

# COMPASS

Navigate Your Way Through Sun City Lincoln Hills



19 Aging: Is It Wise?

56 2019 SACS

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On the Cover - SACS, Photo by Klara Kleman  
Find the Dancing Snoopy



## Board of Directors' Report

### 20th Anniversary

*David Conner, President*

On this our 20th Anniversary it is timely to reveal some proposals and ideas that we have been working on in terms of feasibility, legal aspects, and advantages to our Association. Soon we will have an open discussion through the committees and workshops to increase the contribution into our Community Enhancement Fund from New Home Sales. There is also a lot of interest, and a great deal of research has been done in a study to pay off monies owed on the Solar/Parking installation with current CEF funds. There are no other substantial demands on the CEF account, and it replenishes rapidly with home sales being brisk even in traditionally slow months. There is discussion to formalize and regiment our selection of projects appearing on the reserve replacement list. In addition, a more stringent policy is needed to determine when funds should be used from the Reserve Fund. On June 11, we had our first Board of Directors Open Workshop, which was conducted much like a Town Hall Meeting. Based on popular demand, it was decided to continue the meetings on a monthly basis. The first meeting was a win for everyone, the residents, committees, staff, and Board of Directors. The meetings will be

held July, August and, September on the second Wednesday at 9:00 AM in the Ballroom (OC). At that point, we will evaluate attendance and useful discussion and determine whether to continue.

It is my observation that our members are enjoying the amenities, the concerts, the movies and all of it, and are having a grand summer. Our staff is doing fantastic and feeling more comfortable and enjoying their role in this festive atmosphere.

In the face of such vitality and tranquility, we do have a small contingent that is disenchanted and feel compelled to change our Association program while marginalizing and demeaning our committees, staff, and Board President. IT'S OKAY FOLKS; Please cool your anger. For almost every freedom there is a price, and from this common man, I promise we will more than endure. For all of you in the arena, I and many others appreciate your hard work and what you do. We were not endowed or entitled. We worked hard to get here. We are good people, and we deserve to enjoy our harborage and continue moving forward always.

Let's all enjoy the summer and this glorious place we call home!



*At the June meeting, the Board of Directors recognized the Compliance Committee for their service to the community. Pictured left to right: Harley Pinson, Viola Kuka, (Front: Lynne White / Back: Jim DeDeo), Pam Slagle, (Front: Vice Chair Marie Barnes / Back: Chair David Mateer). Not pictured: Fred Cianci.*

# Calendar of Events

July 18, 2019 – August 16, 2019

| Date    | Event                                | Page # |
|---------|--------------------------------------|--------|
| 7/18-20 | Golden Revue.....                    | 59     |
| 7/19    | Sip and Paint .....                  | 76     |
| 7/22    | Document Destruction.....            | 53     |
| 7/25    | Produce with a Purpose.....          | 93     |
| 7/26    | Zumba with your Grandkids.....       | 75     |
| 7/26    | Uptown Funk.....                     | 56     |
| 7/27    | Caddyshack - Movie .....             | 53     |
| 7/31    | Kiddie Card Making.....              | 75     |
| 7/31    | Sip and Paint with your Grandkids... | 75     |
| 8/3     | Stan and Ollie - Movie .....         | 53     |
| 8/5     | Stan and Ollie - Movie .....         | 53     |
| 8/6     | Coffee with the Mayor .....          | 53     |
| 8/6     | Glen Campbell Salute .....           | 59     |
| 8/8     | Senior Fraud Awareness .....         | 55     |
| 8/8     | Gmail .....                          | 88     |
| 8/9     | Silver Legacy .....                  | 63     |
| 8/13    | Ride to Walk.....                    | 55     |
| 8/14    | Compass Stuffing Party.....          | 21     |
| 8/15    | Legion of Honor .....                | 63     |
| 8/16    | Heart of Rock and Roll.....          | 56     |



## From the Executive Director's Desk

Chris O'Keefe, Executive Director,  
SCLH Community Association

Welcome to the July edition of the *Compass* Magazine! I want to start with kudos to Lavina Samoy, and Deborah Meyer, along with the entire concert series team for the success we have had to date with our Summer Amphitheater Concert Series. The Eagles concert drew over 1880 folks, making it the second highest attendance total ever for an outdoor concert at Lincoln Hills. The care and concern put in by our team towards making these concerts so special is evident in the fact that we have had four consecutive years of growth in attendance. The back story here is how well our team of volunteers and staff take care of our residents during these shows. The payoff is the positive responses we get from so many of you.

The 20th Anniversary is just around the corner, and the team is fully focused on delivering a great event that celebrates our community. This is a collaborative effort with many residents involved in the planning, and we can't wait for October to get here. One of the special items of note is a project that Gladding McBean is doing in honor of the event. While I cannot go into details, I can tell you that this project is spectacular, and highlights the relationship we have built with Gladding McBean over the years. Kudos to Deborah McIlvain, Cindy Davis, and the rest of the team that is working so hard on this project.

We learned recently that Lincoln Hills was awarded in 11 categories in the Best of Lincoln voting that took place earlier in the year. Our thanks go out to our residents and guests who voted for us, and to the team of volunteers and staff who make it happen. The number of wins is the highest ever, and we are grateful for your support.

The concerts, 20th Anniversary, and the awards illustrate a great point. Lincoln Hills isn't here just to hold meetings, enforce CC&R's, and collect dues, though we certainly do those things. Lincoln Hills is here to create memories. Whether it's a concert, a class, or a bus trip, our job, our reason for being here is to provide you with opportunities to create those memories that can make your lives, and the lives of your family and friends that much more meaningful and special. It's a privilege to serve you. See you in August!

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

The June Listening Post had around 60 residents in the house, and the highlight was me spilling coffee on myself. Thank God for the StainGuard fabric! We hit some highlights in regards to grazing and firebreak mowing, and I reminded folks that we are in great shape in regards to defensible spaces throughout the community.

We also addressed the likelihood of an extended (2-5 days) electrical outage taking place in Lincoln Hills. We are happy to note that this is not likely to occur for a number of reasons. Among them the fact that our utilities are run underground, and also because PG&E has options in our area to move power around the grid to maintain service. We have posted several eNews bulletins on this, and have provided links to helpful information on the PG&E website. We also have PG&E handouts at the Orchard Creek Lodge for anyone interested.

We reviewed the success of the Summer Concert Series, along with the successful Concours event. The concert on June 14, the Tribute to the Eagles, drew

the second highest attendance ever, and we expect another increase in growth for the concert series.

There was a brief discussion on the impact of minimum wage increases, and a slide was shown of an ad run by Red Robin for dishwashers, with a starting salary of \$14 per hour. This is more than most restaurants were paying for line cooks last year. It’s a sign of the times, and a challenge we must face, as we continue to strive to provide the highest service levels for our residents.

It was another great Listening Post, and I appreciate all that attended. We will have a special guest in July, and I hope you can find time in your schedule to attend. I always appreciate the feedback and information that is shared in these gatherings. It helps to make us better.

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

**Upcoming Association Meetings: July 15 – August 31**

|  |  |
|--|--|
| CCRC/Communication & Community Relations Committee Meeting | Tuesday, July 16, 9:30 AM                  |
| Listening Post   | Wednesday, July 17, 9:30 AM, P-Hall (KS)   |
| Golf Cart Registration                                     | Thursday, July 18, August 1 & 15, 9:00 AM  |
| Finance Committee Meeting                                  | Thursday, July 18, 9:00 AM, P-Hall (KS)    |
| ARC/Architectural Review Committee Meeting                 | Monday, July 22, 9:00 AM                   |
| Board of Directors Meeting                                 | Thursday, July 25, 9:00 AM, P-Hall (KS)    |
| Board of Directors Special Meeting                         | Thursday, July 25, 11:00 AM                |
| Board of Directors Executive Session                       | Thursday, July 25, 11:30 AM                |
| Properties Committee Meeting                               | Thursday, August 1, 9:00 AM, P-Hall (KS)   |
| Elections Committee Meeting                                | Friday, August 2, 10:00 AM                 |
| CCOC/Clubs & Community Organizations Committee Meeting     | Tuesday, August 6, 9:30 AM                 |
| Compliance Committee Meeting                               | Wednesday, August 7, 9:00 AM               |
| ARC/Architectural Review Committee Meeting                 | Monday, August 12, 9:00 AM                 |
| Board of Directors Open Workshop                           | Wednesday, August 14, 9:00 AM              |
| 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                 |

*Meetings in Orchard Creek Lodge unless noted otherwise.*



## Finance Committee Report The Budget Process (Part 1)

*Hans Fokkema, Finance Committee*

The 2019 budget included total expenditures of \$17,845,692, of which \$10,337,292 is funded through homeowner dues. That comes out to \$127 per month for each of us. While individual homeowners are mostly interested in this \$127 and how much that might increase during the next several years, the actual budgeting process involves a lot more than just dues.

The first thing to look at is the Reserve Study. We are in the process of strengthening reserves, and the current expectation is that for 2020, an additional \$2 in monthly homeowner contributions will be required.

The next consideration is to determine how much non-dues revenues can be generated and what the cost of sales was. Except for Facilities, every department does create revenue. For the 2019 budget that total revenue was \$7,508,400 with a cost of sales of \$2,217,690. Will we be able to do that again in 2020 or can we do better? The Finance Committee liaisons work closely with the department heads to come up with the most realistic revenue projections.

Before we look at the expense side of the budget, we first look at some general budget assumptions. For example:

- What are the salary increases mandated by state

law (e.g., minimum wage increases)? What impact will that have on our overall personnel cost and on costs charged to us by vendors?

- What are the anticipated changes for benefit costs, workers' compensation, and unemployment tax, if any?

- What are the anticipated utility rates for next year (electricity, natural gas, water)?

- Do we anticipate changes in our insurance rates?

The department heads then prepare an initial budget with help from the Finance Director and the Finance Committee liaison. Aside from the general assumptions, we also look at what the actual expenses were for the previous year and review if there are areas where costs can be reduced. One of the difficult questions is always whether by not spending money now, we may be forced to spend more in the future. For example, will deferring current maintenance provide us with net savings or materially drive up future costs?

After the initial budget preparation, there is a preliminary review with staff and representatives of the Finance Committee and the Board. After suggested adjustments are made, there will be formal budget workshops (see Part 2 next month).



## Update on Reserves

*Hans Fokkema, Finance Committee*

The April reserves update indicated that our 2019 reserve coverage percentage is expected to drop below 54 percent. Because that does not look like a positive trend, several people have asked why it would drop that much from the 59 percent anticipated in the 2018 study. The answer to that question is that in 2018, we spent \$1.2 million less than anticipated. That makes absolutely no logical sense, and it, therefore, needs to be explained.

The Davis-Stirling act requires that we calculate the funding percentage by dividing the fund balance at the end of the year into the amount that ideally should be in the reserves at the beginning of the year (called the Fully Funded Balance or FFB). The 2018 study projected the fund balance at the end of 2019 to be \$7.3 million and the FFB at the beginning of 2019 to be \$12.3 million for a coverage ratio of 59 percent.

Since we spent \$1.2 million less in 2018 than anticipated, those potential expenditures will move from 2018 to 2019 and as a result the FFB at the beginning of 2019 increases from \$12.3 million to \$13.5 million. However, since it is anticipated that we will now spend

that money in 2019, the fund balance at the end of 2019 will remain at \$7.3 million. That results in a coverage ratio of 54 percent (7.3 divided by 13.4) even if no other changes are made.

Even though it makes no sense that our funding percentage goes down if we are prudent and pay less than anticipated, the law does require us to calculate it that way. If the Davis-Stirling act had required us to follow the national standard for calculating the funding percentage (beginning fund balance divided by beginning FFB), the 2018 study would have shown a 2019 funding percentage of 62 percent, and by not spending the \$1.2 million it would increase to 65 percent. For this reason, when evaluating the quality of our reserves, we do not look just at the coverage percentage but also consider a number of other factors.

There are always changes that must be made at the annual update of our reserves, and we now anticipate the 2019 funding percentage to be around 57 percent and an increase in future years. Under the national standard, this would have been 64 percent. We did the right thing and are still more than adequately reserved.



## Architectural Review Committee

### Security Concerns

*Carole Dummett, Chair*

We are receiving many requests in reference to Security Cameras. Our current Design Guidelines requires all cameras to be installed under the eaves of the house. Many homeowners would like them to be more visible as a possible deterrent against breaking and entering. Our committee is evaluating this concern and will have a solution for homeowner evaluation. We are bound by many privacy laws, so all cameras must be adjusted to remain on the subject property.

What's exciting, the cameras today are small, inexpensive, easy to install, and can be monitored from your cell phone. You can also register them with the City of Lincoln Police Department, which is advantageous to the whole community. What a great resource for all of us.



Another new issue, generators. We recently learned from the City of Lincoln that temporary generators are permitted without City approval. The City is working on an ordinance update that will allow the installation of permanent emergency generators, they are not permitted at this time. Please watch for updates in our weekly eNews.

The Community Standards & ARC Application Class held twice a month has had very little resident response. Therefore, our last offered class was June 17 and is now permanently canceled. All questions and assistance are available through [arc@sclhca.com](mailto:arc@sclhca.com), [tonya.benitez@sclhca.com](mailto:tonya.benitez@sclhca.com), or 916-625-4008.

We appreciate residents reaching out to us with their concerns and will do our best to provide a quick response.



## Compliance Committee

### Fix It Right the First Time

*David Mateer, Chair*

When our car has a problem, we typically seek the assistance of a professional to correct the issue. We also hope they diagnose the problem correctly and fix it correctly the first time. This avoids spending extra time and dollars down the road. This concept also applies to making changes and correcting problems with our homes and landscaping.

Some of the very routine maintenance items such as having the lawn mowed, trimming bushes and refreshing bark as needed don't require a lot of extra thought. But they are important just the same to avoid problems.

However, some compliance items noted on properties require more evaluation before a fix can be performed. It is important to ensure you understand what is noted as the problem and the requested correction. Review the contents of the letter from Community Standards and your property yourself. If it is clear, this will help with the first step. If it is not clear, or you have questions about the problem, reach out to Community Standards to discuss the situation. The letters from Community Standards have also recently been revised to provide additional information on whether your corrective action typically requires approval from the Architectural Review

Committee (ARC) before taking action. For example, if it is necessary to change the amount or type of rock, ARC approval is required. If you are not sure if approval is needed for your planned work, again, reach out to Community Standards.

The Community Standards Department, the Compliance Committee, and ARC are all available to assist you. Should you be making some outside improvements to your property or correcting standards compliance items, there is assistance available to ensure you do the work right the first time. Community Standards is your first stop. Should it be about a standards violation that cannot be fully addressed over the phone or by visiting Community Standards, they can set up a site visit to review the problem and necessary corrective actions.

We appreciate your timely efforts to correct standards compliance items when they come up. There is sufficient time built into the practices to allow you to take time to fully understand the problem and to ensure the planned actions will correct the problem. In fact, should your corrective action require ARC approval, the time period to correct the problem is generally extended to be 90 days from the date of the ARC approval.



## Communications and Community Relations Committee

### CCRC – What We Do – Part 1

*Kent Noard, Chair*

As the name implies, the Communications and Community Relations Committee has multiple responsibilities. Over the next few months, I will highlight those individual tasks that the committee is responsible for.

As part of the community relations function, the committee has an underlying task force that is responsible for developing the Community Forums. These Forums are educational sessions on various subjects that are of interest to the community. Presentations range from health issues, history, travel, community issues (including sheep grazing and snakes), and many others. The speakers are experts in their respective fields, and past Forums have been well received. The sessions are well attended and are recorded by the Video Services Group for those of you who cannot attend in person.

The task force is made up of the following residents; Paul Gardner leads the task force, and until recently, was the committee representative until his term ended. Valerie Jordan is on the task force and also serves on the committee. Other task force members include Peter Beckett, Klara Kleman, Gail Marculescu, Bruce Ostertag, Al Roten, Debra Skolnick, Lynne Snyder,

and Shirley Windle. They are a dedicated bunch with varying backgrounds that lead to well-thought-out ideas for sessions and selection of speakers. They are to be commended for their efforts to provide this benefit to the community.

Although the schedule for the remainder of the year is complete, the task force continues to search for ideas for subjects and/or speakers. If you have a suggestion, contact the task force through Paul at [communityforums@sclhca.com](mailto:communityforums@sclhca.com). The subjects can be on mostly anything except political presentations and other subjects that may be considered too controversial.

On another note, the committee really needs volunteers to serve on the committee. We anticipate some exciting things happening in the coming months/years and could use the help. If at this time, you are not ready for a commitment to the committee, we can also use some help with various tasks that may arise. If this is more your style, I want to hear from you too. Contact me at [ccrc@sclhca.com](mailto:ccrc@sclhca.com).

Next month I will update the community on the New Resident Orientation and the Community Ambassador Program.



*Your Community Forum Task Force*



### Team Member of the Month Award – June 2019



Our “Team Member of the Month” is Jessica Galindez! Jessica joined our Administrative Department in February 2019. Here are just a few quotes shared by our staff:

*“In the short time that Jessica has been with us, she has excelled in her position. She is patient, friendly, and helpful to residents; always professional in her actions and appearance and asks questions and seeks support when needed.”*  
*“Jessica is a friendly face at the front desk. She is always very helpful and informative while registering residents!”*

We are delighted to have Jessica part of our Team, she provides outstanding customer service to our residents. Thank you, Jessica, for your dedication and hard work!



**Election News**

**Get Ready, Get Set, RUN for the Board!**

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

The Elections Committee will provide the following:

**Services for candidates:**

- **Candidate Information session** to help candidates know what to expect
- **Free photo opportunity** to use for publication materials
- **Free videotaping** of candidate comments and statements
- **Free *Compass* publication** of candidate statements
- **Sample Forum questions** available in Candidate Information Packet
- **Potential room availability** at no cost to candidates
- **Potential low campaign costs** due to mutual candidate agreements

| Date            | Day           | Event                           |
|-----------------|---------------|---------------------------------|
| <b>2019</b>     |               |                                 |
| September 4     | Wednesday     | 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  |
| <b>2020</b>     |               |                                 |
| 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                |



For more information contact:  
 Elections Committee  
[elections.committee@sclhca.com](mailto:elections.committee@sclhca.com)

**GET READY!**



Let us serve you with a view

## Meridians Restaurant & Bar

### Concert Drink Tickets!

Kristy Huskey,  
Director of Food & Beverage

Meridians Restaurant and the Lifestyle Desks are selling drink tickets for only \$6. Tickets are good for house wine, any beer, or 2 sodas. You can use the drink tickets at any outside concert bar, however if you want to skip the line, use the "Ticket Bar" located by the pool.

New Meridians wine list will be available August 1. This new wine list is based on feedback from our residents at the Wine Expo that was held on June 10. Stay tuned!

Don't forget about the concert morning breakfast. Meridians will be serving up a special breakfast buffet for you on concert mornings starting at 6:00 AM until 9:00 AM! Enjoy scrambled eggs with cheddar, breakfast potatoes, bacon, sausage, pancakes, fresh fruit, and coffee or orange juice for only \$8.99!



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

## Chef's Recipe of the Month:

### Summer Broccoli Salad

Be the hit at your  
National Night Out Potluck!

#### Ingredients

- 1 cup mayonnaise or reduced-fat mayonnaise
- 1/4 cup finely chopped red onion
- 1/2 cup raisins
- 3-5 tablespoons sugar
- 2 tablespoons vinegar
- 7 cups chopped fresh broccoli florets
- 1/2 cup sunflower seeds
- 8 slices bacon, crisp-cooked, drained and crumbled

#### Directions

1. In a large bowl, stir together the mayonnaise, onion, raisins, sugar, and vinegar. Add chopped broccoli and stir to coat. Cover and chill for at least 2 hours or up to 24 hours.
2. Just before serving, stir in sunflower seeds and bacon.

## The Communications Corner

### eNews

Jeff Caponera, Communications and IT Manager



Hello Lincoln Hills! It's July already; this year is moving along fast. In every New Resident Orientation, I always ask who has signed up for eNews and maybe, if lucky, one-quarter of the audience raises their hand. I always explain how important it is to sign up for eNews, that it is the main source of communication from the Association to you the residents.

eNews comes out daily; the *Compass* comes out once a month; the best way for you to stay up to date with everything going on in your community is to receive eNews directly to your email inbox. We have daily newsletters from each department:

- Monday – WellFit and Kilaga Springs Spa
- Tuesday – Food and Beverage
- Thursday – Lifestyle, Trips, and Entertainment
- Sunday – Full Association news

If you do not want a lot of emails, you can sign up for the Sunday eNews, which is a weekly recap of the

week's eNews along with new information.

It's easy to sign up, all you need to do is visit the resident website ([www.sclhresidents.com](http://www.sclhresidents.com)), at the top of the page click on the "Sign up for eNews" link. This link will open up a new page. You fill in your first, last name, and email address, select which newsletter you would like to receive and press sign up. It's that easy.



### 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)

If you use your smartphone to access the website, you can also scan the QR code below which will direct you to the signup page as well. We get you the information; it's up to you to read it. If you do not open your eNews emails after a while, Constant Contact puts your email in an inactive category, and you will stop receiving the newsletters. If this happens, please let us know, and we will reactivate your email address with Constant Contact.

I hope this is helpful, and if you have any questions, please feel free to reach out to me at [help.desk@sclhca.com](mailto:help.desk@sclhca.com).



## Lifestyle News & Happenings How Low Can You Go?

Lavina Samoy, Lifestyle Manager

Recently, I received questions regarding pricing for a trip and tickets to the concerts. How do we price the way we do? How low can we go? The price of a trip or tickets for any show is based on the total expenses related to the activity. For trips, the fee may include admission to the venue, bus cost, driver gratuity, parking, food, hotel, guides, etc. For entertainment, it can include artist fee, equipment/instrument rental, sounds, lights, hospitality, hotel, and other miscellaneous items. These expenses are added up and based on the target ticket sales; it is computed to meet our Board approved budget for the year. If we sell over the targeted number of tickets, extra revenue goes to our bottom line which allows us to introduce new programs, experiment with fresh ideas and offer activities that may be less popular or costs a little bit more. It ultimately translates to a benefit for the Association as a whole.

We compare prices to the outside market to remain competitive, if not lower, for our residents. Because we buy tickets early and in bulk for trips, we usually receive a discounted group rate for admission tickets, and these discounts are passed on to you. For example, on a recent trip to Bocelli,

we received a 27% discount on the ticket price for our seat location. You paid \$248 for the whole trip (bus, tip, and parking included) while others paid as much as \$241 for the tickets alone. Last April, we brought nationally recognized award-winning artist John Lloyd Young to our ballroom with ticket price going for less than half of what his ticket sells elsewhere.

Our program offerings are of the highest quality and the best there is. This is because of the hard work, passion, and commitment of our team of Coordinators: Deborah Meyer for Entertainment, Katrina Ferland for Trips, Betty Maxie for Classes and Shelvie Smith for Clubs and Room Booking.

I would like to recognize our Guest

Services Team for delivering exceptional service daily at the Front Desk and Karla Hearron, our Lifestyle Specialist who assists with everything.

So how low can we go? Rest assured that we ask that ourselves before we price our events mindful of value without compromising quality.

I start my 20th year with the Association come August 1, and I couldn't be more fortunate to be working with such a wonderful and kind team. Cheers to us!



*Lifestyle Coordinators at your service!  
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## The Spa at Kilaga Springs

### Fun in the Sun

Trudy Smith, Spa Manager

Unprotected exposure can lead to premature skin aging and wrinkling (photoaging), and suppression of the immune system. UVB rays will usually burn the superficial layers of your skin. It plays a key role in the development of skin cancer. The intensity of UVB rays varies by season, location, and time of day, with 10:00 AM to 2:00 PM being the peak hours. Sunburned skin doesn't just feel awful; it can cause permanent damage over time. Classic and Mineral Sunscreens are differentiated by their active sun protection ingredients. Classic sunscreens use chemical (also commonly referred to as "non-mineral" or "traditional") active ingredients designed to absorb and dissipate UVA/UVB rays, while Mineral Sunscreens use mineral (also commonly referred to as "physical") active ingredients such as Titanium Dioxide and Zinc Oxide to scatter and reflect UVA/UVB rays. You can find a wide variety of sunscreen products in the Spa Retail Boutique. We carry sunscreen products from our Image skincare line in "tinted" or "non-tinted," our Hydropeptide skin care line in "tinted" and "non-tinted," our Jane Iredale makeup line in mineral and Coola which has liquid, spray and mineral. Come try our samples!

In our skin care department, we are continuing



the **Summer Blueberry Refresher facial** for one more month. Increased sun exposure in the summer months can make it challenging to continuously protect against free radical damage. A potent dose of antioxidants with a nourishing blueberry and vitamin C peel offers complete rejuvenation and vitality. Calm any redness and release toxins while defending against UV rays and improving the overall radiance of your

skin. For an ultimate treatment, we include an uplifting eye treatment and boost with an LED Light therapy session. After just one treatment, the skin is calm, nourished, and radiant.

In our massage department, due to popular demand, we are continuing our **Body Bliss** body treatment special. This is a full body exfoliation with a magnesium-rich cream that aids in relieving anxiety and tension in nerves and muscles. Magnesium is crucial to every cell in the body and has been found to reduce migraines and increase energy. This is removed with warm water and toweled dry to complete the service with a full body massage using shea butter in the aromatherapy scent of your choice completing this deeply relaxing treatment, leaving your skin radiant.

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*

Do you struggle with anxiety, depression, pain, or sleep? If so, we are excited to offer a "Spotlight On" *iRest Yoga Nidra Meditation* and *Tibetan Singing Bowls*. Did you know iRest has proven to effectively support the healing process across a broad range of populations, including those with PTSD, chronic pain, sleep issues, high stress, depression, and anxiety? Singing Bowls have been used for centuries for healing and meditations. They have been shown to reduce stress, lower blood pressure, improve circulation, pain relief, and promote wellbeing. Don't miss this free forum our instructors will educate and demonstrate both of these practices. For more information, see our ad on page 89.



Summer inventory clearance sale is here! We are cleaning out the closets up to 50% off stop in and shop at both WellFit locations on July 15-31. All sales are final.

**QUESTIONS I GET ASKED:** "Who does what in the WellFit department?" Next couple of issues I will be writing about the management team and what they actually do here! Jeannette Pyle WellFit Manager has been in the health and fitness industry 20 plus years,

and she knows how to teach pretty much any type of exercise class that is out there – WOW! She is also SCLH certified CPR instructor teaching classes to our employees and clubs. Jeannette went to school to pursue nutrition but soon discovered her true passion was fitness. Originally from San Jose, she moved up to this area to raise her family and is the proud mother of 4 adult children (I know she does not look old enough) and enjoys hiking and family time. She has been at Lincoln Hills for five years, starting as our Fitness Coordinator. Two years ago, Jeannette was promoted to Manager and took over the Wellness programming such as meditation, nutrition-based programs, Bowen Therapy, and more. She oversees approximately 80 aerobics classes, 22 Pilates Reformer classes, and ten small group training classes along with ten Personal trainers. When she is not teaching, you might find her in her office working on the next month's *Compass*, handling sub requests, payroll, budget reporting, and researching to make sure we stay current in providing a diversified program that fits the needs of our population. We are so lucky to have Jeannette and all of her talents!

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## Red, White, and Blue Celebrations Continue!

*Teresa Tanin, Neighborhood Watch*

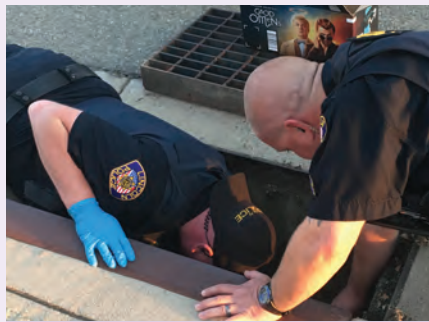
Neighborhoods will unite August 6 for National Night Out and proudly display the colors of bravery, freedom, and justice—red, white, and blue. Tuesday, August 6, we continue to honor those who keep us safe and free, which include our local police and fire personnel.

If you sign up for National Night Out, you can request a visit from our police, fire, or city officials, and thank them personally for responding to our residents' needs. Don't miss out—sign up now! Contact Pauline Watson, NNO Coordinator, 916-543-8436, for event details.

A wonderful example of local law enforcement responding to our needs was recently observed in the rescue of our resident baby quail. The size of cotton balls, these baby quail didn't have a chance until Officer Scott Goin and Detective

Matt Williamson opened up a street grate on Longspur Loop to lift the babies out of harm's way. Prompted by the frantic calls of the mom and dad quail pacing back and forth near the grate, a neighbor called the Lincoln Police, and they quickly responded thanks to a quiet window in their day. Many neighbors observed the rescue, including Maria Herrera, retired law enforcement. She had previously rescued quail on her own street and volunteered to remain on duty after dark to make sure there were no baby stragglers. Thank you Maria, and to all who helped, especially our Lincoln police. We thank you for coming to the rescue of our neighborhood residents—all of them!

Please contact [www.wildlifeheritage.org](http://www.wildlifeheritage.org) to have a small animal grate screen installed – donations welcome.



*Lincoln police rescue the baby quail.*



*rescued!*



*Detective Williamson*

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## Chasing Gold in the Sierra

Richard Pearl, Roving Reporter

The hearty gold miners of yore have come and gone, now replaced with new California gold – tourists.

This trek will take you back in time (in California, ancient time is 150 years ago) and can last from one long day to nearly a week.

The Gold Trail stretches along State Highway 49 from Nevada City to Sonora (you can actually



Where it all began

go further north, and further south but the Auburn south route is the most popular). Along the route, you will see history, unique lodging, fun restaurants, and wineries. And it all starts right at our doorstep.

Start at the Claude Chana (the discoverer of gold in the Auburn area) statue in Auburn. It's easy to spot as it stands 15 feet tall and weighs 45 tons. Continue through town on the Lincoln Highway to the sign for 49 South. You'll thread down to, and cross, the American River and then it's on to Placerville (about 40 minutes, unless you stop at one or two wineries.) There's a state park in Coloma, the birthplace of gold discovery in California.



Claude Chana

In the Placerville area, there are many

restaurants, but two of the most fun ones are Hog Wild BBQ and Poor Red's in Diamond Springs. Poor Red's is a former right-of passage facility, and still sells more Galliano liquor than anyone else in the world...in their famous *Golden Cadillac*.


Continue down Highway 49 driving through Plymouth – some great wineries in this area – Amador City, Sutter Creek, Jackson, San Andreas, Angels Camp (home of Mark Twain's jumping frog) and Columbia. Columbia is indicative of these gold-rush towns that rose from nowhere, cycled from boom to bust, and are now thriving on the tourists who come to explore the history and have a great time. The city of Sonora is known as the "Queen of the Southern Mines" and is named after the miners from Sonora, Mexico; it is the eleventh incorporated city in California. This was a VERY rough town in the late 19th century.



Gold Country Map

A little off the beaten track is Chinese Camp. While the current population is only about 120 persons, at one time the town was home to over 4,000 persons, many of whom were Chinese working the gold claims.

From Sonora, you can continue south to Yosemite National Park, or backtrack to Angels Camp where you can pick up Highway 4 east to Highway 99 and back home to Lincoln in 2.5 hours.



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## Unearth Your Roots

Linda Lucchetti, Roving Reporter

Perhaps one of the most memorable episodes of the popular TV comedy series "Everybody Loves Raymond" depicts Ray Barone helping his daughter with a school project about their ancestry. After much research, Ray proudly locates his family's longest living relative, Aunt Serina of Italy. He sends her a letter, but Serina, thinking it's an invitation to visit, soon arrives on the Barone doorstep in Long Island, New York.

Aunt Serina is wonderful, cooking and baking delicious Italian food and delicacies, and fitting right in with the family. But, after viewing the Barone's old family photos, she asks in Italian, "Who are these people?" A disappointing discovery is made; Aunt Serina is not their relative after all!

Could this comedy of errors occur? With technology, the internet, and a plethora of programs, the ability to find our true origins may be at its peak.

Just a few years ago, genealogy was recognized as the second most popular hobby in the United States. Television ads for Ancestry.com and 23andMe, two giants in the field, cite easy methods for DNA testing available at our fingertips, although for a price. Today, discovering relatives from centuries ago may only be a cheek swab away.

Why the budding popularity? As is noted, the

advent of the internet has certainly paved the way. Data and records are quickly stored and easily retrievable. Research capability has become more sophisticated.

There are additional reasons for genealogical interest: learning more about one's ethnicity; acquiring information to pass to future generations; locating biological relatives; and, identifying medical conditions that might be inherited, to name a few.

However, for many, "shaking" their family tree is just plain fun and fascinating.

This July 4, we celebrated our nation's 243rd birthday. Since the 1600s, immigrants have traveled from distant continents to put down roots here. Tracing our ancestors' treks from Europe, Africa, or Asia is mind-blowing!

Although there are multitudes of genealogy websites, books, and free resources, perhaps nothing is more authentic than conversation. I regret not having communicated more often with my grandparents, who came from Poland. I would now know so much more about them.

Additional avenues to consider today include interviewing relatives, video- or audio-taping them as they speak about their memories, preserving their photos, and writing our own memoirs to pass on. Priceless stories can flourish on the branches of a family tree.



*Unearth the roots of your family tree*

## Did You Know?



That it is illegal to fish in the waters within Lincoln Hills, including the golf course ponds. The only exception is the catch and release fishing at Angler's Cove. If you see any illegally fishing please contact Security at 916-771-7185. Debris left behind? Please contact Erik Rosales at 916-645-4500. Please help protect our local wildlife from discarded tackle and other debris left behind.



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## Aging: Is it Wise?

Shirley Schultz, *Roving Reporter*

Given the alternative to not aging at all, maybe the question should be, "Are you aging wisely?" If we are not aging wisely, then how are we aging? "Wise" has been described as being knowledgeable, experienced, using good judgment, and foresighted. The long list of opposites for "wise" includes: careless, foolish, ignorant, uneducated, uninformed, unrealistic, and stupid. Surely each of us wants to age wisely.

Life-long learning is key to aging wisely and must become our reality. Whoever said, "Aging is not for sissies," was a wise person, because there are predictable challenges to aging which we cannot avoid. Being prepared for these challenges is a life task. Most of us have the same basic questions, but each person has to discover which answers best fit themselves, and make plans accordingly. Because change is constant, we have to regularly review these answers and plans and update them. So what are some of these questions?

- Are my Will, my Advance Directive for Health Care, and my Power of Attorney up to date? Have I done my estate planning and organizing?
- What can I do so I will not outlive my money?
- Where will I live if I cannot safely live where I do now?
- Who will speak for me if I am unable to speak for myself?
- Who knows where to find my financial and legal documents and my passwords?
- Who will help me and care for me if I am unable to do so myself?
- How will I get out and around if I can no longer drive?
- What are my end-of-life wishes, and how do I want to say goodbye?

The 2019 startup of the **Wise Aging Support Group** is evidence that many fellow residents are asking the questions and searching for answers. With more presentations to come, two important resources have recently been presented:

1. **Neighbors InDeed**, an all-volunteer organization of residents, provides free information and referral services, "Handy Helpers" to come to your home to help with certain tasks, and medical equipment loans in time of need. 916-223-2763.

2. **Senior Peer Counseling** is a free, in-home, trained- peer support program available to over-55 Placer County residents addressing many age-related issues such as loneliness. 916-787-8859.

*"By failing to prepare, you are preparing to fail."*  
Benjamin Franklin.



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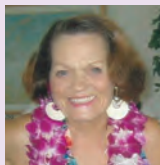
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## In Memoriam



### Ellen "Lorraine" Dalzell

Lorraine was born in Montana and married her high school sweetheart. When her husband was sent to Ft. Lewis in Washington, she worked as a typist, then was a Bell telephone operator. She obtained her cosmetology license and operated a Merle Norman Beauty Salon in San Carlos. Then she obtained her Real Estate License, which led her throughout California. She and her second husband lived in an over 55 community in Hemet before moving here. She enjoyed tennis, golf, bowling, bocce, gardening, and spending time with her family. She is missed by her daughter, four step-children, three grandchildren and five great-grandchildren.



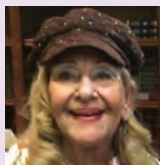
### Wendy Ann Miller Slater

Born in Ohio, Wendy grew up in Wilmette, Illinois. She graduated from Monmouth College with a business degree. She met her husband, Keith while working for a Department Store. They moved to Roseville and Wendy worked for Weinstock's, managing the Arden Fair and Country Club stores. She changed careers in 1991 and founded Aspen TypoGraphix Services where she published the *Compass* Magazine for Lincoln Hills for 18 years. Wendy was an animal rights activist and adopted many animals. She loved being with friends, drinking wine, and playing board games. Most memorable about Wendy was her bright eyes and wide smile! She loved hearing about others and is dearly missed by her husband, sister, and many others.



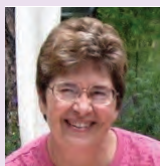
### Robert "Bob" Williams

An Army veteran, Bob grew up in Montana and Bakersfield, California. He worked as a Criminal Investigation Agent in the Army and then worked for Contra Costa County as a fingerprint examiner. He was also a policeman for the Oakland Police Department for 20 years. After September 11, 2001, he was assigned to the security group to protect Secretary of Defense, Dick Cheney. For over ten years Bob worked at our golf club repairing carts. He was a member of the Men's Golf Club and was an excellent golfer. He is deeply missed by his wife Donna, family, and many friends.



### Robin Crosby

Known as the Energizer Bunny, Robin grew up in Detroit, Michigan. After college, she was a volunteer, a wife, mother of six, and helped her husband run a farm and a business. She worked in sales and marketing and assisted with bridal and business expos in the Sacramento area. After losing her husband, she married Richard and moved here. Robin is best known for her trips that she planned taking groups on adventures far and near. She was active in the Big History group, NEV group, Singles, and the Shalom Social Group. She is survived by four children, eighteen grandchildren, three great-grandchildren, two sisters, and a brother. A Celebration of Life will be held on August 10, 2019, at KS at 10:30 AM.



### Margaret "Peggy" Blakeley

Peggy grew up in San Mateo, California and went on to be a scholar, an avid reader, and a teacher. She studied Journalism and English, graduating magna cum laude from Occidental College in Los Angeles. After raising her children, she went back to teaching English and Journalism in Visalia, California. She traveled throughout the world, loved History and Shakespeare, but she especially loved family gatherings and spending time with grandchildren. She is survived by her husband Bob, two children and four grandchildren.



### Betty Ruth (Morton) Aust

Her whole life, Betty delighted people around her with love, joy, and music. She was a proficient dancer and an avid bicyclist. She retired from IBM in San Jose, California, married Tom and moved here. She is survived by her husband, four children, six grandchildren, and three great-grandchildren. Betty will be remembered at a Memoriam Service at Kilaga Springs Lodge on Saturday, August 17, 2019, at 1:00 PM. All friends are welcome to come and share in her memories.

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



## 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](http://sclhresidents.com)>Library>Forms>Resident Forms).

*Cheers to 20 Years!*



**Bingo in the Ballroom**  
July 25

**Launch Party**  
August 8

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## Club News



### Amateur Radio

Amateur Radio is fun, start-up costs are low, the entry process is easy, and the rewards are priceless. You can do it! Your first step is to pass the Technician Exam and be issued an FCC license and call sign. The Amateur Radio Relay League (ARRL) makes the process easy. They publish study guides and put all possible tests online for practice. (<http://www.arrl.org/getting-your-technician-license>) We can advise you on the best handheld starter radio to buy; the costs range from \$40.00 to \$175.00. Come to one of our Monday night meetings, and we will help you start the process. The ARG meets at 6:30 PM, every Monday at the South Lincoln Hills Entry Facility. Come on down!

**Contact: Jim Darby 916-408-8599**  
**Website: [www.lharg.us](http://www.lharg.us)**



### Antiques Appreciation

The August 5 meeting will feature a presentation by several of our members on vintage Art Pottery from Roseville, Ohio and Staffordshire, England. Also, a member will present a

collection of Lemon Reamers. Our members will be interested in the history of Art Pottery. Many of us may ask, what is a Lemon Reamer? We meet in the Heights and Gables Room (OC). Meetings are on the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at the Meridians. **Contact: Pat LePage 916-543-9564, [jplepage2396@gmail.com](mailto:jplepage2396@gmail.com)**



### Astronomy

Wednesday, August 7 – meeting will be held at the Sierra College Planetarium. Professor David Dunn will give a presentation on “Black Holes.” Rides will be available. There will be a \$5.00 per person charge, and seating is limited. Contact John Combes at ([jncombes@aol.com](mailto:jncombes@aol.com)) or 916-408-7432 if you plan to attend.



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](mailto:mlewis_cc@sbcglobal.net)) for more information.

Thursday, August 22 – Community Star Party sponsored by the Lincoln Hills Astronomy Group at the Sports Pavilion. The

event starts at 8:30 PM contact Bob Collins at ([bobpcoll@community.net.com](mailto:bobpcoll@community.net.com)) for more information. Visit our website for more information.

**Contact: Ron Yelton 916-587-3384, [ryelton660@aol.com](mailto:ryelton660@aol.com)**  
**Website: [www.lharg.org](http://www.lharg.org)**



### Ballroom Dance

The hot days of summer are here, which means it is way too hot to be outdoors in the middle of the day. Don't dismay; you can still get great exercise, have fun, and stay cool while learning Ballroom dances. Cha is offered July 16, followed by the American



Camille Grabowski and Art Fluter

Tango July 23, 30, August 6 and 13. There will be no classes on August 20 and 27.

Mark your calendars for Hot August Nights, Saturday, August 3, 6:00 to 9:00 PM at the Kilaga Lodge.

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**

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**Billiards**

We offer tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, and advanced. Please join us in the fun! With the chance of meeting



1st Margie Kim, 2nd Bill Kim, Lisa Pabst

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

Contact: Tony Felice 916-955-0501, [atfelice3@gmail.com](mailto:atfelice3@gmail.com)



**Bird**

Friday, July 26, we will make a day trip to Effie Yeaw Nature Center in Carmichael. This educational facility offers 100-acres of riparian woodlands with walking trails and a Visitor Center with exhibits on the natural and cultural history of the Lower



Wilson's Snipe, one of the birds seen in Sierra Valley

American River.

In late May some of our group traveled to Sierra Valley and Sierra City. During the two days, 72 species of birds were seen. Some of these were the American Dipper, White-headed Woodpeckers, and three of the Grebes: Clark's, Pied Billed and Western.

August is a quiet month for our group, so no monthly meeting or field trips are planned. We look forward to seeing everyone on the second Monday of September for our first fall meeting.

Contact: Sal Acosta 843-991-5188, [quailrun@wavecable.com](mailto:quailrun@wavecable.com)  
Website: [www.lhbirders.org](http://www.lhbirders.org)



**Bocce Ball, Mad Hatters**

We were formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday morning at 10:00 AM. Beginning in

May we start our Thursday Bocce sessions at 8:00 AM. The Mad Hatters Bocce group is open to all Lincoln Hills residents. We play to a



This is Bob. One of our club contact people.

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: Bob Vincent 916-543-0543, [pmac1411@aol.com](mailto:pmac1411@aol.com)  
Website: <https://sclhresidents.com/group/pages/bocce-ball-group>



**Book, OC**

Rocket Men by Robert Kurson is our non-fiction selection for July 18. We meet at 1:00 PM in the Multipurpose Room (OC).

Remember 1968? Tet. Assassinations. Riots. Chicago Convention. Arguably, among the worst years in American history. Until Apollo 8 was launched. The first human flight to the moon. Remember not knowing what might happen on the dark side of the moon? Remember worrying if the astronauts would still be alive after the first orbit? We will be talking about all of it. Come join

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us – especially, if you have some experience with NASA, rockets, outer space.

*The Invisible Library* by Genevieve Cogman - August 15. *The Things We Don't Say* by Ella Carey - September 19. *The Tea Girl of Hummingbird Lane* by Lisa See.  
**Contact:** [catsickle@gmail.com](mailto:catsickle@gmail.com)  
**Website:**  
[LHocbookgroup.blogspot.com](http://LHocbookgroup.blogspot.com) or  
[Wikiocbookgroup.pbwiki.com](http://Wikiocbookgroup.pbwiki.com)



**Bridge, Duplicate**

At one point or another, you probably enjoyed being part of some kind of competition. Competition is more fun if you actually win. Duplicate Bridge is a competitive sport. Besides winning, one of the benefits of our club is you can make new friends.

Joining a club offers the chance for regular activity. You can get very lethargic at times, especially in winter, and find leaving the house a lot of effort. The more you do, the more energy you have.



Barbara and Bud Hunt

Meet Barbara and Bud Hunt. Partners in life and partners at the bridge table!

Our games are played at Kilaga Springs, Wednesdays/Saturdays at 12:30 PM. Friday at 5:00 PM. Partners or questions, please visit our website.  
**Contact:** [Lynne White 916-253-9882](tel:916-253-9882),  
[Lynnewhite2000@yahoo.com](mailto:Lynnewhite2000@yahoo.com)  
**Website:**  
[www.bridgewebs.com/lincolnhills](http://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: May 23 - First: Carolyn/Bob Calmes with high round 1780; second: Lorraine Minke/Janet Pittenger; third: Nancy Turrini/Lydia King; fourth: Dee Cole/Ed Hartnett. June 6 - First: Patty/Frank Kamienski; second: Sharon Klotz/Barb Davis; third: Yvonne/Bob Jacobson; fourth: Didi Martin/Romayne Whittaker tied with Dee Cole/Ed Hartnett who had high round 1580. June 13 - First: Patty/Frank Kamienski; second: Kay/Ben Newton; third: Joanna/Alan Haselwood; fourth: Byron Hansen/John Butler. Gay Gladden/Susan Petersen had high round 1900. June 20 - First: Rose/Joe Phelan; second: John Butler/Byron Hansen with high round 1850 and grand slam; third: Wendy Wohl/

Greg Parker; fourth: Lydia King/Nancy Turrini. Reservations for second/fourth Thursday: Joanna/Alan Haselwood 916-209-3392.

**Contact: Reservations for first & third Thursday: Carla/Mark Green 916-844-5888**



**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 at 408-202-1865 to reserve a space. Winners from April to June are First Place: R. Madsen, T. McCusker, J. Phelan, M. Phillips, F. Hunt, J. Southard, P. Sanderson, B. Belknap, J. Griggs. Second Place: U. MacGarvey, Y. Jacobson, M. Green, P. Sanderson, B. Hansen, J. Deeley, J. Olson, J. Woodbury, A. Towers. Third Place: J. Woodbury, U. MacGarvey, J. Olson, D. Marchand, J. Beyer, R. Jensen, L. Scott, J. Kluball, J. Deeley. Fourth Place: B. Free, B. Hansen, E. Wilcox, R. Madsen (3 times), D. Marchand, V. Sitwala, F. Hunt. Our free ongoing bridge class is every Wednesday from 8:30 to 10:00 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](mailto:pam7NT@gmail.com)**

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Yes, he definitely had our backs!! Sy & Eleanor Inamine SCLH

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



Many more upon request

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## Bunco

In June, we welcomed four new players April Cederburg, Peggy Phillips, Gerry Bell, and Lorry Hillstead. The Cards Room (OC) was full of Bunco players, laughter and fun as the dice flew on tabletops and the traveling bear made the rounds before landing in Paulette's hands.

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! Bunco play is the third Thursday of the month in the Cards Room (OC). Play starts promptly at 9:00 AM.

June Winners: Most Buncos - Gari Lambert; Most Wins - Barbara Conner; Most Losses - Karen Anderson, 50/50 - Jean Abelle, Traveler - Paulette Rhoads. Next Bunco is Thursday, July 18.

**Contact: Kathy Sasabuchi**

**916-209-3089, ksasabu@icloud.com**



## Ceramic Arts

Are you looking for something fun to do? Come by the Ceramic Arts Room (OC) to see what's happening. Classes are Tuesdays and Thursdays with levels to meet everyone's needs. We have open studio on Friday afternoons for all residents. Saturday and Sundays are studio days for Ceramic Arts Group members. Sign up for a class and start enjoying the experience of working with clay. You may be surprised at how well you do at creating pieces in clay.

## Computers

### Apple Users



Mark your calendar for the LHAUG Annual Banquet, which will be from 5:00 to 8:00 PM on



*Ken Spencer presents on travel technology*

October 28, in the Ballroom (OC). The theme this year will be "Fall into Fall," and will include dinner, prizes, and fun! Seating is limited to the first 300 members, so get your tickets soon.

Two June presentations focused on travel. Ken Spencer discussed a vast array of travel technology, and Vicki White demonstrated how to use Numbers to create a packing list that will be useful for every trip you take. Also, Ken Silverman discussed some of the functions under the Apple logo in the menu bar. See the LHAUG website for videos of the presentations and more information about the banquet.

**Contact: Helen Rains**

**916-408-4505,**

**helen.lhaug@icloud.com**

**Website: www.lhaug.org**

## PC



Main meeting August 14, 6:30 PM, "Computers for Classrooms," was founded in Chico in 1991. We incorporated in 2001 as a 501(c)(3) non-profit and have distributed over 6,000 refurbished computers every year to schools and seniors. As a Microsoft Authorized Refurbisher, our refurbished computer systems are loaded with Microsoft Windows 10 and Microsoft Office. Learn about urban mining and the capturing of metals for reuse. Discover how batteries are sorted and managed so

that nothing goes to the landfill.

Find out why hospitals and government agencies are having CFC process



*Pat Furr*

their hard drives to provide the highest standards of data erasure or destruction by specialized equipment. Pat Furr presenter P-Hall (KS). Walk-In-Workshop August 20, 1:00 to 3:00 PM in the Computer Lab (OC).

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

**sclhcc@gmail.com**

**Website: SCLHCC.org**



## Country Couples

Our Boot Scootin' Luau Dance was very festive. So much fun to see all the bright Hawaiian shirts and colorful leis. Fresh pineapples decorated each table as the main centerpiece and were given away to lucky recipients as door prizes. The Hula Wahines gave us a surprise performance and actually persuaded some of our members to join them on the floor. Very impressive!



*Linda and Jay Tinsman, Jim and Shari Kiley*

We so appreciate all our volunteers, too numerous to mention in this article, and we thank you all for your hard work. If you would like to volunteer at our next dance, contact Sandy Manildi or Jim Christie. Only four months until the cruise. Don't miss the boat!

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### 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 players stay. Each player keeps track of his or her own score.

The weekly winners for May were Brian Yates, week one; Dan Q, week two; Rae Cook, week three and Sue Cirerol, week four. New players are always welcome!  
Contact: Don Lloyd 916-253-7614,  
[gryeagle1@hotmail.com](mailto:gryeagle1@hotmail.com)



### Cyclists

A reminder to take a look at our website, log on, and look around. There is lots of good information available for anyone who is a regular cyclist or those of you who are considering

getting back on a bike. We participated again in May is Bike Month. Even though we are a fairly small team and older riders, we did very well for ourselves. There were 48 cyclists who rode 590 trips and cycled 18,883 miles. Our top Female cyclist was Kathleen Spencer who rode 600 miles, and the top Male rider was Norm Beffert who rode 1,469 miles. Out of 4,506 riders and 209 teams, we ranked 13th in trips taken and 4th in miles ridden. Our summer picnic is on September 12.

Contact: Steve Valeriote  
916-408-5506,  
[jillsteval@gmail.com](mailto:jillsteval@gmail.com)  
Website: [lincolnhillscyclists.com](http://lincolnhillscyclists.com)



### Fishing

The fishing club is diverse; I mean by that statement it consists of many years of fishing experience and gender. Folks started fishing at age 6, and some started a few years back or this month. Folks have mentioned to me, "I always thought about it, but never had



Inspiring

the time, and now I do." To see the wonders of this state or other states and countries through fishing can be awe-inspiring. I enclose a picture to prove it.

Our members are always open to helping you reach your dream of fishing and improve your skill. Meetings are second Monday of the month, 7:00 PM, P-Hall (KS). To join the fishing club, contact Ralph at [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net).

Contact: Henry Sandigo  
415-716-0666, [hsandigo@icloud.com](mailto:hsandigo@icloud.com)



### Food Adventures

There's no summer slumber at Food Adventures Club. We've been busy with recent club lunch gatherings at Double Barrel Smokehouse, Pescatore Winery, and a very special full lunch with high tea and tour at Bywater Hollow Lavender Farm. We made our delicious salsa for the Lincoln Hills PACE Race Charity Event. At our monthly General Meeting,



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we learned about growing fresh produce and various fruits in Placer County and how to best shop local farmers' markets from long-time local farmer Gordon Poulsen, of Willow Creek Ranch in Penryn. We share information members gather from the 1200 or so small farms and ranches in Placer County. Monthly meetings are in P-Hall and Kilaga Kitchen on the fourth Mondays at 2:00 PM, household membership \$20.

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



### Garden

Fred Hoffman – aka Farmer Fred – (University of California Cooperative Extension Lifetime Master Gardener) is the guest speaker for the General Meeting, July 25, 2:00 PM, KS. "Building the Good Bug Hotel: How to Attract Beneficial Insects to your Garden!" Handouts will be available at check-in. Fred is the longtime host of the "KFBK Garden Show," Sundays 8:00 to 10:00 AM on News/Talk 1530 KFBK, and, since 1992, the producer and host of "Get Growing," heard each Sunday morning from



Fred Hoffman,  
aka-Farmer Fred

10:00 to 1:00 PM on Talk 650 KSTE, both in Sacramento.

For more local gardening information, visit his website, farmerfred.com. The Garden Group's website has a direct link to Farmer Fred's monthly garden task list!

**Contact: Lorraine Immel**  
916-434-2918,  
lorraineimmel@gmail.com  
Website: lhgardengroup.org



### Genealogy

The next presentation will be held on July 15, 6:30 to 7:30 PM at the Multi-Purpose Room (KS). We do not have a speaker in July. Instead, we enjoy a social with food and conversation. Come to enjoy the camaraderie of your fellow Lincoln Hills genealogists and network with common interests. We will hold a drawing for (3) Eastman's online Genealogy Newsletters. Join us.

**Contact: Barbara L. Branch**  
916-543-8219, drbabs@starstream.net



### Golf

#### Ladies XVIII

It was a Wacky Tacky Thursday, complete with a couple of contests, general meeting, and a fashion show. Captain McElroy and her Executive Board planned this day of fun on the Hills for about 48 gals. We played as teams, unbeknownst to the players and only counted our nets. We adjourned



Donna Brinkerhoff, Renee Honnoll and Donna McDonald sporting Wacky outfits

to a general meeting and winners were announced. The team that bested the rest was Orlove, Bedford, Sween, and Dong in a tiebreaker over Royball, Ramirez, McNiff, and Lilienthal. Third went to Koropp, Kuechle, Brinkerhoff, and Heckman. Fiddlesticks to short putts and such. McDonald took the prize for the wackiest outfit, a day at the beach. Last on the agenda was a fashion show featuring our members in ProShop attire.

**Contact: 916-409-0607,**  
clkoropp@att.net

### Lincsters

We held the 'Seniors Rule' tournament May 29. Approximately eighty-eight players participated. Play was on either the front or back of the Hills and was a non-postable game. Players were given a list of 'Senior Rules' which were designed to help older golfers. For example, Rule 4.C.7(h): If a putt passes over the top of the hole without dropping, it is deemed to have dropped.

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The Law of Gravity supersedes the rules of golf. Following the tournament, players gathered in the tent for lunch and awards. Awards were determined by random drawing. The tournament provided much enjoyment for those who participated. Upcoming events will be a General Meeting on June 29, and the Tin Cup FYOF Tournament on July 31.

**Contact: Alyce Stanwood**  
 916-645-1244, [alyce@stanwood.us](mailto:alyce@stanwood.us)  
 Website: [lincsters.com](http://lincsters.com)

### Golf Men's

Winning net score teams in the May 2 Man Scramble were: Jason Hong, Richard Long, Dennis Plattner, Larry Haden, Bob Arts, Paul Carr, James McCarthy, Bill Zeek, Ralph Johnson, Rudy Lapera. Gross winners were: Sylvan Braa, Keith Bergevin, Bill Haynes, Don Murray, Chuch Edmonds, Brin Wanzer, Mercer Tyson, George Wuschnig, Ray Engelhardt, Gary Wang. The Men's Club has a fun tournament per month, the Pinehurst tournament on July 9, will be a pick your partner tournament. The Four Man Scramble will be August 20, then the Memorial, Two Man Better Ball on September 16 and 17.

**Contact: Tom Traxel** 919 543-4965,  
[tom.traxel@sbcglobal.net](mailto:tom.traxel@sbcglobal.net)  
 Website: [mgclh.club](http://mgclh.club)



### Hiking & Walking

It's warm outside - stay hydrated. One rule of thumb is to drink a full glass of water before starting any activity and to pack enough water to drink during your activity. We offer walks and hikes that suit all skill levels. An easy rated hike is planned for Shirland Canal Trail (Auburn) July 23, moderate rated hikes include Winnemucca Lake (Carson Pass) July 18, Summit Lake (Boreal)



June Get Away at Gray Eagle Lodge

August 13, and Rattlesnake Bar (Folsom) August 29 and strenuous rated hikes include Rubicon Trail (Tahoe) August 1, and Showers Lake (Carson Pass) August 6. 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](http://www.lincolnhikers.org)



### Investors' Study

We meet Thursday, August 1 at 2:30 PM in P-Hall (KS). Russ Abbott has the whole meeting, so prepare your questions, concerns, insights, and participate actively in discus-



Gabiella Santos, our June speaker from JP Morgan.

sions. All residents are welcome. 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**  
 916-645-5600, [thenoons@att.net](mailto:thenoons@att.net)



### Lavender Friends

Mary Jo Semmelmayr has been bowling since her college days (she actually played on the bowling team at Cal State-Fresno). Now she bowls on a local league and periodically organizes bowling outings for the Lavender Friends Club. The

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Mary Jo Semmelmayr tries to pick up a spare

most recent one was at Strikes Unlimited in Rocklin, followed by happy hour there. "It's a very social thing," Mary Jo says of the sport. "You meet a lot of people. I've met life-long friends."

Lavender Friends serves the LGBT community in Lincoln Hills. See our website for more information about the club and activities.

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



Line Dance

What do we do with the line dance skills we are learning? After taking classes for a number of years, some members have joined dance groups to exhibit their talents, such as a group called "The Out of Line Dancers" and they perform at various senior facilities and nursing homes in the immediate area. Other ways are attending dance socials. There

is a social at the Veteran's Hall in Roseville on the third Friday evening of the month. A workshop entitled Oktoberfest will be held in Sacramento on October 5. So, these are a few suggestions to practice the skills we are acquiring and also a reminder that our next Line Dance Social will be held on Sunday, August 4, in the Ballroom (OC).

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



Mah Jongg, Chinese

If you're interested in starting the week off with some light-hearted fun, stimulation, challenge, and camaraderie, please join us on Monday morning to play Chinese Mah Jongg. It's easy to learn, somewhat addictive game played with a set of tiles. It must be fun because some of us have been playing here for over ten years!

We are already equipped with everything to play the game so just show up at the Cards Room (OC) a few minutes before 9:00 AM, introduce yourself, and we will be happy to teach you the game if it's new to you. Official play begins at 9:00 AM (promptness is highly encouraged) and continues until Noon. We hope to see you soon!

Contact: Randy Fong 916-543-5389,  
randy888@pacbell.net



Mah Jongg, National

Greetings, National Mah Jongg, is a fun game using 152 tiles. It relies on a healthy balance of skill and luck.



Penny shares her high scoring winning hand

Every game is different. We play on Tuesday afternoons in the Card Room (OC) from 12:15 to 4:00 PM. If you're thinking about giving the game a try stop by and see how it's played. It can be a little challenging to learn, but once you do, you'll be hooked. Free lessons start in the fall. If you know how to play just bring your 2019 card, a little bit of luck and join a table. Hope to see you next Tuesday.

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



Mixed Media

We are taking a break from our monthly meetings. Instead, during July and August come and play on your own mixed media art projects.

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Having fun with gelli plates at the June meeting

The Ceramics Room (OC) will be open July 17 and August 21 from 1:00 to 5:00 PM. So, come and enjoy yourself in the air-conditioned room while you create, have fun, and socialize. A challenge for July was already put out there to use red, white, and blue plus a stencil to create an art piece. If you have completed it or still wish to, we will share those at our next regular meeting, which will be September 18 at 1:00 PM in the Ceramics Room (OC). In September, we will also start collecting our \$15 yearly dues.

Contact: Nancy Griffin  
griffinnancy70@gmail.com



**Motorcycle**

On June 4, we attended the Lincoln Potters baseball game at McBean Park. Thank you to Chris and Jennifer Forsyth for arranging a



Riding to Engelbright Dam

great event! Road Captain Mike Smith led the club's June ride, heading to Engelbright Dam and on through the foothills to the Sizzler Restaurant in Auburn. On July 13, Road Captain John Milbauer will be leading a ride to Gardnerville, Nevada.

We have scheduled rides on the second Saturday of the month, March - November. If you like motorcycle touring and have a roadworthy motorcycle or trike - check us out! The RoadRunners meet on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC) The next meeting will be on July 25. "Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



**Movie Lovers**

We will not meet in August. (Please excuse the error in the June Compass regarding July meeting.) We take August off and look forward to the fall when the movies will start to

vie for Academy Award selections. All residents are welcome to join us this fall. Have a great summer. Contact: Cliff Roe 510-889-0265



**Music**

We met on Wednesday, June 26, with instruments and voices tuned up and ready to go. The Group's Opening number was "Walking After Midnight" made famous by Patsy Cline. Love was in the air as we sang



Rock'n Jam

our closing song, "That's Amore." Once again, our end of evening jam "Kansas City" gave players a chance to improvise. We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information.

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

Website: www.lincolnhillsmusicgroup.org

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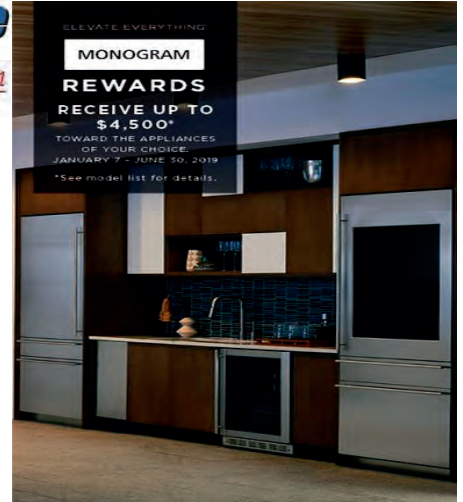
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### Needle Arts

Get ready; we go dark in July and August. That means no general meeting until September. Subgroups will still be active in July and August so check the calendar online or the Sewing Room window (OC) to see when meeting times are.



What a funny skit at our spring luncheon!

Community Service is one of our busiest subgroups. Recently they donated two quilts to SCLH Wellness and Fitness for the 20th Anniversary Celebration and Breast Cancer events, four children's quilts were given to Kidz Kounts, thirteen quilts were donated to UC Davis Children's Hospital and 30 tote bags were given to the Veterans Hospital in Livermore to go on the backs of veteran's wheelchairs. For more information about Needle Arts, check out our website.

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



### Neighborhood Watch

Nothing brings neighbors together more than

gathering to have a good time. The annual "National Night Out," August 6, gives us another opportunity to celebrate our community.

Although many mailbox captains take the initiative, any resident can organize a street or village social. This doesn't have to be a formal event. In the past, neighbors have gathered for drinks and appetizers, breakfast, pizza, ice cream, or potluck dinners. The chosen location may be inside a home, in a back/front yard or even an off-campus restaurant. What's important is not the fare or location, but neighbors are getting to know each other and greeting new residents.

One or more households can host a get-together, perhaps include surrounding streets. It's not too late to plan something.

Contact: [Linda Minor 707-235-0778](mailto:Linda_Minor_707-235-0778), [lindaminor@sbcglobal.net](mailto:lindaminor@sbcglobal.net)

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



### Painters

Member artist Susie Spotts will be showing her work at Buonarroti Ristorante in Lincoln starting in mid-July. Susie's use of vibrant

colors will be sure to catch the eye of diners.

Our July meeting will feature talented artist Dale Laitenen; Dale is well known for his work in watercolor as well as oil. He has been painting for over 40 years. He will be demonstrating his techniques for us at 2:00 PM on July 16 in the Fine Arts Room (OC).



Mark the date for "National Night Out."



Robert Dougherty, Ellie Barquist, Chris Olsen, Jeanne Knight

Our Art Challenge in May - depicting animals - had 4 winners: Robert Dougherty, Winners Circle 1st Place, Open Category Ellie Barquist 1st Place, Chris Olsen 2nd Place and Jeanne Knight 3rd place.

For more information, contact Joan.

Contact: [Joan Musillani 916-712-4393](mailto:Joan_Musillani_916-712-4393), [joanmusillani@gmail.com](mailto:joanmusillani@gmail.com)



### Paper Arts

"Demo Day" is returning August 1 during our regular meeting. This annual event is a wonderful way for fellow members to demonstrate their favorite things, like popular tools of the trade as well as techniques,

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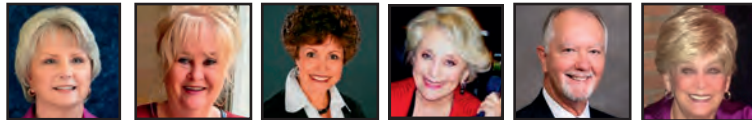
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Showing off our June project

old and new. You're sure to pick up some new ideas and tips for your creative cardmaking. There is no charge for this project.

There will be no Open Lab for members in July. The next one will be August 15 from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS). It's a good time for camaraderie and crafting. Are you a scrapbooker? We welcome you to 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



**Photography**

The Club's summer BBQ was held at the Sports Pavilion and, as expected, it was a sell-out. We enjoyed a mouth-watering meal of chicken and beef, salad, roasted garlic red potatoes, grilled veggies, and garlic bread catered by Bill's Chuckwagon. To keep the BBQ affordable for everyone, the Board picked up half the cost. Our photographer's works are currently on exhibit at The Simple Pleasures Restaurant in Lincoln. We appreciate and enjoy our long-standing relationship with Simple Pleasures; everyone is encouraged to enjoy a wonderful lunch and check out some stunning photography!

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



**Pickleball**

Want to dive right into pickleball? Now's your chance. All residents are invited to play in our fun Fall Classic tournament September 12-14. There will be brackets for newer players as well as divisions for more skilled competitors. Details are on our new Website, which

went live July 1.

Are you interested in learning to play? Stop by the courts most Wednesdays at 1:00 PM for a free introduction. Paddles provided. No reservations needed, but please wear tennis shoes.

Upcoming: Our members-only ice cream get-together on August 7 and a benefit mixer for Canine Companions for Independence on September 7. Also, Oktoberfest party October 3 and Holiday Gala December 11.

Contact: Mike Gardner 916-834-6549, pickleballmike1@gmail.com  
Website: https://lhpbclub.com/



**Players**

Our next Free Readers Theatre performances are scheduled for Saturday, August 10 and Sunday, August 11. Nick Gerenday will be directing Fred Ekman's "Happy Trails," and Producer Paul Gardner will direct Damon Runyan's, "Princess O'Hara." Don't miss these funny and exciting plays!

Our November production, "Magic Moments-The Golden Age of Television," audition dates are August 6 and 7 at 6:00 PM in the Fine Arts Room (OC). Show dates are November 21, 22, 23, and 24, 2019. Singers, actors, dancers are encouraged to audition!

Guests are always welcome to

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**Poker**

We play a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, starting 4:45 to 8:30 PM in Multipurpose Room and we play a variety of five-card and seven-card poker games, including Omaha, Stud and Draw. All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (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 Group Members have now completed 2019 Rallies to Southern CA and Arizona, Solvang, and Santa Cruz. In June our Members headed out for a multi-part trip from Oregon, to Couer d'Alene, Idaho, and onward to the famous Calgary Stampede in Canada.

There's more for the summer and fall. Plus, planning for 2020 and 2021 is underway. All Rallies include lots of fun dinners, happy hours, golf, and trips to museums, theaters, and anything else the participants dream up.

We meet in the Placer Room (KS) at 4:30 PM on the second Thursday of each month to discuss up-coming Rallies; gain RV education, and socialize together. Residents with an interest in RVing are welcome to visit, meet new friends, and share in the joys of RV Travel.

**Contact: Steve Beede**  
 916-752-6972, [sjbeede@att.net](mailto:sjbeede@att.net)  
**Website: [www.lhrvg.com](http://www.lhrvg.com)**



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

The school year has come to a close. Teachers, students, and volunteers are taking a break and preparing for the fall. SCHOOLS is looking forward to greeting returning volunteers and meeting the new enthusiastic recruits.

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 to find information about the program, including each school's web site, quotes from teachers and volunteers, and photos of volunteers



*Diane Leonardini in Ms. Burke's Pre-K class at Coppin Elementary*

in the classroom. Call today for further information. Contact: Cyndi Colloton (Elementary) or Irma Mendez (High School) at [jmeidm@aol.com](mailto:jmeidm@aol.com).

**Contact: Cyndi Colloton**  
[ccolloton@yahoo.com](mailto:ccolloton@yahoo.com),  
**Website: [schoolssuncity.org](http://schoolssuncity.org)**



**Scrabble**

Every Monday afternoon, a group of Scrabble enthusiasts meets at 1:00 PM in the Card Room (OC) for a friendly game or games of Scrabble. We usually have three or four tables with from 2-4 players at each table. All the materials are provided, and all levels of experience are welcome. Come beat the heat and try out Scrabble.



**Singles**

We are headed to Roseville for Dining Out at the Claim Jumper on Thursday, July 18 at 4:30 PM. Our Social at 6:00 PM Thursday, July 25

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will be held in the Ballroom (OC). At 4:00 PM on Thursday, August 1, we will enjoy Cocktail Time at Sully's in Rocklin. Member's birthdays will be celebrated on Sunday, August 4 at 4:00 PM in the Sports Bar (OC). The Activities Meeting will be on Tuesday, August 6 at 4:30 PM in the Ceramics Room (OC). On Thursday, August 8 at 6:00 PM in the Ballroom (OC) join us for our Business Meeting. The Second Saturday breakfast will be at Meridians (OC) on August 10 at 9:00 AM. On Thursday, August 15, at 4:30 PM Dining Out will be at Skipolini's.

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



**Softball**

Carolyn Properties maintains their grasp on first place with Coldwell Banker Sun Ridge close behind. The battle is literally heating up as we enter the last third of our season. We are reducing the number of games played to avoid the heat. Beginning July 29, the last game of the day will be 12:30 PM. Beginning August 3, the last game will be 11:00 AM. We had a very successful Hot Dog Day in June with over \$2500 raised which will be used for our Christmas season donations to local kid's programs. Thanks to all the volunteers and customers for their support.

Special upcoming events – Hot Dog Day, Monday, July 29, 10:00 AM to 2:00 PM. Come Join Us. Playoffs begin August 19.

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



**Sports Car**

Our club's membership is very active this year with over 15 tours, several social events, plus the "Third Thursday" impromptu rides. Good friends getting together is the best! A cool ride to Tahoe is what is needed for the summer days. We will visit the Vikingholm at Emerald Bay with a special tour, including appetizers and wine.



Fun at Potters game!

Someplace we have not visited before is the Haggin Museum at Stockton which Sunset Magazine calls one of the gems of California. Lunch at Lodi and visit to a winery will complete the day.

A favorite is the BMR Racing Tour in Roseville. Bill McAnally

walks us through his garage full of car bodies and engines all the while explaining the ins and outs of racing.

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



**Sun City Squares**

Square Dancing is really a lot of fun! If you have an interest in learning how to square dance, or if you are just curious, please come and check us out. 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. Sun City Squares welcomes singles as well as couples, so please come and join us for some beautiful dancing!

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



**Swimmers & Water Walkers**

Our Co-Chairperson, Darlene Ford, was a teacher for 37 years and still loves to read. She retired to Lincoln Hills and has become a passionate water walker.

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Darlene wanted to sponsor low-income or foster children with swim lessons plus provide swimsuits and towels. Through Lincoln's Lighthouse, Darlene has met a family in Lincoln with three foster children. She says the children are very cute and want to learn. She hopes to expand that program to others.



Bob LeRoy and Darlene Ford, Club Co-Chairpersons

Darlene has a plot in the Lincoln Community Garden and what she doesn't use she takes to the local food bank. She shares her enthusiasm for our OC and KS pools and encourages everyone to come enjoy the facilities and meet other pool users. When you see her, say hi.

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



**Table Tennis**

We began with three players at Orchard Creek in 2000. In 2001 Alan Kiist joined the group, and club historian, Tim Frank, joined a year later. In 2005 play moved to Kilaga Springs, and Alan Kiisk set up the first steering committee and bylaws. Also, Alan was instrumental in

designing the lighting to enhance play in the Multipurpose Room (KS). The club roster now numbers 237. All skill levels are welcome at five corresponding tables. A good competitive balance adds to the fun. Free lessons and loaner paddles are available. Also, a robot practice machine is available on Fridays. Play times are Sundays, 9:00 AM to closing except for the first Sunday when play commences at 12:30 PM, Tuesdays, 6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM.

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



**Tap Company**

Our members enjoyed a delicious luncheon at the Timbers on June 13. Presentation of the new slate of officers was made, and voting will take place later in the month. President: Frima Stewart; Vice President: Louise Seidenverg; Treasurer: Wendy Jean Iannico; Secretary: Freddie Dempster. Discussion included ideas for the 2020 show and a new type



Enjoying the luncheon

of dance class to begin when all the approvals are finished. Stay tuned for further news on these issues.

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



**Tennis**

Our Lincoln Hills Ladies USTA 65+ team won the Sacramento area championship and went on to play at the Northern California Sectional Championships in June. They played teams from the East Bay, Marin, and South Bay. The team was captained by Helen Berott and sponsored by Siino's Grill here in Lincoln. Helen said, "Tough competition and great fun for all!"



Team Picture wearing their shirts sponsored by Siino's

Pictured L-R: Katie Didion, Dotty Brown, Cathy Vaillencourt, Pietrina Magna, Marilyn Duncan, Sue Huskey, Paula Dwelly, BJ White, Captain Helen Berott, Lisa Snapp, Chris Feusahrens, Co-Captain Sue Favela, Terri Miladinovich. Not pictured Theresa Warren.

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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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Social drop-in is Wednesday & Saturday from 8:00 to 10:00 AM. Open to all Lincoln Hills residents. Note: Changes to the 2019 Calendar of events. Check the website.

Contact: Linda Burke 916-209-3463, [scteam10s@aol.com](mailto:scteam10s@aol.com)  
Website: <http://sclhtg.com>



### Vaudeville

The Golden Revue Vaudeville Show is days away. We sold out last year, and you don't want to miss this great show. There are only a few more days left to purchase your tickets for only \$12. We have a little bit of everything in this variety show, and we are sure you will be happily entertained. Dates for our show will be Thursday, July 18 at 6:00 PM, Friday, July 19 at 6:00 PM, and Saturday, July 20 with two shows at 2:00 and 6:00 PM. All performances are at P-Hall (KS).

Contact: Yvonne K. Schenck 916-408-2040, [ykrause@yahoo.com](mailto:ykrause@yahoo.com)



John Baarts and Lynn Sotir



### Water Volleyball

Our membership has reached 120. On June 23 from 5:30 to 7:30 PM the Orchard Creek Lap Pool will host Summer Outdoor Volleyball games. Members can mix and mingle with all levels of players using the Red Ball. Great outdoor fun for members and family spectators. The Recreational Committee's proposal for Competitive Level Team Play was approved by the Steering Committee on June 11. Information on the ranking process will be available to members on the website, whiteboard at Kilaga Springs and Facebook Group. The website sign up for team play has received positive feedback. Thank you to all team players for embracing this new process. Interested residents can use the club website for additional information.

Contact: Rosemary Elston 916-474-1610, [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com)  
Website: [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com)



### Woodcarvers

Each year, several of our woodcarvers enter their work into the Sacramento's Capital Woodcarver's Association show. This year was no different, with entries of caricatures, relief, and bark carving. Our Lincoln Hills woodcarvers club members did

very well, receiving first, second, or third place ribbons in advanced or novice levels. You will now have an opportunity to see these winning carvings as they will be shown in the Orchard Creek display windows from July 10 until September 10. So stop by and take a look at our work! Remember, if you're interested in woodcarving, you can join us, get support, guidance, and tools, while working with a very nice group of people. We meet on Wednesday from 1:00 to 4:00 PM in the Sierra Room (KS).

Contact: Lionel Rainman 916-253-9534, [lrainman1414@yahoo.com](mailto:lrainman1414@yahoo.com)



### Writers

Writers are not only sweating from the three-digit temperatures, but also over the blank page in front of them. Let's see, shall it be a poem? An essay? A memoir? Something funny? Something sad? Comments about something I heard or saw? The second, fourth, and fifth Monday evenings are when this group of intrepid writers meet. Come join them in the Ceramics Room (OC) at 6:30 PM. You may even get an idea or two to fill up that blank page.

Contact: Frederica B. Dempster 916-253-9734, [fredeedee@gmail.com](mailto:fredeedee@gmail.com)



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## Support Group News

### Alzheimer's-Dementia Caregiver's Support

I read an article last year about Caregivers needing to recognize that Dementia is not their fault (or the patient's fault either, for that matter). Caregivers tend to blame themselves for not being able to figure out how to manage the strangeness of the disease and stress that accompanies the effort. Alzheimer's caregivers have new and different prob-



Road signs of Dementia

lems all the time – they just keep coming. Repetitiveness, repetitiveness, and more repetitiveness. Issues with bathing, taking meds, driving, sundowning, paranoia, forgetfulness, yada, yada, yada. Our group is designed to provide you with both peer and professional methods and strategies to cope with the bizarre Alzheimer's world that you, your diagnosed loved one, and your family now live in. You're not entirely alone. Others can help. Join us.  
**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



A few friends out to lunch.

meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is August 14. 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 Red Robin, Wednesday, July 31 at 11:30 AM. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



### Bosom Buddies

Because of the heat and vacation plans, Bosom Buddies doesn't hold a meeting in July. Still, members are busy preparing for the annual "Relay for Life" cancer fundraiser to be held at the Auburn Fairgrounds August 10 and 11. This year's theme is "Lights, Camera, Action," and our tent will be decorated in Hollywood style. The "Relay"



Gold stars will adorn our tent at the "Relay."

is always a fun event full of games and activities. For more information, call Peggy Ryan at 916-408-0599.

Our August 8 meeting will be the "Officer's Luncheon" at the Timbers, Sun City Roseville. At that time, we'll thank our outgoing officers and welcome new ones. Information and food choices will be in the next pink bulletin.

Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment.  
**Contact: Marianne Smith 916-408-1818**



### Family Mental Illness Support Group

Our support group meets on the second Friday of each month at 2:00 PM. We are a small, informal group. 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](http://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 and ebook.

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



### Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from

7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA 95630. Follow the signs to the appropriate meeting room. A Gambler's Anonymous meeting is held concurrently in another room. Call or text Kay F. for more information.

Contact: Kay F. 916-204-1624

Website:

www.gam-anon-loomis.com



### Glaucoma Support Group

Welcome Back from Summer! Our group will meet on September 11, at 4:00 PM in the Multimedia Room (OC). If you are on medication for Glaucoma and did some traveling over the summer, how did you manage to transport your drops? Traveling with the need for medications that may require refrigeration can be quite a challenge. Please come and share with others the special tricks you have learned to make traveling easier. For additional Information, please contact Bonnie.

Contact: Bonnie Dale 916-543-2133,

Bjdale@aol.com



### Hearing Impaired Support Group

We will have our next meeting on July 25 in the Multi-purpose Room (OC) from 2:30

to 4:30 PM. Speakers will be Jeffrey Klus, who will demonstrate in-home looping systems, and Andy Petro, who will discuss increasing the efficiency of our iPhones. Last month, MaryKay Therres presented a demonstration of MedEl cochlear implants. Please contact Donna Szabados if you plan to attend so that adequate seating can be arranged.



### Low Vision Support Group

Meeting – Tuesday, August 6, 2:00 to 4:00 PM, Fine Arts Room (OC). Registered Occupational Therapist and Director of Clinical Services at Society for the Blind, Toni Boom, will discuss therapies and other Low Vision Clinic services that are available. Learn how you can identify your “blind spots” and adjust the way you see things. Toni has office hours at both the Roseville and Sacramento locations.

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/>.

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



### 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 August, we will have a speaker discuss housing options for seniors. Come and 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 August 5. For information contact Jane.

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

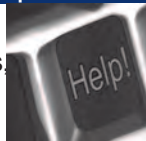
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## Bulletin Board

### A Course in Miracles

The book "A Course in Miracles" has been called the most important expression of spiritual consciousness of our time. It has been translated into twenty-seven languages and has sold over two million copies. In this study group, we discuss the main themes of the book to assist in not only understanding the principles of the teaching but also their application toward its goal of "the attainment of inner peace." We meet on the first and third Mondays in the afternoon. Call Alexandra for more information at 916-409-5253.

### 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](http://www.lh-airportco-op.org) or contact Barb Iniguez at 916-408-7812.

### Cloggers

As we think about our nation's founding in 1776 and our blessed history of freedom, here is an interesting fact about the Clogging dance. As the Appalachians were settled in the mid-1700s by the Irish, Scottish, English and Dutch-Germans, the folk and step dances of each area met and combined in an impromptu foot-tapping style, the beginning of clog dancing as we know it today.

### You Are Invited to Attend:

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

- **Thursday, July 18, 8:00 AM** – Ansel Park – Solarium
- **Wednesday, July 24, 9:00 AM** – Eskaton – Solarium
- **Monday, July 29, 11:00 AM** – Nautilus Society – Oaks (OC)
- **Wednesday, July 31, 10:00 AM** – Law Office of Robert Ash Seminar – Heights (OC)

Accompanied by rousing fiddle and bluegrass music, clogging was a means of personal expression in a land of new-found freedoms. For more information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

### Craft Beer Enthusiasts

Are you interested in joining a club where the meeting agenda consists of talking to your friends and drinking beer? Then you may want to consider getting added to our e-mail distribution list. We meet on the third Thursday of the month at a local tap room, brewery, or good happy hour location. Previous non-Thursday activities have included visits to breweries (Old Republic, Crooked Lane, Dueling Dogs), visits to tap rooms, and bottle shares at members' homes. If you are interested, please contact Phil Hermanson at 530-320-7469 or [philhermanson1@gmail.com](mailto:philhermanson1@gmail.com). Wine lovers are welcome but must be accompanied by a beer geek.

### Italian Club

Join us on August 15 for a humorous take on the age-old

Shakes-pearean tragedy of feuds and love. How will this version end? Will the 72-year-old Romeo and Juliet live happily ever after? Or, will it end in tragedy again? This is a must-see you don't want to miss. Look for information on the website and sign up by August 6. If you are a Lincoln Hills resident of Italian heritage, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org) and learn more about us and the upcoming events. Want to join? Contact Sandi Graham, membership at 916-826-5711.

### Kiwanis Club of Lincoln

Is holding its 11th Annual Benefit Dinner/Dance August 10, at the McBean Pavilion. **Boot Scootin' Saturday Night** promises to be a fun-filled event, complete with BBQ, prizes, raffles, silent and live auctions, country music and old-fashioned fun! Tickets are \$50 per person and may be purchased through Gail Cirata at 916-253-7755 or Susan Platt at 916-397-0850. Online purchase is also available at [www.lincolнкиwanis.org/benefit](http://www.lincolнкиwanis.org/benefit). All proceeds are to benefit the youth of Lincoln. So... get out your

boots and cowboy hats and join in the celebration.

**Lincoln Police Department  
Volunteer Program – Patrol**

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

**Open Play Games**

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays

between 8:30 and 11:30 AM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

**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 to 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.

**Shalom Social Group**

The Shalom Social Group is growing, in both membership and range of activities. We had 107 people at our annual picnic in June. Our Bagel Talk event will be July 21 at OC. Our sports

participation continues to grow: twice monthly ping pong and bocce ball play, billiards every other Tuesday at Kilaga, and bowling play began in June. Our Men’s Group will meet August 11 with a speaker on drug interactions. Our focus is on Jewish history, culture, and food, but membership is open to all. For more information, please contact Joanne Levy at 508-333-8590.

**Sons In Retirement Branch 13**

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, July 16 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.



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## Community Perks



**Farmers Market**  
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8:00 AM to Noon  
Fitness Parking Lot  
(OC)—**Free**

Live healthy and support your local farmers! Fresh 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, August 6, 10:00 AM  
Sierra Room (KS)—**Free**

To find out more about what is happening in the City of Lincoln, Join the Mayor at this informal coffee. 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.



**Document Destruction**  
Monday, July 22  
10:00 AM to Noon  
Fitness Center Parking  
Lot (OC)

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



**KS Classic Movie**  
**Caddyshack (1980)**  
Saturday, July 27  
1:30 PM Screening—**Free**

P-Hall (KS) Rated R, 99 minutes, Comedy/Sport. An exclusive golf course has to deal with a brash new member and a destructive dancing gopher. Starring Chevy Chase, Rodney Dangerfield, and Bill Murray.

**STAN & OLLIE**



**2 Showings!**  
**Stan and Ollie (2018)**  
Saturday, August 3  
6:00 PM Screening—**Free**  
Monday, August 5  
1:30 PM Screening—**Free**  
P-Hall (KS) Rated PG, 98

minutes, Biography/Comedy/Drama. Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song – a grueling theater tour of post-war Britain. Starring Steve Coogan and John C. Reilly.



**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!



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

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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## Financing Options Available



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

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

## Complimentary LASIK Consultations

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

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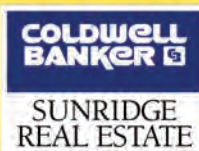
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## Lincoln Hills Community Forums

*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](mailto:communityforums@sclhca.com).*



### Senior Fraud Awareness Thursday, August 8, 12:00 PM, P-Hall (KS)—Free

Darrell Early is currently a Criminal Investigative Auditor with the California Department of Justice. Darrell's work involves investigating all types of financial crimes (fraud, embezzlement, investment schemes, elder abuse, money laundering, bribery, and public corruption). Darrell will be presenting information on how to avoid becoming a victim of financial fraud. His educational background includes a bachelor's degree in accounting and an MBA with a concentration in finance degree. Darrell is a former IRS Agent and is currently a Certified Fraud Examiner (CFE) certified by the Association of Certified Fraud Examiners (ACFE).



### 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.



### Ride to Walk Tuesday, August 13, 10:00 AM, P-Hall (KS)—Free

Dr. Kristine Corn, PT, MSPT, DPT is the founder and Executive Director of Ride To Walk and owner of Sierra Pediatric Physical Therapy Clinic. She will be visiting Lincoln Hills to discuss her passion for helping children and adults, with a wide range of physical, cognitive, and/or emotional disabilities benefit from therapeutic horseback riding. She treats children from birth to adult with brain injuries from birth, accidents, and genetic disorders. Her passion is helping these children reach their greatest potential. Please join us to discover how therapeutic horseback riding improves neurological and motor functioning off the horse and in these individuals daily life.

### Upcoming Events

- **Alzheimer's Association**, Wednesday, September 4, 9:00 AM, P-Hall (KS)—Free
- **Helping a Grandchild with Learning Disabilities (LD) and/or Attention Deficit Hyperactivity Disorder (ADHD)**, Thursday, September 12, 2:00 PM, P-Hall (KS)—Free
- **Regenerative Therapy**, Wednesday, September 25, 7:00 PM, Ballroom (OC)—Free
- **African Travelogue**, Monday, October 21, 2:00 PM, P-Hall (KS)—Free
- **Modoc Nation**, Thursday, November 14, 12:00 PM, P-Hall (KS)—Free

**T**he Summer Series is off to a good start! We still have five 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!

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



**UPTOWN FUNK: Tribute to Bruno Mars**  
**Friday, July 26 – LSE173**  
**General Admission – \$21**

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



**THE HEART OF ROCK AND ROLL: A Tribute to Huey Lewis & The News**  
**Friday, August 16 – LSE174**  
**General Admission – \$21**

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



**Jim Curry's TRIBUTE to the MUSIC OF JOHN DENVER**  
**Friday, August 23 – LSE175**  
**General Admission – \$23**

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



**SURF'S UP: A Beach Boys Tribute... and More**  
**Friday, September 6 – LSE176**  
**General Admission – \$22**

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



**David Victor's SUPERGROUP**  
**Friday, September 20 – LSE177**  
**General Admission – \$23**

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



## 2019 Summer Amphitheater Concert Series Guidelines

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

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

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

**Dancing:** Dancing in front of the raised stage is permitted. This

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

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

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

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

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

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

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

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

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

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Jazz Band presents**

# Shiny Stockings

Featuring Meloney Collins

PERFORMING: CARAVAN | STARDUST | AT LAST  
SING, SING SING | A TISKET A TASKET | AND MORE!

**Thursday, August 29  
Concert at 7:00 PM  
Ballroom (OC)**

**Reserved Seating: \$23  
General Admission: \$20  
Event Code: LSE167**



The Side Street Strutters' award-winning musical arrangements and showmanship is complemented by Meloney Collins' sultry personality and soulful voice to create a musical theater experience of timeless melodies. Collins has performed with Burt Bacharach, John Tesh, and Julie Andrews.

**Tickets available at the Lifestyle Desk (OC/KS) and at [SCLHResidents.com](http://SCLHResidents.com)**



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

## Entertainment

\*Indicates new performances on sale July 17

### —Club Performances—



**The Golden Revue**  
Vaudeville  
Variety Show  
Thursday, July 18,  
6:00 PM, P-Hall (KS)  
— **LSE185**  
Friday, July 19,  
6:00 PM, P-Hall (KS)  
— **LSE186**  
Saturday, July 20,  
2:00 PM, P-Hall (KS)  
— **LSE187**

Saturday, July 20, 6:00 PM, P-Hall (KS) — **LSE188**  
Reserved Seating \$12

The Vaudeville Troupe will present their annual variety show with acts ranging from song and dance to comedy plus much, much more. This show is geared toward a variety of acts that will guarantee to entertain every member of the audience. Get your tickets early for the show is sure to sell out.

### —Concerts—

**Summer Amphitheater Concert Series**  
**Uptown Funk: Tribute to Bruno Mars**  
Friday, July 26, 7:30 PM, Amphitheater (OC)  
— **LSE173**

General Admission – \$21  
See page 56 for details.



**Rhinestone:**  
A Salute to the  
Songs & Career  
of Glen Campbell  
Performed by  
Andy Kahrs  
Tuesday, August 6,  
7:00 PM, P-Hall (KS)  
— **LSE190**  
Reserved Section  
Seating \$24

Save \$1 on purchases of \$4 or more at KS Cafe.

www.sclhresidents.com

Born and raised in Atlanta, GA, Andy Kahrs has never strayed from the soulful bends and warm twang of the music that sparked his desire to pick up a guitar and start writing music at age 15. A recent move to Nashville has deepened his commitment to his Southern roots and now, at age 29, a seasoned blend of blues, country, and bluegrass can be heard in his music. He feels privileged to present the music and memories of Glen Campbell and to carry on the legacy of this music legend.

### 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." Collins 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.



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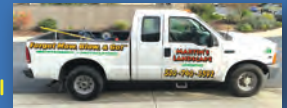
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**Summer Amphitheater Concert Series**  
**David Victor's SUPERGROUP**  
 Friday, September 20, 7:30 PM, Amphitheater (OC)  
 — **LSE177**  
 General Admission – \$23  
 See page 56 for details.



**\*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, enjoyable, and entertaining evening.

—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 July 17

**Day Trips**

—Casino/Races—



**Reno Silver Legacy — Hot August Nights**  
**Friday, August 9 — LST258**  
**\$41**

Enjoy a day trip to Hot August Nights in downtown Reno! Visit the Silver Legacy Hotel & Casino and receive \$10 gaming credit & \$3 food credit. Try your luck at the slots or check out classic cars and vendors outside in the blocked off streets. It's a day to do as you wish with plenty of indoor options including the National Automobile Museum and Big Boy's Toy Store at the Reno Events Center. Wheels roll from OC at 8:00 AM, return ~ 6:45 PM.



**\*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.



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

—Museums—



**Legion of Honor – San Francisco**  
**Early Rubens**  
**Thursday, August 15**  
**— LST260**  
**\$74**

Peter Paul Rubens (1577–1640) was celebrated for his skillful handling of oil paint; his sensuous coloring; and his taut, action-packed depictions of dramatic narratives. *Early Rubens* focuses on what is arguably the artist's most innovative period of production, from 1608 until about 1620. For more information on this and other currently running exhibits, please go to <http://legionofhonor.famsf.org/legion/exhibitions>. Lunch on your own

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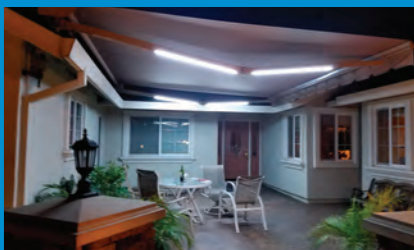
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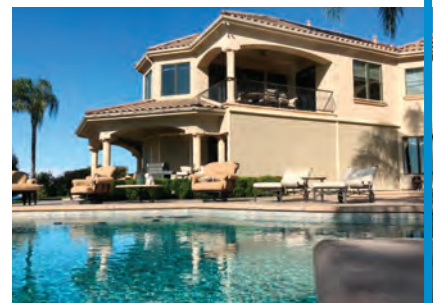
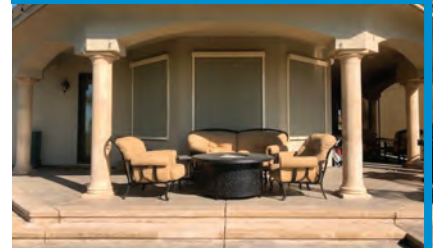
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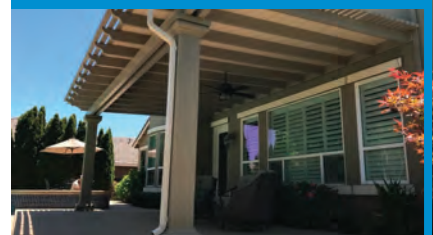
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## Lattice Covers with Shades



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at the museum's café or bring your own. Wheels roll from OC at 8:00 AM, return ~ 6:00 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 6:15 PM, return ~ 10:15 PM.

**Save the date!**

**Upcoming bus trips to Harris Center shows.**  
**See future *Compass*.**

- 4 Italian Tenors  
Friday, November 22
- Big Band Christmas  
Wednesday, December 11 (Matinee)
- The Nutcracker Ballet  
Saturday, December 21 (Matinee)
- Russian Ballet  
Thursday, January 23, 2020 (Matinee)
- That Play That Goes Wrong  
Wednesday, January 29, 2020 (Matinee)
- N.Y. Gilbert & Sullivan Players "The Mikado"  
Thursday, March 12, 2020 (Matinee)

**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**

**Note:** *June Compass* showed a wrong date. The song-writing 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



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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 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.



**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.

**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.



**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

—Sports—



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

Classic Bay Bridge Series game! Plaza level seating in Oakland Coliseum behind dugout over-looking 1st base Section 209 & 210. Bus drop off in Lot B near our seat locations. Wheels roll from OC at 9:15 AM, return ~ 7:45 PM, game at 1:05 PM.



**San Francisco Giants  
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

*Note: June Compass showed a wrong date.* 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.



**\*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.



**\*Fall Wine Harvest!**  
**Kendall-Jackson Wine Center & La Crema Estate, Sonoma Valley**  
Wednesday,  
September 18  
— **LST269**  
\$95

Enjoy Kendall-Jackson Wine Center in Sonoma County for a Fall Harvest tour & tasting with a stop and tasting at the new La Crema Estate at Saralee's Vineyard in Windsor! Trip includes a gourmet box lunch from Meridians to complement our wine tasting. Free time in the lovely town of Healdsburg for happy hour/dinner on your own afterward. Box lunch choices: *Grilled Chicken on Focaccia or Roast Beef and Roasted Red-Pepper on Ciabatta, or Vegetarian Wrap, plus seedless grapes, crackers, assorted cheeses, cookie, and bottled water.* Wheels roll from OC at 8:00 AM; return ~ 8:45 PM. All tour, tasting fees, lunch, and driver tips included. Trip limited to 47.



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

Explore Franklin Delano Roose-

velt'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



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—Overnight/Extended Travel—



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 Tuesday, October 8 to Wednesday, October 9  
 — **LST273**

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humor and thrilling and sophisticated magic of unprecedented proportions. We are arriving early for you to enjoy your favorite fine or casual dining option at Eldorado or Silver Legacy with a \$30 food credit per person. The next morning you'll have a \$15 credit for breakfast before we head over to the Palomino Valley National Wild Horse & Burro Center just outside of Reno for a private tour. We'll learn how the largest BLM preparation and adoption facility in the country works with the animals to get them ready for adoption. There will be interaction with some of the tamed horses. Lunch and free time on your own in the quaint town of Truckee on the return. Wheels roll from OC at 12:45 PM, October 8, return October 9 ~ 4:30 PM. A signed liability waiver is required for each participant.



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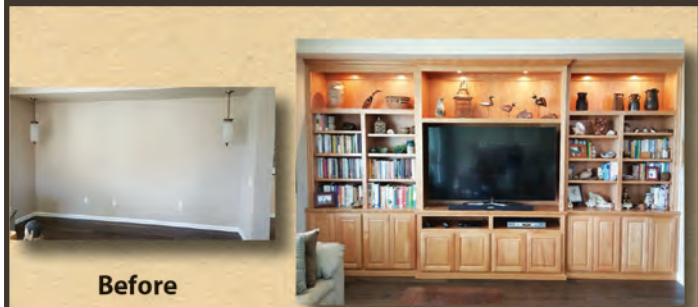
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Trip • Date • Departure Time

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Thursday, July 18 • 7:30 AM
- Armstrong Redwoods & Occidental Union Hotel Lunch  
Tuesday, July 23 • 7:45 AM
- Pageant of the Masters  
Sunday, July 28 to Wednesday, July 31  
• 8:00 AM
- Million Dollar Quartet at Sand Harbor State Park & Lake Cruise  
Wednesday, August 7 • 1:00 PM
- In the Heights  
Tuesday, August 20 • 6:15 PM  
Wednesday, August 21 • 6:15 PM
- Beach Blanket Babylon  
Wednesday, September 4 • 1:45 PM  
Wednesday, September 25 • 1:45 PM
- Long Beach-Catalina September 7 to September 11 • 9:30AM
- Sausalito Floating Homes Tour  
Saturday, September 14 • 8:15 AM

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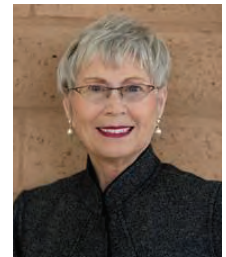
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Lifestyle Class Coordinator  
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Register at the Lifestyle Desk (OC/KS)  
or online at SCLHResidents.com

\*Indicates new class on sale July 17

## Classes

### —Summer Fun with Your Grandkids!—

*Learn with your grandkids and share quality fun times with them this summer. Lifestyle and WellFit are offering classes to create a memorable summer vacation together. Each class is different and has its own requirements. Please read the descriptions thoroughly prior to registration. All classes require a grandparent to be enrolled in the class. Enroll early for best options as space is limited. To ensure safety and encourage a fun experience for all attendees, please have one adult enrolled per two kids.*

*Register for all classes at Lifestyle Desk and Online unless otherwise specified.*

### Line Dance Fun with Yvonne Tuesday, July 30 — LSC1998

10:00 to 11:00 AM (KS). \$6 per student (adult/kid). Instructor: **Yvonne Krause**. Get your body moving while spending quality time with your grandkids. Yvonne will have everyone in the class learn a complete line dance number with simple steps to a popular country song. It will be a lot of fun! **Age prerequisite:** 5 years and up.



### Kiddie Card Making with Dottie Wednesday, July 31 — LSC1999

9:00 AM to 12:00 PM (KS). \$10 per student (adult/kid). Instructor: **Dottie Macken**. You and your little one will create two blank cards

perfect for the season. All supplies will be provided; bring your enthusiasm and creativity. **Age prerequisite:** 8 years and up. July 21 - last day to register.



### Sip & Paint with your Grandkids: Red Fish Wednesday, July 31 — LSC2000

1:00 to 4:00 PM (KS). \$45 Adult; \$25 Child. Instructor: **Unni Stevens**. Enjoy a fun and creative afternoon painting. Each participant will receive an under painted 12" X 16" canvas to create their masterpiece

while sipping lemonade and nibbling cookies and fruits. Step-by-step instruction, acrylic paint supplies, and lessons on color mixing and brush strokes will be provided during class. All art supplies and snacks included in the cost. No art experience required. **Age prerequisite:** 9 years and up.

### Zumba with Your Grandkids Friday, July 26

1:30 to 2:30 PM (Aerobics Room, KS). See details on page 90 under WellFit Classes. Registration for this class is through WellFit Desk (OC/KS).

## 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, August 13 & 27  
— **LSC1102**

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 &amp; Acrylics—

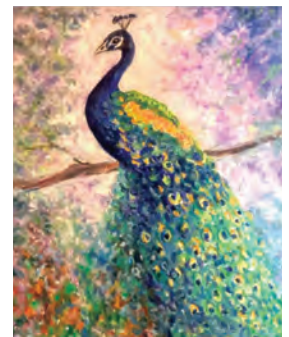


**\*Oil and Acrylic Painting for All Levels**  
Wednesdays,  
August 7-28  
9:00 to 11:30 AM (OC)  
— **LSC1114**  
Or 1:30 to 4:00 PM (OC) — **LSC1127**

\$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 the U.K. Website: [artistmarilynrose.com](http://artistmarilynrose.com). **Vacation drop-in: \$18 per session.**



**Sip and Paint "Light House"**

Friday, July 19 — **LSC1944**

Or \*August 30 — **LSC1945 "Peacock on Branch"**

5:00 to 8:00 PM (OC). \$55. Instructor: *Unni Stevens*. Enjoy cheese and wine while painting. This class is great for first-timers and seasoned artists alike. Paint a finished acrylic painting in one day, with step-by-step instruction. Learn how to mix colors, brush stroke, and pallet knife techniques. All supplies are included. Canvases are under-painted and ready to hang. Fee includes a glass of wine, selection of cheese, crackers, and fruits. About the Instructor: Artist Unni Stevens studied art in Norway, Japan and at the Laguna College of Art with 30+ years of painting experience. More information at [www.unniart.com](http://www.unniart.com).

## —Pastels &amp; 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, August 7-28 — **LSC1204**  
5:30 to 8:30 PM (OC). \$68 (four sessions).  
Instructor: *Michael Mikolon*
- **\*Watercolor – Afternoon Class**  
Thursdays, August 1-29 — **LSC1191**  
1:00 to 4:00 PM (OC). \$85 (five sessions).  
Instructor: *Michael Mikolon*



**\*Watercolor Step-by-Step Mondays, August 5-26 — LSC1153**  
9:30 AM to 12:00 PM (OC). \$68 (four sessions). Instructor:

*Michael Mikolon*. This class will give the beginner watercolor student a chance to work with the medium with step by step instruction. The teacher provides the image to be painted week by week. A supply list will be discussed on the first day of class as well as a demonstration. Students will learn the basics of paint and application along with color theory. One-on-one instruction will be provided as you are guided to create a simple work of art. All ability levels are welcome; images and concepts will be basic.

## Ceramics

### —Pottery—



**\*Beginning/Intermediate Ceramics Tuesdays, August 6-27 — LSC1230**  
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, August 6-27 — LSC1242**

9:00 AM to 12:30 PM (OC). \$64 (four sessions). Instructor: *Jim Alvis*. This

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



**\*Introduction to Ceramics Thursdays, August 1-29 — LSC1265**

9:00 AM to 12:00 PM (OC). \$67 (five sessions). 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, August 1-29 — LSC1253**

1:00 to 4:00 PM (OC). \$67 (five 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.



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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.

## Crafts

### —Card Making—



#### \*Card Making Level 2 – Intermediate Mondays, August 5-19 — LSC1290

9:00 AM to 12:00 PM (KS). \$30 (three sessions). 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 paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. August 1 – last day to register.



#### \*Card Making Introduction 101 Wednesdays, August 7-21 — LSC1695

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. August 2 – last day to register.



#### \*Card Making Level 3 Intermediate-Advanced Fridays, August 9-23 — LSC1713

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

*Dottie Macken*. **Prerequisite:** This class will build on your skills from Level 2 and offers more complex and challenging projects and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. August 4 – last day to register.

## Dance

*There will be no dance classes scheduled for the last two weeks of August. The floors in Lincoln, Placer, and California rooms will be undergoing repair at this time.*

*Thank you for your understanding.*

### —Clogging—

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#### \*Beginning Clogging Tuesdays, August 6-13 — LSC1302

10:00 to 11:00 AM (KS). \$16 (two sessions). Instructor: *Janice Hanzel*. Start a new passion! Join this new beginners class, a low impact, revamped foundation, and fundamental class. The class will move

through at a relaxed pace, the eight basic traditional clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended. No new beginners accepted this month. Keep a watch out for the next new beginners class later this year.

#### \*Easy-to-Intermediate Clogging Tuesdays, August 6-13 — LSC1314

11:00 AM to 12:00 PM (KS). \$16 (two sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent

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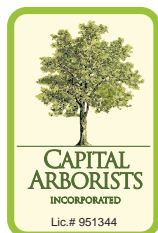
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**\*Intermediate Plus Clogging**  
**Tuesdays, August 6-13 — LSC1325**

12:00 to 1:00 PM (KS). \$16 (two sessions). Instructor: *Janice Hanzel*. **Prerequisite:** Instructor approval. Students are strongly encouraged to take the 11:00 AM class. Challenge yourself with a higher level of clogging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. Vacation drop-in: CLOG2 — \$10 per session.

—Country Western Dancing—



**\*Country Couples Western Dance**  
**Beginner Level 1 & 2**  
**Mondays, August 5-12**  
**— LSC1336**

7:00 to 8:00 PM (KS). \$14 (two sessions). Instructors: *Jim & Jeanie Keener*. Western dancing is done to many types of music, country being the most popular. Many of the dances are done

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

**\*Country Couples Western Dance**  
**Beginner/Intermediate Level 3 & 4**  
**Mondays, August 5-12 — LSC1347**

6:00 to 7:00 PM (KS). \$14 (two 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 "A Love Worth Waiting For" (a partner dance), and "Fun Push" (a contra-dance).

—Hula—



**\*Hula**  
**Thursdays, August 1-15**  
**— LSC1378**

1:00 to 2:00 PM (KS). \$30 (three 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.

—Jazz—

**\*Jazz for Beginner**  
**Thursdays, August 1-15 — LSC1390**

11:00 AM to 12:00 PM (KS). \$27 (three sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. About the Instructor: Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland to name a few, as well as TV and video. Vacation drop-in: JAZZ1 — \$14 per session.



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**\*Jazz Performance****Tuesdays, August 6-13 — LSC1404**

1:00 to 2:00 PM (KS). \$18 (two 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, August 1-15 — LSC1859**  
9:00 to 10:00 AM (KS). \$21 (three sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Mondays, August 5-12 — LSC1855**  
4:00 to 5:00 PM (KS). \$14 (two sessions).  
Instructor: *Cathy Paris*

**Level 2 – Beginner**

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

- **\*Thursdays, August 1-15 — LSC1508**  
10:00 to 11:00 AM (KS). \$21 (three sessions).  
Instructor: *Yvonne Krause-Schenck*

- **\*Fridays, August 2-16 — LSC1454**  
2:00 to 3:00 PM (KS). \$21 (three sessions).  
Instructor: *Sandy Gard o*
- **\*Thursdays, August 1-15 — LSC1442**  
3:30 to 4:30 PM (KS). \$21 (three sessions).  
Instructor: *Cathy Paris*

**Level 3 – High Beginner/Improver**

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

- **\*Mondays, August 5-12 — LSC1498**  
9:00 to 10:00 AM (KS). \$14 (two sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Wednesdays, August 7-14 — LSC1465**  
9:00 to 10:00 AM (KS). \$14 (two sessions).  
Instructor: *Sandy Gard o*

**Level 4 – Easy Intermediate**

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

- **\*Wednesdays, August 7-14 — LSC1476**  
10:00 to 11:00 AM (KS). \$14 (two sessions).  
Instructor: *Sandy Gard o*
- **\*Mondays, August 5-12 — LSC1432**  
5:00 to 6:00 PM (KS). \$14 (two sessions).  
Instructor: *Cathy Paris*

**Level 5 – Advanced**

More difficult dances will be featured in this class suitable for the more experienced dancer. Dances will be taught at a faster pace to a smaller group of dancers. If you have a good foundation and are comfortable with easy, intermediate dances, you will be able to master these dances. Come and join this enthusiastic group and see how much fun you can have!

- **\*Thursdays, August 1-15 — LSC1420**  
4:30 to 5:30 PM (KS). \$21 (three sessions).  
Instructor: *Cathy Paris*

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**\*Country Line Dancing****Fridays, August 2-16 — LSC1358**

3:00 to 4:00 PM (KS). \$21 (three 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—****Tap Classes with Alyson**

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



- **\*Beginning Tap 2**  
**Mondays, August 5-12**  
**— LSC1531**


11:00 AM to 12:00 PM (KS). \$18 (two 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, August 6-13 — LSC1576**  
10:00 to 11:00 AM (KS).  
\$18 (two sessions).
- **\*Mondays, August 5-12 — LSC1520**  
10:00 to 11:00 AM (KS).  
\$18 (two sessions).
- **\*Thursdays, August 8-15 — LSC1565**  
10:00 to 11:00 AM (KS).  
\$18 (two sessions).



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## —West Coast Swing—



**\*West Coast Swing  
Introduction/Beginner  
Wednesdays, August 7-14  
— LSC1704**

6:30 to 7:30 PM (KS). \$20 (two 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. August 2-last day to register.

## 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, August 5-26  
— LSC1598**

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 sun catcher, candle holders, and other projects. The class is also open to more

experienced students. The instructor will evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 29 years of stained glass experience.

## 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

## —Banjo—



**\*5-String Banjo,  
Beginner Level  
Fridays, August 2-30  
— LSC2025**

9:00 to 10:30 AM (OC). \$60 (five sessions). Instructor: *Dennis Fisher*. Students will learn how to strum basic chords and pick delightful

melodic patterns. Each Student is expected to bring a 5-string banjo to each lesson and do assigned homework. Students are encouraged to acquire "You can Teach Yourself Banjo" by Janet Davis. Order Online or pay \$16.08 for a copy at the first class. *About the Instructor:* Dennis Fisher has played string instruments for over 50 years and has performed in Eastern Europe, Asia, and Africa. He currently teaches the 5-string banjo, guitar, and ukulele at the Strum Shop in Roseville.

## —Guitar—



**\*Beginning Guitar**  
**Mondays, August 5-26**  
 — LSC1622

8:00 to 9:30 AM (OC). \$48 (four sessions). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read guitar TAB, and standard notation, play melodies and strum chords. We use both

nylon or steel string acoustic guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About 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, August 6-27**  
 — LSC1684

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, August 6-27**  
 — LSC1727

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, August 7-28 — LSC1634**

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, August 5-26**  
 — LSC2026

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, August 7-28**  
 — LSC1646

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 finger picking.

## 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.

### 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 [sfeldmans@gmail.com](mailto:sfeldmans@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**.

Note: This class had an erroneous project listed in last month’s Compass, our apologies. **Prerequisite:** 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 on 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.



**\*Getting Most Out of Gmail**  
Thursday, August 8 — LSC2027

1:00 to 3:30 PM (OC). \$25. Instructor:  
**Bob Ringo**. Prerequisites: Basic  
computer skills Gmail, also  
known as Google Mail, is the  
best free email service in the  
world. Many users rely on Gmail  
as their primary email address.

Gmail is available everywhere, from any device — desktop, laptop, phone, or tablet. Learn to create a Gmail account and use the many features and options available in Gmail that make it a great email service. Learn to create special groups from your Gmail contacts that will make it easy to send announcements to the different groups in your Village. Prerequisites: Should have an individual Google or Gmail account set up before coming to class.



# Spotlight On

iRest and Tibetan Singing Bowls



Monday, July 29  
(KS) Aerobics Room  
2:30-4:00pm

iRest is a meditation practice based on the ancient tradition of Yoga Nidra and adapted to suit the conditions of modern life. When practiced regularly - a little and often - iRest enables you to meet each moment of your life with unshakable peace and wellbeing, no matter how challenging or difficult your situation.

Tibetan Singing Bowls – The ancient brain entrainment methodology for healing and meditation. Tibetan Singing Bowls have been used for centuries for healing and meditation purposes. They create a range of sounds to restore the normal vibratory frequencies of diseased and out-of-harmony parts of the body, mind and soul.

For additional information contact Jeannette Pyle at OC WellFit [Jeannette.Pyle@sclhca.com](mailto:Jeannette.Pyle@sclhca.com)



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- **Wednesday, July 17**  
3:00 to 4:00 PM  
Fitness Floor (OC)
- **Monday, August 26**  
2:00 to 3:00 PM  
Fitness Floor (OC)
- **Tuesday, July 30**  
4:30 to 5:30 PM  
Fitness Floor (KS)
- **Wednesday, August 7**  
3:00 to 4:00 PM  
Fitness Floor (KS)
- **Thursday, August 22**  
4:30 to 5:30 PM  
Fitness Floor (KS)

### Special Events

#### Zumba with your Grandkids

Friday, July 26

1:30 to 2:30 PM, Aerobics Room (KS). \$4.50 per person (child must be accompanied by a grandparent). Instructor: **Joanie**. Bring your grandkids (ages 5-11) and enjoy the Zumba rhythms and beats with age-appropriate Zumba music, choreography, and games. Shoes are required, and comfortable clothing appropriate for movement is suggested. For more summer fun activities with your grandkids, please see page 75 for classes offered through Lifestyle.

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



#### Bowenwork Services

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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 Bowenwork 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

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- 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 July 17



**\*Arthritis**  
Tuesdays, August 6-27  
Wednesdays, August 7-28  
Thursdays, August 8-29  
Fridays, August 9-30

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.



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## 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,  
August 7-8

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, July 21 -  
August 25  
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.

**\*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.*



### \*Hypnosis for a Good Night's Sleep Tuesdays, August 6-27

10:00 to 11:30 AM, Heights Room (OC) (Four sessions). \$80. Instructor: *Kelley Moreno*. Back by popular demand – "Hypnosis for A Good Night's Sleep" will return one last time in 2019. Many have and are paying hundreds of dollars to get help with their sleep. Join this group class, save money, and get yourself back to enjoying the health benefits of "A Good Night's Sleep."

## 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, August 6-27

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, August 6-27

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.*



### \*Why Investors are Sometimes Their Own Worst Enemies with Russ Abbott Tuesday, August 27

10:30 AM to 12:00 PM, P-Hall (KS). \$5. Instructor: *Russ Abbott*. Some investors tend to do the wrong things at the wrong time. This is quite often based

on little, if any, research or analytics, rather just plain fear and greed. Emotional and Cognitive biases can create false realities, which, in turn, can harm an investor's long term financial plan. Come to this timely class to learn how to live and prosper from these biases and make your long term financial plan a success.

## Nutrition

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



### Re-Start—Your Health in Just Five Weeks Back in September!

1:00 to 2:30 PM,  
Multi-purpose

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



### Produce with a Purpose: Buddhist Temple Cooking Thursday, July 25

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: What can we learn from Buddhist Temple cooking? Japanese temples serve a plant-based diet for clean and simple living, but there's more to their knowledge and philosophy that might benefit our wellness. We don't have to use the most hard-to-find ingredients to make something delicious, Zen-like, and full of important nutrients and antioxidants! Let's try time-tested knowledge for supporting modern-day wellness!



### \*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. And this refreshment costs only pennies and a few minutes to make. Come to our monthly Produce with a Purpose class to learn the superpowers of fruit and veggies, enjoy a demo and tasting, and take home 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, August 3-31

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.

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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](http://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, August 7-28**

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, August 2-30**

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

**SGT—ParkinsonStrong  
Thursdays, August 1-29**

1:30 to 2:30 PM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.



**SGT—Fit 101 at  
Kilaga Springs L1  
Mondays & Wednesdays,  
August 5-28**

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,  
August 6-29**

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions). Instructor: *Jared Young*. Starting a new experience may seem a little

overwhelming. Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes machine settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine, and meet friends that share fitness goals.



**SGT—"Fun"ctional Fitness L3  
Tuesdays & Thursdays,  
August 6-29**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Deanne Griffin*. Incorporate strength training and high-intensity interval training

for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. This class is available for the SGT Drop-in Pass.





**SGT—Progressive Bootcamp L2/3**  
**Mondays & Wednesdays,**  
**August 5-28**

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,**  
**August 5-28**

7:15 to 8:15 AM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Milly Nuñez*. Rise and shine to enjoy a fun and energizing workout in a small group setting. Discover

ways to challenge yourself at your level 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, August 2-30**

7:15 to 8:15 AM, Aerobics Room (KS). \$85 (five sessions). Instructor: *Max Alcantar*. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current

workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. This class is available for the SGT Drop-in Pass.

**SGT—Posture, Core and Balance L1/2**  
**Wednesdays and Fridays, August 7-30**

12:00 to 1:00 PM, Aerobics Room (OC). \$135 (eight sessions). Instructor: *Max Alcantar*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved

posture, which can take 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—Posture, Core and Balance L1/2**  
**Mondays & Wednesdays, August 5-28**

11:30 AM to 12:30 PM, Aerobics Room (KS). \$135 (eight sessions). 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, August 5-28**

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, August 6-29**

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](http://www.sclhresidents.com) under WellFit tab.

| OC WellFit Class Schedule August 1-31, 2019                     |   |  |                                      |  |   |  |
|---|---|--|--------------------------------------|--|---|--|
| Monday  | Tuesday   | Wednesday  | Thursday                             | Friday   | Saturday                                  | Sunday   |
| 7:00<br>Athletic Stretch L1/3 -<br><i>Jen</i>                   |   | Athletic Stretch L1/3 -<br><i>Jen</i>              |                                      |  |   |  |
| 8:00<br>Strictly Strength L3 - <i>Katie</i>                     | Step for All L2 - <i>Kim</i>                    | Strictly Strength L3 -<br><i>Katie</i>             | Step for All L2 - <i>Kim</i>         | Barre L2/3 - <i>Gretchen</i>                       |   |  |
| 9:00<br>Zumba L3 - <i>Summer</i>                                | Core & Strength L2 - <i>Kim</i>                 | Zumba L3 - <i>Summer</i>                           | Core & Strength L2 - <i>Kim</i>      | 20/20/20 L2/3 - <i>Gretchen</i>                    | Yoga Basics L1 -<br><i>Amy/Sara</i>       |  |
| 10:00<br>Slow Flow Yoga<br>L2/3 - <i>Katie</i>                  | Yoga Flow L2 - <i>Ashley</i>                    | Arthritis L1/2 - <i>Linda</i>                      | Yoga Flow L2 - <i>Jeannette</i>      | Arthritis L1/2 - <i>Linda</i>                      | Yin Yoga L2 -<br><i>Sara</i>              |  |
| 11:00<br>Piloga L2 - <i>Cynthia</i>                             | Arthritis L2 - <i>Linda</i>                     | Piloga L2 - <i>Lola</i>                            | Arthritis L2 - <i>Linda</i>          | Piloga L2 - <i>Lola</i>                            | Shotokan Karate L1/2 -<br><i>Meuel Al</i> | All Sunday classes<br>have been moved<br>to Kilaga |
| 12:00<br>Yoga Stretch L1 -<br><i>Julie</i>                      |   | SGT - Posture, Core &<br>Balance L1/2 - <i>Max</i> | Yoga Stretch<br>L1 - <i>Julie</i>    | SGT - Posture, Core &<br>Balance L1/2 - <i>Max</i> |   |  |
| 1:00<br>Chair with Flair L1 - <i>Julie</i>                      | Rest Meditation and Yoga<br>L1 - <i>Iram</i>    |  |                                      |  |   |  |
| 2:00<br>SGT - Balance & Fall<br>Prevention L1 - <i>Danielle</i> | 1:30-2:30pm<br>Chair Yoga L1 -<br><i>Cassie</i> |  |                                      | Chair with Flair L1 - <i>Julie</i>                 | Basic Chair L1 - <i>Maria</i>             |  |
| 3:00<br>Healthy Living Exercise<br>L1/2 - <i>Milly</i>          | Healthy Living Exercise<br>L1/2 - <i>Milly</i>  |  |                                      | Healthy Living Exercise<br>L1/2 - <i>Julie</i>     | Activities                                | SCLH Booking                                       |
| 4:00<br>TBA   | Activities                                      |  |                                      |  |   |  |
| 5:00<br>TBA   |   |  |                                      |  |   |  |
| 5:30<br>TBA   |   | Mixed Levels Yoga<br>L1-3 - <i>Ashley</i>          |                                      |  |   |  |
| Group Exercise Classes (punch pass) \$4.50                      |   |  | Wellness Classes (session based)     |  |   |  |
| 30 min Group Exercise Classes (Fast Pass) \$2.50                |   |  | Small Group Training (session based) |  |   |  |
| All classes are subject to change without notice.               |   |  |                                      |  |   |  |
| All classes are 55 minutes, unless otherwise noted.             |   |  |                                      |  |   |  |

KS WellFit Class Schedule August 1-31, 2019

|   | Monday   | Tuesday                                      | Wednesday  | Thursday                                     | Friday                                | Saturday                            | Sunday                        |
|---|--|--|--|--|---------------------------------------|-------------------------------------|-------------------------------|
| 7:15  | 7:15-8:15am<br>SGT - Morning Bootcamp L2 - Milly | Mixed Level Cycle L2/3 - Deanne              | 7:15-8:15am<br>SGT - Morning Bootcamp L2 - Milly | Mixed Level Cycle L2/3 - Helena              | SGT - TGIF TRX L2 - Max               |                                     |                               |
| 8:30  | 30 min. Spin L2/3- Gretchen                      | Zumba Gold L2 - Joanie                       | 30 min. Spin L2/3- Jeannette                     | Zumba L2/3 - Sharon                          | Zumba Gold L2 - Joanie                | 45 min Cycle & Strength L2 - Helena |                               |
| 9:00  | 30 min. Core & Stretch L2/3- Gretchen            | Strictly Strength L2 - Linda                 | 30 min. Core & Stretch L2/3- Jeannette           | Strictly Strength L2- Linda                  | Cardio Strength L3- Katie             | Strictly Strength L2 - Helena       | 9:00am Cardio Strength L3-Kim |
| 9:30  | Cardio Strength L3 - Gretchen                    | Strictly Strength L2 - Linda                 | Cardio Strength L3- Katie                        | Strictly Strength L2- Linda                  | Cardio Strength L3- Katie             | Strictly Strength L2 - Helena       | 10:00am Zumba L3- Carrie      |
| 10:30   | Pilates L2 - Sarah                               | Piloga Flow L2 - Julie M                     | Strength & Flexibility L2-Gretchen               | Piloga Flow L2 - Cynthia                     | Strictly Strength L3- Helena          | Slow Flow L1/2 - Helena             |                               |
| 11:30   | SGT - Posture, Core & Balance L1/2- Danielle     | 12:00pm SGT - Functional Fit L2- Deanne      | SGT - Posture, Core & Balance L1/2- Danielle     | 12:00pm SGT - Functional Fit L2- Deanne      | Waldan Gong L1- Joan                  |                                     |                               |
| 12:30   |  | 1:00pm Tai Chi L1 - Peil                     | SGT - Indoor Cycling for Parkinson's L1- Milly   | 12:00pm SGT - Functional Fit L2- Deanne      | SGT - ParkinsonStrong Combo L1- Milly |                                     |                               |
| 1:00  |  | 2:00pm Tai Chi L2 - Peil                     | Yoga Basics L1- Lesley                           | 1:30-2:30pm SGT - ParkinsonStrong L1- Milly  |                                       |                                     |                               |
| 1:30  | Yoga Basics L1- Amy                              |  |  |  |                                       |                                     |                               |
| 2:30  | SGT - Seasonal Sports Conditioning L2/3- Max     | SGT - Balance & Fall Prevention L2- Danielle | SGT - Seasonal Sports Conditioning L2/3- Max     | SGT - Balance & Fall Prevention L2- Danielle |                                       |                                     |                               |
| 4:00  | SGT - Progressive Bootcamp L2/3- Danielle        | Yoga for Osteo L1 - Julie                    | SGT - Progressive Bootcamp L2/3- Danielle        | Yoga for Osteo L1 - Julie                    | SCLH Booking                          |                                     |                               |
| 5:30  |  |  |  |  |                                       |                                     |                               |
| 6:00  |  |  |  |  |                                       |                                     |                               |
| 6:30  |  |  |  |  |                                       |                                     |                               |
| Group Exercise Classes (punch pass) \$4.50<br>30 min Group Exercise Class (Fast Pass) \$2.50            |  |  |  |  |                                       |                                     |                               |
| Wellness Classes (session based)<br>Small Group Training (session based)                                |  |  |  |  |                                       |                                     |                               |
| All classes are subject to change without notice.<br>All classes are 55 minutes unless otherwise noted. |  |  |  |  |                                       |                                     |                               |

OC Aqua WellFit Class Schedule August 1-31, 2019

|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  | Sunday    |
|--|---|--|---|---|---|-----------|-----------|
| 7:30   | Water Works L2/3-<br><i>Helena</i>                |  | Water Works L2-<br><i>Marla</i>                   |   | Water Works L2/3-<br><i>Jennifer</i>            |           |           |
| 8:30   | Aqua Fitness L2/3-<br><i>Helena</i>               | <b>Seasonal</b><br>Outdoor Water<br>Bootcamp L2- <i>Sharon</i> | Aqua Fitness L2-<br><i>Marla</i>                  | <b>Seasonal</b><br>Outdoor Water<br>Bootcamp L2- <i>Marla</i> | Aqua Intervals L3 -<br><i>Jennifer</i>          |           |           |
| 9:30   | Deep Water Fitness<br>L3- <i>Jennifer</i>         | Aqua Intervals L2/3 -<br><i>Deanne</i>                         | Deep Water Fitness<br>L3- <i>Annette</i>          | Aqua Intervals L2/3 -<br><i>Deanne</i>                        | Deep Water Fitness<br>L3- <i>Jeannette</i>      |           |           |
| 10:30  | Aqua Intervals L2/3-<br><i>Sharon</i>             | Aqua Intervals L2/3 -<br><i>Deanne</i>                         | Making Waves L2-<br><i>Annette</i>                | Aqua Intervals L2/3 -<br><i>Deanne</i>                        | Aqua Intervals L2/3-<br><i>Jeannette</i>        |           |           |
| 11:30  | (11:30am-12:15pm)<br>AF Aqua L1- <i>Annette</i>   |  | (11:30am-12:15pm)<br>AF Aqua L1- <i>Annette</i>   |   | (11:30am-12:15pm)<br>AF Aqua L1- <i>Annette</i> |           |           |
| 12:30  | <b>Class Cancelled</b><br>TBA                     |  |   |   | <b>Class Cancelled</b><br>TBA                   |           |           |
| 2:00   |   |  |   |   |   |           |           |
| 2:00   | Kids Swim   | Kids Swim  | Kids Swim   | Kids Swim   | Kids Swim                                       | Kids Swim | Kids Swim |
| 4:00   |   |  |   |   |   |           |           |
| 5:00   | Total Body<br>Conditioning L3<br><i>Jeannette</i> |  | Total Body<br>Conditioning L3<br><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 August 1-31, 2019

|  | Monday  | Tuesday                                    | Wednesday   | Thursday                                   | Friday                                   | Saturday                                 | Sunday |
|--|---|--|---|--|--|--|--------|
| 7:30   | Reformer L1- L2 -<br><i>Cynthia</i>                 | OC   | OC  | OC   | OC                                       | OC                                       | OC     |
| 8:30   | Ref Basics + L1-L2 -<br><i>Sarah</i>                | Mixed Equipment<br>L1-L2<br><i>Cynthia</i> | Ref Basics L1 -<br><i>Cynthia</i>                           | Mixed Equipment<br>L1-L2 - <i>Julie</i>    | Ref Basics + L1-L2 -<br><i>Sarah</i>     | Pilates Bootcamp<br>L1-L2 - <i>Julie</i> |        |
| 9:30   | Mixed Equipment<br>L1- L2 - <i>Sarah</i>            | Ref Basics + L1-L2 -<br><i>Julie</i>       | <b>New time!</b><br>Ref Basics + L1-L2 -<br><i>Delphine</i> | Ref Basics L1 - <i>Julie</i>               | Mixed Equipment<br>L1-L2 - <i>Sarah</i>  | Mixed Equipment L1-<br>L2 - <i>Julie</i> |        |
| 10:30  | Ref Basics L1 -<br><i>Valerie</i>                   |  |   | Mixed Equipment<br>L1-L2 - <i>Julie</i>    | Ref Basics + L1-L2 -<br><i>Sarah</i>     | Ref Basics L1-L2 <i>Julie</i>            |        |
| 11:30  | Pilates Bootcamp<br>L2 - <i>Valerie</i>             | Ref Basics + L1-L2 -<br><i>Julie</i>       | Cardio Jump & Core<br>L2 - <i>Gretchen</i>                  | Cardio Jump & Core<br>L2 - <i>Gretchen</i> | Mixed Equipment<br>L1-L2- <i>Valerie</i> |  |        |
| 12:00  |   |  |   |  |  |  |        |
|  | Bowenworks Sessions - Contact for<br>Appt. 625-4034 |  |   |  |  |  |        |
| 5:30   | Reformer Basic+ L1-<br>L2 - <i>Julie</i>            |  |   | Pilates Bootcamp L1-<br>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. |   |  |   |  |  |  |        |

## Sun City Lincoln Hills Community Association

965 Orchard Creek Lane

Lincoln, CA 95648

OC Main Phone: (916) 625-4000

OC Main Fax: (916) 625-4001

Kilaga Springs: 1167 Sun City Blvd.

KS Main Phone: (916) 408-4013

Website for residents:

[www.sclhresidents.com](http://www.sclhresidents.com)

Need help? Email:

[help.desk@sclhca.com](mailto:help.desk@sclhca.com)

Public Website:

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

### •Administration•

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### Room Booking & Club Support

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### •Lifestyle•

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Kilaga Springs (916) 408-4013

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### •Food & Beverage•

Meridians Reservations (916) 625-4040

Meridians Delivery (916) 625-4044

Kilaga Springs Café (916) 408-1682

Director of Food & Beverage

Kristy Huskey (916) 625-4049

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### Catering

Catering Sales Manager

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### •The Spa at Kilaga Springs•

(916) 408-4290

Spa Manager

Trudy Smith (916) 408-4071 [Trudy.Smith@sclhca.com](mailto:Trudy.Smith@sclhca.com)

## Hours

### Administration Offices & Membership

Monday-Friday 8:30 AM-5:00 PM  
Saturday (first only) 8:00 AM-12:00 PM

### Orchard Creek & Kilaga Springs Lodges

Monday-Saturday 8:00 AM-9:00 PM  
Sunday 8:00 AM-5:00 PM

### Lifestyle Desk (OC/KS)

Monday-Saturday 8:00 AM-8:00 PM  
Sunday 8:00 AM-4:00 PM

### Meridians Restaurant

Sunday-Thursday 7:00 AM-8:00 PM  
Friday-Saturday 7:00 AM-9:00 PM

### Catering Office

Tuesday - Saturday 9:00 AM-5:00 PM

### Kilaga Springs Café

Monday-Saturday 6:00 AM-4:30 PM  
Sunday 7:30 AM-3:30 PM

### The Spa at Kilaga Springs

Monday-Friday 9:00 AM-6:00 PM  
Saturday 9:00 AM-5:00 PM

### WellFit (OC/KS)

Monday-Friday 5:30 AM-8:30 PM  
Saturday/Sunday—OC 7:00 AM-8:00 PM  
Saturday/Sunday—KS 6:30 AM-6:00 PM

## General Numbers

Broken Water Line on Association

Community Property

(916) 645-4501 Landscape Office

Curator Security, Inc.

(916) 771-7185

Golf Shop

Website: [lincolnhillsgolfclub.com](http://lincolnhillsgolfclub.com)

General Manager, LH Golf Club

Tony Marino (916) 543-9200, ext. 4

Lincoln Police & Fire (916) 645-4040

Neighborhood Watch

Linda Minor (707) 235-0778

Pauline Watson (916) 543-8436

Lincoln Hills Foundation

(916) 434-0749

Neighbors InDeed (916) 223-2763

Library Contact (OC/KS)

Adrian Felice (916) 408-4332

Pulte Homes Customer Care

[Norcal@delwebb.com](mailto:Norcal@delwebb.com)

## Board of Directors

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## Committee Chairs

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Clubs & Community Organizations Committee

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Communications & Community

Relations Committee

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# CLUB CRUISE

## TRAVEL

**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 Raïtaea, 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

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**Ocean View Stateroom \$3699**  
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 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  
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*\*Sea days between ports are not listed.*

### 14 Nights | Sailing January 4, 2020

- 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

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