

August 2019

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



13 Acquiring A New Skill

15 Hot August Nights

The Official Magazine of Sun City Lincoln Hills

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On the Cover - Zumba Class, Photo by Klara Kleman
Find the Zumba Cat



Board of Directors' Report

I'm OK, You're OK

David Conner, President

Although controversial, one of my favorite Theorist and discoverer of the Hierarchy of Human Needs is Abraham Maslow. His papers written in 1943 describing the pyramid of human needs and how helping an individual to attain these could translate into an invaluable management tool. The five needs consist of physiology, safety, belonging, self-esteem, and Self-actualization. I often look for and observe how and at what level are these being satisfied in our staff, committees, and clubs.

At this time it seems to me we have amazing possibilities living here on this island of beauty and tranquility. The sun seems to dwell a little longer and sets creating beautiful reflections after warming the orchards and vines. Our basics, clean water, air, food and shelter nestled in the foothills of the Sierras seems almost like a given, and maybe add a small glass of wine. We are at an age with our common experiences, family, friends, belonging, intimacies, and participation all or a part of the pyramid and so comforting. I frequently talk about the validation of one another at this age, which I guess is a code word for love.

Self-Realization, or Actualization, is more difficult. Surprisingly the best example I've ever seen

was a couple in their 60s living in a camper shell down on the Colorado River. Their skin was dark brown and the texture of a saddle stirrup. They spent a lot of time in the river, staying cool and fishing. He, a retired Aerospace engineer and his wife, an Industrial Relations Manager only dreaded one thing, driving all the way to LA for an annual physical and dental visit and withdrawing their annual financial requirement from their accumulating savings. Otherwise, their life for them was perfect. So when you come up to speak at our Board meetings at an open forum, you need not waste time stating your credentials or anything else, but maybe a copy of your master's degree in Transactional Analysis would be nice. You know, I'm OK, You're OK.

Reaching the top wrung is different for all of us. For me, it may be when we complete the budget or perhaps the end of my term, and everyone is smiling, and everything is in good order. My skin is like leather, my dwelling could house 14 people, my wife still speaks to me and often softly, and Safeway is stocked and never closes. How about you? They say Life is either a bowl of cherries or a bowl of withered fruit. I guess we all have to pick.

LET US HEAR FROM YOU!

Each week, short surveys will be sent via eNews asking for your input on various subjects affecting the community.



SIGN UP FOR ENEWS

- Open up the camera on your phone.
- Scan the QR code.
- This will redirect you to the resident website sign up for eNews page.
(login may be required)

Calendar of Events

August 16, 2019 – September 16, 2019

Date	Event	Page #
8/16	A Tribute to Huey Lewis	56
8/17	Raiders of the Lost Ark	51
8/19	Winemaker Dinner.....	42
8/20	Roaming the Sierra Nevada	53
8/21	Cannibis 2.0.....	53
8/22	Astronomy Group Star Party.....	51
8/22	Produce with a Purpose	93
8/23	A Tribute to John Denver	56
8/27	Dr. Tse	10
8/28	Rib Cook Off	67
8/29	Side Street Strutters.....	59
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9/7	The Mustang	51
9/12	Alzheimer’s Association	53
9/13	What Makes Great Movies Great? ...	61
9/16	Helping a Grandchild.....	55
9/16	Fused Glass.....	85



From the Executive Director’s Desk

Chris O’Keefe, Executive Director,
SCLH Community Association

Welcome to the August edition of the *Compass* magazine! It’s hard to believe that two-thirds of the year has passed and that by the time you read this we will be putting the final touches on the 2020 budget and will have finalized most of the details of the Reserve Study update. It’s truly a collaborative project, and I’d like to thank the team and our volunteers on the Finance Committee for their efforts on behalf of the Association. The budget is one of the landmark events every year, and we are fortunate to be able to take advantage of the life experiences of our volunteers, to bolster the skills of our talented department leaders.

Budget season is also a good time to reflect on the fact that a successful community is more than just a number on the bottom right-hand corner on a set of financials. A truly vibrant community understands the need to balance the financial side of the equation with the need to provide lifestyle and wellness options that resonate with its residents. This along with the many amenities and common areas that are well maintained and modern. This balance is the art that separates community management from property management, and our ability over the past 20 years to walk this tightrope is one of the reasons that Lincoln Hills has been so successful.

Kudos Department – I believe we should never miss an opportunity to celebrate people and events when warranted, and July brought us several opportunities. We hosted the Concours Raduno event in July, and the event was an incredible success. Over 80 custom cars were on display, many of them owned by Lincoln Hills residents. I want to thank Jeff Caponera and the Communications team, as well as Erik Rosales and the Facilities team, and Kristy Huskey and her F&B team for assisting with this event. The weather was perfect, the amphitheater was a beautiful backdrop, and hundreds of residents came out to take part in the fun. This is a great example of why this place was built. Thanks to all involved and all who came out.

We’ll get together again in September. In the meantime, if you need something that we can assist with, don’t hesitate to reach out to our team. We are here for you.



Holiday Hours

MONDAY
SEPTEMBER 2
LABOR DAY

Lifestyle Desk (OC/KS).....	8:00 AM – 8:00 PM
WellFit (OC/KS).....	6:00 AM – 5:30 PM
Kilaga Springs Café.....	6:00 AM – 4:30 PM
Meridians.....	7:00 AM – 8:00 PM
Administration.....	Closed
Spa at Kilaga Springs.....	Closed

Listening Post Update – *Chris O’Keefe, Executive Director*

We had a great Listening Post in July, and as always I appreciate everyone who took the time to attend. Ken Silverman provided an update on Assembly Bill 670, which involves the creation of accessory dwelling units in common interest developments (HOA’s). Lavina Samoy, Lifestyle Manager, dropped by to discuss the 20th Anniversary planning, as well as talk about how the Summer Concert Series is put together. It was great to listen to Lavina talk about all the work that goes into planning events, and everything she has to consider when organizing entertainment for our residents. For every hour of entertainment that the Lifestyle team brings to our residents, there are dozens of hours devoted to preparation. This work helps to ensure that we bring the best entertainment and lifestyle opportunities that we can to our residents. She also provided an update on plans for the Kilaga Springs Lodge living room, and how it may be reconfigured to meet current and future needs.

Updates on firebreak mowing, automatic doors, and roofing repairs were also provided. We then moved to discuss the ongoing Happy Hour at the Pool event. We received an email from a resident whose opinion was that the event was not as special as it had been in past years. We took a hard look at the event and decided there were areas in which we could make improvements, such as improving the entertainment and bringing the BBQ back to the pool. The payoff is that we had a great crowd for the event that took place on July 25. The lesson that was reinforced is that we need to do everything we can to make sure that the focus is on quality and the resident experience.

All in all, it was a great Listening Post, and I hope you can find the time to attend in the near future.

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: August 15 – September 30

Finance Committee Meeting	Thursday, August 15, 9:00 AM, P-Hall (KS)
CCRC/Communication & Community Relations Committee Meeting	Tuesday, August 20, 9:30 AM
Listening Post	Wednesday, August 21, 9:30 AM, P-Hall (KS)
Board of Directors Meeting	Thursday, August 22, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, August 22, 11:00 AM
Board of Directors Executive Session	Thursday, August 22, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, August 26, 9:00 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, September 3, 9:30 AM
Compliance Committee Meeting	Wednesday, September 4, 9:00 AM
Finance Committee Budget Presentation Workshop Ph. I	Wednesday, September 4, 9:00 AM
Elections Committee Candidate Information Session	Wednesday, September 4, 1:00 PM, P-Hall (KS)
Properties Committee Meeting	Thursday, September 5, 9:00 AM, P-Hall (KS)
Finance Committee Budget Presentation Workshop Ph. II	Friday, September 6, 9:00 AM
Elections Committee Meeting	Friday, September 6, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, September 9, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, September 10, 9:30 AM
Listening Post	Tuesday, September 17, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Friday, September 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, September 23, 9:00 AM
Board of Directors Meeting	Thursday, September 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, September 26, 11:00 AM
Board of Directors Executive Session	Thursday, September 26, 11:30 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report **The Budget Process (Part 2)**

Chuck Cunningham, Finance Committee

Last month's Finance Committee article described the initial steps of the annual budget process, which officially started in May. Part 1 indicated that our present 2019 monthly assessment is \$127. What is it going to be in 2020? Our Accounting Department is actively engaged in the total process to prepare and submit a recommended budget for acceptance by the Finance Committee and, ultimately, to the Board of Directors for approval.

Accounting will work with the leaders of our seven individual departments, Administration, Communications & IT, Lifestyle, The Spa at Kilaga Springs, WellFit, Food & Beverage, and Facilities & Maintenance, reviewing historical data and projected upcoming 2020 functions and activities. This assessment will determine what revenue will be planned for each department and what fixed and variable expenses will need to be covered. This appraisal will include for each department:

- Non-Dues Revenue
- Cost of Sales
- Total Personnel Expenses
- Administrative Expenses
- Insurance
- Utilities
- Maintenance (including landscape), Supplies & Repair

To initiate the process, Accounting has provided each department a shell of their 2020 budget consisting of an

all-inclusive review of previous years budgets along with collecting presently planned projects and functions for the coming year. These shells were provided to departments in early May, with a scheduled 3-month period to prepare a draft budget.

In August, a representative of the Finance Committee, the Board, and the Accounting Committee will sit down with each of the seven departments. These meetings will be closed workshops to review each department's financial trial budget's goals and objectives, plus establish a solid confidence level in the numbers being generated. Questions and issues generated in these workshops will be addressed prior to the open Budget Presentation Workshops in early September.

At the open Budget Presentation Workshops, the homeowners will have their first opportunity to see what the projected budget for each department will be and to be able to ask questions and make comments as to the direction we are planning to proceed.

During the September 20 Finance Committee meeting, budgets for all departments will be reviewed and accepted by the committee showing what assessments for 2020 will have to be in order to support those budgets including necessary homeowner contributions to the Reserves.

At the September 26, Board of Directors meeting, the Finance Committee will present the 2020 budget and request Board approval and distribution to the homeowners in November.



Architectural Review Committee **Yard Dressing**

Carole Dummett, Chair

Bark is considered a yard dressing and must cover all remaining visible dirt and irrigation lines in plantable areas. Bark is used to retain moisture in the soil, suppress weeds, keep the soil cool, and make the garden bed look more attractive. Fine bark chips that do not reflect a visible yard dressing will not meet our Design Guideline Standards (DG). Our bark samples are available for viewing at Community Standards in OC. When submitting a landscape application, please include a sample of the intended bark for comparison to our approved product. Do not simply mark Natural Redwood bark, Dark Brown or Black chips as these come in many size variations. Allow breathable space around stems of plants and trees for ultimate growth.

Fires have become a primary concern in California, so highly flammable bark is on our prohibited list. It appears cigarettes or sun reflecting off a window may cause the ignition of bark. If you notice an extremely hot area of your yard, look for a window on your property or your neighbors' for sun reflection. This can usually be remedied with a sunscreen attached to the window. Refer to DG 51 for homeowner responsibility to provide reflective sunlight mitigation.



As bark products and DG have changed throughout the years, we suggest you review our samples before refreshing your current bark.

Deco rock may be installed in all plantable areas, including plant beds, dry creek beds, and borders. In many cases, this provides an integrated landscape plan pleasing to the eye. All rock must be applied for and approved by the ARC prior to installation. Checklist 18 in the DG outlines the requirements for rock in all yards including limited to twenty percent in front yards and thirty percent in rear yards. Rock samples are available to view in the Community Standards office.

Generator Update: The City of Lincoln is meeting in August 2019 to propose an emergency ordinance for installation of permanent generators on residential lots. We are currently suggesting those with medical equipment research the use of a portable generator.

Please have all exterior improvements approved by the ARC prior to installation, which may prevent future non-compliance issues. You will be grandfathered in should there be a change in the DG affecting your improvement.

Communications and Community Relations Committee

First Impressions

Kent Noard, Chair

It has been said that “you never get a second chance to make a first impression.” That is especially true here at Lincoln Hills. Two vital parts of this first impression are the Community Ambassador Program and the New Resident Orientation (NRO). Denise Bowden a CCRC committee member assists in the coordination of both programs..

Before they become fellow residents, prospective new residents, have the opportunity to tour the community and the facilities with one of our Ambassador volunteers. These volunteers are required to fill out an application and if accepted to go through training to make the experience special for the tour. The application to request the tour with an Ambassador is available on the Sun City Lincoln Hills public website. The residents of Lincoln Hills will show them around the beautiful facilities, offer information about Lifestyle amenities, address common questions, and introduce them to other residents. These Ambassadors receive rave reviews from the prospective home buyers and, in many cases, provided significant help with their decision to move here. I want to say thank you to the Ambassadors. If you are interested in becoming an Ambassador or learning more about the

program, please contact Theresa Renken, *Compass* Editor.

Continuing with the first impression theme, once they become residents, our new neighbors are invited to attend the New Resident Orientation (NRO) which is held every other month (the next one will be in September). At this meeting, new residents register with the Neighborhood Watch and receive a great deal of information about life here in Lincoln Hills. This orientation also includes presentations by the heads of the departments to explain who does what to support the community and to give the new residents a face, and contact information, to go with the position. After the meeting, there is time to meet various representatives from selected clubs and committees, plus the ability to share their pre-Lincoln Hills life with their fellow neighbors. This is a valuable service not only to make the new residents aware of the community but also to make them feel welcome.

Next month I will report on the video services group of the committee. Recording and distributing select meetings has become a vital need for those residents unable to attend the meetings in person. You will meet your fellow residents that work behind the scenes to provide this service.

Election News

Get Set, RUN BABY RUN!

Here are important dates if you plan to run for the Board of Directors: **September 4 Candidate Information Session (1:00 to 3:00 PM, P-Hall, KS)**. This will be video recorded for the SCLH website.

Former and current Board members will discuss:

- What the Board does.
- What commitments are needed.
- Positive contributions/rewards of being a Director.
- The process for running for Director.
- Any questions you may have.

Candidate Information Packet will be available at the session and online. It will include:

- Campaign rules for the pre-election period.
- A list of help provided by the Elections Committee.
- Candidate ballot statement form.
- Campaign ideas.
- A job description for a Director.
- Primer on the fiduciary duties of Directors.
- Information on estimated time commitments and daily challenges.
- SCLH Governing Documents chart.
- Candidate **application** for the Board.

For more information contact the Elections Committee at elections.committee@sclhca.com.

Date	Day	Event
2019		
September 4	Wed (1-3 PM)	Candidate Information Session
September 16	Monday	Candidate Filing Opens
October 16	Wednesday	Candidate Filing Closes
October 18	Friday	Candidate Briefing Session
November 8	Friday	Candidate Ballot Statements due
December 10	Tuesday	Articles from Candidates due
December 20	Friday	Candidate yard signs may go up
2020		
January 13	Monday	Election Ballots mailed
Jan. 14, 16, 18	Tue, Thu, Sat	Candidate Forums
February 19	Wednesday	All Ballots Due
February 20	Thursday	New Board seated





Team Member of the Month Award – July 2019



Lavina Samoy, Lifestyle Manager;
 Carolyn Woolston, Lifestyle Guest Services
 Team Member; Nancy Gabriele, HR/Payroll
 Manager.

Our “Team Member of the Month” Award is for Carolyn Woolston! Carolyn joined our Lifestyle Department in September 2013. Here are just a few quotes shared by our staff:

“Carolyn is courteous, helpful, and greets each resident with a smile!” “She is supportive of her teammates and is always ready to step in or fill in when she is needed!” “Simply put, Carolyn is an amazing co-worker!”

We are delighted to have Carolyn part of our Team who provides outstanding customer service to our residents and supports our staff. Thank you, Carolyn, for your dedication and hard work to Lincoln Hills!



Let us serve you with a view

Meridians
 Restaurant & Bar

**Meridians 10th Annual
 Crab Feed!**

*Kristy Huskey,
 Director of Food & Beverage*

Meridians Annual Crab Feed this year will be held on Monday, October 21. This event sells out quickly, usually within a week of going on sale, so don’t miss the boat! We will be serving up the usual – all you can eat salad, garlic bread, pasta, Dungeness crab and peel and eat shrimp! Reservations go on sale September 2. Price is \$48 plus tax and service charge.

Ferrari-Carano Winemaker dinner is being held on August 19 at 5:30 PM in the Solarium. Price is \$95 inclusive. Come join us as Chef Marco tantalizes your taste buds with a 5-course pairing dinner. Hurry before it sells out!

Starting August 1, Meridians released a new wine menu as well as home delivery every day of the week between 1:00 and 7:00 PM. Come check it out!

If you haven’t signed up for Food and Beverage eNews, please do so immediately, so you don’t miss out on any special offerings or special events!



Chef’s Recipe of the Month:

Grilled Peach Sangria Rosé

Ingredients

- 4 medium (1½ pounds) peaches, halved and pitted
- 3 medium yellow plums, halved and pitted
- 1 cup cherries, stemmed and pitted
- ½ cup of sugar
- ½ cup of water
- 1 teaspoon lemon zest
- ½ teaspoon rose water
- Pinch kosher salt
- One 1-liter bottle rosé
- ¼ cup peach brandy
- Ice, for serving

Directions

1. Light a grill. Place the peach and plum halves on the hottest portion of the grill and cook, flipping once, until lightly charred but still firm, 6 to 8 minutes. Add the cherries to the grill for the last 2 minutes, turning them as needed until lightly charred. Transfer all the grilled fruit to a plate to let cool. Then roughly chop.
2. In a small saucepan over high heat, combine the sugar and water. Cook until the sugar has dissolved, 2 minutes. Then, remove from the heat and add the lemon zest, rose water, and salt. Let cool completely.
3. In a large 2-liter pitcher, combine the chopped fruit and syrup with the rosé and peach brandy. Cover and refrigerate overnight to steep. The next day, add ice and serve.



Lifestyle News & Happenings

Hooray for Entertainment!

Lavina Samoy, Lifestyle Manager

Sun City Lincoln Hills garnered the Lincoln Messenger's Best of the Best in 11 categories. We are proud to receive the award as Best of the Best in Live Entertainment for the first time. Thank you to all who voted. This honor is a testament to our team's collective effort and most especially, Deborah Meyer, our Entertainment Coordinator, who creates our yearlong entertainment program. With our residents in mind, her discriminating taste continuously elevates our offerings to present top rate quality acts that are affordable and represents the various preferences of our community. See page 56 for all concert listings.

Speaking of Entertainment, do not miss the **20th Anniversary Variety Show, On Stage** on October 25 starting at 12:30 PM. The show will highlight the wonderful talents of our residents with a pot-pourri of dances, musical numbers, comedy, poetry, and more (page 59). I also want to give a shout out to all our resident Performing Arts Groups: Players, Community Chorus, Vaudeville, and Tap who continue to entertain our community with their amazing talents through the year.

Our **20th Anniversary Celebration** is coming up fast! Thanks to everyone who has supported the various fundraising efforts. Fundraising revenues will assist in defraying costs related to the celebration. We are grateful to the Lincoln Hills Foundation for hosting and donating the proceeds of the Special Bingo. We also want to thank all our advertisers, vendors, and suppliers for donating drawing prizes



that added fun and excitement to the Anniversary Launch Party on August 8. If you missed the Party, make sure you attend the three-day celebration on October 24 (Sports Day), October 25 (On Stage Variety Show and Community Day) & October 26 (Closing Ceremonies with Horse Derby, Concert and Fireworks). See details and schedules for each day on event posters, eNews, and resident website.

Entertainment meets education in Ray Ashton's classes. He will be presenting **History of Movie Musicals, Parts 1 & 2** from the "talkies" to MGM musical productions (page 86). His interactive classes offer discussions and lots of movie nuggets.

For those wondering about trips to upcoming **Harris Center shows**, see list starting on page 63. Because of early vendor deadlines, we are announcing the trips earlier than normal. This allows us to cancel trips that receive low interest and be prudent with our expenditures.

As Howard Deitz says, *"The world is a stage; the stage is a world of entertainment."*

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The Spa at Kilaga Springs

Dr. Tse

Trudy Smith, Spa Manager

I have invited a guest to write this month's article and to announce the beginning of a collaboration with Dr. Andrea Tse. Dr. Tse has been a board-certified physician in the Roseville area for over 14 years. Dr. Tse is committed to optimal aesthetic results by selecting products that deliver short term improvements and long term results.

Andrea Tse, MD



Did you know the largest organ of our body is skin? Unfortunately, this organ is often neglected and not considered part of our health maintenance. Skin can speak volumes about us. It tells others our age, when we are embarrassed, and provides clues to our overall health status.

Not taking care of our skin can result in early aging, which includes wrinkles and skin discoloration. The beginning signs of aging skin are subtle at first. The wrinkles start to show with expression around the eyes and forehead. The skin color becomes dull; pores enlarge, loss of collagen occurs and promotes skin laxity. At first, this seems like a cosmetic inconvenience. However, aging skin also means a decrease in DNA activity and skin cell turnover, which in some individuals may lead to skin cancer. This is one of the reasons skin cancer rises dramatically in individuals over the age of 50. Slowing the DNA aging skin process is not simply a cosmetic issue; it's a real health concern.

In the past, patients were told to stay healthy by

eating a good diet, get plenty of sleep, and actively manage stress. Healthy habits promote healthy DNA, healthy skin cells, and thus younger-looking, healthy skin. Until now, there were few options to rejuvenate and reverse aging skin DNA. This changed when two Stanford physicians who were studying aging skin collaborated. These physicians discovered photofacial BBLs (BroadBand Light) from Sciton could restore the activity levels of about 1,300 of the 2,300 aging DNA of older skin. The photofacial BBLs are now referred to as the "Forever Young BBL" as patients who routinely get treatments appear to defy the skin aging process.

Forever Young BBL treatments are great for patients of light to medium skin tone who wish to maintain younger-looking skin by restarting the skin's own rejuvenation DNA process. This produces younger-looking skin, treats rosacea, skin pigmentation, and has the potential to decrease the risk of skin cancer.

Dr. Tse will be at the Spa for appointments on August 27.

Please call our Spa Concierge to schedule your next appointment, 916-408-4290 and remember we are open to the public so bring your friends!

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WellFit News

Who Are We and What Is New?

Deborah McIlvain, Lifestyle, WellFit & Spa Director

Have you ever just wanted to try a class and see what it's all about? Well starting this fall, you can! Beginning in September, WellFit will be offering a FREE "Try It Out Class" that will rotate locations, formats, and instructors every month. Refer to the back of the *Compass* grids every issue to find the free class of the month. For more information on September's class, please see our ad on page 89.

"Who is Jonathan Leung?" His title is Assistant Director to WellFit and Spa, but I must say he wears many, many hats. Jonathan went to school to pursue Physical Therapy, but we soon discovered all of his talents! He was hired five years ago as WellFit Specialist and was soon promoted to WellFit Assistant Manager overseeing our front desks, IT, and Policies and Procedures. He is currently Assistant Director to me, and during the last couple of years I have discovered how valuable he is to the entire association; we are very proud to have him as part of the team! His office is at KS, but you will rarely find him there, as he often



assists the Spa at their front desk or helps with computer questions. Jonathan is also our Northstar software go-to-guy for all departments. He works on/develops reports, makes sure mapping is done correctly between the departments, works directly with Northstar, assists our IT department, and makes himself available 24/7. When it comes directly to WellFit, he leads our front desks, organizes monthly staff meetings, schedules shifts, does the hiring, payroll, AND assists with the budget and maintains exercise equipment repairs. Three years ago he got married right here at Lincoln Hills with an amazing Disney themed wedding, and he tells me all the time how lucky he is to be working at such a beautiful place. When not at work he enjoys spending time with his wife and a 2-year-old daughter named Ariella and watching movies. His family recently moved from Sacramento to Rocklin because they love the area so much and we're happy to have him close by. Thank you, Jonathan, for helping our department run smoothly! We would be lost without you.

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Dr. Brian P. Keller, DPM

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We met Tony Portman at an open house and immediately knew he was the one that would help us find a home in Lincoln Hills. And he did! The entire process has been stress-free and very enjoyable for us because of Tony. He is extremely knowledgeable, attentive and reachable day or night. He kept us informed in every way on everything and has been an absolute joy to work with. Mike & Mary Truppa SCLH



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Acquiring a New Skill—Beneficial to Us All!

Teresa Tanin, Neighborhood Watch

Volunteering for Neighborhood Watch can be quite beneficial. Mail Box Captains and Village Coordinators improve their technical skills while collecting contact information from residents. This information has proven to be a vital factor in neighbors helping neighbors and in reuniting lost pets with their owners.



Pat Sladky, Director, Welcomes New Trainees

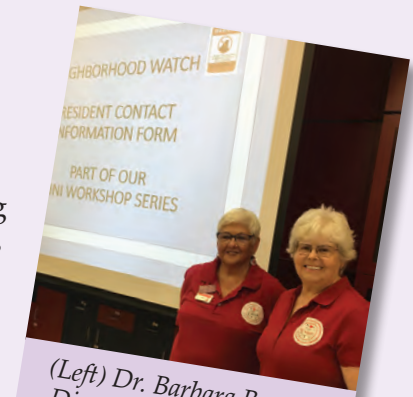
New training methods continue to be implemented to assist our Neighborhood Watch volunteers. As technology improves, so must our training. Some use desktop computers or laptops, while others have transitioned into using iPads. No matter the equipment used, even a pen and paper, keeping it simple is the key.

The most recent training session held on July 9, was one of

many upcoming mini-workshops and was attended by new Mail Box Captains and Village Coordinators, as well as those who have volunteered for many years. Veteran volunteers benefit from improved methods of communication, while newer volunteers acquire new skills and join a great team of volunteers who work with local law enforcement. This is our goal, to help keep our community safe and well informed, neighbors knowing neighbors, beneficial to us all.

Join our team! Sign up for the next training session and acquire a new skill.

All skill levels are welcome. Contact Pauline Watson at 916-543-8436 or frpawatson@sbcglobal.net. You can also visit our web site www.SCLHWatch.org for more information, including past training sessions.



(Left) Dr. Barbara Branch, Director, Mini-Workshop (Right) Linda Minor, Executive Director



Let The Training Begin! July 9, Fine Arts Room (OC)



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ADA and Our Homeowners Association

Al Roten, Roving Reporter

The Americans with Disabilities Act (ADA) of 1990 is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life. ADA was amended with significant changes in 2008. The law is divided into five sections, or titles, for different areas of public life. Title III, Public Accommodations, is the section dealing with making public and private facilities that are open to the public available and safe for access by people with disabilities.

This is the section most pertinent to our homeowners' association. Minor changes are often enacted.

After Del Webb/Pulte finished our development, our then serving Board of Directors called for an audit of construction. There were numerous findings of construction defects, several having to do with ADA compliance. This audit resulted in a lawsuit in which our Association prevailed with a final settlement of about \$1.7 million being awarded to the Association. Subsequently, several major ADA compliant modifications were made: Kilaga Springs Lodge Presentation Hall floor was replaced; sidewalks leading from Del Webb Boulevard to the entrance of Orchard Creek Lodge were largely torn out and replaced. Orchard Creek Lodge parking lot handicapped parking was also significantly redone.

As part of the 2018 Wellness Center repair and modification project, there were a number of ADA improved features in that facility.

Our Association policy is that we hire an ADA specialist to inspect our facilities and submit a report of findings every three years. The current report has been reviewed, and fixes are in process. Recommended, but not mandatory, items may be addressed if cost-effective. Some items such as a shower soap holder which

is a ½ inch higher than specified, or a drinking fountain ½ inch higher than specified may be deferred until other needs dictate replacement.

A recent request that assist bars be placed in a Fitness Center shower saw such equipment installed within two days from notice. ADA

is a constant priority for Maintenance Staff and is always on the agenda for the

Properties Committee. At the June

2019 Board meeting, there was an extended discussion of ADA compliance. Resulting direction from the Board is that The Properties Committee is charged with staying on top of ADA compliance issues. Both our Maintenance Staff and Properties Committee invite residents to report ADA issues. If you have an ADA concern or recommendation, please send an email to Erik.Rosales@sclhca.com and properties.committee@sclhca.com.



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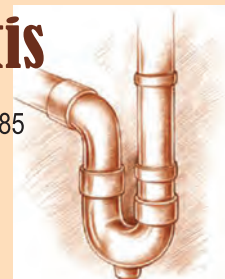
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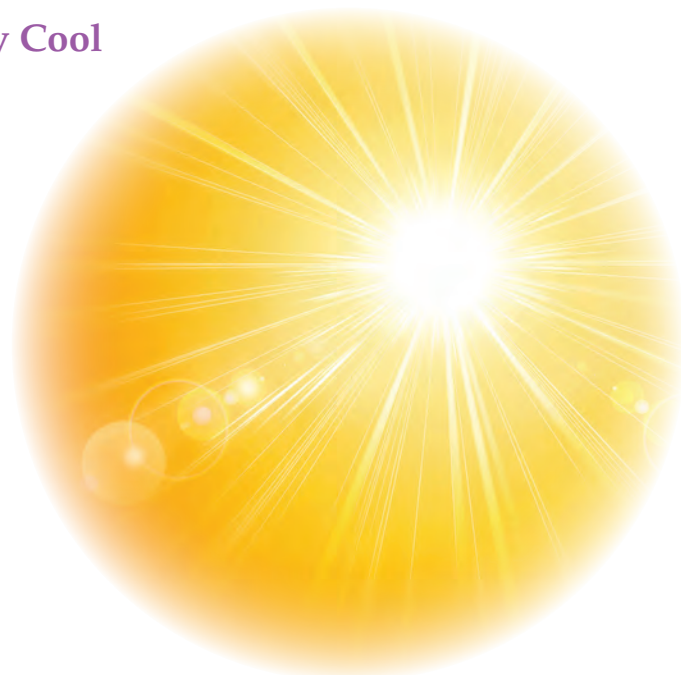


Hot August Nights – How to Stay Cool

Nancie Attwater, *Roving Reporter*

Tips and suggestions to keep you cool and comfy as the temperatures remain high for the rest of the summer and into early fall.

1. Cotton sheets are cooler than polyester because they promote airflow and ventilation.
2. Place your pillowcase in a plastic bag and put it in the freezer for an hour or two before bedtime.
3. Adjust ceiling fan blades to counter-clockwise, so the hot air is pulled up and out instead of around the room.
4. Loose pajamas and clothing allow more air to circulate while sleeping.
5. Create a cross-breeze with a fan across from an open window, so the air combines to make a cool breeze.
6. A quick cool down can be achieved by placing ice bags on pulse points, like the wrist, neck, elbows, and behind the knees.
7. You can get a “chillow” pillow that stays cool with water circulating through a plastic-type cover.
8. Sleeping alone is cooler than with your loved one and especially a furry pet.
9. Stay hydrated during the day.
10. A cold shower before bed can help keep you cool for the whole night.
11. Turn off all lights and electrical devices in the house because they all generate heat.
12. Stay away from the stove. Limit cooking to eliminate the heat from the stove in the house. Now that Meridians has delivery service take advantage of it as a way to stay out of the kitchen.
13. Keep your feet cool, by soaking in cool water before bedtime, and leave off the socks.



14. If you have a cool sunroom or outdoor shade, try sleeping outside, camp style.
15. Buckwheat pillows are cooler than a stuffed pillow as they don't absorb the heat like cotton.
16. If you have a whole house fan, take advantage of the delta breeze and open the windows and turn on the fan. When nights are still, they aren't as valuable.
17. Open the house during the day when there is a breeze and keep it closed tight in the afternoon to keep cool air in.
18. Use a hot water bottle, filled with ice to keep the bed cooler at night.
19. Stay in during the late afternoon and be sure to wear a hat to keep your head and face protected from the sun whenever you do go outside.
20. Wear at a minimum SPF 30 to 50 cream on your face arms and legs when you are outdoors and don't forget those ears.



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Pickleball: Courting the Call of the Clop

David Wright, Roving Reporter

To the uninitiated, a passing glance towards the Sports Pavilion elicits a double-take. Is this miniature tennis or ping pong on steroids? Well, it's neither, or perhaps, it's both. It's pickleball. Named after a dog or a boat—depending on whom you ask, the game with the funny name has become one of the fastest-growing and most popular sports in the country. It is particularly popular with seniors. Nowhere is it more embraced than here at Lincoln Hills. So embraced, there are plans to double the number of courts to 12.

A simple game—easily learned, pickleball is a good fit for people who still want to feed their competitive passion for team sports but may not have the stamina they once had. Played on smaller badminton-sized courts requiring less running than tennis, players use exaggerated ping pong paddles to hit a large plastic whiffle ball over a waist-high net.



With serves requiring a gentle underhanded touch, pickleball encourages an equal playing field—giving little advantage to power hitters. Also appealing to youngsters, it allows grandparents and grandchildren to play together—bonding generations through a common interest.

Like a call to arms—or in this case paddles, a rhythmic clapping echoes through the air signaling 'game on' for players looking for action. One of those players is Rich Tassano, the retired owner of a commercial printing firm who in his prior life, lived and died by deadlines. Following his move to Lincoln Hills eight years ago, Rich was introduced to pickleball. Tired of relying on schedules and being held captive by the calendar, he traded his golf clubs for a paddle. Now he wakes up in the morning,



checks his stocks, and decides to improvise his day with a casual visit to the pickleball courts. Adding his name to the drop-in board, he patiently waits his turn—biding the time socializing with the queue crowd. After partaking in the 15-minute match, Rich returns home rejuvenated by a brief escape from reality—the perfect distraction from world discourse and endless to-do lists.

Playing pickleball bolsters physical agility, delivers an aerobic workout, sharpens the mind and strengthens hand/eye coordination. It promotes friendly rivalries as winners claim bragging rights while losers vow vengeance in the next rematch. For those in search of energizing head-to-head competition filled with light-hearted camaraderie, pickleball is a sweet dill.



In Memoriam



Betty Pacheco Day

Born in Honolulu, Betty grew up in San Leandro and remained there until her retirement. Known for all things Portuguese and Hawaiian, she especially enjoyed a lively party with family, friends, music and lots of cocktails and Pupu's. Prior to retirement, Betty and Bob enjoyed many years at their Clearlake house where lots of memories were made. Betty retired from working at the Teamsters Local 70. She enjoyed traveling the US and world with Bob and friends and spent quality time with their children and grandchildren. Her vivacious spirit is dearly missed by her husband of almost 50 years, a daughter, son, sister, six grandchildren, four great-grandchildren, and many other relatives and friends.



Bert Wallace Gunn

A lover of all sports, Bert grew up in the Bay Area and graduated from University of California, Berkeley. He played basketball and belonged to Circle C at Cal. He loved his Cal Bears! In high school, he was part of the ROTC band in Santa Rosa. Bert served eight years in the U.S. Navy Reserves at Alameda Naval Air Station. Besides odd jobs as a kid, Bert joined Watson & Meehan and spent 42 years there as an accountant, controller and became secretary of the company. As a pioneer resident here he and Barbara enjoyed all the events and trips. He was a loving and devoted husband and father and always had a "can do it" attitude. He leaves his dear wife of 68 years, Barbara, his four children (one son predeceased him), nine grandchildren and six great-grandchildren.

VOLUNTEER OPPORTUNITIES!

Compass insert stuffing party – We meet on the 14 of each month around noon to stuff the inserts into the *Compass*. No need to register just stop by and join in on the fun!

Compass distribution – You have seen your neighbors handing out the *Compass* each month 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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Thursday, August 22

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Groups of 7+ to reserve a table:

Bingo@lincolnhillsfoundation.org

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OCTOBER 24, 1-4 PM | SPORTS PAVILION

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Join your neighbors and staff and let the games begin!

3 Inning Softball

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Pickle Ball

Dodge Ball

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Contact: Deborah.McIlvain@sclhca.com
Sign up for all competitions at WellFit beginning September 3.

Library News

As you may have noticed, we are shelving some books in new areas. This is to make way for newer or favorite readings. We no longer have children's books and cookbooks. Please do not donate any of these books to the Kilaga Springs Library. We always appreciate newer books published 2013 and later, but cannot use old, dirty or torn books even if they are published 2013. Also, we cannot use VCR tapes and books on tapes, as most people do not have this equipment.



Before you return any CD's, please count to see that all the discs are returned. The amount of CDs in each folder is on the front. Speaking of returns, also put a dust jacket back on the book before returning it to the library. Thanks so much for your cooperation.

My latest read is "The Radium Girls" by Kate Moore. This is a history of women during the early 1900s who painted dials on watches using radium. When they got sick, they were told that everything was safe. A sad tale but true. This book can be found in the history/politics section of the library.

Contacts: Sandy Melnick at 916-408-1035 for donations; Ruth Poehlmann at 916-408-4419 for investment materials; Adrian Felice at 916-408-4332 for volunteers; and Bobbi Swenson at 916-543-6362 for the Community Living Room (OC).

Cheers to 20 Years!



**The Celebration has begun,
the Party has started!**

Thanks to all who came out for
Bingo and the Launch Party.

Save these dates for something great!

October 24: Sports Day at the Pavilion
begins at 1:00 PM

October 25: On Stage Variety Show
in the Ballroom and Community Day
at the OC Parking Lot

October 26: Closing Ceremonies
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Club News



Amateur Radio

With California earthquakes and wildfires in the news state, county and local emergency preparedness officials are encouraging all citizens to be prepared. To create a to-go-kit and have it ready should you be required to evacuate. Amateur/ham radio operators are also preparing to-go-radio-kits to support the community, by coordinating evacuations, guiding people to the



Radio-to-Go Kit

right shelter locations, and providing emergency shelter communications when cellphones become overloaded. The Amateur Radio Group (ARG) is prepared to support the community should we have a local disaster. The ARG meets every Monday at 6:30 PM and holds a network at 7:00 PM on 443.225 MHz with a PL of 167.9 Hz. Summer meeting location is posted on the website.

Contact: Jim Darby 916-408-8599

Website: <https://lharg.us>



Astronomy

Monday, August 19 - Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM Lecture 19: "A Telescope as Big as the Earth" and Lecture 20: "Galaxies and their Gas." Contact Morey Lewis at (mlewis_cc@sbcglobal.net) for more information.

Thursday, August 22 - Community Star Party sponsored by the Lincoln Hills Astronomy Group at the Sports Pavilion. Solar viewing through telescopes will begin at 7:30 PM and night sky observing will start at 8:30 PM featuring spectacular views of the planets Jupiter and Saturn.



Contact Bob Collins at (bobpcoll@community.net.com) for more information. Visit our website for more information.

Wednesday, September 4, LHAG General meeting 6:45 PM in the P-Hall (KS) Charles Dailey will present "Clues learned from Meteorites."

Contact: Ron Yelton 916-587-3384,

ryelton660@aol.com

Website: www.lhag.org



Ballroom Dance

Hot August Nights was a grand success, and a good time was had by all. Sal and Ruth are teaching the exciting tango on August 6 and 13; however, no

classes on August 20 or 27.

Be ready for September and the beautiful and graceful waltz taught by Belinda and Nancy. The waltz is the oldest of the ballroom dances, dating from the middle of the 18th century. Napoleon's soldiers spread the waltz from Germany to Paris. Waltz reached America in the mid-19th century.



Jim and Pat Gabriel

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. Contact: Ruth Algeri 916-408-4752



Big History

It's summertime, which means we are taking a break. We will start our third year on September 16. However, by popular demand, we have scheduled special mid-summer meetings. The first was the well-received DNA meeting July 15. Next will be this coming



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August 20th | 2-4pm Wine & Cheese

September 25th | 8-10am Breakfast

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Space is limited, please RSVP to 916.250.0770

BIG HISTORY
Learning for the sheer joy of it!
 Club website: bighistorysclh.com

Monday, August 19, at 10:00 AM to Noon, P-Hall (KS). For those of you who missed year one or would like a review, Mike Brownell will be covering "From Big Bang to Bling." Remember Carl Sagan's famous quote - 'We are made of Star Stuff.' Come and find out what that really means.

The Big History club meets the first and third Mondays of the month at 10:00 AM in P-Hall (KS) from September thru May.

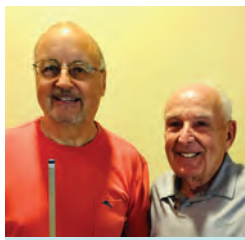
Contact: David Lewis 916-626-2795, stuff619@gmail.com

Website: www.bighistorysclh.com



Billiards

We are offering tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, advanced. Please join us in the fun! With the chance of meeting new people! We are offering free lessons at KS to all residents on Tuesdays, 9:00 to 10:00 AM. This is for



Cue Masters winners
 1st Bob Moze,
 2nd Jim Mason

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



Bird

Ed Pandolfino, co-author of "Birds of the Sierra Nevada," is the guest speaker for our General Meeting on September 9, 1:30 PM, P-Hall (KS). Ed's topic will be "Bird Migration" How many of us have wondered how birds navigate over hundreds or thousands of miles? This question dates back to Aristotle, and scientists are still trying to find the answer. Join us to hear how new technology may be helping.



This early summer bird outing had some fun surprises!

Our day trip on September 6 is to Effie Yeaw Nature Center in Carmichael. This educational center has exhibits on the natural and cultural history of the area and is surrounded by 100 acres of

riparian woodlands that border the America River. Come with us and explore the walking trails and its birds.

Contact: Sal Acosta 843-991-5188,

quailrun@wavecable.com

Website: www.lhbirders.org



Bocce Ball, Mad Hatters

Our 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 at 10:00 AM. Beginning in May, we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a relaxed set of Bocce rules that make the game fairly simple and easy to learn, no experience required. We also have a wheelchair accessible court. Please see our information flyer on the SCLH Resident web site Bocce Ball page.

Contact: Paul Mac Garvey 916-543-2067, pmac1411@aol.com

Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



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Book, OC

Attention Science Fiction & Fantasy Fans!! This is your month! *"The Invisible Library"* is our August 15 discussion. We meet in the Multipurpose Room (OC) at 1:00 PM. Travel through time and space, the oddest characters, mysteries to figure out, and the utterly fantastic!! That is what awaits you as you travel through the pages of this novel. Come join the discussion. All are welcome, even if you are not finished with the book.

We are still taking nominations for 2020 Book Selections at the meetings. *September 20 Note the date Change: *"The Things We Don't Say"* by Ella Carey. October 17: *"The Tea Girls of Hummingbird Lane"* by Lisa See. November 21: *"The Woman in the Window"* by A.J. Finn. December 19: Holiday Luncheon (details coming).

Contact: catsickle@gmail.com

Website:

LHocbookgroup.blogspot.com or

Wikiocbookgroup.pbwiki.com



Bridge, Duplicate

Perception meets reality: Perception: Everyone seems serious playing duplicate bridge. Reality: We are having a wonderful time. One characteristic we have in common is "Concentration." If we can't focus, we won't play well.

Meet Sheldon and Piper Fein. They exemplify what it takes to win: Concentration, focus, and logic. Sheldon and Piper met each other at our Club. Formidable opponents who know the game well. They have given generously to players who need good, solid advice.



Sheldon and Piper Fein

Have a question? Ask them! They realize the value of what it takes to love the game and love each other.

Games are played at 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: June 27 – First: Jodi Deeley/Harry Collings; second: Janet Pinnell/Linda Theodore; third: Byron Hansen/John Butler; fourth: Ralph Madsen/Chet Winton. Patty/Frank Kamienski had a doubled/redoubled grand slam resulting

in a 2480 high round. July 4 – Everyone enjoyed Independence Day 2019 even without bridge! July 11 – First: Patty/Frank Kamienski; second: Ralph Madsen/Chet Winton with the high round 1900; third: Rose/Joe Phelan; fourth: Nancy Rice/Carol Mayeur. Dee Cole/Ed Hartnett had a grand slam. July 18 – First: Marggi Holtze/Phil Sanderson; second: Wendy Wohl/Greg Parker; third: Kay/Ben Newton with the high round 1970; fourth: John Butler/Byron Hansen. 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 all Social Bridge Players to join us every Friday. We play from 12:45 to 4:00 PM. Check-in at 12:15 PM in the Sierra and Terra Cotta Rooms (KS). We do single's rotation. Call Pat Mullins to reserve a space. Call Joanna Haselwood at 916-209-3392 in September and October.

Winners from June to July are First Place: Jay Southard, Harry Collings, Donna Moore, and Kurt Wolff. Second Place: John Butler, Phil Sanderson, Jyoti Sitwala, Harry Collings. Third Place: Jyoti

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Sitwala, Marge Phillips, John Butler, Bette Dow. Fourth Place: Bob Belknap, Ada Towers, Eleanor Amar, Byron Hansen.

Our free ongoing bridge class is every Wednesday at 8:30 AM for beginners, 10:00 AM to 12:00 PM for Intermediates in the Card Room (OC).

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



Bunco

In July, the Bunco group welcomed two new players Lynn Larson, and Joan Duttweiler. Bunco was called several times per game. No one came close to Sharon for loses at twenty-one out of twenty-four. She was the big loser for the day, but at least losing comes with a prize!

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!

July Winners: Most Buncos - Kathy Chandler; Most Wins - Mary Ales; Most Losses - Sharon Shook, 50/50 - Karen Anderson, Traveler - Kathy Sasabuchi.

Next Bunco is Thursday, August 15.

Contact: Kathy Sasabuchi

916-209-3089, ksasabu@icloud.com



Ceramic Arts

A lot of interesting ceramic pieces are being shown in the classroom windows and on display in the room. Some are wheel-thrown, and some are hand-built—everything from classic to whimsical and there's always something new to see. Everyone is welcome to come in to look at the work and talk with artists about what they're making. We're a friendly bunch and appreciate your interest. If you're inspired to "play with clay," there are classes on Tuesdays and Thursdays with two excellent teachers. Check that out in the *Compass* and sign up. Friday afternoons are open for all residents to work independently. Saturdays and Sundays are workshop days for group members. To learn more, check the website or drop by to chat with a monitor.

Website: www.cagsclh.net



Lincoln Hills Community Chorus

At the start of every season we invite new members to join us, so if you like to sing here's your opportunity. All voices are welcome, especially those with some choral experience. If you're unsure about committing yourself, take a free trial run with us for three weeks. You'll get plenty of help from computerized music files for home practice and sectional and full rehearsals Tuesday afternoons. Check our website for more about us.

Contact: Suzanne Rosevold 916-587-3035,

suzannechorus@gmail.com

Website: lincolnhillschorus.org

Computers

Apple Users



Apple will be releasing new products this fall, including Catalina macOS and iOS 13. LHAUG members should NOT install these until our support team has evaluated them. To avoid inadvertent installation, turn the Automatic Updates setting off.

Lincoln Hills Community Chorus



Chorus

On September 3 the Community Chorus will return from its summer break and begin rehearsing for its mostly Christmas concert on December 8-10. After contributing so much to our recent success, Paul Melkonian and Nina Malone will return to direct and accompany us again.

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Bill Smith presents on texting

July presentations included a presentation on texting by Bill Smith and Sharon Worman, and a "learn, then do" seminar on Notes by Helen Rains. See the website for presentation videos, annual banquet information, donation program information, and more.

Contact: Helen Rains
916-408-4505,
helen.lhaug@icloud.com
Website: www.lhaug.org

PC



Main meeting September 11, 6:30 PM Android Cell Phones and Google Chrome are dominating the world's population of mobile computers. Android is the world's most popular mobile platform. It powers phones, tablets, watches, TVs, cars,

and anything your imagination can dream up. In this presentation, Len Carniato will discuss the latest innovations in Android v9 and with a focus on some of the most popular and useful apps to Lincoln Hills residents. There will be ample time for Q & A. P-Hall (KS)



Len Carniato

Walk-In-Workshop: September 17, 1:00 to 3:00 PM in the Computer Lab (OC). Our more experienced computer members will provide assistance to any of our club members who would like hands-on help in utilizing computer hardware components, the Windows operating systems, or application programs.

Contact: Bob Ringo 916 543-5310,
sclhcc@gmail.com
Website: SCLHCC.org



Country Couples

While Country Couples is taking a hiatus from scheduled dances this summer, our members have been busy taking dance classes, vacationing and spending time with family. Several members were busy practicing to do a demonstration for the Kiwanis

Country Theme Dinner/Dance on August 10.

Country Couples is often mistaken for square or round dancing. Actually, we do choreographed pattern dances to Waltz's, Cha Cha's, Rumba's, etc., in a line or circle. This takes the pressure off our couples since they both know what their next step will be. I often hear men say, "I have two left feet," but after just three months they are actually dancing, and for our newer residents, this a great way for you to meet new friends. Join us!

Contact: Irene Hesson
916-434-6804

Website: www.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 and the winning player's stay. Each player keeps track of his or her own score. The weekly winners for June were: Gary Lancaster, week one; Dan Quick,

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week two; Don Lloyd, week three and Dan Quick, week four.

New players are always welcome!

Contact: Don W. Lloyd
916-253-7614, gryeagle1@hotmail.com



Cyclists

Hot weather is here. Hydration is very important. We each have about 40 quarts of fluid in our bodies. Cycling can sweat out more than 2 quarts per hour. In a few hours, you can lose 8% of body weight. As little as 2% will reduce cycling time. Thirst is an inadequate sign of dehydration. You must drink before you are thirsty. Rule of thumb is 4 ounces every 15 minutes during cycling. Electrolyte loss is less important than fluid loss. Sports drinks can have a too sweet sticky taste when they get warm, which will keep some riders from drinking enough fluids. Well vented helmets will help cool your head. Sunscreen is a good idea. It keeps skin temperature up to 20% cooler.

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



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn yet there is some strategy to it! We meet on the second and fourth Thursdays of the month

from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few lessons before you come to our regular game so that you will feel comfortable. All are welcome, but please contact us before showing up so that we can get a proper headcount for the game.

Contact: Clyde McFadden 916-408-3616,
audreyjmcfadden@gmail.com



Fishing

To see the wonders of this state through fishing can be awe-inspiring. The Sierra Nevadas are drop-dead gorgeous during fishing season (anytime really). Melones, Don Pedro, Almanor Lake, Drive up to Downieville, fish the Yuba river or a nearby lake; Sardine.



No way was this getting away!

Plan a trip with a friend, grab the Fishing Preference List, and call a member and tell them "Let's Go Fishing they're biting today!" Remember, think safety and protect yourself from the elements. Our members are always

open to helping you reach your dream of fishing and improve on your fishing skill. Meetings are second Monday of the month, except when announced differently, 7:00 PM, P-Hall (KS). To join the fishing club, contact Ralph at ralphtonseth@comcast.net.

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



Food Adventures

The club's recent salad fest was a big hit. We viewed an instructional video produced by Chef Bill Briwa of The Culinary Institute of America and learned how to make our own salad dressings based on the differing levels of acidity in the greens. We then sampled four very different salads made by club members. The salads were based on specific parameters and recipes were provided for the four dressings.



Farmers Market Scene

Plans are underway for more food adventures in coming months including, but not limited to, a demonstration of some of the

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secrets of dessert chefs, a tour of an olive oil farm and impromptu visits to local restaurants. Monthly meetings are the fourth Monday at 2:00 PM in P-Hall (KS) and Kilaga Kitchen.

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



Garden

There is no general meeting in August due to "Gardeners Table Talk" at the Sports Pavilion.



"Gardeners Table Talk" Social

We support our community by providing educational opportunities through classes, tours, and advice in addition to participation in local civic gardening needs. With over 200 memberships, our activities aim to both educate and form lasting gardening friendships. Plant Sales, Garden Tours, Field Trips, Garden Shows, and Socials, provide opportunities to share knowledge of gardening while raising funds to assist many local projects. Through membership participation, we have

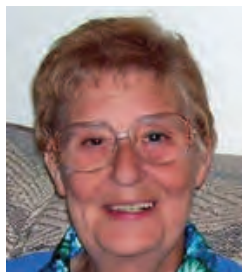
provided assistance this year to the Phoenix HS-Alternative Education program, Old Fruitvale School, Lincoln High School Agriculture Program and Library Plant care.

Past local civic projects have included the Boy Scouts project, Lincoln Landscape Beautification, Community Garden and Salt Mine.
Contact: Lorraine Immel
916-434-2918,
lorraineimmel@gmail.com
Website: lhgardengroup.org



Genealogy

Our next presentation will be on August 19, 6:30 to 8:30 PM in P-Hall (KS). Our presenter, Lynn Brown, is addressing "Understanding a GEDCOM." Lynn Brown has been a Genealogist for over 40 years and offers an extensive background in Genealogy Computer Research and Data Analysis. She is a certified Professional Genealogist and owner of Family-Quest Genealogical Consulting Services and is involved with the LDS Digital Scanning project. Members should come a few minutes early to check-in and receive your door prize ticket for



Lynn Brown

an All-in-One Printer. There will be no social after this meeting. The multi-purpose room floor is being resurfaced. Always check the LH Genealogy website for handouts and updates.

Contact: Barbara L. Branch
916-543-8219, drbabsie@gmail.com



Golf

Ladies XVIII

We saluted the late Bev Ansbro, founder of our annual Red, White and Blue tourney. A field of 44 players proudly showed their patriotism by reciting the Pledge and shouting team yells. As is custom we were divided into color-associated teams and the Red team took top honors by just one stroke over the White team; the Blue team was third. Karen Thom, a Red patriot, claimed the CTP. The Reds, led by Peggy Carr also included Patti Tilton, Aileen Martinez, Joyce Hultz, Katie Sween, Yeong Hur, Dell Parker, Dori Knorr, Lani Dodd, Judy Emge, Cheryl DeWildt, Pat Robinson and Patricia Morgan. Nice win! The next major event will be the Club Championship, played over two weeks in September.

Lincsters

We held a FYOF Tin Cup Tournament on Wednesday, July 31. Players could use any of their clubs on all holes except for holes 12, 14 and 15; on those holes, players could

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only use their seven iron and putter. This was a non-postable game followed by a no-host luncheon and awards in the Secret Garden. Upcoming events include the annual breast cancer tournament to be held on October 23 and the club championship which will be held on two consecutive Wednesdays, September 18 and 25. Welcome to Jane Hall, who joined the Lincsters in June. Congratulations to Cheryl Yost Golfer of the Month in May and Kay McAdam Golfer of the Month for June.

Contact: *Alyce Stanwood*
 916-645-1244, *alyce@stanwood.us*
Website: *lincsters.com*

Golf Men's

Congratulations to 2nd quarter low handicap winners; Jerry Haynes and Paul Fellner.

Our Four Man Scramble is on August 20, pick your partners or just sign up and Gene will find you a group.

The annual Memorial, also known as our Member-Member tournament, will be Monday and Tuesday on September 16-17. Starting with the fun putting contest followed by the elimination horse race before winners are declared. Tuesdays two-man better ball tournament will be followed that evening by dinner in the Ballroom with the player's significant others and our friendly

sponsors. Awards for the two days will culminate the evening!

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Contact: *Tom Traxel 919 543-4965,*
tom.traxel@sbcglobal.net
Website: *mgclh.club*



Hiking & Walking

One of the favorite hikes of the summer is led by Phil, and Stephanie Huntingdale followed by a BBQ at their cabin in Truckee. This year's Burton Creek Loop Hike was exceptional with gorgeous wildflowers and numerous flowing streams. It's gone from warm to downright HOT this summer, which is



One of the many bridges on Burton Creek Loop Trail.

why we plan hikes in the cooler Sierras and have earlier start times. The drives are a tad longer but well worth it. Upcoming hikes include Dardanelles Lake, (Tahoe) August 22, Rubicon Trail (Tahoe) August 29, and Donna Peak/Mt Judah, (Soda Springs) September 19. Our walking group meets every Wednesday at 7:30 AM at a

different start point in our community. Our website is the go-to place for more information on hikes, walks, or membership.
Contact: *LHHikers@gmail.com*
Website: *www.lincolnhikers.org*



Investors' Study

We meet in P-Hall (KS) Thursday, September 5 at 2:30 PM. We look forward to hearing Josh Yafa of Thornberg as our guest speaker and a review of Russ Abbott's Playbook. It is also time to mark your calendar for our Christmas/Holiday Party on Thursday, December 5. Call Norm Quattrin at 916-645-4675 if interested in the Active Investors sub-group which meets the second Monday of the month in the Multimedia Room (OC) at 3:00 PM. Questions regarding Investors' Study, call John.

Contact: *John Noon*
 916-846-3372, *thenoons@att.net*



Lavender Friends

Nearly two-dozen members and friends turned out recently for a local dose of America's pastime. While the Lincoln Potters at McBean Park lost in the ninth inning, there was a grand slam and real-live fireworks! "We all had excellent seats (behind home plate and along the first baseline) to see an exciting game," reports Marilyn Kupcho, who organized the club outing.

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Lavender Friends warm-up for a Potter's game

Other events coming up include a late-summer potluck picnic and the annual winter holiday dance in December. The club also fields a trivia team ("The Golden Girls") in the Sports Bar at OC and a variety of other programs. Lavender Friends is a club of LGBT residents in Lincoln Hills. To learn more about the club and upcoming activities please see our website. **Contact: Sandi Dolbee 916-409-2156, sandidolbee@yahoo.com**
Website: www.lavenderfriends.com

Lincoln Hills

Line Dance

Practicing our Line Dance skills is paramount if we want to improve and move up levels. We have five levels, and when you sign up for a line dance class, practice sessions are included. Classes are taught several days and times each week, and on Saturdays and Sundays, practice sessions are held. If you are registered for a Line Dance class, you can automatically attend a practice session which corresponds to your level. We are fortunate to have "practice teachers" who are



Some of our Line Dance practice teachers

dedicated individuals who love to line dance, and they have the skills to impart their knowledge. Come and join one of our Line Dance classes, and you will be able to benefit from the practices as well. **Contact: June Willis 916-253-3348, willtom@sbcglobal.net**



Mah Jongg, National

August 1 was National Girlfriend Day when girlfriends get together to celebrate their special bond. Actually we do that every Tuesday; our bond is Mah Jongg. The clanking sound the tiles make and the calling of craks,



bams, and dots are just part of this binding friendship. We meet every Tuesday in the Card Room (OC) 12:15 to 4:00 PM. If you know the game come join a table. If you want to learn, free lessons start in the fall. Call Fran Rivera at 916-434-7061, to get on the schedule. A challenge to learn but oh so addicting once you know it. Hope to see you on Tuesday.

Contact: Patti Kingston 916-587-3056



Mixed Media

There will not be a formal meeting In August. On Wednesday, August 21, we will meet informally at 1:00 PM in the Ceramics Room (OC) and work on our own art pieces. Bring your projects and supplies, and let's just have fun. September 18 is our next General Meeting. Come to the Ceramics Room (OC) at 1:00 PM. Our art challenge for July was using the colors red, white, and blue, and at least one stencil to create a mixed media art piece.



Nan and Carole creating art on bingo cards

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Since we are not formally meeting during the summer hold onto the challenge and we will share it at our September meeting. We will also start collecting the yearly dues of \$15.00 in September. **Contact: Nancy Griffin, griffinnancy70@gmail.com**



Motorcycle

Road Captain John Milbauer led a great ride over the Sierra Nevada Mountains to Gardnerville, Nevada. The riders enjoyed lunch at the J.T. Basque Bar and Dining Room before returning home to Lincoln. VP/Head Road Captain Don Heyde will be leading the club ride on August 10 over the Sonora Pass to Topaz Lake, Nevada. The RoadRunners have scheduled rides on the second Saturday of the month, March - November.



Ready to ride to Gardnerville.

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 5:30 PM Multipurpose Room (OC) The

next meeting will be on August 22. “Ride Safe - Ride With Friends” **Contact: Manny Perez 916-253-9121, manwil412@wavecable.com**



Music

We met on Wednesday, July 24, with instruments and voices tuned up and ready to go to Motown, USA. The group’s opening number was “Be My Baby” made famous by The Ronettes. Love was in the air as we sang our closing song, “Stop in the Name of Love” a Supremes blockbuster. Our end of evening jam “Crossroads” gave players a chance to improvise. We meet every fourth Wednesday



Keep On Rockin’

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



Needle Arts

Hot August days are here, and Needle Arts is still “dark” this month. That means we don’t have a General Meeting. Our next General Meeting will be September 10 at 1:00 PM in P-Hall (KS). Bring your projects to share at the meeting. Our speaker in September will be Lorna Miser of Zombie Yarns. We will be collecting our yearly dues starting in September. Needle Arts dues are \$20.00. The membership form can be found online on our website. If you are looking for something to do, then check out our sub-groups on the website. Mark



Such a beautiful quilt from a talented lady

your calendar for next year’s retreat at Mercy Retreat in Auburn which will be, June 1-5 2020. For more information about Needle Arts, check out our website.

Website: www.sclhna.com



Neighborhood Watch

Volunteers are the backbone of Neighborhood Watch, which is why we want to honor them with our annual “Volunteer Appreciation Celebration” September 13, from 6:30 to 8:00 PM in the Multipurpose

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Room (KS). All Neighborhood Watch volunteers, including directors, writers, alerts' staff, mailbox captains, village coordinators, and their spouses are invited to enjoy a variety of desserts, along with coffee, tea, and a no-host bar. This event is a good opportunity to get together with other members and to meet new people.



We celebrate our volunteers!

Neighborhood Watch is looking for residents to fill several village coordinator and mailbox captain positions. Volunteer now, and you can join the fun! To make a reservation for the dessert night, call Pauline Watson at 916-543-8436 by September 10.

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

Painters



We now meet at 1:30 PM, the additional half an hour is a time for some social interaction with other artists, and new members. Be sure to wear your Lincoln Hills name badge! Business meeting and demo will begin at 2:00 PM. Featured at our

August, 20 meeting will be artist Steve Memering who will be with us to critique some of our recent work. Members can be assured that Steve will compliment you on your work as well as offering a "gentle" critique!



Artist Dale Laitinen Demonstration at the July Meeting

Board members will host new members to wine and appetizer events in their homes starting in December. More details shortly. There is still time in August to see Susie Spotts work on display at Buonarroti Ristorante in Lincoln. For more information, contact Joan. Contact: Joan Musillani 916-712-4393, joanmusillani@mail.com

Paper Arts



Our August meeting featured a "Four Card Swap," an interactive way to share card making ideas. This summer, our club made a donation of \$100 to the Placer Food Bank that serves Lincoln through donations to the Salt Mine and direct distributions in their Farmers Market at McBean Park. Together, we make a difference!



Linda and Anne busy at "Create a Card" in July

Dates for Open Lab, for members only, are August 15 and September 19, from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS). Stop by and work on your project or see what others are creating. Scrapbookers, please join us. We meet on 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 look forward to seeing you there.

Contact: Denise Jones 916-543-3317

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Birding in Lincoln Hills

Groups (SIGs) strive to strike a reasonable balance for all of our members. Our Round Table SIG is an open topic SIG; anything goes, from discussing basic camera shooting techniques to delving into more complex issues. The Enhancement SIG covers many different post-processing techniques and introduces members to various image enhancing software programs. Joining the club is as easy as attending any of the meetings and signing up. You can also follow the prompts on our website. Hope to see you at an upcoming meeting or field trip.
Contact: Diane Margetts
 916-955-1809, dmargett@yahoo.com
 Website: Lhphotoclub.com



Pickleball

Lillian Scarberry and “October” make a great team. The Labrador retriever helps the young girl, who lives with brittle bone disease, overcome everyday challenges. “October is one of the best things that has happened to me,” said Lillian, 15. “I can’t remember how it was before I got her.”

To make more of these stories come true, the Pickleball Club will host a Canine Companions for Independence space-limited fundraising mixer September 7.

“October and Lillian are truly a match made in heaven,” said parents Bill and Jana Scarberry. “Her new independence gives Lillian confidence, joy, and peace.” This pairing was made possible by player Michele Murphy, who trained October. “The match of Lillian and October is simply a miracle,” Michele said. Carolan Properties will provide lunch.

Contact: Mike Gardner
 916-834-6549,
 pickleballmike1@gmail.com
 Website: www.lhpclub.com



Lillian Scarberry and “October” celebrate becoming a new team.



Players

Our free Readers Theater performances on Saturday, August 10 and Sunday, August 11, “Happy Trails,” and “Princess O’Hara,” were enjoyed by all. Keep posted for news on our next “Halloween” Readers Theater. Our November production, “Magic Moments—The Golden Age of Television,” has an outstanding cast ready to start rehearsals in September. There will be lots of childhood memories come back to you as you watch this outstanding musical written by Ken Reiss and directed by Becky Nicholson. Show dates are November 21, 22, 23, and 24 in the Ballroom (OC). Tickets will go on sale in September.

Guests are always welcome to attend monthly Players’ meetings every second Monday of the month at 4:00 PM in the P-Hall (KS). Dues are only \$5.00 per year!
Contact: Ron Hanson, President
 916-434-7112, racketron@yahoo.com
 Website: www.lhplayers.org



Poker

We play a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, new Omaha Night, starting 4:45 to 8:30 PM in Multipurpose Room (OC) and we play a variety of five-card and

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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 (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. Any questions, contact Lynne.
Contact: Lynne Barsky 916-253-3730



RV

Our members are back from a wonderful and memorable multi-part Rally to Shasta, Oregon, Idaho, and onward to the famous Calgary Stampede in Canada. Next up are Rallies to Graeagle in August, Marina Dunes in September, and a Group Party in October. Planning for 2020 and 2021 Rallies is underway with lots of fun dinners, happy hours, golf, and trips to museums, theaters, and anything else our members dream up.



RV Group Members at Sisters, Oregon

If you're interested in RV'ing, come meet us in the Placer Room

(KS) at 4:30 PM on the second Thursday each month where we discuss upcoming Rallies, gain RV Education, share RV wants and needs, and get to know each other better. Thanks to Harp's RV of Lincoln for a great Class in July on RV Maintenance.

Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com



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

Welcome back to school year 2019/2020!

Volunteers are ready for their first day in class!

All are invited to the SCHOOLS annual meeting on Thursday, September 12, at 10:00 AM in P-Hall (KS). The speaker will be Scott Leaman, Superintendent of Schools. His presentations are always informative and topical.



Scott Leaman, Western Placer School District Superintendent

Now is your chance to contact a leader listed below to tell them you want to be involved in the 2019/2020 school year. It's an enriching experience you'll never forget. Visit our website. You

will find information about the program, including each school's web site, quotes from teachers and volunteers, and photos of volunteers in the classroom. Call today for further information. Contact: Cyndi Colloton (Elementary) or Irma Mendez (High School) at jmeidm@aol.com.

Contact: Cyndi Colloton ccolloton@yahoo.com, schoolsscinity.org



Scrabble

We invite you to try out a game of Scrabble with us on any Monday afternoon.

We play in the Card Room (OC) beginning at 1:00 PM. All levels of experience are welcome, and all materials are provided. A good word game to exercise the brain!

Contact: Anne W. McMaster 916-409-5408, wiltonanne@yahoo.com



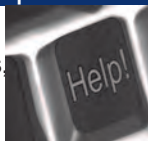
Singles

Join us at Skipolini's in Rocklin for Dine Out on August 15 at 4:30 PM. Trivia is back! It's on Thursday, August 22 at 6:00 PM, Ballroom (OC). Our birthday celebration will be on Sunday, September 1 at 4:00 PM, Sports Bar (OC). Cocktails at Buonoratti's on Thursday, September 5 at 4:00 PM. Activities will be planned on Tuesday, September 10, at 4:30 PM in the Ceramics Room (OC). The

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

Sun City (LH) Helping Our Outstanding Lincoln Schools

You're invited to hear Scott Leaman, Superintendent of WPUSD**, discuss the current direction for our local school district. As we did at last year's Annual Meeting, we'll have a Q&A session at the end so bring your questions.

When: Thursday, 12 September, 10AM – noon

Where: Kilaga Springs Presentation Hall

All Sun City Lincoln Hills residents are welcome!



After Scott's presentation, there will be a short session on the SCHOOLS program and how our Sun City Lincoln Hills residents participate in the Lincoln classrooms. If you would like to know more about volunteering in Lincoln schools, check our website for more information and contacts.

<http://schoolssuncity.org>

** Western Placer Unified School District

business meeting is on Thursday, September 12 at 6:00 PM in the Ballroom (OC). 2nd Saturday breakfast is scheduled at 9:00 AM on the 14 in the Sports Bar (OC). We always welcome new members! Check the cubbies at Orchard Creek for our calendar and membership form. Please join us!
Contact: Susan Platt 916-397-0850, foster.p.susan@outlook.com



Softball

Carolan Properties and Coldwell Banker Sun Ridge continue to lead the standings. Playoffs to determine the Summer League champions begin on August 19 with five games. There will be four games on August 21-22 and three games on August 23 and 26. The championship game will be at 8:00 AM, August 28. The Summer Banquet is planned for 6:00 PM in the Ballroom (OC) on August 28.

Thirty of our group enjoyed a night with the Potters at McBean Field on July 11. It was a warm



Fun with the Potters

evening with all-you-can-eat hot dogs and hamburgers; The Potters won the game, 13-4. We will do it again! Special upcoming events, Playoffs begin August 19. Banquet August 28.

Contact: Biagio Cannistraci 916-408-4679, beccannistraci@sbcglobal.net Website: https://www.lhssl.net/

Softball, Coyote

The Coyote 60/65's captured their 2nd straight tournament winning the Elk Grove Summer Classic. Posting a record of 4-2, the Coyotes captured the tournament on Sunday by running the table on their opponents. Providing outstanding efforts for the Coyotes were Pat Sabia, Karl Hess, Henry Mutz, Mitch Miladinovich, Paul Josse, Tom Young, Joe Bellah, Dave Andreini, Bec Cannistraci, and Jim Stapleton.

The Coyote 80s won the championship in Lodi the last weekend of June. Each player was awarded a bottle of wine and a shirt. The leading hitters were Bungarz, Morin, Pulino, and Manley. Gym Mikaelson hit a homer, and John Parks had three triples. There was a great defense by everyone. The next tournament will be the Manteca HOF in August.

Contact: Gage E. Johnson 916-409-9619, gage.retired@gmail.com



Sports Car

It was a special treat to have a private docent tour of the Haggin Museum in Stockton. Both California and art from around the world was on display. Everyone enjoyed the new trip destination organized by leaders Grondona and Musser.

The ins and outs of racing was explained by Bill McNally on our tour of Bill McAnally Racing and Auto Care facility. You don't just hop into a car and race! Everything from the placement of the decals to how the driver presents him/herself to the media is carefully considered. Thank you, Bob & Chris Beasley.



The Haggin Museum Crew!

We are looking forward to visiting Poor Reds and the Iron Hub Winery led by the Asnaults. Followed by a much-anticipated trip to Capay Valley led by the Breckons.

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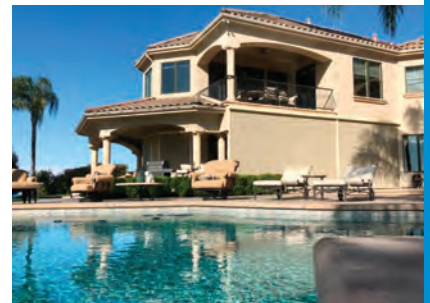
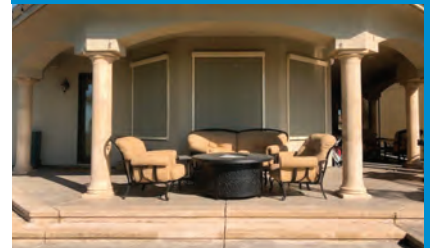
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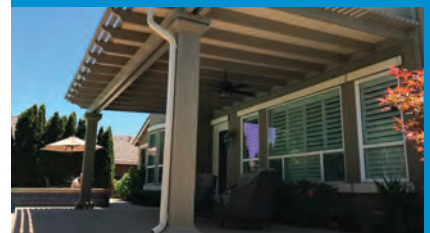


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Sun City Squares

We welcomed July with a Fabulous Fourth of July Party, great food, and beautiful dancing! If you would like a little exercise and fun, please come and join us. If you have danced before, but a long time has passed, or if you have lost a partner, we are very happy to help you learn again. Even if you are just curious, please come and check us out. We welcome singles as well as couples, so please come and join us for some beautiful dancing!



July 2019 Party

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 and *Thursday from 1:00 to 3:00 PM for Advanced Level Dancing.
Contact: Sandy Cleaver 916 409-0409, slctravel@yahoo.com



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cologne, aftershave, hairspray, or fragrant lotion while in the Fitness Center and/or locker rooms. These can aggravate conditions such as asthma or allergies.

Here is a picture of what happened to me when I was exposed to fragrances. (Look at our club's *Compass* May and July articles to see how I normally appear). I had a severe, potentially life-threatening allergic reaction to fragrances called Anaphylactic Shock which had to be treated quickly. Because of my experience, I find that even more allergens are triggering reactions to my system. So, I encourage everyone to refrain from using products with fragrance when in our exercise facilities.



Anaphylactic Shock
 Allergic Reaction to
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Our next meeting and social: September 16 at 3:00 PM in Fine Arts (OC), please join us.
Contact: Bob LeRoy 916-412-0552, bobandchey@icloud.com



Table Tennis

Players are mourning the recent passing of Bob Grittner. Bob was a regular. On Fridays, he supervised the robot

serving machine offering free lessons and picking up errant balls. Bob sacrificed many hours of playtime to provide this greatly appreciated service. He will be missed. All are welcome with five tables corresponding to individual skill levels. Play commences in the Multipurpose Room (KS). Times are Sundays, 9:00 AM to closing except for the first Sunday of the month when play starts at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM. The Multipurpose Room (KS) floor needs refinishing. Hence, play is canceled on the following August dates: 20, 23, 25, 27, and 30. Sun City Roseville has invited us for play on August 20.

Contact: Tim Frank 916-434-2525, timcfrank@gmail.com



Tap Company

On June 13, forty members enjoyed our Annual Luncheon and Meeting at The Timbers' Restaurant in Roseville. The slate of officers for the year was introduced, Frima Stewart-President, Louise Seidenverg-Vice-President, Wendy-Jean Iannico-Treasurer, Freddie Dempster-Secretary. Alyson continues working on routines for each of the tap classes to present at the 20th Anniversary Show on October 25, 1:00 to 3:00 PM, Ballroom (OC). Practices for the show will continue every Saturday

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Timbers Luncheon

morning, between 8:00 and 10:00 AM Kilaga Springs. Discussion was opened to the membership by Carol Rose and Becky Nicholson regarding interest in a 2020 show. **Contact: Louise Seidenverg 916- 209-3894, lasrnet@gmail.com**



Tennis

After our summer break, there are some really great events coming up. Want to go down in history and have your name on our winner's plaque? Then sign up for either the Men's Doubles Championship, Wednesday, September 25 or the Women's Doubles Championship,



Men's Doubles Champions in the past!

Wednesday, October 2.

Also coming up Oktoberfest Tournament, Saturday, October 26, Hawaiian BBW & Dance with Popular DJ Tom, Thursday, October 17. Lincoln Intramural Team Tennis, Night Time, starts in early September. We are looking for a volunteer to run this fun event. Please contact any Board member.

Social drop-in is Wednesday & Saturday from 8:00 to 10:00 AM. Open to all Lincoln Hills residents. Ball Machine Drop-ins – Saturdays starting at 8:00 AM.

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



Veterans

Retired Air Force Colonel Joe Shriber, a veteran of three combat tours in Southeast Asia as a member of the Wild Weasels, will be the featured speaker at the August 15 general membership meeting at 1:00 PM in the P-Hall (KS). Wild Weasels flew aircraft equipped with radar-seeking missiles, tasked with destroying the radar and surface-to-air missile (SAM) installations of enemy air defense systems. In Vietnam, the Wild Weasel mission was to precede strike flights, sanitizing the target area of SA-2 'Guideline' SAM threats. This was achieved by turning toward the

air defense site in a threatening manner, firing radar homing missiles at the site, or visually locating the site to dive-bomb it.

Contact: Mike Schultz 916-524-1809, avid9er2007@gmail.com



Vintage Treasures

Our club was formerly Antiques Appreciation. The membership will remain the same, and the theme of the club, which has been and will continue forward, to appreciate and learn about items fifty years or older. Our September 2 program will feature Larry White from Grass Valley. Larry has a collection of records dating from 1900 to 1958, including record players. We all remember wonderful music from the record players of our younger days. Let's take a trip down memory lane with Larry! We meet in the Heights and Gables Room (OC), the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at Meridians.

Contact: Pat Le Page 916-543-9564, jplepage2396@gmail.com



Water Volleyball

Our Outdoor Pool event on June 23 was a splashing success. The next outdoor event is scheduled for July 21 at the Orchard Creek Pool from 5:30 to 7:30 PM. Monthly

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training at the Kilaga Springs Pool for Red and Blue Ballplayers are scheduled for the fourth Wednesday. Ladies Night continues monthly for recreational and competitive players to compete and have fun. The Steering Committee has completed the final approval process on the Competitive Player Absence Policy. There is a current opening for the position of Recreational Player Coordinator. Information on the policy and the vacant position is available on the Club website. The Club has posted the Reporting of Incidents process on the whiteboard at Kilaga Springs Pool.

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



Woodcarvers

Ah, the smell of wood! It's one of the delights working in the Woodcarvers group!

Some members are carving cottonwood bark, making interesting "tree houses," with doors, windows, stairways, and people's faces. Many members use basswood, a softwood used to create reliefs, caricatures, boxes, Santas, comfort birds, ducks, and wall hangings. It's always fun to see what others are working on; we learn from each other as we share, and are inspired to try new projects. You are always welcome to stop by, see what we're doing, learn how easy it is to get started and join a nice group of people—every Wednesday, in the Sierra Room (KS), from 1:00 to 4:00 PM.

Contact: Lionel Rainman 916-253-9534,
 lrainman1414@yahoo.com



Writers

Some new residents recently attended our meetings, and we are looking forward to hearing more of their writings. Meetings are held on the second, fourth, and fifth Monday evenings of the month: 6:30 PM in the Ceramics Room (OC). Bring about a dozen copies of what you have written; tell us what kinds of editing comments you want to receive if any. Various kinds of writings are always fun to hear: poems, science fiction, memoirs, travels, and hobbies, whatever else comes to mind. Start filling in that blank page, be it fine writing paper and pen, notepad and pencil, desktop computer, or laptop, or...

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

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Support Group News

Alzheimer's-Dementia Caregiver's Support

Placing someone you love in a facility is a miserable decision to make. Yet, learning what options you do or don't have will clarify your reality and stiffen your resolve to do the right thing. Geriatric Care Manager Ginger McMurchie will speak to our group on August 25 about issues around evaluation and placement. These are matters best considered as far in advance of need as possible. Ginger will offer guidelines and tips for making your best choices. We meet in the Multipurpose Room (OC) at 1:00 PM.



The SCLH team for the September 28 Sacramento Walk to End Alzheimer's wants your participation. Contact us on how you can contribute to the cause and the team and walk with us. Thank you for your support.
Contact: Jeff Andersen 916-521-0484
2jeffa@gmail.com

Bereavement



We offer 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 September 11. Each month we go to various restaurants for lunch and enjoy getting to know each other. Feel free to join us for lunch even if you do not attend the support meeting. Our next lunch will be at Meridians, August 27 at 11:30 AM. Please RSVP for lunch. For more information or to put a Memoriam in the *Compass*, contact Joan.
Contact: Joan Logue 916-434-0749,
joanlogue@sbcglobal.net

Bosom Buddies



At our annual officers' luncheon meeting in August, we thanked our officers for their service this past year. Most of the officers continue in their positions: Patty McCuen, President; Kathy Woodward, Vice-President and Corinne Ehlers, Secretary. However, Kay Brady takes over as Treasurer from Cheryl Karleskint, who did a stellar job the last few years.

Our September speaker will be Ji Hye Park, a nurse practitioner from Sutter Health, who will talk on lymphedema, a possible side effect of cancer treatments. She'll speak about this condition, the latest developments, and what we can do ourselves to minimize the swelling of tissues. This should be an interesting and informative presentation.

Bosom Buddies meets the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).
Contact: Marianne Smith 916-408-1818



We're fortunate to have Patty McCuen continue as our president.



Family Mental Illness Support Group

We meet on the second Friday of each month at 2:00 PM. We are a small, informal group. Our purpose is to lend emotional support to family members who have loved ones suffering from bipolar disorder, schizophrenia, depression, and other serious mental illnesses. There's nothing you can say that will surprise us. We've all been there. Come and know you'll be listened to, heard, and understood. You can read personal stories about mental illness on my blog, www.soonerthantomorrow.com, A Safe Place to Talk About Mental Illness in Our Families. My book, *Sooner Than Tomorrow - A Mother's Diary About Mental Illness, Family and Everyday Life* is available on Amazon in paperback.

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 Rd., Loomis, CA 95630. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room. Call Kay F. and please leave a message for more information.

Contact: Kay F. 916-543-3079,
denniskayf@starstream.net
Website: www.gam-anon-loomis.com



Glaucoma Support Group

Welcome back from your summer travels and Happy Fall. As we continue to learn more

about Glaucoma, it is always good to share your experiences. It is good to be familiar with your chronic disease, and our support group is a great place to learn. Our September meeting will be held on September 11 at 4:00 PM in the Multimedia Room (OC). New members are always welcome. For more information, contact Bonnie. **Contact: Bonnie Dale 916-543-2133, Bjdale@aol.com**



GriefShare Support Group

GriefShare is a weekly Christian faith-based seminar/support group for people grieving the death of someone close to them. Whether the loss is recent or some time ago, you are welcome. It is a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable, practical information that will help you through this difficult time in your life. A new group starts Tuesday, September 10, 9:30 to 11:30 AM at Granite Springs Church at 1170 E. Joiner Parkway in Lincoln. We meet weekly for 13 weeks, ending on December 3.

Contact: Cheryl Edwards 916-505-5777, 63cheryle63@gmail.com



Hearing Impaired Support Group

We will take a summer break, and we will not meet in August. See you all in September! **Contact: Joanne Mitchell 916-408-0533, pipal@prodigy.net**



Low Vision Support Group

Meeting, Tuesday, September 3, 2:00 to 4:00 PM, Fine Arts Room (OC). Our speaker, Cory Hanosh of Northstate Assistive Technology, will bring

the latest devices for those with Low Vision. Cory will review NuEyes, Portable Magnifier/Readers and audio programs such as Jaws, Magic, and Zoom Text. Cory operates the Retail Store at Society for the Blind. <https://societyfortheblind.org/store/>

Meeting, Tuesday, October 1, 2:00 to 4:00 PM, Fine Arts Room (OC). Our topic will be "Fall Prevention and Balance." Our guest speaker will be Kelly Ward, who has spent the last few years helping people to improve balance, move better, and reduce pain. Kelly recently gave a presentation to the Alzheimer Caregivers' Group entitled "Fall Prevention and Pain Management."

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



Multiple Sclerosis

Welcome back! Many changes to our Multiple Sclerosis Support Group since we last met! First, our Meetings will be the second Tuesday of the Month, starting Tuesday, September 10, 1:00 PM, Sierra Room (KS). Due to popular demand, a new format will be tried to involve you more. A topic is going to be emailed beforehand, and you have an opportunity to speak on a topic or on Multiple Sclerosis concerns/tips you wish to share or discuss. We all are at different levels of our MS and can learn from each other. Each person will have two minutes to share.

The September topic will be "What did you do to thrive/survive during the summer?" Look forward to catching up on Tuesday, September 10.

Contact: Jeri Di Fiore 916-408-7565, jerihansondifiore@gmail.com



Parkinson's Support

We meet the third Tuesday of each month at the Granite Springs Church, 1170 E. Joiner Parkway from 10:00 to 11:30 AM. The Group provides those with Parkinson's and their caregivers to connect and to receive information about living with Parkinson's. The format consists of informative speakers and an occasional general discussion. The next meeting will be on August 20. Please come and join us.

Contact: Ginny Nevins 916-543-0757



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing of aging-related resources for residents wanting to plan for their older years, whether they are aging in place or exploring other options. We offer a mixture of speakers, small group discussions, and member input. In September, Marcia Van Wagner will lead a discussion on getting information and help with aging decisions. Join the other 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1:00 PM Gables/Heights Room (OC). Our next meeting is on September 2. For information contact Jane.

Contact: Jane Carhart 916-543-6938, jzcarhart@hotmail.com Website: lhwiseagers.com





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Bulletin Board

A Course in Miracles

A Course in Miracles is a book which sets forth a psychological spiritual training which is designed to promote inner peace by shifting our thought system from one that is fear based to one that is Love based. Although Christian in statement the Course deals with universal spiritual themes which are found in most religions. Although primarily a self-study which uses a workbook of 365 lessons, this study group meets to discuss the successful application of its principles in our lives. Call Alexandra at 916-409-5253 for more information.

AARP

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2019 income tax returns in Lincoln during the 2020 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 3 through April 15. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2019 tax season, please email yorke1946@gmail.com with your name, address, phone number, and positions(s) you are interested in. Gary Steer, 916-878-6249.

Airport Co-op

Transportation to and from the Sacramento Airport for Lincoln Hills residents. Works on a point system, give a ride – get a ride. Membership is \$15.00 per year. Information can be found on our website www.lh-airportco-op.org or contact Barb Iniguez at 916-408-7812.

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.

- **Tuesday, August 20, 2:00 PM** – Ansel Park – Solarium (OC)
- **Monday, August 26, 10:00 AM** – Nautilus Society – Oaks (OC)
- **Tuesday, August 27, 10:30 AM** – Andy’s Hemp Products – Oaks (OC)
- **Thursday, August 29, 2:30 PM** – Rinelli Law Group – Solarium (OC)
- **Thursday, September 5, 3:00 PM** – Gold Coast Financial & Insurance Services – Solarium (OC)
- **Wednesday, September 11, Noon** – Reverse Mortgage Funding – Solarium (OC)

Cloggers

Keep cool and clog on! Speaking of clogging, here’s what it is and isn’t: Clogging is not a clog in the drain; not a tap dance; not danced with wooden shoes! Clogging IS an Appalachian folk dance from England and Wales, where the dancers did originally wear wooden shoes. Our clogging shoes have two metal taps on the toe and two more on the heel, called “jingle-taps,” which gives us a great sound. We dance to bluegrass and fiddle and banjo music, even to rock. For more information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

Our Annual BBQ is Thursday, August 15, from 5:00 to 8:00 PM at the Sports Pavilion. Dinner, catered by Double Barrel Smokehouse, is \$25 per person with a No Host bar. Christine Pelosi, the guest speaker, is an attorney, activist, and author. She is Chair of the California Democratic Party Women’s Caucus and co-founded the Democratic National Committee’s Veterans and Military Families

Council. She has co-authored Democratic principles and platforms related to civil rights, voting rights, economic justice, women’s equality, gun violence prevention, and Fight for 15. Get your tickets online at <https://secure.actblue.com/donate/bbq19#>.

Italian Club

During the Inaugural Dinner and Dance held in July, the Board of Directors for 2019-2020 was introduced. The elected officers and those appointed to positions are: President, Karen Zimmerman; Vice President, Russ Baldo; Recording Secretary, Irene Pardini; Treasurer, Mario Tantillo; Social Events and Activities, Lilly LaPira and Karen Zimmerman; Membership, Sandi Graham; Publicity, Linda Lucchetti; Officer-at-Large, Ron Avanzino; Photographer, Tony Dipaola; Historian, Will Crews; Past President, David Conner; and, Webmaster, Al Soares. If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org and learn more about us. Contact

Sandi Graham, membership, at 916-826-5711.

Kiwanis Club of Lincoln

We have two lunch meetings per month: First and Third Fridays at 11:30 a.m. at Turkey Creek Country Club, 1525 Highway 193, Lincoln. Nice lunch is available for \$13. Guests are welcome! RSVP & additional Info: Rae Cook at 916-251-6241 or www.LincolnFoothillsKiwanis.org.

Lincoln Library

Author R. Franklin James grew up in San Francisco, graduated from UC Berkeley, and went to work in fields that were law related. She released her first book, "The Fallen Angels Book Club" in 2013. This was followed by the Hollis Morgan Mystery Series. James has released the first book in what may be a new mystery series. "The Appraiser" is available and will be reviewed at the Author event on Thursday, August 29 at the Twelve Bridges Lincoln Public Library. Doors open at 6:00 PM with light refreshments. The author presentation at 6:30 PM is free. Website: friendsofthelincolnlibrary.org.

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. Newly added: Saturdays from noon to 4:30 PM. 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.

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, August 20, in P-Hall (KS). Doors open at 6:00 PM, program 6:30 to 8:00 PM (including Q & A). Our speaker is Dr. Nathan Herzog, Ph.D., Dean of Education at William Jessup University. Dr. Herzog's topic will be "The State of Higher Education and the Decline of Culture and Values." Dr. Herzog will share insights into the current political realities on campuses. Dr. Herzog's mission is to train future educators to teach with compassion and excellence. For more information, including membership: info@RepublicanClubSCLH.org.

Shalom Social Group

We are open to everyone of all religions and ethnicity. We meet every other month on Monday at 7:30 PM. You can see our calendar of activities in OC club bins. The month of July we had a Bagel Brunch which included a talk by the Astronomy Group president on the Hubbel Space Telescope.

We are active weekly for Bocce Ball play every Sunday at 9:30 AM, Bowling every Wednesday at 12:30 PM and Billiards and Table Tennis by monthly. Our next membership meeting is on Monday, August 26 at 7:00 PM (KS) Contact Joanne Levy at 508-333-8590.

Shooters 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 trifilom@gmail.com. Come out and have fun!

Sons In Retirement Branch 13

We will hold our monthly luncheon on Tuesday, August 20 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.

Community Perks



Farmers Market
Every Wednesday until
November 20
8:00 AM to Noon
Fitness Parking Lot
(OC)—Free

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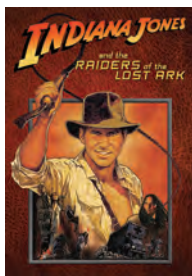
fruits, vegetables, flowers, and delicious food items are available right in your neighborhood. Swing by OC Parking Lot and peruse through the variety of vendors including some fun gift items, baked goods and household stuff you just might need. Interested in becoming a vendor? Please contact Shelvie Smith at 916-625-4021 or shelvie.smith@sclhca.com to reserve a space.



Coffee with the Mayor
Tuesday, September 3, 10:00 AM
Sierra Room (KS)—Free

To find out more about what is happening in the City of Lincoln, Join Mayor Joiner and Shawn Tillman, Economic Development Manager at this informal coffee. Pick up a free cup of coffee from the

Kilaga Springs Café prior to the meeting. He 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.



KS Classic Movie
Raiders of the Lost Ark (1981)
Saturday, August 17
1:30 PM Screening—Free

P-Hall (KS) Rated PG, 115 minutes, Action/Adventure. In 1936, archaeologist and adventurer Indiana Jones is hired by the U.S. government to find the Ark of the Covenant before Adolf Hitler's Nazis can obtain its

awesome powers. Starring Harrison Ford, Karen Allen, Paul Freeman, Denholm Elliott, and John Rhys-Davies.



Astronomy Group Star Party
Thursday, August 22
8:30 to 10:30 PM
Sports Pavilion—Free

We will hold an Observation Night (Star Party) at the Sports Pavilion.

Members of the Telescope Interest Group (T.I.G.) will have their telescopes on hand and lead observers through the night sky. Come see the planets, galaxies, nebula, star clusters, and much more! All Lincoln Hills residents and their families are invited!



2 Showings!
The Mustang (2019)
Monday, September 2,
1:30 PM Screening—Free
Saturday, September 7,
6:00 PM Screening—Free

P-Hall (KS) Rated R, 96 minutes, Drama. The story of Roman Coleman, a violent convict, who is given the

chance to participate in a rehabilitation therapy program involving the training of wild mustangs. Starring Matthias Schoenaerts, Bruce Dern, Jason Mitchell, and Connie Britton.



KS Classic Movie
Best in Show (2000)
Saturday, September 21,
1:30 PM Screening—Free

P-Hall (KS) Rated PG-13, 90 minutes, Comedy. A colorful array of characters compete at a national dog show. Starring Fred Willard, Eugene Levy, Catherine O'Hara, Christopher Guest, and Parker Posey.



Golf Cart Registration
September 5 & 15,
9:00 to 10:00 AM
Orchard Creek Lodge—Free

The City of Lincoln prides itself on being NEV and golf cart friendly. Golf carts are inspected by the City of

Lincoln Police Department to make sure safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolncga.gov.



Holiday Shopping Expo
Sunday, October 6
10:00 AM to 4:00 PM
Ballroom (OC)—Free

Get a head start on your holiday shopping at our second annual Holiday Shopping Expo right

here at Orchard Creek Lodge. Check everyone off your gift list conveniently with over 50 vendors offering crafts, jewelry, beauty items, clothing, books, art, decors, treats, and more! In addition to shopping, enjoy a number of chances to win door prizes! Don't miss out on the fun! **Interested vendors:** Spaces are going fast! Hurry and pick up your application and guidelines by contacting Shelvie at shelvie.smith@sclhca.com. Registration deadline: August 30.

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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.

If you have a suggestion for a forum topic, please send an email to communityforums@sclhca.com.



Roaming the Sierra Nevada Foothills – Part 4 **Tuesday, August 20, Noon, P-Hall (KS)—Free**

We'll float down the American River to Folsom with Mike Stark. Almost hidden within suburban sprawl, you can find tidbits of the roaring Goldrush days. California's first major railroad line was built in Folsom. Rail service from Sacramento arrived in Folsom in 1856. There are two segments of the old line you can ride today. Our first state prison was San Quentin: the second was Folsom. Look at prison life in the 1800s. Learn the truth of Johnny Cash's famous visit. Hear the story of how electricity came to both Folsom and Sacramento. Everyone receives a copy of Mike Stark's tour guide and reading list.



Cannabis 2.0, Uses for Seniors **Wednesday, August 21, 7:00 PM, Ballroom (OC)—Free**

Richard Thornton, D.C. is a Lincoln Hills resident who in his 40-year chiropractic practice had experience with the use of cannabis for a variety of conditions, including cancer and neurological diseases. Seniors are the newest and largest users of cannabis today, primarily to treat pain and sleeping disorders. This forum will provide information on how to use cannabis for these and other conditions. Dr. Thornton will discuss the safe use of cannabis for seniors; he will demystify the types of cannabis, how to use them correctly and will discuss where cannabis may be legally purchased.



Social Security – Benefits for Seniors **Wednesday, September 4, 9:00 AM, P-Hall (KS)—Free**

Wanda Gonzales and Deogracias Santos will give brief explanation of the history of the programs, how workers and family members become eligible, and when to file for benefits. The representatives will cover Social Security's age-based benefits, basic filing strategies for spouses and widows/widowers, as well as, discuss Medicare coverage, applications, Medicare premiums and the personal online access of the mySocialSecurity account. The account will allow you access to your benefit account saving you time by not having to call or visit the office.



Alzheimer's Association **Thursday, September 12, 2:00 PM, P-Hall (KS)—Free**

Kate Kriner from the Alzheimer's Association will discuss, Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior. Join us to learn about: The impact of Alzheimer's. The difference between Alzheimer's and dementia. Alzheimer's disease stages and risk factors. Current research and treatments available to address some symptoms and Alzheimer's Association resources.

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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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**Helping a Grandchild with Learning Disabilities (LD)
and/or Attention Deficit Hyperactivity Disorder (ADHD)**
Monday, September 16, 2:00 PM, P-Hall (KS)—**Free**

Dr. Bruce Ostertag has had the privilege of working with elementary school through college-level individuals who have special needs. In this presentation, he will focus on people who have significant *Learning Disabilities* (LD) and/or an *Attention Deficit Hyperactivity Disorder* (ADHD). He will discuss the definition of these conditions, provide awareness activities, and share several free online resources and strategies to assist your grandchild and their families.

You will be participating in a “rigged” IQ test, so please bring some paper and a writing tool to this interactive forum.



Regenerative Therapy
Wednesday, September 25, 7:00 PM, Ballroom (OC)—**Free**

The human body is self-regenerating. Science has refined and harnessed the process of regeneration, which we now practice as regenerative medicine. Dr. Raithel will be sharing how this innovative technology has been brought into her primary care clinic and used to repair damaged joints. Your blood can be refined into a powerful tool to fix damaged ligaments and tendons. Stem cells can be placed with precision in order to reverse the damage of aging. Learn more about how your own body carries the tools it needs to reduce pain, increase strength and mobility, and reverse the aging process.

Upcoming Events

- **Travelogue – Namibia & Botswana**, Monday, October 21, 2:00 PM, P-Hall (KS)—**Free**
- **Modoc Nation**, Thursday, November 14, 12:00 PM, P-Hall (KS)—**Free**



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The Summer Series is still going strong! We have four spectacular bands carefully selected to provide you a summer experience to remember. Bring your friends and family and enjoy the views, the music, and the FUN!

The four remaining Summer Amphitheater Concert Series (SACS) presents 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. Skip the line, buy your tickets early!



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.



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Entertainment

*Indicates new performances on sale August 17

—Community Event—



On Stage: 20th Anniversary Variety Show
 Friday, October 25, 1:00 PM
 Ballroom (OC) — **LSEANN1**
 Reserved Section Seating \$10,
 General Admission \$5

Witness the abundance of talents here in our community, many acts from Lincoln Hill's very own classes and clubs. Dances from Hula to Jazz, Tap to Line Dance, Ballroom to Clogging, Square Dance to Taichi; musical acts from Folk Guitar to Ukulele to Piano to Accordion; from Comedy to Poetry; solos, duets and ensemble performances, be prepared to be impressed and have fun! Maximum two tickets for resident purchase until August 31. Additional tickets available for purchase beginning September 1.

—Concerts—

Summer Amphitheater Concert Series
The Heart of Rock and Roll:
A Tribute to Huey Lewis & the News
 Friday, August 16, 7:30 PM, Amphitheater (OC)
 — **LSE174**
 General Admission – \$21
 See page 56 for details.

Summer Amphitheater Concert Series
Jim Curry's Tribute to the Music of John Denver
 Friday, August 23, 7:30 PM, Amphitheater (OC)
 — **LSE175**
 General Admission – \$23
 See page 56 for details.



Side Street Strutters Jazz Band Presents
Shiny Stockings featuring Meloney Collins
 Thursday, August 29, 7:00 PM,
 Ballroom (OC) — **LSE167**

Reserved Section Seating \$23, General Admission \$20
 The Side Street Strutters brings "Shiny Stockings," a new musical experience showcasing the vocal stylings of Meloney Collins. This charming and talented southern California native joins the Strutters who offer their award-winning musical arrangements, personable humor, and showmanship while Ms. Collins shares her sassy yet sultry personality and soulful voice. Together, they create a musical theater experience of timeless melodies with songs like "Sing, Sing Sing" and "Caravan," the lush harmonies of "Stardust" and "At Last," and classics like "Don't Get Around Much Anymore" and "A Tisket A Tasket." Collin's has performed with Burt Bacharach, John Tesh, and Julie Andrews.

Summer Amphitheater Concert Series
Surf's Up: A Beach Boys Tribute...and More
 Friday, September 6, 7:30 PM, Amphitheater (OC)
 — **LSE176**
 General Admission – \$22
 See page 56 for details.

Summer Amphitheater Concert Series
David Victor's SUPERGROUP
 Friday, September 20, 7:30 PM, Amphitheater (OC)
 — **LSE177**
 General Admission – \$23
 See page 56 for details.



Lincoln Highway Band
Thursday, September 26, 7:00 PM, P-Hall (KS)
— LSE183
Reserved Section Seating \$20

Save \$1 on purchases of \$4 or more at KS Cafe. Formed in 2007 by Lincoln Hills residents, The Lincoln Highway Band is a popular, premier classic country group. The show presents a chronological tribute to the iconic artists of traditional country, Sun Records, The Bakersfield Sound, The Outlaws and feature the hits of Hank Williams, Johnny Cash, Elvis Presley, Buck Owens, Waylon Jennings, Willie Nelson and more. With five CD's to its credit, The Lincoln Highway Band is a multi-year winner of "Best of the Best/Band" awarded by the Lincoln News Messenger in 2017 and 2018. Expect a memorable and entertaining evening.



Two Performances!
***The Music of Simon and Garfunkel**
Performed by AJ Swearingen and Jayne Kelli
Thursday, October 10, 3:00 PM, P-Hall (KS)
— LSE195
7:00 PM, P-Hall (KS)
— LSE196
Reserved Section Seating \$22

Save \$1 on purchases of \$4 or more at KS Cafe. Returning from a previous sold out performance in the Ballroom, Swearingen and Kelli return to recreate the music, memories, and magic of the most famous folk-rock duo of our time, Simon and Garfunkel. AJ Swearingen has been performing this music for twenty years. His deep baritone blends perfectly against Kelli's angelic vocals invoke a true sound in the spirit of Art Garfunkel. Two voices in perfect harmony balanced against one acoustic guitar delivers a true tribute to the sound of the 1960's Greenwich Village, NY coffeehouse performances.



***Top Shelf Motown 60th Anniversary Celebration**
Tuesday, October 1, 7:00 PM, Ballroom (OC)
— LSE194
Premium Reserved Section Seating, \$24. General admission, \$21.

Motown Records is celebrating it's 60th Anniversary, and the Top Shelf performers will return to Lincoln Hills to celebrate their dynamic catalog of music! Top Shelf is known for their melodic, soul-stirring vocals, sophisticated style, and engaging personalities. The performance will feature classics from such artists as The Supremes, Marvin Gaye, The Temptations, The Four Tops, Stevie Wonder, Diana Ross and The Jackson 5. Among the songs included will be *My Guy*, *Baby Love*, *For Once In My Life*, *I Heard It Through the Grapevine*, *Signed Sealed Delivered* and many other memorable hits.



***Silent Movie Night with the Roseville Community Concert Band**
Featuring 1927's "It" starring Clara Bow
Friday, October 18, 7:00 PM, Ballroom (OC)
— LSE193

Premium Reserved Section Seating, \$10. General admission, \$8.

Our Silent Movie tradition continues with the Roseville Community Concert Band (RCCB) providing the perfect music to the romance/comedy "It" starring Clara Bow. Silent movies, whose era lasted from film's beginning to the late 1920s, were shown in theaters with live musical accompaniment. We are recreating this experience with RCCB performing the musical score live! A fun night for the classic film fan as well as families (not recommended for kids under the age of 7). Cookies, popcorn, and drinks will be available for purchase in the pre-function area at the start and intermission. Meridians is offering a "Movie Dinner Special" with a 20% discount to Silent Movie patrons on day of the show only (ticket required).

—Presentation—



Marc Lapadula:
What Makes Great Movies Great?
 Friday,
 September 13,
 1:00 PM, P-Hall
 (KS) — **LSE191**
Reserved Section Seating \$13
 Save \$1 on purchases of \$4 or more at

KS Café. Great film directors all have one thing in common — lofty artistic ambitions. The prospect of unraveling a hidden, encoded message in a film is what drives some movie lovers to attempt to decipher what is going on beneath the scenes. Yale Film Professor Marc Lapadula is back to illustrate remarkable examples of cinematic mastery through technical innovation and complex thematic construction. The films selected accomplish their missions by eliciting some of the most memorable moments and performances ever captured on celluloid. Clips from the films “Some Like It Hot,” “The Birdcage,” “Chinatown,” “The Godfather,” and many others.

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***Indicates new trip on sale August 17**

Day Trips

—Casino/Races—



Montbleu Casino – South Lake Tahoe
Thursday, September 19
 — **LST271**
\$40

Enjoy the scenic drive up Highway 50 to the Montbleu Casino and Resort in South Lake Tahoe. If you are a hiker, here's your chance for a nice day on the trails. Senior Day visit with a \$10 gaming credit and an opportunity for a slot tournament entry. New slot members who play 30 minutes on their favorite slots will earn \$30 in free slot play. Must earn a minimum of 150 base points to qualify. Receive 50% off café Del Sol meal. 5-hour stay. Wheels roll from OC at 8:00 AM, return ~ 6:45 PM.



***Harrah's Northern California**
Tuesday, September 24
 — **LST288**
\$35

Visit the newest Indian Casino in the area operated by Harrah's just outside the town of Ione. Receive an introductory \$50 slot credit per person for this trip plus any other promotions offered or from your Caesar's Rewards card. 4-Hour stay. Wheels roll from OC at 8:30 AM, return ~ 4:30 PM.



Golden Gate Fields – Off to the Races
Thursday, September 26
 — **LST272**
\$98

Enjoy the heart-pounding intensity of live horse racing at Golden Gate Fields in Berkeley. Relax in the climate-

controlled comfort of the Turf Club with an elaborate buffet while watching the races. Races go rain or shine. Dress code: Collared shirts and dress slacks are preferred for men, while women may wear dresses or tailored pants. No denim, sweat pants, t-shirts, windbreakers, baseball caps or visors. Tennis shoes for traction are okay. Included: admission, buffet lunch served from 11:30 AM to 3:00 PM and racing program. Sample buffet menu available at Lifestyle Desks. Wheels roll from OC at 10:00 AM, return ~ 7:00 PM.



***Italian Festival—Silver Legacy Reno**
Saturday, October 12 — LST280
\$40

Celebrate the food, culture, music, and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, Wine Walk, an Italian Farmers Market, Bocce Ball, and more! You will have five hours to enjoy the festival, lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$3 food coupon. Wheels roll from OC at 8:00 AM; return ~ 6:30 PM.

—Performances—



The Celtic Tenors
Harris Center – Folsom
Wednesday, October 23
 — **LST270**
\$100

The only Irish tenor group with a truly global audience, Celtic Tenors will give you a night to remember. They genuinely love what

they do, and you'll see that shine through in each rendition of beautiful Celtic songs, exhilarating classics, and popular contemporary songs. Reserved middle orchestra seating. Wheels roll from OC at 6:15 PM, return ~ 10:15 PM.



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***The Four Italian Tenors**
Harris Center – Folsom
Friday, November 22
— LST283
\$96

For the first time in the United States, the Four Italian Tenors perform the greatest tenor arias and songs of all time, in wonderful unique arrangements, created particularly for their U.S. Debut Tour. Hear this new generation of world-class Tenors explore and present classic works with panache, verve, and vivacity, all in their own inimitable style. Be transformed to the land of Italy, and bathe in its rich culture with the sounds of The Four Italian Tenors. Reserved middle orchestra seating. Wheels roll from OC at 6:00 PM, return ~ 10:30 PM. *Early vendor deadline!*



***Big Band Christmas**
Harris Center – Folsom
Wednesday, December 11
— LST284
\$75

Gary Vecchiarelli Productions-Las Vegas presents a 17-Piece Big Band featuring a Cavalcade of Hits from 1930, the 1940s and 1950s with the Music of Frank Sinatra, Bing Crosby, Andy Williams, Rosemary Clooney, Nat King Cole and the Andrew Sisters. Reserved middle orchestra seating. Matinee show! Wheels roll from OC at 12:45 PM, return ~ 5:45 PM. *Early vendor deadline!*



Show closing after 45 years!
Two Dates!
***Beach Blanket Babylon**
Holiday Edition
Wednesday, December 4
— LST278
Or Wednesday, December 11
— LST279
\$132

It's never too early to start planning your holiday events! Don't miss the last year of the famous Beach Blanket Babylon Holiday Show in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously

huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and topical references with newly added characters and songs throughout the year. All seats located on the floor (front to middle section) Both trips depart from OC at 1:45 PM, the show is exclusive to adult audiences, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. *Restaurant reservations highly recommended, restaurant list available at time of registration. For more show information, check <https://beachblanketbabylon.com>.



***The Nutcracker**
Harris Center – Folsom
Saturday, December 21— LST285
\$68

Join Clara and her Nutcracker Prince on an enchanted journey through the Land of Snow and Kingdom of Sweets in this timeless holiday classic. Infusing fantasy with comedic choreography and stunning costumes, Pamela Hayes Classical Ballet Theatre transforms this wonderful story ballet into a feast for the eyes. Audiences, young and old, will be swept away as they enjoy this delightful holiday tradition. Open to grandchildren ages 6 and up! Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 11:45 AM, return ~ 4:45 PM. *Early vendor deadline!*



***Russian National Ballet – Sleeping Beauty**
Harris Center – Folsom
Thursday, January 23, 2020
— LST286
\$96

Sleeping Beauty, a crowning jewel of Marius Petipa's career, is often considered the finest achievement of classical ballet. The Russian National Ballet is a company of 50 that was founded in Moscow during the transitional period of Perestroika in the late 1980s under the artistic directorship of legendary Bolshoi principal

dancer Elena Radchenko. The Russian National Ballet continues to uphold the grand tradition of major Russian ballet works with this presentation. Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. *Early vendor deadline!*

THE PLAY THAT GOES WRONG

BROADWAY'S FUNNIEST AND LONGEST-RUNNING PLAY



***The Play That Goes Wrong**
Harris Center – Folsom
Wednesday, January 29, 2020
— LST287
\$106

Broadway's funniest smash hit! This Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. It's all going wrong, in a theater near you: welcome to the opening night of *The Murder at Haversham Manor*, where things are quickly proceeding from bad to utterly disastrous. There's an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (the least of which are their lines). Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. *Early vendor deadline!*

It's all going wrong, in a theater near you: welcome to the opening night of *The Murder at Haversham Manor*, where things are quickly proceeding from bad to utterly disastrous. There's an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (the least of which are their lines). Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM. *Early vendor deadline!*

Broadway on Tour Sacramento 2019-2020

The Broadway on Tour series, the region's largest live performing arts event, features national touring productions of some of the most popular Broadway shows. All performances this season will be held at the Sacramento Memorial Auditorium while the Community Center Theater goes through renovation. Enjoy the convenience of bus drop area on theater property off of the street without the hassle of driving and parking in downtown Sacramento. All seats center orchestra.



A Christmas Story
Tuesday, November 12
— LST261
\$103

The songwriting team behind the smash hit Tony

Award®-winning musical "Dear Evan Hansen" and the Academy Award®-winning film "La La Land"

brings the classic 1983 movie to hilarious life on stage! You'd have to have a Grinch-sized heart not to feel a smile spreading across your face." Based on the beloved 1983 movie, *A Christmas Story* focuses on one boy's obsessive goal to be gifted a BB gun for Christmas. Includes depictions of bullying, the use of fake curse words, a fight, racial stereotypes scene, and jokes made about the infamous "leg lamp." Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



Dear Evan Hansen
Tuesday, January 21, 2020 — LST262
\$135

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. *Evan Hansen* is about to get the one thing he's always wanted: a chance to finally fit in. *Dear Evan Hansen* is the deeply personal and profoundly contemporary musical about life and the way we live it. This Tony® winning Best Musical addresses serious issues including suicide, anxiety, depression, bullying, and the impact of social media in our lives. Contains adult language, sexual innuendo and jokes, and references to drug use. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



A Bronx Tale
Tuesday, March 3, 2020 — LST263
\$103

Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s, where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes from

Academy Award® and Tony® Award-winner Alan Menken (*Beauty and the Beast*) and Tony® Award-nominee Glenn Slater (*Love Never Dies*). Contains explicit adult language, gun and other violence including onstage shootings, racial conflict, and slurs, gambling, and references to adult sexual acts. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



BANDSTAND
Tuesday, April 7, 2020 — **LST264**
\$103

From three-time, Tony® winner and *Hamilton* choreographer Andy Blankenbuehler comes an inspiring new American musical that explodes with infectious music and high-octane, heart-stopping dancing. Six soldiers return from war in 1945 and, through the power of music, finally find a place to call home. This inspiring new musical touches on the difficult themes of Post-Traumatic Stress Disorder and alcoholism in post-WWII. The men who served find different ways to deal with the pain and loss they are still experiencing after coming home. Contains some adult language and humor, and onstage drinking. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



Come From Away
Tuesday, May 19, 2020 — **LST265**
\$103

This *New York Times* Critics' pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed, and nerves ran high, but uneasiness turned into trust, music

soared into the night, and gratitude grew into enduring friendships. On September 11, the world stopped. On September 12, their stories moved us all. This uplifting musical based on the true story of 38 planes diverted to a small town in Newfoundland immediately following the events of September 11 contains adult language, discussion of race, religion, sexual orientation, and includes mild sexual content. It addresses the struggle of displacement, fear, and trauma due to the terrorist events that occurred that day. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

—Sports—



San Francisco Giants vs. Los Angeles Dodgers
Sunday, September 29
— **LST214**

\$173

Watch your San Francisco Giants in the comfort of club level seats at Oracle Stadium. 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. Take a nice stroll over to McCovey Cove to check out the rest of the stadium. Enjoy easy elevator access. No cans, glass bottles, alcohol, or hard-sided coolers allowed. Wear layers for SF weather and a cap for sun protection. Seats located in Club Sections 230 & 231. Wheels roll from OC at 8:15 AM, return ~ 6:00 PM, game at 12:05 PM.

—Tours/Leisure—



Best in the West – Rib Cook-off–Nugget Resort
Wednesday, August 28
— **LST259**

\$42

Witness the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in Sparks is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! The event also includes an arts & crafts fair. Lunch on your own. We are going on the first day of the event for fewer crowds. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM.

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**USS Potomac
- WWII
Sightseeing and
History Cruise
Saturday,
September 28
- LST244
\$134**

Explore Franklin Delano Roosevelt's presidential yacht "Floating White House" docked near Jack London Square. Enjoy a narrated three-hour cruise to learn how FDR used the Potomac in a bit of subterfuge leading up to his meeting with Winston Churchill. 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.

Apple Hill & High Hill Ranch



Two dates to choose from!
*Apple Hill
Tuesday, October 1
- LST275
Or Tuesday, October 22
- LST276
\$71

Don't miss this beautiful fall ride to Apple Hill in the Placerville foothills. Visit High Hill Ranch with crafters, produce and goodies store. Enjoy an included hot lunch at The Pie House

Restaurant of *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history of Apple Hill with stops at Larsen's Apple Barn and Abel's Acres. To top the day off, you'll receive an *Apple Fritter* and a bottle of water. Wheels roll from OC at 9:45 AM, return ~ 5:15 PM.



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California Capital Airshow
Saturday, October 5
 — **LST274**
\$116

Enjoy the Navy Blue Angels with a spine-tingling lineup of world-class military and civilian performers at Mather Airport in Rancho Cordova. Included is all-day access to the Flight Line Club large chalet tent near the airshow center with buffet, soft beverages, and reserved table seating. Front bus drop off, tram service for mobility-impaired, and private restrooms for chalet guests only. Don't miss this spectacular airshow. Buffet menu available at Lifestyle Desks or online. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM.



***Chico's Bidwell Mansion & New Clairvaux Winery**
Monday, October 14 —
LST277
\$59

History & wine!

In 1860, General John Bidwell founded the city of Chico and gave land for the development of an agriculture college, Chico State University. Take a guided tour of the Victorian style three-story, 26-room Bidwell Mansion. The first floor is ADA accessible, and the other tour components to inaccessible areas are presented on video for guests unable to access the stairs. Enjoy lunch on your own in Chico's charming town square. After lunch, we head north to New Clairvaux Vineyards at the Abbey of New Clairvaux (formerly Leland Stanford's Great Vina Ranch) — a community of "Trappist" monks. Enjoy a docent-led tour of the winery and grounds and view the reconstruction of an 800-year-old Chapter House from a Cistercian Monastery in Ovila, Spain. Wine tasting included. Wheels roll from OC at 8:00 AM, return ~ 6:00 PM.



***Ferry to San Francisco—Fisherman's Wharf**
Wednesday, October 16
 — **LST281**
\$62

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with

a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building. Enjoy time on your own to explore the Ferry Building, shopping and/or lunch. Our motor coach will pick you up at the Ferry Building and take you down the Embarcadero to Fisherman's Wharf where you can grab a Cable Car to Union Square or wander over to Ghirardelli Square for a few more hours of free time on your own. Wheels roll from OC at 8:15 AM, return ~ 8:30 PM. Rest stop on the return trip.



***Scrapbook and Stamp Expo**
Friday, November 1 —
LST282
\$44

Whether you're just starting out, or an experienced scrapbooker, join your fellow "crafty" residents on a fun

trip to Cal Expo for the Scrapbooking & Stamp Expo! (rubber stamping.) Enjoy workshops and seminars, see the latest and greatest products and tools, plus make-and-take projects. Learn new techniques and helpful hints from vendors. We have obtained early bird admission and will spend six hours at the show. Lunch and any fees for seminars/workshops on your own. Wheels roll from OC at 7:30 AM, return ~ 4:30 PM. Fee includes admission.

—Overnight/Extended Travel—

Snow Train trip will be in September Compass

Sold Out Trips

Trip • Date • Departure Time

- In the Heights
 Tuesday, August 20 • 6:15 PM
 Wednesday, August 21 • 6:15 PM
- Oakland A's vs. SF Giants
 Sunday, August 25 • 9:15 AM
- Beach Blanket Babylon
 Wednesday, September 4 • 1:45 PM
 Wednesday, September 25 • 1:45 PM
- Long Beach-Catalina
 Saturday, September 7 to Wednesday, September 11 • 9:30 AM
- Sausalito Floating Homes Tour
 Saturday, September 14 • 8:15 AM
- Kendall Jackson & La Crema Tour
 Wednesday, September 18 • 8:00 AM
- Eldorado Overnight-The Illusionists Live!
 Tuesday, October 8 to Wednesday, October 9 • 12:45 PM



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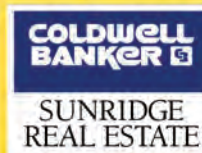
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*Indicates new class on sale August 17

Classes

Art

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.

—Announcement—

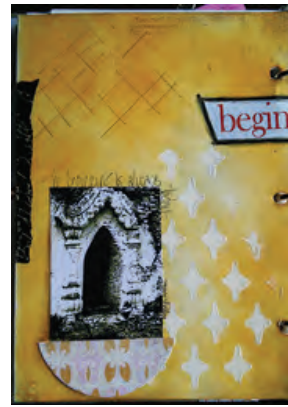


Fine Arts Class Gallery

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,
September 10 & 24
— **LSC1103**

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,
September 4-25
9:00 to 11:30 AM (OC)
— **LSC1115**
Or 1:30 to 4:00 PM
(OC) — **LSC1128**
\$54. (four sessions).

Instructor: *Marilyn*

Rose. Choose between AM and PM sessions. Sessions are not interchangeable. Students will receive guidance in creating original paintings of their chosen subjects. Demonstrations, masterwork examples, and individual instruction will be used. **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 with hundreds of her paintings in private collections across the U.S. and U.K. Website: artistmarilynrose.com. **Vacation drop-in: \$18 per session.**



Sip and Paint

***Friday, August 30 — LSC1945**

“Peacock on Branch”

Or Friday, September 27 — LSC1180

“Sutter Buttes”

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, brushstroke, 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, September 4-25 — LSC1205
 5:30 to 8:30 PM (OC). \$68 (four sessions)
 Instructor: *Michael Mikolon*
- ***Watercolor – Afternoon Class**
Thursdays, September 5-26 — LSC1850
 1:00 to 4:00 PM (OC). \$68 (four sessions).
 Instructor: *Michael Mikolon*



***Watercolor Step-by-Step**
Mondays, September 2-30
— LSC1154

9:30 AM to 12:00 PM (OC). \$85 (five 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.

Ceramics

—Pottery—



***Beginning/Intermediate Ceramics**
Tuesdays, September 3-24
— LSC1231

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,
September 3-24
— LSC1243**

9:00 AM to 12:30 PM
(OC). \$64 (four ses-
sions). Instructor:

Jim Alois. 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,
September 5-26
— LSC1266**

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

Taylor Jackson. A

beginner class in ceramics that covers the basics
of hand-building and wheel throwing. This class
focuses on skill-building and understanding
the working process. 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.
Students will need to bring their own tools.



***Intermediate Ceramics
Thursdays, September 5-26
— LSC1254**

1:00 to 4:00 PM (OC). \$54 (four
sessions). Instructor: *Taylor
Jackson.* An intermediate class in
ceramic for self-driven students
who want to work on their skills.
This class is for those who want
guidance but enjoy flexibility.
Students are encouraged to share
ideas and engage in discussion.

This class includes demonstrations, discussions,
and individual instruction to help students grow
their skills. Some advanced tools are available from
the instructor to assist in the progression of an art
piece. Vacation drop-in: \$17 per session.

Crafts

—Card Making—



***Card Making Level 2
– Intermediate
Mondays,
September 9-23
— LSC1291**

9:00 AM to 12:00 PM
(KS). \$30 (three ses-
sions). Instructor: *Dottie*

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 papercraft
techniques. This class is not for beginners. Class
size is limited, sign-up early to reserve your space.
All supplies will be provided. September 4 – last
day to register.



***Card Making Introduction 101
Wednesdays, September 11-25
— LSC1696**

9:00 AM to 12:00 PM (KS). \$30
(three sessions). Instructor:
Dottie Macken. Have you ever
wanted to make a greeting card,
but you just weren't sure how
to get started? Then this class

is for you! This class will teach all of the “ins and
outs” of making greeting cards and more. You will
be making and taking home with you at least two
cards and/or projects at each session. This is a fun
three-hour class. Class size is limited, sign-up early
to reserve your space. All supplies will be provided.
September 9 – last day to register.



***Card Making Level 3
Intermediate-Advanced
Fridays,
September 13-27
— LSC1714**

9:00 AM to 12:00 PM
(KS). \$30 (three ses-
sions). Instructor: *Dottie*

Macken. **Prerequisite:** This class will build on your
skills from Level 2 and offers more complex and
challenging projects and papercraft techniques.
This class is not for beginners. Class size is limited,
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be provided. September 10 – last day to register.



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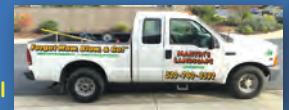
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—Clogging—

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***Beginning Clogging** **Tuesdays, September 3-24** — LSC2246

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, September 3-24** — LSC1315

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 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, September 3-24** — LSC1326

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: \$10 per session.

—Country Western Dancing—



***Country Couples** **Western Dance** **Beginner Level 1 & 2** **Mondays, September 9-30** — LSC2252

7:00 to 8:00 PM (KS). \$28 (four sessions). Instructors: **Jim & Jeanie Keener**. Western dancing is done to many types of music, country being the most popular. Many of the

dances are done in circles, including some of the dances at mixers. Instruction will be at a slower pace for beginners.

***Country Couples Western Dance** **Beginner/Intermediate Level 3 & 4** **Mondays, September 9-30** — LSC2253

6:00 to 7:00 PM (KS). \$28 (four sessions). Instructors: **Jim & Jeanie Keener**. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, and you are ready for more challenging dances, join us for a fun-filled hour of 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 "Another Song" and "Sleeping Child" (a partner line dance).

—Hula—



***Hula** **Thursdays, September 5-26** — LSC1379

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: **Pam Akina**. An ongoing class for hula dancers of all experience and skill levels. Come learn the beautiful dance of the Hawaiian islands. You will exercise the 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.



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—Jazz—

Jazz for Beginner*Thursdays, September 5-26 — LSC1391**

11:00 AM to 12:00 PM (KS). \$36 (four 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.

Jazz Performance*Tuesdays, September 3-24 — LSC1405**

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, September 5-26 — LSC1487**
9:00 to 10:00 AM (KS). \$28 (four sessions). Instructor: *Yvonne Krause-Schenck*
- ***Mondays, September 2-30 — LSC1412**
4:00 to 5:00 PM (KS). \$28 (four sessions, No Class September 16). 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, September 5-26 — LSC1587**
10:00 to 11:00 AM (KS). \$28 (four sessions). Instructor: *Yvonne Krause-Schenck*
- ***Fridays, September 6-27 — LSC1455**
2:00 to 3:00 PM (KS). \$28 (four sessions). Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- ***Thursdays, September 5-26 — LSC1443**
3:30 to 4:30 PM (KS). \$21 (three sessions, No Class September 19). 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, September 2-30 — LSC1499**
9:00 to 10:00 AM (KS). \$35 (five sessions). Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, September 4-25 — LSC1466**
9:00 to 10:00 AM (KS). \$28 (four sessions). Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session

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, September 4-25 — LSC1477**
10:00 to 11:00 AM (KS). \$28 (four sessions). Instructor: *Sandy Gardetto*
Vacation Drop-in: \$10 per session
- ***Mondays, September 2-30 — LSC1433**
5:00 to 6:00 PM (KS). \$28 (four sessions, No Class September 16). Instructor: *Cathy Paris*

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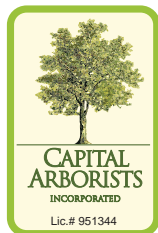


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Level 5 – Advanced

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, September 5-26 — LSC1421**
4:30 to 5:30 PM (KS). \$21 (three sessions, No Class September 19). Instructor: *Cathy Paris*

*Country Line Dancing Fridays, September 6-27 — LSC1359

3:00 to 4:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanie 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—

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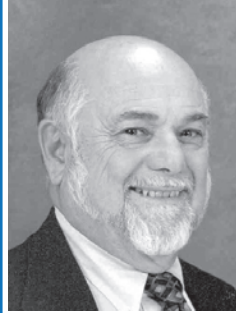
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Arthur Murray ballroom instructor, her exposure to the dance world was inevitable. She has been instructing for over 30 years. She is currently the Artistic Director of the Leighton Dance Project Tap Company and has served the Lincoln Hills community since 2000.



***Beginning Tap 2 Mondays, September 9-30 — LSC2281**

11:00 AM to 12:00 PM (KS). \$36 (four 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, September 3-24 — LSC1577**
10:00 to 11:00 AM (KS).
\$36 (four sessions).
- ***Mondays, September 9-30 — LSC2248**
10:00 to 11:00 AM (KS).
\$36 (four sessions).
- ***Thursdays, September 5-26 — LSC1509**
10:00 to 11:00 AM (KS).
\$36 (four sessions).

—West Coast Swing—



***West Coast Swing Intermediate / Beginner Wednesdays, September 11-25 — LSC1705**

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, September 16 — LSC2023**

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. 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, September 9-30 — LSC2249**

1:00 to 4:00 PM (KS). \$61 (four sessions). Supply fee: \$10 payable to instructor. Instructor: *Jim Fernandez*. Requirements: No open toe shoes. You will learn the technique of cutting glass, foiling, and soldering, along with safety and the proper use

of equipment. Create a beautiful butterfly suncatcher, 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. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 29 years of stained glass experience.



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Movies



History of Movie Musical Part 1 Wednesdays, September 25-October 16 — LSC2029

1:00 to 3:00 PM (KS). \$32 (four sessions). Instructor: **Ray Ashton**. We will journey through the history of the movie musical in this four-part, 16-class course that takes us from the first

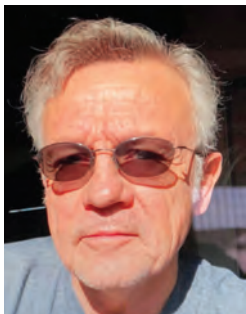
“talkie” musical in 1927, “The Jazz Singer” to the latest movie musicals of the 2010s.

History of Movie Musical Part 2 Wednesdays, October 30-November 20 — LSC2030

1:00 to 3:00 PM (KS). \$32 (four sessions). Instructor: **Ray Ashton**. Part 2 will focus on the studio system and the musical movie factory called MGM. We will also visit the other major studios and how they created their versions of the movie musical.

Music

—Guitar—



*Beginning Guitar Mondays, September 2-30 — LSC1623

8:00 to 9:30 AM (OC). \$60 (five 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 the Instructor:* Jon has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.



*Folk Guitar for Fun Folks 101 Beginner Level Tuesdays, September 3-24 — LSC1685

1:00 to 2:00 PM (KS). \$40 (four sessions). Instructor: **Darrell Effinger**. 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.

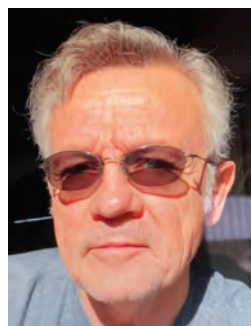


*Folk Guitar for Fun Folks 102 Intermediate Level Tuesdays, September 3 -24 — LSC1728

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

Instructor: **Darrell**

Effinger. 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.



*Intro to Swing Guitar Intermediate Level Wednesdays, September 4-25 — LSC1635

8:00 to 9:30 AM (KS). \$48 (four 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.

—Ukulele—



***Beginning Ukulele Mondays, September 9-30 — LSC2250**

10:00 to 11:30 AM (OC). \$48 (four 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. Open to new beginner students.

***Intermediate Ukulele Wednesdays, September 4-25 — LSC1647**

9:45 to 11:15 AM (KS). \$48 (four sessions). Instructor: *Jon Gowin*. This class is an intermediate Ukulele class and will be playing songs that progressively use a few more chords than beginners' class. We will continue to build on our chordal knowledge, and gradually bring in a greater variety of songs. We will bring in more songs in tablature and will incorporate some fingerpicking.

Personal Improvement

—Driving—



Two-day class! *AARP Driver Safety Training Thursday & Friday, September 12 & 13 — LSC2005

9:00 AM to 1:00 PM (OC). Fee \$25 (AARP member) or \$30 (non-member). Instructor:

Dotti 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.



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Sewing

—Certification—



Sewing Certification

Let's get sewing! Residents must be certified to use any of the sewing machines in the Sewing Room (OC). We offer Certification classes 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—



Mystery Quilt - "Snowbound in Valdez" Fridays, September 6 & 13 — LSC1954

1:00 to 4:00 PM (OC). \$60 (two sessions). Supply Fee: \$10 payable to instructor.

Instructor: *Betty Kisbey*. **Pre-**

requisite: Must be able to sew an accurate quarter inch seam allowance and know how to safely use a rotary cutter. You will be given only fabric and cutting requirements at registration. Pieces of the design will be given to you in steps throughout the class; the final quilt design will be revealed in the last session. Note: Pick up the "Snowbound in Valdez" pattern requirements and supply sheet at registration. Must have fabric chosen and cut before class.

Technology

—PC—



Windows 10 Basics Thursday & Friday, August 15 & 16 — LSC2002

9:30 AM to 12:00 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 your Windows 10, so it is the most optimum for you. If you have a portable

PC, bring it to class and learn with your device. Questions? Call Rita at 916-543-6962.

—Smart Phone and Tablets/Mac—



*iPhone Workshop Beyond the Basics Thursday, September 5 — LSC2251

9:00 AM to 12:00 PM (OC). \$35 + \$5 paid to instructor for class material. Instructor: *Andy Petro*. **Prerequisite:** Must know the basics of iPhone and have an iPhone 7, 7 Plus, 8, 8 Plus, iPhone X, XR, XS or XS Max and must be on iOS 12.3.1 or higher. Discover how to find your Apple devices and friends and learn to create and organize text messages. We will review how to get and use your iPhone User Guide and use the Books app, Wallet for Apply Pay and edit pictures in your iPhone Photos app. Bring your (*fully charged*) iPhone. Questions about the class? Call Andy Petro at 916-474-1544.



*Android Smart Phone Tips n' Tricks Friday, September 6 — LSC2254

9:00 to 11:00 AM (OC). \$20 + \$10 supply fee paid to instructor. Instructor: *Len Carniato*. The world is more & more using smartphones, and there are hun-

dreds of functions your smartphone is capable of, many of which you will find can enhance your lifestyle. Bring your Android Smartphone and learn to use many of the features and functions every Android Smart-phone has already built-in, plus those available from the Google Play Store. Learn how to access music, back up your photos, tune in radio stations, use GPS maps, and much more. **Prerequisite:** Attendees should already feel comfortable using basic smartphone functions.



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Jeannette Pyle

WellFit Manager

Jeannette.Pyle@sclhca.com

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

Our Fitness Centers carry a
variety of seasonal items and
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WellFit Orientations**Free Orientation: WellFit Staff**

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

- **Monday, August 26**
2:00 to 3:00 PM
Fitness Floor (OC)
- **Monday, September 10**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Wednesday, September 25**
3:00 to 4:00 PM
Fitness Floor (OC)
- **Thursday, August 22**
4:30 to 5:30 PM
Fitness Floor (KS)
- **Thursday, September 5**
4:30 to 5:30 PM
Fitness Floor (KS)
- **Tuesday, September 24**
3:00 to 4:00 PM
Fitness Floor (KS)

**WellFit Services Available to Assist You in
Furthering Your Health & Wellness****Bowenwork Services**

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues.

Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. **Rebecca Kang** is a Certified Bowen Practitioner. For your FREE Bowenwork Assessment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

**Nutrition Services**

**Private Nutritional Consulting,
Audrey Gould, RD/RDN, NTP**

Restorative Wellness is sold in three-month packages to help residents resolve specific health issues that cannot be solved in one session. The three-month nutrition package includes:

- A personalized assessment of any nutritional deficiencies and dysfunctions in your body.
- **Six hours of personalized nutrition consulting including a two-hour initial assessment.**
- Interpretation of laboratory values and/or food sensitivity panels (additional labs are optional and not part of the package price). A personalized program that will identify the areas and strategies for both the short-term and long-term goals.

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 August 17**



***Arthritis**
Tuesdays, September 3-24
Wednesdays, September 4-25
Thursdays, September 5-26
Fridays, September 6-27

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

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45. Instructor: **Dr. Richard Del Balso**. By adding Nordic Poles to your walking routine you will be able to incorporate 90% of your muscles in one exercise; burn up

to 46% more calories than walking without poles; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Please bring water as there will be walking outdoors. Walking poles are available for each class at no charge with the option to purchase at the final session.



Tennis Lessons
Sundays,
September 1-October 6
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.



***Hypnotic Journeys – Improve Your Well Being**
Thursday, September 5, 12, 19, and/or 26

9:00 to 10:30 AM, Heights (OC) (Take one or all four classes). \$20 per class. Instructor: **Kelley Moreno**. Imagine joining a hypnotic journey to sharpen your memory, relax, get relief from pain, anxiety, stress, and more! Each journey will be unique so you can enjoy one or all four classes - classes are led by Kelley Moreno - Certified Coach and Hypnotherapist.



***Sound Vibrational Baths**
Thursday, August 29

4:00 PM, Aerobics Room (OC) \$10. Instructor: **Terri Robers**. As featured in our July Spotlight On!

Come and benefit from sound vibrational therapy with the beautiful sounds of Tibetan Singing Bowls. This is a non guided sound vibrational meditation opportunity that we will offer once a month. Reap the benefits of this one of a kind class.

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, September 3-24**
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, September 3-24**
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.



***What to Read Into Yield-Curve Inversion...
Understanding This Classic Market Signal for
Recession with Russ Abbott
Tuesday, September 24**

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: **Russ Abbott**. The slope of the yield curve, or the differential between the yield of short-duration and long-duration Treasuries, has historically been a reliable predictor of recessions. Since 1970, there have been seven recessions, and each has been led by a yield-curve inversion. Come join us as we explore the current and historical state of the yield curve and how to interpret its effect on the economy and market performance.

Nutrition

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



**Produce with a Purpose: Water Infusions
Thursday, August 22**

4:00 to 6:00 PM, Multimedia (OC)
\$45. Instructor: **Kerin Gould**. So your doctor told

you to drink more water. It doesn't have to be boring and plain! This month: Water Infusions! Come and learn about staying hydrated, including foods that hydrate, and sample infusion waters. The light, clean taste, and inviting looks will make it a pleasure rather than a chore. This refreshment costs only pennies and a few minutes to make. Register at least 48 hours prior to class to receive a goodie bag of farm-fresh, pesticide-free produce, too!



***Produce with a Purpose: Heirloom Tomatoes Thursday, September 19**

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: Heirloom tomatoes! What does that title really mean, and why do they taste so superior? Can you grow your own? What health benefits do tomatoes provide? Enjoy a cooking demo and tomato-tasting, and boost your wellness! Register at least 48 hours prior to class to receive a goodie bag of farm-fresh, pesticide-free produce, too!

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.



***New! Traditional Shotokan Karate Saturdays, September 7-28**

11:30 AM to 12:30 PM, Aerobics Room (OC) \$25.

Instructor: **Al Trimarchi**. Al has over 45 years' experience teaching the JKA Shotokan style of traditional karate, one of the most widely practiced martial arts. This training has its feet firmly rooted in the traditions and skills of Japan's ancient martial arts while embracing the technical refinement made possible by the awareness of modern scientific knowledge. The practice of karate is a multi-faceted endeavor which offers many benefits and avenues of exploration to participants. This class will focus on the perfection of character through the perfection of technique.



Getting Your Stuff Together: Organizing Your Estate

Monday, September 30 and Tuesday, October 1

8:30 to 11:30 AM, \$30 for both sessions, + \$25 material fee paid to instructor on the first day of class. Instructor: **Marcia VanWagner**. **The unexpected happens unexpectedly.** Are you organized and ready? One of the greatest gifts you can leave your survivors is an organized estate. Estate planning is making decisions about accumulating, preserving, and distributing your "stuff." Estate organizing is getting it all in order, so your planning will be known, and your wishes carried out. Learn how to organize and preserve your personal papers and documents needed to operate your household if you become incapacitated or die tomorrow. Create your individual LegacyLedger™, your catalog of the legal, financial, and personal papers integral to your life. Be ready.



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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.

Danielle Merrill
Fitness Coordinator
Danielle.Merrill@sclhca.com



Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Danielle Merrill. 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 the class start date, no refunds. 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 that not all classes are eligible for drop-ins. Please see the descriptions of each class.



**SGT—Parkinson's Indoor Cycling
Wednesdays, September 4-25**

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. 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 Parkinson's Disease 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, September 6-27**

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four 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, September 5-26**

1:30 to 2:30 PM, Aerobics Room (KS). \$70 (four 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. 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,
September 4-30**

10:30 to 11:30 AM, Fitness floor (KS). \$135 (eight sessions). 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,
September 3-26**

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Torin Garza*. 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,
September 3-October 1**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 17). 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,
September 4-30

4:00 to 5:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructors: *Danielle Merrill*. 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, September 2-30

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—TGIF TRX & More L2
Fridays, September 6-27

7:15 to 8:15 AM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Renae Schmidt*. 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—Therapeutic Water Exercise L1
Fridays, September 6-27

12:30 to 1:30 PM, Indoor Pool (OC). \$70 (four sessions). Instructor: *Jen OrNSTEAD*. Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased

weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and Jen will assist you in/out of the pool. Jen is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel!

SGT—Posture, Core and Balance L1/2
Mondays & Wednesdays, September 4-October 2

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions; no class September 11). Instructor: *Danielle Merrill*. 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 the 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, September 4-30

2:00 to 3:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Danielle Merrill*. 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, September 3-26

3:00 to 4:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Merrill*. 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.

OC WellFit Class Schedule September 1-30, 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	Strictly Strength L3 - Katie	Step for All L2 - Kim	Barre L2/3 - Gretchen	
8:00	Strictly Strength L3 - Katie	Step for All L2 - Kim	Strictly Strength L3 - Katie	Step for All L2 - Kim		
9:00	Zumba L3 - Summer	Core & Strength L2 - Kim	Zumba L3 - Summer	Core & Strength L2 - Kim	20/20/20 L2/3 - Gretchen	Yoga Basics L1 - Amy/Sara
10:00	Slow Flow Yoga L2/3 - Katie	Yoga Flow L2 - Cynthia	Arthritis L1/2 - Linda	Yoga Flow L2 - Amy	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	Shotokan Karate L1/2 - New! Al
12:00	Yoga Stretch L1 - Julie	Rest Meditation and Yoga L1 - Iram	SGT - Posture, Core & Balance L1/2 - Renae	Yoga Stretch L1 - Julie	SGT - Posture, Core & Balance L1/2 - Renae	All Sunday classes have been moved to Kilağa
1:00	Chair with Flair L1 - Julie	1:30-2:30pm Chair Yoga L1 - Cassie	Chair with Flair L1 - Julie	Basic Chair L1 - Maria		
2:00	SGT - Balance & Fall Prevention L1 - Danielle		SGT - Balance & Fall Prevention L1 - Danielle			
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	TBA	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking
4:00	TBA	Activities	TBA	New! Sound Vibrational Bath - Terri	Activities	
5:00	TBA		Mixed Levels Yoga L1-3 - Sara			
5:30	TBA					
Group Exercise Classes (punch pass) \$4.50						
30 min Group Exercise Classes (Fast Pass) \$2.50						
All classes are subject to change without notice.				Wellness Classes (session based)		
All classes are 55 minutes, unless otherwise noted.				Small Group Training (session based)		

KS WellFit Class Schedule September 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:15-8:15am	7:15-8:15am SGT - Morning Bootcamp L2 Milly	Mixed Level Cycle L2/3 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Helena	SGT - TGIF TRX L2 - Renae		
7:30							
8:30	30 min. Spin L2/3- Gretchen	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Jeannette	Zumba L2/3 - Sharon	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Helena	
9:00	30 min. Core & Stretch L2/3 - Gretchen						9:00am Cardio Strength L3 - Kim
9:30	Cardio Strength L3 - Gretchen	Strictly Strength L2 - Linda	Cardio Strength L3 - Kate	Strictly Strength L2 - Linda	Cardio Strength L3 - Kate	Strictly Strength L2 - Helena	
10:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Gynthia	Strictly Strength L3 - Helena	Slow Flow L1/2 - Helena	10:00am Zumba L3 - Carrie
11:30	SGT - Posture, Core & Balance L1/2 - Danielle		SGT - Posture, Core & Balance L1/2 - Danielle		Waiban Gong L1 - Joan		
12:30	FREE! Try it out! Cycle & Strength 45 min	12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00		1:00pm Tai Chi L1 - Peil			SGT - ParkinsonsStrong Combo L1 - Milly		
1:30	Yoga Basics L1 - Amy	2:00pm Tai Chi L2 - Peil	SGT - Indoor Cycling for Parkinson's L1 - Milly	1:30-2:30pm SGT - ParkinsonsStrong L1 - Milly			
2:30							
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							
6:30							
<p>Group Exercise Classes (lunch 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 September 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>	OC	Water Works L2- <i>Marla</i>	OC	Water Works L2/3- <i>Jennifer</i>	OC	OC
8:30	Aqua Fitness L2/3- <i>Helena</i>	Seasonal! Outdoor Water Bootcamp L2- <i>Sharon</i>	Aqua Fitness L2- <i>Marla</i>	Seasonal! Outdoor Water Bootcamp L2- <i>Marla</i>	Aqua Intervals L3 - <i>Jennifer</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Jeannette</i>		
10:30	Aqua Intervals L2/3- <i>Sharon</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Annette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jeannette</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		(11:30am-12:15pm) AF Aqua L1- <i>Annette</i>		
12:30	Class Cancelled TBA				(12:30-1:30pm) SGT-Therapeutic Water Exercise L1		
2:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
4:00							
5:00	Total Body Conditioning L3 <i>Jeannette</i>		Total Body Conditioning L3 <i>Jeannette</i>				
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 September 1-30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>	OC	OC	OC	OC	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>	Pilates Bootcamp L1-L2 - <i>Julie</i>	
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Delphine</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>	Ref Basics L1-L2 <i>Julie</i>	
11:30	Pilates Bootcamp L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>		
12:00							
5:30	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
				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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Australia & South Pacific Cruise Offers:



28 Days | Sailing March 21, 2020

- 3/21 Fly to San Diego, California
- 3/21 Sail from San Diego, California
- 3/27 Hilo, Hawaii
- 3/28 Honolulu, Hawaii
- 3/29 Lahaina, Hawaii
- 4/2 Kiritimati, Christmas Island
- 4/4 & 4/5 Bora Bora, French Polynesia
- 4/6 Raiatea, Society Islands
- 4/7 Papeete, Tahiti
- 4/8 Moorea, French Polynesia
- 4/9 Fakarava, French Polynesia
- 4/11 Nuku Hiva, French Polynesia
- 4/18 San Diego, California

Interior Stateroom \$3299
 Ocean View Stateroom \$3699
 Balcony Stateroom \$4699

*Includes your cruise plus:
 Round Trip Airfare from Sacramento to
 San Diego; Shuttle Lincoln to SMF Airport.*

26 Days | September 28, 2019

- 9/28 Shuttle from Lincoln to port of SFO
- 9/28 Sail from San Francisco
- 10/3 Hilo, Hawaii
- 10/4 Honolulu, Hawaii
- 10/10 Bora Bora, French Polynesia
- 10/11 Papeete, Tahiti
- 10/14 Pago Pago, American Samoa
- 10/19 Auckland, New Zealand
- 10/20 Tauranga, New Zealand
- 10/21 Napier, New Zealand
- 10/22 Cruising Sounds, New Zealand
- 10/25 Sydney, Australia
- 10/25 Sydney flight to Sacramento
 Included. You may change the return
 date and stay longer in Australia.

Interior Stateroom \$4399
 Ocean View Stateroom \$4799
 Balcony Stateroom \$5999

*Includes your cruise plus:
 Shuttle Lincoln to SFO;
 Airfare from Sydney to SMF*

**Sea days between ports are not listed.*

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- 1/2 Fly to Sydney, Australia
- 1/4 Sail from Sydney, Australia
- 1/7 Milford Sound, New Zealand
 Cruising Fjordland National Park
- 1/8 Dunedin, New Zealand
- 1/9 Christchurch, New Zealand
- 1/10 Picton, New Zealand
- 1/11 Wellington, New Zealand
- 1/12 Napier, New Zealand
- 1/13 Tauranga, Rotorua, New Zealand
- 1/14 Auckland, New Zealand
- 1/15 Bay of Islands, New Zealand
- 1/18 Sydney, Australia

Interior Stateroom \$2999
 Ocean View Stateroom \$3199
 Balcony Stateroom \$3599

*Includes your cruise plus:
 Round Trip Airfare from
 Sacramento to Sydney;
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