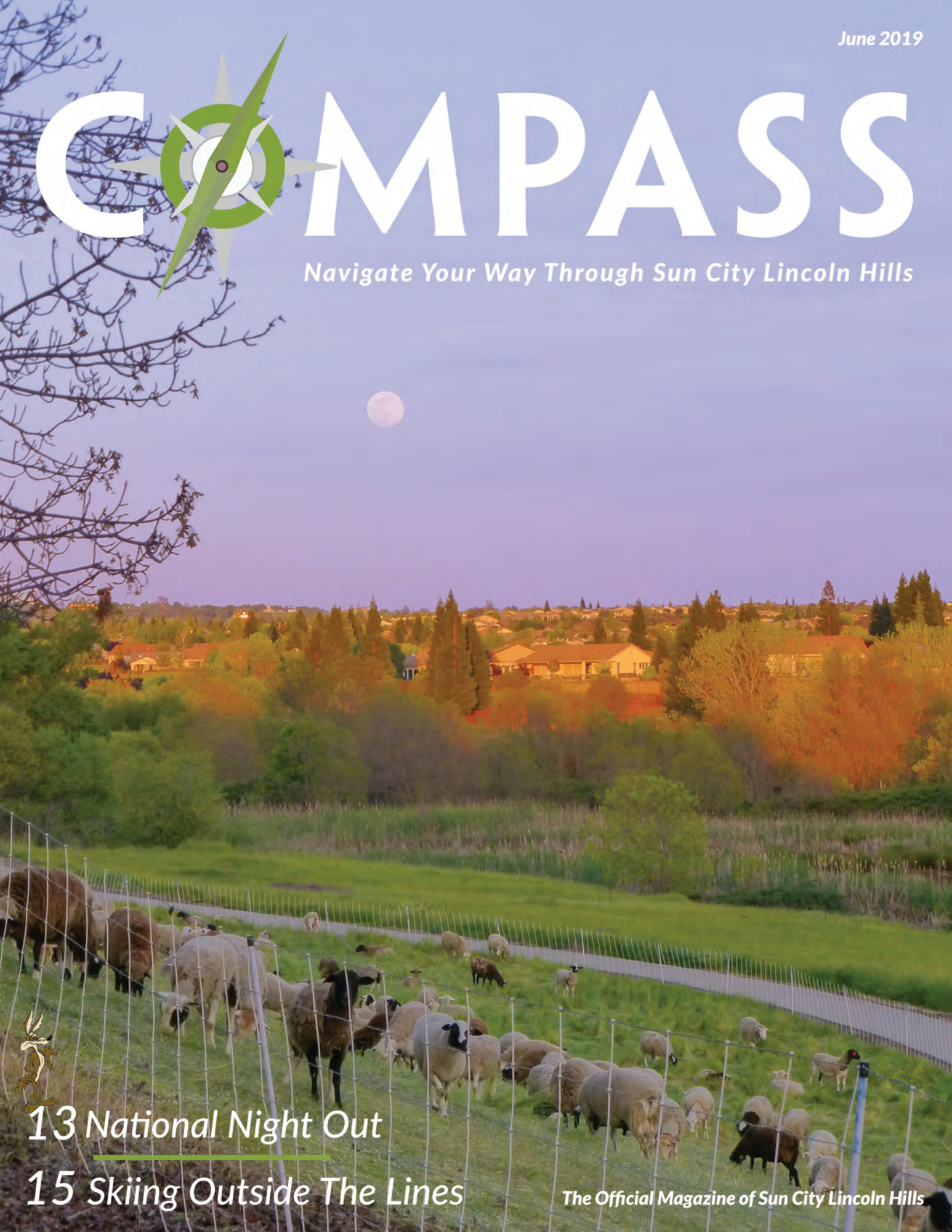


June 2019

# COMPASS

*Navigate Your Way Through Sun City Lincoln Hills*



 13 National Night Out

15 Skiing Outside The Lines

The Official Magazine of Sun City Lincoln Hills

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On the Cover - Sheep, Photo by Frank Kleman  
Find the Coyote



## Board of Directors' Report Independence Day

*David Conner, President*

Our Independence from England and King George on July 4, 1776, is my favorite celebration. Those Founding Brothers who wrote the Declaration of Independence, our constitution and served our country early on did the unspeakable, the impossible. Surely they were guided by a power greater than man.

Thomas Jefferson once uttered to our second president, "John, we and a small contingent have created a new republic that is different from any other, and I predict it will last a hundred years." Adams replied, "In deed Thomas, in deed."

An interesting but little known fact is that John Adams, our second president, and Thomas Jefferson, our third, died on the same day, on the 50th anniversary of our country, July 4, 1826. Jefferson died about noon, and it is said his last words to bystanders were, "Is it the Fourth yet?" Adams followed about four hours later, and he shouted his last words,

"Thomas Jefferson lives." Many think, not knowing Jefferson had passed away earlier, Adams assumed Jefferson had outlived him. I personally prefer to believe John Adams had slipped through to the other side and got a glimpse of Thomas Jefferson with an extended hand, welcoming his old friend.

Upon the death of these two former presidents, only one of the original signers of the Declaration of Independence was still living, Charles Carroll of Maryland.

Have a happy Fourth of July and make sure your grandchildren know about the beginnings of the United States of America, and don't forget to mention the service and contribution us grandparents made at one time or another, because of and for them. I hope you all understand now why my Board Meetings are a little longer. In this country, everyone gets a say.

I love this country so much.



*At the May meeting, the Board of Directors recognized the Architectural Review Committee for their service to the community. Pictured left to right: Louis Bobrowsky, Ron Morris, Rick Myers, Ed Kiburis, Carole Dummett, Peter Nelesen, George Beshak, Charles Vickers and Rich Guzy. (Not pictured: Beverly Schroeder and Michel Deal).*

# Calendar of Events

June 14, 2019 – July 15, 2019

Date	Event	Page #
6/14	Compass Stuffing Party .....	21
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6/18	Android Smart Phone Basics .....	87
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7/15	Fused Glass.....	84



## From the Executive Director's Desk

Chris O'Keefe, Executive Director,  
SCLH Community Association

Welcome to the June edition of the *Compass Magazine*! Lots of good news has been happening in the community, so let's get started. First off, we ended May in great shape financially, and all operating departments are performing well. With the assistance of Finance Director Staci Erskine, the departments have already begun working on the 2020 budget. I firmly believe that with the support provided by our Accounting team, and Finance Committee liaisons, we will produce a budget that is realistic, and ensures that the departments will be able to continue to provide the highest levels of service.

The 2019 PACE Race was held on May 4. It was a great event! The feedback we received from runners has been terrific. A big thank you to the volunteers that worked so hard to pull this off. We had well over 400 runners and walkers, and we were able to donate almost \$16k to local schools and charities. To date, the PACE Race has donated nearly \$60k.

The Concours d'Elegance was on May 19. Unfortunately, the weather did not want to cooperate, so we moved to plan B and staged the event in the parking lot at Orchard Creek. We had over 50 custom cars, and despite the difficulties with the weather, the car owners and attendees had a great time. We hope to have this event back in 2020, hopefully with better weather!

One of the Concours events that was not affected by the weather was a fundraiser for the Lincoln Hills Foundation that took place the night before the car show. Over 150 attended this terrific fundraiser. The Foundation received thousands of dollars in donations. It was a great event and a great cause.

The PACE Race and Concours events are great examples of ways that the community can come together to positively impact those not only in our community but also those around us. As a community, we receive many benefits: we demonstrate that we contribute in a positive fashion to our community, we provide fun and meaningful entertainment for our residents, and we showcase our community in the best possible way. The feedback we receive from visitors is so complimentary and helps to ensure that Lincoln Hills remains the best community around.

### July 4 Holiday Hours

Lifestyle Desk OC/KS	Administration & Membership	Fitness Center OC/KS	The Spa at Kilaga Springs	Kilaga Springs Café	Meridians Restaurant & Bar
8:00 AM - 1:30 PM	Closed	6:00 AM - 5:30 PM	Closed	Closed	Closed

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

We had another well attended Listening Post in May. We started by recognizing Landscape Manager Paula Horsley for the great work that she has done over the past 17 years, ensuring that our landscaped areas remain beautiful and are well maintained. Paula retired at the end of May. I believe that Paula is the finest landscape professional around, and I hope our residents fully appreciate the work she has put in, and the results she has achieved.

We were also able to introduce Paula’s successor Willie Mayberry to our residents, and let folks know that we are in great shape moving forward. Willie has been working at Lincoln Hills for over 18 years, first as a member of Crossroads Diversified, and recently as the site supervisor of BrightView Landscaping. Willie knows the site as well as anyone and will represent the residents of Lincoln Hills at the highest level.

We also provided updates on improvements to the options we can now provide our residents with hearing loss who would like to attend events

at the Orchard Creek Ballroom, and the Kilaga Springs Presentation Hall. We now have devices that can provide electronic captioning, as well as apps that can be downloaded on smartphones and tablets. We could not have done this without the support of resident volunteers. We are proud to have made such a positive impact for our residents and guests that would like to take advantage of the events that we offer.

The Listening Post is a great way for you to get the “Straight Scoop,” and to get any questions you may have answered. We also try to introduce you to members of our team that do so much to support our residents. Thank you to those of you who attend. We hope that if you were not able to attend, you would try to find time to attend in the coming months. We would love to have you there.

**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: June 15 – July 31

Listening Post	Wednesday, June 19, 9:30 AM, P-Hall (KS)
Golf Cart Registration	Thursday, June 20 & July 18, 9:00 AM
Finance Committee Meeting	Thursday, June 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, June 24, 9:00 AM
Board of Directors Meeting	Thursday, June 27, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, June 27, 11:00 AM
Board of Directors Executive Session	Thursday, June 27, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, July 2, 9:30 AM
Compliance Committee Meeting	Wednesday, July 3, 9:00 AM
Elections Committee Meeting	Friday, July 5, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, July 8, 9:00 AM
Properties Committee Meeting	Thursday, July 11, 9:00 AM, P-Hall (KS)
New Resident Orientation	Thursday, July 11, 2:00 PM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, July 16, 9:30 AM
Listening Post	Wednesday, July 17, 9:30 AM, P-Hall (KS)
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

*Meetings in Orchard Creek Lodge unless noted otherwise.*



## **Finance Committee Report** **Reflections on Committee Service**

*Fred Raach, Vice Chair*

May 1 marked the end of my initial term of office on the Finance Committee, and this seems like an appropriate time to reflect on and share what I've learned and experienced during these two years on the Committee.

What triggered my interest in joining the Committee was the 2016 Report on our Reserve Fund. It showed a rather steep increase in the required Homeowner contribution over the following seven years. As a retired insurance actuary and one of the homeowners who would have to pay these increases, I wanted to get a closer look at how the required reserves were determined and the basis for those increases.

After being appointed to the Committee, I was assigned as liaison to the Food and Beverage (F&B) Department and to also be part of the Reserve Task Force led by Hans Fokkema. The task force began a detailed review of the whole reserving process. This was an interesting opportunity to utilize my professional background, applied to a non-insurance use. The task force has recommended a number of improvements to assure the integrity of the process and the adequacy of the funding which have been implemented by the Association staff.

In my F&B role, I suffered along with Kristy Huskey, Director of Food and Beverage, through the dismal 2017 results and applauded the much improved 2018 and the prospect of revenue exceeding expenses in 2019. Catering continues as an important driver of the favorable results, but the new menu and expansion of hours are giving Meridians revenue an important boost as well.

I have been impressed by the challenge that Kristy has, which is to manage what are in essence three separate businesses (a restaurant/bar, a café and a catering service), all supported by a single kitchen. Conversion to SCLH Association's Northstar system offered a number of positive features to F&B, but it has been deficient in providing timely and useful management information. These shortcomings are being addressed and should be resolved in the near future.

It has been an interesting and challenging two years, and I look forward to having two more years of involvement in the financial aspects of our Association.

Just as a reminder, the most recent month's draft financial report of the Association is now available on the Resident website or can be picked up at the front desk at Orchard Creek.



## **Architectural Review Committee** **This and That**

*Carole Dummett, Chair*

Spring has arrived, and with it, we are receiving many new paint applications. Our picture showcases Palette 6 in our new Paint Book. The main body color is Green Earth with Nacre as the trim. The front door color, Indigo Batik, was selected from our Optional Front Door/Shutter page. These colors blend beautifully with the surrounding plants and trees. We highly recommend you have a paint sample of your selected color applied before you finalize your paint application. It may clash with the neighbor's color or the overall orientation of the house could reflect a different color than expected.

Next comes the landscape! There appears to be a misconception that you can add or remove plants without ARC approval. This only applies if you are replacing a few dead or overgrown plants that will not materially alter the appearance of the lot. Tree removal does not require approval; however, keep in mind, every front yard and open space/golf course lot must have one 24 inch tree. All trees require ARC approval with a simple plan outlining the setbacks from property lines. Tree stumps in front yards must be removed with the tree. Please refer to Design Guideline 2.9.

Are you wondering whether or not you need ARC approval for your project? When in doubt, check it out. You can always check with the Community Standards staff. The Design Guidelines change every few years, and what may be acceptable today could subsequently

be deleted, which may result in fines and removal. If approved, it remains grandfathered in providing future protection.

The ARC does not process solar applications. These are submitted directly to the City of Lincoln through our Community Standards Department. Please be aware, all conduit installed on the house must be painted to match the architectural surface it is attached to.

Community Standards Staff and the ARC are readily available to answer questions and assist with forms and submittals. Our goal is to provide a beautiful community and enhance property values with a pleasant and uncomplicated application experience.

We have many new homeowners who are asking great questions. We encourage you to attend our New Resident Orientation, which is held every two months at Orchard Creek Lodge. We will have a table with forms and a member available to explain our role in the community.

Contact Community Standards at 916-625-4006 or arc@scelhca.com with questions or concerns. All meetings are posted online or at the Resident Information Center at Orchard Creek Lodge.

On a final note, Rick Myers has termed out effective May 2019. He was such a great asset to this committee and will be missed by all. Thank you, Rick, for your years of service.





## Compliance Committee

### Community Review Program Update

David Mateer, Chair

Earlier this year, we shared our approach and plans for the Community Review Program (CRP) with the community. There were several eNews notifications and three workshops held to share information and obtain feedback. First, thanks to everyone who attended and those who had suggestions and questions. The open dialog will ensure we are able to share information and meet the needs of Lincoln Hills.

As a refresher, the purpose of this program is to 1) Maintain the beauty, desirability, and value of community and homes, 2) Have HOA become more proactive with compliance of standards and 3) Identify potential non-compliance of CC&R's & Design Guidelines. This type of program is common for communities like ours. The CRP is also intended to augment not replace the existing complaint process.

The Library Forms section of the resident website has been updated to include additional information on the program. It now has checklists that owners can use for a quick self-check. There is one for landscape and one for house items. The tentative schedule for upcoming review cycles is also available. Printed versions are available in the Resident Information Center

at Orchard Creek Lodge.

The initial pilot cycle with this program was conducted in May. With this pilot, we were able to see how well this would work in practice. The pilot included 1,126 homes across 13 villages. This cycle focused on yard landscaping. Not surprisingly, lack of bark coverage was the top problem found followed by lack of plant coverage, and then general weeds. These are all routine maintenance items that need attending to on a regular basis. The pilot was also helpful to refine our process and forms going forward.

The balance of 2019 will include two cycles. One for June/July and the second in August/September. The focus and villages for these reviews are outlined below.

June/July – House and Fencing. Villages 4, 6, 16A, 16B, 16C, 18, 19A, 19B, 20, 24C, 34A, 34B, 38A, 38B, 38C, 38D, 39, 41A, 41B, 41C.

August/September – Landscaping. Villages 5A, 5B, 10A, 10B, 13, 14, 15, 17, 21, 22A, 22B, 23, 24A, 24B, 24D, 24E, 31A, 31B, 31C, 32A, 32B, 33, 37, 42A, 42B, 43A, 43B, 43C.

With the 20th Anniversary on the horizon, this program and your efforts will keep Lincoln Hills a beautiful and enjoyable place to call home.



## Team Member of the Month Award – May 2019



Our "Team Member of the Month" is Tonya Benitez! Tonya joined our Community Standards Department in July 2018. Here are just a few quotes shared by our staff:

*"Tonya's ability to offer guidance through the application and entire process to our residents is top notch!" "She is always happy to assist and tackle any situation that comes her way!" "Although I don't work directly with Tonya, I have witnessed her helping residents in Orchard Creek Lodge with her pleasant demeanor and her warm personality – She's outstanding! Tonya takes the extra time to go that extra mile." "She is an asset to the team!" "Tonya represents the true meaning of outstanding customer service!"*

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



*Let us serve you with a view*

**Meridians**  
Restaurant & Bar

**Pool Delivery!**

*Kristy Huskey,  
Director of Food & Beverage*

Pool Food Delivery started on Tuesday, June 4! Food delivery will be Tuesdays-Saturdays from 1:00 to 7:00 PM from a limited "Pool Menu." Just call Meridians Delivery Line, and they will take care of you! After 4:00 PM on these days, you can even order your favorite cocktail to be delivered with your food!

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 till 9:00 AM! Enjoy scrambled eggs with cheddar, breakfast potatoes, bacon, sausage, pancakes, fresh fruit, and coffee or orange juice for only \$8.99.

Trivia twice on Thursdays have been successful and have allowed twice as many residents to join in on the fun. We will continue to do two sessions on Thursdays. The first one is from 4:00 to 5:30 PM, and the second session is from 6:30 to 8:00 PM. We will continue to extend happy hour in the bars until 8:00 PM on Thursday nights.

Thank you for all that attended the Wine Expo on June 10. We received a lot of feedback and will use it all for the new wine list coming out August 1.

**Chef's Recipe of the Month:**

**BBQ Jackfruit  
(vegetarian)**

**Ingredients**

- 1 14 oz can green/unripe jackfruit packed in water
- 2 teaspoons olive or avocado oil
- 1/3 cup onion, chopped
- 2 cloves garlic, minced
- 1 Tablespoon paprika
- 1/2 Tablespoon brown sugar
- 1/2 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon sea salt
- pinch of cayenne pepper
- 1/4 cup BBQ Sauce (use your favorite)

**Directions**

- Drain jackfruit and break apart pieces by hand until shredded.
- Heat a medium/large skillet over medium heat. Add 2 teaspoons of oil. Once hot, add onion and garlic and cook until fragrant, about 5 minutes. Season with a little salt and pepper and stir occasionally, so the garlic doesn't burn.
- While onions and garlic are cooking, combine BBQ spices (paprika, brown sugar, chili powder, onion powder, garlic powder, and sea salt) in a small bowl.
- Add shredded jackfruit and spices into the skillet. Toss well to combine. Turn heat to low and let jackfruit cook for 1-2 minutes with the spices before adding BBQ sauce. Coat jackfruit in the sauce and cook for another 3-4 minutes, until jackfruit is warm throughout. Serve warm.







**Lifestyle News & Happenings**  
**Hail to the Queen!**  
*Lavina Samoy, Lifestyle Manager*

It is said that 43 million viewers watched the final season of the most popular series in TV history, "Game of Thrones" to see how Queen Daenerys' reign will culminate. In the end, as in any good community, the good triumphs, the realm is saved, and the pack survives.

If you did not follow "Game of Thrones," don't worry, you can experience the Queen...that is the world-famous Queen Mary! Join us for a **five-day, four-night (September 7-11) trip to Long Beach** and visit, tour, and stay at Queen Mary Hotel. Tons of other activities are incorporated in this excursion, including a day trip to Catalina Island and more (see page 61).

A trip to see the **2019-2020 Broadway Tour Sacramento** is now on sale! See five all-new, critically acclaimed, award-winning musicals. Read all about it, starting on page 64. We are heading back to Reno's **Hot August Nights, August 9** (page 61) and the **Best in the West – Rib Cook-Off, August 29** (page 67). These trips sell fast, so register early!

**Summer Fun Classes with Your Grandkids** is back to create unforgettable memories with your little ones. From **Line Dancing** to **Card Making** to **Sip & Paint**, you and your grandchildren will surely

have a blast! Please read class descriptions starting on page 73 and observe the age prerequisite.

Our **Summer Concert Series** continues. On **June 27**, fans of **Billy Joel and Elton John** will delight to Kyle Martin's vocals and piano virtuosity in **Piano Men** (page 54). Country music enthusiasts should not miss **California Cowboys on July 12** playing classics, standards, and your favorite modern country tunes. Read the complete series on page 54.

Hail to our country's Independence and to the heroes who fight for our freedom! Join us as we salute our country's birthday on the **4th of July concert** with the fantastic **Roseville Community Concert Band** (page 57). Their music selections will move you.

Have fun and raise money for our **20th Anniversary Celebration!** Play

**BINGO on July 25** and/or purchase **Opportunity Drawing** tickets from Lifestyle and WellFit Desks to win great prizes during the **Anniversary Launch Party on August 8**. More events and activities are lined up. Interested in volunteering, donating, or help raise funds for the celebration? Please email me.

With all these fun activities, Lincoln Hills life, I have to say, is pretty close to living like a queen (or king)!



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## The Spa at Kilaga Springs Summer Skin

Trudy Smith, Spa Manager

Hello from the Spa. Summer is here, and we have some wonderful summer treatments for you.

In our Facial Department, we are offering the Summer Blueberry Refresher facial.

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 a LED Light therapy session. After just one treatment, the skin is calm, nourished, and radiant.

Mention "Compass" to receive 10% off on skincare retail. Essential home care to follow this facial is the Plump and Polish Peel Kit, Rejuvenating Mask, Soothing Serum or Hydrostem, Face Lift and of course sunscreen Solar Defense Tinted or Non-Tinted.

In our Massage Department, we have added a new body treatment called "Body Bliss." 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 towed 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.



My spotlight this month is on Tracie Monthaven. Tracie recently joined the team as a Massage therapist. Tracie is also a licensed esthetician. Like most of our technicians, they were called to these careers while healing themselves and found it so fulfilling they wanted to help others. She likes to help people look and feel their best, which is why she became a massage therapist as well. When you are receiving a facial, a neck and hand massage is typically included. Tracie wanted her clients to have the full experience of massage and facial without

leaving the treatment room. Who wouldn't want that! Tracie's previous career for 20 years was as a veterinary technician, which is where her passion for her large furry family was born.

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**

**Why Cycle?**

*Jeannette Pyle, WellFit Manager*

“I don’t ride a bike to add days to my life. I ride a bike to add life to my days.”

A cycling class is a great way to burn a ton of calories in a relatively short amount of time. Have fun burning calories while our amazing instructors play fun music and give you all the motivation to finish strong. Indoor cycling classes help you shed fat, improve your heart health, and boost your muscle endurance. By the end of class, you’ll have a steady stream of feel-good brain chemicals called endorphins to boost your mood.

Indoor cycling is an excellent low impact workout that, when done correctly, places minimal impact on the hip, knee, and ankle joints. When you are pedaling against resistance during indoor cycling, you increase the endurance of the muscles in the legs. Working these muscles also helps to strengthen surrounding bones, tendons, and ligaments increasing overall strength so that activities of daily living such as balance and fall prevention and mobility can be performed with ease.

We are excited to announce that the Stages bikes are here! These bikes are easy to adjust to make every

workout comfortable and have consoles that give you great feedback to take the guesswork out of your performance. Sound intimidating? Don’t worry; our instructors will teach you how to use the consoles to meet your goals. Come a few minutes early to your first class, and we will get you set you up properly on your bike. By the end of the class, you will know all about your RPM (revolutions per minute), WATTS (power), and cadence.



Another great thing about cycling is that the learning curve is fast. It doesn’t take long to get good and to pedal a bike, anyone can do it, and you don’t need to be coordinated either! This is an individual workout with a group of people that are looking for the same thing.

If you haven’t tried cycling yet, we have something for everyone! We now offer three different types of indoor cycling classes to choose from. We offer 30-minute classes at 8:30 AM on Mondays and Wednesdays, early classes at 7:30 AM on Tuesdays and Thursdays. Our newest format is offered at 8:30 AM on Saturdays. It is 45 fun-packed minutes that is a fusion of cycle and strength on the bike. See our ad on page 92.

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## National Night Out—Kick-off On the Nile!

*Teresa Tanin, Neighborhood Watch*

It was a great night on the Nile. Camels lingered outside while Egyptian-clad neighbors enjoyed delicious food and fun—door prizes of \$25 Lincoln Hills' gift cards were a nice surprise, and the belly dancer was captivating!

It was an evening where friends shared their creative costume ideas while learning how to host an event for National Night Out, which is always the first Tuesday in August—2019 being August 6.

Neighborhood Watch encourages neighbors to participate, displaying the strong ties of unity

between community and police.

Meridian's will not be hosting a National Night Out event this year, so sign up to host or co-host an event in your village with an official visit from the Lincoln Police, Fire Department, or City Officials.

Registration for a gathering in your home, trail-park, block party, or restaurant is an easy process. Contact Pauline Watson, National Night Out Coordinator at [frpawatson@sbcglobal.net](mailto:frpawatson@sbcglobal.net) or 916-543-8436—Sign-up early and be sure to take great pictures which could appear in the *Compass* magazine!



W



*Belly dancing anyone?*



*Food enjoyed by 118!*



*\$25 door prize winners!*



## Lincoln is Central to the Craft Brewing Scene

*Al Roten, Roving Reporter*

Summer is here and a cold glass of beer or ale sometimes really tastes wonderful. To fill the desire for an afternoon or evening beer, the craft brewing industry has blossomed in and around Lincoln. I see Lincoln as central to the local craft brewing movement. With two restaurants in downtown Lincoln brewing for us, there are at least 12 others within about a 12-mile drive from home. Whether you like a soft pilsner or lager, a powerful IPA, or a mellow Porter style brew, you are sure to find a drink to fit your pallet. Most of these establishments serve a 16-ounce glass but offer smaller servings of the various brews available for your tasting experience.

In Downtown Lincoln, Daniel Alcantaro of Buonarroti Ristorante does microbrewing in the backroom and usually has a nice lager on tap. This spring, Double Barrell Smokehouse introduced an interesting variety of brews.

A short drive out McCourtney Road to Wise Road then right brings you to GoatHouse Brewing. About a mile beyond that point you will find Dueling Dogs Brewing. Be sure to savor the country drive.

A drive down Highway 193 to Fowler Road with a

right on Virginiatown Road brings you to Hillenbrand Farmhaus Brewery. Again, this is an enjoyable cruise through country lanes.

To our northeast, just around the block from Auburn Airport, is Knee Deep Brewing, and across the street is Moonraker Brewing. In Old Town Auburn is Auburn Alehouse. Drink in the history of Old Auburn.

To our east is Loomis Basin Brewing on Switzer Road, and their Gastropub restaurant is in downtown Loomis. Gastropub serves the best ribs in the area.

A bit farther southeast, Rocklin has several craft breweries with

Out of Bounds Brewing Company and Moksa Brewing on or just off Pacific Street—Historic Highway 40. Kathrin's Biergarten, is on Granite Drive, serving traditional German style brews. Don't forget to visit Boneshaker Public House on Sunset Boulevard.

To our south is Downtown Roseville, with The Monk's Cellar, on Vernon Street.

All of the above breweries with wonderfully colorful names have websites for searching addresses, driving instructions, and hours of operation.

Enjoy your summer. Get out and about to find what bounty awaits your tasting experiences.



*Dawna Hauksworth, Marilyn Kupcho, and Robyn Lock enjoying a cold one at Dueling Dogs.*



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## Skiing Outside the Lines

David Wright, Roving Reporter

It's Ingrid Morton's turn in the Western Regional Waterskiing Championship. Without hesitation she takes off on the shortened rope and scores a perfect run, zig-zagging between the six buoys. Ingrid has won another first place trophy in the slalom competition—one of many in her 18 years of competitive waterskiing. Skiing slalom is a grueling task. It takes strength, concentration, timing, and conditioning—a combination that taxes the abilities of any young athlete. But Ingrid is not just any young athlete. She turns 84 next week.

Ingrid grew up snow skiing in her native Germany. As a child, her home was bombed out from under her during World War II. She immigrated to America in 1957, worked, raised a family, retired, and since 2002, she and her husband, Bob have resided in Lincoln Hills.

Ingrid first got interested in waterskiing as a summer substitute for snow skiing. Then at age 66 she met her coach, took one lesson, and got hooked. Under her coach's guidance, she began waterskiing competitively in tournaments and discovered she has a natural instinct for winning.

Slalom requires maneuvering on only one ski while being towed behind a boat speeding along at 30 MPH.

The skier must make tight serpentine turns between buoys, contorting the body to unnatural positions—essentially becoming a pretzel on water.

When friends caution her about risking serious injury in such a dangerous sport, she tells them, "Maybe it's better to break your neck doing something you love than dying of cancer." In all her years of waterskiing, her only real injury came just this past year when she fractured a bone in her foot. Though not completely healed, she continues to train three days a week at the Bell Acqua Waterski Lake.

When not waterskiing, Ingrid stays in shape working out at the Fitness Center, taking line dancing classes and snow skiing. During her golden years, she has also done triathlons, cross-country bicycling and rollerblading. But waterskiing remains her passion. Ingrid explains, "When I ski in tournaments, I really have to think a lot. I don't feel 84. I feel younger."

In describing his wife, Bob uses one word—"inspiration." Meanwhile, Ingrid wonders how long she will be able to continue—every year questioning whether this will be her final season of waterskiing. But it is a safe bet that Ingrid Morton will be celebrating her hundredth birthday chasing buoys.



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## Decluttering Strategies

Nancie Attwater, Roving Reporter

It always seems like such a chore to clean and sort out the odds and ends of our lives as they stack up over the years. I recently cleaned out my huge walk-in closet that had not been “decluttered” since I moved in ten years ago. I can see the floor now, and the shoes and clothes are in order. I am inspired to keep decluttering now that I have accomplished this enormous task.

Here are some tips for decluttering I found useful.

1. Choose a table, counter, or shelf and decide you will never put things on it. One of the problems with clutter is that we tend to set something down and never put it away. If there’s no place you designate as a “put it down place” then that won’t happen anymore. For instance, if you have a receipt you are going to keep, put it away immediately don’t set it down on your table to get to later. You probably won’t.

2. Decide on a drawer that will no longer hold everything that doesn’t seem to have a real home. This more commonly known drawer is the junk drawer we all seem to have in the kitchen, garage, or perhaps bathroom. Rather than dump things in the drawer, make a specific storage place. Like a folder in the drawer for menus, or a plastic container for the rubber bands.

3. Start decluttering in small areas first. Drawers, hall closets, and cabinets. Don’t look at the whole house. Think on a small scale and choose a day of the

week that you are going to clean one place each week.

4. Develop a habit of throwing things away when they are no longer needed. Don’t set them down to get back to at a later date. Make the decision immediately and put it in the trash. If you aren’t sure, place them in a specific file and go through that file once a month.

5. If you moved here a few years ago and still have a garage full of boxes, you might consider cleaning them out. There is a theory that if you haven’t used something in a couple of years, you can safely get rid of it and never miss it.

We have several places nearby that will take discarded clothing and household items. Many will pick up the items for you.

**Salvation Army** – 800-728-7825. Call for pick-up service.

**Disabled American Veterans**, better known as the pink bag, pick up in the neighborhood once a month. Phone 800-238-vets (8387).

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## Acupuncture: The Needle Art

Shirley Schultz, Roving Reporter

Traditional Chinese medicine has used acupuncture for thousands of years to stimulate hundreds of acupoints across the body to control pain and other symptoms. According to this ancient medical practice, acupoints are specific spots on the body located on channels of energy where very fine acupuncture needles are inserted to help open blocked channels. Although acupuncture is now being integrated into U.S. health care practices, there are other therapies such as acupressure, deep tissue massage, cupping, and more which can also be used to stimulate acupoints.

What is acupuncture used for? Learn answers to this question by attending the **Community Forum, "Acupuncture for Health and Healing,"** on **June 26** (see page 53). The UC San Diego Center for Integrative Medicine website lists 27 conditions for which case-controlled clinical studies have shown acupuncture as an effective treatment. This list includes but not limited to: hay fever, depression, facial pain, headaches, some types of high blood pressure, induction of labor (no likely candidates in Lincoln Hills), low back pain, neck pain, rheumatoid arthritis, sciatica, and stroke. The same site lists several conditions that have limited but probable evidence supporting the therapeutic use of acupuncture



including alcohol dependence and detoxification, Bell's palsy, cancer pain, non-insulin-dependent diabetes, gallbladder pain, facial spasms, osteoarthritis, and several others.

The National Center for Complementary and Integrative Health (NCCIH) oversees tax-payer-funded research, and sums up the current status of acupuncture as follows: "Although millions of Americans use acupuncture each year, often for chronic pain, there has been considerable controversy surrounding its value as a therapy and whether it is anything more than placebo. Research exploring several possible mechanisms for acupuncture's pain-relieving effects is ongoing." Medicare will generally not pay for it. However, many medical systems are now offering acupuncture as an option for treating

certain conditions and undoubtedly have found a way to bill it as medically necessary. More than one treatment is generally needed at a cost of at least \$50.00 per session.

As with all forms of treatments for health problems, if it is safe and effective then consider using it if you need it. To reduce the risk of serious adverse effects from acupuncture, choose a licensed and properly trained practitioner who uses sterile, disposable needles. This is a needle art that may make you feel better.

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## Neighbors InDeed—Who are They? Pt. 2

Janet Roberts

You've met the Neighbors InDeed Handy Helpers and the Medical Equipment Handy Helpers in person. In the March *Compass*, you were introduced to Information & Referral volunteers and Dispatchers. But there are more volunteers who work behind the scenes to support the work of Neighbors InDeed.

**Supplies/Manuals:** Keeping the Handy Helpers and Medical Equipment Handy Helpers supplied with forms and informational materials to give to you is a volunteer who prepares these materials as well as volunteer identification badges, tee shirts and caps, along with informational materials for the two lodges. This volunteer also ensures that volunteers have up to date procedure ("how to") manuals, a critical task that ensures consistency and continuity of operations and programs.

**Fiscal Operations:** Another group of volunteers are responsible for managing the financial component of Neighbors InDeed, which includes processing the donations that you send to thank us for what we do. These volunteers write a thank you note to each donor to acknowledge receipt of the donation and our appreciation. They also record the donations and forward them to the Treasurer to be deposited in the Neighbors InDeed bank account. Our Treasurer is also responsible for submitting tax documents, paying our bills for insurance, database support, equipment storage, etc., and reimbursing volunteers for any expenses incurred as part of their volunteer services. Your donations allow us to focus on providing services without having to do fundraising and we thank you.

**I&R Resources:** This group maintains the Resources list used for providing referrals when you request services that the Handy Helpers cannot do. Our volunteers survey new vendors to obtain their services and contact information along with checking California State databases for license and registration information. Each vendor on the list is contacted by our volunteers every two years to ensure that information is still correct and State databases are checked again to confirm licenses and registrations. Remember – all vendors have been recommended by residents in Lincoln Hills.

**Public Relations:** We have volunteers who write for the *Compass*, Sun Senior News, and a volunteer newsletter. They are also available to speak about our services to support groups and clubs within Lincoln Hills as well as other groups outside of Lincoln Hills such as Seniors First, Kiwanis, and others. Just call to request a speaker, and we will be there.

For more information, see our website at [www.neighborsindeed.org](http://www.neighborsindeed.org). You can also call our message center at 916-223-2763 for assistance or to volunteer.

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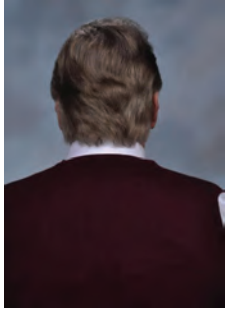
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## In Memoriam

### Joyce Elaine Galaich

Joyce grew up in San Francisco, where she played a role in her family's corporation, Designer Construction. During her life, she was politically active and interested in current events. She was the co-founder and owner of Skyline Kennels (with her sister) where she was very successful in breeding and showing short-haired collies. Skyline Kennels produced several national champions. Her collie "Wooden Horse" ranked first in the nation and went on to win in his breed at the Westminster Kennel Club show in Madison Square Garden. Joyce is survived by her husband George, three children, one brother, eight grandchildren and three great-grandchildren.



### Daniel Joseph Gilliam

A California native, Dan grew up in Sonora and Stockton. He married after high school and had three children. He worked in various occupations over his career becoming a Traffic Engineer for the California State Highways and State Department of Parks and Recreation. Later he remarried Sharon Sherwin and welcomed her two children. Dan and Sharon enjoyed camping and traveling the world together. Dan was always involved with the communities where he lived serving as President of two Little Leagues and sat on several boards. He led the NEV (Neighborhood Electric Vehicle) Club in Lincoln Hills. He also enjoyed flying planes, riding motorcycles, skiing and collect antique guns. He is dearly missed by his children, stepchildren, and grandchildren. He is also missed by his longtime friend and travel companion, Virginia Legarre and her family.



### Robert Grittner

Bob was born and raised in Pennsylvania. He went to Penn State and graduated from the University of North Dakota with a degree in Industrial Design and Technology. He served 22 years in the U.S. Air Force as an Electronic Warfare Officer flying in B-52's and AC-130's. He married his wife of 58 years, Carolyn while stationed in Mississippi. After retirement, they settled in El Dorado Hills where he had a second career with SMUD. Bob was active here in Table Tennis, Computer Club and enjoyed some trips with the Travel Group. He loved the Orchard Creek fitness center and rode his bike there 4-5 days a week. He and his family enjoyed skiing all over the world. He is especially missed by his wife, two children, and one granddaughter as well as many friends.



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).

### Library News

Did you know that we have many various sections in our library? Besides the ever popular novels and paper books, we have many other categories. Are you interested in crime, great novels, animal stories, or self-help? If so, please look around the KS library for your topic. If you have trouble locating a book, there is always a volunteer ready to help you.

Again, we are asking you to check the published date before you donate any books. The date can be found in the back of the title page. We ask that you donate only books that are published 2013 or later. Thank you for all your donations.

My good read this month is "Once We Were Brothers" by Ronald Balson. Taking place during WWII, these two boys were raised together but took very different paths as they grew up.



### Contacts:

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

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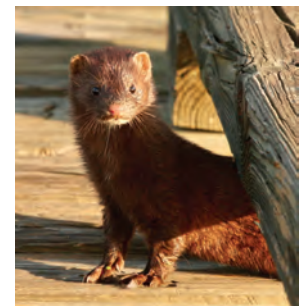
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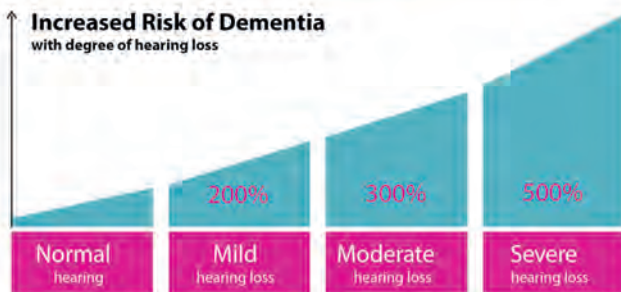
Individuals with Hearing Loss can experience significant cerebral atrophy. The most significant reduction in cerebral volume occurs in areas that involve:

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Source: Lin, F.R., L. Ferrucci, Y. An, J.O. Goh, Jimit Doshi, E.J.Metter, C. Davatzikos, M.A. Kraut, and S.M. Resnick. "Association of hearing impairment with brain volume changes in older adults."



Summary of Data from Lin et al., 2011 Johns Hopkins Medical Center

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## Club News



### Amateur Radio

The First Annual ARG Ham Radio Field Day, the most popular amateur radio event, will be held 22-23 June. The Amateur Radio Group will set up temporary transmitting stations at the Sports Pavilion to demonstrate amateur radio science and communications technology. For 27 hours, from 11:00 AM on Saturday to 2:00 PM on Sunday the ARG will contact other Amateur Radio Relay League (ARRL) Field Day stations across the nation using battery and solar powered radios with DIY antennas. You are encouraged to come by and learn about amateur radio and how it serves your community. Field day activities will be coordinated on the ARG Repeater at 443.225 MHz with a PL of 167.9 Hz. More information see our website.

Contact: Jim Darby 926-408-8599  
Website: [www.lharg.us](http://www.lharg.us)



### Antiques Appreciation

Our July 1 meeting will be a Show and Tell, which is a favorite with all our members. Each member is invited to bring 2 or 3 items to share, anything that is over 50 years old. It is always a very interesting event! We meet in the Heights and Gables Room

(OC), the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at the Meridians.

Contact: Pat Le Page 530-273-9300



### Astronomy

Monday, June 17 – Cosmology Interest Group (CIG). Fine Arts Room (OC) at 6:45 PM. Lecture 17: Radio Source Counts; Lecture 18: Active Galactic Nuclei and the “Very Large Array (VLA) radio telescopes”. Contact Morey Lewis (mlewis\_cc@sbcglobal.net) for more information.

Thursday, June 27 – Telescope Interest Group (TIG). Star Party at the Sports Pavilion. Assistance will be provided in setting up and using your telescope. Contact Bob Collins (bobpcoll@community.net.com) for more information. Wednesday, July 3, No General LHAG meeting. Visit our website for more information.

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



### Ballroom Dance

Now that the Spring parties, Havana Nights Pot Luck and the ever-popular Ice Cream Social are fond memories, we are looking forward to our next social event. Mark your calendars



Mark and Karen Worley

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

June dance lessons continue with the East Coast Swing. July lessons start with a return to the Salsa July 2, followed by the Tango July 9, 16, 23, and 30. We are pleased that Ed Beilin and Elaine Hagan will take over as instructors for July.

Club membership is \$7 per person annually, open to Lincoln Hills residents, sponsored guests, couples and singles. Lessons every Tuesday at KS: Beginners 2:00 to 3:00 PM, Advanced 4:00 to 5:00 PM. Open dance 3:00 to 4:00 PM.

Contact: Ruth Algeri 916-408-4752



### Big History

My goodness, how time flies. We are about to finish Year 2. If you are curious about what topics we covered in Year 2, come to our June 17 meeting 10:00 AM in P-Hall (KS) where we will present a summary of all the juicy stuff we covered from Ice Cores in Antarctica to Egyptian Cocaine Mummies to the



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Development of Languages and the War Panel. But wait. There is more. By club demand, there will be two special meetings in the summer. The first will be on July 15, same time, same place on "Everything You Want to Know About DNA." See our article in July for details on the second in August. Want to know more? Go to our website.

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

Website: BigHistorySCLH.com



**Billiards**

We are offering tournaments to all residents men, and women. We have tournaments for beginners, intermediate, advanced. Please join us in the fun! With the chance of meeting new people! The Billiards Group is offering 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 916-955-0551, atfelice3@gmail.com



Co-ED winners J S Varner, B Soriano, L King



**Bird**

Monday, July 8, 1:30 PM in P-Hall (KS), Kathi and Larry Ridley will present a program on their trip to the Sea of Cortez. Also known as the Gulf of California, this body of water and its islands are designated as a UNESCO World Heritage site with the goal of protecting and preserving the wonderful biodiversity of marine mammals, fish, and birds.



A recent trip to Spenceville

Our next bird walk, on Friday, June 21, will be along the Monte Azul Trail. This paved walkway winds through mixed woodlands and offers a variety of birds which include the Oak Titmouse, Ash-throated Flycatcher and White-breasted Nuthatch. Then Friday, July 5, we take a pleasant mile and a half walk through the Lincoln Dog Park along Auburn Ravine.

Contact: Sal Acosta 843-991-5188, quailrun@wavecable.com

Website: www.lhbirders.org



**Bocce Ball, Mad Hatters**

We were formed for the purpose of acquainting the residents of Lincoln Hills with the



Lincoln Hills residents referee Special Olympics Bocce

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

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

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



**Book, OC**

Our summer reads start with "Evil Under the Sun" by Agatha Christie. This whodunnit is our Classic selection for the year. Set on an exotic island filled with possibly guilty characters, Hercule Poirot must untangle a web of interconnected events to solve out the mystery.

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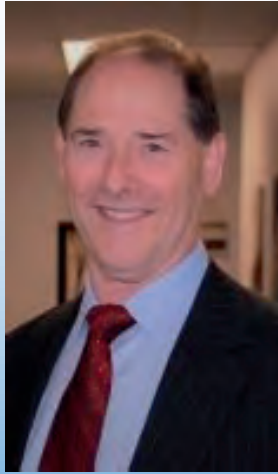
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# Ballroom Dance Club Sizziling Havana Nights



**Free Dance Lessons, Tuesdays 2-5 PM at Kilaga Lodge  
Contact Ruth Algeri for Information 916-408-4752**

The discussion begins at 1:00 PM in the Multipurpose Room (OC) on Thursday, June 20.

Upcoming titles: "Rocket Men" – by Robert Kurson – July 18; "The Invisible Library" – August 15; "The Things We Don't Say" – September 19; "The Tea Girl of Hummingbird Lane" – October 17.

Hint: Try the Placer County Library if you are having trouble finding any of our titles. They usually have multiple copies that can be reserved on their website, then checked out. The Rocklin and Penryn branches are the closest.

Website:

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



### Bridge, Duplicate

Duplicate bridge is a sport and sports have rules. The rules are to make sure the game is fair for everyone. Occasionally someone raises their hand and calls "Director Please." The director is there to ensure that the game runs smoothly and that everyone has an enjoyable time. The director will assess the



Jim and Meredith Worley. Name tags on! Ready for Bridge.

situation and present a solution in a manner that doesn't embarrass or offend anyone. Therefore, with an irregularity, calling the director is the proper action. The director balances the roles of referee, judge, teacher, psychologist, and entertainment director. Once we start playing, the director becomes the host.

Our games are played Wednesdays and Saturdays at 12:30 PM and Friday at 5:00 PM. All at (KS).

Contact: Lynne White 916-253-9882, Lynnewhite2000@yahoo.com Website: www.bridgewebs.com/lincolnhills



### Bridge, Partners

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

Winners: April 25 – First: John Butler/Byron Hansen with high round of 1670; second: Rose/Joe Phelan; third: Patty/Frank Kamienski; fourth: Stan Mutnick/Phil Sanderson. May 2 – First: Erika Wolf/Edith Kesting; second: Leana/Bob Glende; third: Joanna/Alan Haselwood; fourth: Betty/Stan Kisbey. Rick Guzy/Stan Mutnick had high round of 1590. May 9 – First: Janet Pinnell/Linda Theodore; second: Jean Beyer/Frank Kamienski with high round of 1900; third: Edith Kesting /Erika Wolf; fourth: Rosanna Jensen/Kurt Wolff. May 16 – First: Nancy Turrini/Lydia King; second: Janet Pinnell/Linda Theodore; third:

Greg Parker/Dwight Curry; fourth: Kay/Ben Newton with high round of 1600. Reservations for second/fourth Thursday: Joanna/Alan Haselwood 916-209-3392.

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



### Bunco

In May, we welcomed two new players Judy Letterman and Sandra Speight, as beginners luck would have it Judy won. After Bunco the group moved to the Sports Pavilion for their annual potluck. It rained on our parade, but the food, conversations, and friendship were great!

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

May Winners: Most Buncos – Kathy Sasabuchi; Most Wins – Ann Music; Most Losses – Judy Letterman; 50/50 – Linda Bales; Traveler – Lorri Song. Next Bunco is Thursday, June 20.

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



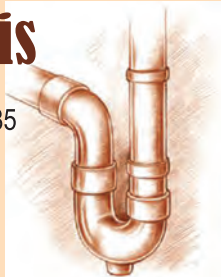
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Art in the Alcove in May was a big success. Many artists were able to show their work, and a number of pieces were sold. Thank you to those who participated and thank you to those who came to enjoy the show.

Our group dinner and Fall meeting will be held October 30 at Orchard Creek. Mark your calendar to hold the date.

Website: [www.cagsclh.net](http://www.cagsclh.net)

**Computers**

**Apple Users**



In May, we had two presentations. Ken Silverman discussed current and upcoming Apple entertainment services, including Apple News+, Apple Arcade, and Apple TV+. Helen Rains and Vicki White discussed the newest features of Pages, the Apple word processor. They made the case for choosing Pages, demonstrating how to put Pages to use to write a story or even a book. Helen, our LHAUG president, gained lots of experience with this tool, writing her recently published memoir, "Remembering Kairos: Growing Up Greek – American in the New York Bronx." Her book is available now on Apple Books and Amazon.

Check out the LHAUG website

for videos of these and other presentations, and for a calendar of upcoming presentations, open labs, and other events.

Contact: **Helen Rains**  
916-408-4505,  
[helen.lhaug@icloud.com](mailto:helen.lhaug@icloud.com)  
Website: [www.lhaug.org](http://www.lhaug.org)

**PC**



Main meeting July 10, 6:30 PM. This monthly meeting will be a Question & Answer session

where you can ask and get answers and information on your computer, smart-phone and tablet. We will also be pre-viewing our upcoming presentations and our outside presenters. Very interesting stuff! As usual, a mini social with treats follows.



Bob Ringo

Your yearly dues are due. We work on a fiscal year, June to July. If you haven't renewed, bring a check for \$15.00, our dues were just reduced by \$5.00 a year. Cash makes our staff nervous! P-Hall (KS). Walk-In-Workshop July 18, 1:00 to 3:00 PM in the Computer Lab (OC).  
Contact: **Bob Ringo** 916 543-5310,  
[sclhcc@gmail.com](mailto:sclhcc@gmail.com)  
Website: [SCLHCC.org](http://SCLHCC.org)



**Country Couples**

Country Couples members participated in a pre-arranged tour of the Sierra Pacific Lumber Mill, in May. All who participated thought it was very interesting and thoroughly enjoyed the tour. The weather was perfect! Don't forget to visit our new website to see the monthly calendar and important news regarding club events. You can also get information regarding the New Friday Dance Program for members in good standing.



Sierra Pacific Lumber Mill Tour

No dances scheduled for July and August. Our next dance will be held on Saturday, September 28, so I hope you didn't miss our June dance with a Hawaiian theme, which I will talk about next month. Enjoy your summer!

Contact: **Irene Hesson**  
916-434-6804, [ininsc@gmail.com](mailto:ininsc@gmail.com)  
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meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until 12:00 PM. We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table and the winning player's stat. Each player keeps track of his or her own score. The weekly winners for April were: Howard Beaumont, week one; Lois, week two; Brian Yates, week three; Mel Switzer, week four and Marilyn Knapp, week five.

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



### Cyclists

Do not take your bike chain for granted. There are more moving parts on your chain than on the rest of your bike combined, Cleaning and "lubing" the chain will also extend cassette life. Use a chain wear tool to measure stretch. The easiest way to clean your chain is using a chain cleaner unit that has brushes and degreaser inside, no need to remove your chain. After cleaning, wipe the chain well to remove debris that the degreaser has loosened. After wiping well, use a bike chain specific lubricant. Chain lubricant is not just oil, so do not use motor or household oils. Once you have lubricated the chain, wipe it off.

You do not want excessive lubricant on the outside of the chain to collect road grit.

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



### Fishing

A few of us have ventured out to fish, mostly lakes, the water is flowing heavily in nearby rivers. Though, its been reported the fishing is great on the lower Sacramento near Redding California and other rivers & lakes too. Join our club to get inside scoop about fishing at your favorite lake, pond, river or stream. Do you have a favorite rigging or fly? Our members are always open to helping you reach your dream of fishing and improve on your skill.



Look, I got one!

Don't forget your license, sunblock, chapstick, raincoat, warm jacket, PFD, waders, and safety skills; you might need them. Meetings are second Monday of the month, 7:00 PM, P-Hall (KS). If you are interested in joining, email Ralph Tonseth – [ralphtonseth@comcast.net](mailto:ralphtonseth@comcast.net).

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



### Food Adventures

Our late spring and early summer club activities included impromptu lunches at William Jessup University and Double Barrel Smokehouse Restaurant in Lincoln. We ventured into the lovely Lincoln countryside for a private tour and lunch at Pescatore Winery, and we visited Bywater Hollow Lavender Farm for a private tour and high tea lunch.



Impromptu Lunch at Double Barrel Smokehouse

At our recent regular monthly meetings, we shared favorite food preparation practices, favorite restaurants, favorite recipes, and favorite local food venues. We had one of our local produce farmers in to talk with us about the beauty and healthfulness of local fresh in-season fruit and produce, and he gave us good tips on shopping farmers' markets. June's meeting is on Monday the 24 at 2:00 PM in P-Hall (KS), guests welcome.

**Contact: Don R. Rickgauer**  
 916-253-3984,  
[FoodAdventuresClub@gmail.com](mailto:FoodAdventuresClub@gmail.com)

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**Garden**



Many of you have enjoyed the services of the "Mullen Tree & Shrub Care" as a family owned and operated business with 21 years in Placer County. They are very friendly, highly qualified, and local! The Mullens are our presenters at the June 27 General Meeting, 2:00 PM, KS, with the topic "Trees and Shrubs and how to Care for Them!"



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Contact: **Lorraine Immel**  
916-434-2918,  
lorraineimmel@gmail.com  
Website: [lhgardengroup.org](http://lhgardengroup.org)

**Genealogy**



The next presentation will be held on June 17, 6:30 to

8:30 PM in P-Hall (KS). Our presenter, Pam Bell Dallas, is addressing "Burned Counties." Are you stuck in a "Burned County"? All the records are not lost! This presentation covers strategies and examples for finding existing, replacement and supplemental records. Pamela has enjoyed conducting personal and client research for more than 25 years using a wide variety of repositories and record sources.



Pamela Bell Dallas

Members should come a few minutes early to check in and receive your door prize ticket for an Android Tablet. After the meeting, refreshments will be served across the hall and you will have a chance to network with others who share your interests.

Contact: **Barbara L. Branch**  
916-543-8219  
Website: [lincolnhillsgenealogy.com](http://lincolnhillsgenealogy.com)

**Golf**



**Ladies XVIII**

The May winner of NetChix was Patti Tilton. From a field of 35 ladies, she posted a net 68, including a birdie from 18 inches away on Hole 12. Rosemary Heckman, from Flight Four, had one more stroke, for 69. In Flight One, Valerie Green led with two birdies and the CTP on 11, followed by Donna

Sanderson and Lissi Bedford. Wendy Wohl, a new member, was first in Flight Two, while Dee Arts got the tiebreaker over June James. And, Linda Chappellear claimed first in Flight Three, followed by Ofra Unger. Pat Robinson was third. Ida Cicci was second in Flight Four, and Doris Knorr scored even par for third. Also, Bedford and Donna Brinkerhoff logged a birdie.

**Lincsters**

Ninety players participated on April 24 in the Lincster Bring a Friend Tournament chaired by Janet Adler. Golf was followed with a luncheon in OC ballroom. The team of Nancy McDonald, Michelle Carson, Shari Loyd, and Valerie McElroy won the front nine; Judy Josse, Linda Mann, Kim Schutz and Chris Negus won the back nine. Michele Carson won Closest to the Pin on hole 7; Marlene Anderson won closest to the pin on hole 16. Other Lincster events were WHNGA Team play on May 8 and the Senior Rules FYOF on May 29. The next General Meeting will be held on June 19. Congratulations to Joan Frame of Flight B, April Golfer of the Month. Welcome new member Hyeja Busse who joined the Lincsters in May.

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

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**Golf Men's**

The April tournament gross winners were; Joe Angel, John Dewildt, Jack Drinkard, Ron Waisner, Bob Napoli. First net winners; Ron Cook, John Vass, Gary Anderson, Duane Hansen, Mercer Tyson. Bob Schoenherr qualifies for the Penny Carolyn Shootout at the Memorial Tournament in September. June 11 will be our Two Man Better Ball Tournament, pick your partner. At this tournament, we will be beginning our course care initiative of filling divots on the way to starting holes before playing. Check our website for future tournaments and other pertinent information!

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



**Hiking & Walking**

Summer is officially here, and many adventures await us. Come join a hike, hang out with old friends, meet some new ones, and enjoy the warmer weather. Upcoming activities include a 9-mile hike at Hidden Falls on Tuesday, June 18, the not-to-be-missed annual BBQ and hike in Truckee on Thursday, June 27 and a moderate hike at Winnemucca Lake on Thursday, July 18. Please mark your calendars for the Hike Leaders Meeting at OC at 6:30 PM on Thursday, July 11. Note, the start time for the Wednesday walks beginning



Lunch break on Angel Island hike.

in June through September 19 has moved to 7:30 AM. Remember, our website is the go-to place for hiking, walking, membership, and club information.

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



**Investors' Study**

**NO MEETING IN JULY.** Have a vacation break and return refreshed for the rest of the year including our Holiday Party.

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



**Lavender Friends**

Potlucks — a communal meal whose roots can be traced to 16th century England — are popular Lavender Friends events. "It brings lots of our members out," says the activities committee chair. The most recent potluck came with a twist — baked potatoes with folks bringing toppings for them. Among the toppings: hummus, sun-dried tomatoes, broccoli beef, shredded chicken chili, and nacho cheese. Some 27 members attended and

stayed to play Pictionary. For an encore, a potluck is being planned this summer around a barbecue theme.

Lavender Friends represents the LGBT community here. Check out our website for details and events.

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

Website: www.lavenderfriends.com



**Line Dance**

Our Line Dance Group was asked by the Needle Arts Group to perform at their annual luncheon. On May 14, a group called the "Out-of-Line" dancers led by Yvonne Krause-Schneck and Ginger Fullerton



Out-of-Line Dancers performing at Needle Arts Luncheon

provided some of the entertainment and facilitated some willing luncheon participants in learning an introductory dance. This endeavor proved to be a "win/win" situation for both groups as we all shared what we are all about. Everyone had smiles on their faces as they attempted to learn some quick steps. Many participants

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remarked that they just might be interested in taking a class. We hope so, as line dance is fun, good exercise and a great way to meet new people!

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**

Hello Friends, this ancient Chinese tile game is experiencing a surge in popularity. It supports a healthy lifestyle by challenging our minds with mental workouts and keeping us socially active. We



May display window outside the Card Room (OC)

meet every Tuesday in the Card Room (OC) from 12:15 to 4:00 PM. If you're a player, bring your 2019 card and join a table. To learn the game call Fran Rivera at 916-434-7061 who teaches in her home for free. Her next session will start in the fall but call now so you'll have a seat at a table. Mah Jongg can be a little difficult to learn, but once you start you'll agree it's a lot of fun and the challenge is addicting. We hope to see you next Tuesday.  
Contact: Patty Kingston 916-587-3056, pkingston@att.net



**Mixed Media**

We meet on the third Wednesday of the month in the Ceramics Room (OC) from 1:00 to 4:00 PM. Come check us out; we love to meet new people. Rudi Franke will be our guest artist at the June 19 meeting. He will be showing us some new collage techniques he developed using vintage as well as new bingo cards. This month we had a prompt word for our art challenge,



One of our member's finished project from our April meeting.

"butterfly." Use the prompt and create a mixed media art piece. No right or wrong; just have fun. The art challenge for July is to use at least one stencil and the colors red, white, and blue. Incorporate these items in your July art challenge.



**Motorcycle**

Road Captain Bill Silva led the club's monthly ride on May 11. A ride along the Sacramento River led to breakfast at the Virgin Sturgeon. May 18 was the date for the RoadRunners annual Mothers Day Ride. A nice ride followed by a great lunch at the Timbers Restaurant was enjoyed by all. Thanks to Road Captain John Marin for arranging the ride and lunch venue!

The RoadRunners have scheduled rides on the second Saturday of the month, March - November. If you like motorcycle touring

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Mother's Day lunch at the Timbers Restaurant in Roseville

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 June 27." Ride Safe - Ride With Friends" Contact: Manny Perez 916-253-9121, manwil412@wavecable.com



**Movie Lovers**

No meeting in July. Contact: Cliff Roe

510-889-0265



**Music**

We met on Wednesday, May 22, with instruments and voices tuned up and ready to go. The Group's Opening number was "Love Me Do" by the Beatles. It was fun to play, as was the closing song, Willie Nelson's "On the Road Again." 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



Kansas City Jam

information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information. Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com



**Needle Arts**

Our May meeting was a cruise themed luncheon. Those who attended had a fun filled time. On June 11, Dawn Cannon of Finely Organized spoke to us on "Organizing Your Needle Arts."



Look what we did at the May retreat

We will not have meetings in July or August, however the subgroups will continue to meet throughout the summer. Check out times and locations of these groups on the calendar on the Needle Arts website or the calendar posted on the Sewing Room window. Some

exciting workshops will be occurring in the near future. Members will get emails about them as soon as they are available. For more information about Needle Arts, check out our website.

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



**Neighborhood Watch**

Years ago, a van pulled up in front of our friends' house and cleaned out their electronics and other valuables, while neighbors watched. They didn't know their friends were out of town. Even if you plan to be gone for only a few days, help protect yourself from possible burglaries. Let your neighbors and mailbox captains know you'll be gone and provide contact information such as family/friends near-by who have your itinerary. Let immediate neighbors know who might stop by your house such as gardeners, family members, pet sitters and/or cleaning companies. Closed shutters and occasional lights turning on and off may not be enough to discourage experienced burglars. We need to look out for each other because someone else could be watching.



Do I spy an empty house?

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**Painters**

In June and July, the Painters' Club will be featured in the art display in the alcove (near the Activities Desk) at Orchard Creek Lodge. Work in watercolor, oil, pastel, and mixed media will be on display and for sale. The show will be changed out in July to show different artists' work. Thanks to Marion Randall for managing this event.

Painters can now receive our monthly newsletter which details the Board Meeting Minutes as well as information on other activities and upcoming programs. If you are a paid member, make sure your email address is on our list. Thanks to Marsha Herlache for her efforts on this project.

For more information, contact Joan.

**Contact: Joan Musillani - President**  
916-712-4393,  
joanmusillani@gmail.com

**Paper Arts**

During our June meeting, Mina Bahan presented our project: a cute, little purse with four color-coordinated cards. Thank you, Mina!

Come to our July general meeting and "Create a Card." For this project, members are asked to bring a card base and ink, and the club will supply paper, embellishments, and other pieces to help you create a unique, simple card.



*At the Potluck and Overstock Sale in May*

The next Open Lab for members only is June 20, from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS). Drop by and see what fellow members are working on. Use some of our tools you may not have. Scrapbookers, please join us! We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room (KS).

**Contact: Nancy Sealy 315-702-7986,**  
nancyb1944@yahoo.com



**Pedro**

Pedro is a fun and slightly challenging bidding card game. If you have never played Pedro, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. Pedro meets in the Card Room (OC) on the first and third Friday from 9:00 AM to 12:00 PM. For more information, please contact Denise Jones or Doris DeRoss at 916-253-7164. We are looking forward to seeing you there.

**Contact: Denise Jones 916-543-3317**



**Photography**

Our June meeting will be a summer

BBQ at the Sports Pavillion catered by Bill's Chuckwagon. The day will include our first-ever swap meet. Many members have extra camera gear they would like to sell or give away, and an equal number are looking for additional gear. The BBQ is a great opportunity to bring the groups together.

Field trips are an ongoing activity for members. Upcoming trips include June, July and August Galaxy opportunities, Perseids Meteor Shower in August, Reno Hot Air Balloons in September and fall colors in September/October. Check out the fabulous photos from field trips near and far at member exhibits.



*Photo by Truman Holtzclaw*

Exhibits going up include the Needle Arts Display in Orchard Creek and Simple Pleasures Café in Lincoln.

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



**Pickleball**

The summer heat may soon be on, but the calendar doesn't cool off. Upcoming for members: Our summer party is June 20, the ice cream social is August 7, and we are holding a Canine



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Companions for Independence benefit mixer September 7.

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Then, sign up for our Fall Classic tournament open to all Lincoln Hills residents September 12-14.

There will be special brackets for newer players as well as divisions for more skilled competitors. Once hooked, join our club! We offer members free lessons, ladder leagues and regular parties.

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



**Players**

We are looking forward to a well-deserved Summer Fling on June 22 at KS. Our next READERS THEATER 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." Auditions will be held Monday, July 8 and Tuesday, July 9, place, and exact times to be announced.

The November show, "Magic Moments - The Golden Age of

Television," will be full of wonderful actors, singers, dancers, and laughter. Audition dates will be in August. Guests are always welcome to attend monthly Players' meetings every second Monday of the month at 4:00 in P-Hall (KS). For more information about Players, visit our website.

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



**Poker**

We play a variety of poker games every Monday and Friday starting 12:45 to 4:30 PM, Tuesday, 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 (Tuesday's). 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**



**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



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**Contact: Patti Kingston 916-587-3056,**  
pkingston@att.net  
Website: <http://schoolssuncity.or>



**Scrabble**

We welcome you to try a game of Scrabble with us. We play every Monday afternoon at 1:00 PM in the Card Room (OC). All materials are provided and all levels of experience are welcome. Play one game, two games, or more. Come and try it out!

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**Singles**

At 4:30 PM Thursday, June 20, join us at Lucille's in Rocklin for Dine Out.

Call Sue to make your reservation. Our annual In & Out Dinner Dance will be at KS, Friday, June 28 at 5:30 PM. Tickets now on sale - only \$25.00 for an Italian dinner/dancing! We will be planning our upcoming activities on July 2 at 4:30 PM in the Ceramics Room (OC). Have a happy July 4th! No Cocktail time this month, due to the holiday. Celebrate member's birthdays on Sunday, July 7, Sports Bar (OC). See you there at 4:00 PM Business Meeting on Thursday, July 11 in the Ballroom (OC) at 6:00 PM. Saturday, July 13 at 9:00 AM, join us in the Sports Bar (OC) for breakfast.

Contact: Susan Platt 916-397-0850



**Softball**

After the first third of the season, Carolan Properties and Coldwell Banker Sun Ridge are leading the pack with Don's Awnings, Siino's Pizza Pasta Grill, Future Ford Lincoln, and J Jowers Painting all within three games of the leaders. Atherton Wealth Advisors, Mary Olsen Century 21, Schaack PT, A+ Dental Care and McDonald's are looking to improve their standing as we head to the midpoint of our season. Play has been spirited with consistent hitting and solid defense.



Safe!

Special Upcoming Events – We will have a "Twilight" game beginning June 26 at 6:30 PM with evening hot dog sales. July 4 will feature All-Star games and a game featuring a Lincoln Police/Fire Department team versus our own All-Stars. Hot Dogs Galore! Come Join Us.

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

**Softball, Coyote**

We played in Lodi the first weekend of May and came away victorious. Winning every game and scoring 73 runs they ran away from the competition. Led by the outstanding offense of Gary Jones, Gym Mikaelson, Rn Morin, and every other player, they scored at will it seemed. There was also great defense by Pete Savoia, Gym Mikaelson, Larry Manley, Frank Pulino and the whole team. Virgil Dahl once again pitched every game.

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



**Sports Car**

Spring green of Ironstone Winery and the town of Murphy was outstanding, especially when brightly colored sports cars drove through. Everyone enjoyed the tour coordinated by Steve & Ann Beede. Our club assisted with the Concours d'Elegance. Unfortunately, it rained, but we enjoyed helping and look forward to next year.



Breakfast for the volunteers

A drive to Dutch Flats and the Monte Vista Inn is going to be special. Leader Linda Snyder knows the owners, so dinner will be a tasty treat. It is baseball season; our next social we will be rooting for the home team – Lincoln Potters.

Tahoe is where we will see the Vikingsholm in Emerald Bay. A special tour will include a reception in their Courtyard thanks to members Don & Rosie Songey.

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



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beautiful dancing at Sun City Squares. We welcome singles as well as couples. For those of you who have danced a long time ago or maybe have lost a partner, we are very happy to help you learn again! Come over and check us out! We meet at Kilaga Springs \*Monday from 1:15 to 3:15 PM for Plus Level dancing. Round dancing between tips. \*Monday from 3:15 to 3:45 PM for Advanced Level dancing. \*Thursday from 1:00 to 3:00 PM for Advanced Level dancing. **Contact: Sandy Cleaver 916-409-0409, slctravel@yahoo.com**



**Swimmers & Water Walkers**

My history: 1954 Plunge lessons; 1960 swam across high school pool to pass PE; 2002 YMCA water walking; 2004 move to SCLH; 2005 friend asked me to swim but I could only float so she taught me to snorkel swim at OC then I would join 3 friends to water walk at KS; 2007 started to watch grandchildren so I couldn't use pool during the day but would water walk at KS; advice from my children: freestyle: ice cream scoop then throw it out the back and breast-



Club Secretary  
Chey LeRoy

stroke: gather library books and place them on the shelf; 2008 to present day snorkel swim at KS.

With my pool history, our club purpose is perfect: provide camaraderie, encouragement, and support for swimmers and water walkers of all abilities! **Bob LeRoy 916-412-0552, bobandchey@icloud.com**



**Table Tennis**

Our brains need constant exercise to stay in shape. Table tennis has been identified as "the best brain sport." A Japanese clinical study has demonstrated that table tennis activates up to five separate portions of the brain simultaneously. A growing body of research-based evidence suggests table tennis provides multiple benefits for Alzheimers and dementia patients. The game engages patients in therapeutic physical and mental stimulation and increases cognition. All skill levels are welcome from beginners to advanced. Free lessons and loaner paddles are available. Play commences at the Multipurpose Room (KS) Sundays from 9:00 AM to 4:00 PM except for the first Sunday of the month when play begins at 12:30 PM, Tuesdays from 6:00 to 9:00 PM, and Fridays from 8:00 to 11:00 AM.

**Contact: Tim Frank 916-408-2765, timcfrank@gmail.com**  
**Club email: pingpongsclh@gmail.com**



**Tap Company**

We will have just enjoyed the Annual Luncheon and Meeting by the time this issue of the *Compass* is published. The next *Compass* will contain news from the meeting. Alyson is working on a routine with each of the tap classes to present at the Anniversary Show in October. Celeste will have practices for this dance on Saturday mornings, between 8:00 and 10:00 AM at Kilaga Springs. You are welcome to practice as often as you can and attend during whatever time frame works for you on Saturday mornings.

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



**Tennis**

Intramural Team Tennis (LITT) ended on a raining day. That didn't stop the participants from coming out for a lunch of sandwiches, fruits & vegetables. Each player received a can of tennis balls. The Black Team finished in first place for the season. Again thanks to the captains for volunteering their time: Pink Team Linda McDermott, White Team Carol Vasconcellos, Black Team Pam Flaherty, Blue Team Miguel Cuevas. Also thanks to Carolan Properties for sponsoring this event. Check out the website for pictures and results.

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**Meridian Cheeseburger | 12.99**

1/2 lb Beef Patty, Brioche Bun, Cheddar Cheese, Tomato, Onion, Lettuce, Pickle, Choice of Side

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Please call 916.625.4400 to place your order anytime between 1pm-7pm Tuesdays through Saturdays. Please allow 30-45 minutes for delivery. Your delivery ambassador will be calling your name when they arrive at the pool.

## The Golden Revue Vaudeville Variety Show

**Thursday, July 18 at 6:00 PM**

**Friday, July 19 at 6:00 PM**

**Saturday, July 20**

**Two Shows at 2:00 & 6:00 PM**

**Kilaga Springs  
Presentation Hall  
Tickets \$12 at (OC/KS)**



LITT is about meeting new people!

Action coming up next: In lieu of the Fall Dinner Dance we will be having a Hawaii themed event Sunday, September 15. Next tournament will be Men's Doubles Championship Wednesday, September 25. We have so much to offer!

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



**Vaudeville**

Tickets are on sale now for our Golden Revue Variety Show. This year we have several dates to choose from. 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) for only \$12 you won't be disappointed. We have a variety of great acts. Our show sold out last year so don't wait too long to purchase your tickets.

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



**Veterans**

Veterans Group life member Jim Cormier

designed a challenge coin to be used as part of the fundraising effort in support of the Lincoln Veterans Memorial project. That coin design has now been incorporated into the plan for the memorial itself. Gladding, McBean has announced that the company will donate a tile image of the challenge coin for use at the memorial site. The focal point of the memorial will be the front side of the challenge coin. The tile will be stylized with Gladding, McBean's version of the coin in a red tile color. Jim Cormier's design will provide a dramatic center point for the memorial.

Contact: Mike Schultz 916-209-3460, [avid9er2007@gmail.com](mailto:avid9er2007@gmail.com)



**Water Volleyball**

The Cinco De Mayo Potluck at the Sports Pavilion was a tremendous success with delicious food, land volleyball, and cornhole on a beautiful Sunday afternoon. Summer activities are in the works — outdoor water volleyball at the Orchard Creek Pool is planned to start in



Gladding, McBean's Jamie Farnham, and Jim Cormier visit the memorial site.



Sun City Slickers

June. The "Some Like It Hot" tournament was declared a winner by all thirty-five competing members. Congratulations to Sun City Slickers, coached by Duane and Elaine, starting as number four and ending as number one! Our website has undergone major updates to enhance member communication. Starting in June, members can sign up on the website for team play on Monday, Tuesday and Thursday — no more paper or unnecessary trips to Kilaga to sign up!

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



**Woodcarvers**

Sometimes folks who would like to join the Woodcarvers Club avoid doing so for lack of tools. And then there's always the question: what tools should I buy? Well, our club has made it easy for people to join and have the appropriate tools. We have purchased starter sets, each with four different tools, and will sell the sets to new members at our cost, which is \$61.00. Kevlar

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gloves and thumb guards are also necessary items, and we will sell those, again, at our cost. A glove is about \$6 to \$9, and thumb guards range from \$3 to \$7. We meet on Wednesday, 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**

We are celebrating the publication of *The Road to Bantry* by John Ross, published by Amazon. John's fascinating book is a look into the past, and facts are taken from his great-great grandmother's journal. It begins with the Great Famine in Ireland and continues across the ocean to their new found country in the United States. The story brings to life the trials and tribulations of people in the 1800s and the personal events in one family's life. To hear other's writings and share your own, come to our meetings on the second, fourth, and fifth Mondays from 6:30 to 8:30 PM in the Ceramics Room (OC).



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

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## Support Group News

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

Our June 26 meeting will feature Ginger McMurchie of Elder Care Management talking about communication between adult children and with aging parents. Meaningful conversation among family members is all too often frustrating and non-productive. Ginger will guide us with tools and tips for productive conversation, strategies for focusing on objectives rather than emotions, and how to serve your loved one's best interest by finding common ground and consensus.

We meet on the fourth Wednesday at 1:00 PM in the Multipurpose Room (OC). Our meetings are open to Lincoln Hills family caregivers. Our purpose is to provide you with tools, tips, and resources you need in your mystifying journey into the other-worldly realm of your loved one's ever changing presentations of cognitive impairment.

**Contact: Jeff Andersen 916-521-0484, [2jeffa@gmail.com](mailto:2jeffa@gmail.com)**



*Ginger McMurchie,  
Certified Care Manager*

### Bereavement



We offer support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support meeting is July 10. 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 Lincoln Chinese, Thursday, June 27, 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](mailto:joanlogue@sbcglobal.net)**



### Bosom Buddies

At our June meeting, we learned about "Seniors First" and the services they offer such as food, rides, and caregiver support. This interesting presentation provided information about how much is available to seniors who need help. Although we don't have a meeting in July, we're busy gearing up for the annual "Relay for Life," a fundraiser for cancer research, August 10 and 11 at the Gold Country Fairgrounds in Auburn. Bosom Buddies will enter a team as well as host a booth. If you haven't registered to be on our relay team, there still is time to do so. Go to the website "Relay for Life" or call Peggy Ryan at 916-408-0599. This is a worthwhile and fun event. We hope to see you there!

**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 now available on Amazon in paperback and eBook formats.

**Contact: Dede Ranahan 916-408-4541, [dederanahan@gmail.com](mailto:dederanahan@gmail.com)**



### Gam-Anon

If your life is affected by someone else's gambling problem, Gam-Anon can help. Gam-Anon meets weekly on Friday evenings from 7:00 to 8:30 PM at the First United Methodist Church, 6414 Brace Road, Loomis, CA 95630. Follow the signs to the proper meeting room. A Gambler's Anonymous meeting is held concurrently in another room. Call Kay F. at 916-543-3079 for more information.

**Contact: Kay F. 916-543-3079, [denniskayf@starstream.net](mailto:denniskayf@starstream.net)**

**Website:**

**[www.gam-anon-loomis.com](http://www.gam-anon-loomis.com)**



### Glaucoma Support Group

Glaucoma and Summer often mean the need for extra protection from the sun's rays. If you have been recently diagnosed or have lived with glaucoma for a long time, please join us as we continue our discussions on living with Glaucoma. Our next meeting will be held on July 10 at 4:00 PM in the Multimedia Room (OC). If you would like additional information, please contact Bonnie Dale.

**Contact: Bonnie Dale 916-543-2133, [Bjdale@aol.com](mailto:Bjdale@aol.com)**



### Hearing Impaired Support Group

We will have our next meeting on Thursday, June 27, in the Multipurpose Room (OC) from 2:30 to 4:30 PM. Our guest speaker will be Mary Kay Therres of MedEl, and she will be telling about her company's cochlear implants. Joanne will give an update on the mediation. Last month, our speaker was Dr. Laura Gaeta of Sacramento State, and she updated us on all the new assistive hearing devices. Please let Donna Szabados know that you will be attending so that adequate seating will be arranged.

Contact: *Joanne Mitchell*  
916-408-0533, [pipa1@prodigy.net](mailto:pipa1@prodigy.net)



### Low Vision Support Group

Meeting, Tuesday, July 2, 2:00 to 4:00 PM, Fine Arts Room (OC). Kathleen Shevlin, Manager of Senior Programs at the Society for the Blind, will educate us about the history, funding, and senior services. The latter includes a week-long training session on skills that teaches us how to maintain independence by using methods and devices when living with vision loss.

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.

Contact: *Cathy McGriff*  
916-408-0169,  
[cathy.mcgriff@yahoo.com](mailto:cathy.mcgriff@yahoo.com)



### Multiple Sclerosis

We are on Summer Break until September but have wonderful memories of the past year! A number of Speakers enriched our meetings to whom we are grateful. Also, we enjoyed each other during Share Time.

The highlight of the year was our luncheon with Dr. John Schaefer, Neurologist, Mercy MS Center, updating us on Cannabis and MS. Not all Members have MS but join us for information and/or to support a loved one.

Another highlight was the yearly MS Walk, where in the past five years, we have collected over \$25,000 towards MS Research, Support, Equipment, Scholarships, etc. Still time to donate to National MS Society, No. Ca, mail checks to Jeri DiFiore, 2445 Prairie View Lane 95648. Have a great summer

and See you in September!

Contact: *Jeri Di Fiore* 530-401-2135,  
[jerihansondifiore@gmail.com](mailto:jerihansondifiore@gmail.com)



### Parkinson's Support

We meet the third Tuesday of each month at the Granite Springs Church, 1170 E. Joiner Parkway from 10:00 to 11:30 AM. The Group provides those with Parkinson's and their caregivers to connect with each other and to receive information about living with Parkinson's. The format consists of informative speakers and an occasional general discussion. The next meeting will be on June 18 with Riley Thompson of Boston Scientific scheduled to speak about the use of Deep Brain Stimulation in the treatment of Parkinson's disease.

Contact: *Ginny Nevins* 916-543-0757



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## Bulletin Board

### A Course in Miracles

We meet on the first and third Mondays. This is a spiritual study with a psychological focus because it deals with healing the mind. Our beliefs and thoughts determine our peace or lack of it. If peace of mind is important to you, and you are troubled by thoughts about grievances, past mistakes, worry about the future, or relationship issues, then you might want to examine this method of spiritual healing. We discuss our practice in applying the principles set forth in the lessons in this book. If you would like to join us, call Alexandra 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.

### Boomers

We are a group of residents of various backgrounds, age, and fun ideas! We plan our gatherings in the evenings and weekends! We encourage all members to bring their ideas, even host an event! We are inviting You to join us! Remember to RSVP to our activities. Our Boom! Happenings for May: smorged once more at Food Truck Mania downtown, had a Kentucky Derby party complete with a race winner and hat contest, entertained our left feet at line dancing in Beermans Plaza! Hope to meet you soon! For more information, please contact [dianapeters@wavecable.com](mailto:dianapeters@wavecable.com), [susanhaas3@yahoo.com](mailto:susanhaas3@yahoo.com), or [alicebcrawford@gmail.com](mailto:alicebcrawford@gmail.com).

### California Retired Teachers BBQ

Placer County Division 67 of California Retired Teachers invites retired teachers to a barbeque on June 12 at 3:30 PM, Please RSVP to Robin at 530-848-4006.

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

### You Are Invited to Attend:

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

- **Thursday, June 20, 2:00 PM** – Ansel Park – Solarium
- **Wednesday, June 26, 2:30 PM** – Revocable Living Trust Seminar – Solarium
- **Wednesday, July 10, 11:00 AM** – Reverse Mortgage Seminar – Solarium

### Cloggers

Wow! What a spectacular Annual Convention we just experienced in Sacramento! Several cloggers from right here in Lincoln Hills attended, clogged with the masters, and are eager to show off new steps and techniques they learned. The exuberant, fast-moving, calorie-burning clogging dance has been intriguing folks for many years. A 1977 New York Times article on clogging described one dancer as follows – She “moves her feet as though they were suspended on strings.” (Sounds just like us, right?) For information about clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

### Democratic Club

Instead of a monthly meeting in June, we're having a FUNdraiser on June 15. We'll cheer for the Lincoln Potters when they host the San Francisco Seals at McBean Stadium. Tickets are \$25 per person and include all-you-can-eat burgers, hot dogs, salad and soft drinks; VIP seating next to the Potter's dugout and a fireworks display following the game. Gates open at 5:30 PM with the game starting at 6:30 PM. Don't miss this fun event to support our club, support the community, and enjoy an all-American evening!

### Italian Club

The annual Inaugural Dinner and Dance is set for July 7, from 5:30 to 8:30 PM at Catta Verdera Country Club. The club's new president and

vice president will be introduced and installed. Take this opportunity to meet our board members who will be influential in the direction of the club in the coming year. See the flyer on the webpage for more information. Sign-ups must be received no later than June 29. If you are a Lincoln Hills resident of Italian heritage, go to [www.lhitalianclub.org](http://www.lhitalianclub.org), and learn more about us. Interested in joining? Contact: Sandi Graham, membership, at 916-826-5711.

### Lincoln Community Blood Drive

Please Consider Helping. What takes between 30 to 60 minutes can mean saving as many as three lives. We need your BLOOD!! Please join us at, Lincoln Veteran's Memorial Hall, 541 Fifth Street. On June 27, starting at noon until 4:30 PM. PLEASE NOTE NEW TIME. Save time and reserve your place, register online. Go to <https://lincolnblood-drive062719.eventbrite.com> click on Register and choose a time that is not sold out. Or call 916-453-3042. You may also walk in when it is convenient for you between Noon and 4:00 PM but you may have to wait a bit.

### 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 9:30-10:00 AM. Depending on the number of players, we play doubles, cutthroat and/or singles. Ladies are welcome. See you on the court. Contact Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

**Republican Club**

Our next meeting is Tuesday, June 25, in P-Hall (KS). Doors open at 6:00 PM, the program begins at 6:30 PM. Our speaker is Carlos A. Yniguez from John Adams Academy. Mr. Yniguez will discuss the role of parental choice in education. He makes a compelling argument that the parental right to choose the family's educational environment is a fundamental right and a principle of freedom. Mr. Yniguez will discuss how the current political climate in California is actually against local control instead of working towards it. For more information, including membership: info@RepublicanClubSCLH.org.

**Shalom Social Group**

Our Women Together fashion show and lunch in May was a great success. Plans are set for our annual picnic on June 2 at the Sports Pavilion. It will be a catered barbecue. Future events include a Men's Club brunch on June 9, where Jim Ganulin will speak on "California Water, Then and Now." Ongoing sports events include morning bocce ball practices on the first and third Sundays and afternoon ping pong on the second and fourth Sundays. Our group focuses on Jewish programming, culture, and food. Membership is open to all. For more information, Joanne Levy at 508-333-8590.

**Shooting Group**

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

916-434-6341 or trifilom@gmail.com. Come out and have fun!

**Sons In Retirement Branch 13**

Sons In Retirement Branch 13 (Lincoln/Roseville) will hold its monthly luncheon on Tuesday, June 18 at Catta Verdera Country Club, 1111 Catta Verdera Drive in Lincoln. A three-course gourmet lunch costs \$20pp. Arrive at 11:30 AM; luncheon adjourns at 1:30 PM. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending the luncheon as a guest, please contact Chet Winton at 916-408-8708.

**Wise Aging**

We provide a forum for discussion, support, and sharing of aging-related resources for residents wanting to plan for their older years, whether aging in place or exploring other options. We offer a mixture of speakers, small group discussions, and member input. July 1, 1:00 PM Gables/Heights (OC). A speaker will discuss what we must do when a spouse dies. We meet every first Monday. Come and join others who have discovered the comfort in sharing information and being heard. Contact Ellen Altman at ellenreba@yahoo.com or 916-409-2014 or Jane Carhart at jzcarhart@hotmail.com or 916-543-6938.

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**Farmers Market**  
Every Wednesday  
until November 20  
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.



**Senior Softball Club Presentation**  
Tuesday, June 18, 7:00 PM  
P-Hall (KS)—**Free**

Senior Softball club will have a speaker, Cathy Cassady Sylvia, she will present a program highlighting the life and work of her mother,

artist, and author, Carolyn Cassady who was the wife of Neal Cassady, lover of Jack Kerouac (author of *On The Road*) and friend of Allen Ginsberg, prominent members of what is termed "The Beat Generation." Upon the death of Carolyn in 2013, Cathy and her siblings discovered a treasure trove of their mother's writing of which they were unaware. This club meeting is open to all residents.



**2 Showings!**  
**On the Basis of Sex (2018)**  
Monday, July 1,  
1:30 PM Screening—**Free**  
Saturday, July 6,  
6:00 PM Screening—**Free**  
P-Hall (KS)

Rated PG-13, 120 minutes, Drama/Biography. The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice. Starring Felicity Jones, Armie Hammer, and Justin Theroux.



**Coffee with the Mayor**  
Tuesday, July 2, 10:00 AM  
Sierra Room (KS)—**Free**

Mayor Joiner will be joined by Chief Doug Lee to discuss the new Public Safety model and Chief Lee's new role as both police and fire Chief. 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.



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

We will hold an Observation Night (Star Party) on August 22 from 8:30 to 10:30 AM 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!



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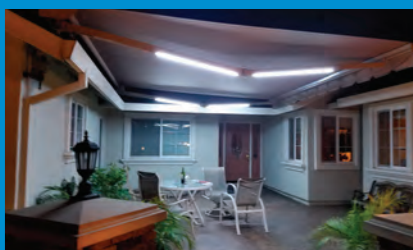


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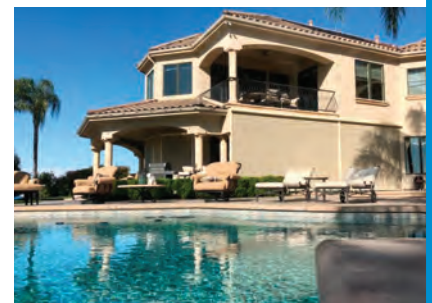
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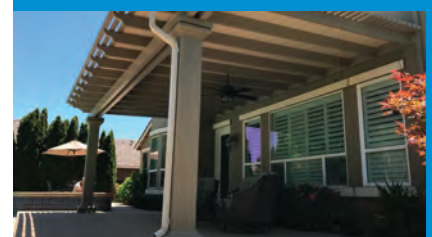
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## Lincoln Hills Community Forums

*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).*

### Acupuncture for Health and Healing Wednesday, June 26, 7:00 PM, Ballroom (OC)—Free

Marc Velez is a board-certified licensed Acupuncturist and Chinese medicine practitioner in the Sutter IHH Clinic. Marc is committed to guiding his patients to a healthier, happier state of being while empowering them to make healthy decisions concerning their wellness long term. Marc addresses a wide variety of health concerns with a unique approach to acupuncture that combines classical techniques with modern refinements. A few of the many conditions frequently treated with acupuncture include digestive issues, acute and chronic pain, anxiety, migraine headaches, chronic fatigue, immune system restoration, and when appropriate, may also incorporate myofascial release or Tui Na massage.



### Lincoln Urgent Care Tuesday, July 9, 9:30 AM, P-Hall (KS)—Free

Eric Ellis is a Board Certified Emergency Medicine Physician who has recently opened an Urgent Care in Lincoln. A California native, Dr. Ellis is a graduate of UCLA and the Emory School of Medicine. He completed his training in Emergency Medicine at the University of Connecticut. After just a couple of winters, he realized there was no place like home, and for the past 15 years has practiced Emergency Medicine in the State of California. His desire to serve a small town where he can be part of a community has led to the opening of Lincoln Urgent Care.



### Our Grazing Critters Thursday, July 11, 2:00 PM, P-Hall (KS)—Free

The son and grandson of scientists, Lee Hazeltine, majored in Plant Science at UC Davis. In 2006, Lee bought his first herd of commercial goats, hoping to use them as a compliment to his primary vegetation management business. Starting in 2008, Lee spent 18 months walking 640 animals from site to site within the greater Lincoln area, grazing, studying, and gathering data. By 2012, Lee went from grazing 22 acres to over 5000 acres and 14,500 animals. Come and meet Lee Hazeltine and listen to his story of utilizing a natural symbiotic relationship to enhance the environment.



### Senior Fraud Awareness Tuesday, 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).



## Upcoming Events

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

The Summer Series is off to a good start! We still have seven 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.



**PIANO MEN: The Songs of Elton John and Billy Joel, Featuring Kyle Martin**  
**Thursday, June 27 – LSE171**  
**General Admission – \$21**

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



**CALIFORNIA COWBOYS: From Johnny Cash to Tim Mc Graw**  
**Friday, July 12 – LSE172**  
**General Admission – \$21**

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



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

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



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

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



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

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



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

Friday, September 6 – LSE176

General Admission – \$22

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



## David Victor's SUPERGROUP

Friday, September 20 – LSE177

General Admission – \$23

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

## 2019 Summer Amphitheater Concert Series Guidelines

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

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

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

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

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

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

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

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

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

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

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

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

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

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## Entertainment

\*Indicates new performances on sale June 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—



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

Save \$1 on purchases of \$4 or more at KS Cafe. A concert for Disney fans of all ages. Jenna

Lea Rosen has been a regular on four popular Disney animated series where she sings as several princesses. The most notable "Sofia the First" where

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

**Summer Amphitheater Concert Series (SACS)**  
**PIANO MEN: The Songs of Elton John  
 and Billy Joel Featuring Kyle Martin**  
 Thursday, June 27, 7:30 PM, Amphitheater (OC)

— **LSE171**

**General Admission – \$21**

See page 54 for details.



**Roseville Community  
 Concert Band  
 Happy Birthday USA!**  
 Thursday, July 4, 2:00 PM,  
 Ballroom (OC) — **LSE189**

**Reserved Section Seating \$12,  
 General Admission \$8**

The tradition continues! We

welcome back the Roseville Community Concert Band (RCCB) for our annual 4th of July celebration. Considered one of the best symphonic bands in the area, they perform throughout the greater Roseville and South Placer communities. The concert will offer just the right combination of enjoyable and patriotic music to celebrate the holiday with friends and family. The afternoon concert will be completed before dark, so you can still enjoy the city of Lincoln's fabulous firework display with your family. Tickets required for all guests, including children.

**Summer Amphitheater Concert Series (SACS)**  
**California Cowboys:**  
**From Johnny Cash to Tim Mc Graw**  
 Friday, July 12, 7:30 PM, Amphitheater (OC)

— **LSE172**

**General Admission – \$21**

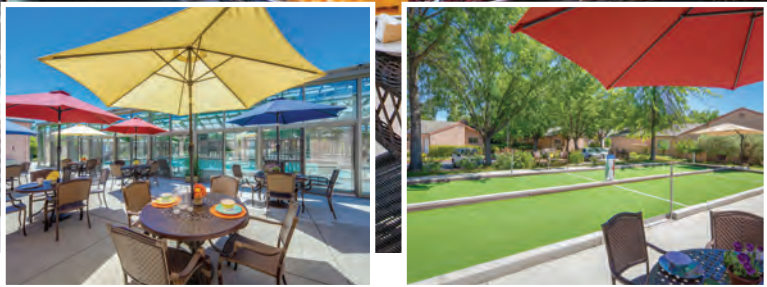
See page 54 for details.

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

— **LSE173**

**General Admission – \$21**

See page 54 for details.



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**Tuesday, June 25, 2019**  
**9:00 am - Noon**

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**\*Rhinstone:  
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. 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 blue-grass 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.



**\*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.



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**\*Indicates new trip on sale June 17**

### Featured Trip



**\*Long Beach, Queen Mary, Catalina & more!**  
**Saturday, September 7 to Wednesday, September 11**  
— **LST266**

**\$1036 Double occupancy/\$1376 Single**

Join your Trip Coordinator, Katrina, as we visit, tour, and stay at the world-famous Queen Mary in Long Beach! This trip has something fun every day! Enjoy a full day in Catalina with the ferry ride over in Commodore Class; see Louise Mandrell in "Calamity Jane" at Roger Rocka's Dinner Theater and visit the amazing Forestiere Gardens in Fresno. See trip inclusions below for detailed information.  
**Note:** *Trip involves a lot of walking.*

Trip includes:

- Stay at Best Western Plus Fresno Inn both ways; includes hot breakfast
- Two-night stay at The Queen Mary in Deluxe Rooms with porthole or window includes ship tour and daily hot breakfast
- Lunch at The Fruit Yard in Merced
- Tickets to "Calamity Jane," a dinner show starring Louise Mandrell at Roger Rocka's Theater in Fresno
- Visit to Universal Citywalk for lunch on your own

- Ferry to Catalina in Commodore Class (1st class) with included adult beverage & snack each way
- Avalon Scenic Drive Tour in Catalina (lunch and free time on your own)
- Visit to Autry Museum of the American West at Griffith Park in Los Angeles with included lunch
- Dinner with wine at Santa Fe Basque in Fresno
- Visit to Forestiere Underground Gardens in Fresno
- Lunch at Hilmar Cheese Factory on the return trip
- Gratuities for the bus driver, lunches and dinners
- Total meals: four breakfasts, three lunches, and two dinners

Please advise at registration if you have any dietary concerns and mobility limitations. Contact Katrina at 916-625-4002 for any questions. A signed Liability Waiver is required for each participant. Trip insurance highly recommended. Detailed trip itinerary, menus, and trip insurance providers list available at the Lifestyle Desk. Wheels roll from OC at 9:30 AM, Saturday, September 7, return ~ Wednesday, September 11~ 4:00 PM.

### 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.



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July 18: 8 - 10am, Breakfast

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

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

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

—Performances—



**Show closing after 45 years!**  
**Additional date added!**  
**Beach Blanket Babylon**  
**Wednesday, September 25 — LST268**  
**\$128**

Don't miss the last year of the famous Beach Blanket Babylon in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons, updating spoofs and topical references with newly added characters and songs throughout the year. All seats located on the floor (front to middle section). Show exclusive to adult audience; alcohol is served. Dinner on your own before the show. Reservations highly recommended, restaurant list available at time of registration. Wheels roll from OC at 1:45 PM, return ~ midnight. For more show info, check <https://beachblanketbabylon.com>.



**Additional date added!**  
**Broadway at Music Circus, Sacramento**  
**In the Heights**  
**Wednesday, August 21**  
 — **LST258**  
**\$84**

From the creator of the smash hit HAMILTON, Lin-Manuel Miranda's multiple Tony-winning Best Musical captures the sights and sounds of a vibrant New York City neighborhood on the brink of change, telling the story of a bodega owner whose life is interwoven with residents who visit his store. The thrilling Tony-winning score combines Latin rhythms, hip-hop, and pop for an exhilarating journey about chasing your dreams and what it truly means to be home. *Broadway at Music Circus premiere*. Wheels roll from OC at 6:15 PM, return ~ 11:00 PM; showtime 7:30 PM.

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**\*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 11  
— **LST261**  
\$103

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



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

A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in. Dear Evan Hansen is the deeply personal and profoundly contemporary musical about life and

the way we live it. This Tony® winning Best Musical addresses serious issues including suicide, anxiety, depression, bullying, and the impact of social media in our lives. Contains adult language, sexual innuendo and jokes, and references to drug use. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



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

Broadway's hit crowd-pleaser takes you to the stoops of the Bronx in the 1960s, where a young man is caught between the father he loves and the mob boss he'd love to be. Bursting with high-energy dance numbers and original doo-wop tunes from Academy Award® and Tony® Award-winner Alan Menken (*Beauty and the Beast*) and Tony® Award-nominee Glenn Slater (*Love Never Dies*). Contains explicit adult language, gun and other violence including onstage shootings, racial conflict, and slurs, gambling, and references to adult sexual acts. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



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

From three-time, Tony® winner and *Hamilton* choreographer Andy Blankenbuehler comes an inspiring new American musical that explodes with infectious music and high-octane, heart-stopping dancing. Six soldiers return from war in 1945 and, through the power of music, finally find a place to call home. This inspiring new musical touches on the difficult themes of Post-Traumatic Stress



Disorder and alcoholism in post-WWII. The men who served find different ways to deal with the pain and loss they are still experiencing after coming home. Contains some adult language and humor, and onstage drinking. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.



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

This *New York Times* Critics' pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed, and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. On September 11, the world stopped. On September 12, their stories moved us all. This uplifting musical based on the true story of 38 planes diverted to a small town in Newfoundland immediately following the events of September 11 contains adult language, discussion of race, religion, sexual orientation, and includes mild sexual content. It addresses the struggle of displacement, fear, and trauma due to the terrorist events that occurred that day. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

—Sports—



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

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



**San Francisco Giants**  
**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—



**Additional bus added & available now!**  
**Squaw Valley Art, Wine, and Music Festival BUS#3**  
**Sunday, July 14**  
**— LST267**  
**\$35**

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



**Armstrong Redwoods & Occidental Union Hotel Lunch**  
**Tuesday, July 23 —**  
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reserve has an easy level accessible pathway through the park. See trees up to 1400 years old and as tall as 310 feet! Several walking options from just a short walk to the tallest tree in the park or several longer options deeper in the reserve. Trip includes a sumptuous family-style Italian lunch at the renowned Union Hotel in Occidental. Rest stop both directions. Lunch menu available at Lifestyle Desk (OC/KS). Wheels roll from OC at 7:45 AM, return ~ 7:15 PM.



**\*Best in the West—  
Rib Cook-off—  
Nugget Resort  
Wednesday, August 29  
— LST259**

**\$42**  
Witness the country's best rib competition and enjoy the "Best Ribs in the West"! This cooking competition at Victorian Square in

Sparks is a must-attend culinary affair. You've seen the BBQ cook-offs on the Food Network, now come experience it live! The event also includes an arts & crafts fair. Lunch on your own. We are going on the first day of the event for fewer crowds. Wheels roll from OC at 8:30 AM, return ~ 5:30 PM.



**State Capitol Tour &  
California Museum  
Thursday, August 29  
— LST254**

**\$39**  
Experience a docent-led tour of our State Capitol in downtown Sacramento on a day

the legislature will be in session. Please be prepared to have items searched and/or x-rayed when entering the building. We will continue learning about the history and people past and present of California as we head over to the California Museum for another docent-led tour. Lunch and some free time on your own between tours. Lots of walking. Wheels roll from OC at 9:00 AM, return ~ 4:00 PM.



**Sausalito Floating  
Homes Tour  
Saturday,  
September 14 —  
LST253**

**\$110**  
After a year hiatus, the very special

Sausalito Floating Homes tour is back! Get a glimpse inside life on the water at the annual Sausalito Floating Homes Tour. If you've ever wondered what living in a floating home (a.k.a. a houseboat) is like, this one-of-a-kind home tour is your chance. The tour is an easy, self-paced look in a very distinctive and colorful community. There are exhibits and sales by local artists, authors and more! Lunch on your own with vendors or café at the docks. Wheels roll from OC at 8:15 AM, return ~ 6:00 PM.

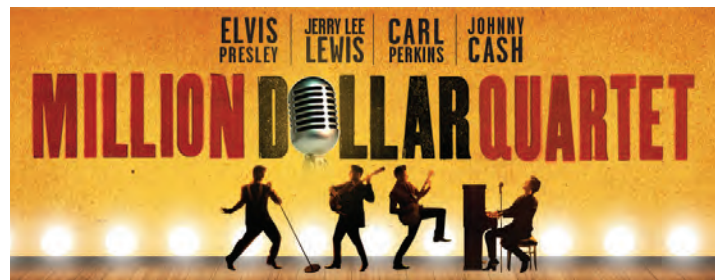


**USS Potomac –  
WWII Sightseeing  
and History Cruise  
Saturday,  
September 28  
— LST244**

**\$134**  
Explore Franklin Delano Roosevelt's presidential yacht

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

—Overnight/Extended Travel—



**Million Dollar Quartet at Sand Harbor State Park  
& Lake Cruise  
Wednesday, August 7 - Thursday, August 8 — LST236**  
**\$369 per person double occupancy; \$436 single.**

Experience the enchantment of the "Million Dollar Quartet" at the scenic Sand Harbor Park outdoor stage with Lake Tahoe as the backdrop! This musical is the story inspired by the famed recording

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menu is available at the Lifestyle Desk with food choice required at registration. Includes coffee or hot cocoa & cookies at intermission! Lodging provided at the Montbleu Lake Tahoe. We will also enjoy a cruise on the MS Dixie II out of Zephyr Cove across Lake Tahoe with an included box lunch before we head home. A signed liability waiver is required for each participant. The show is held outdoors next to the lake, so layer up! Wheels roll from OC at 1:00 PM August 7, return ~ 5:00 PM August 8. Only a few spots remaining!

### Sold Out Trips

Trip • Date • Departure Time

- Broadway at Music Circus - Oklahoma!  
Tuesday, June 25 • 6:15 PM
- Broadway at Music Circus – The Drowsy Chaperone  
Tuesday, July 9 • 6:15 PM
- Squaw Valley for the Day  
BUS #1 and #2  
Sunday, July 14 • 9:30 AM
- USS Potomac – Lighthouses and Islands of the Bay  
Thursday, July 18 • 7:30 AM
- Pageant of the Masters  
Sunday, July 28 to Wednesday, July 31  
• 8:00 AM
- In the Heights  
Tuesday, August 20 • 6:15 PM

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

**\*Indicates new class on sale June 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. WellFit's Zumba with Your Grandkids will be announced in the July Compass. To ensure safety and encourage 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.

## 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—

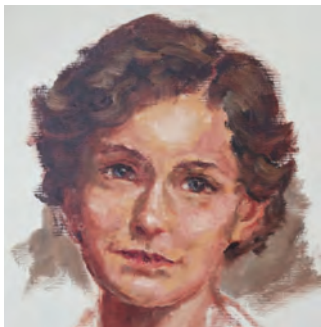


**\*Mixed Media Art Journaling**  
Tuesdays, July 9 & 23  
— LSC1101

9:00 AM to 12:00 PM (OC). \$45 (two sessions) plus \$5 supply fee paid to the instructor. Instructor: *Kerry Dahlin*. A variety of media will be used as we "play" on the pages

of our art journals. Learn how to visually and artistically record your days and express yourself while exploring color theory, composition, balance, and texture. You will create interesting, interactive mixed media pages in a journal. Supplies needed: mixed media spiral-bound artist paper pad, glue stick, scissors, small paintbrush, Sharpie pen, white gesso, plus your favorite mixed media supplies. **Vacation drop-in: \$25 per session.**

—Oils, Pastels & Acrylics—



**Special Workshop**  
by Marilyn Rose  
**Portrait Painting Basics**  
in Oils  
Saturday, June 29  
— LSC1955

9:00 AM to 4:00 PM (OC)  
\$80 Instructor: *Marilyn Rose*. **Prerequisite:** Some painting experience in oil

or acrylic required. Learn the construction and proportions of the head and facial features in a relaxed paint-along workshop with Lincoln Hills painting instructor Marilyn Rose. Working with a photograph provided by her, students will have the opportunity to gain a thorough understanding of how to create a basic likeness and paint the shadow and light planes. The result will be a blocked-in head study that students can finish on their own. Supply list provided upon registration. One full day with an hour break.



**\*Oil and Acrylic Painting for All Levels**  
Wednesdays,  
July 10-31  
9:00 to 11:30 AM (OC)  
— LSC1985  
Or 1:30 to 4:00 PM (OC)  
— LSC1986

\$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 "Iris Garden "**  
Friday, June 28 — LSC1177  
Or **\*Sip and Paint "Light House"**  
Friday, July 19 — LSC1944

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—



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

1:00 to 4:00 PM (OC).  
\$50. Instructor: *Faye  
August*. Want rich

and vibrant colors? Learn the techniques of choosing colors that will make your projects POP. Understand the influence of warm and cool colors, develop confidence in selecting a personal color palette, and learn how to make valuable color charts. The demonstration will be using watercolor, but the techniques and tools apply to all mediums. Information handout provided in class. **Prerequisite:** bring a color wheel, paint, good quality paper, brushes, etc. Oil or acrylic users must bring prepped paper to use in class. Questions? Contact Faye at 916-209-3643 or watercolorist55@gmail.com.



**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, July 3-31 — LSC1203**  
5:30 to 8:30 PM (OC). \$85 (five sessions).  
Instructor: *Michael Mikolon*
- **\*Watercolor – Afternoon Class  
Thursdays, July 11-25 — LSC1833**  
1:00 to 4:00 PM (OC). \$51 (three sessions).  
Instructor: *Michael Mikolon*



**\*Watercolor  
Step-by-Step  
Mondays, July 1-29  
— LSC1152**

9:30 AM to 12:00 PM  
(OC). \$85 (five ses-  
sions). 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, July 2-30 — LSC1229**

1:00 to 4:00 PM (OC). \$80 (five  
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, July 2-30  
— LSC1241**

9:00 AM to 12:30 PM  
(OC). \$80 (five ses-  
sions). Instructor: *Jim  
Alvis*. This class is

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

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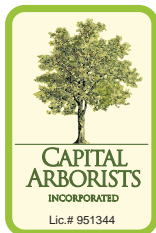


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**\*Introduction to Ceramics**  
**Thursdays, July 11-25**  
 — LSC1270

9:00 AM to 12:00 PM (OC). \$40.50 (three 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, July 11-25** — LSC1258

1:00 to 4:00 PM (OC). \$40.50 (three sessions). Instructor: *Taylor Jackson*. An intermediate class in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy flexibility. Students are encouraged to share ideas and engage in discussion.

This class includes demonstrations, discussions, and individual instruction to help students grow their skills. Some advanced tools are available from the instructor to assist in the progression of an art piece.

## Crafts

### —Card Making—



**\*Card Making Level 2 – Intermediate**  
**Mondays, July 8-22**  
 — LSC1987

9:00 AM to 12:00 PM (KS). \$30 (three sessions). Instructor: *Do ie Macken*. **Prerequisite:**

Completion of at least four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different

card making and paper craft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. July 4 – last day to register.



**\*Card Making Introduction 101**  
**Wednesdays, July 10-24**  
 — LSC1694

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

is for you! This class will teach all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. July 7 – last day to register.



**\*Card Making Level 3 Intermediate-Advanced**  
**Fridays, July 12-26**  
 — LSC1712

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. July 9 – last day to register.

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## Dance

### —Clogging—

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#### **\*Beginning Clogging** **Tuesdays, July 2-30** — LSC1301

10:00 to 11:00 AM (KS). \$40 (five 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 clog-ging 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, July 2-30 — LSC1313**

11:00 AM to 12:00 PM (KS). \$40 (five sessions). Instructor: **Janice Hanzel**. **Prerequisite:** Instructor approval and/or new and returning students with clogging experience. Class features review of steps from previously learned dances. We will also learn new dances, easy to intermediate, from recent workshops and conventions. Come join in the fun. All levels encouraged to participate. Vacation drop-in: CLOG1 — \$10 per session.

#### **\*Intermediate Plus Clogging** **Tuesdays, July 2-30 — LSC1324**

12:00 to 1:00 PM (KS). \$40 (five 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, July 1-22** — LSC1335

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

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

#### **\*Country Couples Western Dance** **Beginner/Intermediate Level 3 & 4** **Mondays, July 1-22 — LSC1346**

6:00 to 7:00 PM (KS). \$28 (four sessions). Instructors: **Jim & Jeanie Keener**. **Prerequisite:** Completion of Beginner level Country Couples for at least six months. After you have completed the Beginner Class, and you are ready for more challenging dances, join us for a fun-filled hour of higher beginner and easy, intermediate dances. You have learned some of the basics; now it's time to add a few more steps and turns. This month we will be teaching "Waltz in Time" and "Sway Me Now."

### —Hula—



#### **\*Hula** **Thursdays, July 11-25** — LSC1383

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.

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## —Jazz—

**\*Jazz Performance****Tuesdays, July 2-30 — LSC2004**

1:00 to 2:00 PM (KS). \$36 (four sessions. No class July 16). 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, July 4-25 — LSC1990**  
9:00 to 10:00 AM (KS). \$28 (four sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Mondays, July 1-29 — LSC1411**  
4:00 to 5:00 PM (KS). \$35 (five 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, July 4-25 — LSC1991**  
10:00 to 11:00 AM (KS). \$28 (four sessions).  
Instructor: *Yvonne Krause-Schenck*

- **\*Fridays, July 5-26 — LSC1453**  
2:00 to 3:00 PM (KS). \$28 (four sessions).  
Instructor: *Sandy Gard o*
- **\*Thursdays, July 11-25 — LSC1446**  
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, July 1-29 — LSC1497**  
9:00 to 10:00 AM (KS). \$35 (five sessions).  
Instructor: *Yvonne Krause-Schenck*
- **\*Wednesdays, July 3-31 — LSC1464**  
9:00 to 10:00 AM (KS). \$35 (five sessions).  
Instructor: *Sandy Gard o*

**Level 4 – Easy Intermediate**

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

- **\*Wednesdays, July 3-31 — LSC1475**  
10:00 to 11:00 AM (KS). \$35 (five sessions).  
Instructor: *Sandy Garde o*
- **\*Mondays, July 1-29 — LSC1431**  
5:00 to 6:00 PM (KS). \$35 (five 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, July 11-25 — LSC1424**  
4:30 to 5:30 PM (KS). \$21 (three sessions).  
Instructor: *Cathy Paris*



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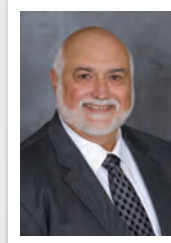
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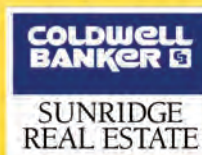
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**\*Country Line Dancing**  
**Fridays, July 5-26 — LSC1357**

3:00 to 4:00 PM (KS). \$28 (four sessions). Instructors: *Jim & Jeanie Keener*. This class is a mixture of beginner, high beginner, and intermediate dances. It features the popular "old" line dances and some new popular dances that are done at country dances around the area.

**Line Dance Instructors**

• **Sandy Gardetto**

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



• **Yvonne Krause-Schenck**

A Lincoln Hills resident, Yvonne started dancing at an early age and has been line dancing since the '90s. She loves to teach and finds joy in seeing her students' progress. She thinks it is so important to keep moving and stay healthy as we age and line dancing provides that opportunity in a fun way.



• **Cathy Paris**

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



—Tap—

**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.



**Tap Technique**

**\*Mondays, July 8-29**  
**— LSC1994**

10:00 to 11:00 AM (KS).  
 \$36 (four sessions).  
 Instructor: *Alyson Meador*. Learn and hone

your tap techniques through fun musical exercises.

—West Coast Swing—



**\*West Coast Swing**  
**Introduction/Beginner**  
**Wednesdays, July 10-24**  
**— LSC1703**

6:30 to 7:30 PM (KS). \$30  
 (three sessions). Instructor:  
*Do ie 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.



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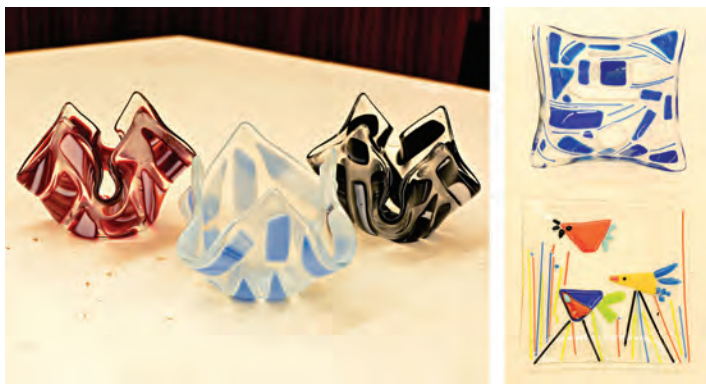
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## Glass Art

**Fused Glass****Monday, July 15 — LSC1956**

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, July 8-29**  
 — LSC1992

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 28 years of stained glass experience.

## Music

## —Banjo—



**\*5-String Banjo,**  
**Beginner Level**  
**Fridays, July 5-26**  
 — LSC1993

9:00 to 10:30 AM (OC). \$48 (four sessions). Instructor: *Dennis Fisher*. Students will learn how to strum basic chords and pick delight-

ful 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, July 1-29 — LSC1621**

8:00 to 9:30 AM (OC). \$60 (five sessions). Instructor: *Jon Gowin*. Join this new class for beginning students. Learn to read guitar TAB, and standard notation, play melodies and strum chords. We use both nylon or steel string acoustic

guitars. The class will teach the fundamentals of music to prepare you for the Intermediate class. *About the Instructor:* Jon has a degree in Education and has been playing guitar and other string instruments for over 50 years. He has performed with Bob Wren, and his Sacramento World Music Ensemble for over ten years.



**\*Folk Guitar for Fun Folks 101**  
**Beginner Level**  
**Tuesdays, July 2-30**  
 — LSC1683

1:00 to 2:00 PM (KS). \$50 (five sessions). Instructor: *Darrell Effinger*. No prior music knowledge or good singing voice necessary! Emphasis is on

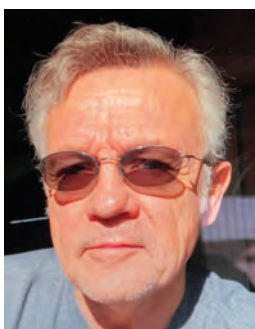
playing chords to familiar songs while singing and having fun with fellow guitarists. Folk songs of the '50s, '60s, and '70s will be taught. Basic music theory will be shown. How to choose and purchase a guitar and guitar aides will be discussed. *About the Instructor:* Darrell is a long-time teacher, 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, July 2-30  
— LSC1726**

2:00 to 3:00 PM (KS). \$50 (five 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, July 3-31  
— LSC1633**

8:00 to 9:30 AM (KS). \$60 (five sessions). Instructor: *Jon Gowin*. **Prerequisite:** Student can easily play some barre chords, and able to read some standard notation, and/or

TABLATURE. This class will explore "Swing Guitar" as played by the gypsy guitarist Django Reinhardt but in a simplified approach. We will guide you into one of the most exciting styles of guitar playing in the world how simple it can be once you know the tricks. We will be playing Acoustic guitars only: either steel strings or nylon, and need to play with a pick.

—Ukulele—



**\*Beginning Ukulele  
Mondays, July 1-29  
— LSC1995**

10:00 to 11:30 AM (OC). \$60 (five sessions). Instructor: *Jon Gowin*. This class will introduce the

beginning musician to the joys of playing the ukulele, a simple instrument with simple chords that can accompany virtually any song in the world. *Open to new beginner students.*

**\*Intermediate Ukulele  
Wednesdays, July 3-31 — LSC1645**

9:45 to 11:15 AM (KS). \$60 (five 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.

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## 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—

#### Introduction to Square in a Square Monday, June 24 — LSC1953

9:00 AM to 3:00 PM (OC). \$48. Instructor: *Be y Kisbey*. Learn this popular and easy technique developed by Jody Barrows for making block and boards. This technique is a fun, simple, and innovative way to strip piecing and rotary cutting. It is endless as to what can be done. This class will

introduce you to the ten options available. You will make samples of many of the options using this technique and ruler. Please ask for Supply List from the Lifestyle desk at registration.



#### Beginning Quilting Mondays, July 8-29 — LSC1952

9:00 AM -12:00 PM (OC). \$128 (four sessions). Instructor: *Be y Kisbey*. This class will cover the fundamentals of quilting

and making a quilt top. Throughout four weeks, you will learn to select fabric for a quilt, cut using a rotary cutter, accurately sew 1/4” seam allowance, and practice correct pressing techniques. Students will make 6-9 blocks. One or two blocks will be done in class each week, and the other blocks will be done as homework. This class is for the beginner quilter or a great review for the new quilter. Please ask for Supply List from the Lifestyle Desk at registration.



#### \*Mystery Quilt - “Tracks in the Snow” Fridays, September 6 & 13 — LSC1954

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

**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 “Tracks in the Snow” pattern requirements and supply sheet at registration. Must have fabric chosen and cut before class.

### Technology

#### —PC—



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

9:30 AM to 12:00 PM (OC). \$47 (two sessions). Handout Fee: \$10. Instructor: *Rita Wronkiewicz*. If you are new

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

### —Smart Phones and Tablets/Mac—



#### Android Smart Phone Basics Tuesday, June 18 — LSC1971

1:00 to 4:00 PM (OC) \$25 + \$10 supply fee paid to instructor. Instructor: *Len Carinato*. Bring your SmartPhone from any carrier, any brand, and any version. This class will help you get much more from your Android Smart Phone.

On our large screen display, we will focus on how to manage phone calls, navigate your screen, organize your contracts, use text messaging, email, share photos, and more. While presented for the beginning user, even longer time owners will benefit from this class.

#### Android Smart Phone Tips n' Tricks Thursday, June 20 — LSC1958

1:00 to 3:00 PM (OC). \$20 + \$10 supply fee paid to instructor. Instructor: *Len Carniato*. The world is using smartphones, and there are hundreds of functions your smartphone is capable of, many of which you will find can enhance your lifestyle. Bring your Android SmartPhone with you and learn to use the features and functions every Android Smartphone has already built-in, plus those available from the Google Play Store. Learn how to access music, back up your photos, tune in radio stations, use GPS maps, and much more. Prerequisite: attendees should already feel comfortable using basic smartphone functions.



#### iPhone Basics Workshop Tuesday, June 25 — LSC1957

9:00 AM to 12:00 PM (OC). \$35 + \$5 paid to instructor for class material. Instructor: *Andy Petro*. Prerequisite: You must have an iPhone 6, 6 Plus, 6S, 6S Plus, 7, 7 Plus, 8, 8 Plus, iPhone X, iPhone XS, iPhone XS Max,

or iPhone XR; and must be on iOS 12.1.4 or higher. Bring your (fully charged) iPhone to the workshop. Do you want to learn how to use the Settings App to personalize your iPhone and get the most out of it? Then this class is for you. Questions, call Andy at 916-474-1544.

#### Android Smart Phone More Tip n' Tricks Wednesday, June 26 — LSC1959

9:00 to 11:00 AM (OC). \$20 + \$10 Supply fee paid to instructor. Instructor: *Len Carniato*. Get even more from your Android SmartPhone. We will demonstrate and discuss "Settings," setting up Widgets, using the camera, then editing, and sharing. We'll also explore how Apps to make collages, read bar codes, podcasts, radio stations, and much, much more. **Prerequisite:** attendees should already feel comfortable using their smartphone functions and apps.

#### \*Android Smart Phone Photo Tuesday, July 23 — LSC2003

9:00 to 11:00 AM (OC). \$20 + \$10 Supply fee paid to instructor: *Len Carniato*. Taking, editing, and sharing photos with your Android SmartPhone. If you love to take and share photos with your SmartPhone, take this class. A "Hands-On" class working with your phone, learn to take and make your photos look great using your own SmartPhone. Take better photos, edit, and share them with friends via text, email, or on the web. Backup and create shareable albums, then delete old images from your SmartPhone to free up space. **Prerequisite:** Must be comfortable using your SmartPhone in order to get the most from this class.



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- **Wednesday, June 19**  
2:00 to 3:00 PM  
Fitness Floor (OC)
- **Wednesday, July 17**  
3:00 to 4:00 PM  
Fitness Floor (OC)
- **Tuesday, June 18**  
3:00 to 4:00 PM  
Fitness Floor (KS)
- **Wednesday, July 10**  
3:00 to 4:00 PM  
Fitness Floor (KS)
- **Tuesday, July 30**  
4:30 to 5:30 PM  
Fitness Floor (KS)



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

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

## Disease Prevention & Management Session-Based Classes

*Opportunities that provide education and management of diseases to achieve and maintain optimal health. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*

**\*Indicates new class on sale June 17**

**\*Arthritis**  
**Tuesdays, July 2-23**  
**Wednesdays, July 3-24**  
**Thursdays, July 11-25**  
**Fridays, June 5-26**

Tuesdays \$36 (four sessions), Thursdays \$27 (three sessions) 11:00 AM to 12:00 PM; Wednesdays & Fridays \$36 (four sessions) 10:00 to 11:00 AM, Aerobics Room (OC). Instructor: **Linda Hunter**. This class is Arthritis Foundation approved and is appropriate for all seniors who desire a gentle approach to exercise. Our goal is to increase the range of motion, flexibility, endurance, and mobility, while also improving balance, and strengthening muscles. We will do some standing, but sitting is always an option.

### Lessons

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



**Nordic Pole Walking**  
**Back in August!**

9:00 to 10:30 AM, meet at the OC Fitness Center. \$45. Instructor: **Dr. Richard Del Balso**. Just 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 exercise walking without poles; help to reduce high blood pressure; reduce impact on hips, knees and feet by an average of 25%; and develop upright body posture resulting in less risk of falling. Walking poles are available for each class at no charge with the option to purchase at the final session.

### \*Tennis Lessons

**Sundays, 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.

### 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.*



**Breathing for Better Health with Hypnosis**  
**Thursdays, July 11-25**

9:30 to 11:00 AM, Multimedia Room/Fine Arts Room (OC) (three sessions). \$60. Instructor: **Kelley Moreno**. Learn several proven breathing exercises to elevate your

mood, boost your immune system, improve sleep, relaxation, memory, focus, and provide many other health benefits. You will learn how to stimulate your parasympathetic nervous system to rest and digest as well as your sympathetic nervous system for more energy. Get all these benefits while enjoying relaxing hypnotic journeys to peaceful places in this month's hypnotic journeys class

### Mindful Movement

*Experience with mindful movement of the body that helps create a link between the mind and body that quiet our thoughts, unwanted feelings and prepare us for creating positive behaviors. Classes fill up quickly, please sign up at least 7 days prior to class start. No refunds.*

**\*Tai Chi Qigong L1**  
**Tuesdays, July 2-30**

1:00 to 2:00 PM, Aerobics Room (KS). \$55 (five 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, July 2-30**

2:00 to 3:00 PM, Aerobics Room (KS). \$55 (five 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.

## 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  
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1:00 to 2:30 PM, Multipurpose Room (OC).

\$129 (five sessions). Instructor: *Audrey Gould*, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy, and boosted 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:  
The Beauty of Berries!  
Thursday, June 20**

4:00 to 6:00 PM, Placer (KS) \$45. Instructor: *Kerin Gould*. The Beauty of Berries! Did your doctor tell you to

eat more produce? Whether to bolster your health against cancer, diabetes, heart disease, or other issues, Produce with a Purpose can help! This month we'll focus on berries. Berries are not just the joyful expression of late-spring/summer flavor, though that is a good enough reason to enjoy them. They are also loaded with anti-oxidants and other wellness boosters. We'll learn the many reasons we should enjoy berries along with stupid-easy, madly tasty, secretly healthy recipes.

**\*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!

## 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 at SCLH  
Saturdays, July 6-27**

11:30 AM to 12:30 PM, Aerobics Room (OC) \$20. 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

# NEW BIKES ARE HERE!



To see all Spin classes, refer to class grid at KS



Been thinking about taking a cycle class? Now is the perfect time! If you are just starting out, take one of our 30 minute Spin classes to build your endurance:

Mondays and Wednesdays at 8:30am.

Beginning Saturday June 8th at 8:30am come to our NEW Cycle & Strength class to add some weights to your routine.



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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.

**\*New! Healthy Body, Healthy Brain**  
**Wednesdays, July 10-24**

10:00 to 11:30 AM, Placer (KS) \$55 (three sessions).  
 Instructor: *Lorna Gray, RN, BSN, PHN*. Lorna holds a degree as an Exercise Science Specialist, Certified in Plant-Based Nutrition, and is a Nurse Health Educator. We will learn to use nature's instinctive built-in body and brain rhythms and protectors to be and stay healthy and lean as you avoid aging diseases that we can and do bring on ourselves. Keep memory loss, dementia, and Alzheimer's away. Medical science has proven numerous new health discoveries that can increase healthy aging to 110 to 115 years.

## Pilates Reformers and Towers

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

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

Our Reformer packages are as follows:

**Four-class membership package \$80 per month**

**Eight-class membership package \$135 per month**

**Add-on classes for member \$17 per class**

### Introductory Reformer Session L1 Continuous Dates

WellFit Studio (OC). \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction at the Fitness Centers.

### Private Reformer Training

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

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



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**Danielle Lawlor**  
Fitness Coordinator  
Danielle.Lawlor@sclhca.com



## Personal and Clinical Training

Personal training is convenient, efficient, and individualized for your specific goals. Whether your goals are strength, endurance, or rehab related, we have a trainer for you. All of our trainers are highly qualified and have different specialties and strengths. To learn more about personal training and/or clinical training or about our trainers and their qualifications, contact Danielle Lawlor. 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, July 3-31

12:30 to 1:30 PM, Aerobics Room (KS). \$85 (five 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, July 5-26

12:30 to 1:30 PM, Aerobics Room (KS). \$70 (four sessions). Instructor: *Milly Nuñez*. Interested in the Parkinson's Cycle class, but don't think you could do an entire hour of cycling? Try this class to change it up. Milly will combine content from Parkinson's Indoor Cycling and ParkinsonStrong classes to create a class that helps improve the quality of life through meaningful exercise.

### SGT—ParkinsonStrong Thursdays, July 18-25

1:30 to 2:30 PM, Aerobics Room (KS). \$35 (two 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,  
July 1-31**

10:30 to 11:30 AM, Fitness floor (KS). \$170 (ten 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, July 2-30**

12:00 to 1:00 PM, Fitness floor (OC). \$135 (eight sessions, no class July 4). 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,  
July 2-August 1**

12:00 to 1:00 PM, Aerobics Room (KS). \$135 (eight sessions, no class July 4 and 25). Instructor: *Deanne Griffin*. Incorporate strength training and high-intensity inter-

val 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,  
July 1-31**

4:00 to 5:00 PM, Aerobics Room (KS). \$170 (ten

sessions). Instructors: *Danielle Lawlor and Max Alcantar*. 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,  
July 1-31**

7:15 to 8:15 AM, Aerobics Room (KS). \$170 (ten 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, July 12-26**

7:15 to 8:15 AM, Aerobics Room (KS). \$50 (three 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, July 10-August 2**

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,  
July 1-31

11:30 AM to 12:30 PM, Aerobics Room (KS). \$170 (ten sessions). Instructor: *Danielle Lawlor*.

Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take 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, July 1-31

2:00 to 3:00 PM, Aerobics Room (OC). \$170 (ten sessions). Instructor: *Danielle Lawlor*. Learn simple stretches and exercises that will help improve balance, core strength, and reflexes to prevent falls. We will use chairs, bars, and the wall for support.

**SGT—Balance & Fall Prevention L2**  
Tuesdays and Thursdays, July 9-August 1

3:00 to 4:00 PM, Aerobics Room (KS). \$135 (eight sessions). Instructor: *Danielle Lawlor*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. 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.

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OC WellFit Class Schedule July 1-31, 2019

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

KS WellFit Class Schedule July 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	KS	KS	KS	KS	KS	KS	KS
7:30	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3- Helena	SGT - TGIF TRX L2 - 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	New Class Format! 45 min Cycle & Strength L2- Helena	
9:00	30 min. Core & Stretch L2/3- Gretchen		30 min. Core & Stretch L2/3- Jeannette				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	
10:30	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	10:00am Zumba L3 - Carrie
11:30	SGT - Posture, Core & Balance L1/2- Danielle		SGT - Posture, Core & Balance L1/2- Danielle		Waldan Gong L1- Joan		
12:30		SGT - Functional Fit L2- Deanne		SGT - Functional Fit L2- Deanne			
1:00		1:00pm Tai Chi L1 - Peil		12:00pm SGT - Functional Fit L2- Deanne		SGT - Parkinson Strong Combo L1- Milly	
1:30	Yoga Basics L1- Amy	2:00pm Tai Chi L1 - Peil	Yoga Basics L1- Lesley	1:30-2:30pm SGT - Parkinson Strong L1- Milly			
2:30	SGT - Seasonal Sports Conditioning L2/3- Max		SGT - Seasonal Sports Conditioning L2/3- Max				
4:00	SGT - Progressive Bootcamp L2/3- Danielle	SGT - Balance & Fall Prevention L2 - Danielle	SGT - Progressive Bootcamp L2/3- Danielle	SGT - Balance & Fall Prevention L2 - Danielle		SCLH Booking	
5:30		Yoga for Osteo L1 - Julie		Yoga for Osteo L1 - Julie			
6:00		30 min. TRX Circuit L2/3- Danielle		30 min. TRX Circuit L2/3- Jeannette			
6:30							
Group Exercise Classes (punch pass) \$4.50 30 min Group Exercise Class (Fast Pass) \$2.50							
Wellness Classes (session based) Small Group Training (session based)							
All classes are subject to change without notice. All classes are 55 minutes unless otherwise noted.							

OC Aqua WellFit Class Schedule July 1-31, 2019

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

## Pilates Reformer WellFit Class Schedule July 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Reformer L1- L2 - <i>Cynthia</i>						
8:30	Ref Basics + L1-L2 - <i>Sarah</i>	Mixed Equipment L1-L2 <i>Cynthia</i>	Ref Basics L1 - <i>Cynthia</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	<b>New time!</b> Pilates Bootcamp L1-L2 - Julie	
9:30	Mixed Equipment L1- L2 - <i>Sarah</i>	Ref Basics + L1-L2 - <i>Julie</i>		Ref Basics L1 - <i>Julie</i>	Mixed Equipment L1-L2 - <i>Sarah</i>	Mixed Equipment L1- L2 - <i>Julie</i>	
10:30	Ref Basics L1 - <i>Valerie</i>		Ref Basics + L1-L2 - <i>Delphine</i>	Mixed Equipment L1-L2 - <i>Julie</i>	Ref Basics + L1-L2 - <i>Sarah</i>	Ref Basics L1-L2 <i>Julie</i> <b>New time!</b>	
11:30	Pilates Bootcamp L2 - <i>Valerie</i>	Ref Basics + L1-L2 - <i>Julie</i>		Cardio Jump & Core L2 - <i>Gretchen</i>	Mixed Equipment L1-L2- <i>Valerie</i>		
12:00			Cardio Jump & Core L2 - <i>Gretchen</i>	Cardio Jump & Core L2 - <i>Gretchen</i>			
	Bowenworks Sessions - Contact for Appt. 625-4034			Bowenworks Sessions - Contact for Appt. 625-4034			
5:30		Reformer Basic+ L1- L2 - <i>Julie</i>		Pilates Bootcamp L1- L2 - <i>Julie</i>			
All classes are subject to change without notice.							
All classes are 55 minutes unless otherwise noted.							
All classes are subject to cancellation for insufficient registration 24 hours prior to class.							

## Sun City Lincoln Hills Community Association

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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•

Executive Director

Chris O'Keefe (916) 625-4060 [Chris.Keefe@sclhca.com](mailto:Chris.Keefe@sclhca.com)

Executive Assistant/Office Manager

Christy Goodlove (916) 625-4062

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### Accounting

Director of Finance

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### Communications & IT

Manager

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### Community Standards

Manager

Sam McKee (916) 625-4006 [Sam.Mckee@sclhca.com](mailto:Sam.Mckee@sclhca.com)

### Facilities & Maintenance

Manager

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### Membership

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(916) 625-4068 [membership@sclhca.com](mailto:membership@sclhca.com)

### Room Booking & Club Support

Coordinator

Shelvie Smith (916) 625-4021 [Shelvie.Smith@sclhca.com](mailto:Shelvie.Smith@sclhca.com)

### •Lifestyle•

Lifestyle Desks

Orchard Creek (916) 625-4022

Kilaga Springs (916) 408-4013

Director of Lifestyle, WellFit & Spa

Deborah McIlvain (916) 625-4031

[Deborah.McIlvain@sclhca.com](mailto:Deborah.McIlvain@sclhca.com)

Lifestyle Manager

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[Lavina.Samoy@sclhca.com](mailto:Lavina.Samoy@sclhca.com)

Lifestyle Class Coordinator

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Lifestyle Entertainment Coordinator

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Lifestyle Trip Coordinator

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### COMPASS

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### •WellFit•

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KS Fitness Center (916) 408-4683

Assistant Director of WellFit & Spa

Jonathan Leung (916) 258-8289

[Jonathan.Leung@sclhca.com](mailto:Jonathan.Leung@sclhca.com)

WellFit Manager

Jeannette Pyle (916) 408-4825

[Jeannette.Pyle@sclhca.com](mailto:Jeannette.Pyle@sclhca.com)

Fitness Coordinator

Danielle Lawlor (916) 625-4032

[Danielle.Lawlor@sclhca.com](mailto:Danielle.Lawlor@sclhca.com)

### •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

[Kristy.Huskey@sclhca.com](mailto:Kristy.Huskey@sclhca.com)

### Catering

Catering Sales Manager

Don Giles (916) 625-4043

[Don.Giles@sclhca.com](mailto:Don.Giles@sclhca.com)

### •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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[David.Conner@sclhca.com](mailto:David.Conner@sclhca.com)

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Clubs & Community Organizations Committee

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Communications & Community

Relations Committee

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Compliance Committee

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Elections Committee

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Finance Committee

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Properties Committee

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- Tara Pinder, **80**  
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Al Roten, Teresa Tanin, David Wright **Layout/Design and Printing:** Fruitridge Printing

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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

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

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

### 26 Days | September 28, 2019

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

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

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

*\*Sea days between ports are not listed.*

### 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

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

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