners) & 10:00 AM to Noon (Intermediates) in the Card Room (OC).

Contact: Pat Mullins 408-202-1865, pam7NT@gmail.com



Bunco

In March, the Bunco group had a full house. The traveling bear was all over the room several times per game down to the very last game. There were a couple of rolls offs for the same prize. The Bunco group is preparing for their spring potluck get together in May after Bunco play.

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

March Winners: Most Buncos - Carolyn Hughes; Most Wins - Shirley Mohler; Most Losses - Pam Williams; Traveler - Lorri Song. Next Bunco is Thursday, April 18.

Contact: Kathy Sasabuchi 916-209-3089, ksasabu@icloud.com



Ceramic Arts

The Fine Arts Show, held in the Ballroom in February, was a very impressive collection of beautiful art in several venues and, for the first time, included ceramic art for display. Mike Moyer entered four pieces and sold three of them. He was awarded a Red Ribbon on a

charming piece with a rabbit, a toad, and a butterfly. Janie Chlubna also entered four pieces of whimsical pottery. She was awarded a Blue Ribbon on her multimedia chicken. Congratulations to both of them.

Art in the Alcove for May will be all about pottery. Pieces will be on display from beginning artists to potters with years of experience, and many will be for sale. Don't miss out! Come by early and often.

Website: www.cagsclh.net



Chorus

"Songs through the Decades," our rendition of hits from the 1920s through the '80s, is fast approaching! You probably weren't around when "It Had to Be You" and "Ain't Misbehavin'" enlivened the '20s, but you'll immediately recognize them nearly a century later. Many more of you remember when the Everly Brothers hit the charts with "All I Have to Do Is Dream," "Wake Up Little Susie," and "Bye Bye Love" in the '50s. And most everyone here heard The Beach Boys, The Beatles, and Simon & Garfunkel doing "Surfin' U.S.A.," "Ob-La-Di, Ob-La-Da," and "The Sound of Silence" during the '60s. That's just some of what we'll



Chorus director Paul Melkonian and pianist Nina Malone

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recall for you in the Ballroom on April 28-30. See page 55 for concert details and come join us!

Contact: *Suzanne Rosevold*

916-587-3035,

suzannechorus@gmail.com

Website: *lincolnhillschorus.org*

Computers

Apple Users



The Lincoln Hills Apple User Group has been in existence since 2002! Our founders saw the need way back then and the club been growing ever since. Want to join? On our website there's a link to our application form. We hope to see you at one of our many monthly meetings. We have tutors to help our members, to get over the hump regarding a particular application or product you are working with.

Go to our website, click on tutoring and a list will appear giving you the person most versed on that Apple product. Our tutors are the best around. We're here to help.

Contact: *Helen Rains*

916-408-4505,

hrains5678@gmail.com

Website: *lhaug.org*

PC



May 8, 6:30 PM P-Hall (KS), Ms. Serena Martinez will be our

presenter. Serena is a recent graduate from Harvard College and currently works as an Associate Product Marketing Manager for Google's Hardware organization in their Mountain View headquarters. Her topic will be the Google Assistant.

The Google Assistant is a virtual personal assistant developed by Google that is primarily available on mobile and smart home devices. Unlike traditional Google, the Google Assistant can engage in two-way conversations.

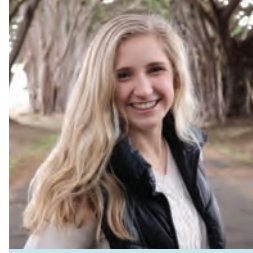
Serena will focus on demystifying the Google Assistant, sharing where the Google Assistant can be found, and discussing how the Google Assistant can help you.

Ask the Tech, May 24, 10:00 AM, Multi-Purposes room (OC) Informal Q & A session for any and all technical questions.

Contact: *Bob Ringo 916-543-5310,*

sclhcc@gmail.com

Website: *SCLHCC.org*



Serena Martinez



Country Couples

"No Frills," was the theme for our March 9 dance. Our decorating committee took a well-deserved break from all their hard work during the year. Everyone brought their own lunch, so if there were



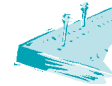
No Frills Dance

any picky eaters in the crowd, I bet they were thrilled! Country Couples provided the dessert. Line Dancers were invited to participate in both our February and March dances. DJ Jim Keener supplied Country Couples and Line Dance music; the dance floor was full!

Our next scheduled dance is April 13. Don't forget April 24 - Country Couples Members will tour Sierra Pacific Lumber Mill. If you are interested, please turn in your signed waivers to Irene. For information about our Club or Sierra Pacific Tour, contact: Irene.

Contact: *Irene Hesson 916-434-6804*

Website: *sclhcc.com*



Cribbage

We welcome you to come join the fun at OC on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until noon. 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

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and the winning players stay with a new partner. Each player keeps track of their own score.

The weekly winners for February were: Jack Poshepny, week one, Rick Johnson, week two, Dorsey Farris, week three and no play on week four.

New players are always welcome!
Contact: Don Lloyd 916-253-7614, gryeagle1@hotmail.com



Cyclists

The elections are over, and we have a new group of Officers. Ray Watkins is President, Jean Ware is Vice President, and Diane McLaughlin is Treasurer. Best wishes to each of them in their new positions. Keep an eye on our Website for upcoming events. If you want to ride a Century, the Tweeners will have their Annual 100 miler in early May. The Annual Tour de Lincoln takes place on Saturday, May 11. Several great routes for every ability. We also have a Summer Pot Luck at the Sports Pavilion. Good place to meet fellow cyclists. The end of the year is time for our Annual Christmas Dinner. Check the calendar on our website for dates of upcoming events.

Contact: Steve Valeriote 916-408-5506, jillsteval@gmail.com
Website: lincolnhillscyclists.com



Fishing

With all this rain there should be plenty of water for the fish to swim up a



Fish-On!

river from the Ocean to their ancestral waters. I know a place on the Truckee reserved for spawning. It's an education to watch those fish propagate and know that maybe I'll catch a Brown or Rainbow that was born there and then migrated out to other waters.

Join our club to live the life of reflective fishing at your favorite pond or stream. Many of our members are experts at fishing and are always open to helping you reach your dream of fishing and improve on your skill. Meetings are second Monday of the month, 7:00 PM, P-Hall (KS). Interested in joining? Email Ralph Tonseth at ralphtonseth@comcast.net.

Contact: Henry 415-716-0666, hsandigo@icloud.com



Food Adventures

Club members met new Executive Chef Marco Martinez at our March monthly meeting in the Kilaga Kitchen, where he demonstrated and shared with us a thorough knowledge of the kitchen knives skills so important to anyone

serious about advancing their cooking skills. We learned about the importance of safety practices, selection, sharpening and maintenance. He also shared plans for new menu changes we already see at Meridians and the Kilaga



Lunch at Rum Thai

Springs Café. Members gathered for a delightful impromptu lunch at Meridians to check out many of the new menu items Chef Marco spoke about and on another day we enjoyed lunch together at Rum Thai Bistro in Lincoln. April's meeting is Monday the 22 at 2:00 PM in P-Hall/Kilaga Kitchen, guests welcome.

Contact: Don R. Rickgauer 916-253-3984, sclhFoodAdventuresClub@gmail.com



Garden

Thursday, April 25 from 10:00 AM to 3:00 PM, is the Home Garden Tour. Get information packets for \$5 from 10:00 to 11:30 AM at the OC Portico which includes a 20% off coupon for Thursday or Friday, 25/26, up to 4 people at the Meridians, Sports Bar, or Kilaga Cafe.

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Saturday and Sunday, April 27 and 28 from 10:00 AM Saturday to 4:00 PM Sunday will be the Amateur Rose Show and Competition. Guidelines are on the website. Contact Marian Reeder at 916-408-1739 or Robin Juhasz at 916-899-2382 for more information.



Rose Show and Competition

Thursday, May 16 will be the Spring Luncheon, "A Tisket a Tasket, A May Garden Basket." All details have been sent to members by email. Contact Debbie Schryver at dshumhaven@earthlink.net for more information.

Contact: Lorraine Immel 916-434-2918, lorraineimmed@gmail.com
Website: lhgardenhroup.org

Contact: Lorraine Immel 916-434-2918, lorraineimmed@gmail.com
Website: lhgardenhroup.org



Genealogy

The next Genealogy Club presentation will be held on April 15, 6:30 to 8:30 PM in P-Hall (KS). Marian Kile, will be addressing Using Medical Genealogy. Marian will show us what to look for, where to research, how to capture the information, how to enter it into our genealogy databases and how to create our own medical reports.

2019 paid members should come a few minutes early to check in and receive your door prize ticket for a Kindle Fire 7" with Alexa. After

the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests.



Marian Kile

Always check the website for handouts and updates: For more information contact Barbara.

Contact: Barbara L Branch 916-543-8219, drbabs@starstream.net
Website: lincolnhillsgenealogy.com



Golf

Ladies XVIII

On March 14 we honored St. Patrick a little early, with a 4-clubs-only tourney. Most everyone was wearing green and about 25 of the field of 33, crowded into the Sports Bar afterward to celebrate. Although many players had trouble because of the limited club selection, no one could blame the picture-perfect weather. Green won Flight One by three strokes, shooting 73, while Ashe shot the low score of the day, carding 72, and six strokes better than the others in Flight Two. Additionally, Parker claimed first place in Flight Three, with 79. Flight Four was topped by Grant. Birdies were earned by Green on Seven, and Lynn Lopera on One. Koropp was awarded the CTP on Hole 11.

Lincsters

The Lincsters held their first general meeting on March 13. The meeting included a discussion of the revised rules of golf and an introduction to Golf Genus, the new computer program that will be used by the club. Following the meeting, the ladies played the front nine of the Hills. Sue Spengler and Linda Mann tied for first in Flight A. Flight B was taken by Joan Frame. Carmen Farrington won Flight C, and Kathi Carlock won Flight D. The total club membership is 144 plus two social members. Upcoming events are: Bring a Friend Tournament, April 24; Senior Rules FYOF Tournament, May 29; Tin Cup FYOF Tournament, July 31; and Breast Cancer Tournament, October 23. The club championship dates and format are being discussed.

Contact: Alyce Stanwood, alyce@stanwood.us
Website: lincsters.com

Golf Men's

The Presidents Cup match play tournament will start May 7. This year all matches will be played with Tuesday Pro shop Sweeps players. Weekly play will continue until there is a declared winner.

Gross winners in the 4 man scramble were: Alan Elsey, Tom Horan, Ed Lazarek, Glenn Walker, Rick Campbell, Tom Kausch, Doug King, Tom Traxel, Stan, Hing, Bill Hynes, Keith Kott, Don Murray,

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Contact: Tom Traxel 916-543-4965, tom.traxel@sbcglobal.net
Website: mgclh.club

Hiking & Walking



Spring has arrived! I'm sure you agree with me that it's about time. The hills are a gorgeous green, and the wildflower bloom should be outstanding this year. In preparation for a hike, remember that creeks and streams may flow higher due to snowmelt and bugs and ticks will be out. Mud may be an issue on many trails; you'll want to pack your trekking poles for stability. Mark your calendar for these upcoming hikes: Stevens Trail in Colfax April 18 and the Quarry Trail in Auburn April 25. Please



Hikers enjoy a hike along the American River in Cool.

register and join the club "promoting ageless commitment to exercise" with our neighbors by registering for the Lincoln PACE Race on May 4. For more hikes, walks or club information, please check our website.

Contact: LHHikers@gmail.com
Website: www.lincolnhikers.org



Investors' Study

Our guest speaker for May is Sam Shapiro of Goldman Sachs. Sam has not met our group before, but I bet he has heard about the Lincoln Hills crowd from some of our other speakers. In any case, our next meeting is on Thursday, May 2 at 2:30 PM in P-Hall (KS). Russ will continue to update his playbook, and we'll have refreshments afterward. I would like to thank our members who participated in the Lifestyle Expo in February: Doug Roach, Velma Hutton, Carl Sulzer, Donna Becker, Joan Brenning. Great job!



The Active Investors sub-group meets the second Monday of the month in the Multimedia Room (OC) at 3:00 PM. Any questions about the Investors' Study contact John.

Contact: John Noon 916-846-3372



Lavender Friends

While the rainy winter sidelined several Saturday morning dog walks, along with an arboretum tour, it still has been a busy couple of months for Lavender Friends.

The club had a very successful mixer in February, with nearly 40 members gathered for the chance to connect with new and returning friends over shrimp and chicken wings. We also staffed a table for the association's annual club expo at OC.

Coming up: a baked potato and toppings potluck in April and a first-ever tea dance in May, commemorating a Sunday afternoon tradition that began decades ago in various LGBT communities.

Lavender Friends represents LGBT residents in Lincoln Hills, providing social activities and supportive events. To learn more, see our website.

Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com
Website: www.lavenderfriends.com

Line Dance

Our group participated in the Lifestyle Expo which was held in the ballroom in late February. Our exhibit table caught the eye of many interested people especially those new to line dance. Some of the questions the newcomers asked concerned the type of shoes required or if they needed former dance training. We assured

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Anne Farris/Nancy Welsch assisting line dance newcomers

them that no special footwear was necessary and that no dance experience was needed. There are two absolute beginner classes available where the participant learns all the dance terminology and steps in a fun, non-threatening environment. Check out the *Compass* for information concerning these beginner classes. Line dance is great exercise and can improve balance, but most importantly, it is fun. Please come and join one of our classes.

Contact: June Willis 916-253-3348, willtom@sbcglobal.net



Mah Jongg, Chinese

Greetings! Please join us on Monday mornings in the Card Room (OC). Your arrival time should be 10 minutes before 9:00 AM. Play begins at 9:00 AM. 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 call Bruce or Marsha Ross at 253-9551.

Contact: Bruce Castle 916-846-1500, brucecastle101@gmail.com



Mah Jongg, National

Greetings, Mah Jongg is experiencing a surge in popularity. Why? Because this ancient Chinese tile game supports a healthy lifestyle by challenging our minds with mental workouts and by keeping us socially active. We play every Tuesday in the Card Room (OC) 12:30 to 4:00 PM. If you know how to play come join a table. If you'd like to learn contact Fran Rivera at 916-434-7061 for free lessons in her home lasting 10-13 weeks, if you've played gin rummy, you have a little head start in learning the game. Be aware though it's addicting once you learn. We hope to see you next Tuesday.



Hooray, the 2019 Cards are finally available. Got yours?

The 2019 Card has finally arrived, and we ask that everyone start using it by National Mah Jongg Day, April 30.

Contact: Patty Kingston 916-587-3056, pkingston@att.net



Mixed Media

The Mixed Media Arts Club meets the third Wednesday of the month at 1:00 PM in the Ceramics Room (OC). At the May meeting, we will be learning some



Mixed Media Club at the Lifestyle Expo in February

of Chris Fetter's favorite techniques using Gelli plates to make journal/notebook covers. We will make sure we have Gelli plates to use and share. Our May art challenge prompt is "Junk Mail." There are no other rules, just go where the prompt leads you and let's see your creation at the May meeting. Doing the challenge is voluntary, but it is fun to see how each of us create a different piece of art using the same challenge. Start collecting your junk mail to turn into art. New people are always welcome to check us out.

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David Moody #02005018 916-581-0940	Paula Nelson #01156846 Broker Assoc. 916-240-3736	Kathy Nowak #01327209 408-348-0641	Sue Noyes #01506617 916-295-4324	Pat Pelton #01806447 916-276-8909	Tara Pinder #00898876 916-600-2836	Peggy Poole #00521665 916-765-3434	Steve Quanstrom #01313449 916-884-4564	Ann Renyer #01746828 916-343-6044	Michael Renyer #00894446 916-343-6044	Bill & Jan Rexrode #01700676/#01700677 916-408-3997
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Loree Risi #01203309 916-716-0854	Keneta Sanchez #00960821 916-257-1004	Doreen Traxel #00822877 916-698-0801	Tangi Walker #00820609 916-316-1112	Tony Williams #01390054 916-521-3400	Sharon Worman #00905744 916-408-1555
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Motorcycle

March 16 marked the start of the RoadRunners 2019 riding season. Road Captain Dan Harlander led riders through some great Sierra Foothills backroads to lunch at Bones Roadhouse in Pleasant Valley. On April 13, Road Captain John Marin will lead the way west to Mill Valley and the Redwoods.



Lunch stop in Pleasant Valley

The RoadRunners have scheduled rides on the second Saturday of the month, March - November. 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) The next meeting will be on April 25. "Ride Safe - Ride With Friends" **Contact: Manny Perez 916-253-9121, manwil412@wavecable.com**

Movie Lovers

If you are interested in movies, this is the place to be. We meet on the second Thursday of each month at

6:30 PM in the Multimedia Room (OC). All residents are welcome to join our facilitation led discussions on movies selected by the group at the prior meeting. We have lively participation and stimulating discussions. Please join us at our May 9 meeting. Thank you.

Contact: Cliff Roe 510-889-0265



Music

The Music Group met on Wednesday, March 27 with instruments and voices at the ready. The Group's Opening number was "Try To Remember." It was beautifully played and sung, as was Willie Nelson's "Always On My Mind," for our closing number. We welcomed several new folks who joined in on the fun. Remember, we welcome new players with open arms and ears. The Music Group meets every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com

Website: www.lincolnhillsmusicgroup.org



Needle Arts

Instead of the Needle Arts regular May meeting, we will be boarding the Threads of Friendship Cruise Ship at Ballroom (OC) as we embark on a fun afternoon of food, fun, and friendship. Also, bring money to shop at the Cruise store. Check the website for more information.

Workshops are held the first Wednesday of the month from 1:00 to 4:00 PM in the Sewing Room (OC). Notices of upcoming workshops are sent out to members in an email and also posted on the Needle Arts website. The Spring Needle Arts Mercy Retreat is May 6-10. Check the website for up to date information about the retreat. **Website: www.sclhna.com**



Needle Arts participated in the Lifestyle Expo



Neighborhood Watch

Mark your calendars for the second annual "Pet Fair," April 26, in the parking lot (OC). Neighborhood Watch will be there with two microchip scanners to search for chips in dogs, cats, and even rabbits. If you're not sure whether or not your pet has a chip, this is an opportunity to find out for certain.

We will also have phone

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numbers for the various microchip companies so that owners can update their information. It's important to remember that these companies contact the owner(s) of record, and if you need to change the names, other contact information or add something such as a pet sitter's name, you need to get in touch with the companies. We look forward to seeing you and your pet.

Contact: Linda Minor 707-235-0778, lindaminor@sbcglobal.net
Website: www.SCLHWatch.org



Yes, I'm cute; but do I have a microchip?

Tuesday of the month at 2:00 PM in the Fine Arts Room (OC).
Contact: Joan Musillani 916-712-4393, joanmusillani@gmmail.com



Paper Arts

Thank you to Peggy Jo Ackley of Pink Ink Stamp Company for leading our April project.



March guest instructor Randi Lontz with Susan, Jan, and Marilyn.

The next Open Lab for "Members Only" is April 18, from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS). If you haven't checked out this popular drop-in session, come on down! See what your fellow members are working on, pick up a few new ideas and inspiration, use some tools you may not have, and just have fun.

At our monthly meeting in June, Mina Bahan will lead our project featuring three items. Don't miss it — sign-up by May 10. Our meetings are the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).
Contact: Nancy Sealy (315) 702-7986, nancyb1944@yahoo.com



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 from 9:00 AM to 12:00 PM. For more information, please contact Denise or Doris DeRoss at 916-253-7164. We are looking forward to seeing you there.

Contact: Denise Jones 916-543-3317



Photography

Members' Show and Tell was the headliner for the March General Meeting. Presentations ranged from the stunning beauty captured at the recent Yosemite field trip to unique features of specific camera types.

With the onset of spring, field trips are kicking into high gear. Monterey Bay to Morrow Bay will happen in April. And in July the subject is the wildflowers of the High Sierras'. We routinely schedule local field trips to known success spots such as Ferrari Pond and the Rookery Tree.

The Club's SIGs provide opportunities for members to extend their photography skills. The

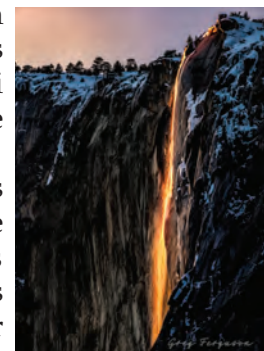


Photo by Greg Ferguson



Painters

The Painters' Club April meeting featured Sandy Linblad who inspired us with her animal portraits. Members learned techniques that will help when they paint animals for our "Challenge" in May!

Many of Lincoln Hills artists and crafters will be in the 2019 "Art and Craft Tour" on May 11 and 12. Artists will participate on both days by showing their work in their home studios or another artist home. Maps with directions are available at Orchard Creek Lodge.

If you are a newer resident of Lincoln Hills and are interested in our Club we welcome you to attend a meeting; we meet on the third

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March Round Table explored the different camera sizes and the techniques needed to achieve identical results from different sensors; while the Learning examined black and white photography techniques.

Contact: *Diane Margetts*
916-955-1809, dmargett@yahoo.com
Website: lhphotoclub.com



Pickleball

It seems that spring has just sprung, yet we are already at full throttle. We just wrapped up a day-long celebration of birthdays and celebrated our "super seniors" with a tournament for those 70 plus on April 12. The next day was our spring mixer. Want to join in the fun? Our free "Welcome Saturday" is at 11:00 AM April 27. No reservations or paddles required. Please wear tennis shoes.

We also offer a free introduction at 1:00 PM Wednesdays, weather permitting. Once addicted, join the Club. It's just \$15 annually. Members enjoy parties, lessons and leagues.

Upcoming social activities include the summer party, ice cream social, Oktoberfest and holiday gala. Stop by the courts. Players are happy to help you learn more about us.

Contact: *Michael Gardner*
916-834-6549,
pickleballmike1@gmail.com
Website: www.lhpickleball.com



Players

Many residents stopped by the Players' table at the recent Club Expo held in the Orchard Creek Ballroom in February and came to our March 11 Players' meeting. They learned valuable information and were entertained by Merilee Imamoto and Paul Gardner.



Angela Blas, Susan Stecz, Ron Hanson, Julie Africa, Paul Krow

The June Players' production, "The Odd Couple, Female Version" cast is as follows: Jeri Ferris "Florence Unger", Mary Beth Quallick "Olive Madison," Alice Crawford "Sylvie," Mary Jo Garrison "Mickey," Melinda Stephens "Vera," Monica Maddern "Renee," Joe Nichols "Manolo Costazuela," and Rudy Schneider "Jesus Costazuela." Show dates are June 6-9 in the P-Hall (KS). Tickets will go on sale soon. Get them quickly as this comedy will sell out quickly!

Players meet every second Monday at 4:00 PM in P-Hall (KS). Guest are Welcome!

Contact: *Ron Hanson*
916-434-7112, racketron@yahoo.com
www.lhplayers.org



Poker

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 the Multipurpose room and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw.

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.

Any questions, contacts: Lynne Barsky 916-253-3730 or Arnold Baker 916-434-5412.



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

SCHOOLS is looking for someone just like you to volunteer in Kindergarten through 5th grade. Visit the SCHOOLS website to find out about volunteering at schoolssuncity.org



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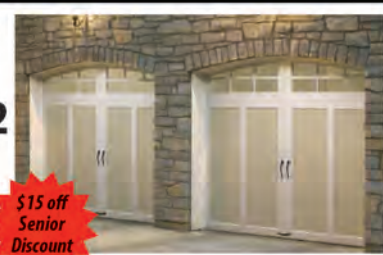
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There are openings on the SCHOOLS Steering Committee if you are interested in being involved with planning and working on the volunteer program, or our annual meeting in the fall or our Spring Picnic in the Sports Pavilion. **Contact: Patti Kingston 916-587-3056, pkingston@att.net Website: schoolssuncity.org**



Scrabble

We welcome you to join us for a game of Scrabble every Monday afternoon starting at 1:00 PM in the Card Room (OC). Our small group includes players of various experience and newcomers are always made welcome. All materials are provided including the Scrabble dictionary! Come play one, two, or more games and increase your vocabulary!



Singles

Thursday, April 18, is our Dine Out event. Join us at 4:30 PM at Kobe's for a fantastic meal. Call Sue to make your reservation. Our annual "Auction for Services" will be held on April 25 at 6:00 PM in the Ballroom. Contact Susan with items to donate. We head to Skipolini's in Rocklin for Cocktails

on May 2 at 4:00 PM. Come to the Sports Bar (OC) on May 5 at 4:00 PM for our Birthday Celebration! Help us plan our Activities on May 7 in the Ceramics Room (OC) at 5:00 PM. On May 9 at 6:00 PM in the Ballroom, we will elect your new Board of Directions. Join us to cast your VOTE! Spring is in the air in Lincoln Hills!

Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Ski

Spring skiing is in full swing, so plan your ridesharing day trips by responding to the club's weekend emails. Also, don't forget the post-season potluck party being



"Let's Go Up There!"

held April 18, starting at 5:00 PM, at the home of Bill and Lillie Smith. Besides the fun and fellowship we always have, we will solicit input for next season's ski trips as well as confirmation of next year's club leadership team.



Softball

Summer League softball opened on April 10 with 10 of 11 teams competing. Game times are on Mondays and Wednesdays

at 9:30 AM, 11:00 AM, 12:30 PM, 2:00 PM and 3:30 PM through April 24. Beginning April 29 game times change to 8:00 AM, 9:30 AM, 11:00 AM, 12:30 PM and 2:00 PM. With evenly matched teams the season should provide some exciting recreational softball. We plan on having monthly "Hot Dog Days." Look for the yellow "Hot Dogs Today" signs the day of the event or check the website for advance planning. As always, the website is your best resource for the most current information on activities at Del Webb Field. Come on out to the field and enjoy the action. **Contact: 916-408-4679**



Del Webb Field

Softball, Coyote

The Coyote 80's played their first tournament of 2019 at the Sacramento Complex. Coming away with a 3-1 winning record they captured first place. Virgil Dahl pitched all four games for the Coyotes. Leading the way offensively were Jerry Lambert, John Parks, and Larry Manley. The team played exceptionally well considering not having that many practices due to the weather. Next up is Manteca on April 18/19. **Contact: Gage Johnson 916-409-9619, gage.retired@gmail.com**



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Sports Car

A visit to the beautiful Capay Valley was a spring delight. Beautiful rolling hills and so green with all the recent rain. After lunch at Cache Creek Casino, we headed back home. First, we stopped at Granzella's for a break and then drove through the Sutter Buttes. What a beautiful spring ride!

Can you imagine a better way to enjoy spring than a trip to Crystal Hermitage Gardens with over 105 varieties and 5,000 bulbs planted? Our members find such interesting places to visit, and we are looking forward to this one!

Later this month, there is a fun filled three-day trip to Murphys, Columbia State Park, and Ironstone Vineyard. This area has beautiful scenery and wonderful curvy roads to drive.

Contact: Jo Fratessa 916-408-7209, mfratessa4@icloud.com
Website: lhsportscars.com



Sun City Squares

Please come and join us for some great fun and beautiful dancing! We are open to all singles as well as couples. If you have lost a partner or haven't danced in a long time, we are happy to help you learn again. It really is great fun! Just come and check us out!

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.
Contact: Sandy Cleaver 916-409-0409, slctravel@yahoo.com



Swimmers & Water Walkers

The purpose of our club is to provide the physical and mental benefits of swimming and water walking and to provide camaraderie, encouragement, and support for swimmers and water walkers of all abilities who live in Lincoln Hills.

At our membership meetings, we welcome comments and questions regarding the pools at The Wave and Kilaga Springs. We will follow through to get answers from the WellFit leaders.

Our club thanks outgoing officers, Suzan Hunt, and Jean Ware, for volunteering their time and support to our club last year. Our 2019 officers are Bob LeRoy, Chairperson; Darlene Ford, Vice-Chairperson; and Chey LeRoy, Secretary. If you have any questions or comments, please email Bob.

Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Table Tennis has been a popular event at Lincoln Hills since 2000. One regular player has enjoyed the game since 2002. A table is reserved for beginners



Ping Pong Booth at Life Style Event, OC, February 2019

with free lessons and a robot practice machine. All are welcome with tables serving four additional skill levels. Free loaner paddles are provided. Players have expressed many benefits from playing ping pong. See what it can do for you! Just remember to wear tennis shoes, not street shoes. Times are Sundays from 9:00 AM to 4:00 PM except for the first Sunday of the month when play begins at 12:30 PM. Additional times are Tuesdays from 6:00 to 9:00 PM and Fridays from 8:00 to 11:00 AM. Play is in the Multipurpose Room (KS). Contact: Tim Frank timcfrank@gmail.com. Contact: Table Tennis 916-543-6545, pingpongsclh@gmail.com



Tap Company

Tap Company members' love to dance, and a Workshop is scheduled for April 20 from 9:00 AM to 1:00 PM. Tappers also enjoy wonderful meals. The Summer Luncheon will be held June 13 at the Timbers. December 19 will be the Holiday Luncheon at Orchard Creek. Be sure to put all these dates on your calendar!

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Details about the events will be provided closer to each event's date. Check the *Compass* for class schedules. Practices are still held at Kilaga Springs, on Saturdays from 8:00 to 10:00 AM.

Contact: Freddie Dempster
916-253-9734, fredeedee@gmail.com



Tennis

St. Patrick's Day Event – Check out our website for results and pictures of the St. Patrick's Day Tournament held in March. Greg Burke, Volunteer Tournament Director, did an awesome job of making the Tournament a social event with the mix and switch format.



Carol Vasconcellos and Sandy Zentner at the LHTG booth!

Action coming up next: Mixed Doubles Championship – Friday, May 3. Want your name on the LHTG Championship Plaque... then pick a partner and sign up. Flyer with all the details can be found at the Pavilion.

Pictured are our Social Co-chairs at the Lifestyle event promoting our fabulous club, we have so much to offer. Pick up a membership form at the Pavilion.

Contact: Linda Burke
916-209-3463,
scteam10s@aol.com
Website: sclhtg.com



Veterans

Suzi Vinci, Placer County's veterans service officer since March of last year, will be the featured speaker at the general membership meeting in the P-Hall (KS) on April 18 at 1:00 PM.

Her duties include working in partnership with other Placer

County departments to provide service and assistance to veterans and their dependents in accessing the state and federal benefits earned by their military service. Placer's Veterans Service Office can help with access to compensation, pensions, survivor benefits, education, vocational rehabilitation, home loans, life insurance, and burial benefits.

Vinci comes from a strong military family with a total of four generations serving in the United States military. Suzi has served more than 14 years combined in the U.S. Navy and Navy Reserve.
Contact: Mike Schultz 916-209-3460,
avid9er2007@gmail.com



Water Volleyball

Busy month for the Water Volleyball Club. February and March focused on the ranking process for Level 3 Red Ball Competitive, Level 4, Level 5, and Level 6. Members participating in the ranking process should check the playing schedule dates and times for different levels of play. Training Night on February 27 was a tremendous success with over thirty participants, both recreational and competitive, committed to improving their skills in serving, positioning and receiving. The Water Volleyball Club table at the Lifestyle Expo introduced residents to the wonderful sport of water volleyball. Thanks to Jeanne, Dave, Harriet, Kalli, and Dolores for their support during this informative event. Interested residents were directed to the Club website.

Contact: Rosemary Elston
916-474-1610,
sclhwatervolleyball@gmail.com
Website: www.lhwatervolleyball.com



Woodcarvers

We had a great turnout at our March open house; it was nice to see so many interested people! Our members really showed their woodcarving

skills and projects! The beginner carvers shared their early works, the instruction books they used to complete the projects, and how they progressed over time. Our skilled members shared their bark carvings, caricatures—both large and small, serious and whimsical, bird sculptures, boats, walking sticks, carved golf balls, and relief carvings. We even had a puppet whose mouth moves—showing off a great set of teeth! Feel free to visit anytime—there's lots of support, instruction, and techniques shared among our friendly members. We meet every Wednesday, from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman 916-253-9534
LRAINMAN1414@YAHOO.COM



Writers

The new logo for the Writers Group was designed by Andy Dexter, Vice President. Members enjoy many ways of being creative: wood-working, sewing, painting, singing, acting, dancing, cooking, star gazing, volunteering, are just a few other activities our members enjoy. Ideas for writing come from many things, in addition to our other interests. Name it; write about it; come to our meetings on the second, fourth, and fifth Monday evenings of the month in the Ceramics Room (OC). Bring about 12 copies of your writing to share with the group so that we can read along with you. Let us know what kind of editing comments you would like. The group gives helpful, not hurtful ideas for any improvement you might like to make.



Contact: Freddie Dempster
916-253-9734, fredeedee@gmail.com

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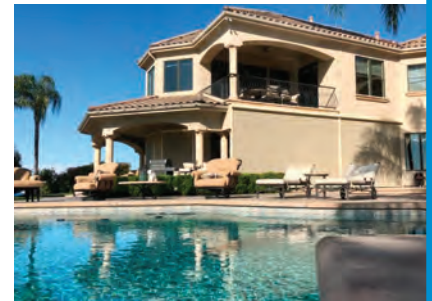
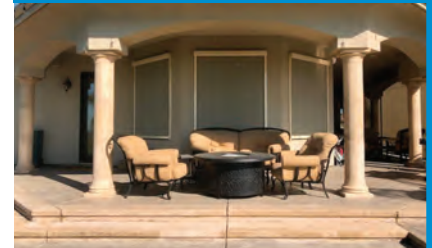
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Support Group News

Alzheimer's-Dementia Caregiver's Support

April being an even-numbered month of the year means that we will likely have a formal presentation by a professional. This presentation will provide insight and guidance on both established and horizon-bending concepts related to the care and maintenance of those who have been daunted by the dirty digit of destiny to provide



Losing the Cogs and Wheels of Memory

on-going, seemingly never-ending oversight and stewardship of a family member, who – through no particular fault of lifestyle or bad intention – can no longer be fully self-sufficient or capable of engineering the commonplace activities of life. These include time management,

time awareness, nutrition, personal hygiene, engaging conversation, identification of hucksters, financial logic, and remember the answer to a question asked a seemingly endless number of times. But we love them and will do what we can.

Contact: Jeff Andersen (916) 434-6009, 2jeffa@gmail.com



Bereavement

The Bereavement Group offers support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is May 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 Rum Thai, Friday, April 26 at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan.

Contact: Joan Logue 916-434-0749, joanlogue@sbcglobal.net



Bosom Buddies

One of the best ways to welcome spring is with lunch, and that's what we did for our April meeting. Members gathered at Mimi's to discuss



March's speaker Nancy de Ross gives Peggy Ryan a make-over.

upcoming events as well as to celebrate being together.

Our May meeting features Ji Hye Park, a nurse practitioner from Sutter Health, who will speak on lymphedema, a side effect of many cancer treatments. She will talk about the causes and latest treatments for this condition and also provide advice on what we can do to avoid or minimize tissue swelling. This should be an informative and interesting presentation.

Bosom Buddies meets the second Thursday of the month in the Multi-purpose Room (OC) at 1:00 PM. We are here for breast cancer survivors and also those still undergoing treatment.

Contact: Marianne Smith, 916-408-1818



Family Mental Illness Support Group

Our support group meets on the second Friday of each month at 2:00 PM. We are a small, informal group.



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Contact: Dede Ranahan 916-408-4541, dederanahan@gmail.com



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, CA 95630. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room.

Contact: Kay F. 916-543-3079, deniskayf@starstream.net

Website:

www.gam-anon-loomis.com



Glaucoma Support Group

Glaucoma and You. Answers to your questions like – What do all those tests mean? What about other issues going on with my health and how do they affect my Glaucoma? What lifestyle choices are helpful in managing Glaucoma?

Dr. Annie Baik, a Glaucoma Specialist with the UC Davis Eye Center, will be our speaker at our May meeting and will present information to help you with answers to these as well as other questions.

Please plan to attend our

meeting on May 8 at 4:00 PM in the Multipurpose Room (OC). If you have questions, please call Bonnie.

Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com



Hearing Impaired Support Group

The next meeting will take place on Thursday, April 25 in the Multi-Purpose room (OC) from 2:30 to 4:30 PM. Our guest speaker will be Rachel Tempesta of Cochlear Americas, who will be speaking to us about the various hearing assistive devices offered by her company, including cochlear implants and hybrids.

Contact: Joanne Mitchell 916-408-0533, pipa1@prodigy.net



Low Vision Support Group

May Meeting – Tuesday, May 7, 2:00 to 4:00 PM, Fine Arts Room (OC). Janet Roberts, Neighbors InDeed President, will be our presenter. She will update us on NID's programs - Handy Helpers, Medical Equipment Loans and Information & Referral. Janet will also introduce the new NID Senior Resource cards being made available to Lincoln Hills residents.

Plans are in the works for our Tuesday, June 4, meeting to have a Computer Club representative demonstrate the ways a Smart Phone can help those losing vision, including apps specially designed for that purpose.

Contact: Cathy McGriff 916-408-0169, cathy.mcgriff@yahoo.com



Multiple Sclerosis Support Group

Tuesday, May 7, 1:00 PM, Sierra Room (OC) will feature You! Yes, your input is necessary to evaluate where the Club's focus need be. Volunteer opportunities are open to help an hour or two a month.

Also, at the May Meeting, Laura Ludwig will be taking reservations for our Wednesday, June 5, 1:00 PM luncheon in the Solarium (OC), with Dr. John Schaefer of the MS Achievement Center, speaking on Cannabis and MS. Bring your check for \$15 and choose from 3 delicious luncheon options.

Contact: Jeri Di Fiore 530-401-2135 or Text,

jerihansondifiore@gmail.com



Parkinson's Support Group

Hello Everyone! Happy Spring! This month at our Parkinson's group we will have a general discussion. That means we get to chat about what is good, what is working, what is not working and just enjoy the camaraderie and support one another. We meet at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln from 10:00 to 11:30 AM. If you have questions or want more information, please contact Brenda.

Contact: Brenda Cathey 916-253-7537, bjcathey@gmail.com





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Bulletin Board

A Course in Miracles

This is a study group that meets on the first and third Mondays. Its purpose is to assist students of this thought system in the study and application of the principles set forth in the book *A Course in Miracles* which deals with the universal spiritual themes of love and forgiveness. This is a course of study which involves 365 lessons designed to teach a method of connecting with your inner spiritual guide which can lead to the attainment of inner peace. For information call Alexandra at 916-409-5253.

Arts and Crafts Tour

Dozens of artists throughout Lincoln Hills in will exhibit and sell their work to the public from homes on Saturday, May 11 from 10:00 AM to 4:00 PM and Sunday, May 12 from 12:00 to 3:00 PM. Wonderful handmade crafts and fine art including paintings, ceramics, jewelry, photography, glass, fiber art, turned wood, and more will be available. FREE Tour Maps may be picked up during May at the Orchard Creek Lodge and all artist studios during actual tour hours. This is sponsored by the *SCLH Painters' Club*.

Lincoln Community Blood Drive

Please Consider Helping. What takes between 30 to 60 minutes can mean saving as many as three lives. We need your blood!! Please join us at Lincoln Veteran's Memorial Hall, 541 Fifth Street. April 26, from 1:00 to 5:30 PM. Save time and reserve your place, register online. Go to <https://lincolnblooddrive042619.eventbrite.com> click on Register and chose a time that is not sold out. Or call 916-453-3042. You may also walk in when it is convenient for you between 1:00 and 5:00 PM but you may have to wait a bit.

Boomers

Boomers were gathering for FUN in February and March! February–Lincoln Players Readers Theater, Ping Pong, and dinner at Lucilles BBQ! We greeted and signed up residents at the yearly Expo! March 1, Game Night! Brunch at Highhand

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.

- **Thursday, April 18, 8:30 AM** – Eskaton, Solarium
- **Wednesday, April 24, 2:00 PM** – Ansel Park, Solarium
- **Friday, April 26, 10:00 AM** – Reverse Mortgage Specialist - Solarium
- **Thursday, May 2, 10:00 AM** – Nautilus Society, Gables (OC)

and Trivia night. April–Boomers will be attending Lincoln Food Truck Night, Dog walking, Roller Derby, and Game Night! Look for our postings on Yahoo, Nextdoor! or contact susanhaas3@yahoo.com, Dianapeters@wavecable.com.

Cloggers

Happy April from the Cloggers! Be sure to save May 31 & June 1 for the Northern California Cloggers Association's Annual Convention right here in Sacramento at the Crowne Plaza Hotel. We'll have a phenomenal instructor from Georgia, Andy Howard, so be there or be square! Of course, we have lively phenomenal foot-stompin' clogging right here too, and now's the time to fill out your dance card with Irish-Appalachian clogging. You can't beat this dance for high energy and joy. For information on clogging here in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Club La Vita

We are a social wine tasting group in Lincoln Hills. We are looking for new members to join our group. We are comprised of approximately 64 members who are split up into four groups of 16 people in each group. We meet on the third Thursday of every month in one of our members' home, except in January and June. If you are interested in learning about and experiencing different wines and meeting great friends, our Wine Club is the place. For additional information, please contact Tony Dipaola at a.dipaola@sbcglobal.net.

Democratic Club

Our general meeting on April 18 will feature staff members from the Placer Community Foundation. Veronica Blake, CEO, and Jessica Hubbard, philanthropic services manager, will present a program on the Housing Gap in Placer and the efforts being made to promote affordable housing to support the economy of our county. We meet on the third Thursday of the month at P-Hall (KS). Doors open at 6:15 PM for a social time, a business meeting is at 6:45 PM, followed by the program. Please see the club website at <http://www.democraticclublincolnca.org>.

Italian Club

Get ready for our Annual BBQ and Bocce Ball event on May 19, from 10:00 AM to 3:00 PM at the Sports Pavilion. Seasoned players, as well as beginners, are welcome to play. Lunch will feature Italian sausage, pork ribs, chicken, potato salad and coleslaw. Don't miss out. Check out the website and sign up no later than May 13. The Italian Club offers a special activity each month. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org and learn more about us. Want to join? Contact Sandi Graham, membership, at 916-826-5711.

Lincoln Library Open House

Thursday, May 2 from 5:30 to 7:30 PM at 485 Twelve Bridges Drive. This event is sponsored by the Friends of the Lincoln Library. This "Big Day of Giving" activity for FOLL will also feature displays

showing the layout for the new Lincoln High School; Library staff to offer guided tours plus demonstrations of online learning resources; eight new art pieces will be showcased, and FREE library cards can be obtained. There will be door prizes, light refreshments, and music during the evening. FOLL members can vote on proposed new by-laws for FOLL. More details at www.friendsofthelincolnlibrary.org.

Lincoln Police Department – Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, “eyes and ears” in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information contact Roy Osborne at 916-645-4081.

Minnesota Club

Calling all former Minnesotans! Please join us for our spring event on Thursday, May from 3:30 to 6:30 PM or whenever at the Sports Pavilion. More details to follow as soon as all the plans are finalized. Most importantly be sure to mark the date on your calendar!! Looking forward to seeing you again!!! Please contact Donna Szabados at dszabados@gmail.com or 916-543-3288.

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.

Placer Superior Court Seeks Volunteers For Grand Jury Service

Placer County citizens interested in an opportunity to serve on the 2019-2020 Grand Jury. The Grand Jury's one-year term begins on July 1, 2019, and ends on June 30, 2020. The current Grand Jury is sponsoring several Meet-and-Greets to discuss the workings of the Grand Jury at the Grand Jury Office, 11532 B Avenue, Auburn, on: April 15 at 1:00 PM, April 16 at 6:00 PM and April 23 at 10:00 AM. Addition information is available by contacting the Court Executive Office at (916) 408-6186, or www.placer.courts.ca.gov. Application Deadline: Friday, May 10.

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, cutthroat and/or singles. Ladies are welcome. See you on the court. Contact: Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

Republican Club

Our next meeting is Tuesday, April 16, in P-Hall (KS). Doors open at 6:00 PM, the program begins at 6:30 PM. Our speaker is Eric Johnson, a member of the City of Lincoln Planning Commission. Mr. Johnson will discuss recent and upcoming projects in Lincoln, for example, is a new shopping center coming? An overall positive economy is fueling growth in our city. And that's keeping our Planning Commission busy. Eric is a 9-year resident of Lincoln. He and his family love living here! For more information, including membership go to info@RepublicanClubSCLH.org.

Shalom Social Group

We had a rare opportunity to hear a speaker who actually survived the Holocaust. Sy Karfiol was a very young child during the German occupation of Belgium; fortunately, he was hidden by Catholics

and lived to tell his story. We are growing in both numbers and breadth of activity. We have added table tennis on a regular basis. On the second and fourth Sundays of each month, table tennis is available to our members. We also have a hike scheduled, and a River Cats game in June. For information on membership, please call Joanne Levy at 508-333-8590.

Shooting Group

With good weather, we meet on Tuesdays for Trap and on 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 ortrifilom@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, April 16 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three-course gourmet lunch costs \$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.

Wise Aging

Wise Aging is a new resource and support group providing a forum for discussion, support, education, and sharing aging-related resources for residents of Lincoln Hills. We meet on the first Monday of the month at 1:00 PM in the Heights/Gables Rooms (OC). Join us Monday, May 6. Bring a friend or neighbor. Contact: Stefani Spikell at stefhope@att.net.

Community Perks



Home, Health and Business Showcase Wednesday, April 17 – 10:00 AM to 2:00 PM Orchard Creek Lodge —Free

Learn about the latest products and services for your home, health and business matters. Meet your *Compass* advertisers and other businesses that will be showcasing their products.



KS Classic Movies on Saturday: Bullitt (1968) Saturday, April 20 – 1:30 PM Screening—Free

P-Hall (KS) M/PG, 114 min, Crime/Action/Mystery. An all guts, no glory San Francisco cop becomes determined to find the underworld kingpin that killed the witness in

his protection. Starring Steve McQueen, Jacqueline Bisset, and Robert Vaughn.



Document Destruction Monday, April 22

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. Due to a change in the new vendor's policies: \$10 cash or check per average file box will now be payable to SCLHCA. Just look for the big Shred-It truck in the parking lot!



Lincoln Hills Pet Fair & Parade Friday, April 26, 9:00 AM to 1:00 PM Fitness Center Parking Lot (OC) —Free

Celebrate your pets and join us for our Annual Pet Fair. Additionally, we are having a Pet Parade beginning at 10:00 AM for your chance to show off your furry friends. Check out various local vendors and pet services. Sitters, groomers, trainers, vets and more will be here to answer all your questions and sell their wares. Make it a date with your four-legged friends. Pick up the Parade Guidelines from the Lifestyle Desk. Interested vendors may contact Shelvie Smith (shelvie.smith@sclhca.com) to rent your space.



Paper Arts Annual Overstock Sale Thursday, May 2, 12:30 to 1:30 PM—Free Sports Pavilion

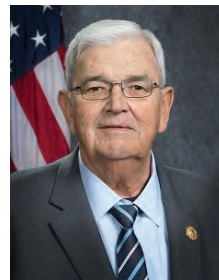
Paper Arts Club members will be selling their excess paper crafting supplies.



3 Showings! Green Book (2018) Saturday, May 4 – 6:00 PM Screening—Free Monday, May 6 – 1:30 PM Screening—Free Saturday, May 18 – 1:30 PM Screening—Free

P-Hall (KS) Rated PG-13, 130 min,

Drama/Biography/Comedy. Oscar Best Picture Winner! A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Starring Viggo Mortensen and Best Supporting Actor Winner, Mahershala Ali.



Coffee with the Vice Mayor and City Manager Tuesday, May 7, 10:00 AM Sierra Room (KS)—Free

To find out more about what is happening in the City of Lincoln, Vice Mayor, Dan Karleskint and City Manager, Jennifer Hanson, would love to meet you. Coffee with the Mayor is held every

first Tuesday of the month at Kilaga Springs Lodge in the Sierra Room and promises to be a positive networking experience for those attending.



Annual Parking Lot Sale Saturday, May 11, 7:30 AM to 12:00 PM Fitness Center Parking Lot (OC) —Free

Come by and see what is in store for you at our annual Parking Lot Sale! So many goodies and fun stuff to choose from: clothes, decors, furniture, small electronics, kitchen gadgets, one-of-a-kind treasures, unique trinkets, and more. You'll never know what you will find! Bring your whole family! Interested in selling? See page 55 for more information.

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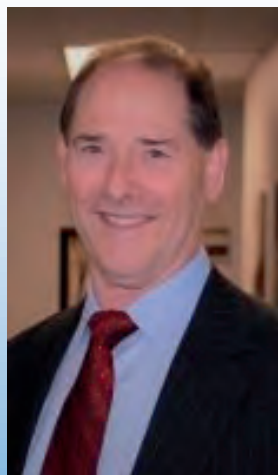
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Dr. Wilmarth is a Board Certified Ophthalmologist and Medical Director of Ophthalmic Surgery at Sutter Sierra Surgery Center located on the Sutter Roseville Campus.



LASIK (Advanced Laser Vision Correction) is available to you with the Wavelight EX500, the most advanced system available in the U.S. Dr. Wilmarth has over 20 years experience with LASIK. He is Founder of Horizon Vision with 6 centers in Northern California and he serves as Medical Director of the Horizon Roseville Center.

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Call today to schedule your consultation. Together we will determine which vision correction option is best suited for your lifestyle.

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Lincoln Hills Community Forums

Recent Community Forums have proven so popular that overcrowding has occurred several times. Kilaga Springs Presentation Hall has a maximum seating capacity of 150, including four wheelchair spaces. Effective immediately, tickets will be given to attendees on a first come, first served basis beginning one hour before the Forum. Only those with valid tickets will be admitted. If you do not receive a ticket, please leave with the knowledge that videos of most Forums are available on the Resident Website within 48 hours. Thank you.

Dangerous Veins Wednesday, April 24, 7:00 PM, Ballroom (OC)—Free

Just when you thought varicose veins are strictly a cosmetic problem, you learn the veins popping out on your legs may ultimately cause you long term suffering in the future. Dr. Robert Coronado, peripheral interventional cardiologist, and Sutter consulting physician will discuss venous insufficiency as manifested by varicose veins, swollen legs, leg cramps, darkening of the skin of the legs and ankles, restless legs, and the potential consequences of ignoring the symptoms. Noninvasive testing can easily assess varicose veins, and an in-office procedure can be done in a matter of minutes to diminish and alleviate symptoms as well as mediate long-term consequences.



Snakes on the Plain Monday, May 13, 10:00 AM, P-Hall (KS)—Free

Spring in Lincoln Hills means the return of our slithery friends, as the various local snakes come out of their dens. On May 13 John Parks, DVM, will present the highly acclaimed forum on snakes. Join your friends and neighbors as John explains the important role snakes play in our lives; how to identify the various snakes that reside here; the difference between oviparous and ovoviviparous snakes; and what to do if you or your pet are bitten by a rattlesnake.



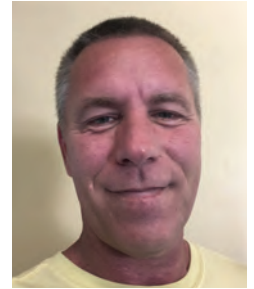
Mardi Gras and the South Monday, May 20, 2:00 PM, P-Hall (KS)—Free

Mardi Gras is New Orleans' splashy annual celebration, with a history reaching back to 1857, and before. It has always been a giant block party before the start of Lent. In other countries it is called Carnival, a mild alteration on the Latin term "carne vale," i.e., "goodbye to meat." Bob will take us to both New Orleans and Rio de Janeiro, and will put us on the streets and in the middle of the action for both events.



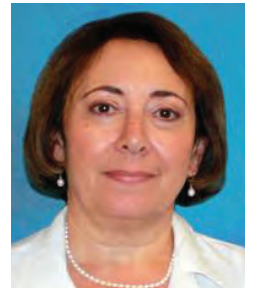
Cutting the Cord Tuesday, May 21, 11:00 AM, Ballroom (OC)—Free

There is a better way. Cord Cutter Pros has helped thousands of people "cut the cord." Saving thousands of dollars and enjoying unmatched flexibility in their TV viewing options. Jim Simmons (owner CCP) will present the facts on free broadcast channels, streaming services and the state of the art equipment uses to free you from outdated cable.



Chronic Fatigue Syndrome: Battling a Debilitating Disorder Wednesday, May 29, 7:00 PM, P-Hall (KS)—Free

Do you suffer from extreme fatigue or tiredness that does not go away with rest and cannot be explained by an underlying medical condition? If so, you may suffer from Chronic Fatigue Syndrome (CFS), an often misunderstood condition that affects hundreds of thousands of people in the U/S. Find out how to get your pep back in your step. Kaiser physician, Irina Korman, MD, Endocrinologist, will discuss CFS symptoms, what causes it, what the risk factors are for it, how it is diagnosed and treated. The role of home remedies and alternative medicine will be included.



Upcoming Events

- **Osher Lifelong Learning Institute (OLLI)**, Monday, June 10, 9:00 AM, P-Hall (KS)—Free
- **Geriatric Psychiatry**, Thursday, June 13, 2:00 PM, P-Hall (KS)—Free
- **Acupuncture for Health and Healing**, Wednesday, June 26, 7:00 PM, Ballroom (OC)—Free

The summer event you have all been waiting for is here! We have chosen nine spectacular bands that will have you singing, dancing and making great memories with your friends and family.

This year's Summer Amphitheater Concert Series (SACS) will present a variety of musical genres from exciting performers that you would not want to miss! Food concessions, bars, and gates open at 6:00 PM for 7:30 PM concerts.

Tickets go on sale April 17. Receive a \$21 discount when you purchase the complete Series Package available until May 14 only. Please read and follow the Amphitheater Guidelines for your enjoyment. See ticket price for individual concerts below.

DISCOUNTED SUMMER CONCERT SERIES PACKAGE – LSE182 \$173



Dance Party with BIG CRUSH

Friday, May 31 – LSE169

General Admission – \$21

Enjoy a high energy dance concert from one of California's hottest dance bands, BIG CRUSH. Known for their fresh interpretations of favorite dance music, creative mash-ups, exciting choreography, and quality musicianship, Big Crush is always ready to deliver an exciting, tight, rock-solid performance audiences will be talking about long after the show is over. With songs like "I Feel Good," "Proud Mary" to "California Girls" to "Bad Girls" and so much more, you will surely be on the dance floor before long.



MIDNIGHT FLYER: Tribute to the Eagles

Friday, June 14 – LSE170

General Admission – \$21

Midnight Flyer delivers great harmonies, musicianship, and all your favorite Eagles songs! This five-piece band of excellent musicians with an amazing lead vocalist will have you singing with them through the evening. From 1972 to 1979, the Eagles have delivered such top hits as "Take It Easy," "Witchy Woman," "Desperado," "Hotel California," "The Long Run" and more. Join us as we celebrate these timeless tunes.



PIANO MEN: The Songs of Elton John and Billy Joel, Featuring Kyle Martin

Thursday, June 27 – LSE171

General Admission – \$21

From Broadway's "Movin Out" and Palace Theater's "4 Piano Men" we bring back Kyle Martin and his amazing band to rock out! Kyle delivers dynamic and spectacular performances consistently in all his shows whether it's on Broadway or in concert. Performing such hits from Elton John as "Tiny Dancer," "Your Song," "Crocodile Rock," and Billy Joel's "Uptown Girl," "New York State of Mind," "You May Be Right," and many more. Kyle's exceptional piano playing, vocals, and high energy will get everyone up on their feet.



CALIFORNIA COWBOYS: From Johnny Cash to Tim Mc Graw

Friday, July 12 – LSE172

General Admission – \$21

Country fans and everyone who enjoys great entertainment should not miss R.W. Smith and the California Cowboys this summer! The band has appeared with such country favorites as Alabama, Dwight Yoakam and more. Composed of fine musicians each with honors of their own, the band's rendition of old and new country standards and classics like "Folsom Prison Blues," "Pretty Woman," "Jambalaya," "Live Like You Were Dying" and foot-stompin' originals like "Double Shot of Hank" is one concert not to be missed!



UPTOWN FUNK: Tribute to Bruno Mars

Friday, July 26 – LSE173

General Admission – \$21

International touring sensation Uptown Funk invites you to experience the essence of Bruno Mars, his band, and the music that defines today's pop culture. Expect an exciting, fresh, fun, unique and high energy concert with hits like "24K Magic," "Treasure," and "Uptown Funk." Uptown Funk's stage production captures Bruno Mars' music and performance with accuracy and unmatched attention to detail from songs to dance moves. Be prepared to dance the night away!



THE HEART OF ROCK AND ROLL: A Tribute to Huey Lewis & The News

Friday, August 16 – LSE174

General Admission – \$21

The Heart of Rock and Roll brings to life all the hits of the 80's supergroup Huey Lewis & The News. This award-winning Southern California band delivers a non-stop musical journey in a colorful and exciting concert experience that teleports you back in time to when Huey & the boys dominated the charts and the world of music video. With a lead vocalist who bears an uncanny likeness, sound, and style of Huey, revisit those happy memories with songs like "I Want a New Drug," "Heart & Soul," "The Heart of Rock & Roll" and #1 hit "The Power of Love." Don't miss it!



Jim Curry's TRIBUTE to the MUSIC OF JOHN DENVER

Friday, August 23 – LSE175

General Admission – \$23

Join acclaimed performer Jim Curry as he pays homage to the music of the most beloved singer/songwriters ever to grace the stage. Tribute artist Jim Curry, whose voice was heard in the CBS-TV movie Take Me Home: The John Denver Story, has performed Denver music in sold-out shows throughout the country emerging as today's top performer of Denver's vast legacy of multi-platinum hits. There's no better place to enjoy Denver's music with hits like "Rocky Mountain High," "Sunshine," "Annie's Song," and more than outdoors in our beautiful amphitheater.



SURF'S UP: A Beach Boys Tribute... and More

Friday, September 6 – LSE176

General Admission – \$22

Surf's Up is one of the first true Beach Boys tribute bands in the world. They have been perfecting The Beach Boys sound for 25 years. Just like the original band, Surf's Up consists of talents within the family, two brothers, their father, and a cousin. Their harmony captures the authentic blend of The Beach Boys like no other. In addition to the Beach Boy's hits, they will also be singing songs from Jan & Dean and other hits to bring the magical "Sound of Summer" on stage. The band is a regular at Disneyland and Disney's California Adventure.



David Victor's SUPERGROUP

Friday, September 20 – LSE177

General Admission – \$23

All-Hits, All Stars! David Victor's SUPERGROUP is the San Francisco Bay Area's all-new, all-star rock band featuring artists who have toured and recorded with legendary platinum-selling rock bands: David Victor formerly of BOSTON, guitarist Tal Morris of Creedence Clearwater, bassist Brad Lang of Y & T, and drummer Jeff Campitelli who played with Joe Satriani. This incredible group of talents creates one piping hot rocking band! Featuring original music as well as songs from the four bands plus hits from Queen, Journey, Led Zep, Tom Petty and much more, this is the perfect rock concert to close the series!

2019 Summer Amphitheater Concert Series Guidelines

Admission: Doors open at 6:00 PM. Wristbands must be worn during concert. Online buyers for individual shows and SACS Package may exchange e-tickets for wristbands at Lifestyle Desks at either location prior to concert date. On Concert date, wristband exchange will only be honored at Orchard Creek Lifestyle Desk. eTicket or receipt required for redemption. Lost tickets/wristbands will not be replaced.

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

Dancing: Dancing in front of the raised stage is 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 /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 soft side coolers/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.

2019 SUMMER AMPHITHEATER CONCERT SERIES

Featuring

MAY 31
DANCE PARTY w/ BIG CRUSH

JUNE 14
MIDNIGHT FLYER: TRIBUTE
TO THE EAGLES

JUNE 27
PIANO MEN: SONGS OF ELTON
JOHN AND BILLY JOEL

JULY 12
CALIFORNIA COWBOYS

JULY 26
UPTOWN FUNK:
TRIBUTE TO BRUNO MARS

AUGUST 16
THE HEART OF ROCK AND ROLL:
HUEY LEWIS &
THE NEWS TRIBUTE

AUGUST 23
TRIBUTE TO JOHN DENVER
STARRING JIM CURRY

SEPTEMBER 6
SURF'S UP: A BEACH BOYS TRIBUTE

SEPTEMBER 20
DAVID VICTOR'S SUPERGROUP



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Deborah Meyer
 Entertainment Coordinator
 Deborah.Meyer@sclhca.com



Tickets Available at the Lifestyle Desk (OC/KS)
 and online at SCLHResidents.com

Entertainment

*Indicates new performances on sale April 17

—Club Performances—



The Lincoln Hills Community Chorus Presents “Songs Through the Decades”
 Sunday, April 28, 2:00 PM, Ballroom (OC) — **LSE161**
 Monday, April 29, 7:00 PM, Ballroom (OC) — **LSE162**
 Tuesday, April 30, 7:00 PM, Ballroom (OC) — **LSE163**
 Reserved Section Seating \$20,

General Admission \$15

The Lincoln Hills Community Chorus is pleased to announce their variety-filled spring concert, “Songs through the Decades.” Featuring songs from the 1920s through the 1980s, musical selections will delight you with pieces like the mellow and slinky “Ain’t Misbehavin’” from the 20s, a Latin rock arrangement of “Fly Me to the Moon” from the 50s, and an inspirational rendition of “I’d Like to Teach the World to Sing” from the 70s. Director Paul Melkonian, accompanist Nina Malone, and our talented 110-voice chorus look forward to treating you to a musical journey in time through a delightful and diverse array of musical genres, sure to touch everyone’s heartstrings!



*Lincoln Hills Players Club Presents The Odd Couple (Female Version)
 Thursday, June 6, 7:00 PM, P-Hall (KS) — **LSE178**
 Friday, June 7, 7:00 PM, P-Hall (KS) — **LSE179**
 Saturday, June 8, 2:00 PM, P-Hall (KS) — **LSE180**
 Sunday, June 9, 2:00 PM, P-Hall (KS) — **LSE181**
 Reserved Seating \$15

The Lincoln Hills Players announce the performance of Neil Simon’s hilarious *The Odd Couple (Female Version)*. Simon’s gender-swap reimagining of his

prototype *Odd Couple*, with the unforgettable Oscar and Felix, is as comical as the original with counterparts Olive and Florence. A hopeless cultivator of clutter, Olive is the perfect foil for Florence, the neurotic, obsessively clean neat freak. Add four other women and two hysterically passionate neighbors, the Costazuela brothers from Barcelona, with their lost-in-translation malaprops, and the laughs will come early and often. Director Merilee Thompson Imamoto reminds you that Presentation Hall offers the perfect intimate setting for contagious laughter!

—Community Event—

Annual Parking Lot Sale
 Saturday, May 11, 7:30 AM to 12:00 PM — **LSR26**
 Fitness Center Parking Lot (OC)

Don’t miss your chance to participate in the Annual Parking Lot Sale; either to shop or sell! The event brings buyers from the community and neighboring cities. Resident sellers pay for space which includes a six-foot table and two chairs. The event will be advertised in local newspapers and online. Spaces go fast, reserve yours now! Vendors must abide by the guidelines received during registration. **Resident booth, \$29 per space. Limited spaces are available for home or local businesses, \$50.** Registration is limited to in-person at the Lifestyle Desk.

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—Concerts—



John Lloyd Young LIVE!
with Music Director
Tommy Faragher
Monday, April 15, 7:00 PM,
Ballroom (OC) — **LSE158**
SOLD OUT!

Tony and Grammy Award winner John Lloyd Young originated the role of Frankie Valli in Broadway's Tony Award-winning Best Musical, "Jersey Boys." As Valli, Young garnered accolades from New York and national media and won the Lead Actor Tony, Drama Desk, Outer Critics Circle, and Theatre World Awards. He also starred onscreen for Director Clint Eastwood's movie version of the musical. His intimate one-man show is a celebration of classic hits from the '50s and '60s and will feature songs, like: "Sherry," "Hold Me, Thrill Me, Kiss Me," along with great songs from Roy Orbison, The Temptations and Al Green.



Mitch Polzak and the Royal Deuces
A Rockabilly Concert
Thursday, April 25, 7:00 PM,
P-Hall (KS) — **LSE164**
Reserved Seating, \$21

Founded in Concord, California in 1999, Mitch Polzak and the Royal Deuces have been entertaining audiences worldwide with their engaging original sound and highly entertaining live stage show. The high energy three-piece ensemble performs Rockabilly from the late '50s Sun Records era, blazing guitar instrumentals from influences such as Joe Maphis, Merle Travis, and Don Rich, with a wide range of Bakersfield Honky Tonk, Truck Driving Classics, and Classic Country music. Save \$1 on purchases of \$4 or more at KS Cafe.

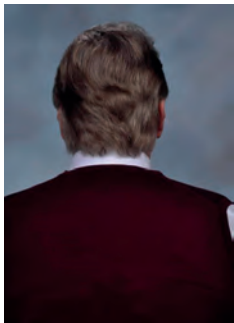


Anna Maria Mendieta
Classical Harpist
Friday, May 10, 7:00 PM,
P-Hall (KS) — **LSE166**
Reserved Seating, \$20

Save \$1 on purchases of \$4 or more at KS Cafe. Internationally renowned harpist Anna Maria Mendieta will perform a variety of Classical treasures and Spanish favorites. The program will include a range of styles from Handel to Debussy and the fiery music of Spain & Argentina, as well as the passionate tangos of Astor Piazzolla. Ms. Mendieta has performed for dignitaries and royalty. She has been recognized internationally as an artistic pioneer performing Spanish & Tango music on the harp and will be a featured performer at the 2019 World Tango Festival in Victoria, Canada. Ms. Mendieta will be joined by a surprise guest for part of the program.

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Folsom High School Jazz Band I
Thursday, May 16, 7:00 PM, P-Hall (KS) — **LSE165**
Reserved Seating, \$18

Save \$1 on purchases of \$4 or more at KS Cafe. Jazz Band I has won the Reno Jazz Festival as "Best Instrumental Group" 4 of the last five years. They have placed in the top 3 for the Next Generation Jazz Festival over 26 times and have won many festivals

including, Fullerton, Woodcreek, Sacramento State, and Sonoma State. Director Curtis Gaesser has been teaching at FHS since 1987. He was a finalist for the 2018 Grammy's Music Educator of the year and was awarded 2017's best Music Educator for Northern California. This 20 piece jazz band will perform big band favorites from composers Jim McNeely, Don Sebesky, Bill Liston, and many others.



**SwingMasters
in Concert**
Tuesday, May 21, 7:00 PM,
Ballroom (OC)
— **LSE159**
Reserved Section Seating
\$20, General Admission \$15

The SwingMasters Big Band which has brought pleasure to audiences and dancers in the Sacramento region for over 20 years present: "Big Band in the Barracks: Looking Back at the Music of WWII and the Greatest Generation." When the United States entered the war in 1941, swing music went to war, too. The big band music of Benny Goodman, Count Basie, Glenn Miller, and others was the soundtrack of life on the home-front. This music also reached the battlefield through recordings and broadcasts uplifting the morale for families at home as well as the soldiers abroad. Don't miss this musical trip down memory lane!

***Summer Amphitheater Concert Series (SACS)
Dance Party with BIG CRUSH**
Friday, May 31 — **LSE169**
7:30 PM, Amphitheater (OC)
General Admission — \$21
See page 52 for details.

***Summer Amphitheater Concert Series (SACS)
MIDNIGHT FLYER: Tribute to the Eagles**
Friday, June 14 — **LSE170**
7:30 PM, Amphitheater (OC)
General Admission — \$21
See page 52 for details.



***Jenna Lea Rosen:**
Songs from a Disney Princess
with Special Guest
American Idol Semi-Finalist
Nicholas Crossen
Friday, June 21, 7:00 PM,
P-Hall (KS) — **LSE168**
Reserved Seating, \$24

Save \$1 on purchases of \$4 or more at KS Cafe. A concert for Disney fans of all ages. Jenna Lea Rosen has been a regular on four popular Disney animated series where she sings as several princesses. The most notable "Sofia the First" where she is the recurring characters

Princess Hildegard and Princess Celo. She has also sung in concert with Broadway and Film Legends including Patti Lupone, Dick Van Dyke, and Kristin Chenoweth. Songs will include classics from "Beauty & the Beast," "Frozen," "Mary Poppins," and much more! She will be joined by musical guest American Idol semi-finalist, Nicholas Crossen.

***Summer Amphitheater Concert Series (SACS)
PIANO MEN: The Songs of Elton John and Billy Joel**
Featuring Kyle Martin
Friday, June 27 — **LSE171**
7:30 PM, Amphitheater (OC)
General Admission — \$21
See page 52 for details.

—Grandkids Event—



Spring Egg Hunt
Saturday, April 20,
10:00 AM to Noon
Outdoor Amphitheater
Terrace — **LSE157**
SOLD OUT!

An eggciting time for all the kids and kids at heart! Bring your grandchildren (toddler to 10 years) to the out-door Amphitheater terrace to enjoy our traditional egg hunt and festive surprises with a special visit from the Easter Bunny! Fun prizes and activities await your grandchildren. Don't forget your cameras for picture-perfect photo opportunities! Bring a basket for collecting eggs. Must have ages of grandchildren during registration. The egg hunt will be divided into age groups: **One to four-years-old; five to seven years old; and eight to 10 years old.** Children one to four will begin the hunt sharply at 10:30 AM. Wristbands are required to participate. The event may be canceled due to rain.

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

CACHE CREEK
 CASINO RESORT

Cache Creek Casino
 Wednesday, May 22
 — **LST239**
 \$27

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

***Indicates new trip on sale April 17**

Featured Trip



***Off to the Races**
 Thursday, June 6 — **LST249**
 \$98

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

Day Trips

—Casino/Races—



Jackson Rancheria
 Tuesday, April 23
 — **LST228**
 \$24

Very popular with residents, we are returning to Jackson Rancheria Casino in Amador County! Receive \$20 in gaming credits. Four-hour stay. Wheels roll from OC at 9:00 AM, return ~ 5:00 PM.



***Red Hawk Casino**
 Tuesday, June 18 — **LST248**
 \$27

Travel to Shingle Springs for a five-hour visit at Red Hawk Casino. Red Hawk offers a large non-smoking area downstairs that also includes the buffet location. Receive a \$10 gaming credit and a \$5 food credit. Be sure to bring your identification to receive your Rewards Card, and you could qualify for additional gaming credits and promotions in their 55+ club. Wheels roll from OC at 9:00 AM, return ~ 3:00 PM.

—Performances—



Menopause the Musical! BUS#2
 Harris Center for the Arts, Folsom
 Friday, May 10
 — **LST238**
 \$86

The much-loved parody returns! Set in a department store, four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The all-female cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats, and chocolate binges. Set to familiar tunes from the '60s to the '80s, "it's a gentle-spirited celebration of real women and the rough seas they navigate as they enter middle age. 2:00 PM Matinee Show, rear orchestra seating. Wheels roll at 12:30 PM, return ~ 5:30 PM.

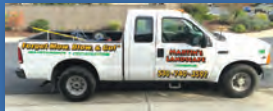
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**Auburn Symphony at the Mondavi Center
Masterworks Concert IV - Majesty
Sunday, May 19 — LST198
\$83**

Enjoy an afternoon with the Auburn Symphony at state of the art aesthetically and acoustically Mondavi Center in Davis. "Masterworks IV – Majesty" features Peter Jaffe conducting and guest performer Alon Goldstein on the piano. Performance includes the following: Tchaikovsky – Marche Slave, Beethoven – Piano Concerto No.5 "Emperor," and Respighi – Pini di Roma (Pines of Rome). Matinee performance, reserved orchestra seating. Wheels roll from KS at 1:15 PM, return ~ 7:00 PM.



**Additional bus added!
Andrea Bocelli – Golden One Arena BUS #3
Saturday, June 15 — LST233
\$248**

Following a record-breaking year with the release of his number one album, "Si," world-renowned tenor Andrea Bocelli has announced a U.S. concert tour, including a stop at Golden 1 Center on June 15. Joined by the Sacramento Philharmonic & Opera, the performance will feature a unique repertoire from Bocelli's landmark release "Si," as well as treat audiences to his beloved traditional selection of arias, love songs, and crossover hits. Lower level seating sections 110, 117 & 118 Rows T-W. Wheels roll from OC at 6:15 PM, return ~ 11:15 PM.



**Broadway on Tour –
Sacramento
Disney's Aladdin
Tuesday, May 21
— LST152
\$101**

Now open to grandchildren ages eight and up. 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!" performances are held at the Sacramento Community Theatre at 8:00 PM. Reserved Mid-Orchestra seating. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



**Broadway at Music
Circus, Sacramento
Oklahoma!
Tuesday, June 25
— LST217
\$84**

A new production of Rodgers and Hammerstein's first collaboration done "Theater in the Round." This groundbreaking, Pulitzer Prize-winning musical, set in early 1900s Oklahoma Territory, is about a young farm girl and her courtship by two rival suitors. With a rapturous and immortal score featuring the title song, "Oklahoma!", now celebrating its 75th Anniversary, set the standard for American musical theatre. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show at 7:30 PM.



**Broadway at Music
Circus,
Sacramento
The Drowsy Chaperone
Tuesday, July 9
— LST218
\$84**

Hailed by *New York Magazine* as "The Perfect Broadway Musical!" this is a modern musical comedy at its best. A die-hard theatre fan plays his favorite cast album, a fictional 1928 smash hit, which bursts to life with the hilarious tale of a celebrity bride and her uproarious wedding day. Winner of five Tony Awards, including Best Book and Best Original Score, this loving send-up of the Jazz Age musical features one show-stopping song after

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another done "Theater in the Round." *A Broadway at Music Circus premiere.* Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; show at 7:30 PM.



***The Play That Goes Wrong**
Golden Gate Theater, San Francisco
Sunday, August 18
— LST251
\$142

Broadway's funniest smash hit, this Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. Welcome to opening night of *The Murder at Haversham Manor* where things are quickly going from bad to utterly disastrous. With an unconscious, leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines). Produced by J.J. Abrams! Matinee performance with Middle Orchestra seating. Loge seating upon request. 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.

—Sports—



Sacramento River Cats vs. Las Vegas Aviators (A's Affiliate)
Thursday, May 30
— LST245
\$50

The River Cats are the AAA affiliate of the San

Francisco Giants with up-and-coming future stars! Who knows what Giants players you may spot on injury rehab? Enjoy a cool evening next to the river at beautiful Raley Field in West Sacramento. Thursday night is Thirsty Thursday \$2 beers! Senate seating Sections 108-110. Wheels roll from OC at 5:45 PM, ~ return 11:00 PM.



Oakland A's vs. San Francisco Giants
Sunday, August 25 — LST230
\$100

Classic Bay Bridge Series game! Plaza level seating in Oakland Coliseum behind dugout overlooking 1st base Section 209 & 210. Bus drop off in Lot B near our

seat locations. Wheels roll from OC at 9:15 AM, return ~ 7:45 PM, game at 1:05 PM.



San Francisco Giants 2019
 Watch your San Francisco Giants in the comfort of club level seats with spectacular views! These seats are wider with more leg room and extra comforts; flat-screen TVs; access to the memorabilia displays and shorter food and restroom lines. Portions of club level are protected from the elements

and allow fans to watch the game while standing behind sheltered glass partitions in climate-controlled areas. Take a nice stroll over to McCovey Cove if you would like to check out the rest of the stadium. Enjoy easy elevator access. No cans, glass bottles, alcohol, or hard-sided coolers allowed inside the ballpark. Wear layers for SF weather and a cap for sun protection. Seats located in Club Sections 230 & 231. See individual games for game time, departure and pricing.

Giants vs. Los Angeles Dodgers
 • \$173

Sunday, June 9 — LST215

Wheels roll from OC at 9:15 AM, return ~ 7:00 PM, game at 1:05 PM.



Giants vs. Los Angeles Dodgers • \$173

Sunday, September 29 — LST214

Wheels roll from OC at 8:15 AM, return ~ 6:00 PM, game at 12:05 PM.

—Tours/Leisure—



Celtic Festival
Sunday, April 28 — LST235
\$38

Experience a taste of Scottish and Irish culture without having to travel thousands of miles. Join us on a trip to the Celtic Festival at the Yolo County Fairgrounds in Woodland. Enjoy competitions related to Celtic culture; athletics, highland dance, piping and drumming, fiddling and harps, Scotch tasting, March of the clans, and more! There is something Celtic for everyone, and you don't have to be Celtic to have fun. Indoor and outdoor venues.

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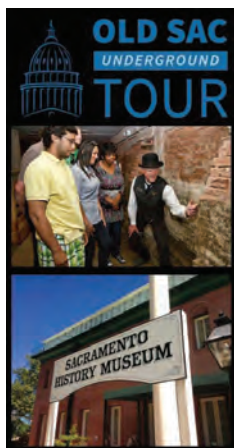
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Food and drink on your own. Wheels roll from OC at 9:45 AM, return ~ 4:15 PM (includes admission).



**Old Sacramento
Underground Tour**
Thursday, May 23
— LST241

\$48

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 half-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.



**Filoli Gardens
& Mansion**
Woodside, California
Wednesday, May 29
— LST242

\$109

Filoli is a historic site of the National Trust

for Historic Preservation and one of the finest remaining country estates of the early 20th century. Enjoy a two-hour docent-led walking tour of this 654-acre property, including the 36,000 square foot Georgian country house and 16-acre English Renaissance garden. Check out the extensive gift shop. Lots of walking with some uneven pathways, plenty of benches for seating. Meridians box lunch included. Choose at registration: *Turkey & Swiss or Ham & Cheddar on Wheat or Veggie Wrap. Includes fresh fruit, cookie, and bottled water.* Wheels roll from OC at 7:45 AM, return ~ 7:00 PM. There will be a rest stop on the way, and meal stop on return.



***San Francisco
for the Day –
Fisherman’s Wharf**
Tuesday, June 4
— LST250

\$46

Enjoy a lovely day trip to the city by the bay

without worrying about traffic, the bridge, parking, etc. Relax and let us drive to visit the vibrant Fisherman’s Wharf for a day to do as you wish. Cable & streetcars are nearby to take you on an adventure to shop or sightsee this colorful city! Visit Pier 39 or Ghirardelli Square. Lunch on your own. Rest stop on the way home. Wheels roll from OC at 8:30 AM, return ~ 8:00 PM.



***Squaw Valley
Art, Wine, and
Music Festival**
Sunday, July 14
— LST247

\$35

Highly popular among residents! Get out of the valley heat and enjoy a cool mountain summer day as we visit Squaw Valley’s annual Art, Wine & Music Festival. This European style village comes alive with color, taste, and sound with many fine artists, crafts makers, performers, and musicians. The festival features wine tasting, several performance stages, restaurants, shops, and walkways lined with art booths and exhibits. Do some hiking if you wish. Lunch, wine tasting, tram ride, etc. on your own. Wheels roll from OC 9:30 AM, return ~ 6:15 PM.



***USS Potomac –
WWII Sightseeing
and History Cruise**
Saturday,
September 28
— LST244

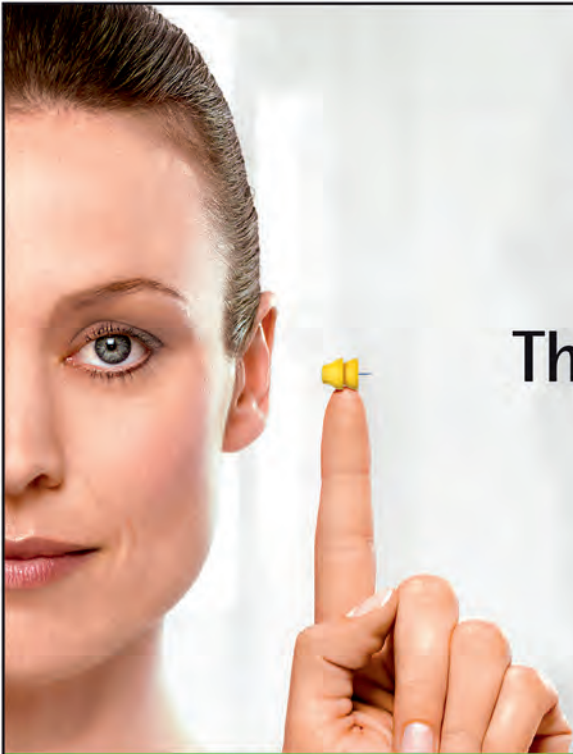
\$134

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“Floating White House” docked near Jack London Square at the Oakland Pier. Enjoy a fully narrated three-hour cruise to learn how FDR used the Potomac in a bit of subterfuge leading up to his meeting with Winston Churchill, to discuss the Atlantic Charter. Also, learn how SF Bay became a very busy hub of WWII. View shipways where newly constructed boats and ships were built and launched and the old Naval Air Station, a major facility of aircraft repair from where Jimmy Doolittle loaded their B-25s aboard the USS Hornet, for the first bombing run over Tokyo. Box lunch included (choose onboard). Wheels roll from OC at 7:30 AM, return ~ 4:30 PM.

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—Overnight/Extended Travel—

**Five days, four nights!**

**Ashland, Oregon Theater Excursion –
Monday, June 10 to Friday, June 14 — LST224
\$1,010 per person double occupancy; \$1,315, single.**

Few spots remain, buy now! Join Katrina, your Trip Coordinator, on a visit to one of the most famous Shakespeare Festivals in the world!

Trip Includes:

- Reserved seating at Angus Bowmer Theater for matinees of Shakespeare's "As you Like it" and John Waters "Hairspray"
- Backstage tour at Oregon Shakespeare Festival
- Box lunch for a picnic in Lithia Park (after the backstage tour and before play)
- Dinner show of "Mamma Mia!" at the Oregon Cabaret Theater
- Four nights at Ashland Hills Hotel with daily breakfast
- Welcome buffet dinner at Ashland Hills Hotel
- Visit the quaint town of Jacksonville with lunch on your own
- Visit Central Point's Artisan Corridor of Rogue Creamery, Lillie Belle Farms Chocolates & Ledger David Winery (wine tasting included)
- Visit the Harry & David Outlet Store in Medford
- Stop at Mt. Shasta Park (Mt. Shasta Spring headwaters location) with included box lunch
- Lunch at Sierra Nevada Brewery on the return trip
- Gratuity for driver and included meals



Detailed trip itinerary, menus, and US 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 8:00 AM, June 10, return ~ 3:45 PM June 14.



**Million Dollar Quartet at Sand Harbor State Park
& Lake Cruise
Wednesday, August 7 - Thursday, August 8
— LST236**

\$369 per person double occupancy; \$436 single.

Experience the enchantment of the "Million Dollar Quartet" at the scenic Sand Harbor Park outdoor stage with Lake Tahoe as the backdrop! This musical is the story inspired by the famed recording session that brought together Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Enjoy reserved seats with boxed dinner before the show. The menu is available at the Lifestyle desk with food choice required at registration. Includes coffee or hot cocoa & cookies at intermission! Lodging provided at the Montbleu Lake Tahoe. We will also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included box lunch before we head home. A signed liability waiver is required for each participant. The show is held outdoors next to the lake, so layer up! Wheels roll from OC at 1:00 PM August 7, return ~ 5:00 PM August 8.



Sold Out Trips

Trip • Date • Departure Time

- UC Davis Teaching Nursery & Arboretum
Monday, April 22 • 8:45 AM
- Hamilton
Wednesday, April 24 • 9:30 AM
- Ironstone Winery & Murphys
Wednesday, May 1 • 9:00 AM
- The Ramona Pageant and Huntington
Library and Gardens
Saturday, May 4 to Tuesday, May 7
• 8:00 AM
- Menopause The Musical BUS #1
Friday, May 10 • 12:30 PM
- P.A.W.S. Open House
Saturday, May 11 • 7:45 AM
- Empire Mine Tour & Lunch
Monday, May 13 • 9:00 AM
- Eldorado Overnight
Wednesday, May 15 to Thursday, May 16
• 12:45 PM
- USS Potomac –Lighthouses and Islands
of the Bays
Thursday, July 18 • 7:30 AM
- Pageant of the Masters
Sunday, July 28 to Wednesday, July 31
• 8:00 AM
- In the Heights
Tuesday, August 20 • 6:15 PM



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May 16: 8 - 10am, Breakfast
June 20: 2 - 4pm, Wine & Cheese
July 18: 8 - 10am, Breakfast

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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

*Indicates new class on sale April 17

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-session. 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 receive written permission from 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.

Art

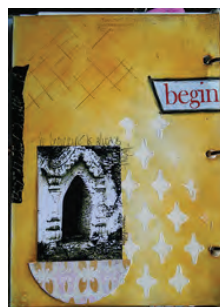
—Announcement—



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
Tuesdays, May 14 & 28

— LSC1099

9:00 AM to 12:00 PM (OC). \$45 (two sessions) 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 create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. **Vacation drop-in: \$25 per session.**

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting
for All Levels

Wednesdays, May 1 – 29
9:00 to 11:30 AM

— LSC1936

Or 1:30 to 4:00 PM

—LSC1124

(OC) \$67 (five sessions).

Instructor: **Marilyn Rose**.

Choose between AM and PM sessions. Sessions are not interchangeable. Students receive expert guidance in creating original paintings of their chosen subjects. Those with little or no art training can gain a solid grounding in the principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used to advance the students' understanding and implementation of techniques. **Prerequisite:** New students must call the instructor at 916-409-0397 at least a week before the class for pre-class guidelines. Please pick up a supply list upon enrollment. *About the Instructor:* Marilyn is an award-winning professional artist with nearly 30 years experience in with hundreds of her paintings in private collections across the U.S. and the U.K. Website: artistmarilynrose.com. **Vacation drop-in: \$18 per session.**



Sip and Paint: "Moonlit Owl"

Friday, April 26 — **LSC1175**

Or *Sip and Paint "Lotus & Hummingbirds"

Friday, May 24 — **LSC1176**

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, 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.

—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 – Evening Class**
Wednesdays, May 1-29 — **LSC1200**
5:30 to 8:30 PM (OC). \$85 (five sessions).
Instructor: *Michael Mikolon*
- ***Watercolor – Afternoon Class**
Thursdays, May 2-30 — **LSC1188**
1:00 to 4:00 PM (OC). \$85 (five sessions)
Instructor: *Michael Mikolon*



*Watercolor Step-by-Step Mondays, May 6-27 — **LSC1150**

9:30 AM to 12:00 PM (OC). \$68 (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. A 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 along with color theory. One-on-one instruction will be provided as you are guided to create a simple work of art. All ability levels are welcome; images and concepts will be basic.

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***YUPO® Using Mediums, Stencils, Stamps, Embellishments Monday, June 10 — LSC1942**

1:00 to 4:00 PM (OC). \$50. Instructor: *Faye August*. This is a follow on to Introduction of YUPO®

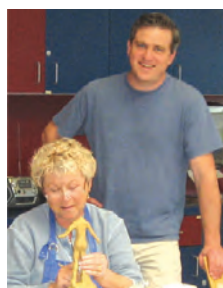
class. Continue to explore enhancements to your YUPO abstract. Time will be spent on color selection and the use of glass beads, tar gel, pumice, light molding paste, and crackle to add texture. Acrylic inks and Jacquard pigment powder will also be used to finish off the painting. Explore using gold/silver/copper leaf along with textured papers for glitz and glamor. **Note:** Participants must bring own YUPO® and painting supplies. The instructor will have mediums, pigments, foils, etc. for participants' experimentation. Questions? Contact Faye August at 916-209-3643 or watercolorist55@gmail.com.

Color Mixing – How to Achieve Vibrant Color Mixes Monday, June 24 — LSC1943

1:00 to 4:00 PM (OC). \$50. Instructor: *Faye August*. Want rich and vibrant colors? Learn the techniques of choosing colors that will make your projects POP. Understand the influence of warm and cool colors, develop confidence in selecting a personal color palette and learn how to make valuable color charts for future reference. Demo will be using watercolor, but the techniques and tools apply to all mediums. Information handout provided in class. **Prerequisite:** bring a color wheel, paint, good quality paper, brushes, etc. Oil or acrylic users must bring prepped paper to use in class. Questions? Contact Faye August at 916-209-3643 or watercolorist55@gmail.com.

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics Tuesdays, May 7-28 — LSC1227**

1:00 to 4:00 PM (OC). \$64 (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 the 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, May 7-28 — LSC1239**

9:00 AM to 12:30 PM (OC). \$64 (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.



***Introduction to Ceramics Thursdays, May 2-30 — LSC1263**

9:00 AM to 12:00 PM (OC). \$67 (five sessions). Instructor: *Taylor Jackson*. A beginner's class in

ceramics that covers the basics of hand building and wheel throwing. This class is for those with no experience and those who wish to freshen up their passions. Students will be given assignments, demonstrations, and individual instruction to help learn the techniques used in making ceramics. New students will be given some class clay to help get their first assignment started.



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***Intermediate Ceramics**
Thursdays, May 2-30 — LSC1251
 1:00 to 4:00 PM (OC). \$67 (five sessions). Instructor: *Taylor Jackson*. An intermediate class in ceramic for students who are self-driven and want to work on their skills. This class is for those who have gotten the basics building and want to get better. Students are encouraged to try new techniques

and explore different parts of the building process. This class includes demonstrations and individual instruction to help students grow their interests and skills.

Crafts

—Card Making—



***Card Making Level 2 – Intermediate**
Mondays, May 6-20
 — LSC1287

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. May 2 – last day to register.



***Card Making Introduction 101**
Wednesdays, May 8-22
 — LSC1692

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. May 5 – last day to register.



***Card Making Level 3**
Intermediate-Advanced
Fridays, May 10-24
 — LSC1710

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Dottie 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. May 3 – last day to register.

Dance

—Clogging—

Dance your way to better balance, unclogged arteries, better muscle memory, and that all-important mental memory. Not only is clogging a 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, May 7-28
 — LSC1299

10:00 to 11:00 AM (KS). \$32 (four 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. *No New Beginners accepted this month. Keep a watch out for the next new beginners class later this year.*

***Easy-to-Intermediate Clogging**
Tuesdays, May 7-28 — LSC1311

11:00 AM to 12:00 PM (KS). \$32 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will

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individual, including a non-borrowing spouse, should have a plan to pay off an Equity Edge reverse mortgage upon the borrower's death or any other maturity event. If the non-borrower is unwilling or unable to purchase the property or pay the loan in full, **there is no protection for the non-borrower (including a non-borrower spouse) to maintain an interest in the home or to continue residing in the home past the maturity event and the non-borrower may be evicted upon foreclosure.** The FHA HECM program has protections in place for certain non-borrowing parties, so a reverse mortgage applicant with certain non-borrowing parties should strongly consider a FHA-insured HECM loan (see HECM guidelines or ask an RMF representative for details). Under the Equity Edge reverse mortgage loan program, a maturity event occurs when the last surviving borrower no longer lives in the home as his or her primary residence for at least 12 months, the property charges (including taxes, insurance, HOA dues or any other property charges) are not paid, required repairs are not completed or the property is not maintained, or any other maturity event, as specified in the Security Instrument, occurs.

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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.

***Intermediate Plus Clogging**
Tuesdays, May 7-28 — LSC1322

12:00 to 1:00 PM (KS). \$32 (four sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances 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, May 6-20
— LSC1333

7:00 to 8:00 PM (KS). \$21 (three sessions). Instructors: *Jim & Jeanie Keener*. Western dancing is done to many types of music, country being the most popular. Many of the dances

are done in circles, 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, May 6-20 — LSC1344

6:00 to 7:00 PM (KS). \$21 (three sessions). Instructors: *Jim & Jeanie Keener*. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, and you are ready for more challenging dances join us for a fun-filled hour of more higher 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 "A 2 step cluster, and a New Cha Cha Dance".

—Hula—



***Hula**
Thursdays, May 2-30
—LSC1376

1:00 to 2:00 PM (KS). \$50 (five sessions). Instructor: *Pam Akina*. Ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise mind, body, and

spirit while learning choreographed routines. Historical and cultural information surrounding each of the dances will be shared. New students, please contact Pam before first session 916-521-0474. Drop-in: HULA — \$14 per session.

—Jazz—

***Jazz for Beginner**
Thursdays, May 2-30 — LSC1388

11:00 AM to 12:00 PM (KS). \$45 (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 — \$14 per session.

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***Jazz Performance**
Tuesdays, May 7-28 — LSC1401

1:00 to 2:00 PM (KS). \$36 (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 — \$14 per session.

—Line Dance—



Line Dances are non-partner dances done in lines. Line dance is usually performed by turning to two or four walls. Patterns are repetitive. Line dances are a choreographed variety of music such as Blues, Soul, Rhythm and Blues, Rock,

Jazz, Pop, and Latin as well as Country. Line dancers are a friendly, social group, who love to dance and welcome new participants.

Level I – Absolute Beginner (Intro)

The absolute beginner level dances are an introduction to line dance for people, who have never line danced. Basic dance steps will be taught in short sequences to a variety of music. Dance terminology and dance floor etiquette will be introduced. The focus is to have fun and to learn the skills required to move on to the next level of class.

- ***Thursdays, May 2-30 — LSC1484**
9:00 to 10:00 AM (KS). \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, May 6-27 — LSC1410**
4:00 to 5:00 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

Level 2 – Beginner

Beginner level dances are built upon the skills learned in the Absolute Beginner level. Dances are suitable for those who have some previous dance experience. Many rhythms will be explored. The dances will be longer and contain new steps to add to what was learned in the introductory class.

- ***Thursdays, May 2-30 — LSC1506**
10:00 to 11:00 AM (KS). \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*

- ***Fridays, May 3-31 — LSC1451**
2:00 to 3:00 PM (KS). \$35 (five sessions).
Instructor: *Sandy Gard o*
- ***Thursdays, May 2-30 — LSC1440**
3:30 to 4:30 PM (KS). \$35 (five sessions).
Instructor: *Cathy Paris*

Level 3 – High Beginner/Improver

The High Beginner class is for those who have had previous dance experience and have learned the basic skills. Additional patterns will be taught, and the steps will be more challenging. Dances will have turns, and some tags and restarts.

- ***Mondays, May 6-27 — LSC1495**
9:00 to 10:00 AM (KS). \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, May 1-29 — LSC1462**
9:00 to 10:00 AM (KS). \$35 (five sessions).
Instructor: *Sandy Gard o*

Level 4 – Easy Intermediate

Easy Intermediate class will feature dances that are suitable for more experienced dancers. They have mastered a comprehensive range of step patterns and movements. Dance patterns may be longer and faster than the previous levels. The dances will offer new challenges and a variety of step combinations and rhythms. Achieving this level of dance is not only fun but rewarding as well.

- ***Wednesdays, May 1-29 — LSC1473**
10:00 to 11:00 AM (KS). \$35 (five sessions).
Instructor: *Sandy Garde o*
- ***Mondays, May 6-27 — LSC1429**
5:00 to 6:00 PM (KS). \$28 (four sessions).
Instructor: *Cathy Paris*

Level 5 – Advanced

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. 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, May 2-30 — LSC1937**
4:30 to 5:30 PM (KS). \$35 (five sessions).
Instructor: *Cathy Paris*

***Country Line Dancing**
Fridays, May 3-31 — LSC1355

3:00 to 4:00 PM (KS). \$35 (five sessions). Instructors: *Jim & Jeanine Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances and some new popular dances that are done at country dances around the area.

Line Dance Instructors

• **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 '90s. 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.



• **Cathy Paris**

Recommended by residents, Cathy Paris is a lively and enthusiastic dancer and instructor. One of her greatest passions and joys in life is teaching dance. Her dance background began in the early '80s when she was introduced to clogging. She incorporated line and partner dancing into her repertoire about ten years ago and has since been sharing her passion and expertise to her students.



—Tap—

Tap Classes with Alyson

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



***Beginning Tap 2**
Mondays, May 6-20
— LSC1528

11:00 AM to 12:00 PM (KS). \$27 (three sessions). Instructor: *Alyson Meador*. For students who have been

taking Beginning Tap previously. The class will continue the lessons learned in Beginning Tap.

Tap Technique

Learn and hone your tap techniques through fun musical exercises. Instructor: *Alyson Meador*.

• ***Tuesdays, May 7-21 — LSC1573**

10:00 to 11:00 AM (KS).
 \$27 (three sessions).

• ***Mondays, May 6-20 — LSC1517**

10:00 to 11:00 AM (KS).
 \$27 (three sessions).

• ***Thursdays, May 2-30 — LSC1584**

10:00 to 11:00 AM (KS).
 \$45 (five sessions).

—West Coast Swing—



***West Coast Swing
Introduction/Beginner
Wednesdays, May 8-22
— LSC1701**

New Time: 6:30 to 7:30 PM (KS). \$30 (three sessions). Instructor: **Dottie Macken**. Learn the basics

of this great dance from WCS Instructor Dottie, and how it can be applied to various types and styles of music. Join this fun and very social dance class. Partners suggested – this class is for beginners.

Glass Art



***Fused Glass
Monday, May 20
— LSC1938**

9:30 AM to 12:00 PM (KS). \$28. 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. Beginners & experienced artists are welcome. This class is designed to teach the fundamentals of Dichroic glass jewelry designing and glass finishing. We will go over designs, finishing schedules and cold working techniques. The \$10 supply fee provides enough compatible glass 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, May 6-20 — LSC1595**

1:00 to 4:00 PM (KS). \$46 (three 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 the 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.

Movies



**Four From Hitchcock
Wednesdays, April 24-May 15
— LSC1917**

1:00 to 4:00 PM (KS). \$32 (four sessions). Instructor: **Ray Ashton**. Back by popular demand! Together will take a journey of discovery as we spend time with four great films from the legendary "Master

of Suspense" - Alfred Hitchcock. We will experience, in their entirety "Rear Window," "Vertigo," "North by Northwest," and the ground-breaking "Psycho." Before the films, we will hear of the films' origins and the people who created these classics. After each film, we will have a discussion. So, get ready for a thrilling ride as we explore "Four from Hitchcock!"

Music

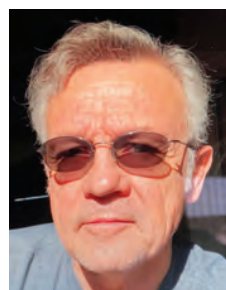
—Banjo—

New Class!

***5-String Banjo, Beginner Level
Friday, May 3-24 — LSC1939**

9:00 to 10:30 AM (OC). \$48 (four sessions). Instructor: **Dennis Fisher**. Students will learn how to strum basic chords and pick delightful melodic patterns. Students are encouraged to enjoy themselves and pursue their interest in banjo playing. Each Student is expected to bring a 5-string banjo to each lesson and do assigned homework. *Students are encouraged to acquire "You can Teach Yourself Banjo" by Janet Davis as a resource for the class. Order Online or pay \$16.08 for a copy at the first class. About the Instructor:* Dennis Fisher has played string instruments for over 50 years and has performed in Eastern Europe, Asia, and Africa. He currently teaches the 5-string banjo, guitar, and ukulele at the *Strum Shop* in Roseville.

—Guitar—



***Beginning Guitar
Mondays, May 6-27 — LSC1619**

8:00 to 9:30 AM (OC). \$48 (four sessions). Instructor: **Jon Gowin**. Join this new class for beginning students. Learn to read guitar TAB, and standard notation play melodies and strum chords. We use both nylon or steel string acoustic guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About*



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the Instructor: Jon has a degree in Education and has been playing guitar and other string instruments like the mandolin, ukulele, Irish Tenor banjo, and electric bass for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.

***Intro to Swing Guitar Intermediate Level**
Wednesdays, May 1-29 — LSC1631

8:00 to 9:30 AM (KS). \$60 (five sessions). Instructor: **Jon Gowin**. **Prerequisite:** Student can easily play some barre chords, and able to read some standard notation, and/or TABLATURE. This class will explore "Swing Guitar" as played by the gypsy guitarist Django Reinhardt but in a simplified approach. We will guide you into one of the most exciting styles of guitar playing in the world how simple it can be once you know the tricks. We will be playing Acoustic guitars only: either steel strings or nylon, and need to play with a pick.



***Folk Guitar for Fun Folks 101**
Beginner Level
Tuesdays, May 7-28 — LSC1681

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: **Darrell Effinger**. Substitute instructor Jon Gowin May 7 & 14. No prior music knowledge or good singing

voice necessary! Emphasis is on playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s, and '70s 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 Level
Tuesdays, May 7-28
— LSC1724

2:00 to 3:00 PM (KS). \$40 (four sessions). Instructor: **Darrell**

Effinger. Substitute instructor Jon Gowin May 7 & 14. **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! Questions? Call Darrell at 916-989-8532.

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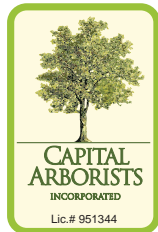
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—Ukulele—



***Beginning Ukulele
Continuing Class**
Wednesdays, May 1-29
— LSC1643

9:45 to 11:15 AM (KS). \$60 (five sessions). Instructor: *Jon Gowin*. This class will introduce the beginning musician to the joys of playing the ukulele, a simple

instrument with simple chords that can accompany virtually any song in the world.

Personal Improvement

—Driving—



Two-day class!
**AARP Driver Safety
Training**
Tuesday & Wednesday,
April 23 & 24 — LSC1862

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

or \$30 (non-member). Instructor: *Do i May*. 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. 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.

Sewing

—Certification—



Sewing Certification

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for Bernina Serger, Bernina, and Janome Sewing Machine. Please contact Instructor *Sylvia Feldman* at sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered monthly. Fee: \$15 per lesson. Must register prior to class.

—Quilting—

***Binding the Quilt and More**
Friday, May 10 — LSC1947

1:00 to 5:00 PM (OC). \$30. Instructor: *Be y Kisbey*. Do you have a finish quilt top and had it quilted? Do you want to learn how to finish your quilt? Learn how to finish the quilt including types of batting, suggestion for quilting binding techniques, documenting your work by making a label using different methods, and caring for your completed quilt. Pick up Supply List during registration.

Technology

—PC—



Tips and Tricks for Windows 10
Wednesday, May 1 — LSC1924

1:00 to 3:30 PM (OC). \$25.
Instructor: *Bob Ringo*. This class is designed for users that have already begun using Windows 10 but want to take a step forward.

You will learn tips that will let you access advanced features. You will learn tricks to supercharge your Windows 10 computer by tweaking settings to your liking. Lastly, you will discover the very best content available from the Windows Store to enhance your Windows 10 experience.

Windows 10 Basics

Tuesday & Wednesday, May 14 & 15 — LSC1940

1:00 to 3:30 PM (OC). \$47 (two sessions). Handout 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 Windows 10 so it is the most optimum for you. If you like, bring your own portable Windows 10 device to class to use instead of the classroom PC’s. Questions? Call Rita at 916-543-6962.

—Smart Phones and Tablets/Mac—



Android Smart Phone Basics
Monday, April 22 — LSC1925

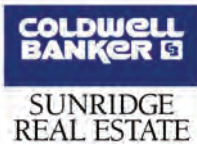
9:00 AM to 12:00 PM (OC) \$25 + \$10 supply fee paid to instructor. Instructor: *Len Carinato*. Bring your SmartPhone from any carrier, any brand and any version. This class will help you get much more from your Android Smart

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Phone. On our large screen display, we will focus on how to navigate your screens, manage phone calls, organize your contacts, 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.

Android Smart Phone Tips n' Tricks

Wednesday, April 24 — **LSC1926**

9:00 to 11:00 AM (OC). \$20 + \$10 supply fee paid to instructor. Instructor: *Len Carniato*. The world is using smartphones, and there are hundreds of functions your smartphone is capable of, many of which you will find can enhance your lifestyle. Bring your Android SmartPhone with you and learn to use features and functions every Android Smartphone has already built-in, plus those available from the AppStore. Learn how to access music, back up your photos, tune in radio stations, use GPS maps, and much more. Attendees should feel comfortable using basic smartphone functions.



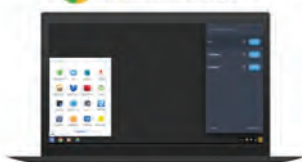
iPhone Basics Workshop

Tuesday, April 23 — **LSC1929**

Or *Thursday, May 23 — **LSC1946**

9:00 AM to 12:00 PM (OC). \$35 + \$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, iPhone X, iPhone

XS, iPhone XS Max, or iPhone XR; and must be on iOS 12.1.4 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 and get the most out of it? Then this class is for you. Questions, call Andy at 916-474-1544.



Chromebook Tips n' Tricks

Friday, April 26 — **LSC1930**

9:00 to 11:00 AM (OC). \$20 + \$10 Supply fee paid to instructor. Instructor: *Len Carniato*. Get more out

of your Chromebook! There are lots of things your Chromebook can do, and this class will help you find them. Whether you've been using a Chromebook for some time, or you are new to them, it's time to learn some handy tricks that will take you to the next level with your ultra-portable machine. We will be sure to cover the basics like Gmail, Calendar, Drive, Keep and others, but we won't stop there.

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- **Tuesday, May 7**
1:00 to 2:00 PM
Fitness Floor (OC)
- **Thursday, May 16**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Wednesday, May 1**
3:00 to 4:00 PM
Fitness Floor (KS)
- **Thursday, May 23**
4:00 to 5:00 PM
Fitness Floor (KS)



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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. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

***Indicates new class on sale April 17**



***Arthritis**
Tuesdays, May 7-28
Wednesdays, May 1-29
Thursdays, May 2-30
Fridays, May 3-31

Tuesdays \$36 (four sessions) & Thursdays \$45 (five sessions) 11:00 AM to 12:00 PM; Wednesdays & Fridays \$45 (five sessions)

10:00 to 11:00 AM, Aerobics Room (OC). Instructor: **Linda Hunter**. This class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility, while also improving balance, and strengthening muscles. We will do some standing, but sitting is always an option.

Lessons

Programs that provide learning the emotional, mental and physical aspects of outdoor activities. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Nordic Pole Walking**
Wednesday & Thursday,
May 1 & 2

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, April 28-June 2

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 Lincoln Hills 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.

Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, can be achieved through different means and used as a therapeutic technique. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

Hypnosis and Sleep

Offered in June!

10:00 to 11:30 AM, Multimedia Room (OC) (four sessions). \$80. Instructor: **Kelley Moreno**. Are you frustrated with your sleep? Are you having trouble falling asleep, staying asleep or going back to sleep? Join this restful and helpful class to find out how Hypnosis can help.

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. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Tai Chi Qigong L1**
Tuesdays, May 7-28

1:00 to 2:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: **Peli Fong**. Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 24 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation. Through cultivation and flow of the

body's life force known as "Chi," this form of exercise has been known to improve a variety of ailments. People of all fitness levels will benefit from this complementary health system.

*Tai Chi Qigong L2 Tuesdays, May 7-28

2:00 to 3:00 PM, Aerobics Room (KS). \$44 (four sessions). Instructor: *Peli Fong*. This class is for Tai Chi and Qi-gong 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 the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing.

Money Matters

Classes that encourage a healthy state of well-being while preparing financially for the future. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.

*Anticipating the Next Recession With Russ Abbott Tuesday, May 28

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: *Russ Abbo*. Spring is here and markets resume their rocket pace – on track to post their 5th Highest Quarterly Return in the last 20 years. While the market races higher, economists have been quietly lowering their expectations for economic growth both for the US and the rest of the world. History has shown us that recessions have a deleterious effect on not just economic activity but stock prices as well. Join us for a deeper look and discussion of the economic cycle and indicators that have been successful in anticipating recession.

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 Back in May!

1:00 to 2:30 PM, Multi-purpose Room (OC).

\$129 (five sessions). Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

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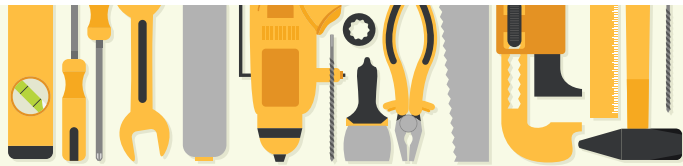
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**Produce with a Purpose:
Container Garden
Cuisine**
Thursday, April 18

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit

and veggies? Now what? Come to our monthly class for a demo, tasting, and a goody bag of fresh farm produce. This month: we'll discover what can you grow in pots, on your patio, in small spaces to add to your fresh, healthy diet. Not everyone can farm their food, but on the other hand, we know freshness counts for flavor and nutritional value. So let's grow something easy, small scale and yummy!

***Produce with a Purpose: Spring Cleaning**
Thursday, May 16

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit and veggies? Now what? This month: There are lots of spring fruits, veggies and herbs that clean out our system after a long winter. And they can be much more enjoyable than spring house cleaning! Let's freshen our insides with light and tasty dishes that are - as always - stupid-easy, madly tasty, and secretly healthy. Demo, tasting and goody bag of farm fresh, pesticide-free produce included!

Personal Improvement

The following Personal Improvement classes are offered through the WellFit Department; registration is available at the WellFit front desks. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.



***Static in the Attic:
Understanding About
Memory and How to
Preserve it!**
Thursday, May 16

9:30 AM to 12:00 PM,
Multipurpose Room (OC)
\$30. Instructor: **Dr. Alice**

Jacobs. Are you noticing word grope syndrome and "senior moments?" Are you frustrated because you can't remember names of people, but recognize faces? Come find out why this occurs and what you can do about it. This workshop covers current scientific information about components of memory, changes with age, and tips for improving memory and leading a brain wellness lifestyle. Facilitated

by educational physiologist and founder of Brain Gain www.braingain.info. Extensive materials and hand-outs are included.

Brain Gain™
Back in June

9:30 AM to 12:00 PM, Multi-purpose Room (OC) \$30. Instructor: **Dr. Alice Jacobs**. Come experience "Neurobic" fun interactive brain exercises. Join educational physiologist, Dr. Alice Jacobs, as we learn about the hemispheres of the brain and the predominant functions. We will then engage in hemisphere dominant exercises that provide both hemispheres of the brain a good workout. Do for your brain what you do for your body – all in a non-threatening, engaging, and fun environment that has you working in small groups. You'll be surprised by what a good brain workout you'll get – without a drop of sweat.

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Pilates Reformers and Towers

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

Membership packages require an agreement for auto-pay upon enrollment. Members select their monthly classes via the online scheduling system; these packages are not available online. See class grid on page 101 for a complete listing of Pilates Reformer classes.

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**

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 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.

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



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Fitness Coordinator
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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 Danielle Lawlor. 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.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

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, no refunds. 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 Desks 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 the descriptions of each class.



SGT—Parkinson's Indoor Cycling Wednesdays, May 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? 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 with "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.

SGT—ParkinsonStrong Combo Fridays, May 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 ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise.

SGT—ParkinsonStrong Thursdays, May 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. 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,
May 1-29

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions; no class May 27). Instructor: *Max Alcantar*. 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, 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 and create a workout routine.



SGT—Fit 101 at Orchard Creek L1
Tuesdays & Thursdays,
May 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. 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 machine 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 fitness goals.



SGT—"Fun"ctional Fitness L3
Tuesdays & Thursdays,
May 7-30

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Griffin*. Incorporate 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,
May 1-29

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 27). 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,
May 1-29

7:15 to 8:15 AM, Aerobics Room (KS). \$150 (nine 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 while getting a full body workout. A full body workout will 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—Seasonal Sports Conditioning L2/3
Mondays & Wednesdays, May 1-29

2:30 to 3:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 27). Instructor: *Max Alcantar*. Looking to improve your fitness and sports performance? Take this class for these key components: power, strength, speed, balance, agility, coordination, endurance, injury prevention, and flexibility.

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

7:15 to 8:15 AM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Max Alcantar*. 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.*

SGT—Posture, Core and Balance L1/2
Wednesdays and Fridays, May 1-31

12:00 to 1:00 PM, Aerobics Room (OC). \$165 (ten

sessions). Instructor: *Max Alcantar*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2
Mondays & Wednesdays, May 1-29

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class May 27). Instructor: *Danielle Lawlor*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture which can take pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Balance & Fall Prevention L1
Mondays and Wednesdays, May 1-29

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions; no class May 27). 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—Balance & Fall Prevention L2
Tuesdays and Thursdays, May 2-30

3:00 to 4:00 PM, Aerobics Room (KS). \$150 (nine 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. 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 stretch on their own right after class; using warm up and stretches taught in the L1 class.

Punch Pass and New Fast Class

New! We now offer Fast Class Passes for \$2.50. These Fast Class Passes can only be used on our new 30 minute classes. Please see the colored grids on pages 98-101 for days and times. We also still offer our Punch Pass classes for \$4.50 each. Purchase your Punch Passes or your Fast Class Passes at either Fitness Center front desk. There are no refunds for Punch Passes or Fast Class Passes.

For a list of class descriptions, please refer to www.sclhresidents.com under WellFit tab.

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OC WellFit Class Schedule May 1-31, 2019

	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- Katie	Step for All L2- Kim	Strictly Strength L3- Katie	Step for All L2- Kim	Barre L2/3-Gretchen		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3- Summer	Core & Strength L2-Kim	Cardio Plates L2/3- Gretchen	Yoga Basics L1- Amy/Sara	
10:00	Slow Flow Yoga L2/3-Jennifer	Yoga Flow L2 - Ashley	Arthritis L1/2 - Linda	Yoga Flow L2- Jennifer	Arthritis L1/2 - Linda	Yin Yoga L2- Sara	
11:00	Piloga L2 - Cynthia	Arthritis L2- Linda	Piloga L2 -Lola	Arthritis L2- Linda	Piloga L2-Lola		All Sunday classes have been moved to Kilaga
12:00	Yoga Stretch L1- Julie		SGT - Posture, Core & Balance L1/2- Max	Yoga Stretch L1- Julie	SGT - Posture, Core & Balance L1/2- Max		
1:00	Chair with Flair L1 -Julie	Rest Meditation and Yoga L1 - Iram		Chair with Flair L1- Julie	Basic Chair L1- Marla		
2:00	SGT - Balance & Fall Prevention L1- Danielle	1:30-2:30pm Chair Yoga L1 - Cassie					
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	Living With Chronic Pain Michelle Jamieson	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00	TBA	Activities	Establishing a Meditation Practice Michelle Jamieson				
5:00	TBA			Activities			
5:30	TBA		Mixed Levels Yoga L1-3- Jennifer				
Group Exercise Classes (punch pass) \$4.50		30 min Group Exercise Classes (Fast Pass) \$2.50		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 May 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	7:15-8:15am SGT - Morning Bootcamp L2 - Milly		7:15-8:15am SGT - Morning Bootcamp L2 - Milly				
7:30	Mixed Level Cycle L2 - Deanne		New Instructor! Mixed Level Cycle L2 - Helena		SGT - TGIF TRX L2 - Max		
8:30	30 min. Spin L2/3 - Gretchen	Zumba Gold L2 - Joanie	30 min. Spin L2/3 - TBA	New Instructor/Class! Zumba L2/3 - Sharon	Zumba Gold L2 - Joanie	New Instructor/Class! Low Impact Cycle L2 - Helena	9:00am Cardio Strength L3 - Kim
9:00	30 min. Core & Stretch L2/3 - Gretchen		30 min. Core & Stretch L2/3 - TBA				10:00am Zumba L3 - Carrie
9:30	Cardio Strength L3 - Gretchen	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	New Instructor! Strictly Strength L2 - Helena	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	Strictly Strength L3 - Valerie	TBA -	
11:30	SGT - Posture, Core & Balance L1/2 - Danielle		SGT - Posture, Core & Balance L1/2 - Danielle		Waldan Gong L1 - Joan		
12:30		12:00pm Functional Fit L2 - Deanne	SGT - Indoor Cycling for Parkinson's L1 - Milly	12:00pm SGT - Functional Fit L2 - Deanne	SGT - Parkinson Strong Combo L1 - Milly		
1:00		1:00pm Tai Chi L1 - Peil					
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Peil	New Instructor! Yoga Basics L1 - Lesley	1:30-2:30pm SGT - Parkinson Strong L1 - Milly			
2:30	SGT - Seasonal Sports Conditioning L2/3 - Max		SGT - Seasonal Sports Conditioning L2/3 - Max				
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	SGT - Balance & Fall Prevention L2 - Danielle		SGT - Balance & Fall Prevention L2 - Danielle		SCLH Booking	
5:30		Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie			
6:00		30 min. TRX Circuit L2/3 - Danielle		30 min. TRX Circuit L2/3 - Jeannette			
6:30		30 min. Functional Stretch L2/3 - Danielle		30 min. Functional Stretch L2/3 - Jeannette			
<p>Group Exercise Classes (punch pass) \$4.50</p> <p>30 min Group Exercise Class (Fast Pass) \$2.50</p> <p>Wellness Classes (session based)</p> <p>Small Group Training (session based)</p>							
<p>All classes are subject to change without notice.</p> <p>All classes are 55 minutes unless otherwise noted.</p>							

OC Aqua WellFit Class Schedule May 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- Helena <i>New Instructor!</i>		Water Works L2- Marla		Water Works L2/3- Jennifer		
8:30	Aqua Fitness L2/3- Helena		Aqua Fitness L2- Marla		Aqua Intervals L3 - Jennifer		
9:30	Deep Water Fitness L3-Jennifer	Aqua Intervals L2/3 - Deanne	Deep Water Fitness L3-Annette	Aqua Intervals L2/3 - Deanne	Deep Water Fitness L3-Jeannette		
10:30	Aqua Intervals L2/3- Jennifer	Aqua Intervals L2/3 - Deanne	Making Waves L2- Annette	Aqua Intervals L2/3 - Deanne	Aqua Intervals L2/3- Jeannette		
11:30	(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		(11:30am-12:15pm) AF Aqua L1- Annette		
12:30	Aqua Pilates L1- Annette				Aqua Pilates L1- Annette		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Total Body Conditioning L3 Jeannette		Total Body Conditioning L3 Jeannette				
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
Group Exercise Classes (punch pass) \$4.50							

Pilates Reformer WellFit Class Schedule May 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>	OC	OC				
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Cynthia</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>Julie</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>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Cardio Jump & Core L2 - <i>Julie</i>	
11:30	New! Pilates Bootcamp L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</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>		Pilates Bootcamp L1- L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

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