

COMPASS

Navigate Your Way Through Sun City Lincoln Hills



16 Get A Job

17 A Bridge(s) Too Far – Not Really!

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On the Cover - 20th Anniversary Launch Party
Photo by Jim Cormier
Find the Man Eating Shark



Board of Directors' Report

Hi Folks

David Conner, President

The story has been told that a few years ago when rioting and near anarchy had taken over in Baltimore, a young reporter was videotaping and asking Morgan Freeman as an African American, Sir, what is the answer to all of this chaos? Mr. Freeman responded, First of all son, I am not African American. I am an American who happens to be black. The answer is simple. We talk too much and say very little. We need to all take a step back and shut the heck up. When we get up in the morning go out and perform a kindness for everyone we meet and dispense with assumptions, labels and hearsay.

Most of the last year I've been hearing about the Baby Boomers arriving. Those who happened to be born after the war while the rest of us were left with our mothers either drooling in our high chairs or in incubation when our dads shipped off to war. I had three younger brothers who are Boomers and born in Oklahoma, so they are Double Boomers I suppose. I always considered them to be pretty much the same as me. I am now being told they

may have different interests and appetites, and we should plan our future in Lincoln Hills accordingly. I have begun to ponder this question and wonder what drew the initial Boomers here in the first place. I suspect the same things that pulled this old war baby to the Big Valley away from the busy coast.

We will soon pay off our Solar Project. We recently voted and passed one of our most important propositions ever, which increases our FMA to provide for nearly a million dollars annually to pay for Capital Projects and continue community enhancements. We are in the middle of budget planning and will endeavor to keep our dues as low as possible, however, not at the expense of our future. I don't ever want to have to declare a special assessment because we didn't plan well.

Well Folks, clowns to the left of me and jokers to the right, and here I am, stuck in the middle with you, and I am so glad. We are doing so well and thank you all.

Have a nice transition to Autumn.



*The Board of Directors recognized the Pr
right: Greg Burke, Joe Moore, Sarah Lambrose, Christine Uebele, Ron Hanson, Elise Homer, and Kathi Ridley.*

Calendar of Events

September 19, 2019 – October 18, 2019

Date	Event	Page #
9/19	Montbleu Casino	63
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9/20	Supergroup	60
9/21	Best in Show - Movie	54
9/24	Harrah's Northern California	63
9/26	Golden Gate Fields.....	63
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10/1	Top Shelf.....	60
10/1	Getting Your Stuff Together.....	93
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10/5	California Capital Airshow	69
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10/16	Ferry to San Francisco.....	69
10/16	History of Movie Musical.....	85
10/18	Silent Night - Movie	60
10/18	Sip and Paint	76



From the Executive Director's Desk

Chris O'Keefe, Executive Director,
SCLH Community Association

Welcome to the September edition of the *Compass* magazine! Summer is winding down, and the holiday season is right around the corner. And in typical fashion, we will go from 105 degrees to 55 degrees within a week. So much for four seasons!

Shortly after you read this, the Association will be finalizing the 2020 budget. This is one of the most important tasks we face each year, and it seems like the challenges we face are greater each year. Between state legislation and increased competition for talent in a diminishing labor pool, each of our operating departments works hard to find answers and bring solutions to the issues that face their teams, and ultimately our residents.

One of the things I am most proud of is the increased level of professionalism that our department leaders have shown over the past four years and the way that this has trickled down to all members of their teams. We see the benefits when the team rallies together to pull off a great Anniversary Kick-Off; when I get a note from a resident letting us know how appreciative she was with the assistance she received from our Community Standards team; when we get great feedback from a catered event, or when I walk down the hall and see one of our set-up staff members helping a resident with their things as they go into a classroom. This level of professionalism flows through into how the budget is put together. Our team has been receiving many positive comments from the Board and Committee members, we are appreciative of those comments. The 2020 budget will be one that ensures that we meet our service level expectations, and at the same time is a fiscally responsible and realistic budget.

We are going to be celebrating the 20th anniversary of our community in a few short weeks, we hope you will take the time to join the festivities and interact with your friends and neighbors. Whether you have been here for 20 years or 20 days, there is your community. This community is a family, and we should all take pride in how far this community has come in 20 short years. This is a wonderful and beautiful place to live and work. See you in October!

Listening Post Update – Chris O’Keefe, Executive Director

The August Listening Post was well attended again, and as always I want to express my appreciation to our residents who attended as well as invite those who have not attended in the past to stop by and join in the fun. It is always great to interact with our residents.

The first thing we talked about was the roofing project at Orchard Creek, and how we were able to save approximately \$120,000 by going with a silicone coating application versus a complete tear-out and replace. This in conjunction with similar savings when we coat the Kilaga Springs roof in October/November, will result in close to \$250,000 in total savings. It’s a nice result for the community.

The fencing project along Sun City is moving along quite well, and we took a moment to review that project. The fencing should easily last 25-30 years, and the total cost of ownership for this type of material is less than using a traditional wood product. We are also happy that the appearance of the fencing has solicited many positive

responses from our residents.

We walked through the overall concept of the proposed Sports Plaza Project so that folks would understand that this is about more than just Tennis and Pickleball. The goal is to take a good look at the entire facility and to propose enhancements that can benefit all of our residents, whether you play softball, or just want a nice shaded space to sit and read a book and enjoy a spectacular view of the Sierras. This project is a great opportunity to improve existing elements and bring new options like volleyball, badminton, shuffleboard, and basketball to our residents. We will be diligent in providing updates to the community as the planning moves forward.

Again, thanks to those who took the time to attend, and invite those who have not come out to the Listening Post. I might find a way to get some cookies into the room at the September meeting. A gentle reminder that the September Listening Post has been changed to Tuesday, September 17, at 9:30 AM. Hope to see you all there.

Upcoming Association Meetings: September 15 – October 31

Listening Post	Tuesday, September 17, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Friday, September 20, 9:00 AM, P-Hall (KS)
ARC/Architectural Review Committee Meeting	Monday, September 23, 9:00 AM
Board of Directors Meeting	Thursday, September 26, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Thursday, September 26, 11:00 AM
Board of Directors Executive Session	Thursday, September 26, 11:30 AM
CCOC/Clubs & Community Organizations Committee Meeting	Tuesday, October 1, 9:30 AM
Compliance Committee Meeting	Wednesday, October 2, 9:00 AM
Properties Committee Meeting	Thursday, October 3, 9:00 AM, P-Hall (KS)
Elections Committee Meeting	Friday, October 4, 10:00 AM
ARC/Architectural Review Committee Meeting	Monday, October 14, 9:00 AM
CCRC/Communication & Community Relations Committee Meeting	Tuesday, October 15, 9:30 AM
Listening Post	Wednesday, October 16, 9:30 AM, P-Hall (KS)
Finance Committee Meeting	Thursday, October 17, 9:00 AM, P-Hall (KS)
Board of Directors Meeting	Wednesday, October 23, 9:00 AM, P-Hall (KS)
Board of Directors Special Meeting	Wednesday, October 23, 11:00 AM
Board of Directors Executive Session	Wednesday, October 23, 11:30 AM
ARC/Architectural Review Committee Meeting	Monday, October 28, 9:00 AM

Meetings in Orchard Creek Lodge unless noted otherwise.



Finance Committee Report
Managing the Association Budget 2020

Molly Seamons, Finance Committee

All the Association Managers receive their Budget shells after the June Financials are complete. The Manager goes line by line, month by month and figures out the revenue for the next year based on six months annualized for the current year. This gives them a pretty good idea of how they are performing and what they can establish for the next year's budget. Also this gives them the opportunity to add a new revenue source or decrease an item that is not as lucrative anymore or needs an adjustment.

Likewise, every expense line item is analyzed and reviewed for the current year and what needs to be increased or add new items, and correct dollar values that are under or over for the year. The salary and benefit information is given to the Manager by the Director of Finance who has worked in conjunction with HR and the Executive Director. In 2020, the minimum wage is going to increase to \$13 per hour, so each department is adjusted to take this increase into consideration. The Director of Finance also gives basic assumptions for the year for salary increases, State-mandated information, Reserve information, Fixed

Assets that a department may need, or anything else related to the 2020 goals.

The Finance Committee (FC) has assigned a liaison to each department (mine happens to be WellFit). The Finance Committee member meets with the Manager to go over their first draft and gives suggestions or ideas that the Manager may not have thought of or missed. Then the Finance Chair and liaison meets with the Manager and the liaison and goes over the draft that will be presented to the three Board Members and three FC members at the two Pre-Budget presentations in mid-August which are closed meetings. The Budget Presentation Workshops are in early September for all departments to present their Budget before presenting to the Finance Committee for voting and sending to the Board of Directors for final approval and vote.

As you can see, this is a very comprehensive process, and each department budget is seen by many eyes, before going to the Board for final approval. This is the top fiscal obligation of the Board of Directors. They take this process very seriously and want to do the best job for the entire Association as this is what will determine the dues for the 2020 year.



Architectural Review Committee
GOOD NEWS!

Carole Dummett, Chair

We have all received notification from PG&E that we may encounter power outages lasting several days. As a result, we have had many inquiries about the installation of an emergency backup generator.

Portable generators are allowed in the City of Lincoln without requiring a permit. Effective August 13, 2019, the City of Lincoln passed an urgency ordinance 996B permitting permanent backup emergency generators subject to their land-use standards. An approval from Sun City Lincoln Hills Architectural Review Committee (ARC) is required prior to issuing a permit.

City of Lincoln Standards

- A. An emergency generator shall be used only during periods of power outages or for periodic testing and necessary maintenance operation and shall not be used to sell power back to a power company or for use by power customers during periods of peak demand.
- B. Emergency generators shall be fueled by natural gas.
- C. Emergency generators are not permitted on the

roof of a building.

D. No emergency generator shall be installed prior to the issuance of a building permit.

E. Placement of an emergency generator shall be permitted to encroach on the side setback so far as there is a distance of fifteen feet between the generator and neighboring building and a minimum of three feet of clearance from the generator and the adjacent property line.

F. Emergency generators are exempt from noise standards during periods of electrical power outages, including maintenance and periodic testing.

Please complete an ARC Application with Checklist 07 and return to Community Standards' Dropbox located in the Resident Information Center at Orchard Creek Lodge. This application will require a site visit by two ARC members prior to being placed on the agenda for the next meeting.

Questions: Contact arc@sclhca.com or Community Standards Manager, Sam McKee at sam.mckee@sclhca.com.



Compliance Committee

No One is Perfect

David Mateer, Chair

You may be wondering why I would start an article with “No One is Perfect.” Well it actually applies to many aspects in our community. We all strive to maintain the standards and beauty of our community. For example, bushes in your front yard along the property line are to be a maximum height of 4 feet. As bushes grow, they may go above that height. A little over may not be of concern, but as the bushes grow over the 4 feet height, so does the chance of being noticed.

The Community Standards Department and Compliance Committee carefully evaluate every complaint. However, they do not always have all the complete and up-to-date information on your property. Actually, it is more problematic for builder paint landscape, and older property enhancements. We simply may not have information on what was approved at that time. This is why the complaint notifications include a request to let us know if you feel the violation is in error. Several cases have been addressed by the homeowner sharing records of the builder plan or prior ARC approval. Or it may be that the bush in question is the neighbor’s and not yours.

Yes, we are not perfect either.

In some cases it may be a difference of perspective or opinion if there is a problem. Feel free to contact Community Standards and let them know. If appropriate and desired, we may even be able to have someone come to your property to discuss the issue. The dialog may be helpful to understand each other’s thoughts and perspective.

Community Standards and the Compliance Committee try their best to respond and keep up with inquiries and requests. Due to staffing limitations and workloads, it may take a while for us to get back to you.

Keeping Lincoln Hills a fantastic place is an ongoing process. Working together, with patience and compassion for each other, will help maintain our community as an enjoyable place to live.



Communications and Community Relations Committee

Lights, Camera, Action

Kent Noard, Chair

This month I will be highlighting the activities of another vital part of the CCRC, the Video Services Task Force. Although a small task force, it provides a significant benefit for the community.

The purpose of the Video Services Task Force is to record various meetings of importance to the community, edit those recordings (using their own equipment), and then post those recordings to the community website. These recordings can then be accessed by residents to view either because they were unable to attend the meeting in person or, if they did attend, they want to review the meeting again. These meetings include Board of Directors, open workshops, various committee meetings, such as Finance, Properties and Community Forum sessions. Not many other communities provide this type of service because, among other reasons, it is labor-intensive.

The current members of the task force are Peter and Patty Beckett and Jeff Hanner. The task force also added a new member, Barbara Branch, who has completed her training and will be “going solo” at an upcoming Community Forum meeting. These individuals have done a tremendous job of providing

top-notch recordings and continue to innovate the process.

To maintain the continuity of the process, and to give some relief to the task force, we are continuing to ask for more volunteers to be trained by Peter to take on some of the meetings. Without volunteer involvement, we will either have to stop providing this service or look at hiring a paid staff member to do the job. So, if you’ve got some time to spare and/or go to the meetings that are being recorded anyway, we would like to hear from you.

On another note:

The CCRC is now working on reaching out to the community to get your opinion on various matters that affect the community at large and you in particular. We are looking at various ways to distribute these surveys, and you may have seen some of our “micro-surveys” in various eNews postings. We are putting together task forces to help with the development of the surveys and the review and reporting of the results. If you are interested in participating in this worthwhile endeavor, again, we would like to hear from you.



Neighbors InDeed – Who are They? Part 3 of 3

Janet Roberts

Several Neighbors InDeed volunteer efforts were mentioned in our last *Compass* article – Fiscal Operations, Supplies, Resources, and Public Relations – but there are still more volunteers who work behind the scenes to support the Handy Helpers, Medical Equipment loans, and Information & Referral.

Volunteers: One volunteer gets new applicants on board, steering them through a general orientation, and moving them on to Coordinators for in-depth program training. Once trained, she ensures that volunteer information and any changes are entered in our database. Our volunteers enjoy an annual Volunteer Appreciation Picnic and an annual All Hands meeting at which presenters from the community provide information and lead question and answer sessions about a variety of issues.

Neighbors InDeed Website (www.neighborsindeed.org): This website was designed to give residents descriptions of our programs, copies of current articles in print, a schedule of public events and videos of community interest. It also includes information about support groups and links to community resources and has a section dedicated to our volunteers where they can get forms and other information necessary for their work. No requests for services or contacts can be done through the website. Please call 916-223-2763.

Database: In 2005, a large database was developed

using SecureSheet that would be able to hold all the data necessary to operate a program the size of Neighbors InDeed. Several databases were designed including volunteer information, callers/requested tasks/assignments, fiscal operations, I&R vendor/agency resources, medical equipment inventory and tracking, and much more. The SecureSheet database is managed by two volunteers and is updated as necessary. It allows us to provide services more efficiently and effectively as well as document our fiscal accountability.

Board of Directors: As a non-profit 501(c)(3) organization with Bylaws, Neighbors InDeed has a volunteer Board of Directors who are responsible for the organization’s overall policies and fiscal accountability. We have 11 Directors, including four officers who meet monthly. All of the Board members are active volunteers in a direct service program and/or behind the scenes. We have no paid staff or office, but we can be reached through our dedicated phone number 916-223-2763.

Residents: While you may or may not be our volunteers, you are the reason that Neighbors InDeed exists, and the reason that our volunteers join up to help you, our Neighbors. Thanks for your continued support!

Volunteers: Whether indirect services or behind the scenes, we thank all of our volunteers for their dedication and the work that they do for Neighbors InDeed and this community.

Election News

RUN, BABY, RUN! Candidates for Board of Directors.

Three positions are up for elections in February. You could fill one of them! Here’s what you need to know:

- Candidate filing opens September 16. Candidates have until October 16 by 4:00 PM to file. Names of candidates will be posted weekly as applications are received.
- A candidate information packet, which includes the application, can be found on the SCLH Elections Committee website and at the Membership Desk at Orchard Creek Lodge.
- A video of the Candidate Information Session held on September 4 can be found on the SCLH Elections Committee webpage.
- On October 18, there will be a Candidate Briefing Session. Candidates will be notified of the time and location.

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



Date	Day	Event
2019		
September 16	Monday	Candidate Filing opens
October 16	Wednesday	Candidate Filing closes
October 18	Friday	Candidate Briefing Session
November 8	Friday	Candidate Ballot Statements due
December 10	Tuesday	Articles from Candidates due
December 20	Friday	Candidate yard signs may go up
2020		
January 13	Monday	Election Ballots mailed
Jan. 14, 16, 18	Tue, Thu, Sat	Candidate Forums
February 19	Wednesday	All Ballots due
February 20	Thursday	New Board seated



**Lincoln Hills
FOUNDATION**

Serving the Lincoln Senior Community

What Does the Lincoln Hills Foundation Actually Do?

Catherine High

We often do not know what goes on behind closed doors of our more isolated and frail seniors.

We receive donations and generate additional funds in order to sponsor assistance programs to enable senior residents in Lincoln to remain in their homes and enjoy independent lifestyles.

Some of the organizations that have received grants:

The Meals on Wheels program by Seniors First provides food to seniors who may be unable to purchase or cook food on their own. For seniors who are unable to get out of their homes easily, live alone with either no family or family far away, this can be a life-saving service. One day the driver delivering food knocked on the door and heard the resident call out, "I'll be right there," but no one came. He knocked again with the same response. Realizing something was wrong, he called the police for a wellness check. The resident, who had dementia, was found helpless and lying on the floor, unable to get up or to describe his situation.

Another senior lived in a lovely home with family far away. On first glance, she wouldn't appear to need help. During her intake interview by Seniors First, it was discovered that she had no food in her home, was unable to obtain or cook food, and had been too embarrassed to tell her family. The agent was able to get her emergency food that day and enrolled her in the Meals on Wheels program.

For many, this meal is the only meal they eat, and for some, it is the only daily contact they have with the

outside world.

There are many senior residents here who are the primary caregiver for a family member. This is 24/7 care, which causes stress and anxiety and a loss of personal time for the caregiver. One woman was caring for her husband who suffered from dementia, COPD, emphysema, diabetes, and heart disease. With respite care from Del Oro Caregiver Resource Center she was able to enjoy some self-care by going on walks and running errands, knowing that her husband was safe.

Bosom Buddies was able to create and maintain an extensive resource binder listing groups and associations that provide help. Their members are going through chemotherapy or have lost a loved one and are overwhelmed. The group provides emotional support as well as meals during difficult times, cards, flowers, camaraderie, and friendship.

The Salt Mine provided 20,000 pounds of food in 2018 for seniors. This is interesting—their food program helps people (and seniors) stay in their homes and not become homeless!

Your donations provide:

\$50 = 4 hours of respite care, giving the caregiver time to do things away from home

\$100 = 20 hot meals delivered to a senior

One Starbucks coffee = a meal for a senior, imagine that!

The Foundation will give \$93,000 in funding in 2019, and with your help, we hope to do even more in 2020!



Team Member of the Month Award – August 2019



Lavina Samoy, Lifestyle Manager;
Katrina Ferland, Trip Coordinator;
Nancy Gabriele, HR/Payroll Manager.

Our "Team Member of the Month" Award is for Katrina Ferland! Katrina joined our Lifestyle Department as Trip Coordinator in March of 2012. Here are just a few quotes shared by our staff:

"Katrina exudes customer service at all times. Her passion for her work and the care she provides our residents goes above and beyond. She makes every trip she conducts memorable; always thinking about the comfort and safety of the guests." "Katrina receives outstanding comments from so many residents who end her trips. We are lucky to have a wonderful employee who knows her job inside and out!" "She is reliable, responsible, and is well-loved by our residents!"

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



Let us serve you with a view

Meridians Restaurant & Bar

Fun Events Coming Your Way!

*Kristy Huskey,
Director of Food & Beverage*

Meridians Annual Crab Feed this year will be held on Monday, October 2. Tickets are on sale now, so if you haven't made your reservation, get it before it's gone!

Look for a special ethnic buffet dinner on the last Sunday of every month from 4:00 to 8:00 PM. September 25 will be a Hawaiian buffet, all you can eat for only \$19.99! See flyer or eNews for details.

On Thursday, October 3, Meridians will be celebrating Oktoberfest with live music and a German fare buffet. Come dressed in your best lederhosen and join the fun!

On Monday, October 28, get in the Halloween spirit and come to a new event for Meridians. Dr. Craig's Halloween Escape Room! Enjoy a spooky three-course dinner paired with exciting cocktails and be entertained by solving clues to escape the Dr's grasp. Presented by Arrow Entertainment/Brain Freeze Trivia. Dress in costume, and have fun! This event is limited to 32 people and cost is \$110 inclusive. Prizes for best costume as well! See flyer or eNews for more upcoming events.

Chef's Recipe of the Month:

Spinach and Bacon Strata

Ingredients

- 4 center-cut bacon slices
- 1 1/2 cups chopped yellow onion (about 1 medium onion)
- 4 garlic cloves, thinly sliced
- 6 ounces fresh spinach, chopped
- 6 ounces crusty whole-grain bread, cut into 1-in. cubes
- 3 ounces cave-aged Gruyère cheese, shredded (3/4 cup)
- Cooking spray
- 3/4 cup 1% low-fat milk
- 3/4 cup plain 2% reduced-fat Greek yogurt
- 4 large eggs
- 2 large egg whites
- 1 tablespoon Dijon mustard
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt

Directions

1. Cook bacon in a large skillet over medium until crisp, about 6 minutes. Transfer bacon to a paper towel-lined plate, reserving 1 1/2 tablespoons drippings in skillet; discard any remaining drippings. Finely chop bacon; set aside.
2. Add onion and garlic to drippings in skillet over medium-high heat; cook, stirring occasionally until onion is browned and tender, about 10 minutes. Add spinach; cook until spinach wilts, about 2 minutes, stirring constantly. Toss together chopped bacon, onion mixture, bread cubes, and cheese in a large bowl. Arrange mixture evenly in an 8-inch square glass or ceramic baking dish coated with cooking spray.
3. Combine milk, yogurt, eggs, egg whites, mustard, pepper, and salt in a large bowl; stir with a whisk until well combined. Pour evenly over bread mixture. Cover and chill 8 hours or overnight.
4. Preheat oven to 350 F. Uncover baking dish; let strata stand at room temperature as oven preheats. Bake strata in preheated oven until top of strata is browned and a knife inserted in center comes out clean, about 1 hour. Let strata stand for 5 minutes before serving.





Lifestyle News & Happenings
Goodbye Summer! Hello 20-Year Anniversary!

Lavina Samoy, Lifestyle Manager

As the days get shorter and the sun sets earlier, our Summer Amphitheater Concert Series ends. Thank you to everyone who has come to see the eight concerts. To close our wonderful series, we present **David Victor's Supergroup on September 20**. Composed of musical artists from four great rock bands: BOSTON, Creedence Clearwater, Y & T and Joe Satriani's group, the show's high energy will rock you out with some classic songs and original compositions (page 60). Don't miss it!

Now onto something even bigger than the Summer Concert Series! Mark your calendars and join us on our three-day **20-Year Anniversary Celebration on October 24, 25 and 26**. Preparations are well underway, and the excitement is building. See Deborah McIlvain's article on page 13 for the daily events. A few have asked what's happening during the **Community Day, October 25**. Imagine an old-fashioned fair with DJ dancing, vendors, food trucks, game booths, bounce houses, Farmer's Market, shopping and even a Cookie Contest (pick up Guidelines from Lifestyle & WellFit Desks). Bring your family and friends to celebrate us! Party on from 3:00 to 7:00 PM at the OC Parking Lot. Tickets for the **Closing Ceremonies, October 26** go on sale starting September 15 at the Lifestyle Desks. The all-event wristband provides access to watch the Horse Derby, Closing Program, Decades Concert, and fireworks!

On other matters, our popular **Winter Holiday Train excursion to Reno** goes on "track" **December 18-20** (page 70). Select **Kings games** are

also available on page 67 plus a trip to the **Olive Crush Festival, October 27** (page 69). Katrina's caring ways and attention to detail make each trip memorable.

Entertainment is alive in Lincoln Hills! Elvis is back in the house...I meant Jim Anderson! Jim's **"Love Me Tender"** concert showcases your favorite Elvis Presley ballads guaranteed to make you swoon, **November 1** (page 61). Molley Mahoney is back in the Presentation Hall, this time with an original cabaret show **"Mischief," November 8** (page 61). Molley's vocal classical training guarantees a show to experience. The LH Players presents their year-end musical show with **"Magic Moments – The Golden Age of Television."** Choose from any of their evening and matinee performances, **November 21, 22, 23 & 24 in the ballroom** (page 59).



And finally, conveniently shop from over 80 vendors selling a variety of unique gift items at the Orchard Creek Lodge during our **Holiday Shopping Expo on October 6** (page 54). See you there!

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The Spa at Kilaga Springs

DETOX

Trudy Smith, Spa Manager

Our skin is the largest organ of our body (measured in weight and surface area). Comprised of two layers – the dermis (inner) and epidermis (outer) – the health of our skin is vital to our overall well-being.

The skin has three main functions: protection, regulation, and sensation. Protection is the skin’s primary role against “mechanical impacts and pressure, variations in temperature, micro-organisms, radiation, and chemicals.” Regulation functions of the skin span many physiological elements: body temperature, peripheral circulation, and fluid balance.

Our skin absorbs pretty much anything, including toxins. Toxins come from a number of sources, but the environment is the primary culprit of exposure. Other means of skin toxification include chemicals in water and makeup, poor dietary habits, and hormonal disorders.

Detoxing your skin will lead to a number of benefits. First, it enables the skin to perform its three primary functions that keep us safe. Second, detox will give the skin a much cleaner, healthier appearance – and you’ll feel much better as a result.

Our Skin Department’s special this month is the **Detox and Transform Specialty facial**. This treatment targets fine lines and wrinkles, loss of elasticity and dull, sallow skin. Also detoxes and purifies the skin from the harshness of summer. Instantly transforms into a more vibrant tone and youthful firmness. Also included in this facial is an LED light therapy treatment and a hand and foot massage.

Our Massage department’s special is the **Ocean Dew Detox Body Wrap**. Experience a magnesium melt exfoliation followed by an application of Ocean Dew body oil. You are then wrapped, allowing the body oil to penetrate deeply into your skin. The Ocean Dew products detoxify and fortify the body, and replace



and replenish vital minerals and nutrients. Toning and stimulating essential oils of rosemary, juniper and thyme support detoxification by increasing circulation, moving lymph and strengthening vascular tissue. Lemon oil supports healthy immune function, while marine algae and magnesium salts replenish vital minerals.

Sunscreens are essential to protect the skin in any weather conditions. Without applying sunscreen going in the sun, burns the skin. Sunscreen serves as a protective layer. It protects from UV rays that may damage the skin.

We have a variety of sunscreen offerings in our Retail Boutique. This month you receive a free gift with your sunscreen purchase.

See you at the Spa and bring your friends!



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WellFit News

Who Are We and “Are You Ready to Celebrate?”

Deborah McIlvain, Lifestyle, WellFit & Spa Director

We’re getting close – only 38 days until our 3-day Anniversary Celebration! The first event is **Sports Day** which takes place right after the Volunteer Brunch on Thursday, October 24. We are an active and lively community, so come down and play or cheer on your friends. If you plan on participating, sign up at WellFit for your favorite activity. Friday has two events: **Onstage Variety Show** followed by **Community Day** where the focus is about celebrating with neighbors, friends, and family so bring the grandkids. This event is open to your guests, let’s show this place off and how we party in Lincoln Hills! (Refer to ad on page 58). Saturday’s **Closing Ceremonies**: can you say WOW... 4 events on this night including Concert and Fireworks Finale. Purchase your tickets early as we anticipate this selling out. (Tickets go on sale September 15.)

“Who is Cindy Davis?” Cindy’s title is “WellFit Event Coordinator” – so what does that mean? All we knew when she was hired is that we needed help with our events and retail. This woman has brought us to a whole new level when it comes to event planning &



marketing ideas in the three in half years she has been here! She is responsible for Lifestyle Retail purchasing, new logo ideas, and keeping track of inventory and costs monthly. She also maintains our work order requests at OC, comment card feedback and our weekly eNews that you see every Sunday and Monday. But just like Jonathan, it is hard to keep her to just WellFit. When any department needs help she jumps in and helps out, such a team player! Outside of Lincoln Hills she and her husband are Assistant Pastors for her church in Roseville where she coordinates women retreats, conferences and provides counseling. She also owns a small craft business out of her garage called The Blue Egg where she produces wall art and seasonal gifts. Cindy lives in Rocklin with her husband, has four grown children and eight grandchildren ranging in age from 3-year-old twins to age 22. She is most happy when she is working on a big project as she loves to stay busy and is all about giving back and helping others and we are constantly amazed by her kindness. Thank you for all you do for the residents and staff, Cindy, we are blessed to have you.



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National Night Out—Meet, Connect, Share, and Just Have Fun!

Teresa Tanin, Neighborhood Watch

Neighborhood Watch is much more than you could ever imagine. Yes, a group of volunteers donate their time day to day to keep neighbors apprised with alerts and information through the website www.SCLHWatch.org. However, during the annual National Night Out, volunteers unite with their neighbors to share time with local law enforcement, city officials, and fire personnel. This is a special time to meet and thank them in person.

National Night Out is also a great time to meet new neighbors and to give back to the com-

munity. Some groups shared their back yards, others gathered at local restaurants, and one particular group collected backpacks to distribute to local schools.

Whether connecting with neighbors, sharing safety ideas with local officials, donating to schools, or just having fun, National Night Out celebrates the collaboration of neighbors and volunteers who help create a safer neighborhood. Come join our group. Meet new people, learn a new skill, or just have fun! For more information, please contact Pauline Watson at 916-543-8436 or frpawatson@sbcglobal.net.



Linda Minor, Executive Director, welcoming the Chief of Police, Doug Lee



V1B MS 6, 7



V42AB with police and City Councilmember, Andreatta



V14 Tioga



V16AB MS 4



V33



V10AB MS 5,6,7; V40B MS 4,5



V4 Loading 98 Backpacks



V4 Backpacks ready to go!



Get a Job!

Linda Lucchetti, Roving Reporter

Remember your school days, when sitting around idly every summer was not an option? Classes may have ended, but your work was just beginning – perhaps at a swimming pool, behind a counter, or in a restaurant. Summer employment was a rite of passage.



Mercer Tyson

As the season ends, let's reminisce with a few residents about their summer jobs.

Mercer Tyson shares memories and life-lessons that could fill a book, especially about his summer jobs while attending Whitworth University in Spokane, Washington, on a basketball scholarship. From the time he was a freshman in high

school, Mercer held positions like dishwasher, busboy, fry cook, and finally, a waiter at a popular Italian restaurant chain.

For a waiter, large groups were difficult, and typically didn't tip well, Mercer explains. He recounts an uplifting incident – a birthday party with 13 children. When the weighty bill was delivered, the adult in charge had only the exact amount of cash; therefore, no tip in sight.

"I was disappointed," he remembers. "Then, just before closing, the customer returned. He drove two hours home to Coeur d'Alene, Idaho and returned with cash for a tip. Made my day!"

Lauri English spent her high school summers babysitting. That may not seem out of the ordinary, but what if the baby was an elephant or a chimpanzee? Lauri was one of five young women hired to work at the

Baby Zoo in Oakland's Knowland Park where the residents were young lions, otters, hippos, and exotic parrots. On occasion, she would bring home a furry friend or two, much to her mother's misgivings.

Lauri prepared food, sold goodies for visitors to feed the animals, and kept the animals clean, which included the unglamorous task of cage clean-up. But most of all, she loved the animals. "It was the best time," Lauri remembers. Her love of creatures great and small persists. She and husband Warren are known for their travels to whale watch, admire sharks, or marvel at wildlife.



Lauri (Cantua) English with Poncho the chimp

Judy Ruffalo experienced many 'icy' summers as an usherette for the Ice Follies in San Francisco, where she was born and raised. Judy attended St. Rose Academy, and although not as fascinated with ice skating as with horses, she took the job (which required three buses to get to) for extra money to buy clothes.

Her favorite memory is riding atop the Zamboni machine with other young "rink rats."



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A Bridge(s) Too Far – Not Really!

Richard Pearl, Roving Reporter

Bridges. They connect us...they divide us...they sometimes define us.

especially when taking the back roads to Auburn via the Baxter Grade Road.

The iconic San Francisco Bay Bridge. The historic Brooklyn Bridge. Tampa's Sunshine Highway Bridge. The London Bridge at Lake Havasu. They all loom large...but most are far away.

Here in the Lincoln area, we have – perhaps surprisingly – some unique bridges well worth a day trip, coupled with a picnic basket and your favorite beverage, especially in the fall when the colors start to blossom.

Start with the USA's fourth-highest (730 feet) bridge; when built in 1973 it was the second-highest bridge in the world. It's the Foresthill Bridge just outside Auburn, and it's only 45 minutes from Lincoln Hills. It was built to ford the proposed Auburn Dam. Check it out and then go exploring the nearby towns of Cool and Foresthill, interesting shops and watering holes.

Take a look at perhaps the world's largest single-span covered bridge – the Bridgeport Covered Bridge – in the South Yuba River State Park. It's only 1.2 hours away from Lincoln Hills in the Nevada City area. The bridge, now going through a major restoration (re-opening April 2020), has been converted to pedestrian traffic only. Even though temporally closed, it's sure to be a fun outing,

to use GPS for specific directions to several of these bridges.



Foresthill Bridge



Yankee Jims Bridge



Coon Creek Bridge

Closer to home is the Clover Valley Bridge, located in Rocklin and one of the original Twelve Bridges constructed by Joel Parker Whitney in the late 1800s. There are nine granite bridges in Rocklin and three in Lincoln. The Clover Valley Bridge is the longest bridge. It's a beautiful setting.

The Yankee Jims Bridge spans the American River in the Colfax-Foresthill area. The town of Yankee Jims was once home to 5,000 gold miners and their families; it's now a ghost town. Yankee Jim (aka James Robinson) was run out of town when his friends and neighbors discovered his horse thievery. Two other bridges in this area are the Ponderosa Bridge (1935) and the Iowa Hill Bridge (1928).

Just north of Lincoln are two old-style bridges, the Coon Creek Bridge and the Camp Far West Bridge. The latter bridge area began life as a military post in 1849 to protect the emigrant trails and wagon roads to the nearby mines. Today it's a 2,000 surface-acre lake with 29 miles of shoreline. Very nice walking trails make for a fun day.

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Curious about how reverse mortgages work but not ready for a "sales call"? Join us for an educational workshop, held monthly on the "Third Thursday" at our **Lincoln Hills office** from **9:45 to 11:00 AM**.

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†As with any mortgage, you must meet your loan obligations, keeping current with property taxes, insurance, maintenance and any homeowners association (HOA) fees.

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

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Stem Cell Therapy: Regenerate and Make New

Shirley Schultz, Roving Reporter

Writing this article feels like trying to pour the ocean into a bucket. At best, it can introduce a few key concepts from the broad field of Regenerative Medicine and the use of stem cells. Because regenerative therapies are still very much in the research phase and there are many open questions, this article will focus on information from the Proceedings of the National Academy of Sciences of the USA (PNAS) and other science-based sources. Learn more by attending the **Community Forum on September 25, Regenerative Therapy by Michele Raitel, ND.** (see page 57).

Regenerative medicine is defined by the National Institutes of Health (NIH) as "the process of creating living, functional tissues to repair or replace tissue or organ function lost due to age, disease, damage, or congenital defects." The significance of this for repairing damages within the body and for organ transplants cannot be understated. Waiting for donors will become obsolete if scientists can grow tissues and organs in a laboratory and then safely implant them into the body.

Stem cells are body cells which must do two things: 1) self-renew by dividing and duplicating, both in the body and in a lab, and 2) differentiate by developing into different types of cells. For example, an embryonic cell is a single stem cell from which a baby develops. Another type of stem cells are mesenchymal stem cells (MSCs), also called "adult stem cells" which are traditionally found in bone marrow, umbilical cord blood, peripheral blood, fallopian tube, and fetal liver and lung. At this time, only the use of stem cells from bone marrow and cord blood are approved by the FDA for use in research therapies. As of January 2019, FDA bioethicists have sounded the alarm regarding unapproved treatments.

Hundreds of promising trials are currently underway addressing such conditions as multiple sclerosis, diabetes, cerebral palsy, and some autoimmune diseases such as rheumatoid arthritis and lupus. The FDA has not yet approved MSC treatments, but several other countries have done so for a variety of diseases, including heart, liver, Parkinson's, lung cancer, spinal cord injuries, and stroke. Use of regenerative therapy for treating arthritis could significantly affect orthopedic surgery in the coming years. Stem cell treatment for shoulder arthritis, for example, is definitely showing effectiveness.

Stay tuned in... it may become possible to regenerate a whole new you!

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Beverly Brannon

A gentle, kind person, with a great sense of humor, Bev grew up in Burbank, California. She married Tom Brannon, an NCIS (Naval Criminal Investigative Service) Special Agent. She traveled alongside her husband living around his work during their more than 50-year marriage. They had many adventures in the Philippines, Taiwan, Japan, Italy, and England. She and Tom were avid writers and authored several memoirs. One of her books is "Behind the Man Behind the Badge." Bev was a member of the Writers Group and the Antique Club. She will be especially missed by her daughter, two grandchildren, and many other relatives and friends.



Arthur Callahan

Arthur grew up in Chicago and received his Bachelor's Degree in Business Management from the University of Illinois. He was married to Sally for 38 years. He served two years active duty in the U.S. Navy on a destroyer and then four years in the Navy Reserves. His career was in Corporate Accounting for 25 years. Active in many things, he volunteered for a Prison Ministry, Stephen's Ministry and Maidu Indian Center. He was an active member of the Lutheran Church of the Resurrection. He enjoyed travel, fitness, biking, and hiking. He leaves his dear Sally, six children, ten grandchildren, and seven great-grandchildren.



Terrence Steven Hunter

Terry grew up in Los Gatos, California and worked for Toyota Palo Alto for many years as a Service Manager. Then he worked for Macy Transportation after retiring. He was a stained glass artist and loved to spend time on road trips. He loved traveling back roads searching for old lamps and designing shades and windows. He also loved Rock & Roll and attended many Concerts. Golf was another love. Known as a Jolly Giant, Terry leaves behind Linda, his best friend, traveling companion, and road trip buddy. He also is missed by two brothers, three grandchildren, and many other extended family.



James Stanley Immel

Born and raised in Colorado, Jim graduated from the University of Northern Colorado with a Mathematics Degree. He served in the Navy in the Korean War. Jim worked for the Colorado State Highway Department, and then as a Mathematics/Science teacher in Livermore, California. He was married to Lorraine for 56 years, they went to college together and then taught at the same school. They even taught all four of their children. Jim worked at the Wave (fitness center) here for many years and loved meeting people. He started the Billiards group, enjoyed golf, bowling and poker. He tutored with the Schools Group, was a member of the Knights of Columbus at St. Joseph's Church and worked in his home and garden. He leaves his dear wife, Lorraine, four children, and six grandchildren with one on the way. He will be missed.

M. Michael Porta

Mike was raised in New Jersey, Italy, and New York City. He retired from the Air Force after 20 years as a Chief Master Sergeant earning a Purple Heart in Korea. He earned his Bachelor and Master's degrees from the University of Illinois while in the Air Force. After that Mike worked for Hughes Aircraft. He moved to Lincoln Hills to be close to his two daughters.



Shyrln Ann Schutt

Shyrln was born in California but grew up in Oklahoma where she enjoyed dance, water skiing, and other adventurous activities. She graduated from Stephens College in Missouri. Shyrln married twice moving here with her husband, Robert Schutt. They enjoyed automobile racing, French cooking and traveling the East Coast until his passing in 2001. Shyrln enjoyed a prolific career in public relations at St. Louis Community College in St. Louis, Missouri where she received numerous accolades for her dedication and hard work. She is survived by her son, daughter, and granddaughter. She also leaves many wonderful 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**
- **Finance Committee**

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



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Contact: Karla Hearron
Karla.Hearron@sclhca.com

Cheers to 20 Years!



Sign up now for Sports Day
October 24, 1:00 to 4:00 PM
Come to watch or come to play!
(Competitors sign up at Lifestyle or WellFit desks.)

TICKET SALES OPEN FOR:
On Stage Variety Show
Friday, October 25, 12:30 to 3:00 PM
\$5 General Admission
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Closing Ceremonies
Saturday, October 26,
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\$10 Wristband required for entire event
(more info see page 58)

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Club News



Amateur Radio

Amateur Radio Operators are often in the news when they provide support during natural disasters, but they are not first responders. The police, fire, and disaster agencies are the first responders, with backing from amateur radio teams when emergency communication is required. Natural disasters and forest fires can destroy or damage public safety networks. When this happens, amateur radio operators fill the communication void with portable radios and repeater networks. The ARG provides back up communications for Lincoln Hills with portable radios and repeater. We hold a practice network at 7:00 PM every Monday on 443.225 MHz, with a PL of 167.9. The ARG meets every Monday at 6:30 PM, see our website for meeting location.

Contact: Jim Darby 916-408-8599
Website: <https://lharg.us>



Astronomy

Monday, September 16 – Cosmology Interest Group (CIG), Fine Arts Room (OC) at 6:45 PM Lecture 21: “Interstellar Molecular Clouds,” Lecture 22: “Star Formation & ALMA.” Contact

Morey Lewis at (mlewis_cc@sbcglobal.net) for more information.

Friday, September 27 – Telescope Interest Group (TIG) will meet at Rossi Lane at 7:30 PM. This is a shared event with the Introduction to Astronomy Class. Contact Bob Collins (bobpcoll@community.net) and visit our website for more information.

Wednesday, October 2 – LHAG General meeting 6:45 PM in the P-Hall (KS). Lawrence L. Lapin, Ph.D. (retired Emeritus Professor, San Jose State University) will present “Space Threats and Planet security.”

Contact: Ron Yelton 916-587-3384, ryelton660@aol.com
Website: www.lhag.org



Ballroom Dance

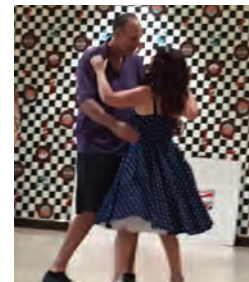
Be ready for September and the beautiful and graceful Waltz taught by Belinda and Nancy. The Waltz is the oldest of the ballroom dances, dating from the middle of the 18th century.

The Halloween party, October 19 Lincoln Room (KS) 6:00 to 9:00 PM. Prizes to be awarded for the best-dressed costumes, both men and women, a bargain at \$7 per person.

Club membership is \$7 per person annually, open to Lincoln Hills residents, sponsored guests,

couples and singles. Lessons every Tuesday at (KS) 2:00 to 5:00 PM, 1st-hour beginners, 2nd hour is open dance, 3rd hour for the more advanced. Please come and join us.

Contact: Ruth Algeri 916-408-4752



Sharon Davis and David Vaughn



Big History

It’s that time again. Big History starts its third year on September 16, 10:00 to 11:30 AM P-Hall (KS). To start the year, Ranny Eckstrom, our President, will present a review of Thresholds 3 thru 6 (Thresholds 1-3 were covered August 19). What is a Threshold? Check out our web site and go to the Thresholds page. And if that is not enough for you, stick around after the main program from 11:35 AM to 12:35 PM, back by popular demand, more on DNA by Dave Lewis. How about “Jumping Genes” and more on Epigenetics. Learning for the sheer joy of it. The Big History

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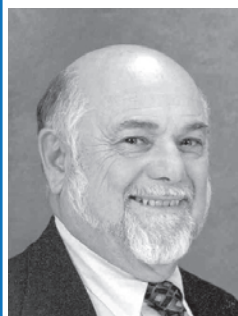
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Have You Seen What The Bird Group Is Doing Lately?

Meeting Time: 2nd Monday Every Month
 1:30 PM to 3:00 PM
 Kilaga Springs Presentation Hall
 Website: lhbirders.org

No membership dues
 Guest Speakers
 Bird Walks Each Month

All LH residents and their guests are welcome

Lincoln Hills Bird Group

club meets the first and third Mondays of the month at 10:00 AM in P-Hall (KS).

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

Website: www.bighistorysclh.com



Billiards

We are offering tournaments to all residents, men, and women. We have tournaments for beginners, intermediate, advanced. Please join us in the fun. With the chance of meeting new people! We are offering free lessons at KS 9:00 to 10:00 AM. This is for new and returning players (men and women) you do not need anything to play. Just show up and see what we have to offer. Remember it's free!

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

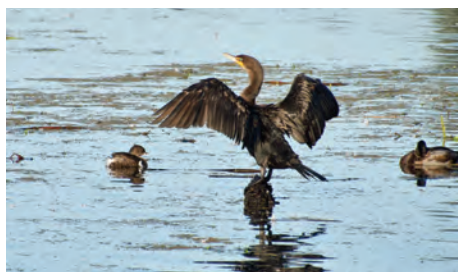


Rookies:

- 1 Dante Jammicelli,
- 2 Jack St. Claire,
- Jack Henderson

birds of the area.

The field trip on Friday, September 27, is to Lincoln Wastewater Treatment Plant. Their ponds always attract a nice variety of geese, ducks, and shorebirds.



The Double-crested Cormorant visits Ferrari Pond often.

On October 4, we meet at Angler's Cove to walk along the Ferrari Pond and Wetlands Trail. We expect to see songbirds, waterfowl, shorebirds and some early fall arrivals that spend their winter here.

October 23, Pot Luck is coming up, so mark your calendars. More information and sign-up sheets will be at the meeting.

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



Bocce Ball, Mad Hatters

The group was formed for the purpose of acquainting the residents of Lincoln Hills with the rules and fun of Bocce. We give free instruction and furnish all equipment. From November to April we play Bocce every Thursday morning

at 10:00 AM. Beginning in May we start our Thursday Bocce sessions at 8:00 AM. We are open to all Lincoln Hills residents. We



No score

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



Book, OC

"The Things We Don't Say"

by Ella Carey is the Young Adult/Best Seller selection we will discuss on Friday, September 20 at 1:00 PM in the Solarium (OC). It portrays the problems that occur when Grandmother's portrait is alleged to be a forgery and not the actual painting that the family believes it to be. The plot revolves around the intertwined stories of grandmother, the subject of the painting, and granddaughter, who needs to determine the factual provenance of the painting. Hope you can join us for a wonderful exploration of this novel.



Bird

Our next monthly meeting is on Monday, October 14, 1:30 PM, P-Hall (KS). These meetings are open to all Lincoln Hills Residents and are a great way to make new friends while learning about the many

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October 17 – “The Tea Girl of Hummingbird Lane” by Lisa See

November 21 – “The Woman in the Window” by AJ Finn + voting for 2020 book selections

December 19 – Holiday Luncheon – details coming soon.

Contact: Cathie Szabo, catsickle@gmail.com

Website:

LHocbookgroup.blogspot.com/ and wiki:ocbookgroup.pbwiki.com



Bridge, Duplicate

Bridge players think it is the greatest card game ever. A lifelong game that enables us to make lifelong friends. Bridge hands are divided into four phases, which always occur in the same order: Dealing, Bidding, Playing the hand, and Scoring. Simple? The truth is learning to play well takes time. New challenges and the learning process never ends. Bridge is a game players can actively pursue throughout their entire lives. Meet Trudy Harstad. Trudy recently won enough gold points to become a Life Master and Bronze Life Master. Her smile says it all, Trudy loves



Trudy Harstad – New Life Master and Bronze Life Master

bridge!

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

Contact: Lynne White 916-253-9882

Lynnewhite2000@yahoo.com

Website: www.bridgewebs.com/lincolnhills



Bridge, Partners

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

Winners: July 25-First: Edith Kesting/Erika Wolf with high round 2050; second: Jodi Deeley/Harry Collings; third: Byron Hansen/John Butler; fourth: Nancy Turrini/Lydia King. August 1-First: Rosanna Jensen/Kurt Wolff; second: Chet Winton/Phil Sanderson; third: Erika Wolf/Edith Kesting; fourth: Barbara/Tom Moran. Carolyn/Bob Calmes had high round 1530. August 8-First: Jean Beyer/Chet Winton; second: Judy Olson/Jim Monnin; third: John Butler/Byron Hansen with high round 1790; fourth: Dee Cole/Ed Hartnett. August 15-First: Byron Hansen/John Butler with high round 2200; second: Leana/Bob Glende; third: Sharon Klotz/Sue Cirerol; fourth: Gay Gladden/Reta Blanchard.

Reservations for first/third

Thursday: Carla/Mark Green 916-844-5888.

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



Bridge, Social

We welcome all Social Bridge Players to join us every Friday. We play from 12:45 to 4:00 PM. Check-in at 12:15 PM in the Sierra and Terra Cotta Rooms (KS). We do single’s rotation. To reserve a space in September and October, call Joanna Haselwood at 916-209-3392.

Winners from July/August are First Place: Bette Dow, Rose Phelan, Joe Phelan, Janet Pittenger. Second Place: Barbara Moran, Jay Southard, Carol Mayeur, Judy Olson. Third Place: Carol Mayeur, Ed Thomas, Karen Worley, Rosanna Jensen. Fourth Place: Sarah Free, Bob Free, Mark Green, Ada Towers. Congratulations to Joe and Rose Phelan who had a 7S Grand Slam on August 2!

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

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



Bunco

In August, the Bunco group welcomed a new player Laura Ludwig. Bunco was called several times per game. There were roll-offs for most Buncos,

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most Wins and 50/50. The traveling bear was all over the room before landing in front of Kathy in the last game. What fun for all!

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!

August Winners: Most Buncos - Carolyn Hughes; Most Wins - Joan Duttweiler; Most Losses - Christine Bluhm, 50/50 - Phyllis Papagiannis, Traveler - Kathy Sasabuchi.

Next Bunco is Thursday, September 19.

Contact: Kathy Sasabuchi

916-209-3089, ksasabu@icloud.com



Ceramic Arts

Save the date! Be sure to mark your calendar for our annual fall dinner and meeting which will be held Wednesday, October 30. It will be a time for tasty food, good laughs with friends, and terrific door prizes. Don't miss out. More information will be shared soon.

Some new ceramic artists have joined our group and are enjoying classes and studio time on the weekends. Any resident has an opportunity to work on independent clay projects on Friday afternoons. Come by the Ceramic Arts

room on Tuesdays or Thursdays to visit a class. Studio monitors are available on Friday, Saturday and Sunday to share information and answer your questions. We're happy to help you feel comfortable about learning something new. Hope we'll see you soon.

Website: www.cagsclh.net



Chorus

We've just begun rehearsing for "Music from around the World," our mostly Christmas concert on December 8-10.



Paul Melkonian and Nina Malone

From Germany, you'll hear Johann Sebastian Bach's "Gloria in Excelsis Deo." From Italy comes Antonio Vivaldi's "Et in Terra Pax." "Silent Night" is Austrian, "Joy to the World" in English, "A La Nanita Nana" is Spanish, "Bring a Torch, Jeanette Isabella" is a traditional French carol, and "Sleigh Bells" is a Ukrainian folk tune. "An African Celebration" represents that continent, and "One Light" celebrates

Hanukkah.

That's just a sample of what we'll do to deserve your applause at concert time. Aided by Nina Malone, our talented accompanist, Director Paul Melkonian always brings out the best in us, and we'll demonstrate this again in December. Mark those dates!

Contact: : Suzanne Rosevold

916-587-3035,

suzannechorus@gmail.com

Website: lincolnhillschorus.org

Computers


Apple Users



We are dedicated to educating and supporting our members, and three August presentations did just that. They included "Apple Watch Essentials" by Bill Smith, and "iPhone Essentials" by Ken Spencer (part 1) and Andy Petro (part 2).

September brings many new Apple products, software, and services. The user group helps you learn and take advantage of new offerings by providing educational seminars, ask-the-tech sessions, open labs, phone support, and more. And the support team looks out for members by evaluating new software releases for potential problems.

LHAUG members are reminded not to install this month's



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



Country Couples

Kudos to the Country Couples members who volunteered to perform for one of Kiwanis Clubs largest events of the year, "Boot Scootin' Saturday" Dinner/Dance, on August 10. A whopping 250 people attended. April and Carroll Cederburg, Laurie and Warren English, Ern and Tom Hargis, Kathy and Rene Lopez, Sandra, and Gary Moulton, demonstrated a medley of three Country Couples dances showing the different rhythms we do; Cowboy Cha, Drifter, and Waltz Across Texas. Mike and Peggy Phillips were our photographers. Guests were invited



Country Couples members perform for Kiwanis Club event

to join our couples to dance the Electric Slide, and it was estimated about 100 people joined in the fun. Wow!

Next dance: September 28. After a two month hiatus, this should put the giddy-up back in your dancin' feet.

Contact: Irene Hesson 916-434-6804

Website: www.sclhcc.com



Cribbage

We welcome you to come join the fun at OC on Tuesday mornings with a friendly group of Cribbage Players. We meet at 8:00 AM and have our warm-up practice games until 9:00 AM. Then the mini-tournament begins and continues until noon. We play four-handed partner games using a rotation system. Every game you end up with a new partner as the losing players move on to the next table, and the winning players stay. Each player keeps track of his or her own score.

The weekly winners for July were Brian Yates, week one; Elliott Levy, week two; Sharon Cuchetti, week three; Grant Lee, week four and Dan Quick, week five.

New players are always welcome!

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



Cyclists

We have all had bad experiences while cycling. A survey was conducted, asking cyclists about their interactions with motorists. Here are some of the results. 41% of cyclists who ride four days a week have been hit. 66% observe distracted drivers on most rides. 31%, including me, have been hit by a thrown object. 52% of women riders and 33% of men have experienced aggressive behavior on some rides. 40% of riders have stopped riding certain routes due to safety concerns related to distracted drivers. 48% do not like riding in traffic. 43% are concerned about driver harassment. We have had several accidents lately, but generally these accidents did not involve drivers. Keep alert to road conditions and aggressive drivers.

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

Website: lincolnhillscyclists.com



Euchre

If you like to play trick-taking card games, you will love Euchre. It's simple to learn, yet there is some strategy to it! We meet on the second and fourth Thursdays of the month from 6:00 to 8:30 PM in the Card Room (OC). If you are new to the game, we will give you a few

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lessons before you come to our regular game so that you will feel comfortable. All are welcome, but please contact us before showing up so that we can get a proper headcount for the game. For more information or to reserve a place at the game.

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



Fishing

I'm wondering whether this heatwave kept a few of us from fishing. I know it's rough on me, the heat. I did get a note from Dick Davis and Joe Fletcher they went fishing, two different locations, they met with success. Some folks are planning for the cooler months; September, October & November. Some are going to fish the rough waters of



Not getting away this time

the Rogue River in September, part of a bucket list they have. Some are headed to Utah or Wyoming to fish the Flaming Gorge (sounds hot to me). Check your fishing

list, call a member, go fishing. Think safety: PFD, sunscreen, hat, sunglasses. Second Monday each month, 7:00 PM, P-Hall (KS). To Join – contact Ralph at ralphtonseth@comcast.net..

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



Food Adventures

Plans are underway for several food adventures in the coming months that include a visit to a local dairy farm, a club lunch at Mikuni Japanese Restaurant in Roseville, a tour and wine tasting at Rancho Robles Winery, our annual club



Farmers' Market Scene

potluck supper in late October at the Sports Pavilion and a members-only paella dinner at Ternero Olive Oil Farm. Watch for emails with details and announcements of other club events. There's been much publicity lately about the new "meatless meat" we are seeing in our stores and on the menus of many restaurants. At our August 26 monthly meeting, we presented information to

help our members get a better understanding of what this movement is all about and its importance to consumers.

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



Garden

"PERMACULTURE:

What is it and How to Apply it in Your Yard" is the presentation for the Thursday, September 26, General Meeting at 2:00 PM, KS. No-dig gardening is a widely applied Permaculture technique designed to preserve the soil life that converts organic matter into plant food.

Nathan Beek will be giving a brief overview of what permaculture is and then various examples of applications of permaculture in landscapes he designed and installed – some which are yards and waterfalls in Lincoln Hills.



PERMACULTURE-Nathan Beek

Nathan has an associate degree from West Valley College and a

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



Genealogy

The next presentation will be held on September 16, 6:30 to 8:30 PM in P-Hall (KS). Glenda Lloyd is addressing "Divorce." Members should come a few minutes early to check-in and receive your door prize ticket for a digital scanner. After the meeting refreshments will be served across the hall and you will have a chance to network with others who share your interests. The Genealogy Club will hold a workshop, "Introduction to DNA" on November 11 from 6:30 to 8:30 PM in the Fine Arts Room (OC). You must be a member to attend, so join Genealogy Club for only \$20/year to have access to this valuable workshop. You can apply for membership from our website or attend our speaker night and join.

Contact: *Barbara L. Branch*
916-543-8219, *drbabsie@gmail.com*
Website:
<https://lincolnhillsgenealogy.com>



Golf

Ladies XVIII

A few special events are yet to come. The Club Championship will unfold during the third and fourth weeks of September, and then the Sunheim Cup will wrap up in early October. An Invitational/Member Guest Day is on the calendar October 17, followed by a Breast Cancer tourney the next week, hosted by the Lincsters. As we look ahead, we continue to play on Thursdays, with only 11 playdays left before December. Sign-ups are online as well as information about our ladies club. We welcome new members year-round. For inquiries, please contact Julie Storer, New Member Liaison and Co-Captain, or Valerie Green, Membership. Additionally, an election committee is developing a slate of officers for next year, a chance to get involved.

Contact: *Julie Storer* 916-587-3294,
jaStorer@sbcglobal.net

Lincsters

We held a Tin Cup Tournament on Wednesday, July 31. Only a seven iron and a putter were allowed on holes 12, 14 and 15. There was a field of 58 players. The winner of Flight One was Jane Hall; Flight Two winner was Charlotte Raifaisen; Flight

Three was taken by Hyeja Busse, and Flight Four was won by Henrietta Fujihara. The low net winner was Jeannine Wuschnig who was awarded a framed photograph of Kevin Costner, the star of the movie Tin Cup. The low gross winner was Linda Salmon who won a Golden seven iron. Upcoming events: Club Championship, September 18 and September 25; Breast Cancer Tournament, October 23; Hocuspocus Tournament, October 30.

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

Golf Men's

We will be needing golf members to serve on the 2020 Golf Board as three or four members are termed out. This is a great opportunity for members to be a part and helping the Men's Club continue to be the strong organization it is! Contact a Board member on our website for a position you would be good at to keep the club vital! Our annual Memorial Tournament, also known as the Member-Member Tournament is on September 16-17. Our sponsors are invited to golf and be our guests for dinner in the Ballroom. The past two months tournament winners are posted on the club website!

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Hiking & Walking

Mark your calendars for the Annual Meeting at 3:30 PM October 17 in P-Hall (KS). Our guest speaker is Dr. Dick Hilton, from Sierra College. He is a renowned paleontologist and will speak about his work in the field and the dinosaurs of the Sierra Nevada. We will conduct a business meeting recognizing member contributions, hike history and the election of the incoming Board of Directors. Membership dues will also be collected. Upcoming hikes: Donner Peak/Mt. Judah Loop (Soda Springs) September 19, Rubicon Trail (Tahoe) September 24, Deer Creek Hike (Nevada City) October 3. Our walking group meets every Wednesday at 7:30 AM at a different starting point in our community. Our website is the



Summit Lake hikers enjoying cool weather in the Sierras.

go-to place for more information on hikes, walks or membership. **Contact: LHHikers@gmail.com Website: www.lincolnhikers.org**



Investors' Study

Please join us on Thursday, October 3 at 2:30 PM in P-Hall (KS) for another outstanding speaker: Tom Logan from Blackrock. This is Tom's first visit with us, and his insights will be well worth hearing come October. Russ will be back with his forty-minute summary of everything in the world. Look forward to it. All residents are welcome to attend. Call Norm Quattrin at 916-645-4675 if interested in the Active Investors sub-group which meets the second Monday of the month in the Multimedia Room (OC) at 3:00 PM. Questions regarding Investors' Study call John.

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



Lavender Friends

While SCLH is celebrating its 20th anniversary, Lavender Friends has an upcoming milestone, too. We turn 15 years old in 2020. In 2005, the club was informally formed by LGBT residents here under the name, the Lavender Hills Club. Three years later, we decided to become an official SCLH club and changed our name to Lavender

Friends, since there was a street here named Lavender Hills.

As for the SCLH anniversary, our club donated a \$50 gift card to be raffled off at the August launch party at the OC outdoor pool.



Darlene Barbieri (left), Deborah Turnor and our club's gift card

"We are part of the community," explained president Joan Lacktis, who attended the launch party along with several other members. "I want Lavender Friends to be a visible presence in this community."

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

Website: www.lavenderfriends.com



Line Dance

Line Dancing at the beach was the theme for the second social of the year held on August 4. Instructors, Sandy Gardetto, Jeannie Keener, Yvonne Krause-Schneck and Cathy Paris, selected dances that appealed to all levels. Music Man, Mike Schneck, was our DJ and provided us with all the music. During business portion of the social, we thanked our instructors, introduced the steering committee and asked for volunteers for future committees. We will be having our holiday social on Monday, December 2, at Kilaga

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kitchen. This social is a potluck and begins at 5:00 PM. If you are enrolled in Line Dance classes before December, please put this date on your calendar as we will have dancing, merriment, and surprises. *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 an 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 needed 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

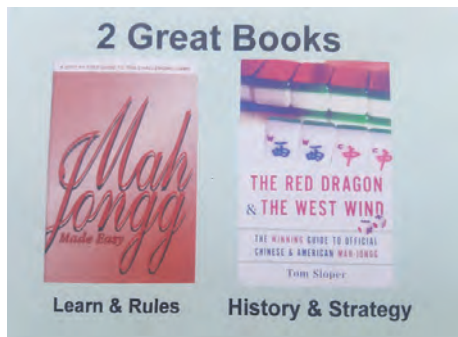


Mah Jongg, National



September is Healthy Aging Month. Playing National Mah Jongg is a great way to contribute to

your social and mental health. It can fun and frustrating at the same time. We play every Tuesday in the Card Room (OC) from 12:15 to 4:00 PM.



If you know how to play, come on by and join a table. Want to learn? Fran Rivera at 916-434-7091 offers free weekly lessons lasting 10-12 weeks in her home. Her fall classes are full but call now to get into one of her January class. This is a challenging game to learn but once you do you will be hooked. Hope to see you next Tuesday. We'll be there for our weekly fix. *Contact: Patti Kingston 916-587-3056, pkingston@att.net*



Mixed Media

Our next General Meeting will be on September 18 at 1:00 PM, Ceramics Room (OC). We will be doing a simple but fun "Roll the Dice" activity at the meeting. More information on what to bring for our project will be sent out to members in an email. Those that did the summer

art challenge bring it to the meeting to share. The challenge was using red, white and blue plus at least one



In July, Carole shared her die cuts with us

stencil. The next art challenge will be decorating art aprons that will be provided by the club and passed out at the September meeting. We will also start collecting the yearly dues of \$15.00 at the meeting. Come join us and play. Visitors are welcome to check us out.

Contact: Nancy Griffin, griffinnancy70@gmail.com



Motorcycle

August was a great month to head to the high country. On July 31, Don Bowden lead an impromptu ride up to Colfax via Foresthill. On August 10, VP/Head Road Captain



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Don Heyde led the club's monthly scheduled ride. Crossing the Sierra Nevada mountains over the Sonora Pass, the riders had a great lunch at the Topaz Lake Lodge in Nevada.

We have scheduled rides on the second Saturday of the month, March-November. If you like motorcycle touring and have a roadworthy motorcycle or trike – check us out!

We meet on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC). The next meeting will be on September 26. "Ride Safe - Ride With Friends" *Contact: Manny Perez 916-253-9121, manwil412@wavecable.com*



Movie Lovers

If you are interested in movies, this is the place to be. We meet on the second Thursday of each month at 6:30 PM in the Multimedia Room (OC). All residents are welcome to join our facilitation led discussions on movies selected by the group at a prior meeting. We have lively participation and stimulating discussions. Please join us at our September 12 meeting. *Contact: Cliff Roe*



Music

We met on Wednesday, August 28, with instruments and voices tuned up and ready to go. The Group's opening



On the Road Again

number was "Folsom Prison Blues" made famous by Johnny Cash. Love and peace were in the air as we sang our closing song, "Light My Fire" the classic Doors hit. Mark your calendars for our Holiday Party/ Open Mic on October 30, 5:00 to 8:30 PM, P-Hall (KS). We meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 916-409-0463 for information. *Contact: Dan Lehrer 916-587-3419, dlehrer72@gmail.com, Website: lincolnhillsmusicgroup.org*



Needle Arts

Our next General Meeting will be October 8 at 1:00 PM, P-Hall (KS). Remember to come and share your latest Needle Arts projects. For our enjoyment, there will be a Wearable Arts fashion show at the meeting.

Members of the Wearable Arts will model one item and share a couple of more items. They will be sharing what their inspiration was in creating the items.



Delightful Needle Arts projects at OC in August

The Board of Directors approved the expansion of the Sewing Room at the end of August. This expansion news is exciting. At this time, there are no details on when the project will start or be completed. Please be patient; we will let you know when there is more to report. Check the Needle Arts website for more information.

Website: www.sclhna.com



Neighborhood Watch

Almost daily, I receive calls to refund my Microsoft subscription, save me from computer hackers, resolve back taxes, erase my arrest warrants or help my grandson. Because I believe these to be as authentic as the Nigerian prince who wants to marry me, I hang up immediately. Unfortunately, many senior citizens still fall prey to these and other scams. Neighborhood Watch sends out alerts to help us be aware of what evils lurk on the



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MONDAY NIGHT FOOTBALL SCHEDULE

- | | |
|-------------------------------|-----------------------------|
| Sept. 9: Texans at Saints | Nov. 4: Cowboys at Giants |
| Sept. 9: Broncos at Raiders | Nov. 11: Seahawks at 49ers |
| Sept. 16: Browns at Jets | Nov. 18: Chiefs at Chargers |
| Sept. 23: Bears at Redskins | Nov. 25: Ravens at Rams |
| Sept. 30: Bengals at Steelers | Dec. 2: Vikings at Seahawks |
| Oct. 7: Browns at 49ers | Dec. 9: Giants at Eagles |
| Oct. 14: Lions at Packers | Dec. 16: Colts at Saints |
| Oct. 21: Patriots at Jets | Dec. 23: Packers at Vikings |
| Oct. 28: Dolphins at Steelers | |

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

Painters



Our September 17 meeting will feature talented local artist Victoria Brooks. She is known for capturing the images of sun-drenched California landscapes as well as for her portraiture.

Painters' Club members are beginning artists, while some are more experienced and have been painting for years! Many of us attend the variety of art classes available to us here. You can meet and talk with them all when you

join us for our social time, which starts at 1:30 PM. Be sure to wear your SCLH badges.

Members work is now on display at Simple Pleasures Restaurant, 648 5th St. Lincoln. The show will run through the end of the year, and some great gift ideas will be available for purchase. For more information, contact Joan.

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



Paper Arts

We got into the holiday spirit early during September's meeting by making three beautiful Christmas cards. Our project was presented by Mina Bahan. Thank you, Mina!

Our next Open Lab for members only is September 19 from 9:00 AM to 12:00 PM in the Terra Cotta Room (KS). If you can't get enough of crafting, or just want to check out what fellow members are working on, stop by.



Becky Leo and Bev Upham display their creations

Don't miss Demo Day, October 3. You'll discover new techniques, ideas, and tips.

Coming soon: The bus trip to the annual "Stamp and Scrapbook Expo" in Sacramento is November 1. See the *Compass* for information. We also 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 look forward to seeing you there.

Contact: Denise Jones 916-543-3317



Photography

Need a summer challenge? The popular photo challenge returns to the Enhancement SIG. Each month three images will be offered for members to download

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and enhance through post-processing techniques. Bring your processed image to the next Enhancement SIG to share and compare.

During September, members will have the opportunity to exhibit their work in the OC Rotunda. This venue is an all-time favorite because it draws such a large audience. Other exhibit venues currently include the Kilaga Springs Spa. After the first of the year, we will be back at Simple Pleasures in Lincoln.



Enhancement Challenge Photo

The Photography Club welcomes new members of any skill level. Joining is easy: sign up at the General Meeting, any of the SIGs or through our website.

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



Pickleball

Want to learn how to play pickleball? All residents are invited to free introduction lessons. Our Welcome

Saturday introduction returns on September 28 at 11:00 AM. No reservation necessary. More Saturday classes will be 11:00 AM October 19 and November 23. No reservations needed; paddles provided. Please wear tennis shoes.

An introduction to the game is also offered almost Wednesdays at 1:00 PM. We just wrapped up our Fall Classic tournament sponsored by Coldwell Banker Sun Ridge Real Estate, Schaack Physical Therapy, and Lincoln Urgent Care. Afternoon ladder league restarts in October.

Our Oktoberfest potluck social will be October 3. Club grills brats; members bring a dish to share. Pickleball will be replaced by lawn games. Go to our website to learn more.

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



Players

Rehearsals are underway for our November show, Magic Moments – The Golden Age of Television, featuring a cast of 30 voice actors, 20 singing roles, and 16 dancers. We'll be celebrating shows and songs that families in television's "golden age" of the 1950s watched on their tiny, grainy black and white TV screens. We'll reenact "I Love Lucy," "Sgt. Bilko," and

other shows. Perry Como will be singing "Magic Moments" and Elvis will be "in the building" to croon "Don't Be Cruel." Dancers will provide toe-tapping interludes. And there's much more! Turn to page 59 for details on ticket sales.

Mark your calendar for two scary pre-Halloween Readers Theater shows on October 12 and 13 in P-Hall (KS), free admission! See page 54 for more information.

Contact: David Africa, President
916-708-0009, djafrica@sbcglobal.net
Website: www.lhplayers.org



Poker

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

All poker players will be seated as long as they arrive by 12:45 PM (Monday and Friday) or 4:45 PM (Tuesdays). The new seating arrangement will eliminate people not being able to play because tables are full. Contact: Lynne Barsky 916-253-3730



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RV

Our members are now back from a fun-filled Rally to Graeagle in the Sierras. Meanwhile 23 RV's are enjoying the ocean, touring, dining, and golf at scenic Marina Dunes between Monterey and Santa Cruz. Our October social at the Sports Pavilion is scheduled with live music. Planning for 2020 and 2021 Rallies are underway with lots of fun dinners, happy hours, golf, and anything else the participants dream up. Five new members have joined us recently including one couple who just RV'd to Alaska.



RV Group Members hiking in Sisters, Oregon

Are you interested in RV'ing? Come visit us in the Placer Room (KS) at 4:30 PM on the second Thursday of each month where we discuss up-coming Rallies; gain RV education, and get to know each other better through social time and appetizers.
 Contact: Steve Beede 916-752-6972, stevebeede5@gmail.com
 Website: LHRVG.com



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

It's back to school time, and teachers and volunteers are getting to know the new students. The SCHOOLS annual meeting earlier in September, featuring speaker Scott Leaman, Superintendent of Schools, was informative and topical. It was an appropriate kick-off for the new school year.



Ms. Swesy's Class at First Street School.
 John Tewart, volunteer.

It's not too late to contact a leader listed below to volunteer in the 2019/2020 school year. It's an enriching experience you'll never forget. Visit our website to find information about the program including each school's web site, quotes from teachers and volunteers, and photos of volunteers in the classroom. Call today for further information. Contact: Cyndi Colloton (Elementary) or Irma Mendez (High School) at jmeidm@aol.com.
 Contact: [Cyndi Colloton, ccolloton@yahoo.com](mailto:CyndiColloton@yahoo.com)
 Website: schoolssuncity.org



Scrabble

You are welcome to join our small group of friendly Scrabble players any Monday afternoon starting at 1:00 PM in the Card Room (OC). All materials are provided, and all levels of experience are welcome. No reservations or notice required. Come and try out your skill with words!



Singles

We are headed to Lazy Dog in Roseville on September 19 at 4:30 PM. September 26 at 9:30 AM is our Bocce Ball Tournament at the Sports Courts followed by an awards dinner and dance at 5:00 PM at the Sports Pavillion. Tickets are now on sale for this one! Cocktail Time will be at Old Towne Pizza (check for their new location in Lincoln) on October 3 at 4:30 PM. Celebrate our members, who have October birthdays at 4:00 PM in the Sports Bar (OC) on October 6. Our Business Meeting will be at 6:00 PM on Thursday, October 10 in the Ballroom (OC) Join us in the Sports Bar (OC) on Saturday, October 12 at 9:00 AM for the fun Second Saturday Breakfast.
 Contact: [Susan Platt](mailto:SusanPlatt@outlook.com)
 916-397-0850,
foster.p.susan@outlook.com

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Ski

Ski season is right around the corner, and we will kick it off with our annual pre-season potluck party. It will be on September 19 starting at 5:00 PM and will be hosted by Sue Worrall. Party details will be provided to members. Our first general membership meeting of the season will be on October 17 in the Fitness Center's Aerobics Room (OC). Fitness Coordinator Danielle Merrill will introduce us to ski conditioning exercises. Please bring your Club dues of \$15 per member to one of these events, or contact us for mailing instructions. We have 38 members and guests signed up for the February 2020 getaway trip to Sun Valley. Contact us for details or to be added to the waitlist.

Contact: Ken Spencer 916-258-2150, lhskiclub@gmail.com
Website: www.LHSkiClub.com



Softball

Ladies Needed! LHSSL is investigating creating a league for women's play. If you have played in the past or would like to play softball please let one of the Board members know. It will be a women's only league with play determined by the number of women we can recruit. LHSSL

will provide bats, balls and gloves. Willam Jessup College women's softball program will provide instructional assistance. Please sign up!

Playoffs were underway at press time. Carolan Properties finished first in the Summer League with Siino's narrowly edging Coldwell Banker Sun Ridge for second place. A full recap of the playoffs will appear in the October issue of the *Compass*. Check the website for current information. Special upcoming events – Fall Ball begins October 9.

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

Softball, Coyote

The Coyote 80s played in Manteca's Big League Dreams stadiums on August 8/9 and came away with a 2-2 record, and the only losses were to a 75s and 70s teams. Leading the offense were John Parks (3 dbls, triple, 2 homers, 11 rbi), Gym Miakaelsen (3 dbls 9 rbi), Ron Morin (2 dbl, 3 triples, homer 12 rbi), Larry Manley (3 dbls), Pete Savoia (3 dbl, triple 13 rbi). Outstanding defense by Frank Pulino and Pete Savoia.

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



Sports Car

If you ever wanted to take a nice drive on a lovely day, you should go up through Capay Valley. We all enjoyed the easy ride and lunch at Cache Creek Casino and Resort. The trip home was around the Sutter Buttes. Sierra Foothills and up to the Big Hill Lookout was the next delightful trip. Plenty of good roads with lunch at the Public House Pub in Placerville.



Leaders – Gary, Sharon, Carol, and Joe

Wine tasting and buffet at Frasinetti Winery will be a treat for all. It is housed in an old stone building and features delicious Italian food. Our next adventures will be dinner at Willow's near Nevada City, and Tahoe to again tour the Vikingsholm at Emerald Bay.

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



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interest or are even curious, come and check us out. If you have danced a long time ago or even if you no longer have a partner, please come anyway. Sun City Squares is happy to help you learn again and welcomes singles as well as couples. Please come and join us for a great time!

Sun City Squares meets at Kilaga Springs. *Monday from 1:15 to 3:15 PM for Plus Level Dancing. Round Dancing between tips. *Monday from 3:15 to 3:45 PM for Advanced Level Dancing.

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



Swimmers & Water Walkers

I have been approached several times regarding the clarity of our pools. The maintenance people try to keep it as clear as possible, but it will only get better if we shower before entering the pool (this does not mean showering at home). The shower removes oils we have on our skin. Please help us by showering and also wash off the shoes you are going to be using in the pool.

Regarding lane usage: Pool rules are posted at the end of each lane. (Example is shown in photo)

When you are done using the pool, please remember to return



The lane line usage signs for OC outdoor pool

swimming aids to the storage rack or trunk where you got them. Lately I have had to do that for you. See you in the pool!

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



Table Tennis

Diana Gee coached us here and wrote an article for the USA Table Tennis magazine describing her experience as "wonderful." She went on to say, "The best parts are the friendly and helpful players who are there to have fun and exercise. I want to encourage and share a fabulous place for senior table tennis players to consider for a future retirement home." While with us, in a best two of three matches, Diana defeated a skilled table tennis dealer. All are welcome with tables corresponding to individual skill levels. Play commences in the Multipurpose Room (KS). Times are Sundays, 9:00 AM to closing except the first Sunday of the month when play starts at 12:30 PM, Tuesday from

6:00 to 9:00 PM, and Fridays, 8:00 to 11:00 AM.

Contact: Tim Frank, timcfrank@gmail.com



Tap Company

Members continue to rehearse with Alyson in preparation to perform at the 20th Anniversary Show on October 25, 1:00 to 3:00 PM, Ballroom (OC). The new officers met on August 15. At this meeting further discussions took place regarding performances for a show in 2020. We encourage and welcome new residents who wish to learn to tap, to join our company at any time.

Contact: Louise Seidenverg 916-209-3894, lasrnet@gmail.com



Tennis

Staying young in Lincoln Hills! We have 3 USTA (United States Tennis Association) teams in the 55+ League going to the playoffs. Rene Fuog (Captain) Men's 7.0, Linda Burke (Captain) Women's 7.0, and Russel Smith (Captain) Men's 8.0. Our teams sometimes travel over an hour to compete against other clubs in the area. The playoffs are in September – check out the website for team schedules and cheer them on!

Mark your calendar: Women's Doubles Championship, Tuesday, October 8 (Note date change). Oktoberfest Tournament,

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"What do you mean I'm obsessed with tennis?"

Saturday, October 26. Hawaiian BBQ & Dance Popular DJ Tom, Thursday, October 17. Social drop-in is Wednesday & Saturday from 8:00 to 10:00 AM. Open to all Lincoln Hills residents. Ball Machine Drop-ins – Saturdays starting at 8:00 AM.

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



Vaudeville

We are looking forward to the 20th Anniversary celebration this year. On October 26 there will be a horse race, and Vaudeville is proud to announce that their horse, Lightning, a three-year-old filly, will be running in the race. Trainer Mike Schenck and jockey, Natalie Grossner have been working very hard with the horse to ensure that she is in tiptop shape. Lightning was actually hit by lightning

when she was a year old. She's a little crazy but a phenomenal runner. We are sure that all our Vaudeville members will support Lightning in

her debut racing at the Amphitheater.

Contact: Yvonne Krause Schenck 916-408-2040, ykrause@yahoo.com



Veterans

Members of the National Association of Buffalo Soldiers and Troopers Motorcycle Club will speak at the Friday, September 20 meeting at 1:00 PM in the P-Hall (KS). The club honors those African-American men known as buffalo soldiers who served in U.S. Army regiments on the western frontier, battling Indians and protecting settlers. Many of the men in these regiments were among the approximately 180,000 African Americans who served in the Union Army during the Civil War.

American flags are available for \$20 on the 15 of every month at the Veterans Group flag sales table in the lobby (OC) from 8:00 AM to 4:00 PM. If you cannot pick up a new flag, contact Michael Amerio



Lightning

at 661-304-6519, and he will deliver one to your home.

Contact: Mike Schultz 916-209-3460, avid9er2007@gmail.com



Vintage Treasures

Our club was formerly Antiquist Appreciations. The membership will remain the same, and the theme of the club, which has been and will continue to appreciate and learn about items fifty years or older. Our October 7 program will feature two presenters. Linda Price Williams will talk about the book she wrote of her grandparents "California Love Letters." Come to our meeting and be inspired by your own memorabilia! Our second presenter will be Susan Slaughter from Davis, California. She will share her exciting story of the Antique Roadshow appraising her treasures this spring. We meet in the Heights and Gables (OC), the first Monday of every month, from 10:00 to 11:30 AM. Followed by an optional lunch at Meridians. Contact: Pat LePage 916-543-9564, jplepage2396@gmail.com



Water Volleyball

Calling all Water Volleyball Club members — the annual Club Potluck is scheduled for September 8 at the Sports Pavilion — great food, good company and chance to

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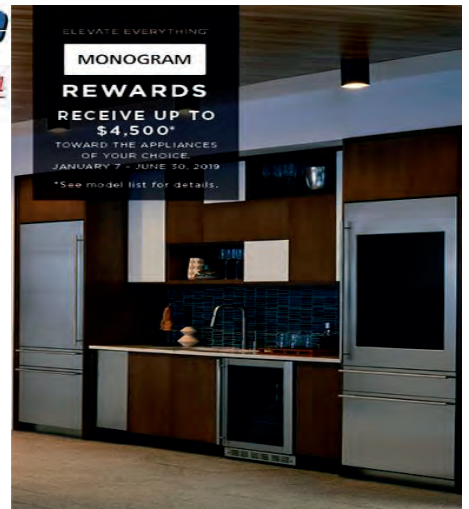


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play land volleyball. November is being considered for the Club's second Blue Ball Tournament "Some Like It Hot" for Levels 4, 5, and 6. The position of Recreational Player Chairperson has been filled by Linda — she was approved unanimously by the Steering Committee on August 13. Russ, Club Training Coordinator, is seeking additional volunteers to assist with monthly member trainings. A survey is being sent to all members for feedback on the Club moving to an on-line platform for dues, events, and merchandise sales. Monthly on-line sign-ups for Competitive Blue Ball has received positive feedback from participating players.

Contact: Rosemary Elston

916-474-1610,

sclhwatervolleyball@gmail.com

Website: www.lhwatervolleyball.com



Woodcarvers

Our club has been enjoying some lovely compliments for our work that was shown in the Orchard Creek display cases recently. The display is well done and reflects the different levels of carvers and their interest. We have expert carvings that are really amazing; several of these pieces have won first place at the Sacramento Capital Woodcarvers Club event held a few months ago. We also have a sample display of an easy project that shows a starting point and the resulting completion. We always have ongoing projects at our meetings, and you are invited to come by and see carvers in action. Visit us on Wednesday in the Sierra Room at (KS) between 1:00 to 4:00 PM. We look forward to seeing you. Contact: Lionel Rainman 916-253-9534, lrainman1414@yahoo.com



Writers

Apostrophes can be so possessive. Commas can be so complicated: Let's eat Grandma or Let's eat, Grandma. Do you waffle with words? Play with punctuation? Love language? The Writers would love to have you join them and listen to what you wrote. Bring about ten copies so that we can read along with you. Meetings are the second, fourth, and fifth Monday evenings at 6:30 PM in the Ceramics Room (OC).

Contact: Freddie Dempster

916-253-9734,

fredeedee@gmail.com



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Support Group News

Alzheimer's-Dementia Caregiver's Support

Learning how to live with and care for an Alzheimer's patient is difficult at best. It's a steep and unique learning curve that requires more than a family caregiver's determination to cope. Our support group is designed to provide both peer and professional support in this bewildering journey.



A grant provided by the Lincoln Hills Foundation to Del Oro Caregiver Resource Center allows Del Oro to pay up to \$1,500 annually to each Alzheimer's family caregiver for Respite Care (time off for family caregivers to handle their own needs). There is no cost, but caregivers must be clients of Del Oro, which is very simple to arrange. Join us. September 28 is the Walk to End Alzheimer's. Contact us right now on how to participate.

Contact: Jeff Andersen 916-521-0484, 2jeffa@gmail.com



Bereavement

We offer support and friendship through sharing with others who have also lost a loved one. Monthly support meetings are held on the second Wednesday at 3:00 PM at Joan Logue's home. The next support

meeting is October 9. 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 Orchid Thai, Thursday September 26, at 11:30 AM. Meet at the restaurant. Call if you need a ride. For more information or to put a Memoriam in the *Compass*, contact Joan.

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



Bosom Buddies

Our October meeting will feature Kristin Kozlowski, support group facilitator from Sutter Health, who'll share her story of survival and how to live with joy after cancer. After receiving a cancer diagnosis and dealing with the treatments, the idea of "joy" often is an elusive one. This should be an interesting, informative talk you won't want to miss.



Proudly wearing pink shirts in the August "Relay for Life."

Before meetings, members are invited to meet for lunch at Meridian's at 11:30 AM. This is a good opportunity to get to know each other better in a less structured setting. For reservations, call Val Singer at 916-645-8553. Bosom Buddies welcomes breast cancer survivors as well as those still undergoing treatment. We meet the second Thursday of the month at 1:00 PM in the Multipurpose Room (OC).

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 A Safe Place to Talk About Mental Illness in Our Families. My book, *Sooner Than Tomorrow - A Mother's Diary About Mental Illness, Family, and Everyday Life* is available on Amazon.

Contact: Dede Ranahan 916-708-0525, dederanahan@gmail.com



Gam-Anon

Is your life affected by someone else's gambling problem? If so, 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. and please leave a message if you would like more information.

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



Glaucoma Support Group

Glaucoma is one of the leading causes of blindness throughout the world. While it is not curable, it is treatable, and

with proper care and patient compliance, you may greatly reduce progression. We are also fortunate to have Glaucoma Specialists in our area who can provide the necessary care to help reduce this progression. If you would like information about glaucoma and treatment options, please plan to attend our upcoming meeting on October 9 at 4:00 PM in the Multimedia Room (OC). For additional information, please contact Bonnie.

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



GriefShare Support Group

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

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



Hearing Impaired Support Group

We will hold our next meeting on September 26 from 2:30 to 4:30 PM in the Multi-Purpose room (OC). We will hear an update on captioning and other technology from the tech team. Last month, we had a presentation on looping, including

a real-time demonstration of the technology. Please let Donna Szabados know if you are coming so that adequate seating may be provided: 916-543-3288 or dszabados@gmail.com.

Contact: **Joanne Mitchell**

916-408-0533, pipa1@prodigy.net



Low Vision Support Group

Meeting – Tuesday, October 1, 2:00 to 4:00 PM, Fine Arts Room (OC). Our topic will be “Fall Prevention and Balance.” Kelly Ward, M.S., who focuses on functional neurology will educate us about better movement, better balance, better vision, and less pain. These techniques can help those experiencing depth perception issues due to vision loss. To learn more about Kelly: info@thefallpreventionlady.com

Meeting – Tuesday, November 5, 2:00 to 4:00 PM, Fine Arts Room (OC). Dr. Glenn Yiu of the UC Davis Eye Center will be our speaker. Dr. Yiu is involved in translational research to study the pathogenesis and develop therapies for age-related macular degeneration, and other retinal diseases. His focuses include ocular imaging technologies, gene editing, drug delivery, and primate models of retinal disease.

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



Multiple Sclerosis Support Group

You are invited to a free presentation by the Multiple Sclerosis Achievement Center on updated information regarding Multiple Sclerosis and wellness interventions. Space is limited, and registration needed. Lacey.Sayre@dignityhealth.org or call 916-453-7966.

Reminder our MS Group is now

meeting on the second Tuesday of the Month. Our September meeting incorporated changes that we'll have more discussion. The new format is working well so far. You are invited to check us out, Tuesday, October 10, 1:00 PM in the Sierra Room (KS). See you on the 10 and 12!

Jeri Di Fiore 530-401-2135



Parkinson's Support Group

We meet on the third Tuesday of each month. This month we are meeting on September 17. We gather together to discuss current treatments for Parkinson's, hear informative speakers, and support one another. We meet at 10:00 AM at Granite Springs Church, 1170 E. Joiner Parkway, Lincoln. For more information contact Gary.

Contact: **Gary High** 916-434-5905,
gwhigh@sbcglobal.net



Wise Aging Resource and Support Group

We provide a forum for discussion, support, education, and sharing of aging-related resources for residents wanting to plan for their older years, whether they are aging in place or exploring other options. We offer a mixture of speakers, small group discussions, and member input. In October, the discussion will focus on health care and understanding what health care covers. Getting information and helping with aging decisions. Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Every first Monday at 1:00 PM Gables/Heights Room (OC). Our next meeting is on October 7.

Contact: **Jane Carhart**
916-543-6938,

jzcarhart@hotmail.com

Website: lhwiseargers.com



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Bulletin Board

A Course in Miracles

We meet on the first and third Monday at a residence in Lincoln Hills for the study and application of the principles set forth in the book called A Course in Miracles. This is a course of study which involves 365 lessons designed to teach a method of connecting with your inner spiritual guide which can lead to the attainment of inner peace through the application of spiritual Love and forgiveness. For information call Alexandra at 916-409-5253.

AARP

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

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Cloggers

Hot summer! But you can cool down with clogging, an exuberant, noisy, lively dance with Appalachian influences. This dance was not always called “clogging.” It’s been known as foot-stomping, buck dancing, clog dancing, jigging, or other local terms. What they all had

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.

- **Wednesday, September 25, 8:00 AM** – Ansel Park – Solarium (OC)
- **Friday, September 27, 10:00 AM** – Nautilus Society – Oaks (OC)
- **Friday, October 11, 9:00 AM** – Medicare Seminar – JTW Insurance Services – Oaks and Gables (OC)

in common was emphasizing the downbeat of the music with enthusiastic footwork. And we do mean enthusiastic! Clogging is also the official state dance of Kentucky and North Carolina, but not California, alas. However, we clog right here in Lincoln. For more information on clogging in Lincoln Hills, please contact Natalie Grossner at 916-209-3804.

Democratic Club

We had a very successful barbecue last month. Author, attorney, and political strategist Christine Pelosi spoke to a large and very interested crowd. Our September 19 meeting will be at P-Hall (KS) with a social hour at 6:30 PM, the meeting at 6:45 PM and the program at 7:00 PM. It will be a candidate forum, featuring Sean Frame and Brynne Kennedy, candidates for the 4th Congressional district. We meet on the third Thursday of each month at P-Hall (KS). For more information please visit our website, <https://democraticclublincolnca.org/>.

Italian Club

The club will present an Italian Street Fair at the McBean Pavilion in Lincoln on Sunday, September 22, from 12:00 to 4:00 PM. There’ll be food, drink, games, and items handcrafted by our members, for sale. See the website for information. The Annual General Membership meeting will be held October 2 at 4:15 PM in the Terra Cotta Room (KS). We offer a special activity each

month. If you are a Lincoln Hills resident of Italian heritage, check out our events calendar on the website at www.lhitalianclub.org. Want to join? Contact Sandi Graham, membership at 916-826-5711.

Lincoln Police Department Volunteer Program - Patrol

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

Open Play Games

Interested in playing cards, tile, and board games? Opportunities are available for Open Play at both Lodges. Come to the Card Room (OC) on Sundays from 12:00 to 4:30 PM, Wednesdays from 12:30 to 4:30 PM, and the Sierra Room (KS) on Fridays between 8:30 and 11:30 AM. Newly added: Saturdays from noon to 4:30 PM. Bring your own resources and meet your friends and neighbors to play. All residents of Lincoln Hills are welcome. Tables are first come first serve.

Racquetball Group

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Fitness Center in Roseville (916-781-2323). Membership to the Fitness Center is required. We begin play at 8:00 AM and end between 9:30-10:00 AM. Depending on the number of players, we play doubles, cut-throat and/or singles. Ladies are welcome. See you on the court. Contact Armando Mayorga at 916-408-4711 or amoon38@sbcglobal.net.

Shalom Social Group

We are heavy into sports these days: bocce ball every Sunday, four active bowling teams, pool every other Tuesday, and ping pong. Our Men's Group had a bagel brunch featuring great food and an interesting speaker. Our Women's Group will have an event in the fall, and we have a New Member event early this month. Our big event for the future is our 20th Anniversary celebration, probably in May or June. Shalom Social Group focuses on Jewish culture, food, and history, but membership is open to all. For more infor-

mation please contact Joanne Levy at 508-333-8590.

Shooters Group

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

Sons In Retirement Branch 13

We will hold our monthly luncheon on Tuesday, September 17 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.

Stanford Alumni, Family and Friends

The Sacramento Stanford Association would like to reach people in our area for upcoming events such as wine tasting, hiking, hearing Stanford Speakers, sports viewing parties and more. There will be a Big Game viewing party in Roseville this fall, and an art show and luncheon in Roseville next spring. If you want to be in touch with Stanford Alumni, Family and Friends, and learn more about local events, contact Carol Hoge at Cchoge2000@yahoo.com or 916-408-5334.

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1:30 PM Screening
P-Hall (KS)—**Free**

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



Coffee with the Mayor
Tuesday, October 1, 10:00 AM
Sierra Room (KS)—**Free**

To find out more about what is happening in the City of Lincoln, Join Mayor Joiner at this informal coffee. Pick up a free cup of coffee from the Kilaga Springs Café prior to the meeting. He would love to meet you. Coffee with the Mayor is held every first Tuesday of the month at Kilaga Springs Lodge in the Sierra Room and promises to be a positive networking experience for those attending.



2 Showings!
Rocketman (2019)
Saturday, October 5,
6:00 PM Screening
Monday, October 7,
1:30 PM Screening
P-Hall (KS)—**Free**

Rated R, 121 minutes, Drama/Biography/Music. A musical fantasy about the fantastical human story of

Elton John's breakthrough years. Starring Taron Egerton, Jamie Bell, Richard Madden and Bryce Dallas Howard.



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

Get a head start on your holiday shopping at our second annual Holiday Shopping Expo right here at Orchard Creek Lodge. Check everyone off your gift list conveniently with over 50 vendors offering crafts, jewelry, beauty items, clothing, books, art, decors, treats, and more! In addition to shopping, enjoy a number of chances to win door prizes! Don't miss out on the fun!



Golf Cart Registration
Thursday, September 19
Thursday, October 3
9:00 to 10:00 AM
Orchard Creek Lodge

The City of Lincoln prides itself on being NEV and golf cart friendly. Golf carts are inspected by the City of Lincoln Police Department to make sure safety requirements are met. For more information and NEV/golf cart route maps, visit the City of Lincoln's website: www.lincolncga.gov.



Readers Theatre
Halloween Show
Saturday & Sunday,
October 12 & 13
3:00 PM, P-Hall (KS)—**Free**

Mark your calendars now for your Halloween Trick or Treat. Be prepared to be scared as we offer two Radio Mystery

Dramas: the BBC's *The Dweller in the Darkness*, about a séance in which the evil spirit of a dead criminal punishes the cynical disbelievers, and CBS's *The Whistler - A Stranger in the House*, involving a woman whose brother was missing for over 6 years and has mysteriously returned to claim his inheritance just before being declared legally dead.



Home, Health and Business Showcase
Tuesday, October 15, 9:30 AM to 1:30 PM
Orchard Creek Lodge—**Free**

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



**KS Classic Movie
Notorious (1946)
Saturday, October 19,
1:30 PM Screening
P-Hall (KS)—Free**

Not Rated, 102 minutes, Drama/
Film-Noir/Romance. A woman is
asked to spy on a group of Nazi
friends in South America. How
far will she have to go to ingratiate

herself with them? Starring Cary Grant, Ingrid Bergman, and Claude Rains. Directed by Alfred Hitchcock.



**Document Destruction
Monday, October 21,
10:00 AM to 12:00 PM
Fitness Center Parking
Lot (OC)**

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



**Fitness
Trail Walk
Friday,
October 25,
9:30 AM
Kingfisher
Trailhead
—Free**

The Trails
Enhancement
Team invites

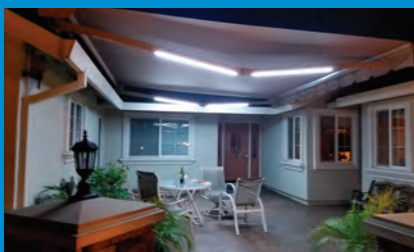
you on a fitness walk to celebrate the 20th Anniversary of our active adult community. Meet WellFit Trainers Milly Nuñez and Renae Schmidt at 9:30 AM on Friday, October 25 at Kingfisher Trail on Blue Heron Loop (between homes 2588 and 2564). They will demonstrate the LifeTrail fitness equipment at the trailhead and lead us through a beautiful wildlife preserve on Kingfisher and Orchard Creek trails. Total distance about 1 mile with long slopes. For a more vigorous workout, you can add the 40 steps up to Kingfisher Lane and return through the neighborhood. Light rain or shine!

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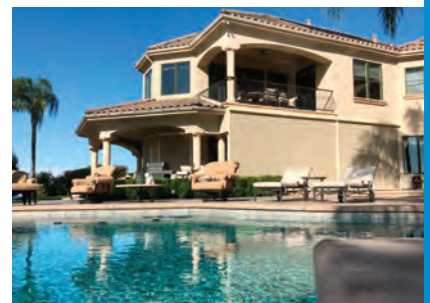
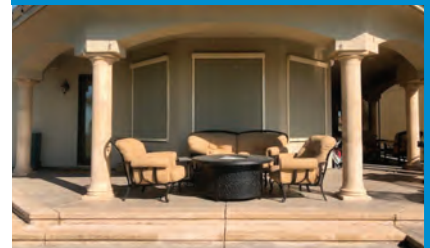
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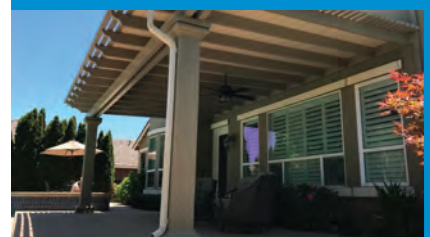
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-Lorie W. 2019



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**Ceil Butler
Patient Care Coordinator**



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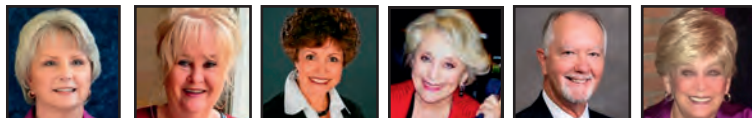
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David Moody #02005018 916-581-0940	Paula Nelson #01156846 Broker Assoc. 916-240-3736	Kathy Nowak #01327209 408-348-0641	Sue Noyes #01506617 916-295-4324	Pat Pelton #01806447 916-276-8909	Tara Pinder #00898876 916-600-2836	Peggy Poole #00521665 916-765-3434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



Helping a Grandchild with Learning Disabilities (LD) and/or Attention Deficit Hyperactivity Disorder (ADHD)

Monday, September 16, 2:00 PM, P-Hall (KS)—Free

Dr. Bruce Ostertag has had the privilege of working with elementary school through college-level individuals who have special needs. In this presentation, he will focus on people who have significant *Learning Disabilities (LD)* and/or an *Attention Deficit Hyperactivity Disorder (ADHD)*. He will discuss the definition of these conditions, provide awareness activities, and share several free online resources and strategies to assist your grandchild and their families. You will be participating in a “rigged” IQ test, so please bring some paper and a writing tool to this interactive forum.



Regenerative Therapy

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

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



Travelogue – Namibia & Botswana

Monday, October 21, 2:00 PM, P-Hall (KS)—Free

On May 2, 2018, Howard Koons and his wife, Marlene, arrived in Amsterdam as a stopover in their journey to southern Africa. Amsterdam to Cape Town and then a flight to Windhoek, the capital of Namibia, where they rented a Toyota PU equipped for camping to begin a 32-day venture through Namibia, across the Caprivi Strip in the far northeast corner of Namibia to Victoria Falls and south into Botswana. From Gaborone, the Capital of Botswana they flew back to Cape Town, Amsterdam and home to Auburn, California. The video you will see is a visual record of that journey.

Upcoming Events

- **Modoc Nation, Thursday, November 14, 12:00 PM, P-Hall (KS)—Free**

DAVID VICTOR'S

SUPERGROUP

BRAD LANG
FORMERLY OF Y&T

DAVID VICTOR
FORMERLY OF BOSTON

JEFF CAMPITELLI
FORMERLY OF JOE SATRIANI

TAL MORRIS
FORMERLY OF CREEDENCE CLEARWATER

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!

FRIDAY • SEPT 20 • 7:30 PM
ORCHARD CREEK AMPHITHEATER



2019 SUMMER
AMPHITHEATER
CONCERT SERIES



EVENT CODE: LSE177
GENERAL ADMISSION: \$23
DOORS OPEN AT 6:00 PM

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at Online Enrollment at www.SCLHResidents.com

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20TH ANNIVERSARY
Closing Ceremonies
OCTOBER 26 | AMPHITHEATER (OC)

4:00 PM HORSE DERBY	5:00 PM SPECIAL PRESENTATION	6:00 PM CONCERT WITH DECADES	Grand Finale SPECTACULAR FIREWORKS FOLLOWING THE CONCERT
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Deborah Meyer
Entertainment Coordinator
Deborah.Meyer@sclhca.com



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

Entertainment

*Indicates new performances on sale September 17

—Club Performances—



*The Lincoln Hills
Players Club presents
“Magic Moments – The
Golden Age of Television”
Thursday, November 21, 7:00
PM, Ballroom (OC) — **LSE204**
Friday, November 22, 7:00 PM,
Ballroom (OC) — **LSE205**
Saturday, November 23, 2:00 PM,

Ballroom (OC) — **LSE206**
Saturday, November 24, 2:00 PM, Ballroom (OC)
— **LSE207**

Reserved Seating \$20, General \$16

The Players proudly present a show of song, dance, and comedy that celebrates the “golden age” of television – the 1950s – when tiny, grainy television screens offered family entertainment in living rooms everywhere. *Magic Moments* will entertain you with a potpourri of popular programs and songs of the era. You’ll love reenacted scenes from “Sgt. Bilko,” “I Love Lucy,” “The Honeyymooners,” and more. Enjoy singers doubling as the Chordettes (“Lollipop”), Crew Cuts (“Sh-Boom”), and Perry Como singing “Magic Moments,” complemented by sprightly dance sequences. Cheer on your neighbors and friends as you relive your own magic moments.

—Comedy—



*KS Comedy Night:
Randy Riggle Presents
“Nostalgic Christmas Show”
Thursday, November 14,
7:00 PM, P-Hall (KS) — **LSE203**
Reserved Seating \$18

Do you still remember Gene Autry singing “Rudolph the Red-Nosed Reindeer” for the very first time? How about what

you paid for that Cabbage Patch doll? Or watching

Bob Hope Christmas Specials? The nationally touring production of “Nostalgic Christmas” takes you down memory lane in your one-horse open sleigh as we remember the times and people who influenced our lives through everyone’s favorite holiday. You’ll be taken back to the Christmases of World War II and travel through the next fifty years of gift giving and Christmas caroling. Nationally touring stand-up comedian Randy Riggle will be your tour guide on a trip filled with songs and laughs in this 90 minute one-man show.

—Community Event—



On Stage:
20th Anniversary
Variety Show
Friday, October 25,
1:00 PM, Ballroom (OC)
— **ANN1**
Reserved Seating
Seating \$10,
General Admission \$5

Witness the abundance of talents here in our community, many acts from Lincoln Hill’s very own classes and clubs. Dances from Hula to Jazz, Tap to Line Dance, Ballroom to Clogging, Square Dance to Taichi; musical acts from Folk Guitar to Ukulele to Piano to Accordion; from Comedy to Poetry; solos, duets and ensemble performances, be prepared to be impressed and have fun! Residents may now purchase extra tickets for family and friends.



*20th Anniversary
Closing Ceremonies
Saturday, October 26,
4:00 PM,
Amphitheater
— **ANN2**
General Admission \$10
Enjoy an afternoon
culminating our 20th

Anniversary Celebration. Your all-event Anniversary wristband will give you access to the amphitheater to cheer on and watch your favorite horse at our very own “Off to the Races” Horse Derby. With 12 horses competing representing various neighborhoods, groups and even from Lifestyle WellFit, this is going to be a hoot! In addition, witness a dedication; a multimedia photo slide; and honoring of the 20-year originals. Dance and sing to DECADES with their high energy performance of 60’s to current music, and finally, we close with spectacular fireworks to cap our celebration. Tickets on sale beginning September 15. Limit 4 tickets per household until October 14. This event is exclusive to residents and their guests.

—Concerts—

Summer Amphitheater Concert Series

David Victor's SUPERGROUP

**Friday, September 20, 7:30 PM,
Amphitheater (OC) — LSE177**

General Admission — \$23

All-Hits, All-Stars! Don't miss the perfect rock concert to close a fantastic series. David Victor's **SUPERGROUP** is Bay Area's all-new, all-star rock band featuring artists from legendary platinum-selling rock bands: David Victor formerly of **BOSTON**, guitarist Tal Morris of **Credence 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 and songs from the four bands plus hits from Queen, Journey, Led Zep, Tom Petty and much more. A Live Auction for an autographed guitar is scheduled at the end of the concert to benefit David Victor's charity Harmony and Healing. *NOTE: No food or drinks allowed except for water in clear unopened bottles. Bring your own chairs not to exceed 36" height. Complete Summer Series Guidelines available at Lifestyle Desk and on our website: <https://sclhresidents.com/group/pages/entertainment>.*



Lincoln Highway Band

**Thursday,
September 26, 7:00 PM,
P-Hall (KS) — LSE183**

**Reserved Section
Seating \$20**

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



**Top Shelf Motown
60th Anniversary
Celebration**

**Tuesday, October 1,
7:00 PM, Ballroom (OC)
— LSE194**

**Premium Reserved
Section Seating \$24.
General admission \$21.**

Motown Records is celebrating its 60th Anniversary, and the Top Shelf performers will return to Lincoln

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



Two Performances!

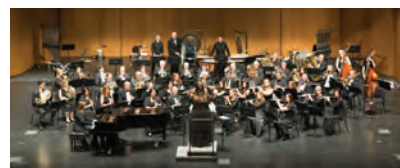
The Music of Simon and Garfunkel

Performed by AJ Swearingen and Jayne Kelli

**Thursday, October 10,
3:00 PM, P-Hall (KS) — LSE195
7:00 PM, P-Hall (KS) — LSE196**

Reserved Section Seating \$22

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



**Silent Movie Night
with the Roseville
Community Concert
Band Featuring
1927's "It" starring
Clara Bow**

**Friday, October 18, 7:00 PM, Ballroom (OC) — LSE193
Premium Reserved Section Seating \$10. General admission \$8.**

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



***"Love Me Tender"**
The Ballads of Elvis Presley Featuring Jim Anderson & the Rebels
Friday, November 1, 7:00 PM, Ballroom (OC)
— LSE201
Premium Reserved Section Seating \$21. General admission \$18.

Vocalist Jim Anderson has made a big name for himself with his tribute to the early years (1954-1966) and hits of Elvis Presley. Selling out venues throughout the West Coast, the five-member group has been touted by lifelong Elvis fans as, "The most authentic tribute to early Elvis Presley to date." He is considered by critics to be the best interpreter of Elvis' early music performing today. Enjoy the ballads and softer moments of Elvis' music and songs including hits like *Falling In Love With You*, *It's Now or Never*, *Are You Lonesome Tonight*, *The Wonder of You* and more. These songs will remind us how Elvis changed the direction of music forever, and why he was, and still is, "The King."



***"Mischief"**
An Unforgettable Cabaret Experience
Starring Molly Mahoney with G. Scott Lacy
Friday, November 8, 7:00 PM, P-Hall (KS) — LSE202
Reserved Section Seating \$21
 Save \$1 on purchases of \$4 or more at KS Café. Fresh off

performances in San Francisco, San Diego, New York City and London, Molly Mahoney is back in the Presentation Hall! She combines her soulful Big Band singing and classical performance ability with the cabaret and improvisational expertise of musical director G. Scott Lacy to create a unique experience of story and song, highlighting familiar favorites and rare gems from the Great American Songbook as she tells tales of her quirky childhood in "Mischief!"



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 or online at SCLHResidents.com

*Indicates new trip on sale September 17

Day Trips

—Featured Trip—



Two dates!

*Cirque du Soleil “Amaluna”
 Matinee Shows!

Sunday, January 26, 2020 — **LST289**

OR Sunday, February 2, 2020 — **LST290**

\$95

See Amaluna in Cirque’s trademark Grand Chapiteau, one of the biggest climate-controlled tour tents in the world located at Raley Field in West Sacramento. Amaluna is a mysterious island ruled by goddesses, and after directing her daughter’s coming of age ceremony, Queen Prospera causes a storm. A group of young men wash up on the isle, triggering an epic love story between Prospera’s daughter and a brave young suitor. Theirs is a love that will be tested. Reserved seating sections 104-204 Rows H-L. Wheels roll from OC at 12:00 PM, return ~ 5:00 PM.

—Casino/Races—



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

Enjoy the scenic drive up Highway 50 to the Montbleu Casino and Resort in South Lake Tahoe. If you are a hiker, here’s your chance for a nice day on the trails. Senior Day visit with a \$10 gaming

credit and an opportunity for a slot tournament entry. New slot members who play 30 minutes on their favorite slots will earn \$30 in free slot play. Must earn a minimum of 150 base points to qualify. Receive 50% off café Del Sol meal. 5-hour stay. Wheels roll from OC at 8:00 AM, return ~ 6:45 PM.



Second bus added!
Harrah’s
Northern California
Tuesday, September 24
 — **LST298**
\$35

Visit the newest Indian Casino in the area operated by Harrah’s just outside the town of Ione. Receive an introductory \$50 slot credit per person for this trip plus any other promotions offered, or from your Caesar’s Rewards card. 4-Hour stay. Wheels roll from OC at 8:45 AM, return ~ 4:45 PM.



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

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



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

Celebrate the food, culture, music, and traditions of Italy with the Great Italian Festival in Reno. Event highlights include the Grape Stomp, Sauce Cookers Competition, Wine Walk, an Italian Farmers Market, Bocce Ball, and more! You will have five hours to enjoy the festival, lunch on your own, and a little gaming with \$10.00 in casino credits from Silver Legacy along with a \$5 food coupon. Wheels roll from OC at 8:00 AM; return ~ 6:30 PM.

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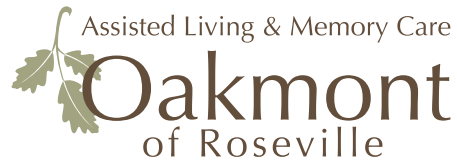
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—Performances—



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

The only Irish tenor group with a truly global audience, Celtic Tenors will give you a night to remember. They genuinely love what they do, and you'll see that shine through in each rendition of beautiful Celtic songs, exhilarating classics, and popular contemporary songs. Reserved middle orchestra seating. Wheels roll from OC at 6:15 PM, return ~ 10:15 PM.



The Four Italian Tenors
Harris Center – Folsom
Friday, November 22
— LST283
Sold Out!

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



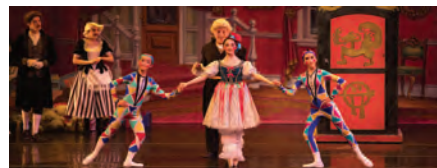
Big Band Christmas
Harris Center – Folsom
Wednesday, December 11
— LST284
\$75

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



Show closing after 45 years!
Beach Blanket Babylon Holiday Edition
Wednesday, December 11
— LST279
\$132

December 4 is sold out, limited space available for December 11. Don't miss the last year of Beach Blanket Babylon Holiday Show in San Francisco at Club Fugazi. This zany musical spoof of pop culture has extravagant costumes and outrageously huge hats. The 90-minute show continually evolves its hilarious parodies of popular icons and topical references with newly added characters and songs. All seats are located on the floor (front to middle section) Both trips depart from OC at 1:45 PM, the show is exclusive to adult audiences, alcohol is served. *Dinner on your own before the show. Return ~ 12:00 AM. *Restaurant reservations highly recommended, list available at time of registration. For more show information <https://beachblanketbabylon.com>.



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

Join Clara and her Nutcracker Prince on an enchanted journey through the Land of Snow and Kingdom of Sweets in this timeless holiday classic. Infusing fantasy with comedic choreography and stunning costumes, Pamela Hayes Classical Ballet Theatre transforms this wonderful story ballet into

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a feast for the eyes. Audiences, young and old, will be swept away as they enjoy this delightful holiday tradition. Open to grandchildren ages 6 and up! Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 11:45 AM, return ~ 4:45 PM.



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

Sleeping Beauty, a crowning jewel of Marius Petipa’s career, is often considered the finest achievement of classical ballet. The Russian National Ballet is a company of 50 that was founded in Moscow during the transitional period of Perestroika in the late 1980s under the artistic directorship of legendary Bolshoi principal dancer Elena Radchenko. The Russian National Ballet continues to uphold the grand tradition of major Russian ballet works with this presentation. Matinee show, Reserved Middle Orchestra Seating. Wheels roll from OC at 12:45 PM, return ~ 5:30 PM.



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

Broadway’s funniest smash hit! This Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. It’s all going wrong, in a theater

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

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 are center orchestra.



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

The songwriting team behind the smash-hit Tony Award®-winning musical “Dear Evan

Hansen” and the Academy Award®-winning film “La La Land” brings the classic 1983 movie to hilarious life on stage! You’d have to have a Grinch-sized heart not to feel a smile spreading across your face.” Based on the beloved 1983 movie, A Christmas Story focuses on one boy’s obsessive goal to be gifted a BB gun for Christmas. 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. Dear Even Hanson has struck a remarkable chord with audiences and critics everywhere. 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, A Bronx Tale is an unforgettable story of loyalty and family. 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 chor-

eographer Andy Blankenbuehler comes an inspiring new American musical that explodes with infectious music and high-octane, heart-stopping dancing. It's 1945, and six soldiers return from the war to a changed nation. When NBC announces a national competition to find the nation's next great musical superstars, they form a band unlike any the nation has ever seen. Along the way, they discover the power of music to face the impossible, and find their voice. 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. Wheels roll from OC at 6:45 PM, return ~ 11:30 PM.

—Sports—



Sacramento Kings
 Watch the Sacramento Kings from lower level seating at the Golden One Arena in downtown Sacramento, without dealing with driving and parking issues! Arrive in time to enjoy pre-game activities and purchase from various food and beverage concession. See individual games below for section, pricing and bus times.

***Sacramento Kings vs. Chicago Bulls**
 Monday, December 2
 — **LST294**

Wheels roll from OC at 5:30 PM, return ~ 10:30 PM. Seating sections 123/124 \$102. *Game time 7:00 PM*



***Sacramento Kings vs. Dallas Mavericks**
 Wednesday, January 15, 2020
 — **LST295**

Wheels roll from OC at 5:30 PM, return ~ 10:30 PM. Seating sections 123/124 \$94. *Game time 7:00 PM*



***Sacramento Kings vs. Detroit Pistons**
 Sunday, March 1, 2020
 — **LST296**

Wheels roll from OC at 1:30 PM, return ~ 6:30 PM. Seating sections 123/124 \$102. *Game time 3:00 PM*



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—Tours/Leisure—

Apple Hill & High Hill Ranch



Apple Hill
Tuesday, October 22
 — **LST276**

\$71
 October 1 trip is sold out. Don't miss this beautiful fall ride to Apple Hill. Visit High Hill Ranch with crafters, produce and goodies store. Enjoy an included hot lunch at The Pie House Restaurant of *Rotisserie-style Barbecue Chicken, Macaroni Salad, Dinner Roll/Butter, and Apple Pie a la Mode* and beverage. (Vegetarian selection available only upon request during registration.) After lunch, enjoy a guided bus tour with a running commentary on the history of Apple Hill with stops at Larsen's Apple Barn and Abel's Acres. To top the day off, you'll receive an *Apple Fritter* and a bottle of water. Wheels roll from OC at 9:45 AM, return ~ 5:15 PM.



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

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



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

Are you ready for a fun-filled and carefree fall day in beautiful San Francisco? Start the day with a one-way scenic ferry ride from Vallejo to the historic San Francisco Ferry Building. Enjoy time on your own to explore the Ferry Building, shopping and/or lunch. Our motor coach will pick you up at the Ferry Building and take you down the Embarcadero to Fisherman's Wharf where you can grab a Cable

Car to Union Square or wander over to Ghirardelli Square for a few more hours of free time on your own. Wheels roll from OC at 8:15 AM, return ~ 8:30 PM. Rest stop on the return trip.



Just added!
***Olive Crush Festival & Wine Tasting - Séka Hills**
Sunday, October 27
 — **LST292**
\$43

We're returning to the annual Olive Crush Festival at Séka Hills Olive Mill in Brooks near Cache Creek. This fall day will be filled with celebration of the olive crush with live music, food vendors, and more! Enjoy our own private mill tour prior to the start of the event. Sample freshly pressed olive oil from the mill! Taste local balsamic vinegar, honey, and nuts. Wine tasting included! Lunch on your own, Wheels roll from OC at 8:30 AM, return ~ 3:15 PM.



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

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

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—Overnight/Extended Travel—

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***Sun City Sierra Winter Holiday Train Roundtrip Reno**

Tuesday, December 17 to Thursday, December 19 — LST293

\$320 Per Person Double Occupancy. \$375 Single.

Enjoy the breathtaking mountain scenery from our reserved rail car via Amtrak on a relaxing winter train trip to Reno, escorted by Katrina, your Lifestyle Trip Coordinator. We go round-trip on the train and spend two nights in Reno. List of activities to do on your own on the free day available at Lifestyle desks.

Trip package includes per person:

- Motorcoach transportation to and from the Roseville train station
- Reserved rail car for our group on the train
- Casino shuttle to & from Reno train station
- Roundtrip baggage portage between train station & hotel
- Non-smoking room at Eldorado Hotel & Casino
- \$25 in food credit per person to the restaurant of your choice in "The Row"
- Reserved seat in the Eldorado's Showroom holiday presentation of Santa's Christmas Extravaganza!
- One breakfast/brunch buffet per person
- Gratuities for bell service and bus drivers

Wheels roll from OC at 10:30 AM, return to LH, ~ 1:30 PM. *On Wednesday, bring a bag lunch to eat on the way to Reno or purchase lunch on board train. A signed liability waiver is required for each participant.*

Sold Out Trips

Trip • Date • Departure Time

- Kendall Jackson & La Crema Tour
Wednesday, September 18 • 8:00 AM
- Harrah's Northern California BUS#1
Tuesday, September 24 • 8:30 AM
- Beach Blanket Babylon
Wednesday, September 25 • 1:45 PM
Wednesday, December 4 • 1:45 PM
- USS Potomac – WWII Sightseeing and History Cruise
Saturday, September 28 • 7:30 AM
- San Francisco Giants vs. LA Dodgers
Sunday, September 29 • 8:15 AM
- Apple Hill
Tuesday, October 1 • 9:45 AM
- Eldorado Overnight - The Illusionists Live!
Tuesday, October 8 to Wednesday, October 9 • 12:45 PM
- Chico's Bidwell Mansion & New Clairvaux Winery
Monday, October 14 • 8:00 AM
- Four Italian Tenors
Friday, November 22 • 6:00 PM

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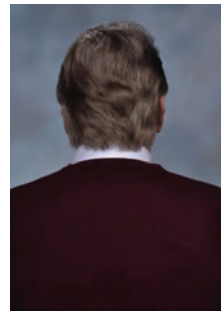
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We met Tony Portman at an open house and immediately knew he was the one that would help us find a home in Lincoln Hills. And he did! The entire process has been stress-free and very enjoyable for us because of Tony. He is extremely knowledgeable,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



Many more upon request

Semper Fi

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*Indicates new class on sale September 17

Classes

Art

Vacation Drop-In

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

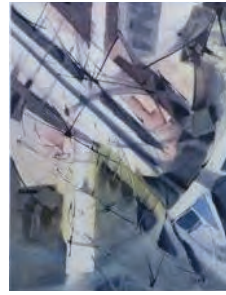
—Announcement—



Fine Arts Class Gallery

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

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



*Abstract Art Workshop Mondays, October 14 & 21

— LSC2467

1:00 to 4:00 PM (OC) \$65 (two sessions). Instructor: *Faye August*. Create a unique abstract from concept to finished painting! Through live demonstrations and discussions, demystify painting abstract

art. We will discuss ways to add texture and life to an abstract piece. The participant will compose and create a unique design with selected color palette, rich in color, texture, value contrast, and balance positive and negative space. The first session focuses on composition and design while the second session focuses on texture, values, and dimension to finish the painting. The instructor will use watercolor to demonstrate, participants may work in watercolor acrylic or pastel. Some painting experience is helpful but not required. For questions or recommendations on materials, contact, Faye August at 916-209-3643 or watercolorist55@gmail.com.

—Drawing—



*Mixed Media Art Journaling Tuesdays, October 8 & 22

— LSC1104

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

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

—Oils, Pastels & Acrylics—



*Oil and Acrylic Painting for All Levels

Wednesdays, October 2-30

9:00 to 11:30 AM — LSC1116

Or 1:30 to 4:00 PM — LSC1129

(OC) \$67.50 (five sessions). Instructor: *Marilyn Rose*.

Choose between AM and PM sessions. Sessions are not interchangeable. Students receive guidance in creating original paintings.

Those with little or no art training can gain a solid grounding in the principles and techniques of fine art painting. Experienced students are encouraged to develop their own voices as artists. Demonstrations, masterwork examples, and individual instruction are used. **Prerequisite:** New students must call the instructor at 916-409-0397 at least a week before the class for pre-class guidelines. Please pick up a supply list upon enrollment. About the Instructor: Marilyn is an award-winning professional artist with nearly 30 years experience in with hundreds of her paintings in private collections across the U.S. and the U.K. Website: artistmarilynrose.com. **Vacation drop-in: \$18 per session.**



Sip and Paint "Sutter Buttes"
Friday, September 27 — LSC1180
Or Sip and Paint "Into Fall"
Friday, October 18 — LSC2469

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

—Pastels & Watercolor—



Art Classes with Michael Mikolon

Michael Mikolon, an accomplished artist and art instructor in the Downtown Sacramento Area, delivers a class geared for all skill levels. Beginner and advanced students learn various pastel and watercolor approaches and techniques in an encouraging and fun environment! Each student will be given individual instructor attention at their level

and chosen art medium. Class begins with a live demonstration followed by one-on-one instruction. This course will focus on materials and painting technique, color theory, and mixing fresh/vibrant color with the use of a well-organized palette. Learn to create your own voice in art! Choose the schedule that works best for you.

- ***Watercolor – Evening Class**
Wednesdays, October 2-30 — LSC1206
 5:30 to 8:30 PM (OC) \$85 (five sessions)
 Instructor: *Michael Mikolon*
- ***Watercolor – Afternoon Class**
Thursdays, October 3-31 — LSC1193
 12:30 to 3:30 PM (OC) \$85 (five sessions).
 Instructor: *Michael Mikolon*



*Watercolor Step-by-Step Mondays, October 7-28 — LSC1155

9:30 AM to 12:00 PM
 (OC) \$68 (four sessions). Instructor:

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

Ceramics

—Pottery—



*Beginning/Intermediate Ceramics Tuesdays, October 1-29 — LSC1232

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,
October 1-29
— LSC1244**

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

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



***Introduction to Ceramics
Thursdays,
October 3-31
— LSC1267**

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

beginner class in ceramics that covers the basics of hand-building and wheel throwing. This class focuses on skill-building and understanding the working process. Students will be given assignments, demonstrations, and individual instruction to help learn the techniques used in making ceramics. New students will be given some class clay to help get their first assignment started. Students will need to bring their own tools.



***Intermediate Ceramics
Thursdays, October 3-31
— LSC1255**

1:00 to 4:00 PM (OC) \$67 (five sessions). Instructor: *Taylor Jackson*. An intermediate class in ceramic for self-driven students who want to work on their skills. This class is for those who want guidance but enjoy flexibility. Students are encouraged to share ideas and engage in discussion. This class

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

Crafts

—Card Making—



***Card Making Level 2
– Intermediate
Mondays, October 7-21
— LSC1292**

9:00 AM to 12:00 PM (KS) \$30 (three sessions). Instructor: *Die Macken*. **Prerequisite:** Completion of at least

four sessions of Intro to Card Making 101—Level 1, and have instructor's approval. This class will build on your card making skills while introducing you to some new and different card making and papercraft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. October 5 – last day to register.



***Card Making Introduction 101
Wednesdays, October 9-23
— LSC1697**

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

all of the "ins and outs" of making greeting cards and more. You will be making and taking home with you at least two cards and/or projects at each session. This is a fun three-hour class. Class size is limited, sign-up early to reserve your space. All supplies will be provided. October 6 – last day to register.



***Card Making Level 3
Intermediate-Advanced
Fridays, October 11-25
— LSC1715**

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 papercraft techniques. This class is not for beginners. Class size is limited, sign-up early to reserve your space. All supplies will be provided. October 7– last day to register.

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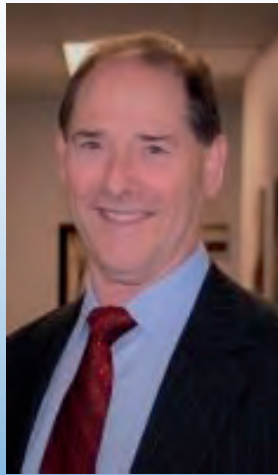
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—Clogging—

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***Beginning Clogging** **Tuesdays, October 1-29** — LSC1305

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 clogging movements while developing skills of the foundations of clogging. Special attention will be paid to balance skills. No special shoes required; flat-soled shoes recommended. New beginners accepted this month.

***Easy-to-Intermediate Clogging** **Tuesdays, October 1-29 — LSC1316**

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, October 1-29 — LSC1327**

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 clog-ging. Review steps from some of the Intermediate level dances in addition to learning new steps at a little faster pace. Some dances taught will be created for specific events. This class will move a bit faster this year and will get into more intermediate level dances. **Vacation drop-in: \$10 per session.**

—Country Western Dancing—



***Country Couples** **Beginner Level 1 & 2** **Mondays, October 7-28** — LSC1338

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, October 7-28 — LSC1349**

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 "New dance to be announced" and "Cha Cha" (a partner line dance).

—Hula—



***Hula** **Thursdays, October 3-31** — LSC1380

1:00 to 2:00 PM (KS) \$50 (five 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. **Vacation drop-in: HULA — \$14 per session.**

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—Jazz—

Jazz for Beginner*Thursdays, October 3-31 — LSC1392**

11:00 AM to 12:00 PM (KS) \$45 (five sessions). Instructor: *Melanie Greenwood*. This class will leave your mind, body, and spirit, feeling empowered and energized. Different styles of Jazz will be demonstrated. You will leave with a smile on your face and a love of jazz dancing in your heart. *About the Instructor:* Melanie started teaching at the age of 16. Her choreography has been on the Main Showrooms of Las Vegas, Lake Tahoe, and Disneyland, to name a few, as well as TV and video. **Vacation drop-in: JAZZ1 — \$14 per session.**

Jazz Performance*Tuesdays, October 1-29 — LSC1406**

1:00 to 2:00 PM (KS) \$45 (five sessions). Instructor: *Melanie Greenwood*. Not open to new students. Must have instructor approval to register. The current class is in the midst of preparing for a performance. The class is geared toward stage performances throughout the year. **Vacation drop-in: JAZZ2 — \$14 per session.**

—Line Dance—



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

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

Level I – Absolute Beginner (Intro)

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

- ***Thursdays, October 3-31 — LSC1860**
9:00 to 10:00 AM (KS) \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Mondays, October 7-28 — LSC1854**
4:00 to 5:00 PM (KS) \$28 (four sessions).
Instructor: *Cathy Paris*

Level 2 – Beginner

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

- ***Thursdays, October 3-31 — LSC1510**
10:00 to 11:00 AM (KS) \$35 (five sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Fridays, October 4-25 — LSC1456**
2:00 to 3:00 PM (KS) \$28 (four sessions).
Instructor: *Sandy Gard o*
Vacation Drop-in: \$10 per session
- ***Thursdays, October 3-31 — LSC1444**
3:30 to 4:30 PM (KS) \$35 (five sessions).
Instructor: *Cathy Paris*

Level 3 – High Beginner/Improver

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

- ***Mondays, October 7-28 — LSC1500**
9:00 to 10:00 AM (KS) \$28 (four sessions).
Instructor: *Yvonne Krause-Schenck*
- ***Wednesdays, October 2-30 — LSC1467**
9:00 to 10:00 AM (KS) \$35 (five sessions).
Instructor: *Sandy Gard o*
Vacation Drop-in: \$10 per session

Level 4 – Easy Intermediate

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

- ***Wednesdays, October 2-30 — LSC1478**
10:00 to 11:00 AM (KS) \$35 (five sessions).
Instructor: *Sandy Gard o*
Vacation Drop-in: \$10 per session
- ***Mondays, October 7-28 — LSC1434**
5:00 to 6:00 PM (KS) \$28 (four sessions).
Instructor: *Cathy Paris*



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Level 5 – Advanced

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

- ***Thursdays, , October 3-31 — LSC1422**
4:30 to 5:30 PM (KS) \$35 (five sessions).
Instructor: *Cathy Paris*

***Country Line Dancing**

Fridays, October 4-25 — LSC1360

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.



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—Tap—

Tap Classes with Alyson

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



***Beginning Tap 2**
Mondays, October 7-28
 — LSC1533

11:00 AM to 12:00 PM (KS) \$36 (four sessions). Instructor: *Alyson Meador*. For students who have been taking

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

Tap Technique

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

- ***Tuesdays, October 1-29 — LSC1578**
10:00 to 11:00 AM (KS) \$45 (five sessions).
- ***Mondays, October 7-28 — LSC1522**
10:00 to 11:00 AM (KS) \$36 (four sessions).
- ***Thursdays, October 3-31 — LSC1588**
10:00 to 11:00 AM (KS) \$45 (five sessions).

—West Coast Swing—



***West Coast Swing**
Intermediate /Beginner
Wednesdays,
October 9-23
 — LSC1705

6:30 to 7:30 PM (KS) \$30 (three sessions). Instructor: *Dottie Macken*. Learn the basics of this great dance from

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

Glass Art

***Stained Glass**
Mondays, October 7-28
 — LSC1600

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

Create a beautiful butterfly suncatcher, candle holders, and other projects. The class is also open to more experienced students. The instructor will evaluate the students' skill level on the first day of class and recommend a project. Lead glass technique is now available. *About the Instructor:* Jim Fernandez has 29 years of stained glass experience.

Movies

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

1:00 to 3:00 PM (KS) \$32 (four sessions). Instructor: *Ray Ashton*. We will journey through the history of the movie musical in this four-part, 16-class course that takes us from the first "talkie" musical in 1927, "The Jazz Singer" to the latest movie musicals of the 2010s.

History of Movie Musical Part 2
Wednesdays, October 30-November 20 — LSC2030
 1:00 to 3:00 PM (KS). \$32 (four sessions). Instructor: *Ray Ashton*. Part 2 will focus on the studio system and the musical movie factory called MGM. We will also visit the other major studios and how they created their versions of the movie musical.

Music

—Guitar—



***Beginning Guitar**
Mondays, October 7-28
 — LSC1624

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

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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, October 1-29

— **LSC1686**

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, October 1-29
— **LSC1729**

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, October 2-30
— **LSC1636**

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, October 7-28
— **LSC2466**

10:00 to 11:30 AM (OC) \$48 (four sessions). Instructor: *Jon Gowin*. This class will introduce the beginning

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

***Intermediate Ukulele**
Wednesdays, October 2-30 — **LSC1648**

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 fingerpicking.

Personal Improvement

—Driving—



Two-day class!
***AARP Driver**
Safety Training
Tuesday & Wednesday,
October 29 & 30 — **LSC1866**

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 sdfeldmans@gmail.com or 916-543-3403 to schedule your lesson. Lessons are offered monthly. Fee: \$15 per lesson. Must register prior to class.

Technology

—PC—



Windows 10 Basics Monday & Tuesday, October 21 & 22 — LSC2470

9:30AM to 12:00 PM (OC) \$47 (two sessions). Handout Fee: \$10. Instructor: *Rita Wronkiewicz*. If you are new to Windows 10 or you do not feel you have mastered it, this class will give you the

confidence to use it more effectively and appreciate its new format and features. Rita will show you the basics and how to set up your Windows 10, so it is the most optimum for you. If you have a portable PC, bring it to class and learn with your device. Questions? Call Rita at 916-543-6962.

—Smart Phone—



*Android Smart Phone Basics Thursday, October 24 — LSC2468

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

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

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Questions?

Contact Theresa Renken

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10:00 AM - 2:00 PM

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Jeannette Pyle

WellFit Manager

Jeannette.Pyle@sclhca.com

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

Fitness Floor (OC)

- **Wednesday, September 25**
3:00 to 4:00 PM
- **Monday, October 21**
3:00 to 4:00 PM
- **Tuesday, October 29**
2:00 to 3:00 PM

Fitness Floor (KS)

- **Tuesday, September 24**
3:00 to 4:00 PM
- **Wednesday, October 2**
3:00 to 4:00 PM
- **Tuesday, October 8**
4:30 to 5:30 PM

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

Have aches and pains? Talk with Rebecca and learn how Bowenwork can relieve those aches and pains. The Bowen Technique is recognized as a natural healthcare solution for many health-related issues. Bowenwork addresses core issues, not just symptoms. It can help with chronic conditions from asthma to bunions, as well as acute injuries like sciatica, knee problems, and more. It is safe and gentle enough for those with compromised health. **Rebecca Kang** is a Certified Bowen Practitioner. For your FREE Bowenwork Assessment, please contact Rebecca Kang at rebecca.kang@sclhca.com or 916-625-4034.

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

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

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

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

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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 September 17**



***Arthritis**
Tuesdays, October 1-22
Wednesdays, October 2-23
Thursdays, October 3-24
Fridays, October 4-25

Tuesdays \$36 (four sessions) 11:00 AM to 12:00 PM. Instructor: **Cynthia**

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

Lessons

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



***Nordic Pole Walking**
Wednesday & Thursday,
October 16-17

9:00 to 10:30 AM, meet at the OC Fitness Center \$45. Instructor: **Dr. Richard Del Balso**. By adding Nordic Poles to your walking routine you will be able to incorporate 90% of your muscles in one exercise; burn up to 46% more

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

Mindfulness

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



***Hypnotic Journeys – Craving Buster**
Thursdays,
October 3-24

9:30 to 11:00 AM,
Heights (OC) \$80
(four sessions).

Instructor: **Kelley**

Moreno. Rid yourself of unhealthy cravings once and for all! Whether it's food, chocolate, wine, watching the news, or whatever you'd like to change (which you do not need to share in order to have results), join us for this month's Group Hypnosis Classes.



***Sound Vibrational Baths**
Thursday,
September 26
Thursday,
October 24

4:00 PM, Aerobics
Room (OC) \$10/
session.

Instructor: **Terri Robers**. Register for one or both and benefit from sound vibrational therapy with the beautiful sounds of Tibetan Singing Bowls. This is a non-guided sound vibrational meditation opportunity that we will offer once a month. Reap the benefits of this one of a kind class.

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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, October 1-29

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, October 1-29

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 higher awareness and understanding of their lifelong practice of complementary health and wellness. Students who have practiced and completed the 24 postures will advance to learning the traditional 48 short forms. In addition, you will learn the Qigong sets of movements. Qigong paired with stillness, and moving meditation will improve body mechanics, muscle memory, and tone while increasing the understanding of these century-old art forms of health, mindfulness, and wellbeing.

Money Matters

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

*Intro to Investing with Russ Abbott Tuesday, October 22

10:30 AM to 12:00 PM, P-Hall (KS) \$5. Instructor: **Russ Abbott**. Learn more about the fundamentals

of investing and portfolio management. We will establish a framework to advance your knowledge of financial concepts, investment principles, asset classes, and vehicles. Expect vigorous discussion.

Nutrition

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



Produce with a Purpose: Heirloom Tomatoes Thursday, September 19

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

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

*Produce with a Purpose: Endless Summer Thursday, October 24

4:00 to 6:00 PM, Multimedia (OC) \$45. Instructor: **Kerin Gould**. Did your doctor tell you to eat more fruit and veggies? Now what? This month: Endless Summer. What can you do with the abundantly, glorious summer food as the season winds down? Some preserving tips and late-summer ideas. Enjoy a cooking demo and tomato-tasting, and boost your wellness! Register at least 48 hours prior to class to receive a goodie bag of farm-fresh, pesticide-free produce, too!



*Re-Start—Your Health in Just Five Weeks Tuesdays, October 8- November 5

1:00 to 2:30 PM, Multi-purpose Room (OC) \$129 (five sessions). Instructor: **Audrey Gould**, Registered Dietitian, and Nutrition Therapy Practitioner. Restart is a five-week program with a three-week sugar detox built right in; the program focuses on how to use real food to boost your energy and cut cravings. Enjoy the side effects of weight loss, better sleep, increased energy and boosted the immune system. Discover how good you can feel when you give your body a vacation from processed foods and sugar.

Personal Improvement

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



***New! Traditional Shotokan Karate**
Saturdays, October 5-26
 11:30 AM to 12:30 PM,
 Aerobics Room (OC) \$25.
 Instructor: *Al Trimarchi*.

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



**Getting Your Stuff Together:
 Organizing Your Estate**
**Monday, September 30
 and Tuesday, October 1**
 8:30 to 11:30 AM, \$30 for
 both sessions, + \$25 material

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



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Pilates Reformers and Towers

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

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

Our Reformer packages are as follows:

Four-class membership package \$80 per month

Eight-class membership package \$135 per month

Add-on classes for member \$17 per class

Introductory Reformer Session L1

Continuous Dates

WellFit Studio (OC) \$30 (one session, one-hour long). This session is a prerequisite for Pilates Reformer classes. You will work one-on-one with a trainer to teach you proper breathing techniques, go over any goals/limitations you may have, go over basic exercises, set up your proper spring loads, and answer

any questions. Once you have completed this introductory class, you can sign up for the Pilates Reformer Membership package or drop-in class. You can register for this introduction at the Fitness Centers.

Private Reformer Training

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

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

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¹As compared to previous Miracle-Ear models. Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Not valid on Audiotone® Pro. **If you are not completely satisfied, the aids may be returned for a full refund within 45 days of the completion of fitting, in satisfactory condition. †Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses not are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Not valid with any other discount or offer. Does not apply to prior purchases. See store for details.

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Danielle Merrill
Fitness Coordinator
Danielle.Merrill@sclhca.com



Personal and Clinical Training

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

Training Services

- **One-on-One Training:**
One client and one trainer. One hour session cost is \$54, half-hour session \$34.
- **Clinical Training:**
One client and one trainer. One hour session cost is \$60, half-hour session \$40.
- **Buddy Training:**
Two clients and one trainer. It is more fun to work out with a friend! One hour session \$34 per person.
- **Assessment:**
Meet and greet trainer, talk about and establish goals. Trainer assesses ability level. One hour session \$30.

Small Group Training (SGT)

Small group training classes are designed for specific goals in mind. Participants have the opportunity to work directly with a personal trainer in a small group setting and with no more than six people. Classes fill up quickly; please register at least seven days prior to the class start date, no refunds. Events go on sale on the 17 of this month at 8:00 AM. Register at either Fitness Desks or online.

Are you a current SGT participant, but need some extra workouts; or does your schedule require a little flexibility with your SGT classes? Try our new SGT Drop-in Pass. \$25 per drop-in and you can

take as many days as you would like of the eligible SGT classes. SGT Drop-in passes can be purchased at any time and saved for a later date. Please note that not all classes are eligible for drop-ins. Please see the descriptions of each class.



SGT—Parkinson's Indoor Cycling Wednesdays, October 2-23

12:30 to 1:30 PM, Aerobics Room (KS) \$70 (four sessions). Instructor: *Milly Nuñez*. A trainer will guide you using the premise of "forced exercise" (exercise that is beyond a voluntary level).

Studies have shown many individuals that have been diagnosed with Parkinson's Disease have experienced symptomatic relief when they undergo a regular exercise program with "forced exercise." The first class will include an assessment and bike setup. Participants must be able to sit unassisted on a spin bike, and heart rate monitors are required.

SGT—ParkinsonStrong Combo Fridays, October 4-25

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, October 3-24

1:30 to 2:30 PM, Aerobics Room (KS) \$70 (four sessions). Instructor: *Milly Nuñez*. Improve your quality of life through meaningful exercise. Exercise and movement are effective in delaying the progression and reducing the impact of symptoms. The class will emphasize focused movement, maintaining and increasing the range of motion, movement in all planes, low versus high-intensity movements, balance and coordination, multi-tasking, and more. All levels are welcome as the class will address modifications and progressions to keep participants motivated and engaged.



SGT—Fit 101 at Kilaga Springs L1 Mondays & Wednesdays, October 7-30

10:30 to 11:30 AM, Fitness floor (KS) \$135 (eight sessions). Instructor: *Max Alcantar*. Take this class and not only will you finish the class with a complete understanding of the new equipment, but you will also work on the TRX, weights,

exercise bands, stretching, and more. By the end of the session, you will have a customized workout routine that includes settings and weights appropriate for you! This format is a great opportunity to work with a trainer and create a workout routine.



SGT—Fit 101 at Orchard Creek L1
Tuesdays & Thursdays, October 1-24
 12:00 to 1:00 PM, Fitness floor (OC) \$135 (eight sessions). Instructor: *Torin Garza*. Starting a new experience may seem a little overwhelming. Fit 101 is a perfect place to start. This class will incorporate a little of everything at our Orchard Creek Fitness Center. By the end of the session, you will have a customized workout routine that includes machine settings and weights appropriate for you! This format is a great opportunity to work with a trainer, create a workout routine, and meet friends that share fitness goals.



SGT—'Fun'ctional Fitness L3
Tuesdays & Thursdays, October 3-31
 12:00 to 1:00 PM, Aerobics Room (KS) \$150 (nine sessions). Instructor: *Deanne Gr n*. Incorporate strength training and high-intensity interval training for optimal cardiovascular benefits. This team-oriented class focuses on "Functional Fitness" using a variety of equipment including TRX suspension training. You will challenge and strengthen the core, promote balance, flexibility, mobility, and prevent injuries. Mixing up the workout regularly keeps the body from getting bored! The intensity is up to each individual. Intermediate to advanced fitness levels encouraged. This class is available for the SGT Drop-in Pass.



SGT—Progressive Bootcamp L2/3
Mondays & Wednesdays, October 7-30
 4:00 to 5:00 PM, Aerobics Room (KS) \$135 (eight sessions). Instructor: *Danielle Merrill*. Looking to change things up? Try this Boot-camp 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, October 2-23
 7:15 to 8:15 AM, Aerobics Room (KS) \$120 (seven 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, October 4-25
 7:15 to 8:15 AM, Aerobics Room (KS) \$70 (four sessions). Instructor: *Renae Schmidt*. Let's kick off the weekend right with a great total body workout. Use this class to enhance your current workout routine or to learn the basics of the TRX. Other pieces of equipment may also be used. This class is available for the SGT Drop-in Pass.



SGT—Therapeutic Water Exercise L1
Fridays, October 4-25
 12:30 to 1:30 PM, Indoor Pool (OC) \$70 (four sessions). Instructor: *Jen OrNSTEAD*. Therapeutic style exercise program in the pool! The warm water helps to increase circulation, respiratory rate, muscle metabolism, strength, flexibility, and ease of movement. Exercises in the water work to relieve pain through decreased weight-bearing and reduced joint stress. Meet in the pool area by the benches, dressed for the pool, and Jen will assist you in/out of the pool. Jen is unable to help students in/out of the locker rooms or parking lot. Don't forget your towel!

SGT—Posture, Core and Balance L1/2
Mondays & Wednesdays, October 7-30
 11:30 AM to 12:30 PM, Aerobics Room (KS) \$120 (seven sessions; no class October 9). Instructor: *Danielle Merrill*. Balance your body with exercises for proper postural alignment and a strong core. This class is formatted to accommodate a wide range of fitness levels and also includes the right stretches to allow for improved posture, which can take the pressure off your back, shoulders, and neck. We will round out the class with concepts from Balance and Fall Prevention to build confidence and mobility.

SGT—Posture, Core and Balance L1/2
Wednesdays and Fridays, October 2-25
 12:00 to 1:00 PM, Aerobics Room (OC) \$135 (eight sessions). Instructor: *Renae Schmidt*. 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, October 7-30

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

SGT—Balance & Fall Prevention L2 Tuesdays and Thursdays, October 1-31

3:00 to 4:00 PM, Aerobics Room (KS) \$170 (ten sessions). Instructor: *Danielle Merrill*. Build on concepts learned from L1 Balance and Fall Prevention to keep working on more advanced strength exercises and balance challenges. A great class to try if you have already taken level one balance class but still want to continue getting instruction. Students are expected to warm up and stretch on their own before class as well as stretch on their own right after class; using warm-up and stretches taught in the L1 class.

Punch Pass and New Fast Class

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

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

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OC WellFit Class Schedule October 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Stretch for EveryBODY L1/3 - Renae		Stretch for EveryBODY L1/3 - Renae				
8:00	Strictly Strength L3 - Katie	Intermediate Step L3 - Kim	Strictly Strength L3 - Katie	Intermediate Step L3 - 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 - Amy	Arthritis L1/2 - Linda	Yin Yoga L2 - Sara	
11:00	Piloga L2 - Cynthia	Arthritis L2 - Cynthia	Piloga L2 - Lola	Arthritis L2 - Linda	Piloga L2 - Lola	Shotokan Karate L1/2 - Ai	All Sunday classes have been moved to KiLaga
12:00	Yoga Stretch L1 - Julie		SGT - Posture, Core & Balance L1/2 - Renae	Yoga Stretch L1 - Julie	SGT - Posture, Core & Balance L1/2 - Renae		
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	SGT - Balance & Fall Prevention L1 - Danielle				
3:00	Healthy Living Exercise L1/2 - Milly	Healthy Living Exercise L1/2 - Milly	TBA	Healthy Living Exercise L1/2 - Julie	Activities	SCLH Booking	
4:00	TBA	Activities	TBA	Sound Vibrational Bath <i>New!</i> Terri			
5:00	TBA			Mixed Levels Yoga L1-3 - Sara	Activities		
5:30							
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 October 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KS	KS	KS	KS	KS	KS	KS
7:15							
7:15-8:15am	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Deanne	7:15-8:15am SGT - Morning Bootcamp L2 - Milly	Mixed Level Cycle L2/3 - Helena	SGT - TGIF TRX L2 - Renae		
7:30							
8:30	45 min Cycle & Strength L2 - Gretchen	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Jeannette	Zumba L2/3 - Sharon	Zumba Gold L2 - Joanie	45 min Cycle & Strength L2 - Helena	9:00am Cardio Strength L3 - Kim
9:00							
9:30	Cardio Strength L3 - Gretchen	Strictly Strength L2 - TBA	Cardio Strength L3 - Katie	Strictly Strength L2 - Linda	Cardio Strength L3 - Katie	Strictly Strength L2 - Helena	10:00am Zumba L3 - Carrie
10:30							
11:30	Pilates L2 - Sarah	Piloga Flow L2 - Julie M	Strength & Flexibility L2 - Gretchen	Piloga Flow L2 - Cynthia	New Class! Yo-Chi L1/2 - Katie		
11:30	SGT - Posture, Core & Balance L1/2 - Danielle		SGT - Posture, Core & Balance L1/2 - Danielle		WaiDan Gong L1 - Joan		
12:30		12:00pm SGT - Functional Fit L2 - Deanne		12:00pm SGT - Functional Fit L2 - Deanne			
1:00							
1:30		1:00pm Tai Chi L1 - Peil					
1:30	Yoga Basics L1 - Army		Yoga Basics L1 - Lesley	1:30-2:30pm SGT - ParkinsonStrong L1 - Milly			
2:30		2:00pm Tai Chi L2 - Peil					
4:00		SGT - Balance & Fall Prevention L2 - Danielle		SGT - Balance & Fall Prevention L2 - Danielle			
4:00	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie	SGT - Progressive Bootcamp L2/3 - Danielle	Yoga for Osteo L1 - Julie		SCLH Booking	
5:30							
6:00							
6:30							
	Group Exercise Classes (punch pass) \$4.50 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 October 1-31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Works L2/3- <i>Helena</i>	OC	Water Works L2- <i>Danielle</i>	OC	Water Works L2/3- <i>Danielle</i>	OC	OC
8:30	Aqua Fitness L2/3- <i>Helena</i>		Aqua Fitness L2- <i>Marla</i>		Aqua Intervals L3 - <i>Jeannette</i>		
9:30	Deep Water Fitness L3- <i>Jennifer</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Jeannette</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Deep Water Fitness L3- <i>Helena</i>		
10:30	Aqua Intervals L2/3- <i>Sharon</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Making Waves L2- <i>Marla</i>	Aqua Intervals L2/3 - <i>Deanne</i>	Aqua Intervals L2/3- <i>Jennifer</i>		
11:30	(11:30am-12:15pm) AF Aqua L1- <i>Sharon</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		(11:30am-12:15pm) AF Aqua L1- <i>Marla</i>		
12:30	Class Cancelled TBA				(12:30-1:30pm) SGT-Therapeutic Water Exercise L1 - <i>Jen</i>		
2:00							
4:00	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim	Kids Swim
5:00	Total Body Conditioning L3 <i>Jeannette</i>		FREE! Try It Out! - <i>Aqua Zumba</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 October 1-31, 2019

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

Sun City Lincoln Hills Community Association

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Website for residents:
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Meridians Delivery (916) 625-4044
Kilaga Springs Café (916) 408-1682

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•The Spa at Kilaga Springs•

(916) 408-4290
Spa Manager
Trudy Smith (916) 408-4071 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

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Website: 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

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Adrian Felice (916) 408-4332

Pulte Homes Customer Care
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